and assistance.

I met with students and members of the CEPC for a second time at Salesian College Preparatory High School in Richmond. Adrian Fulay first had me meet with the Campus Ministry Core Team, almost all alums of SYLCs for the past few years. They immediately signed on to be a team for the Vocational Dimension of the Campus. Their reception there and at the CEPC were highlights of that busy day and the comments and questions raised at both of these gatherings were insightful and encouraging.

Moving on to Watsonville, I was greeted at St. Francis Salesian College Preparatory High School by a young student named Veronica. Veronica volunteered to be the coordinator of all the Vocational Dimensions of the school and she was excited to lead me from classroom to classroom. They set up a wonderful table in the quad filled with cookies and goodies to attract the young people during their lunch. The place was filled with students who seemed to like the presentation on Vocations as “The Triple D’s of Discipleship.” Comparing that triple D’s to the popular television show “Diners, Drive-ins, and Dive’s” I explained that finding out what God wanted of the young people can be uncovered by Dreams, Discernment, and Doing. One of the students took his flyer and gave it to a young teacher on the campus telling him he should become a Salesian with the instruction, “just do the Triple D’s!”

From Watsonville I travelled back to Bellflower ready to move the “Triple D’s” into that community of students and educators. They asked for a postponement until this coming Wednesday so I can meet with their core team in Campus Ministry, Christians
We pray for the sick and suffering in our province, that they will be restored to full health.

Bless those who have grown old in your service and give them courage and strength in their faith.

Be with us as we discern our life’s work and guide us in the way we are called to follow in the footsteps of your Son.

We ask you this, that in everyone and in everything glory, adoration and love may be given to the Most High Lord of all things, who is Father, Son and Holy Spirit. Amen.
November is the month of remembrance and gratitude. Join St. Joseph Salesian Retreat Center and the Church as we remember our loved ones who have returned to the house of Our Lord. Their names are written on the ribbons at the foot of the Cross in our chapel. We will be praying and remembering them at our daily mass thanking them for being part of our lives. Many thanks for allowing us to express our gratitude to those who touched our lives at St. Joseph.
By Albert Angel 
EL ’90

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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 Bastarica, 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

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.
in completing the rigorous requirements at the Royal Military Academy Sandhurst and the US Naval Academy, Annapolis, respectively. The skills that facilitate leadership and effective collaboration, including: integrity, self-discipline, work ethic, planning, time management, delegation, and conflict resolution are all integral student outcomes at Salesian institutions and highly valued in the military. Understanding the global nature of many social problems from a Salesian perspective has further helped both men apply their skills to finding a resolution to the crisis in Libya.

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What is the Circadian Rhythm (Part II)?

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

Discovery of the Circadian Rhythm
A long time ago, people noticed humans, plants, and animals have daily cycles of hunger and sleep. The first known written record is from a 13th-century Chinese medical textbook. In the year 1729, a French scientist Jean-Jacques d’Ortous de Mairan recorded observations about circadian rhythm as he watched a plant "wake" and "sleep" over 24 hours, even when kept in darkness. It wasn’t until 1977 that the scientific community agreed on the term we use today and exactly what this meant. Joseph Takahashi first discovery gene coding for the circadian rhythm in 1994 by studying the DNA of mice.

The Wide Reach of the Circadian Rhythm
The circadian clock affects more than when we feel sleepy. So far, scientists have discovered 35 conditions it affects:
• Blood pressure is lowest at three am, during deep sleep, and highest when we wake up, meaning risks for heart attacks and stroke are highest between 8 am and midday.
• Asthma attacks are worse during daylight because the body creates a natural anti-inflammatory during night time.
• Cells grow and repair more quickly during daylight hours.

Research into circadian rhythms has led to a new field of medicine, chronotherapy; doctors use this knowledge to administer medicine at the times it will be most effective.

The Brain Controls the Circadian Cycle
A section of the brain called the hypothalamus controls the circadian rhythm of animals. At night the brain releases melatonin, which makes you feel tired. Although the circadian rhythm is built-in and can work without exposure to daylight, it can be altered by outside conditions. If you have ever experienced jet-lag, you know what it feels like when the circadian rhythm tries to acclimatize to new conditions. Travel affects the circadian rhythm because darkness encourages the brain to release the sleep hormone melatonin, while daylight releases cortisol to wake the brain.

Your homework assignment from the Care Ministry this week: Explain to a friend what Circadian rhythm is.

The Care Ministry welcomes your comments/suggestions: kunlouis@gmail.com
SYLC SPIRIT TEAM APPLICATIONS NOW AVAILABLE!

DEADLINE: NOVEMBER 30TH
(PLEASE SUBMIT AS SOON AS POSSIBLE)

TO FIND APPLICATIONS VISIT:
- DONBOSCOWEST.ORG
- CLICK YOUTH MINISTRY TAB
- CLICK SYLC ---> SYLC SPIRIT TEAM
Advent Prayer Night

12.05.2019
6:30pm

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@sym_usawest
SalesianYouthMovementUSAWest

RSVP: marisol@salesianym.org
(562) 925-2250 ext. 203

Location: De Sales Hall
13856 Bellflower Blvd.
Bellflower, CA 90706
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ROCK OUT YOUTH POVERTY

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(Payment Plans are available for cost of hotel stay)
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