A MESSAGE FOR THE PROVINCE

The dream to which I refer, dear friends of the Salesian charism, is Don Bosco’s great missionary dream. Even in the very first years of the foundation of the fragile, little Society of St. Francis de Sales (the Salesians), he sent out his first missionaries to Argentina, in 1875, to care for the Italian immigrants who were reaching those shores by the thousands. Intense, also, was his desire to evangelize the native peoples of Patagonia as soon as possible. In one of those great missionary dreams that he experienced, Don Bosco also saw the development of the mission and the extension of the Congregation from Valparaíso, Chile, to Peking, China.

That missionary dream lives on. Indeed, it’s very much alive and, no doubt, if Don Bosco were physically present among us, he would feel very happy. He would say as much, seeing how these two great congregations, the Salesians of Don Bosco and the Daughters of Mary Help of Christians, an institute that he founded assisted by St. Mary Domenica Mazzarello, not only are still missionary congregations, but they have continued to send out sisters, brothers, and priests without interruption from the first missionary expedition which he prepared. Many others have followed; this year’s group was the 150th!

10,000 missionaries

This past September 29, during a most beautiful celebration of the Eucharist in the basilica of Mary Help of Christians, the missionary crucifix was bestowed on 36 Salesians and 12 Salesian sisters being sent to four continents. There was great joy and a tangible feeling of celebration and of family. More than 100 priests concelebrated and many FMAs and SDBs were present with young volunteer missioners and a great many members of the Christian community of Valdocco who accompany so many of these Salesian events.

In my homily, I was able to share a fact that is very interesting but is more important for its charismatic identity and value. I said that in the Missions Department at our headquarters we have a book in which are registered the names of all the missionaries who have been sent in these 150 expeditions, beginning with the very first, Father John Cagliero. The total number of SDBs listed to date in that record is 9,542 missionaries since 1875. But we know that thousands of others have been sent under different circumstances without having received the missionary crucifix in Valdocco. I do not know the number of our FMA sister missionaries, but without a doubt they number in the thousands. Does there exist any doubt about the missionary charism of the two congregations whose existence Don Bosco founded? No such doubt exists. We were born as religious priests, brothers, and sisters for youth, for the world’s little boys and girls, for the poorest and neediest among them; but we were also born to be missionaries and evangelizers wherever we’re needed.

Our sisters and brothers who received the cross in Valdocco in September know this very well, as missionaries of Jesus wherever they’re needed.

This certainty draws from my heart so many faces and so many names of missionary brothers and sisters whom I have encountered around the world in the almost six years that I’ve been Don Bosco’s successor—always in the midst of the poorest and humblest on the six inhabited continents; always sharing life and learning, and giving what they have and can give; announcing Jesus with their words and much more often without their words because they can’t speak freely, except with their lives, giving
exemplary witness, simply and quietly living the Gospel in their daily lives.

I have met brothers and sisters who have been in various prisons for more than 30 or 40 years on account of their Faith. I have met brothers and sisters who have spent their entire lives sharing what they are with the native peoples. I have met brothers who later were unjustly and senselessly martyred for the Faith, such as the last two Spanish Salesian missionary martyrs, Father Cesar Antonio Fernandez and Father Fernando Hernandez – both slain in Burkina Faso.

All the sisters and brothers today are missionaries who have made and can continue to make those dreams come true, the great missionary dream of Don Bosco. I am certain that this dream is alive. I almost dare to say that if we’re faithful to Jesus in his Gospel with the charism of Don Bosco, this dream will have only just begun.

Our sisters and brothers continue today to be missionaries throughout the Americas, in the Amazon and the Andean cordillera; in Africa; in Eastern Europe; in Mongolia, Nepal, and so many other places in Asia; as well as in almost all of Oceania. Still, we continue to receive petitions from all these places for the presence of Don Bosco’s daughters and sons.

I wish to conclude my greeting this month by thanking so many of you for your generosity, members of the Salesian Family and all our lay friends who continue to trust in us. Our Family intends to contribute its little grain of sand in the Church in the world today. Thank you for your affection, your sympathy, and your generosity when we’ve been in need for the sake of the poorest. Together we reach further and many more. May the good God bless all of you.

With great affection,
Fr. Angel Fernandez Artime
Rector Major
OCTOBER BIRTHDAYS
FR. THOMAS PRENDIVILLE  2nd
FR. MEL TRINIDAD  6th
BR. TOM MASS  14th
FR. LEO BAYSINGER  21st

PRAY FOR VOCATIONS
BR. LEO IMBERT, SDB  2nd
BR. KRIS TRAN, SDB  6th

REST IN PEACE
GERALD MICHAEL SULLIVAN
(BROTHER OF FR. GAEL SULLIVAN)

NOVEMBER EVENTS
1st  All Saints’ Day
2nd  Mass for deceased benefactors and members of the Salesian Family
5th - 9th  SUE-SUO Provincial Councils Meeting - New York
12th  Members Meeting - Richmond
13th  Blessed Artemides Zatti, Religious
13th  Members Meeting – Watsonville
14th  Members Meeting – St. John Bosco
15th  Blessed Maddalene Morano
20th-22nd  NCYC, Indianapolis
28th  Thanksgiving Day

PRAY FOR OUR SICK
BR. PAT BARBARIOL, SDB
FR. LEO BAYSINGER, SDB
FR. HAROLD DANIELSON, SDB
FR. ARTHUR LENTI, SDB
BR. JOSEPH LOCKWOOD, SDB
FR. AVELINO LOZANO, SDB
BR. PAT MALONEY, SDB
FR. ARMAND OLIVERI, SDB
FR. RICHARD PRESENTI, SDB
BR. BRUNO DE PRETTO, SDB
FR. ROBERT STEIN, SDB
BR. JERRY WEIRICH, SDB
FR. JOHN ITZAINA, SDB
FR. STEVE WHELAN, SDB
One together and gave each a task. By reminding the youth of what was most important Margie was able to give the group unity. Once the event was about to begin the Middle schoolers became proactive. They communicated, worked together and got things done. During the film some helped in the kitchen while others made concession deliveries and took orders on the floor. Thanks to their hard work and dedication movie night was a success. A total of $63.17 was fundraised. Attendees have asked for a Halloween and a Christmas film. Middle school has since reflected on this experience and has committed to building each other up from this point on.

By Miriam Hernandez
Coordinatory for Youth Ministry

“Mis I don’t wanna do that.” “Mis can we stay on the couch?” “But mis that wasn’t me!” The last two months has been tough working with Middle school students in the after-school program (We Care). Not to mention the amount of drama happening amongst the group. There are 25 registered middle school members and about 15 who are devoted to come daily. To keep this group busy we met and come up with fundraising ideas.

Last Friday the middle schoolers put together a family movie night. They announced their fundraising event to all club members, made signs and brought in donations. The Middle school group was excited. Their goal is to fundraise enough money for a Universal Studios Season pass at the end of the school year. The day finally arrived and Middle school was having some conflicts. There were those who wanted to go shopping instead helping to set up. There was no compromise, no discussion, so no one was getting things done. Margie Corrill, our Salesian volunteer, gathered every one together and gave each a task. By reminding the youth of what was most important Margie was able to give the group unity. Once the event was about to begin the Middle schoolers became proactive. They communicated, worked together and got things done. During the film some helped in the kitchen while others made concession deliveries and took orders on the floor. Thanks to their hard work and dedication movie night was a success. A total of $63.17 was fundraised. Attendees have asked for a Halloween and a Christmas film. Middle school has since reflected on this experience and has committed to building each other up from this point on.

By Louis Kun
Salesian Cooperator

November is the month of remembrance and gratitude. Here at St. Joseph, we remember our loved ones who had returned to the house of Our Lord. Their names are written on the ribbons. We will be praying for them and thanking them for being part of our lives. Some Salesians confreres who once had St. Joseph as their home are remembered in a special way.

Many thanks for allowing us to express our gratitude to those who touched our lives at St. Joseph.
The Joy of Evangelization

By Johnny Martinez
St. Josephs Retreat Coordinator

The Joy of Evangelization is off to a great start, with a great response from our young adult community. There are in between fifteen and twenty young adults who are coming to these eight week “missionary discipleship formation” courses. The courses will focus on the “hows” and “whys” of evangelization and culminate with a workshop that will help the group see the needs of their community, discern what God is asking of them, and decide what they are going to do. They will go home with an action step and be missionary disciples for Jesus in the world! Below is a reflection from one of our young adults that has been attending and helping in our retreat programs, Ashley Rivera. The speaker for that night was Professor Thomas Rausch, SJ T. Marie Chilton Professor of Catholic Theology at Loyola Marymount University.

Starting my journey to become a theology teacher, I have the honor to have a theology professor who is also a priest from Loyola Marymount University. It is important for me to have different points of view when learning about the faith. This is also true to a lot of people with different backgrounds. One of the things I found interesting in his talk is how he emphasized on the biblical passages that are related to evangelizing. They are not just biblical passages, an interpretation by the bible writers but actual words that Jesus said.

The professor described in more detail the key elements that are included in Jesus’ words. For example, Jesus says how “gaining heaven” would be counter culture by encouraging others to live a life without riches. Furthermore, the professor pointed out how Jesus says it would be hard to enter the kingdom of heaven. However everything Jesus says, is not to discourage us from striving to heaven. Remember that Jesus himself was human and went through the same trials much worse than us in order to enter heaven. Jesus is blunt in saying our earthly life is hard but it is also short, therefore it will be so worth the effort because heaven is forever.
THE JOY OF EVANGELIZATION

Our amazing speaker this Wed. 11/06:
Professor Ramon J. Posada

Ramon J. Posada is a tenured professor of Philosophy and Religion at East Los Angeles College. He has participated in various ministries both within and outside the LA Archdiocese. He is a native of Cuba and the father of three sons.

His interests include the intersection of faith and reason. He will be sharing with us “Philosophy and Proclaiming the Word”, how do we make evangelization intelligible to reason in today’s world?

Join us, Wed 11/06 @ 7:30pm
Suggested donation: $7
St Joseph’s Retreat Center
What's going on at Savio

By Janelle Siqueiros
Youth Group Leader

Have you ever been bored on a Monday night? Nothing that seems to catch your interest? Come to our Monday Youth Group! Our youth group consists of many activities that help youth learn about their themselves and their spirituality. This program challenges the way they think about life situations and gives participants different perspectives on various of things. What's the best thing about this program is that we have a load of many volunteer opportunities!

About 2 weeks ago, on October 19, our youth were able to go to the Microsoft campus in Playa Vista and attend a SPEAK conference on leadership! For this event, we took 9 individuals that wanted the experience and that have an understanding of what it is to be a leader. In this conference, they had many activities that taught steps and actions a leader took. An outstanding thing that they were able to do was build a bike as a group! These bikes were also donated for philanthropic reasons to the Salesian Family Youth Center, in hopes that they will be given to individuals that have a consistent need for it.

Moreover, just this last Friday, October 25, youth group’s core team was able to help out with the City of Bellflower's Halloween Event. Our youth came together and built a Witch’s Hat Ring Toss game.

Lastly, our program is established on St. John Bosco’s oratory model: home, school, church, and playground. every week, we have a central pillar that our focus goes to, in order to enhance the youth’s learning experience.

Please join us! If there are any questions, email us at: youthcenter@saintdominicsavio.org.
November is the month of remembrance and gratitude. Here at St. Joseph, we remember our loved ones who had returned to the house of Our Lord. Their names are written on the ribbons. We will be praying for them and thanking them for being part of our lives. Some Salesians confreres who once had St. Joseph as their home are remembered in a special way.

Many thanks for allowing us to express our gratitude to those who touched our lives at St. Joseph.

Annual Thanksgiving Tijuana Mission Trip

By J.C Montenegro
Delegate for Mission Animation

Savio Youth Ministry’s Annual Thanksgiving Tijuana Mission trip is an awesome opportunity for you. In 2002 St. Dominic Savio and St. John Bosco, created the Salesian Missionaries to Tijuana program. They saw the need for a deeper formation and understanding of the catholic social justice for young people who were involved in youth ministry programs. In 2003 St. Dominic Savio extended an invitation to the rest of the Salesian communities and from then on, every year we have provided help and support to the Salesian Oratories in Tijuana.

Participants will be living in community, working together to paint, clean, organize, etc, in what will be needed, visit a homeless shelter and serve food, and visit the orphanage. While being in Tijuana, participants will live the experience of living in a Salesian community life, develop social justice awareness, and experience a short-term volunteer experience. This is a great opportunity for those interested in becoming a Salesian Volunteer in the future, and accompany young people in their integral formation.

This year, the mission trip will be taking place in November. Departure will be Friday morning, November 29 and return will be Sunday Afternoon, December 1. If you have any additional question, please do not hesitate to contact us at: jc@salesianvolunteers.org!
By Karen Krynen
Communications Officer

Two seniors at Don Bosco Technical Institute (Bosco Tech) who interned this past summer at the Oak Crest Institute of Science and the Pasadena Biotech Collaborative were honored by the Los Angeles County Board of Supervisors at an awards breakfast in City Council chambers on Tuesday, October 29.

The Tech’s Ryan Suarez and Henry He’s summer internships were part of the Bio-Flex Pre-Apprentices program, an initiative launched by the Board of Supervisors-backed South Bay Workforce Investment Board (SBWIB) that develops career pathways for the bioscience industry.

“We’re exceptionally proud of Ryan and Henry, and extremely grateful to the Oak Crest Institute of Science and the Pasadena Biotech Collaborative for their internship opportunities,” said Bosco Tech President Memo Gutierrez. “The foresight of the L.A. County Board of Supervisors in recognizing the advancing biotech industry is truly encouraging and will undoubtedly benefit our county and its citizens in the coming years.”

Supervisor Mark Ridley-Thomas, who has consistently supported the growth of the bioscience industry, is spearheading the Bio-Flex Initiative that will train hundreds of new workers for the rapidly expanding field. “My goal in supporting Bio-Flex is to ensure that we partner with industry so that everyone who has a dream and the commitment to enter this bold and dynamic bioscience industry has the opportunity to do so,” said Ridley-Thomas.

Bosco Tech is an all-male Catholic high school that uniquely combines a rigorous college-preparatory program with a technology-focused education. The innovative curriculum allows students to exceed university admission requirements while completing extensive integrated coursework in one of several applied science and engineering fields, including the new Biological, Medical & Environmental Technology (BMET) program.

On Niche.com’s list of top Catholic boys’ high schools in California and the U.S., Bosco Tech boasts a college acceptance rate of 100 percent, with the majority of graduates pursuing STEM-related post-secondary majors at four-year universities. The school will host an Open House on Sunday, Nov. 17, from 12 noon to 4 p.m.; the public is welcome.
## MINISTRY VISITATIONS
- November 2-11, 2019
- Meeting with Directors, Pastors, CYM’s & EPC Representatives including young people

## INFORMATION GATHERING
- Review the Invitation Sheets for September & October and Meet locally for November Representatives including young people

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<td>CYM, ADMINISTRATORS, &amp; STUDENTS</td>
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<td>FRIDAY, NOV. 8</td>
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<td>SATURDAY, NOV. 9</td>
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<td>VIGIL MASS</td>
<td>SDB COMMUNITY YM &amp; YOUTH</td>
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<td>SUNDAY, NOV. 10</td>
<td>ST. DOMINIC SAVIO</td>
<td>MORNING MASSES</td>
<td>PASTOR, PARISH COUNCIL, &amp; YOUTH</td>
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Monthly Community Vocation Animation
Each community is asked to spend one community meeting per month creating lists of possible persons to be invited by members of the communities, the collaborators, staff, administrators, teachers, and ministers to consider serving the Lord.

Monthly Guides
**Month Community Meeting Vocation Lists:** Each community will be expected to create a list of possible candidates for inviting into consideration of Salesian life at least once a month. The following schedule will assist in this effort.

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**NOVEMBER:**
Create a list of 6-10 young people currently involved in Christian Service and Outreach to the Poor.

**Persons to Remember, Cultivate, and Invite**
No minor will be contacted by phone through the Vocation Office. Once a list is generated, this contact will be encouraged through the local community. Emails will be used once you have made initial invitation and encounter. Named persons over 18 can be approached by the Vocation Office.

1. First Name:_____________ Last Name:__________ E-mail:________________ Cell Phone:_____________
2. First Name:_____________ Last Name:__________ E-mail:________________ Cell Phone:_____________
3. First Name:_____________ Last Name:__________ E-mail:________________ Cell Phone:_____________
4. First Name:_____________ Last Name:__________ E-mail:________________ Cell Phone:_____________
5. First Name:_____________ Last Name:__________ E-mail:________________ Cell Phone:_____________
6. First Name:_____________ Last Name:__________ E-mail:________________ Cell Phone:_____________
7. First Name:_____________ Last Name:__________ E-mail:________________ Cell Phone:_____________
8. First Name:_____________ Last Name:__________ E-mail:________________ Cell Phone:_____________
9. First Name:_____________ Last Name:__________ E-mail:________________ Cell Phone:_____________
10. First Name:_____________ Last Name:__________ E-mail:________________ Cell Phone:_____________

Please ask one member of your community to serve as the Local Vocation Promoter. After these monthly meetings, send the list above to:

Salesian Vocation Office c/o De Sales Hall
P.O Box 4398, Downey, CA 90241

After generating this list, please create a plan for each community to contact and follow-up with these identified young people. Remember, if you don’t ask, they will never be invited.
Dear confreres, dear friends,

Here we are at the eighth and final Beatitude in this missionary journey of 2019 with the Gaudete et Exsultate of Pope Francis: “Blessed are those who are persecuted for the sake of justice, for theirs is the kingdom of heaven.” “Accepting the Gospel every day despite our problems; this is holiness” [GE 94]

This is what Salesian missionaries do, often to a heroic level. They are missionaries with a “tough face” who, like the prophet Isaiah and like Jesus, have “hardened their face” (Is 50, 7) in the hour of persecution. However, they are at the same time, missionaries with a “tender heart”, as serene and joyful as children. This is the testimony that emerges clearly from the harsh experience of Fr Tom Uzhunnalil SDB, for example, an Indian missionary kidnapped in Yemen. He had a powerful experience of the consolation and strength of the Lord in the midst of his trials in captivity. But this extraordinary truth has its own ordinary Salesian and missionary expression: the ability to look at the inevitable difficulties of each day with hearts filled with the joy of this final, brilliant Beatitude. 

Accepting the Gospel’s way every day, even though it gives birth to difficulties, especially when we educate young people; this is typical of the Salesian missionary.

Fr Guillermo Basañes SDB, Councillor for the Missions

The project proposed for this year’s Salesian Missionary Day is the construction of simple places of prayer in the Palabek refugee camp and other similar camps. These halls will serve as “places of prayer”, but also for community meetings, meetings of groups and organizations of refugees that work together for their own well-being, and even as spaces where children may gather to play or to study. It is estimated that such a simple structure can be constructed with an amount between 5000 and 10,000 dollars.

The Salesians of Don Bosco in Vietnam decided to use this project as a tool to animate their communities and parishes with a warm missionary spirit. They encouraged everyone to thank God for all He has given them in life and to make small contributions to refugees who have even less than they do. They invited individuals and families to make small sacrifices and symbolically buy one or more bricks, a corrugated sheet for the roof, etc. Every Salesian community in the Province of Vietnam and every Salesian parish got involved. The total raised was 6000 dollars. This sum was handed over to the Superior of the Province in Uganda on 12 September 2019.

Vietnam is already highly regarded for the large number of Salesians who offer themselves as missionaries in various parts of the world (there are already over 100 Vietnamese missionaries in various countries). Now they have stolen a march on their brethren elsewhere with this significant donation of a “place of prayer” to the Palabek refugee camp in Uganda.

It is very encouraging to know that many other provinces are taking inspiration from Vietnam and are planning to “sell bricks” for chapels in refugee camps!
I was born in Spain, at Barakaldo, an industrial city. When I was 13 years old, Fr Jesus Molero, a Salesian missionary in Korea, not only talked about his activities, but also campaigned in several parishes to find funds for the Salesian works in that country. I accompanied him to almost every one of his presentations. It was a missionary experience and an awakening.

After completing high school, I went to the Novitiate, where I wrote my first letter requesting to go to the missions. I was ordained in 1978 and the Africa project was launched. My then Provincial, Fr Salvador Bastarrica, came on a visit and, to my surprise told me, “Since you asked to go to the missions while in the novitiate, I suppose I can count on you to go now to Benin.” And so my missionary experience started again.

I left for Benin with Don Jesus Ferrero, and we started the Salesian presence in that country on August 9, 1980, the day we arrived. On 20 August 2016, I took the plane to Europe because I needed a break. I thank God and my confreres for my thirty-six years of missionary life. And now, after completing a workshop, I wrote my second missionary request. To my surprise, the Rector Major welcomed it and blessed me. Now I am on my way to Mato Grosso, Brazil. The initial challenges in Benin were obvious. We had to study the language of the people. French was the official language, but not on the street nor at the liturgy. We needed to learn the culture and traditions, as well as the ways of social and family behaviour, to adapt to the climate and to confront new diseases. To be true Salesians in Benin, we had to respond to what they asked us for and to propose possible answers to the situation of the material, cultural and spiritual poverty faced by teenagers and young people.

We started our accompaniment, I think, with several constants. We listened, and so we were able to accept the orientations and opinions of everyone, whether religious or civil authorities, the people from the villages, the catechists, and the young people themselves, especially the animators. There never was a personal project of any one individual; everything was worked out in the community, and this was one of the constants right from the start of all our presence in Benin. We tried to maintain a climate of closeness and friendship with the other missionaries in the region and with the local diocesan clergy. All this was of the greatest importance to understand a reality that was so different from what we had experienced until then. The closeness of the people, especially children and adolescents, helped us make progress every day.

Difficulties? All the consequences of the political evolution in Benin and in all the countries around us. There were times when the level of poverty was such that it was hard to bear. Blessings? Undoubtedly, that God was with us while we were at his work. We started from scratch, and now we can see that the Salesian work in that country is well rooted. We comb our gray hair, but we see dozens of young Salesians, already well formed, doing a great job among young people, faithful to the charism of Don Bosco, seeing each work as their own.

My best moments in Benin were those lived in the Salesian family with my confreres. In the first few years we were without electricity, phone, or running water. I always supported what is so traditional in Africa ... gather around the fire and talk, listen and laugh together ... and then, those unforgettable moments with the young confreres - times of joy, sharing, planning, living for and with young people.

It is important to have time for the confreres in the community, to welcome them and welcome them and welcome them, to love them. Each of us has our own riches and limits that we ought to be willing to share. Plan and act with a sense of community. What I do is because the community entrusted it to me. And, above all, to be able to present together to God and to his Mother, Our Mother, all what we are, what we live and what we want to be.

Witness of Salesian Missionary Sanctity

Blessed Magdalene Morano (1847-1908) Daughter of Mary Help of Christians, the 15th anniversary of whose Beatification falls on November 5. Posted in Sicily in 1881, she launched a fruitful educational work among the girls and young women of the poorer classes. Constantly casting “a glance at the earth and ten at Heaven”, she opened schools, oratories, boarding houses and workshops in every part of the island. Appointed Provincial Superior, she also took on the responsibility for the formation of numerous new vocations. One of her reflections was: “Holiness is not bought in a few days; just want it, just ask God for it all the time, just start seeking it immediately ... In the world, women work hard to please their earthly groom; we religious, brides of the Lord, we must enter the race to love him far more, not in words but in deeds ... Jesus let me die when I am a saint.”

For the Salesian presence in the MIDDLE

That the Lord may bless the new missionary frontiers in the Middle East

The Salesian presence in the Middle East is very varied and rich. The Province lives in the midst of different cultural, religious, social and political challenges, as nowhere else in the Salesian world. Today, this calls for new missionary initiatives. We pray that the Lord may shed light on our way forward, and grant the personnel, the means, and the enthusiasm for the mission.

The Salesian presence in the Middle East is very varied and rich. The Province lives in the midst of various cultural, religious, social, and political challenges, as nowhere else in the Salesian world. Today, it seeks new missionary frontiers. Let us pray that the Lord may enlighten their steps and grant personnel, means, and enthusiasm for their mission.

That the Lord may bless the new missionary frontiers in the Middle East.

S A L E S I A N M I S S I O N A R Y I N T E N T I O N

For the Salesian presence in the MIDDLE EAST.
MISSION ANIMATION
EXECUTIVE REPORT 2019 - 12 YEARS OF SERVICE
Juan Carlos Montenegro

1. PROGRAM STARTED IN 2007
We worked on the manual for 2 years

12 YEARS OF SERVICE

OUR FIRST VOLUNTEER
Giovanny Garcia was sent to Ecuador in 2009

OUR PROGRAM HAS SERVED

49 VOLUNTEERS in 12 years

WHERE OUR VOLUNTEERS CAME FROM?
- Savio: 15
- Various: 9
- SJB: 2
- Mexico: 3
- Ecuador: 3
- CNV: 17
- Easter Province: 2
- Venezuela: 2
- St. Marys: 1
- Colombia: 1

2. SHORT VOLUNTEER EXPERIENCES
Over 20 short mission experiences
More than 270 young people exposed to the missionary world

- MIAMI: 2007 - 2008
- WATSONVILLE: 2009
- ECUADOR: 2012
- HAITI: 2010 - 2011 - 2012
- CIUDAD JUAREZ: 2013
- Tijuana: Almost yearly

- SDB FORMATION
- CLASSROOM FORMATION
  - 2014: Candidates
  - 2015: Novices

- MISSION TRIP WITH NOVICES
  - 2014: (February)
  - 2015: (Holy week)
  - 2016: (Christmas)
  - 2020: (Holy Week. Coming soon!)

- SUMMER VOLUNTEER EXPERIENCES
We have welcomed 43 summer volunteers since 2010
They have served at:
- Camp St. Francis - 3
- Camp Savio (3)
- Camp Salesian in LA (18)
- Camp Corpus Christi in San Francisco (17)
- San Luis Rey (2)

3. THINGS THAT CAN BE IMPROVED

FORMATION:
- Create consistency with SDBs formation
  (Candidates, Pre-Novices, Novices, Post-Novices, Practical Training)
- Create formation for young people in collaboration with Youth Ministry
- Re-start ongoing formation with the Salesian Mission Day

ADMINISTRATIVELY:
- Re-vamp the Mission Animation Team

QUESTIONS:
- How can we get more young people engage with the volunteer program?
- How can we get other communities promoting the volunteer program?
- How can we get Salesians in formation in love with the missionary spirit of St. John Bosco?
What is the Circadian Rhythm?

By Sheila Kun RN, BA, BSN, MS, FCCP
Salesian Cooperator

By the time this article comes out, you have already fallen back, re-set your clock one hour backward. We ended the daylight saving regimen this last Sunday. This annual ritual raises a subject that I am pretty curious about -- circadian rhythm. I never really understand the total ramification of the phenomenon. Hence I decided to devote the next few weeks exploring this subject and learning from it. Researching through the internet, I found this article present the topics in a simple, but easy to understand manner. It has 10 important facts to share. Therefore, I am going to share this article by Shayna, Facy Staff from Facy Health – this was updated March 07, 2019.

Most people feel tired at night and hungry at lunchtime. That's because our bodies have a built-in process that regulates sleep, hunger, and energy levels -- the circadian rhythm. Although the cycle can be affected by artificial lights or travel, unless a health issue is at play, our 24-hour "clock" always resets itself in time. We share this rhythm with all life on earth, from plants to animals, and even bacteria, and it affects more than just sleep and hunger.

1. What is a Circadian Rhythm?
Sometimes called the body clock, the circadian rhythm is about 24 hours long. All life, even the simplest cyanobacteria, has a circadian rhythm of the same duration. This daily cycle influences brain-wave activity patterns, cell repair, and hormone levels. The cycle is built into all life, but changes in light levels and temperature conditions can alter them, if temporarily.

2. Why We Have Circadian Rhythms
Scientists know all life has a circadian rhythm of about 24 hours, but no one knows why. An educated guess suggests the cycle is linked to the day length. However, the answer may not be this simple, as the earth has not always had a 24-hour day. 400 million years ago in the Cambrian, when animals evolved onto land, the day was about 21 hours long. The most popular theory today is that circadian rhythms are linked to changing oxygen levels in the air. Hours of sunlight affect this factor because plants only release oxygen in daylight. Scientists do not understand the exact reasons for this link.

Your homework assignment from the Care Ministry this week: go ahead and get your flu shot, if you haven’t done so.

The Care Ministry welcomes your comments/suggestions:
kunlouis@gmail.com
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In every young person, a point of goodness is accessible and it is the primary duty of the educator to discover that sensitive cord of the heart so as to draw out the best in the young person.

- Don Bosco