



## **CIL Formation Program 2018 and Pastoral Ministry of Vocations Meeting, Nairobi, Kenya**

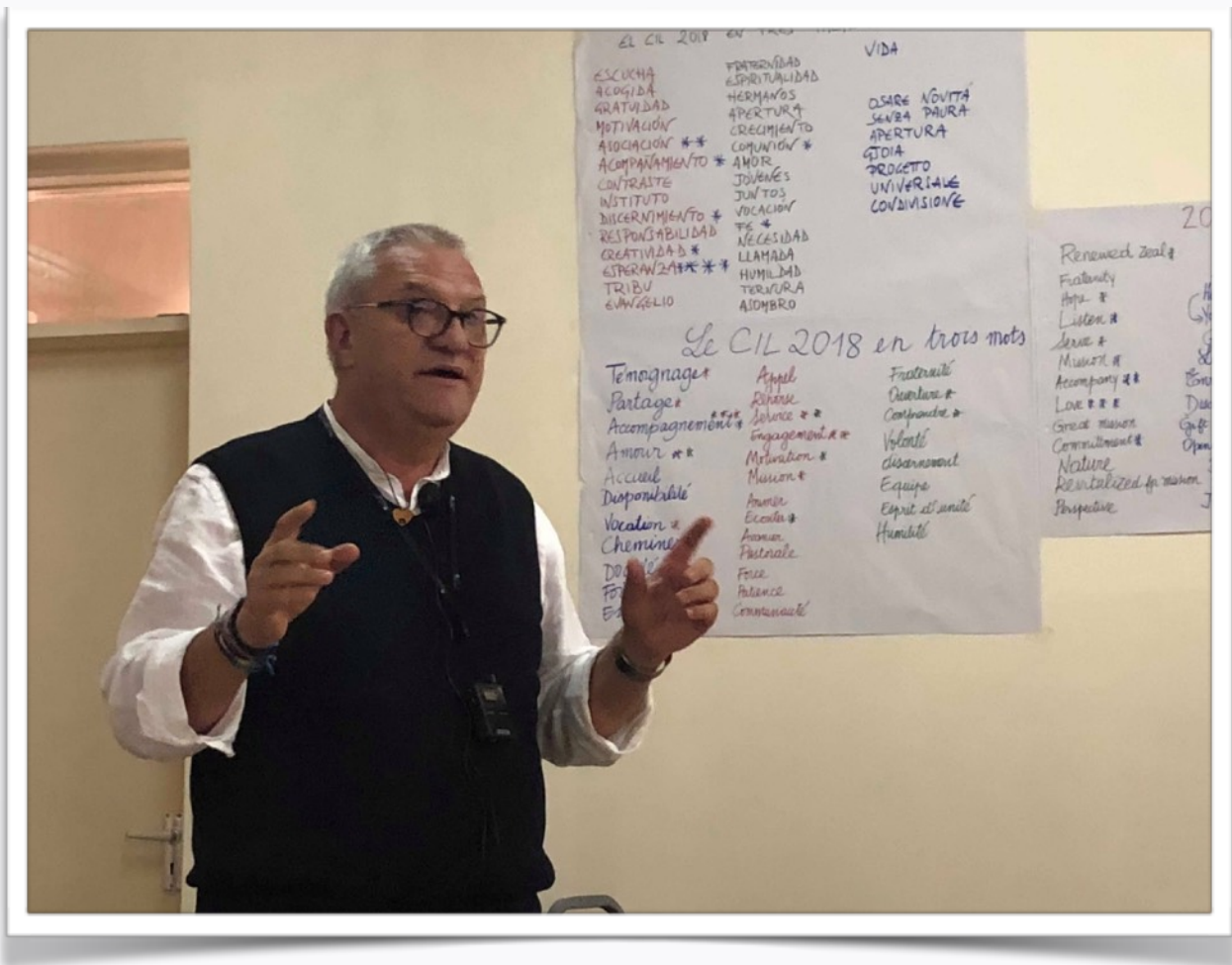
Last November 5-23, 2018, Brothers and Lay Partners from different countries who handle Pastoral Ministry of Vocations gathered in Nairobi, Kenya for a formation and planning program that focuses on the development and the fostering of the Culture of Vocations. There were over 50 participants composed of De La Salle Brothers, La Salle Guadalupana Sisters and Lay Partners from 27 countries. All Lasallian regions, through the 23 Districts, were able to participate in this gathering. This year's CIL was hosted by the Lwanga District, which took place at the La Salle Catholic Primary School, Karen-Nairobi.

The 3-week program was divided into two parts. The first 2 weeks gave emphasis on the Formation Program with a theme of "Walking with Young People: A Gospel Adventure. The second part was more of a meeting of Brothers, Sisters and Lay Partners who are handling Pastoral Ministry of Vocations in their District, Sector or Schools.

Br. Edgar Esparagoza FSC (National Vocations Director-Philippines) and Br. Ranier John Guillergan FSC (De La Salle Lipa Vocations Ministry Head), both from Philippines, represented the Lasallian East Asia District. (Continued)

## CIL Formation Program

The Formation Program on the first 2 weeks was filled with time for sharing, dialogue and input from speakers on how the Culture of Vocations should be promoted and how our ministry could appropriately accompany the young people and foster their sense of vocation. Part of the program were plenary and group sharing on the best practices of how various Districts and Regions conduct and implement their initiatives on pastoral ministry.



The sharing and discussions were very rich and insightful. During sessions, participants were divided into either their language groups or at times, be in bilingual groups. It brought different perspectives and concepts on how to deal with the various key issues in the work of vocations especially in promoting it to young people who exist in a world where secularism and materialism are emerging and converging. (Continued)



Part of the program was a visit to the Kangemi, a slum on the outskirts of Nairobi. Kangemi was the first stopover of Pope Francis when he visited Kenya in 2015. It is a village that is home to more than 100,000 of Nairobi's poorest people and offers no access to running water. The participants had a community walk and visited their Churches and Educational Centres. The participants interacted with different people in Kangemi especially with the children. This visit provided a space for reflection for participants. It helped each one realise how important accompaniment and education are to other people, especially to those who are at the peripheries. The experience of the community walk in Kangemi was integrated into the different discussions on how the work for Vocations can be continued. Discussions branched out on how students who are more privileged could be engaged to help out those who are at the peripheries while fostering their sense of vocation.

At the latter part of the program, dialogues per region on how to develop and improve the Pastoral Ministry of Vocations were held. These gave way to allowing time for planning and envisioning how networks for the ministry could be established. Sessions ended with synthesis and reflections as a region and these were presented to the Plenary. Br. Rafael Matas FSC, the General Councillor for Lasallian and Brothers vocations, gave his closing remarks to the participants by thanking them for the work done for the past 2 weeks. He also left with inspiring words for the work in the future. (Continued)

## Pastoral Ministry of Vocations Meeting

The 3rd week of the encounter gathered Brothers, Sisters and Lay Partners who are considered District Leaders for Youth and Vocation Ministry. The 1 week encounter was full of group sharing and personal reflection, part of it was the revision of the references to the initiatives proposed by the 45th General Chapter and the challenges and pressing needs of different contexts about the Youth and Vocation Ministry.

The criterion for evaluating vocation ministry was also reviewed to improve the performance of the districts with a common perspective. The participants also reviewed the district planning for pastoral ministry of vocations and the year of vocations through sharing of plans and programs for the Tercentenary Celebration of each District. It also gave an avenue for sharing of ideas for new projects, with new directions and open new opportunities in response to our diagnostic (what do you mean?) and the vision toward the next assemblies and chapters. The third week culminated with the task of formulating a message to the Lasallian Family about the promotion of the culture of vocations for the Lasallian Lay, the Brothers and the Sisters Vocation. The synthesis and a closing remarks for this week were once again delivered by Br. Rafael Matas FSC. He was challenging the Brothers, Sisters and Lay Partners to continue to be creative and become a good witness in promoting the sense of vocations within their schools, sectors, districts and regions.



We would like to thank and congratulate the organisers especially the Secretaries for Formation and Br. Rafael Matas FSC in successfully initiating and facilitating this 3 week formation program and meeting. We also would like to extend our deepest appreciation to Br. Ghebreyesus Habte FSC, the Brother Visitor of the District of Lwanga, and the Brothers in the community of La Salle Primary School and the Scholasticate Community for their generosity in hosting the 3 week program. And a big congratulations and thank you also to all the participants for their efforts in sharing and

finding ways on how to continuously promote and foster vocations to our young people of today despite the many challenges that we are facing. We thank also most especially our good Lord for making everything possible. (Br. Ranier Guillergan FSC)

## Loy Krathong Festival, Thailand



Every year, Thailand celebrates one of the most important festival “Loy Krathong”. In the Thai language, “loy” means to float, while “krathong” is a small container, traditionally made from a piece of banana-tree trunk, containing a candle, incense and flowers. It is believed that the light festival originated with paying homage to the spirits of the rivers and thanking the water god for the rains.

On the 22nd November this year, La Salle Chotiravi Nakhonsawan celebrated the Loy Krathong Festival. In the morning, representatives from each class joined in the “krathong” making which will be offered in different temples in the afternoon. At exactly 1:00 o’clock in the afternoon, the school director Br. Prapas Sricharoen together with the La Salle Brothers, teachers and students gathered at the school covered court for the opening of Loy Krathong Festival. A small pool of water was prepared for the floating of the krathong and was headed by the School Director and De La Salle brothers . **(Br. John Niran FSC)**

## Visitor's and Auxiliary Visitors' Calendar for December

	Week 1	Week 2	Week 3	Week 4
Visitor	LEAD PRV	Philippines, IFB, BOT for DLSMHSI, DLSU-D, DLSL	Malaysia, 3rd LEAD District Assembly	Philippines, Christmas Holiday
AVMA	Singapore	Malaysia, Dialogue with the Young Brothers	Malaysia, 3rd LEAD District Assembly  Singapore	Malaysia  Singapore
AVVF	Thailand, OAV	Malaysia, Retreat Facilitator , Young Brothers Assembly	Malaysia, 3rd LEAD District Assembly	Thailand, Sector Christmas Celebration
AVSP		Malaysia, Dialogue with the Young Brothers	Malaysia, 3rd LEAD District Assembly	Philippines, Affiliation Ceremony for Dr. Romeo P. Ariniego FSC

### News Notes

**New Affiliate Member.** Dr. Romeo Ariniego MD, from the De La Salle University Medical Center was granted letters of affiliation by Brother Superior and the General Council. Please see attached resolution from the Residencia Community and Protocol from Rome: <https://goo.gl/EMgyca> The affiliation ceremony will be on the 23rd of December 2018 in Dasmariñas.

**Congratulations.** Ramon R. Del Rosario Jr, AFSC was given the Noble Vocation Award at the UNIAPAC World Congress, 2018. Ramon is an old boy of DLSU and President and CEO of PHINMA. For more details please see: <https://goo.gl/EMgyca>

**Myanmar Country Assembly.** The Myanmar Brothers had a successful gathering in the last week of November. The gathering was followed by a meeting with the District Bursar, Br. Gus. For photos, please see: <https://goo.gl/EMgyca>

**Condolences.** To the family and loved ones of De La Salle Lipa Senior High School (DLSL SHS) students Maxine Guinevere Vivas and Ma. Kristina Paula Mercurio, who died in a vehicular accident on the 3rd of December 2018. Prayers requested for the other injured Lasallians in this accident. Details: <https://goo.gl/f4brVj>

## Happy Birthday!

Brother Larry Blake FSC	December 01, 1929
Brother Antonio Cubillas FSC	December 01, 1973
Brother Andrew Loke FSC	December 02, 1955
Brother Patrick Tierney FSC	December 04, 1942
Brother Stephen Pichit Wedcharak FSC	December 05, 1959
Brother John Pongpat Khasochan FSC	December 05, 1990
Brother Seby Matundu FSC	December 05, 1986
Brother Thomas Kha Lee FSC	December 07, 1989
Brother Noel Hrang Lal FSC	December 08, 1977
Brother David Liao FSC	December 12, 1946
Brother Eddy Soe Wai FSC	December 24, 1938
Brother Armin Luistro FSC	December 24, 1961
Brother Johnny Perapong KaewkanhaFSC	December 25, 1989
Brother Benilde Preecha Trikaew FSC	December 27, 1984

## Health and Wellness

### I'm a Brain Doctor, and This Is What I Do to Prevent Alzheimer's



•**Eating few carbs, lots of healthy fat.** Our dietary choices are hugely influential in our overall health, and perhaps nowhere else is this as evident as it relates to brain health. I limit my net carbs to around 30 to 50 g a day, and add in a lot of terrific fat in the form of extra virgin olive oil, nuts and seeds, and wild fish. I also supplement with the omega-3, DHA, 1000mg each day, as well as MCT oil, 1-2 tablespoons daily. This diet, along with the MCT oil, helps to create ketones, a specific type of fat that's extremely beneficial for brain function and protection.

•**Supplementing here and there.** Other supplements supported by good science include vitamin D, whole coffee fruit concentrate, turmeric, a good probiotic, and B complex.

•**Working out daily.** Sure, we know that exercise is good for us and generally makes us feel good, but the extensive literature relating to higher levels of exercise to reduce risk of Alzheimer's disease makes it clear that this is a lifestyle choice too good to turn down. So, I do at least 30 minutes of aerobic activity every day, including running, using an elliptical machine, or biking...

Read the full article at: <https://www.menshealth.com/nutrition/a25350420/alzheimers-prevention-tips/>

Fraternally,

Edmundo Fernandez FSC