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USA West Province Newsletter • San Francisco, California

October 15, 2017

Salesian Martyr Fr. Titus Zeman Beatified



Blessed Titus Zeman's remains are presented in a specially designed casket at the beatification Mass. (ANS)

Cardinal Angelo Amato, SDB, prefect of the Congregation for Saints' Causes, beatified Salesian Fr. Titus Zeman, martyr, on Saturday, September 30, in Bratislava, Slovakia.

Fr. Zeman had been arrested in 1951 by the Communist authorities of what was then Czechoslovakia, charged as a traitor and a Vatican spy for smuggling young Salesians out of the country, and sentenced in 1952 to prison. He was paroled af-

ter 12 years, his health broken. His death on January 8, 1969, due to heart failure, was a direct result of the torture he had experienced during interrogation and in prison.

Fr. Zeman's cause as a martyr was initiated in Bratislava in 2010, and in 2016 the CSC declared he was a martyr who had suffered "in hatred of the faith." Pope Francis approved the decree of beatification earlier this year.

OCTOBER BIRTHDAYS

- Fr. Marc Rougeau.....5
- Br. Jerry Weirich.....5
- Br. John Rasor.....7
- Fr. Steve Whelan.....14
- Br. Vien Minh Nguyen.....17
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- Fr. Al Pestun.....28
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PLEASE PRAY FOR OUR SICK

- Fr. Lucian Lomello, SDB**
- Br. Jerry Weirich, SDB**
- Br. Tony Matse, SDB**
- Fr. Armand Oliveri, SDB**
- Fr. Mario Rosso, SDB**
- Fr. Avelino Lorenzo, SDB**
- Fr. Arthur Lenti, SDB**

REST IN PEACE

Fr. Joseph Dinh
Former Salesian
Sept. 28, 2017

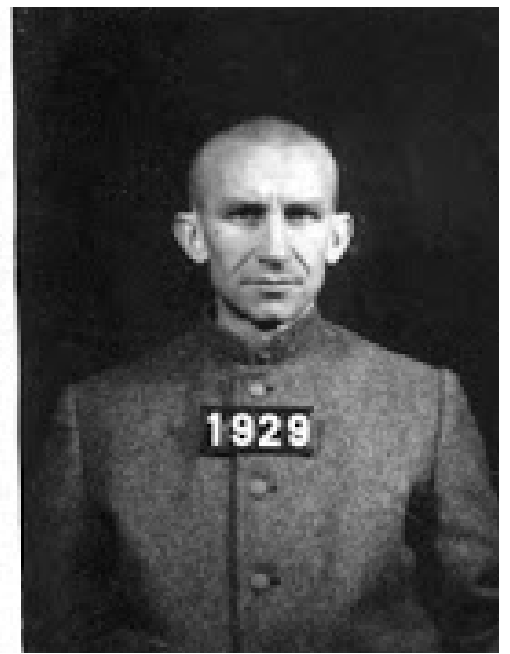
Fr. Larry Lorenzoni, SDB
Sept. 5, 2017



Fr. Zeman in his youth



Fr. Zeman's prison "mug shots." (Salesians of Don Bosco)



Fr. Zeman became the second Salesian beatified as a martyr at the hands of the Communist regimes of Eastern Europe. In 2013 Bro. Stephen Sandor was beatified in Budapest; he had been hanged in 1953 by the Hungarian government for the "crime" of youth ministry. A third potential martyr's cause was just initiated (October 6) in Poznan, Poland, that of Archbishop Anthony Baraniak, SDB (1904-1977), archbishop of Poznan (1957-1977), described by the current archbishop as a "martyr of the Communist system, a man persecuted and tortured in prison by Stalin's investigators."

National celebration of Slovak martyr

Blessed Titus's beatification ceremony was attended by about 25,000 people, including Slovak Cardinal Jozef Tomko, 25 bishops and the apostolic nuncio, about 500 priests, 200 seminarians, the Rector Major (Fr. Angel Fernandez Artime), the postulator general (Fr. Pierluigi

Cameroni), two of Fr. Zeman's sisters, and other relatives. One of the priests present was Fr. Al Pestun, 89, of the San Francisco Province, parochial vicar of Corpus Christi Parish in San Francisco. He is the last surviving Salesian whom Fr. Zeman attempted to lead from Czechoslovakia to Austria and on to Turin; the attempt was unsuccessful, but seminarian Bro. Pestun escaped later.

Cardinal Amato preached that "to donate his life for his brothers was Blessed Titus Zeman's ideal. He was arrested because he helped seminarians and priests to flee the country so as to live their apostolic ideal. His imprisonment was transformed into a sacrifice of redemption for others."

On the following day, October 1, there was a celebration in Vajnory, the section of Bratislava where Blessed Titus was born on January 4, 1915, and where he died. Fr. Angel Fernandez, the Salesian Rector Major, preached the homily at this

celebration, focusing on the timeliness of Fr. Zeman's witness in view of the upcoming synod of bishops on "Young people, faith, and vocational discernment." His relics were placed at a side altar of the parish church where he had been baptized and confirmed and celebrated his first Mass in 1940.



Poster promoting the beatification program.

The new blessed's relics were encased in a small, coffin-like casket designed by two Slovak artists, Andrei Botek and Marian Kralik. The façade of the casket includes two sculpted reliefs showing Fr. Zeman leading a clandestine escape party and the moment of his capture.

Blessed Titus's memorial will be observed on January 8, his dies natalis ("heavenly birthday").

Following his Salesian vocation

As early as age ten, Titus Zeman wanted to become a priest. He studied with the Salesians at Sastin and made his profession on August 6, 1932. He began theological at the Gregorian University in Rome and finished in Chieri. He was ordained in Turin on June 23, 1940, and returned to Slovakia, which had declared independence and allied itself with Germany during World War II. Nevertheless, he was able to exercise his Salesian ministry first at the youth center in Bratislava, then as a parish priest, and finally as a chemistry and biology teacher in Trnava.

Reunited after the war, Czechoslovakia suffered a Communist coup in 1948 and became a Stalinist satellite. In April 1950 the government ordered that all religious be rounded up in the dead of night. Many of them were sent to concentration camps. Fr. Zeman happened to be away from the Salesian house for Easter services and so evaded the round-up. He decided to go underground to help his young confreres who weren't in camps to escape to Turin to complete their studies. He led successful escape parties totaling more than 60 Salesians in August and October 1950. A third



The reliquary-casket with Fr. Zeman's remains, following its blessing. (ANS)

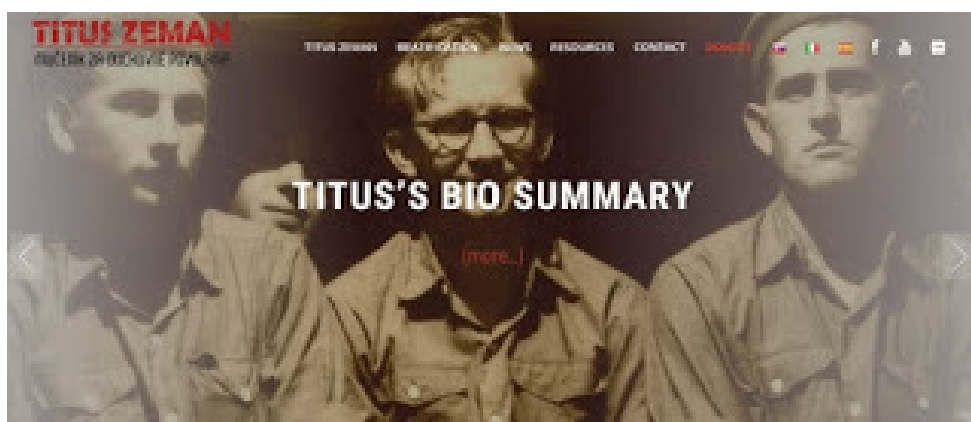
group's attempt to cross the Morava River into Austria was foiled by a border guard, and most of the group, including Fr. Zeman, were captured. (Bro. Pestun was one who got away.)

A section of the Salesian Slovak webpage on Fr. Zeman called "Saved by Titus" records the names and history of many of those whom he assisted to get away. Of interest to New Rochelle Province Salesians is that one of them was Bro. Jozef Hercog (sic).

Captured, tortured, killed slowly

Fr. Zeman faced the death penalty during his trial but in February 1952 was sentenced instead to 25 years in prison. With his health ruined by torture and harsh conditions, he was paroled to Vajnory in March 1964, and during the "Prague Spring" of 1968 was finally given permission to celebrate Mass again. He died of heart failure, however, on January 8, 1969.

The entire country took up Fr. Zeman. In April of this year a pilgrimage of 200 altar servers came to Sastin, where Blessed Titus had once been an altar boy, to celebrate "Titus, one of us." A hymn was composed by Slovak poet Daniel



The website set up by the Slovak Salesians to promote information about Blessed Titus.



Some of the Salesians whom Fr. Zeman led to freedom. (tituszeman.sk/)

Hevier in honor of the holy martyr. A biography titled *Beyond the River, Toward Salvation: Titus Zeman, Martyr for Vocations*, was published in both Slovak and Italian versions. Festivals and conferences were held in Bratislava, Trnava, and elsewhere, and TV and radio specials were aired. The Slovak bishops issued a pastoral letter regarding him in September. As noted above, hundreds of clergy participated in the beatification Mass, which was broadcast nationally. The Salesians organized a masterful webpage with multiple language options: www.tituszeman.sk, which includes an hour-long documentary film, *I Passed the Border* (with English subtitles): <https://www.youtube.com/watch?v=2Hbv1ZSgq4w>.

On May 30, Fr. Jozef Slivon of the postulator's office concelebrated Pope Francis's Mass and then presented him with a relic of Fr. Zeman and a copy of the just-published biography. The Holy Father kissed the relic and sent his blessing to everyone involved. In his Angelus message on the day after the beatifica-

tion, he said: "He joins the long line of martyrs of the 20th century.... His testimony supports us in the most difficult moments of life and helps us recognize, even in hardship, the presence of the Lord."

The witness of Blessed Titus's life and ministry

Fr. Fernandez addressed a short letter to the entire Salesian Family to mark the beatification, highlighting Fr. Zeman as a fruit of Salesian

sanctity, as a faithful Salesian totally in love with the Church and the priesthood, and as a zealous apostle of vocations.

Many people who knew Fr. Titus offered their testimony about his character, dedication, and courage, even before the events that led to his martyrdom. One of his students described him as "my spiritual father." Another calls him "simple-hearted, very funny, and a great sportsman." He helped hide Jews during World



Altar servers who took part in a pilgrimage to celebrate the upcoming beatification of a former altar boy. (tituszeman.sk/)

War II and hide nuns when the Red Army advanced through Slovakia. A Salesian student of theology remarked on how he helped clean up their school after the Russians left it full of excrement and stinking like a sewer: “I saw there his great love and tenacity for his work. He was a true Salesian who did everything in a humble way. It was clear he liked us, the young students of theology, a lot. He saw us as the hope for the Salesian Congregation in Slovakia.”

Fr. Zeman’s “funeral was exceptionally touching ... not only because of its outer aspects (it was a true triumph of sympathy, wonder, and gratitude) but mainly because such unity of emotion ... is truly rare. There was not only a homily at the Mass but also several speeches and a funeral oration. All of the speakers emphasized the great qualities of the deceased: conscientiousness, strength of his spirit, profound faith, strong will, transcendental devotion to God’s will, but mainly absolute self-sacrifice for the priestly ideal and effort to save young priestly vocations for the Church and the Salesian Society.”

Blessed Titus’s best known saying is probably, “Even if I lose my life, I do not consider it a waste, knowing that at least one of those whom I have saved has become a priest to take my place.” At his funeral the Slovak provincial noted that more than 50 priests and religious owed their vocations to him; his life was a kernel of wheat that fell to the ground and produced abundant fruit. “If every priest who died in Slovakia left such religious posterity, the funerals of Slovak priests would mean not a decrease but an increase in the priestly ranks.”



Procession of clergy entering the cemetery for Fr. Zeman’s burial. (tituszeman.sk/)



A young Titus Zeman (2nd from right) with friends. (tituszeman.sk/)

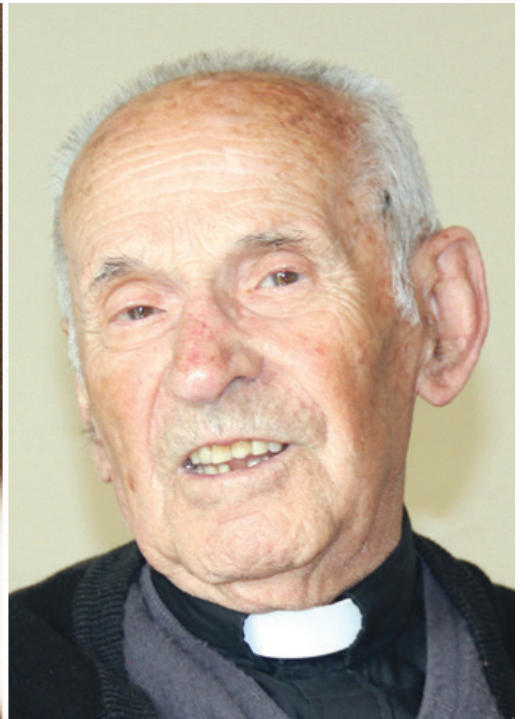


Young Fr. Zeman greeted by girls in traditional dress

SLOVAKIAN MARTYR AIDED LOCAL SALESIAN WHO ESCAPED COMMUNISM

Fr. Al Pestun (Salesians)

From Catholic San Francisco's story on the beatification and Fr. Al Pestun's recollections: <http://catholic-sf.org/CSF-home/article/csf/2017/09/12/slovakian-martyr-aided-local-salesian-who-escaped-communism>



Salesian Father Aloysius Pestun, a parochial vicar at Corpus Christi Parish, plans to travel to Slovakia for the beatification – because Father Zeman tried to help him escape from the Iron Curtain country to complete his studies for the priesthood.

Servant of God Titus Zeman was captured during his third trip to bring the young theology students and priests out of Czechoslovakia, one that included Al Pestun and 21 others, by crossing the River Morava into Austria on their way to Turin, Italy. The young Pestun and five others eluded capture at the time, because they had acceptable non-religious identity papers, told by Father Zeman to take off when it appeared capture was imminent, Father Pestun said. A frontier guard had noticed the group as they debated how to cross the swollen river, according to an account on the website tituszeman.sk.

The young Pestun escaped a few months later, with five others on an inflatable rubber boat. They then

were helped travel on to Italy by a Salesian pastor, Father Pestun recalled in a recent conversation with Catholic San Francisco.

Captured, Father Zeman (1915-69) endured a severe trial and was tortured and labeled a traitor and Vatican spy. Although the prosecutor called for the death penalty, he was sentenced to 25 years in prison.

Imprisoned, waiting for trial, he could hear out of his windows the cries of others being executed. At his trial, facing the death penalty, and after torture that included being stuffed into buckets of excrement to the point of suffocation, the website tituszeman.sk reports Father Zeman said, “Everything proclaimed as guilt I did of my love for the church, especially of my love of the Salesian Society. Thanks to it I am who I am.”

“I felt the urge to accompany the priests who were prevented from doing the ecclesiastic service here to the West. As my special vocation, I considered to help the young Sale-

sian students of theology and the young confreres to leave for Turin in order to finish their studies because they could not do it here after closing the monasteries. They could not make their desire of becoming priests come true. My conscience does not blame me for anything. I am satisfied.”

Titus Zeman will be declared blessed Sept. 30, with Cardinal Angelo Amato, prefect of the Congregation for the Causes of Saints, reading the Apostolic Letter from Pope Francis at a Mass in Bratislava. Pope Francis gave his approval for Servant of God Titus Zeman's beatification cause on Feb. 27.

“Father Zeman was out in the parish when they came” to the Salesian college because he was saying Mass for Easter, Father Pestun recalled. Father Zeman stayed back in the parish when the secret police rounded up clergy and seminarians for the concentration camp. “That is when he decided to work underground,” Father Pestun said.

Right before the secret police rounded up the Salesians, “The director came at night prayers,” Father Pestun remembered, because he had been tipped the Salesians were in danger. “He said, ‘very dark clouds come upon us. Let us say the Sorrowful Mystery.’” That night the secret police came, “stomp, stomp,” with police guarding three buses as they were herded onto the buses, forced to drop their cassocks on the floor of the bus, then loaded onto a train that took them to the labor camp, Father Pestun said.

Father Pestun was released a few months later from the camp after being hospitalized because of arthritis and was working a job in an office when Father Zeman’s cousin found him and told him about a chance to secretly leave with Father Zeman, Father Pestun said. After Father Pestun successfully escaped, in his second attempt, he studied first in Italy and then eventually in California, where he worked first as a teacher but primarily as a librarian before moving to Sts. Peter and Paul Parish and then Corpus Christi Parish 23 years ago.

Even today, Father Pestun’s eyes fill and his voice breaks, thinking of



Pope Francis reverences a relic of Blessed Titus given to him at the Vatican. (L'Osservatore Romano)

the many he knew who suffered. “I should have stayed,” he said.

When the Communists realized Al Pestun was gone, they forced Father Pestun’s father to kneel against a chair in the family kitchen, barefoot, while his feet were beaten severely, he said. Fortunately, a friend lied and said he had seen Al Pestun’s drowned body, so the Pestun family of parents and two other sons suffered few other repercussions, Father Pestun said, adding he learned all this when he was allowed to re-

turn on a visa in the 1970s, 25 years after his escape.

The 89-year-old cleric lives his vocation with great devotion, said Gibbons Cooney, parish administrator at Salesian Sts. Peter and Paul Parish in San Francisco. Cooney said when he returned to the Catholic Church in 1993, he made his confession to Father Pestun. “When he’s praying the Mass, at the words of consecration, it’s as if the whole universe stops,” Cooney said.

PROVINCE CALENDAR

October, 2017

2	MO	Quarterly Day of Recollection – North @ St. Clair’s Retreat	15-20	SU-FR	Regional Provincials Meeting, Guadalajara Regional Province Youth Ministry Delegates, Guadalajara RETA Conference, Austin, Texas Salesian Family Conference, Guadalajara <i>St. Louis Guanella, Priest, Founder of the Servants of Charity</i> Trusts Meeting, Provincial Residence, 9:30 am. <i>Bl. Michael Rua, Priest (Not observed this year)</i>
5	TH	<i>Bl. Albert Marvelli, Lay Person</i>	17-22	TU-SU	
8	SU	Province Anniversary of 2017 Mass, 3:00 pm St. Dominic Savio, Social, Dinner at MPR, St. John Bosco, Bellflower.	18-20	WE-FR	
			22-24	SU-TU	
9	MO	Quarterly Day of Recollection - South	24	TU	
9-12	MO-TH	Regional Formation Meeting, Quito, Ecuador	25	WE	
10-12	TU-TH	Provincial Council Meeting, Soto St., Los Angeles	29	SU	
13	FR	<i>Bl. Alexandrina da Costa, Virgin</i>			



PROVINCE ANNIVERSARY CELEBRATION AT ST. DOMINIC SAVIO CHURCH, BELLFLOWER OCT. 8, 2017





SALESIAN YOUTH MOVEMENT USA WEST PRESENTS

ROCK OUT YOUTH POVERTY

“I URGENTLY APPEAL...FOR A NEW DIALOGUE ABOUT HOW WE ARE SHAPING THE FUTURE OF OUR PLANET.” POPE FRANCIS



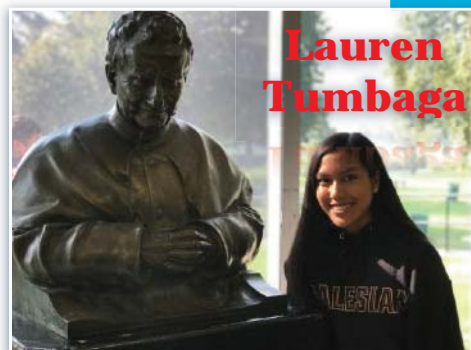
SALESIAN RICHMOND Present!

By Br. Jhoni Chamorro, SDB

The novices (Dan and Tom), Fr. Bob and three leaders from our school, Salesian College Preparatory, traveled to southern California to take part in a couple of events that our Province was hosting. One was Rock Out Youth Poverty and the other was the Anniversary of Religious Profession and Ordination of Salesians who have been serving our Province. We were representing the Salesian Richmond Community because as many of you know, we had two Jubiliarians celebrating from our community, Fr. Bob Stein and Br. Anthony Matse. I was moved by the words of Fr. John Roche during the homily, when he spoke about those Jubiliarians who were not present at the Mass, some

because of health and others because they are celebrating in heaven. It moved me because when I was a novice I lived with Fr. John O'Brien and there were so many little things I learned from him that he taught me without knowing. I am so blessed for the opportunity to be part of the celebrations, but also happy that our school sent young people to witness the Salesian commitment that so many do in our province, continuing the dream of Don Bosco, "Da Mihi Animas, Caetera Tolle". I want to also present some words that the young leaders would like to share with you:

The weekend of October 7-8 of 2017 were both inspirational and memorable not only for me, but for two other students, two novices, two brothers and one priest from our school. Specifically, three students, including myself were very fortunate to be chosen to represent Salesian College Preparatory in Richmond, California at both the Rock Out Youth Poverty event and at the anniversary celebration honoring the brothers and priests, which was held at St. John Bosco High School in Bellflower, Ca. To start off, my experience at Rock Out



Youth Poverty was memorable. As I first arrived at St. John Bosco High School on October 7th, I was blown away by various activities that aid people around the world, specifically for the less fortunate. My school led one of the activities in recreating a portrait of St. Francis of Assisi, the patron Saint of Animals and the Environment, only using recycled items. We were helped by other students and individuals who attended the event, but seeing these children working and showcasing their hard work, dedication, and talents showed me how we can all come together to help our brothers and sisters around the globe. The Youth Poverty event strengthen me as a person of service, and a server to God. Meanwhile, attending the anniversary celebration celebrating the jubilariants was inspiring and became reacquainted with the history and morals of Don Bosco. Although Don Bosco has passed, his spirit lives in each of us, especially in the brothers and priests who kept the tradition and spirit of Don Bosco alive and refreshed. Collectively, seeing all family & friends, members, representatives of the school, coming together and showing how much appreciation they have for their accomplishments was profound. In the future, I want to make a difference in the community, not only like the brothers and priests did to people, but how Don Bosco made a difference in children's lives.

I feel very blessed to have been given the opportunity to attend Rock Out Youth Poverty in Los Angeles this year. I wasn't sure what to expect at first but once we got there I was overcome with excitement, seeing all the booths set up and each supporting a different cause was really heartwarming to me. One we had set up our booth, the poster of St. Francis, it was so uplifting to see the other young people come up to help create a beautiful image. I was having fun creating the image and getting to talk with the children who were there but I was always having an



amazing learning experience. It was a great feeling to see people of my age so inspired to help out those in need. On Sunday, we went to mass to celebrate all those in our Salesian Province and after we had a dinner. It was encouraging to hear how they became involved with the Salesian community and how they had certain people in their life that helped them to continue their teachings. I felt blessed to be able to go to Salesian and be part of a loving and hard-working community. Overall, this weekend was a great experience as well as inspiring and I hope that I can continue to be apart of events like Rock Out Youth Poverty. I am thankful for this amazing opportunity.



I was blessed with the opportunity to represent Salesian College Preparatory in Richmond in Rock Out Youth Poverty 2017. It felt great just to be a part of this event. In Rock Out Youth Poverty, my school and other Salesian schools ran stations where kids were able to help out those in poverty who are not able to have the education and the opportunities that we are very lucky to have and to also learn about how to make the world a better place. My station was the St. Francis mural, where we made a picture of St. Francis, the patron saint of the environment, out of recycled materials. This was a great experience

because we were able to teach kids about making a difference in the world through the Salesian spirit. I was also able to celebrate the anniversaries of the professions and ordinations of the Salesian fathers and brothers in our province. What they do is so inspiring. They bring the work of Don Bosco in today's world. I had such a great time in both Rock Out Youth Poverty and the anniversary celebration, especially because they reminded me of the great work that the Salesian communities do.



ADDRESSING THE SAN BERNARDINO DIOCESE CONVOCAATION

By. Fr. John Roche, SDB



During the week of September 11-14, 2017, the priests of the Diocese of San Bernardino met at the Omni Hotel in Rancho Mirage, just about a half hour past Palm Springs. I was invited by Dr. Antonio Jose Medina, the director of ongoing formation for the priests of the Diocese, to address the priests—both diocesan and religious—on two topics: How to grow close to young people and then to share best practices for working with youth and young adults. This was a great opportunity to share our charism and the Salesian spirituality which belong to the Church.

The presentations can be found at this link goo.gl/kXo8XV. I also included a resource sheet with bibliography and media sources used for this presentation.

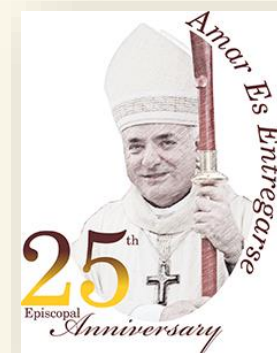
The first presentation attempted to lay down a theological and philosophical foundation for the concept of presence. This survey offered a brief review of how the Church has understood the idea of presence in Christ from its foundation all the way down to a twenty-first century understanding. I attempted to root Don Bosco's emphasis on presence among the

young with the long tradition of the omnipresence of Christ and the personal presence of Christ that may be experienced by the free offering of our guiding presence with the young.

The second presentation unpacked the Salesian practices for working among the young. This included asking the present priests how they were preparing for the coming Synod. I asked them these questions: How many young people do you know? How many can you call by name? How are they involved with your parish council? Have you heard from them regarding their needs and their experience of faith and Church?

The convocation was highlighted by the celebration of many jubilees among the priests of the diocese with Bishop Gerald Barnes also celebrating his own silver jubilee of episcopal ordination. His motto became the umbrella under which all the convocation took its direction: "Amar Es Entregarse" "Love is the total giving of oneself."

Hopefully, our brothers working in the Diocese of San Bernardino will be able to take away Don Bosco's promise to the young: "For you I study, for you I work, for you I am ready even to give my life" and focus upon the young of their parishes and ministries with a new fervor.



CAGLIERO 11

N. 106 - october 2017

Newsletter for Salesian Missionary Animation



A Publication of the Missions Sector for the Salesian Communities and Friends of the Salesian Mission

October, missionary month par excellence! The whole Church stirs up and wakes up, recognizing once again its deep missionary roots. Pope Francis, through his message for the World Mission Day 2017, reminds us also of the synodal and youthful path that we are already going through together: "Young people are the hope of the mission. The person of Jesus and the good news proclaimed by him continue to fascinate many young people" (No. 8). We have just seen this fascination in Valdocco on the face of each of the young Salesians from around the world, members of the newly commissioned 148th Missionary Expedition. We have also admired it in many Provinces all over the world. We see the courage and enthusiasm of so many young people who give to God and to the world a generous part of their lives through the Salesian

Volunteer Movement. Our common missionary responsibility, Pope Francis concludes, needs the "rich imagination and creativity of young people" (No. 8). It is, indeed, the young who are renewing the missionary spirit in our houses and Provinces. May they keep us awake!

D. Guillermo Basanes SDB
Councillor for the Missions



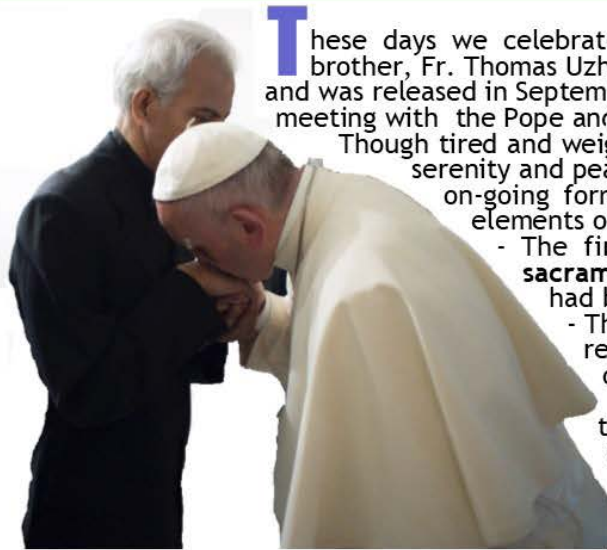
In this missionary month of October we encourage you to study deeper the message from the Holy Father. For lack of space we share, just a few phrases:

Mission at the heart of the Christian faith

"This Day invites us to reflect anew on the **mission at the heart of the Christian faith**. The Church is missionary by nature; otherwise, it would no longer be the Church of Christ, but one group among many others that would soon end up serving their purpose and passing away. So it is important to ask ourselves certain questions about our Christian identity and our responsibility as believers in a world marked by confusion, disappointment and frustration, and torn by numerous fratricidal wars that unjustly target the innocent. What is the *basis* of our mission? What is the *heart* of our mission? What are the *essential approaches* we need to take in carrying out our mission? [...]
The Church's mission, directed to all men and women of good will, is based on the transformative power of the Gospel. The Gospel is Good News filled with contagious joy, for it contains and offers new life: that of the Risen Christ who, by bestowing His life-giving Spirit, becomes for us the Way, the Truth and the Life (cf. Jn 14: 6). He is the Way that invites us to follow him with confidence and courage. In following Jesus as our Way, we experience *Truth* and receive His *Life*, which is fullness of communion with God the Father in the power of the Holy Spirit. That life

makes us free from every kind of selfishness and is a source of creativity in love.
The Church's mission, then, is not to spread a religious ideology, much less to propose a lofty ethical teaching. Many movements throughout the world inspire high ideals or ways to live a meaningful life. Through the mission of the Church, Jesus Christ himself continues to evangelize and act. Her mission thus makes present in history the *kairos*, the favourable time of salvation. Through the proclamation of the Gospel, the risen Jesus becomes our contemporary, so that those who welcome him with faith and love experience the transforming power of His Spirit, who makes humanity and creation fruitful even as the rain does with the earth [...]
Thank God, many significant experiences continue to testify to the transformative power of the Gospel. I think of the gesture of the Dinka student who, at the cost of his own life, protected a student from the enemy Nuer tribe who was about to be killed [...] We can think too of countless **testimonies** to how the Gospel helps overcome narrowness, conflict, racism, tribalism, and to promote everywhere, and among all, reconciliation, fraternity and sharing [...]
Young people are the hope of the mission. The person of Jesus and the Good News He proclaimed continue to attract many young people. They seek ways to put themselves with courage and enthusiasm at the service of humanity. "There are many young people who offer their solidarity in the face of the evils of the world and engage in various forms of militancy and volunteering [...]. How beautiful it is to see that young people are 'street preachers', joyfully bringing Jesus to every street, every town square and every corner of the earth!"

FR. THOMAS UZHUNNALIL TEACHES US APOSTOLIC SPIRITUALITY



These days we celebrated in Rome with great joy the release of our missionary brother, Fr. Thomas Uzhunnalil, who had been kidnapped in Yemen on March 4, 2016 and was released in September this year. As everyone knows, he has had an exciting meeting with the Pope and our Rector Major.

Though tired and weighing 30 kg less, he communicated his experience with great serenity and peace. Also the group of missionaries who are going through the on-going formation course in Rome met him. We share with you some elements of his apostolic spirituality.

- The first thing he asked for when he arrived in Rome was the **sacrament of Reconciliation**. Not having this gift for 18 months had been a heavy burden for him.

- Though he could not celebrate the **Eucharist** sacramentally, he repeated its prayers every day from memory. In fact, he made of his cross a continuous Eucharist.

- He was not allowed to read, write, walk; he could only think ... His thoughts were a **continuous prayer** for the Church, the Congregation, young people, the sisters who had been killed, his mission in Yemen, the Holy Father and also his captors ... He reminds us of Paul's urging, "Pray without interruption."

- The secret that enabled him to live his imprisonment with

serenity was his full **conformation to God's will**. He said that after he had put his life completely in God's hands and only to do his will he felt great peace, which allowed him to sleep at night with great serenity. And this conformation to the divine will was not merely his personal offering; it was the result of his obedience to the Congregation that had asked of him to serve in Yemen. According to him, when obedience is seen as a response to the will of God, it becomes a source of serenity and peace.

- A **witness of Christ**. When he was taken to the Islamic commander, he was asked direct and clear whether he was a Muslim, and he replied, "I am a Christian."

- Both in his private conversation and in his lectures, he showed a **great attitude of forgiveness**. He certainly suffers deep pain from the killing of his sisters, but he did not harbour any hatred or resentment. He spoke respectfully of his captors.

- The conviction that in God's plan **each one has his own specific mission**. Everyone is called to a unique and irreplaceable mission.

- A **feeling of gratitude** was constant in his speech. Gratitude to God for his life and his delivery from captivity, gratitude to Mary Help of Christians who, he felt, was very close to him; gratitude to the Church, to the Congregation, to every Christian who offered prayers and sacrifices for his release. There have been so many testimonies of just ordinary believers on all continents who daily offered prayers and sacrifices for him.

Let us implore the Lord to continue sending to his abundant harvest.

Don Martín Lasarte sdb



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

Blessed Maria Troncatti (1883-1969), Daughter of Mary Help of Christians and a great missionary in the Amazon rainforest, among the Shuar of Ecuador. She worked with great tenacity for the promotion of women and the freedom of choice of one's partner in life. When it was announced that, for the first time ever, a Christian marriage was to be celebrated in the rainforest, where for the first time the partners, both of Shuar's tribe, had made their own free choice of each other, not pre-arranged by their relatives, it was a great joy for her. She then wrote in a letter: "We are all here for them: for the big and the small, for the sick, for the savage and for the civilized."



Salesian Missionary Intention

FOR SALESIANS IN PROFESSIONAL TRAINING CENTRES

So that vocational training centres may continue to be schools of Christian growth and humanism in the world of work.

Vocational training is one of the most distinguished contributions for which Salesians are known and appreciated all over the world. It continues to be a priority of Youth Ministry today: to support and educate young people to enter the workplace. This precious mission requires of us professional competence, educational wisdom and evangelizing audacity to give a meaningful answer to the ever-changing challenges of the world of work.



STAND IN SUPPORT OF DREAMERS



*"Migrants and refugees are not pawns on the chessboard of humanity. They are children, women, and men who leave or are forced to leave their homes for various reasons, who share a legitimate desire for knowing and having, but above all for being more." - Pope Francis
(Message for the 2014 World Day of Migrants and Refugees, September 24, 2013)*

The Dream Act of 2017 (S. 1615 / HR. 3440) was recently introduced in Congress as a bipartisan effort. The bills are intended to protect immigrant youth who entered the United States as children and know America as their only home. The bills offer qualifying immigrant youth "conditional permanent resident status" and a path to full lawful permanent residency and eventual citizenship. These bills would protect numerous youth, including the over 780,000 individuals who received temporary relief from deportation and employment eligibility through the Department of Homeland Security's Deferred Action for Childhood Arrivals (DACA) program.

The young people S. 1615 / H.R. 3440 seeks to protect are contributors to our economy, veterans of our military, academic standouts in our universities, and leaders in our parishes and communities. As Catholics, we have long supported DREAMers as we believe in protecting the dignity of every human being, especially that of our children.

We ask you to renew your support for DREAMers by urging your Senators to co-sponsor S. 1615 and your member of Congress to co-sponsor H.R. 3440. You can do so by sending the following messages:



Dear Senator,

As a person of faith, I stand with the U.S. Catholic Bishops and write to express my strong support for the "Dream Act of 2017" (S. 1615). The young people protected by this bill are contributors to our economy, veterans of our military, academic standouts in our universities, and leaders in our parishes and communities. As Catholics, we have long supported DREAMers as we believe in protecting the dignity of every human being, especially that of our children. Among those protected by this bill are Deferred Action for Childhood Arrivals (DACA) recipients, a program that has benefited over 780,000 young people. DACA has ensured that recipients are able to live their lives free of the anxiety that they could be deported at any time to a country they do not know and separated from their families. We believe immigrant youth deserve continued protection and a path to citizenship.

I urge you to:

- Support and co-sponsor S. 1615, the Dream Act of 2017; and
- Continue to work towards larger legislative reform of our immigration laws.

The faith community stands with you in support of the DREAM Act of 2017, S. 1615, and vows to work with you to reform our immigration system in a humane and common-sense manner.

Thank you.



Dear Representative,

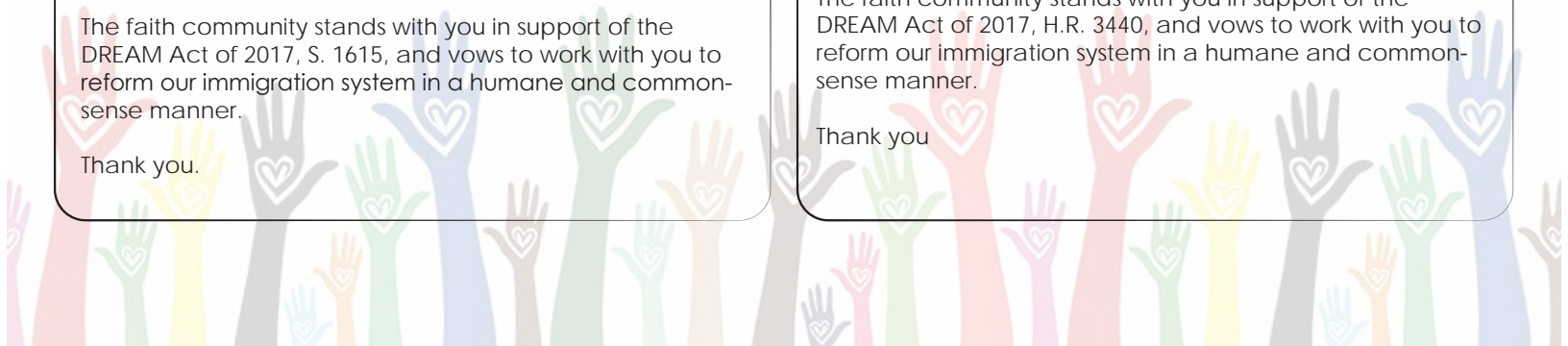
As a person of faith, I stand with the U.S. Catholic Bishops and write to express my strong support for the "Dream Act of 2017" (H.R. 3440). The young people protected by this bill are contributors to our economy, veterans of our military, academic standouts in our universities, and leaders in our parishes and communities. As Catholics, we have long supported DREAMers as we believe in protecting the dignity of every human being, especially that of our children. Among those protected by this bill are Deferred Action for Childhood Arrivals (DACA) recipients, a program that has benefited over 780,000 young people. DACA has ensured that recipients are able to live their lives free of the anxiety that they could be deported at any time to a country they do not know and separated from their families. We believe immigrant youth deserve continued protection and a path to citizenship.

I urge you to:

- Support and co-sponsor HR. 3440 the Dream Act of 2017; and
- Continue to work towards larger legislative reform of our immigration laws.

The faith community stands with you in support of the DREAM Act of 2017, H.R. 3440, and vows to work with you to reform our immigration system in a humane and common-sense manner.

Thank you



SDB Development Department

Salesian Provincial Office in San Francisco is seeking an experienced Administrative Assistant for their Development Department.

Expertise and knowledge in data base management, Raise's Edge and MS Office (required). Knowledgeable of Vietnamese and Spanish would be beneficial.

Full-time position includes processing mail, data entry, and other clerical duties.

Send resume with compensation requirements to Greg Cattalini: gcattalini@Salesiansf.org. Questions can be directed to Mr. Cattalini at (415) 441-7144, x217 or Father Tho Bui, x221. For more information on the Salesians, please visit www.donboscowest.org.



OCTOBER

SALESIAN MISSIONARY INTENTION

IN THE LIGHT OF THE HOLY FATHER'S PRAYER INTENTION

For Salesians in Vocational Training Centres

That vocational training centres continue to be schools of development and Christian humanism in the world of work.

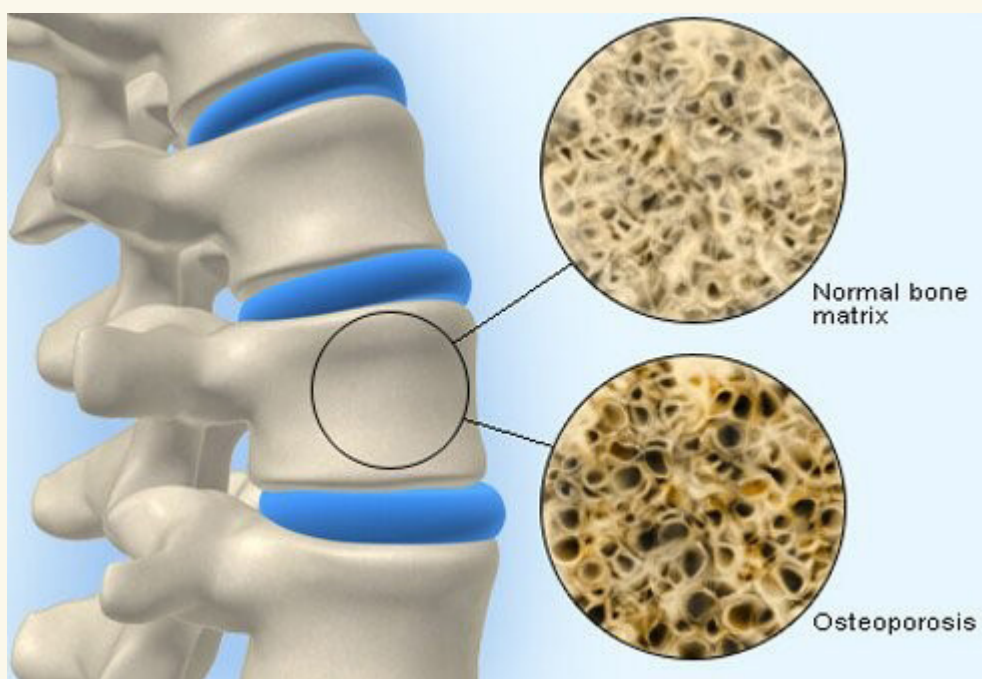
One of the most distinctive contributions for which the Salesians are known and appreciated throughout the world is vocational training. It continues to be a priority of youth ministry: educating and preparing young people to enter the world of work. This precious mission requires of us professional competence, educational wisdom and evangelising boldness that respond to the new challenges in the world of work.





How Much Do You Know About Your Bone Health?

By Sheila Kun, Cooperator



“The last time you had a bone density scan was five years ago, let us order one for you.” This was the conversation from my family doctor with my annual check-up. I took the test, and not to my surprise, it says I have osteoporosis. This is nothing new; my bone is the most vulnerable part of my body systems. I was at risk since infancy. Being an Asian woman, lactose intolerance is very prevalent. Milk is not part of the regular diet. Growing up, our family was not aware of vitamins, calcium rich food or bone health. Their meal preparation was focused on how

mouths to feed and whether we had enough money to provide enough food on the table. I still remember my front teeth began to chip away a little since 1990s. Hence, today’s topic is of immense interest to me. I gathered information from the Mayo Clinic and other web sources for your review. We will begin with what is the problem. Next week we will talk about treatment and prevention.

Osteoporosis currently affects over 53 million people in the United States (U.S.).

It is a medical condition in which the bones become brittle and fragile from loss of tissue, typically as a result of hormonal changes, or deficiency of calcium or vitamin D. Osteoporosis causes bones to become weak and brittle — so brittle that a fall or even mild stresses such as bending over or coughing can cause a fracture. Osteoporosis-related fractures most commonly occur in the hip, wrist or spine.

Bone is living tissue that is constantly being broken down and replaced. Osteoporosis occurs when the cre-

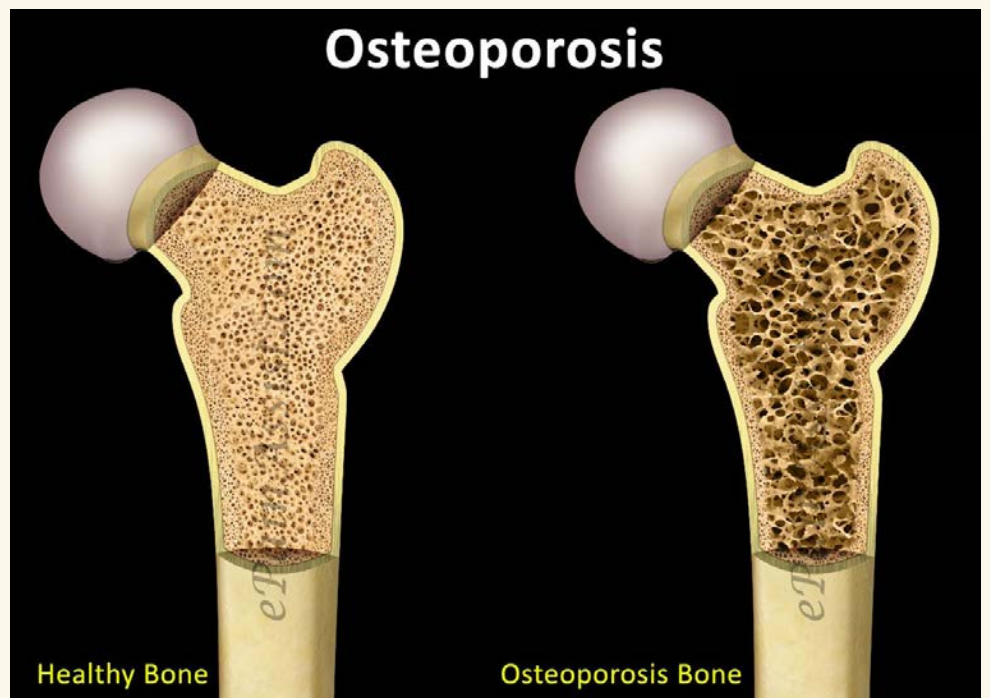
ation of new bone doesn't keep up with the removal of old bone.

Osteoporosis affects men and women of all races. But white and Asian women — especially older women who are past menopause — are at highest risk. Medications, healthy diet and weight-bearing exercise can help prevent bone loss or strengthen already weak bones.

Bone loss that leads to osteoporosis develops slowly. There are often no symptoms or outward signs, and a person may not know they have it until they experience a fracture after a minor incident, such as a fall, or even a cough or sneeze.

Breaks in the spine can lead to changes in posture, a stoop, and curvature of the spine.

A simple test such as the bone scan can measure hip and spine bone mineral density while the patient lies on a table. There is no specific preparation for this test. You just lie



down for less than 5 minutes, and the scan is done. Your test score is compared with the norm such as by age and by ethnic origin.

Your homework assignment from the Care Ministry this week: Ask your doctor about the status of your bone health.

The Care Ministry welcomes your comments/suggestions:
kunlouis@gmail.com

The infographic features a green textured background with a large white number "7" on the left. To the right of the number, the text "SUPERFOODS FOR HEALTHY BONES & JOINTS" is written in white and yellow. Seven circular images are arranged in a grid, each with a label below it: MILK (a pitcher and glass), CABBAGE (heads of cabbage), SALMON (a whole fish), ALMONDS (a pile of almonds), EGGS (a bowl of white eggs), BROCCOLI (heads of broccoli), and PAPPAYA (a whole green papaya and a sliced one showing seeds).