



Sacred Hearts of Jesus and Mary
United States Province

JOURNEYS
SS.CC. Novitiate Newsletter



Inside this Issue

Life & Leisure:

Marc Roque

Vegetable Garden:

Sepulona Lutelu

Prayer Life:

Gabierieli Saunivalu

Community Life:

Tavite Uluilakeba

A Day In the Life:

Charlie Martinez

Life and Leisure

By: Marc Roque

One of my favorite songs that I like to listen to everyday is “Dynamite” by the Korean Pop (K-Pop) band, BTS. One of the phrases in the song that always catches my attention is “Life is Dynamite”. What does that phrase mean to me? Well, everyday, since the start of our Novitiate, our Novice Master reminds my brothers and me to appreciate the life that God gives us and to not waste a single minute of it. Time is precious, because each human being on this planet is not promised a tomorrow, we will never know the exact time or location when God will call us back to Him. It is important to remind ourselves that we should always live each day to the fullest and to never worry about the next day. Because tomorrow can worry about itself (Matthew 6:34), we are all created to enjoy each day of our lives...because “life is dynamite” our lives are meant to be exciting, fun, enjoyable, and beautiful. Therefore, take some time out of each day to relax and appreciate the life and the love that God constantly gives you...because eventually you will realize that life is indeed “Dynamite”



The brothers after Mass at Holy Trinity Church in Ladera Ranch, California.



Having a cookout in Lake Arrowhead, California.



Meeting Holy Name of Mary Parishioners in San Dimas, California.



Enjoying and relaxing in the pool.



Sepu and Marc at the Rim of the World Highway in Lake Arrowhead, California.

Vegetable Garden

By: Sepulona Lutelu

“And whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him.” Colossians 3:17.

Talofa again, this is your son Sepulona Lutelu a.k.a. Sepu. This little piece of writing is an update of our work and chore activities, something that our Polynesian people call *Adam N Eve faults*.

From Monday to Thursday, we have one hour of work from 2pm to 3pm. Friday is our Desert Day, so work is optional. On Saturday, we have one hour of work in the morning from 10am -11am and another hour in the afternoon if needed. Sunday, of course, is a rest day. This is our work routine and sometimes we readjust our schedules when something comes up. Everyday, we meet with Fr Jerry, have a little rousing discussion, and then we disperse to whatever work assignment that is required to do.

The work here is nothing compared to hard labor. When my dad asked me about work, and I explained to him he told me those are lady’s jobs. Our work is mostly taking care of the property and sustaining the beauty of our home. Sometimes we help Hermi (the groundsman) when he needs us for some maintenance of the house.

We are responsible for maintaining and cleaning the inside and outside of our chapel, the houses, our vehicles, and each of our rooms. Cooking and shopping are also part of our daily work.

Work is fun and enjoyable to the brothers, especially when manpower is needed and a variety of skills are needed to complete the work.. Sometimes the laughter and jokes make it easier. Our work always involves multitasking. Sometimes working together in the flower garden or in our vegetable garden creates opportunities to strengthen our brotherhood bond. It also reminds us of the love for creation and to care for what is given to us, especially the value of time and our tasks.

We work as one family, and we look out for one another. Work motivates an inventiveness of honesty and integrity. Any kind of work we do, whether inside or outside, we do it to the best of our ability so that we can create a life that one can work not only for himself/herself but especially for the good of others and the glory of God.

The work you and I do everyday makes the world a better place and creates a brighter future for our families, our countries, the Church, and reflects the loving mercy of God. To all the workers, rest assured that you are always in our prayers.

Your son in Christ

Sepu





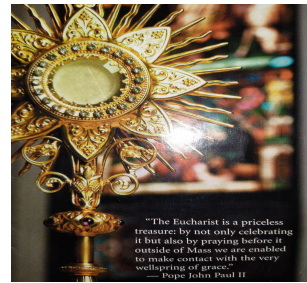
Prayer Life

By: Gaberiel Saunivalu

We need to find God, and He cannot be found in noise and restlessness. God is the friend of silence. See how nature—trees, flowers, grass—grows in silence; see the stars, the moon and the sun, how they move in silence. We need silence to be able to touch souls. —Mother Teresa

To pray is to be in dialogue or conversation with God. At times to pray means to also reflect and listen to what God is saying to us. This is why for us, adoration is very important. Prayer life is not only part and parcel of formation in Novitiate, but also rather one of the most important aspects in this year's novitiate. We are fortunate to be

given ample time to pray not only as a community but individually, whereby we form ourselves spiritually so that it helps us in our discernment of the spirit and the call that we are journeying in, especially in the novitiate. Our prayer life is not only about us and God, but also includes pastoral visits to parishes, visiting our brother priests, and alms giving to those in need which, I can say, adds flavor to our prayer life.



The Eucharist is a priceless treasure: by not only celebrating it but praying before it outside of mass we are enabled to make contact with the very being of Grace - Pope John Pau II



Visiting Parishes and meeting parishioners is one way of living out our prayer life.



Visiting our elderly priest is part and parcel of what our prayer life is all about.



The chapel serves as a place where we come to pray and meditate and also come together to celebrate the Eucharist as brothers in Christ.

Community Life

By: Tavite Uluilakeba

"The most important thing which the community must recognize in each one of its members is the gift of God which he is for the whole body." Rule of life 39.

Each of us living in communities have our own stories to share, we leave our islands and the shores of our own homes searching and setting sight on a new place, a new vision, a new reality, a new family. A family which searches for unity and love being modelled through the love that found its

source from the Sacred Hearts of Jesus and Mary. Our different journeys have brought us far to where we are today living under the same roof and sharing the one table where we all participate. The sharing of life stories, how long and far we have journeyed was different, unique, and special in its own ways, because of the choices we make and those who have been part of our journeys.

As I sit around the table listening to the sharing of the different journeys from my brothers, it is evident that we all have our own different paths and our different encounters with God along the way. Some are good and some not so good moments, mold us to be the person we are today. Our perfections and imperfections and our brokenness are all part of our journeys.

In reflecting on the term community, I based my reflection on a bowl of salad, and my question being, ***"What would make a good bowl of salad great?"*** So, after some time of thinking and staring at the bowl of salad being passed around at the dinner table, I started to think deeper into the making of salad. A few factors came to my mind as I pondered over it.

First is the wide **'variety'** of vegetables and fruits chosen to be put in the salad, I consider to be the gifts that each brother brings to the community with him, with all its taste, flavor, originality, sourness and sweet, perfection and imperfections, rough

and smooth edges and so many more that we bring with us.

Second is the *'bowl'*, in which the vegetables and fruits are thrown and tossed into, so that it will give a good blend of flavor. This bowl is the "community" in which we are being placed to live in, where we share and take care of each other as brothers and a place we call home, where we find family and it is also where we live by certain guidelines that will help us to live in mutual respect and love for one another as equals and share the same commonality and identity. Where differences are set aside and the desire to love and serve one another is nurtured.

Third is the *'dressing'*, this to me are things that add flavor and taste to the salad, it helps to bring the salad to a much greater taste and beauty. These are the conferences, the studies, the constitutions, the rule of life and the experiences that we learn over time and through the years which makes a lot of differences to the way we choose to live our lives in the community and the training that we all go through to make our community enriching and life giving.

Finally, there's the *'X factor'* which is what I also consider the most important part of making salad. It is the unseen reality that takes place when we prepare a salad or even a meal. The amount of time and effort, the love and passion that is put into the preparation of the meal, is of great importance. It is the 'x-factor' that adds the

finishing touch to a delicious and tasty salad. I always believe that a meal prepared with a lot of love will be felt by those who partake in that meal, they will be nourished not only in body but in spirit as well. This is what I believe happens in a community when everything is in place and every preparation is done, then we see God's personal touch which is the 'x-factor' moving among us.

I believe that God is the unseen reality, the silent listener, the silent mover in our midst moving in and among us, continuing to overflow us with his love and goodness so that we will continue to be in communion with God through our brothers and with another. We supply the factors of the salad but without the 'x-factor' or the 'God Factor' I believe that we will not be able to achieve that greatness that we need for the salad.



Community clean up volunteers at Holy Name of Mary



Fr. Gomes visit to the Novitiate community in Hemet

A Day in the Life

By: Charlie Martinez



In a recent FaceTime call home, my six-year old nephew bombarded me with a litany of questions regarding my current living situation. "Do they let you watch TV?", "Where do you sleep?", "What do you eat?", "Do you wear a uniform?", "Do you get recess?", "When are they going to let you out?", and "Do you have to go to church everyday?" are just a fraction of the questions he asked. As most six-years olds often do, he followed up every one of my answers with "why?" or "how come?" My quick call home to say hello turned into a long show and tell session. My favorite question was, "what do you do all day?" When he asked me I had to pause and think about it for a minute. How would I explain religious life in a way that a six year old would understand? The conversation went something like this: "well, I get up every morning and the first thing I do is say my morning prayers. I then get ready and go to the chapel for Mass. After mass, I have breakfast and then do some reading. I then go to class (he didn't understand the word

conference) After class, I go to the chapel and spend some quiet time with Jesus(I tried to explain the concept of adoration but I wasn't getting anywhere quickly). After my quiet time with Jesus, I have lunch and then I do some more reading. In the afternoon, I do chores around the house(he laughed at the idea of me doing chores) and I sometimes cook for the community.. After doing my chores, I have a little bit of time to go out for a walk or a run or a hike or a swim(he then quickly asked if he could come over and swim in our pool). After that, I have dinner. After dinner I go to the chapel to say my evening prayers. After prayers, I go to my room to do some more reading and then I go to bed." The conversation would have ended there except he asked me what my favorite part of the day was. Again, I had to think for a minute. I told him that my favorite part of the day was my quiet time with Jesus. I told him it was my favorite mostly because I have a difficult time sitting still(me too, he said). I told him that the time I spend with Jesus is like sitting with a good friend. He then proceeded to tell me all about his friend from down the street and how they spend time playing almost every day. I began to ask him a question when he quickly interrupted and said "Ok, tio (spanish for uncle) I gotta go. I love you" and with that the conversation was over. I am grateful for his interest and his innocence and thankful to God that I am able to share this part of my life with him.



Marc, Sepu, Gabby and Charlie at St. Paul the Apostle



Gabby, Charlie and Marc at San Juan Capistrano Mission Basilica



Fr. Rich, Charlie and Fr. Jerry at the San Fernando Mission Cemetery after Fr. Bill and Fr. PD's burial



Charlie deep watering and pruning the roses.