

ALL FOR LOVE: FAMILY, VOCATION AND HOLINESS

Dear friends,

here we are at the resumption of activities after the summer break. A new year begins in the life of the Association for all local groups in the world. Starting again is just what we all want, starting again in the life of our communities, in the oratories, spending time in the playground, participating in celebrations and meetings. In short, meeting, praying, sharing, talking - all that makes our association alive!

We thank Mary then and ask her to enlighten us and support us always even when the journey becomes difficult, or circumstances prevent us from taking part fully in the life of our association.

We start this year with great momentum and some events and dates that will give great richness and intensity to our path right away.

First of all, the formation programme for the year 21/22 will have as its title "Family love, vocation and the life of holiness". It will lead us to taste in a "family spirit" the beauty and depth of the words of *Amoris Laetitia*, five years after its publication as we prepare for the 10th



World Meeting of Families which will be held in Rome in June 2022. This is a beautiful theme that will allow us to journey in unity with the whole Church, to grasp and deepen aspects typical of our Salesian charism, and finally to keep our focus on the important current theme of attention to the family.

Even more than in the past, for this year we have planned a unitary formation programme, with a common outline for all ADMA members in the world, for all situations

and for all groups. This will allow us to journey together, step by step. We invite all groups to use it and enhance it as much as possible during meetings and formation activities, enriching and adapting it according to the specific needs of each local situation.

Secondly, this year we will have the joy of celebrating the fourth centenary of the death of St. Francis de Sales. Thanks to the Strenna of the Rector Major "**Do all through love, nothing through constraint**", we will have the opportunity to recognize and rediscover ourselves in the

spirituality of St. Francis and to appreciate even more the rich characteristics of the Salesian spirit of Don Bosco.



As an association we also want to accompany the 24th General Chapter of the Daughters of Mary Help of Christians, scheduled

from 17 September to 24 October. We entrust all our sisters to Mary, we thank the Lord for their presence among us and we commit ourselves as ADMA in every local situation to pray that their General Chapter will bear abundant fruit.

Finally, on 24 October there will be the renewal of the Council of the Primary ADMA of Valdocco in Turin. We ask all of you to pray for this intention, so that Mary may guide us in discernment and that the new council may be formed under the guidance of the Holy Spirit and may always work for the good of the association and according to the plan that Mary has for us.

Renato Valera, *President ADMA Valdocco.*

Alejandro Guevara, *Spiritual Animator ADMA Valdocco*

FORMATION PROGRAMME 2021-2022

Family love, vocation and a life of holiness

FAMILY LOVE, VOCATION AND A LIFE OF HOLINESS

Dear friends, dear members of ADMA, dear devotees of Mary Help of Christians, children of the Mother of Jesus!

We would like to present to you the formation programme we have prepared for you for this new Pastoral Year 2021-2022 beginning in September.

The title chosen is: "Family love, vocation and a life of holiness". We have chosen it in line with the invitation of Pope Francis to mark the fifth anniversary of the publication of the post-synodal exhortation *Amoris Laetitia*, and for other reasons that we will present. First of all, we want to live this year in union with the whole Church, which has been called by its Pastor to celebrate this fifth anniversary in preparation for the 10th World Meeting of Families to be held in Rome from 20 to 26 June 2022. We are an ecclesial association and therefore we join the great family of the followers of Jesus.



Año
**Familia
Amoris
Laetitia**
19 de marzo 2021 - 26 de junio 2022

Then also because it reflects our Salesian charism: we know that the "family spirit" is part of our identity and, specifically, comes from the hand of Saint Francis de Sales, whose 400th anniversary we are about to celebrate.

This is a wonderful opportunity for us. For this reason, our Rector Major has decided that next year's Strenna will be along this line. The motto: "All through love, nothing through constraint" is an invitation to revitalize the Salesian spirit of our great Family.

This year also marks the tenth anniversary of the publication of the "Charter of Charismatic Identity of the Salesian Family" and it will be an opportunity to see how we are living the guidelines indicated therein and to update them.

However, we cannot forget the real concrete situation in which many families live, with some beautiful experiences but sometimes with many difficulties, aggravated in many cases by the historical moment we are going through. It is in the family that love for the Mother is born and grows, love for Mary, in our families, in the charismatic family and in the ecclesial family.

Dear friends, these were the reasons that led us to choose this formation programme and therefore we want to invite you to live these goals.

We want to offer all the groups of ADMA and children of Mary a formation programme as we have been doing for years. In this way we place ourselves in fraternal continuity with the work that has been done in previous years. We want it to be fundamentally a spiritual formation, we want to "touch the hearts" of people, more than their heads or thoughts. If the formation we offer does not help the heart to grow, we will not achieve our goal. Our life is transformed when we learn to love Mary, when we discover that she is the Mother of our Family, that she loves us and helps us always.

We are offering some general guidelines so that each Association, each local ADMA Group, can make the necessary and most appropriate adaptations. The themes we are presenting are meant to be a guide for further developments. We invite Spiritual Animators to add to them from their experience, with meaningful testimonies and with other materials, so that together we can reach the objectives we set ourselves. This is why we can affirm that these themes are not "definitive". Rather they are a general proposal to be developed and adapted to each local situation.

In preparing the formation programme we have made use of different materials that can serve as sources for further development:

- First of all, Pope Francis's post-synodal apostolic exhortation *Amoris Laetitia*.
- Then the Sixth Booklet of Mary Help of Christians "From the house of Mary to our homes" in preparation for the eighth international congress of Mary Help of Christians, held in Turin in 2015.
- The Strenna of the Rector Major for 2017: "We are Family".
- The presentation of the theme of the 2022 Strenna given by the Rector Major in July of this year 2021.
- the materials produced by both the Diocese of Rome and the Laity, Family and Life Dicastery in preparation for the Tenth World Meeting of Families.

These materials are available to everyone on the Internet. We invite you to read them.

Also, in the preparation of the themes this year we have involved a larger team, with the participation of Salesians from different back-grounds. This is the first step towards a formation that in the future will be prepared with the collaboration of the laity of our Association and of our family. This is in line with the synodality proposed by Pope Francis. We thank them for their availability and their valuable contribution.



Finally, we would like to invite you to be part of this formation programme that we are offering. It is not just a question of receiving what others have prepared, but rather of welcoming, listening, meditating, internalizing and appropriating a programme that aims to promote the spiritual growth of each one and to accompany each one on their personal journey of Christian life. As a result of our baptism, we all - laity, consecrated persons, and priests - are invited to read, study and meditate on this programme and, above all, to pray for and with our families, for those who are closest to us, those we know and those who are living in difficult situations. We invite you to look at families with the gaze of Jesus, to become part of them instead of standing by as spectators of a reality that does not belong to us. In this formation programme, the family will be presented as a reality created and willed by God, and precisely for this reason as a path of holiness towards the definitive and full encounter with the mercy of the Father.

It is a full vocation and a beautiful reality, full of nuances and possibilities to be enjoyed, and to make many people in our world happy. The family can also experience difficult and tiring moments, complications and crosses that are part of daily life and that must be overcome, accepted, sometimes even suffered ... depending on the circumstances. The family is the field of our apostolate: each of its members is the recipient of Mary's love and therefore we are called to transmit the love of our Mother to everyone in our homes, from the youngest to the oldest. Mary forms a family together with St. Joseph - the Holy Family, which is the model of every Christian family.

We will start from the first chapter of "*Amoris Laetitia*" where Pope Francis begins by affirming: "The Joy of Love experienced by families is also the joy of the Church. [...] the desire to marry and form a family remains vibrant, especially among young people, and this is an inspiration to the Church. As a response to that desire, the Christian proclamation on the family is good news indeed".



Undoubtedly God desires the happiness of all his children. Sacred Scripture is full of families, generations, stories of love and family crises, from the first page (cf. Gen 4) to the last page where the marriage of the Bride and the Lamb takes place (cf. Rev 21,29). With this formation programme we welcome the invitation of the Word to "enter" our home, the home of our family, where relationships are forged, where we share the joys of others, where we find peace and where we feel welcomed unconditionally, where at times we suffer and where at times, unknowingly, we become a source of annoyance for our loved ones.

We cross the threshold of our house, and rediscover in the centre the "couple - father and mother" with all the story of their love. It is nice to remember our personal love story, and that of our parents ... to know their origins, how and where they met ... To read this story is to feel the hand of God in their personal history and our own. This is the fulfilment of the primordial plan that Christ himself evokes: "Have you not read that the Creator from the beginning made them male and female? (Mt 19: 4). We could say: do you not discover the love of God from the beginning of your relationships?

Our starting point on this journey cannot be anything other than God, in whom everything begins and towards whom we are all journeying. The book of Genesis reminds us of this when it states: "God created man in the image of himself, in the image of God he created him; male and female he created them" (1:27). We were created, thought of, but most of all we can say that we were LOVED by God the creator. The first relationship that God established with each of us was a relationship of love and generosity. God took the first step to get closer to our reality and this is always the attitude of the God of Jesus, to go out to meet his children, to take care of the members of his family, to take an interest in each one of them.

It is striking that the "image of God" is precisely the couple, that is "man and woman". This means that the fertility of the human couple is a living and effective "image", a visible sign of the creative act, which is the first sign of God's love for his creatures. The man and woman who love and generate life are the true living "sculpture", capable of manifesting God the creator and saviour. This is why fruitful love becomes the symbol of God (cf. Gen 1.28; 9.7; 17.2-5.16; 28.3; 35.11; 48.3-4).

God the Trinity is a communion of love, and the family is the best living reflection of God who is love. As Saint John Paul II reminded us: "Our God, in his most intimate mystery, is not a solitary being but a family, since he carries within himself fatherhood, sonship and the essence of the family, which is love. This love, in the divine family, is the Holy Spirit". The family is therefore not something foreign to the divine essence itself.

Within the family, the children are "like olive shoots" (Ps 128: 3), that is, they are full of energy and vitality. If parents are the foundations of the home, children are the "living stones" of the family (cf. 1 Pt 2,5). This is why Psalm 127 exalts the gift of children with images that refer both to the construction of a house and to the social and commercial life that took place in the city. (Cf. Ps 127, 1.3-5).

The Bible also sees the family as the place of catechesis of children. This is reflected in the description of the celebration of Easter (cf. Ex 12,26-27; Dt 6,20-25). Parents have a duty to carry out their educational mission seriously, as the bible often teaches (cf. Prov 3,11-12; 6,20-22; 13,1; 29,17). Children are called to accept and obey the commandment: "Honour your father and your mother" (Ex 20:12), where the verb "to honour" indicates the fulfillment of family and social commitments in their fullness, and not neglecting them with futile and inconsistent excuses (cf. Mk 7: 11-13).

The Gospel also reminds us that children are not family property. They have their own life path ahead of them. It is true that Jesus presents himself as a model of obedience to earthly parents, submitting to them (cf. Lk 2:51), but it is also true that he shows that the choice of life of the Son and his own Christian vocation may require a separation in order to realize one's role in the Kingdom of God (cf. Mt 10: 34-37; Lk 9: 59-62).

The beauty of the family, however, does not deny a bitter reality that is found in all the Scriptures. It is the presence of pain, evil and violence that mark the life of the family and its intimate communion of life and love. It is a path of suffering and bloodshed that runs through many pages of the Bible. Jesus himself was born into a modest family, which soon had to flee to a foreign land. He entered Peter's house where Peter's mother-in-law lay sick (cf. Mk 1: 30-31). He let himself be involved in the drama of death in the house of Jairus and in that of Lazarus (cf. Mk 5: 22-24.35-43; Jn 11: 1-44). He listened to the desperate cry of the widow of Nain who wept for her dead son (cf. Lk 7: 11-15). He welcomed the plea of the father of the epileptic in a small country village (cf. Mk 9: 17-27). He met tax collectors like Matthew or Zacchaeus in their homes, and also sinners, like the woman who entered the Pharisee's house (cf. Lk 7: 36-50). He



knew the anxiety and tensions of families, incorporating them into his parables: from children who leave the house to try some adventure (cf. Lk 15: 11-32) to difficult children with inexplicable behavior (cf. Mt 21: 28-31) or victims of violence (cf. Mk 12: 1-9). He was even interested in marriages that risked embarrassment due to the shortage of wine (cf. Jn 2,1-10) or the failure of the guests to turn up. He recognized the seriousness of the loss of a coin in a poor family (cf. Lk 15: 8-10).

All this is found also in the life of Don Bosco. Even as a child he had to face family difficulties. How does one overcome these trials, or face such suffering? Christ introduced the law of love and the gift of self to others as the distinctive sign of his disciples (cf. Mt 22:39; Jn 13:34). The fruit of love is also mercy and forgiveness. (cf. Jn 8: 1-11) Love is shown in delicate and respectful tenderness in our family relationships.

Reading these passages of the Word, we see that in Scripture the family consists of man, woman and children, created as an image of the union between the Father, the Son and the Holy Spirit. Generative and educational activity is, in turn, a reflection of the Father's creative work. The family is called to share daily prayer, the reading of the Word of God and Eucharistic communion to make their love grow until the family becomes more and more a temple where the Spirit dwells.

We know that Don Bosco placed at the center of his spiritual life and his apostolic activity a convinced devotion to Jesus present in the Eucharist, the "Master of the house" as he called him.

Grafted into Christ by virtue of our Baptism, we allow ourselves to be assimilated to him, and docile to the action of the Spirit, to the point of being able to say with Saint Paul: "For me to live is Christ" (Phil 1:21), "it is no longer I that live, but Christ lives in me" (Gal 2:20). We accept the exhortation of the Apostle Paul: "Make your own the mind of Christ Jesus" (Phil 2,5).

What do these reflections tell us? They testify that Jesus is the Messenger of God, guided in everything by the Spirit. His is an unconditional obedience to the will of the Father in fulfilling the mission entrusted to him, facing difficulties and conflicts with courage (cf. Jn 5:17 f). He demonstrates a constant and generous effort to free men from all forms of death and to communicate life and joy to everyone. With the concern of the Good Shepherd, he shows passionate care for the little ones and the poor. He teaches love that always forgives to the point of becoming a victim on the cross. He offers us the promise that he will be our traveling companion as he was for the two disciples on the road to Emmaus.

The image of the Good Shepherd, in particular, inspires and guides our action, indicating two precious perspectives of Salesian apostolic spirituality.

The first: the apostle of the Lord Jesus places the person at the centre of attention and loves the person as they are, without prejudice or exclusion, just like the Good Shepherd with the lost sheep.

The second: the apostle does not preach himself but always and only the Lord Jesus, the only one who can set us free from every form of slavery, the only one who can lead to pastures of eternal life (cf. Jn 10: 1-15), the only one who never abandons those who have lost their way. Rather, full of trust and hope, he seeks them out, recovers them and guides them so that they may have life to the full.

Being rooted in Christ and conforming to him is the deepest joy for a follower of Don Bosco. Hence our spirituality is based on:

- love for the Word and the desire to live the Mystery of Christ presented by the liturgy of the Church:
- - careful celebration of the sacraments of the Eucharist and of Reconciliation, which educate to Christian freedom, to conversion of the heart in a spirit of communion and of service.
- - participation in the mystery of the Lord's Passover, which opens up to a new understanding of life.

Every family is presented with the icon of the family of Nazareth, with its daily life made up of fatigue and hardship. The Holy Family had to endure the incomprehensible violence of Herod, something that is tragically repeated today in many families of refugees who are rejected and defenseless. Like the Magi, families are invited to contemplate the Child and the Mother, to bow down and adore him (cf. Mt 2:11). Like Mary, we are called to face sad emotional challenges in family life with courage and serenity, and to treasure and ponder in our hearts the wonders of God (cf. Lk 2:19:51). In the treasure of Mary's heart there are also all the events of each of our families which are treasured in Mary's heart and held there with care. She helps us to recognize the hand of God in our family history.

For personal prayer

What do you think of the formation programme proposed for this year? Will it help you to love the family in general and your own in particular?

Contemplate your family reality, which God created, dreamed of.

Pray for each of your family members, ask for LOVE for them,

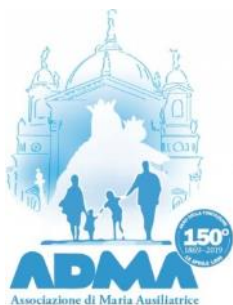
Pray to the Lord and ask the Lord to help you love them a little more each day.

Become aware of the difficulties of your family, of the weaknesses of each of its members (and your own weaknesses) and ask the Lord to look with mercy on your whole family.

There are many families who need your help, who are going through difficult times. Do not forget them, neither in your prayer nor in your generosity.

GETTING TO KNOW EACH OTHER

ADMA COLOMBIA



An affectionate Salesian greeting to all ADMA ONLINE readers

My name is Maria del Pilar Lucas Garcia. I am from Bogotá, the capital of Colombia. I am current president of the Association of Mary Help of Christians of the Province of San Pedro Claver - Bogotá, and coordinator of the ADMA groups of Bogotá and La Sabana. I am an occupational therapist and director of the Leonor de Lucas Foundation, where I develop therapeutic and employment processes for people with disabilities and vulnerable people to strengthen their motor, cognitive, social and occupational skills, and to generate entrepreneurship and provide employment to enhance their autonomy, to generate income and to improve the quality of life for them and their family.



I started this mission in the Association of Mary Help of Christians because of a personal situation that I experienced 21 years ago with the departure of my mother to the Father's House. She was a member of the Association of Mary Help of Christians and the Salesian Cooperators, a woman of faith, a Salesian, servant of the most needy, who found a great apostolate with the Salesians: Her vocation was strengthened by Salesian students of theology through their accompaniment and support in their pastoral activity and by setting up ADMA groups

in the province, especially in the vulnerable areas of the north of Bogota.

ST MARY MAZZARELLO ADMA CENTRE

I joined ADMA because of all the work done for ten years by my mother Leonor de Lucas in the Salesian Community and in ADMA. She had done selfless work, with generosity and a spirit of service. I wanted to perpetuate her memory and 21 years ago I became part of the Association by joining the Provincial Council of ADMA. Here I had the opportunity to occupy all the offices. Now, after three and a half years, I am in my third term of office. I started visiting the different ADMA groups located in the hills to the North of Bogotá. I was able to see the organization of the groups, the members' fervour and love for Jesus and Mary Help of Christians, the practices of piety very well rooted and carried out in the parishes or in the places where the Salesians were present and where the students of theology carried out their apostolate and ADMA supported their pastoral work. Then I visited other groups outside Bogotá and felt a call telling me that even though I didn't have much experience in the field, I had a great desire to serve and that being with ADMA would enrich me much more. That's what I have experienced and it makes me very happy. I made my commitment as a member of ADMA 20 years ago as a member of the ADMA St Mary Mazzarello Centre in Bogotá, the group to which my mother belonged.

There are two provinces in Colombia: the province of San Luis Beltrán - Medellín, which covers the west of the country with the natural boundary of the Magdalena River, and the province of San Pedro Claver - Bogotá, which covers the east of the country with the same natural boundary. In the Province of San Pedro Claver - Bogota, the ADMA groups are located in different areas as listed below:

CITIES WITH ADMA CENTRES AND NUMBER OF MEMBERS:

Bogotá 10 Centres, 170 members - Mosquera 1 Centre, 10 members - Chía 1 Centre, 40 members - Bucaramanga 4 centres, 60 members - Cúcuta 1 Centre, 120 members - Pamplona 1 Centre, 30 members - Tunja 1 Centre, 14 members - Duitama 17 centres, 374 members - Contratación 1 Centre, 15 members - Barrancabermeja 1 Centre, 30 members - Guachene 1 Centre, 35 members - Neiva 1 Centre, 12 members. Total Number of CENTRES 40 with 910 MEMBERS.

It should be noted that in every city where there is a Salesian presence there is an ADMA Centre. Gradually, as they become familiar with the Salesian charism, these expand to the various parishes of the city. For example, Duitama in the Department of Boyacá has the largest number of ADMA Centres (17). Only one has the spiritual guidance of the Salesians. The other 16 Centres are accompanied by a Diocesan Priest who identifies with the Salesian Spirituality and advises them spiritually, provides them with formation and actively participates in the practices of piety and in the activities that take place in the respective Apostolate.



ADMA GROUPS FROM DUITAMA AND TUNJA AT THE REGIONAL VISIT OF THE ADMA PROVINCIAL COUNCIL. It should be also noted that the ADMA groups of the Province of St. Peter Claver - Bogotá have some characteristics that enable them to achieve the results they have achieved. These results can be seen in the organization, in the serious commitment to the people served, in their fervour and constancy in the practices of piety such as collective prayer, the recitation of the Holy Rosary, the emphasis on formation on the themes of the Church, Salesian spirituality, human and apostolic formation, and active participation in the group activities of the Salesian Family. They include interaction, living the Salesian spirit, sharing the experiences of other groups and respecting their mission. Their apostolate allows them to feel useful by serving others, sharing the Salesian charism through their apostolic activity, living and transmitting love of Jesus in the Blessed Sacrament and devotion to Mary Help of Christians as pillars of the mission that Don Bosco has entrusted to us and which society needs for its salvation.

In Colombia the organization of ADMA is overseen by the Provincial Delegation of the Salesian Family, chaired by Rubén Darío Jaramillo SDB, assisted by José Arcadio Riaño SDB. They offer spiritual accompaniment to the ADMA Centres of the Province. With their wisdom, charisma and availability they advise and offer formation on Salesian themes, on the documents of the Church. They accompany us with their presence, knowledge and pastoral animation in meetings, congresses and retreats.

All ADMA Centers are coordinated by the ADMA Provincial Council, whose members (President, Vice-President, Secretary, Treasurer and 4 Councilors) are elected in the Assembly every 4 years at the National Congress which takes place in one of the cities of the two provinces.

The Provincial Council meets face to face every two months in Bogotá, where the whole formation process is directed, the activities are planned, the respective reports are presented, and the situations requested by the groups are raised. Likewise, the Provincial Council, within its annual programme, visits the ADMA Centres by region to motivate, to learn about and to share their experiences in the apostolate, to share human, Salesian and apostolic formation or any other theme that the group proposes or that it is necessary for them.

The ADMA Centre in each city is located in a Salesian house or in a diocesan or community parish where they actively participate in pastoral activities. Some are Eucharistic ministers, acolytes or part of other Church groups. According to the ADMA Regulations, the ADMA Centres are composed of the Council of Directors and various committees such as Worship, Financial, Social and Formation, in which each Member is part of the Committee. They meet once or twice a month as needed when they have a daily agenda made up of prayer, the holy rosary, a formation input, a time of sharing where social bonds are established. In most cases they meet in the parish centre or in the house of a member.

Regarding the apostolates carried out by the ADMA Centres in the Bogotá Province, they work:

- Through concrete actions in the apostolates, ADMA spreads Love for Jesus in the Blessed Sacrament and Devotion to Mary Help of Christians. This is an important part of the evangelization it carries out with the people they work with, making Don Bosco known as a Saint who fought for the poorest and most abandoned young people.

- We work with different groups such as children, young people, older adults, people with disabilities and people with limited economic resources in community canteens, contributing financially to food, serving lunches and carrying out recreational activities.



In the parishes, ADMA organizes prayer groups where the rosary is said, pilgrimages to Marian shrines and in houses where there is an image of the Virgin Help of Christians. We help as ministers of the Eucharist and in the maintenance of the Church as well as with financial contributions for the needs of the parish.



- In conjunction with a Salesian Work, ADMA Doctors and specialists offer their professional services to vulnerable people who are treated in the Parish by giving a clinical diagnosis and treatment and in some cases they donate medicines for their recovery or they offer them at a special price.

- Active participation in the celebration of the 24th of each month. On 24 May, which is the great feast in honor of the Virgin Help of Christians, we renew our commitment as members and aspirants who complete their year of preparation make their commitment. of is realized.

ADMA CENTRE BOGOTÀ

In coordination with the Provincial Council, we participate in the days of Salesian Spirituality, Formators' Meetings, retreats with other groups of the Salesian Family, Salesian Spirituality Course and Salesian Meetings. ADMA is the group with the greatest number of participants.

John Jairo Gómez Rúa, enriched our work as a group with participation and animation in the Provincial Meetings, National Congress, Eucharist, Spiritual Exercises, Spiritual Counseling in cases where we requested it. He contributed to our growth as individuals and as a group. With the various Delegates of



the Salesian Family, a consolidated and articulated work has been carried out with the other groups of the Salesian Family, of which there are 12 in Colombia: SDB, FMA, Salesian Cooperators, Past Pupils male and female Volunteers of Don Bosco, Volunteers with Don Bosco, ADS, the Luis Variara Secular Movement, the Institute of the Daughters of the Sacred Hearts, and the Mamma Margarita Association. ADMA has occupied an important place since it is the group with the biggest number of participants in the events that are organized by the various groups. Its presence is greatly appreciated.

MEETING OF THE SALESIAN FAMILY COUNCIL

Looking to the future, we hope to continue to strengthen the ADMA groups through ongoing animation, visits to the groups to share experiences and to develop greater closeness, to improve formation on issues of Salesian Spirituality, human development and the documents of the Church. We also want to make use of technology to improve communication, an important element in the working of groups. It is also hoped to make more contact with young people so that they get involved in ADMA groups and in this way grow in their love for Jesus in the Blessed Sacrament and Devotion to Mary Help of Christians.



A request we would make to ADMA Worldwide is to help us to get to know better the experience of ADMA Groups with young people and to provide us with strategies to reach them. This would help us to carry out our mission to young people, especially the most needy.

I hope that with this article dedicated to ADMA and our Salesian presence - personal, community, and family - in Colombia will produce a positive impact so that we can continue in this great mission as an ADMA group founded by Don Bosco. We must imitate and follow him, so that the witness of his life and his spirituality may make us vibrant, that we may feel that we are true Salesians at the service of others, always showing the Love of Jesus in the Blessed Sacrament and Devotion to Mary Help of Christians. May our Apostolate be reflected in the well-being and improvement of the quality of life of the people who benefit from our work.

Yours affectionately

MARIA DEL PILAR LUCAS GARCIA

PRESIDENT of ADMA

PROVINCE OF ST PETER CLAVER

BOGOTÁ, COLOMBIA

THE REGULATIONS OF THE ASSOCIATION OF MARY HELP OF CHRISTIANS TO GET TO KNOW AND LIVE OUR IDENTITY

ARTICLE 4 - Personal commitment of the members (SECOND PART)

The article that we have begun studying is one of the most important of the Regulations and deserves to be examined with an attitude of listening and internalization.

Don Bosco repeated often how important the commitment to "practices of piety" was and he valued the popular Marian expressions of devotion of the people.

May the commemoration on the 24th of the month of the Feast of Mary Help of Christians, and the Novena and the Solemn Feast on May 24th, be unifying moments in spirit and in communion of all groups scattered throughout the world.

We cannot remain indifferent in the face of delicate family, educational, social situations, even more so in this time marked by the Pandemic. To the extent that we dedicate ourselves to those affected by hardships in society, the world will recognize that we are like Don Bosco - contemplative-active Christians devoted to Our Lady.

Piety must not be an end in itself, but animated and embodied in the apostolic, educational and charitable works that each one carries out in the community.

We are called to imitate our mother Mary, cultivating, where we are, a Christian environment of welcome and solidarity.

Let us take Mary into our homes, let us entrust ourselves to her and let us be guided by attitudes of hospitality, listening, concrete help and generous availability.

The tradition of the "home chapels" is very beautiful, whereby Mary visits our families or our communities, reminding us of the importance of unity in prayer - a medicine that heals many wounds and instills strength and hope.

Andrea and Maria Adele Damiani

FAMILY CHRONICLE

<https://www.infoans.org/sezioni/foto-notizie/item/13407-timor-est-l-adma-nazionale-si-prepara-al-congresso-regionale>

<https://www.infoans.org/sezioni/foto-notizie/item/13449-isole-salomone-primo-centro-adma-nelle-isole-salomone>

<https://www.infoans.org/sezioni/foto-notizie/item/13485-brasile-iii-incontro-dei-consigli-ispettoriali-dell-adma-del-brasile>

<https://www.infoans.org/sezioni/foto-notizie/item/13501-pakistan-nuovo-gruppo-dell-adma-a-lahore>

The paper can be read at the following site:

www.admadonbosco.org

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