created by indifference, by vanity, and by the inability to establish genuinely human relationships and to take care of our brothers and sisters who find themselves alone, abandoned, or ill.”

Paying attention to those in need

The Pope said our expectant waiting for Jesus requires vigilance in the form of “marveling at God's action and at His surprises.”

Vigilance, he continued, means “paying attention to our neighbor in difficulty and allowing their need to draw us in, without waiting for him or her to ask us for help.”

Finally, Pope Francis asked the Virgin Mary for her guidance along the Advent journey.

“May Mary, the vigilant Virgin and Mother of hope,” he said, help us “to turn our gaze towards the ‘mountain of the Lord’, the image of Jesus Christ, who draws all people to Himself.”

By Devin Watkins
(Vatican News)

At the beginning of the new liturgical year, the Pope took a moment ahead of the traditional Marian prayer to comment on how the Advent season reminds us that Jesus constantly enters our lives.

He said the certainty that Jesus will return at the end of time urges us to look to the future with confidence and hope.

Drawn to the mountain

Turning to the First Reading, the Pope said the prophet Isaiah paints a picture of the mountain of the Lord’s house to which all nations shall be drawn.

After the Incarnation of the Son of God, said Pope Francis, Jesus revealed Himself as the true temple atop that mountain.

“The marvelous vision of Isaiah is a divine promise,” he said, “and impels us to assume an attitude of pilgrimage, of journeying towards Christ, who is the meaning and goal of history.”

Advent, said Pope Francis, “is the time to welcome Jesus’ coming, as He comes as a messenger of peace to show us the ways of God.”

Staying awake

In the day’s Gospel reading, Jesus urges us to “stay awake” for His coming.

The image of staying awake does not mean keeping one’s eyes literally open at all times, said Pope Francis, but means having one’s heart “free and oriented in the right direction” by offering ourselves for the benefit of others in service.

“The sleep from which we must awake is
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.
Eternal Rest
Fr. Leo Baysinger passed away on Friday, November 22nd, 2019

Funeral Arrangements

Wednesday, December 4, 2019, Bellflower
St. John Bosco High School Chapel
2:00- 4:00 pm Viewing
4:30 pm Funeral Liturgy
6:00 pm Reception at MPR

Friday, December 6, 2019, Richmond
Salesian Preparatory
10:00 am Viewing
11:00 am Requiem Mass and Interment
12:15 pm Lunch

Salesians will express love and gratitude to confreres who have been called by God to eternal life. ( R. 76)
Salesian Volunteers Visit Asylum Community Center in Tijuana

By J.C Montenegro
Delegate for Mission Animation

As part of the Mission Animation Promotion on Thanksgiving weekend a group of young adults from our province visited the Salesian Community in Tijuana. This is an opportunity for young adults to experience and see firsthand social issues and to educate and raise awareness of what is happening in the world. Young people are challenged to become agents of transformation.

As part of the experience, young adults served in the Salesian soup kitchen called “El Desayunador,” where over 1000 plates are served every day to provide food to disadvantaged people. The young adults’ job was to welcome our brothers and sisters, serve food, and clean the tables.

In the afternoon, the group visited an orphanage of children with AIDs. Volunteers spent time with the children by playing soccer, running around, and doing whatever the children were doing; the main objective was to accompany them and to enjoy each other’s presence.

The next activity struck us the most. We visited a community center of people who are seeking asylum, like a “refugee camp.” The majority of the people are young adults with families. In this space, there were over 100 people, among them were young adults, adults, and children — all of them living together in common dormitories and using common restrooms.

In a small covered playground, they set around ten long plastic tables and around 4:30 PM everybody had dinner. Right after dinner we moved the tables and we invited the children to come and play some games with us. The parents were sitting around the playground enjoying themselves while we entertained their children. Around 7 PM, we gathered everybody, and had our good night and evening prayers.

At the end of the trip, we had a debriefing process with our young adults. They shared with us that this experience has changed their way of seeing life. They realized many people are suffering and that we need to do something about it if we want to change our society. They may not know how to do it, but the thinking process will eventually move to action steps that will change our society.
By Sheila Kun RN, BA, BSN, MS, FCCP
Salesian Cooperator

Before the age of technology, i.e. the time when there were no stethoscope, no EKG, no sleep lab, no ultra sound, no X-Ray, no MRI and no CT scan, doctors used their naked eyes to visualize your health, asked pertinent questions to assess your problems and felt your pulses at your wrist to determine your health status. By inspecting you from head to toe, they would identify possible health problems. For example, if you looked jaundiced (yellow), you could have liver or kidney problem. If you looked tired, it could be a multitude of issues. However, to get an idea of your general health, the following three key questions would give them clues as to how healthy you were:

1) How is your appetite? (Do you eat well?)
2) Any problems with bowel movement? (Do you poo well?)
3) Do you sleep well? (Any insomnia or difficulty with falling asleep?)

If you answers were “fine” with these three questions, generally you should be okay. The point is, from very early on, physicians recognize that sleep is an essential part of your health. It is within the last 30 years or so that the study of sleep and its disorders became a separate scientific field. Because it is so important to your health and daily function, I thought we should spend the coming weeks to explore this topic. We will go slowly

and really enjoy knowing the role of sleep in our life. So let us begin with studies from NIH (National Institute of Health).

Abstracted from NIH National Institution of Health for Neurological Disorders and Stroke.

Brain Basics: Understanding Sleep

Introduction

Sleep is an important part of your daily routine—you spend about one-third of your time doing it. Quality sleep – and getting enough of it at the right times -- is as essential to survival as food and water. Without sleep you can’t form or maintain the pathways in your brain that let you learn and create new memories, and it’s harder to concentrate and respond quickly.

Sleep is important to a number of brain functions, including how nerve cells (neurons) communicate with each other. In fact, your brain and body stay remarkably active while you sleep. Recent findings suggest that sleep plays a housekeeping role that removes toxins in your brain that build up while you are awake.

Everyone needs sleep, but its biological purpose remains a mystery. Sleep affects almost every type of tissue and system in the body – from the brain, heart, and lungs to metabolism, immune function, mood,
SALESIAN YOUTH MOVEMENT
Movimento Giovanile Salesiano • Movimiento Juvenil Salesiano
YOUNG ADULTS

Advent Prayer Night

12.05.2019
6:30pm

Follow Us:
@sym_usawest
Salesian.YouthMovement.USAWest

RSVP: marisol@salesianym.org
(562) 925-2250 ext. 203
Location: De Sales Hall
13856 Bellflower Blvd.
Bellflower, CA 90706
As we conclude this year 2019, we come face to face with Child Jesus bringing him EVERYTHING and EVERYONE. Small and with his arms wide open, he welcomes everything; he embraces everything. The Child Jesus embraces the whole world. One of the visits that touched me the most in 2019 was to the home of the young Salesian martyr, Akash Bashir, who died on 15 March 2015 at Lahore in Pakistan. This visit lasted only half an hour, but it was very intense and meaningful. It was with his father and mother, his sister and brothers: a Christian family that is alive, and that feels their martyred son more alive than ever. It was a visit as also a pilgrimage: yes, a pilgrimage from Turin to Lahore, with several intermediate stages and a journey of several thousand kilometres, bringing with me in my backpack, a statue of Mary Help of Christians: a souvenir and a prophecy from the Rector Major for this tried and blessed family. Mary is still the Queen of Martyrs today. And the young continue to be seduced by a risen Jesus who asks for everything because he gives everything. Let us implore the Child Jesus for a year 2020 without martyrs … But filled with the Christian and Salesian spirit of martyrdom.

Fr. Guillermo Basanes, SDB— Councillor for the Missions

A new book of lively interviews with Pope Francis, released just a few days after the closing of the Extraordinary Missionary Month of October 2019. The interviewer is Gianni Valente of Fides Missionary Agency. The thread that runs throughout the entire conversation carries the many recurring expressions that Francis uses in his magisterium to define the nature of the mission of the Church in the world. The Bishop of Rome pauses for the first time to explain in a relaxed way what he intends to suggest when he insists that the Church grows “by attraction” and not by proselytism, that the protagonist of the mission is the Holy Spirit and that the Church is by its very nature “outgoing”. En passant, the Pope also eliminates the risk of reducing these expressions to mere conformist slogans of “ecclesial” language. He suggests images and episodes, taken from his memory as a pastor, what could be the dynamism proper to every apostolic work, and what could be its source. For this reason, the Pope’s thoughts on the mission contained in this new book, can be enlightening, intriguing, dazzling and comforting. Their appeal is not only to those who are directly involved in the work of missionary animation.

In Francis’ answers, apostolic work is never presented as the result of an effort, the end of yet another commitment to be added to the labours of life. The dynamism of every missionary movement - he affirms - proceeds “by falling in love”, by loving attraction. One does not follow Christ, and even less does one become his messenger and of his Gospel, through a decision taken at the coffee table. Every missionary impulse can be fruitful only if it happens within this attraction and transmits it to others.” In the interview, the Pope suggests a distinctive trait of the authentic apostolic work. It “facilitates, makes easy, does not put us in the way of Jesus’ desire to embrace all, to heal all, to save all. Do not make distinctions, do not set up ‘pastoral border controls’. Do not play gatekeepers to check whether others have the requisites to enter.” The Pope also offers evocative ideas on the relationship of missionary work with money, with the media, with the processes of globalization. He points out that, at this point in time, “it is necessary to be on the lookout for everything that in any way ends up showing the mission as a form of ideological colonization, though in disguise”. It warns against functionalist temptations to entrust the effectiveness of the mission to strategies copied from marketing and to presumptuous theological methodologies. He criticizes the phenomenon of ‘hit-and-run’ missionaries, those who pass off their ‘spiritual tourism’ as mission - a travesty of the apostolate. "To follow Jesus and proclaim the Gospel", the Pope clarifies, "one leaves oneself and one's self-reference; but, then, one must also ‘stay’, remain in the places and situations to which the Lord brings us."

It is not a question of “doing missionary animation as if it were a job, but of living with others, staying where they are, wanting to accompany them, learning to walk at their own pace”. Only within the fabric of daily life, and not in the organization of events and artificial mobilizations - the Pope notes - can missionary work “become fruitful. And only in this way, in the journey of everyday life, can the process of a real inculturation of the Gospel be realized in different realities. Inculturation is not done in theological laboratories, but in daily life.”
VOLUNTEERS SPENT TIME WITH THE CHILDREN ORPHANAGE OF CHILDREN WITH AIDS.

Served food, and clean the tables. Welcome our brothers and sisters, people. The young adults’ job was to provide food to disadvantaged. 1000 plates are served every day to called “El Desayunador,” where over served in the Salesian soup kitchen. As part of the experience, young adults become agents of transformation. Issues and to educate and raise experience and see firsthand social opportunity for young adults to community in Tijuana. This is an province visited the Salesian group of young adults from our Promotion on Thanksgiving weekend a as part of the Mission Animation.

I grew up in Kuklov, a small village near Sastin where the Salesian mother house of Slovakia is. There, there is a basilica, the national shrine of the Virgin Mary of Sorrows. I met Salesians for the first time when I was 12 years old, but I did not know then that they are Salesians, because this was during communism and all religious congregations were forbidden. Doing activities and meetings with young people in the church was a little dangerous, but our pastor was courageous. He knew the Salesians very well. He had been in prison with some of them when he was caught trying to cross the border, along with Blessed Titus Zeman. After ten years in prison and six years of civil service he received permission to serve as a priest in our parish. Then he accepted the proposal of the Salesians to visit our village and organize meetings and various activities. When the Berlin Wall fell, we discovered that the two young workers, who dedicated their free time to us, were Salesians. They spoke to us also about the missions. But the first thought of becoming a missionary came to me when I was 15. It was then that Fr Jozef Daniel Pravda visited our parish. He had returned from the mission in Congo (at that time Zaire), where he had been working for more than 15 years, and he shared his experience with us. I remember his words: “If anyone wants to become a missionary, he must begin now by serving others.” I started my Salesian formation. The missionary vocation was still a little distant for me. I thought that to be a missionary I had to have great abilities and in that sense I didn’t feel capable. Then, slowly, with the experience of Salesian life, I began to understand that what is important is to trust in God and not in my abilities. Another strong push was the visit of Don Milan Žednicek, a missionary in Angola. He came to our community in Banska Bystrica where I was a young priest. I was struck by his deep joy and happiness. The thought of going on mission came to me more often. I began to talk to the Provincial as well. He suggested that I should pray for discernment. Then he sent me to the community in the Orava region, where I felt a very strong missionary spirit in the Salesian family. There were many volunteers who had had missionary experience in Siberia and, in the last five years, three Salesians had left this house on mission. When Don Bosco’s urn arrived in April 2013, I prayed in front of him and I heard the answer: “Why are you still waiting?” Then, in June 2014, the Provincial sent me for two months to a community in Yakutia in Siberia to have my first missionary experience. Since July 2015 I am in Yakutsk and I am very happy to be in this mission. It is a place with a very harsh climate (in winter the temperature sometimes reaches –50°C); but for me, it was more difficult to get used to the new social relations, because here there are only a few Catholics. I also suffered from the lack of a Salesian community because, at the beginning, there were only two of us. But that has changed, and my joy was great when new confreres arrived. I am also happy to see that Don Bosco’s spirit steals the hearts of the local people even though they are not Catholics. I see that, for the missionary, it is very important to have trust in God and in Mary Help of Christians so that we become instruments that help people to meet the person of Jesus Christ, who is full of joy and life.

Peter Lorenc, missionary in Siberia - Sakha Republic (Yakutia)

Witness of Salesian Missionary Sanctity
Fr. Pierluigi Cameroni SDB, Postulator General for the Causes of Saints

The Servant of God Ignatius Stuchly (1869-1953). His 150th birthday occurs on December 14. He held roles of responsibility for a large part of his life: bursar, prefect, Vice-Rector, Rector, Provincial. He was considered a ‘living rule’, an effective witness to the spirit of Don Bosco, from the Czech Republic to Italy, from Slovenia to Slovakia. ‘Ignatius Stuchlí was a religious who did not write ‘Rules’, but obeyed them.’ He is still remembered in the Czech Republic as a ‘second John Mary Vianney’ and the ‘Don Bosco of Bohemia’.

For today’s youth

That young people all over the world may realize the dream of God for them.

In In 2018, the Synod of Bishops on Youth, Faith and Vocation Discernment was celebrated. Let us ask that all our presences in the world may be meaningful for the life and dreams of the young people that the Lord has entrusted to us.

INTOUCH - DECEMBER 4TH, 2019
Before the age of technology, i.e. the time when there were no stethoscope, no EKG, no sleep lab, no ultrasound, no X-Ray, no MRI and no CT scan, doctors used their naked eyes to visualize your health, asked pertinent questions to assess your problems and felt your pulses at your wrist to determine your health status. By inspecting you from head to toe, they would identify possible health problems. For example, if you looked jaundiced (yellow), you could have liver or kidney problem. If you looked tired, it could be a multitude of issues. However, to get an idea of your general health, the following three key questions would give them clues as to how healthy you were:

1) How is your appetite? (Do you eat well?)
2) Any problems with bowel movement? (Do you poo well?)
3) Do you sleep well? (Any insomnia or difficulty with falling asleep?)

If you answers were "fine" with these three questions, generally you should be okay. The point is, from very early on, physicians recognize that sleep is an essential part of your health. It is within the last 30 years or so that the study of sleep and its disorders became a separate scientific field. Because it is so important to your health and daily function, I thought we should spend the coming weeks to explore this topic. We will go slowly.

"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