



## MISSIONARIES OF ST FRANCIS DE SALES

**Fransalians - Province of East Africa**  
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**Provincial Circular EAP – MT.37**
**July 16, 2022**

My dear confreres,

Fraternal Greetings in the name of the Lord Jesus!

**SALESIAN OPTIMISM**



Optimism is one of the major pillars of the spirituality of St. Francis de Sales. William Marceau who has written extensively on Salesian Optimism says that the term ‘optimism’ is understood diversely by different people. For some, “optimism is a doctrine which claims that this world is the best of possible worlds.” For some others, “optimism is a point of view that good must always triumph over evil.” Yet others point out that “optimism is an attitude of mind which always tries to have a larger view of everything and which never lets itself despair, even when everything seems to announce defeat.”

The optimism of St. Francis de Sales is a joyful heart ready to see the good in every person and situation. Since he was a Christian humanist, his optimism conceives of God as Goodness itself. Christian humanism begins with the assertion that each person is created in the image and likeness of God with innate dignity and free will. It believes that human nature, while wounded, retains a natural orientation to God. By nature, human beings are drawn to cooperate with God’s grace. Despite the fall of humankind, which resulted from free choice, God nonetheless reached into the heart of creation and offered redemption through the sacrifice of His Son on the cross.

There was a pessimistic understanding of Christian spirituality in the Middle Ages which continued even during the time of St. Francis de Sales like God as the supreme judge and human beings are slaves predestined for eternal punishment or reward. It is in this context, St. Francis de Sales writes about joyful optimism which is based on love. “We must do all by love and nothing by force” is one of the central teachings of St. Francis de Sales. This expression concerns action which finds its rationale in an optimistic doctrine inspired by the Gospel (Lk.15:11-32).

The keystone of the spirituality of St. Francis de Sales is pure love. This love implies holy indifference. This holy indifference or abandonment depends upon the will of God which is freely chosen to align with God. According to St. Francis de Sales, “the will dead to itself lives entirely in the will of God.” (Love of God, Bk. IX, 13). This pure love of God based on the will of God is the basis of Salesian optimism.

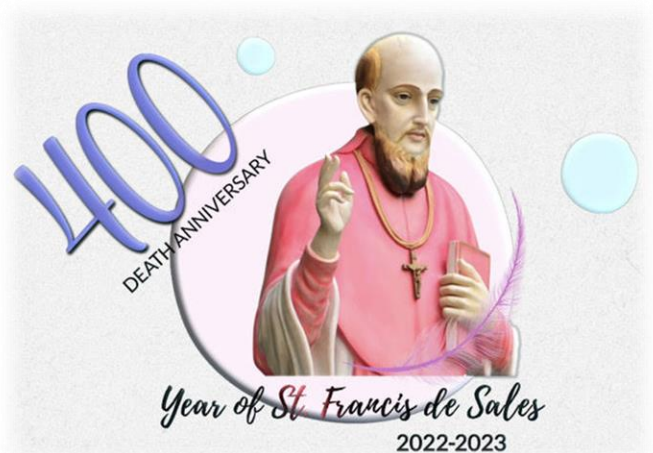
Our Christian vocation is to be an optimist and it is the result of our love for God and faith in God. A person who loves God and does what He wills, trusts in Him and hopes in Him. “Optimism is the ability to face good and bad occurrences with trust in God... Salesian Optimism prompts us to see the brighter side of life amidst our limitations and imperfections. Francis’ positive and realistic outlook made him say “I am as human as anyone else.” (Fr. Antony Kolenchery, Little Virtues of St. Francis de Sales, pp.86-89).

Here are some practical Salesian ways to maintain optimism:

- **Bloom where you are planted:** “The grass is not always greener in somebody else’s yard.” Life will always be filled with challenges. Do your best to admit this and decide to be happy in the here and now.
- **Let us be who we are and be that well:** Give your best effort to being yourself and you will learn to accept people for who they are, where they are, and how they are.
- **Be a doer and not a reactor:** Set boundaries by beginning with the end in mind (to know where you are going helps you better understand where you are).
- **Before retiring turn over your day to God and when you get up in the morning—start each day anew.**
- **Be a more loving person:** practise acts of kindness, for a single act of kindness can set a series of kind acts in motion.
- **Maintain a sense of humour:** Learn to laugh at yourself.
- When we are “**as human as anyone could possibly be,**” we take a deep interest in all that is human. In so doing, we can live our daily lives with an upbeat spirit.

These suggestions are not incredibly challenging to perform, but they can result in incredibly positive encounters with ourselves and with others!

“Live Jesus” was the life motto of St. Francis de Sales. It also is key to Salesian optimism as it emphasizes the goodness of God. When we say, “Live Jesus”, we get courage and strength to live Jesus and his Gospel in our life; it keeps away anxieties and worries and fills our hearts with love, peace and joy. LIVE JESUS!



## VISITATION OF GENERAL CURIA

Our beloved Superior General Very Rev. Fr. Abraham Vettuvellil, the Assistant Superior General Very Rev. Fr. Yves Caroon, the members of General Curia Rev. Fathers Jacob Karamakuzhiyil, Johnson Kallidukil, J. Stephen, Saji Puthiyakulangara and Jose Cheriantharayil visited the Province from May 10th to 24th. We sincerely thank them for their presence in the province.



**Visitation of Assistant Superior General:** Very Rev. Fr. Yves Carron visited all our communities from April 25th to May 16th. He animated meeting in every Apostolic Community and encouraged confreres to live the vision and mission of our Founder in East Africa following the spirituality of St. Francis de Sales. We sincerely thank him for his availability to visit all our communities.

### **General Curia – Provincial Curia**

**Meeting:** The meeting of the members of the General Curia and the Provincial Curia took place on May 17th and 18th.

The meeting made an in-depth analysis of consecrated life and the various apostolates in the province in the light of the Call of General Chapter 2019 and the Action Plan of the Provincial Congress 2020. The meeting identified focus areas to be implemented within the duration of one year. The entire Provincial curia will visit every Apostolic Community and explain the focus areas to foster our consecrated life and apostolates in the province.



## MSAF MEETING

The Mission Superiors Africa Forum (MSAF) took place on May 20<sup>th</sup> and 21<sup>st</sup>. The Forum discussed various common concerns of MSAF especially the Formation Programme. There also was a meeting of the General Curia with MSAF which brought out various concerns of African Missions to the General Curia.

## APPOINTMENT OF PROVINCIALS/DELEGATION SUPERIOR

**Rev. Fr. Bonela Antony** is appointed as the new Vice-Provincial of USA Vice-Province. He assumed his responsibility on July 02, 2022.

**Rev. Fr. Jean-Yves le Tue** is re-appointed as the Provincial of Franco-Swiss Province.

**Rev. Fr. Henry Nedumkallel** is re-appointed as the Delegation Superior of Mozambique Delegation.

We assure our prayers and wish them the very best in their ministry of animating their respective provinces/Delegation

## GRATITUDE

The Province of East Africa expresses its deep gratitude to Rev. Fr. Tomy Puliyanampattayil, the outgoing Vice-Provincial of the USA Vice-Province for his generous cooperation and support for our Province especially during the last six years. May God bless his future undertakings!

## UPCOMING PROGRAMMES IN THE PROVINCE

July 23	Priestly Ordination of Dn. Edward Mgagi
July 26 - 31	Retreat I at LCI
August 05	Holy Mass for Fr. S. Kuzhupil at the Novitiate
August 06 - 11	Retreat II at LCI
August 12	Arusha Apostolic Community meeting
August 15	TAKA Apostolic community meeting
August 18	Priestly Ordination of Dn. Avil Veiges Uganda Apostolic community meeting
August 22	Kenya Apostolic community meeting
August 27	Priestly Ordination of Dn. S. Jerald First Profession at the Novitiate
September 09	Priestly ordination of Dn. Level Winner

## FUNERAL OF REV. FR. SEBASTIAN KUZHUPIL MSFS

The sad and sudden demise of our beloved confrere Fr. Sebastian Kuzhupil has created an unequivocal vacuum in the province as well as in the lives of his patients all over East Africa. People of Morogoro got an opportunity to pay the last homage to Fr. Sebastian at the Requiem Mass which took place on 30th June at the Junior Seminary. It was officiated by Bishop Telesphore Mkude, Emeritus Bishop of Morogoro. Bishop appreciated the healing work of Fr. Sebastian which he did it with complete dedication and commitment. A large number of priests, religious and lay people participated in the Holy Mass to pay tribute to Fr. Sebastian, who was serving the people at Mermier Holistic Healing Centre, Morogoro for the last 25 years.

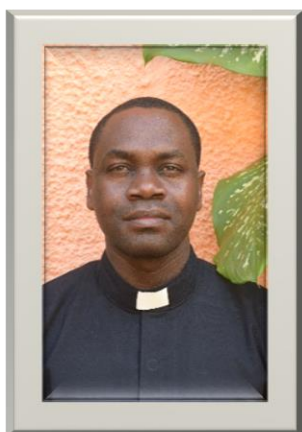
The funeral Mass took place on July 1st at St. Francis de Sales Parish, Mkuza. It was officiated by Bishop Stephen Musomba, the Auxiliary Bishop of Dar es Salaam. After the Holy Mass, the burial of Fr. Sebastian took place at the Frasalium Novitiate which is three kilometres away from the Parish. A large number of confreres, priests, religious and laity participated in the funeral services.

We thank our Bishops particularly Archbishop Jude Thaddeus Ruwaichi, Archbishop Paul Ruzoka, Bishop Lazarus Msimbe, Bishop Telesphor Mkude, Bishop Stephen Musomba, Bishop Henry Mchamungu, and Bishop Salutaris Libena for their condolence messages as well as prayers for Fr. Sebastian. We thank our Superior General Very Rev. Fr. Abraham Vettuvellil and the entire General Curia for being close to us in their prayers during his hospitalization and at his death. We also thank all our Provincials, confreres, priests and religious from various dioceses and congregations as well as well-wishers for their condolence messages and prayers for the departed soul of Fr. Sebastian.

The beloved sister of Fr. Sebastian, Sr. Vincent was with us during his hospitalization. We thank her and the Sisters of St. Ann for being with us and accompanying Fr. Sebastian in his last moments of life. I thank sincerely Fr. Reji Pendanath and Fr. Martin Pendanath who were with Fr. Sebastian day and night during his hospitalization. We thank doctors, sisters and nurses of St. Joseph's Dumila, Aga Khan, Muhimbili and Moyo Safi wa Maria Hospitals for taking care of Fr. Sebastian. I sincerely thank all our confreres particularly the Apostolic Communities of Morogoro and Dar es Salaam for making all the arrangements for the Requiem Mass as well as the Funeral services. May God bless everyone who took care of Fr. Sebastian! May he intercede for our missions in Africa and may many more people be healed through his intercession! May he rest in peace!

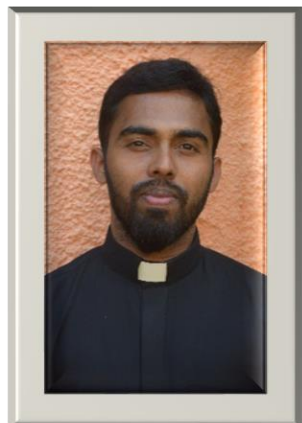


## PRIESTLY ORDINATIONS



**Dn. Edward Azigard Mgagi MSFS** was born on April 12, 1989 of the family of Mr. Azigard Mgagi and Mrs Lozalia Mtwale in Gairo- Morogoro-Tanzania. He is the last of their eight children. He has five sisters and two brothers. He was baptized on February 1, 1992 and received the Holy Communion on September 7, 1997 at his home parish, Saints Peter and Paul Catholic Church, Gairo. He was confirmed on August 10, 1999 also at the same church. He did his primary education from 1994 to 2002 in Catholic kindergarten Gairo Parish, and Gairo Primary School, and his secondary education from the year 2005 to 2012 at St. Francis De Sales Junior Seminary Kihonda Morogoro. Having the desire to become a priest, he joined the Missionaries of St. Francis De Sales and started formation in

Fransalian Seminary Ndagani in July 2012. In the subsequent year, he did the canonical Novitiate and made his First Religious Profession on July 10, 2014. Thereupon, he did his Philosophical Studies at Lumen Christi Institute, Maji ya Chai, Arusha, affiliated to the De Sales University, United States of America, from 2014-2017. After the completion of his Philosophical Studies, he did his regency at SFS secondary school, Iyolwa, Uganda from 2017-2018. Later, he joined the Fransalian Study House, Kola for his Theological Studies at the Jordan University College from 2018-2022. He made his perpetual Profession on October 22, 2021. Edward Mgagi was ordained Deacon on October 23, 2021 at JUCO by His Lordship Lazarus Msimbe of the Diocese of Morogoro. He is to be ordained as a priest at his home parish on July 23, 2022..



**Dn. Avil Veigas MSFS** was born in a very devout Catholic family of Mr. Kalistha Veigas and Mrs. Mary D'Souza in Mangalore, India on 17th June, 1993. He is the last born of their five children. He was baptized on 31st July 1993, and received the Holy Communion on October 28th, 2001 at Our Lady of Dolour's Church, Vittal, his home parish. He was also confirmed there on 18th October, 2008. He did his Primary education at St. Rita Primary School Vittal, from 1999 to 2006, and High School at Vittal Pre-University College, Vittal, from 2006 to 2009. Having the desire to become a priest, he joined the congregation of the Missionaries of St. Francis de Sales in the year 2009 and began his seminary life at SFS Seminary Bastora, Goa. He did his Higher Secondary education at St. Thomas Higher Secondary School,

Aldona, Goa from 2011 to 2013. He did his canonical Novitiate and made his First Religious Profession on May 31st, 2014 at Snehajyoti Ashram Makkiyad, Kerala. Thereafter he pursued his Philosophical Studies at Suvidya College, Bangalore (2014-2017) Affiliated to the De Sales University, Pennsylvania, USA, simultaneously doing his diploma in Economics and Political Science at SFS Collage, Bangalore. After the completion of the philosophical studies he was sent to MSFS Junior Seminary Kihonda, Morogoro for Regency (2017-2018), after which he joined the Fransalian Study House, Kola for his Theological Studies at the Jordan University College, Morogoro, Tanzania (2018 – 2022). Avil Veigas made his perpetual Profession on October 22, 2021. He was ordained Deacon on October 23, 2021 at the Jordan University by His Lordship Lazarus Vitalis Msimbe, SDS of the Diocese of Morogoro. He is to be ordained as a priest on August 18, 2022 at his home parish..



**Dn. M. Level Winner Raj MSFS** was born on August 13, 1993 of the family of Late Mr. S. Mariya Savari and Mrs. M. Catherinal in Palanipatti, Tamilnadu. He is the youngest of the four children. He was baptized on March 6, 1994 and received the Holy Communion on May 5, 2006 at St. Joseph's Catholic Church, Sendurai. He was confirmed on May 5, 2006 at the same church. He did his primary and secondary education from 1999 to 2009 in Sarva Seva Higher Secondary School, Ayyanarpuram, and his higher secondary education from the year 2009 to 2011 in St. Mary's Higher Secondary School, Dindigul. Having the desire to become a priest, he joined the Missionaries of St. Francis de Sales and started formation at SFS Minor Seminary, Pudukkottai in 2011, followed by a pre novitiate

Program in Sudhivana, Bangalore in 2012-2013. In the subsequent year, he did the canonical Novitiate and made his First Religious Profession on May 31, 2014. There upon, he did his Philosophical Studies at the Suvidya College, Bangalore, Affiliated to the De Sales University, from 2014-2017. After his completion of Philosophical studies, he was sent to SFS School, Alangayam, Tamilnadu and the SFS Community in Tabora for Regency 2017-2018. Later, he did his Theological Studies at the Jordan University College from 2018 until 2022. He made his Perpetual Profession on October 22, 2021. Level Winner Raj. M was ordained Deacon on October 23, 2021 at the Jordan University College by His Lordship Lazarus Msimbe of the Diocese of Morogoro. He is to be ordained as a priest on September 09, 2022 at his home parish. He belongs to the Malawi Mission of South East India Province.



**Dn. S. Jerald MSFS** was born on July 8th, 1994 of the family of Mr. F. Soosairaj and Mrs. S. Jeyarani in Padregudi, Tamil Nadu. He is the first born of their two children. He was baptized on October 2nd, 1994 and received the Holy Communion on May 29th, 2005 at St. James Church, Padregudi, their home parish. His confirmation also took place there on January 20th 2008. He did his Primary and High School education from 1999 to 2009 in R.C. High School, Padregudi and his Higher Secondary education from the year 2009 to 2011 in St. Arulanandar Higher Secondary School, Oriyur. Having the desire to become a priest, he joined the Missionaries of St. Francis de Sales and started formation at SFS Minor Seminary, Pudukkottai in 2011, followed by a Pre-novitiate Program in

Sudhirvana, Bangalore in 2012-2013. In the subsequent year, he did the canonical Novitiate and made his First Religious Profession on May 31, 2014. There upon, he did his Philosophical Studies at the Suvidya College, Bangalore, affiliated to the De Sales University, from 2014-2017, simultaneously doing his BA in Psychology and Journalism at SFS Collage, Bangalore. After the completion of his Philosophical studies, he was sent to the MSFS South East-India Provincial House, Trichy, Tamil Nadu for Regency in 2017-2018. Later, he did his Theological Studies at the Jordan University College from 2018 to 2022. He made his Perpetual Profession on October 22, 2021. S. Jerald was ordained Deacon on October 23, 2021 at the Jordan University College by His Lordship Lazarus Msimbe of the Diocese of Morogoro. He is to be ordained as a priest on August 27, 2022 at his home parish. He belongs to the Malawi Mission of the South East India Province.

## GRADUATION AT LCI



Lumen Christi Institute organized the twelfth Graduation ceremony of the Degree in Philosophy and Diploma in Formators Course on May 25, 2022. The programme began at 09h00 with the celebration of the Holy Eucharist presided over by Rev. Fr. Abraham Vettuvellil MSFS, the Superior General, along with members of the General Curia and the MSAF, priests, sisters, and brothers from LCI.

The graduation ceremony started at 11h00 in the Institute Hall, in the presence of Very Rev. Fr. Abraham Vettuvellil, the Chancellor of LCI and members of the General Curia and the MSAF. Fr. Thomas Kochalumchuvattil, the Director of LCI welcomed everyone for the Graduation ceremony. Fr. Arockiadoss S., the dean of studies, presented the report of the Bachelor of Degree programme and Fr. Devasia Manalel, the Animator of the Formation programme presented report on Formation course, after which the graduates were awarded the certificates. A short felicitation programme was organized by the students. The celebration concluded with a common meal.

## FESTSCHRIFT IN HONOUR OF REV. FR. ABRAHAM MULLENKUZHYIL

A festschrift titled **Love without measure** was published by the Lumen Christi Institute to honour Rev. Fr. Abraham Mullenkuzyil as he was turning 85. The festschrift consists of topics dear to Fr. Abraham such as Philosophy, Education, Mission, Formation and Spirituality. The festschrift was released by the Superior General on May 25, 2022 by handing over a copy to Rev. Fr. Abraham Mullenkuzyil. Heart congratulations and appreciation to the editors: Fr. Devasisa Manalel, Fr. Agnelo Fernandes, Fr. James Panthalanickel, Fr. Thomas Kochalumchuvattil and Fr. Mathew Thazhathukunnel and to all those who have contributed articles to honour our beloved Father Abraham.



## THANK YOU FR. MURALI

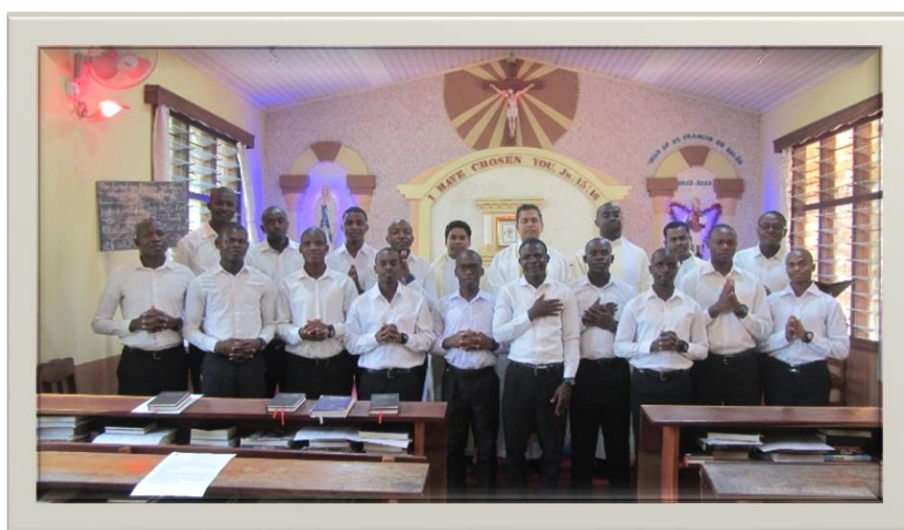
Rev. Fr. Murali Balam Daniel who was serving LCI since May 2017 has gone back to his mother Province (Visakhapatanam) on June 25, 2022. We thank and appreciate Fr. Murali for his dedicated services at LCI as a professor and procurator as well as for his love for the flower garden and animals. We thank his selfless service to the community and institute. May God bless him abundantly! We accompany him with our prayers and wish him all the best in his new ministry at the MSFS Seminary, Janampet, Eluru

## NEW PARISHES

**Bomba Mbili:** Our Lady of Rosary Sub-parish at Boma Mbili, which was a Sub-parish of Mji Mpya/Relini Parish is raised to the status of a Parish on July 07, 2022 by his Grace Jude Thadeus Ruwaichi, the Archbishop of Dar es Salaam. The new parish has a Catholic population of 3.000. The new parish is entrusted to the Missionaries of St. Francis de Sales for pastoral services and all-round development. Hearty congratulations to our confreres who have made efforts to develop Bomba Mbili into a Parish!

**Cha'ngombe:** Cha'ngombe, which was a Sub-parish of Mkuza Parish is raised to the status of a Parish on July 07, 2022 by his Grace Jude Thadeus Ruwaichi, the Archbishop of Dar es Salaam. The new parish has a catholic population of 3.000. The new parish is entrusted to the Missionaries of Compassion for pastoral services and all-round development. Hearty congratulations to our confreres who have made efforts to develop Cha'ngombe into a Parish!

## INITIATION TO THE NOVITIATE



July 09th, 2022 was a joyous day for the Fransalium Novitiate as 15 of our brothers (East Africa: 10, Tchad-Cameroon: 4 and Mozambique: 1) were initiated to the canonical year of Novitiate by Rev. Fr. Mathew Thazhathukunnel, the Provincial of East Africa. Fr. Provincial exhorted them to grow in union with God as well as to acquaint themselves with the Salesian spirituality and the spirituality of

our Founder to become a true Fransalian. We wish them all the best and assure our prayers as they begin the canonical year of Novitiate.

## FORMATION FOR THE FRANSALIAN ASSOCIATES

The first session of formation for the Fransalian Associates took place on May 13, 2022 at Mkuza parish. There were 10 participants from Mkuza parish. I thank and appreciate Fr. Sebastian Williams for animating the programme.

## PARISH MISSION PREACHING (PMP)

The newly constituted PMP team consists of the following confreres:

Fr. Innocent Ngowi (Convenor)  
Fr. Johnson Pathiyil  
Fr. Sebastian Palakudiyil  
Fr. Patrick Musyimi  
Fr. Charles Ouma  
Fr. Japhet Kirimi

## INTERNAL AUDIT TEAM

The newly constituted Internal Audit team consists of the following confreres:

Fr. Reji Pندانath (Convenor)  
Fr. S. Robert,  
Fr. Ssebowa Lawrence  
Fr. Michael Mwangi

## EDUCATION CORE COMMITTEE

The newly constituted Education Core Committee consists of the following confreres:

Fr. Sheejan Kallarackal (Convenor)  
Fr. Gerald Mabriizi  
Fr. Kenneth Maina  
Fr. Jobin Karottukambadathil

## PROMOTION TO PERPETUAL PROFESSION AND DIACONATE

**Bro. Moses Okoth** is promoted to make his perpetual profession as well as to receive the holy orders of Diaconate.

## EXCLAUSTRATION

**Rev. Fr. Thomas Njue** is granted exclausturation with effect from June 30, 2022, in view of joining the Archdiocese of Dar es Salaam. We appreciate and thank Fr. Thomas for his priestly ministry in the Province of East Africa. We wish him all the best in his new life and pastoral ministry!

## TRANSFERS AND APPOINTMENTS

**Fr. Kurian Kollapallil** is appointed to the Fransalian Bissil Community, Diocese of Ngong, with effect from 20.06.2022.

**Fr. Kenneth Maina** is designated to be appointed as the Manager of Fransalian Hekima School at Maji ya Chai as well as on the staff of LCI with effect from September 01, 2022.

**Fr. Richard Tamaro** is designated to be appointed as the assistant parish priest of St. Francis de Sales Parish, Dumila, Diocese of Morogoro, with effect from September 15, 2022. He continues to be the Vocation Promoter in Tanzania.

**Fr. Leonard Musembi** is designated to be appointed as the assistant parish priest of St. Charles Lwanga Parish, Bukene, Archdiocese of Tabora, with effect from August 15, 2022. He is also appointed as Vocation Promotor in Tanzania.

**Fr. Charles Ouma** is appointed as the Superior of the MSFS Community, Lububu and is designated to be appointed as the parish priest of Our Lady of Grace Parish, Lububu, Archdiocese of Tabora, with effect from October 03, 2022.

**Fr. Gregory Mutisya** is designated to be appointed as the assistant parish priest of Our Lady of Compassion Parish, Mji Mpya/Relini, Archdiocese of Dar es Salaam, with effect from September 15, 2022.

**Fr. Francis Indumuli** is appointed as the Principal of SFS VTC, Mwakata with effect from September 01, 2022.

**Fr. Ibrahim Kissegerwa Musajja** is appointed to the Fransalian Kalagala Community with effect from October 05, 2022.

**Fr. Amal Neerolickal** is appointed as the Superior and Rector of SFS Seminary, Buwooya, Lugazi Diocese, with effect from September 11, 2022.

**Fr. Ssetamu Ruthitical** is appointed as the bursar of SFS Seminary, Buwooya, Lugazi Diocese, with effect from September 11, 2022.

**Fr. Jonathan Muema** is designated to be appointed as the assistant parish priest of St. Joseph Parish, Mlolongo, Diocese of Machakos, with effect from August 05, 2022.

## HOLIDAYS

Fr. Charles Ouma	July 27 – August 03
Fr. Amal Neerolickal	August 12 – September 10
Fr. Ssentamu Ruthitical	August 12 – September 10
Fr. Kenneth Maina	August 12 – August 31
Fr. Richard Tamaro	August 16 – September 16

## OBITUARY

**Fr. Sudhir John Kullu MSFS** (60) of Dibrugarh Province passed away on 18.05.2022.

**Mr. Herzon Odhiambo** (47), uncle of Fr. Joseph Abongo, passed away on 23.06.2022.

**Fr. Sebastian Kuzhupil MSFS** (71) of East Africa Province passed away on 26.06.2022.

**Mrs. Beatrice Juma Dindi** (65), mother of Fr. Denis Dindi, passed away on 28.06.2022.

**May God grant them eternal life!**

## MY TENTATIVE TIMETABLE

July 23	Priestly ordination of Dn. Edward Mgagi
July 24	Bomba Mbili
July 26 - 31	Retreat
August 5	Mass for Fr. Sebastian Kuzhupil at the Novitiate
August 6	Lukobe
August 7	Kikunde
August 15	TAKA Apostolic community meeting
August 18	Uganda Apostolic community meeting
August 19	Blessing of the Foundation Stone for Priest House in Iyolwa
August 22	Kenya Apostolic community meeting
August 27	First Profession, Mkuza
August 28 – September 14	Visitation in Europe

Yours devotedly in Christ Jesus,



Father Mathew Thazhathukunnel MSFS,  
Provincial - East Africa Province

### Salesian Thought

The same everlasting Father who cares for you today will care for you tomorrow and everyday. Either he will shield you from suffering or give you unfailing strength to bear it. Be at peace then and put aside all anxious thoughts and imaginings.