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Bishop Peter Houhou

PASORAL MESSAGE FOR THE MONTH OF APRIL 2026 YEAR OF THE EUCHARIST “I AM THE BREAD OF LIFE” (John 6: 35)

Dear beloved Priests, Religious Brothers and Sisters, and the Laity of our Diocese of Gizo. For your information and update for this year, under the leadership of the Catholic Church Solomon Islands (CCSI), this

year 2026 has been declared or marked as the “YEAR OF THE EUCHARIST”. Theme for

the Year of the Eucharist is: ‘I AM THE BREAD OF LIFE. This is a time to reflect on this great Sacrament and Gift given to us. To unite all our Parishes together as a diocese and also with Auki Diocese and the Archdiocese of Honiara, during the Year of the Eucharist, the following program can be carried out in our Parish Churches.

- ◇ Take note that each Diocese will have its own program according to the context and geography of its Diocese.
- ◇ As for our Diocese of Gizo, all the Eucharist Program will be done at the Parish Level.
- ◇ In all our Parish Churches, you can have a half an hour Exposition for reflection and prayer before Mass begins, to encourage Christians to have a great love for the Eucharist and also to deepen their faith.
- ◇ Every Sunday, there will be a Benediction in all our Parish Churches to keep alive this beautiful tradition of the Church.
- ◇ At the end of Sunday Masses before the +++FINAL BLESSING+++, a Short Eucharistic talk can be given by the Parish Priest.

- ◇ On the Feast of the “CORPUS CHRISTI,” there will be a SOLEMN PROCESSION with Eucharist in all the Parishes.
- ◇ To conclude the Year of the Eucharist, there will be a Eucharistic Congress to be held in Aruligo, on the 21st day and the following days of November 2026.

For our short reflection for April, as we begin our journey for the Year of the Eucharist, I have Ten (10) beautiful stories from the Old Testament. As for Christians who believe in Jesus Christ as their Savior and Lord, and who, in a very special way, love and believe that Jesus is the Bread of Life, these stories will help us discover something we never knew about the Eucharist in the Old Testament.

DISCOVERING THE EUCHARIST IN THE OLD TESTAMENT

According to Gary Sullivan 07/08 / 2023 and I quote: The Eucharist is “source and summit” of the Christian Life. For this reason, it plays a major role in the salvation history. So, where can we look to find the Eucharist in the Old Testament? “Early Christian catechesis made constant use of the Old Testament. As an old saying put it, the New Testament lies hidden in the Old and the Old Testament is unveiled in the New.” (CCC 129)

The Eucharist is indeed hidden in the Old Testament. So let us go back and examine 10 stories where God made people, food, animals, and things that remind us of the Eucharist.

STORY NUMBER ONE (1):

The Tree in the Middle of the Garden in Genesis 3 Death and separation came to us all through the poisonous fruit that Eve plucked from a tree. Mary also stood under a tree, the cross, and now we ...

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BISHOP'S PASTORAL MESSAGE CONTINUE

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Bp's PM cont'

.....receive the fruit of Mary's womb in the Eucharist. So we have two trees, two women, and two fruits given as food. The church fathers proclaimed "Death through Eve – Life through Mary". There is a poetic justice in reversing the fall through consuming perfect food, the bread of angels, from Mary, the Bread-Giver. Where it all began is where it all ends.

STORY NUMBER TWO (2)

Abel and his offering in Genesis 4

Abel was the first good priest. He built an altar and made an offering of thanksgiving to the Father. His sacrifice was acceptable to God because he united the best of himself on the altar of his heart. He offered his sacrifice out of love. All of this is Eucharistic. When we look at the offering itself, we see that it was a lamb that resembles Jesus. At Mass, call the Eucharistic Jesus the Lamb of God. Abel himself is a type of Christ because he ultimately gave his whole life in conjunction with the offering of the lamb.

STORY NUMBER THREE (3):

Melchizedek and his Offering in Genesis 14

Here we have a mysterious Priest-king, called "king of peace," who offered bread and wine. Abraham gave him a tenth of his wealth, thus recognizing him as a "priest of God most high". What's weird is that up until now, in Genesis, we are following Abraham as the one monotheist. So when he bows to Melchizedek as a priest of God Most High, we realized that Melchizedek is a Christ-like figure. Later in the book of Hebrews, we hear about all these typological connections. His bread and wine offering stands out because every other offering has been an animal sacrifice. Melchizedek's priesthood, which is greater than the Levitical priesthood, is where Jesus' priestly credentials stem. This is why we sometimes hear the name of Melchizedek in the Eucharistic prayer.

STORY NUMBER FOUR (4):

Isaac was offered by Abraham in Genesis.

A father is willing out of love to give up his own son in sacrifice. The son, Isaac, an unexpected miracle announced by an angel, carries wood up a hill for his own sacrifice. As he ascended the same hill as Calvary, he asked his father, "Where is the lamb for the sacrifice?" Abraham responds, "The Lord will provide the lamb..." When the angel stops Abraham from slaughtering his son, he sees a ram caught in the thicket. It is offered as a substitute for Isaac. Its head was surrounded by thorns. As a sacrificial substitute with a crown of thorns, the ram pointed to the future Lamb of God, Jesus. This is why John the Baptist, upon seeing Jesus, proclaims, "Behold the Lamb of God who takes away the sins of the world".

STORY NUMBER FIVE (5):

The First Plague: Water to Blood in Exodus 7

Moses first plague miracle is what Catholics would call transubstantiation. The water of the Nile turns to blood. For this first miracle, Jesus, the new Moses, turns the water into wine. Later, at the end of his public ministry, he holds up the wine and says, "This is my blood". Jesus, acting as the new Moses, comes full circle. He begins with water to Wine and ends with water to blood.

STORY NUMBER SIX (6)

The Passover Lamb in Exodus 12

More than any other Old Testament story, this one is Eucharistic through and through. The blood of the lamb saved the people from death. They had to sacrifice the lamb. It had to have its blood spread on the wood. Then they had to eat the lamb. As the lambs were being slaughtered for the Passover, Jesus was being presented to the crowd. "Behold the man". The lamb had to be one year old, male, and have no broken bones or blemishes. Jesus is male, in the prime of his life, and he is without sin. John's Gospel goes out of its way to say that Jesus was spared from having his legs broken on the cross because he was the New Passover Lamb. The Last Supper

Bp Pastoral Message Continue

BISHOP'S PASTORAL MESSAGE CONTINUE

Bp Pastoral Message Continue

started out as a Passover Meal, which commemorated the Exodus from Egypt, and ended as a Eucharist, which commemorates and enables our exodus from the enslavement of sin. "For Christ, our Passover lamb, also was sacrificed" (1 Cor 5: 7)

STORY NUMBER EIGHT (8)

The Blood of the Covenant in Exodus 24

Moses stood above the people on the foot of the Mountain, and he dipped a branch into the bowl of bull's blood. As he splashed it on the people below him, he said, "This is the blood of the covenant". This came after the people verbally assented to the terms of the covenant. This was how Moses ratified the covenant. The blood is what binds a family and makes one a member of the family. So the covenant was a family bond as the people of God, the Father. Jesus, as the new Moses, did the same thing at the Last Supper. He ratified the covenant as he up or elevate cup and said, "This is the blood of the New Covenant." (Mt. 26: 28).

STORY NUMBER NINE (9)

The Todah Offering in Leviticus 11

The word "todah" in Hebrew means thank you or thank offering. The offering was usually presented as bread and wine along with lamb meat. It was presented by the Levites (priests) at the Temple. It was a way to have a fellowship with God. They offered the sacrifice to God, and he offered it back to them to eat. It was meant to give thanks to God for all of his generosity. The word Eucharist is a Greek word for "thanksgiving." When we celebrate the Eucharist, we, through the priest, celebrate and give extensive thanks to God in the Eucharistic prayer

STORY NUMBER TEN (10)

The Day of Atonement in Leviticus 16

The high priest had a special function that he would carry out once a year. He would pray his sins out loud over the head of an animal (bull) to symbolize the transfer of guilt. Then the animal would be offered as a substitute for the atonement of the sins of the people. The blood of the animal would be taken into the Holy of Holies, beyond the veil, to the earthly throne of God on the Ark of the Covenant, called the propitiatory of the Ark. Here, be-

tween the two golden angels, the blood would be sprinkled as a way of offering it directly to God. Jesus ascended to the Father, beyond the veil, with his offering to make eternal satisfaction for our redemption. At Mass, we participate in that heavenly liturgy. The priest says, "Almighty God, we pray that your angel may take this sacrifice to your altar in heaven. Then, as we receive from this altar the sacred body and blood of your Son, let us be filled with every grace and blessing."

Though it may seem like it, this is not an exhaustive list of the Old Testament connections to the Eucharist. The entire liturgy of the ancient Jews, both at Temple and in the synagogues, has something to say about the Eucharist and the pattern we follow at a Catholic Mass.

Reflecting upon the above 10 stories from different scripture texts in the Old Testament, I hope it helps you to have an idea of what scripture says about the Great Gift of the Eucharist in the Old Testament and in the New Testament. I hope that reflecting on the ten (10) stories mentioned above, it will help us to have not only "KNOWLEDGE" of the "EUCHARIST", BUT our "FAITH" IN and "LOVE" FOR the EUCHARIST.

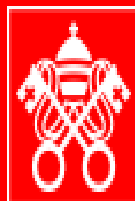


Thank you. May the BLESSINGS, Of the RISEN LORD, Be with you all, In this EASTER SEASON.

Your servant

**Bishop Peter HOUHOU
Gizo Diocese.**

POPE'S MESSAGE ON HAPPY EASTER



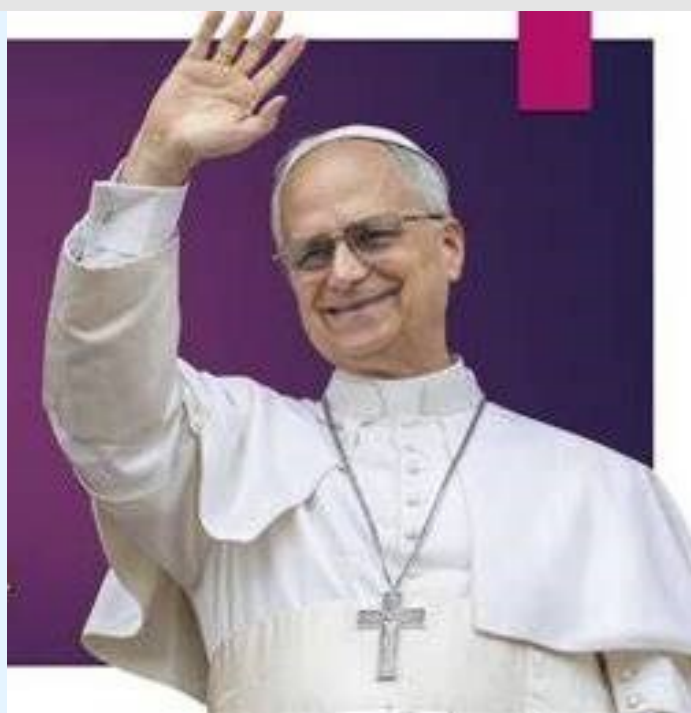
**VATICAN
NEWS**

"URBI ET ORBI"

MESSAGE OF HIS HOLINESS POPE LEO XIV

Central Loggia of St Peter's Basilica

Sunday, 5 April 2026



Brothers and sisters,
Christ is risen! Happy Easter!

For centuries, the Church has joyfully sung of the event that is the origin and foundation of her faith: "Yes, Christ my hope is arisen / Christ indeed from death is risen / Have mercy, victor King, ever reigning" (Easter Sequence).

Easter is the victory of life over death, of light over darkness, of love over hatred. It is a victory that came at a very high price: Christ, the Son of the living God (cf. Mt 16:16), had to die — and die on a cross — after suffering an unjust condemnation, being mocked and tortured, and shedding all his blood. As the true immolated Lamb, he took upon himself the sin of the world (cf. Jn 1:29; 1 Pet 1:18–19) and thus freed us all — and with us, all creation — from the dominion of evil.

But how was Jesus able to be victorious? What is the strength with which he defeated once and for

all the ancient adversary, the prince of this world (cf. Jn 12:31)? What is the power with which he rose from the dead, not returning to his former life, but entering into eternal life and thus opening in his own flesh the passage from this world to the Father?

This strength, this power, is God himself for he is Love who creates and generates, Love who is faithful to the end and Love who forgives and redeems.

Christ, our "victorious King," fought and won his battle through trusting abandonment to the Father's will, to his plan of salvation (cf. Mt 26:42). Thus he walked the path of dialogue to the very end, not in words but in deeds: to find us who were lost, he became flesh; to free us who were slaves, he became a slave; to give life to us mortals, he allowed himself to be killed on the cross.

The power with which Christ rose is entirely non-violent. It is like that of a grain of wheat which, having rotted in the earth, grows, breaks through the clods, sprouts, and becomes a golden ear of wheat. It is even more like that of a human heart which, wounded by an offense, rejects the instinct for revenge and, filled with compassion, prays for the one who has committed the offense.

Brothers and sisters, this is the true strength that brings peace to humanity, because it fosters respectful relationships at every level: among individuals, families, social groups, and nations. It does not seek private interests, but the common good; it does not seek to impose its own plan, but to help design and carry out a plan together with others.

Yes, Christ's resurrection is the beginning of a new humanity; it is the entrance into the true promised land, where justice, freedom, and peace reign, where all recognize one another as brothers and sisters, children of the same Father who is Love, Life, and Light.

Brothers and sisters, through his resurrection, the Lord.....

Pope's Message Continue

POPES MESSAGE ON HAPPY EASTER CONTINUE



Pope's Message from previous

..... confronts us even more powerfully with the dramatic reality of our freedom. Before the empty tomb, we can be filled with hope and wonder, like the disciples, or with fear like the guards and the Pharisees, forced to resort to lies and subterfuge rather than acknowledge that the one who had been condemned is truly risen (cf. Mt 28:11–15)!

In the light of Easter, let us allow ourselves to be amazed by Christ! Let us allow our hearts to be transformed by his immense love for us! Let those who have weapons lay them down! Let those who have the power to unleash wars choose peace! Not a peace imposed by force, but through dialogue! Not with the desire to dominate others, but to encounter them!

We are growing accustomed to violence, resigning ourselves to it, and becoming indifferent. Indifferent to the deaths of thousands of people. Indifferent to the repercussions of hatred and division that conflicts sow. Indifferent to the economic and social consequences they produce, which we all feel. There is an ever-increasing “globalization of indifference,” to borrow an expression dear to Pope Francis, who one year ago from this loggia addressed his final words to the world, reminding us: “What a great thirst for death, for killing, we witness each day in the many conflicts raging in different parts of the world!” (Urbi et Orbi Message, 20 April 2025).

The cross of Christ always reminds us of the suffering and pain that surround death and the agony it entails. We are all afraid of death, and out of fear we turn away, preferring not to look. We cannot continue to be indifferent! And we cannot resign ourselves to evil! Saint Augustine teaches: “If you fear death, love the resurrection!” (Sermon 124, 4). Let us too love the resurrection, which reminds us that evil is not the last word, because it has been defeated by the Risen One.

He passed through death to give us life and peace: “I leave you peace; I give you my peace. Not as the world gives it, I give it to you” (Jn 14:27). The peace that Jesus gives us is not merely the silence of

weapons, but the peace that touches and transforms the heart of each one of us! Let us allow ourselves to be transformed by the peace of Christ! Let us make heard the cry for peace that springs from our hearts! For this reason, I invite everyone to join me in a prayer vigil for peace that we will celebrate here in Saint Peter’s Basilica next Saturday, April 11.

On this day of celebration, let us abandon every desire for conflict, domination, and power, and implore the Lord to grant his peace to a world ravaged by wars and marked by a hatred and indifference that make us feel powerless in the face of evil. To the Lord we entrust all hearts that suffer and await the true peace that only he can give. Let us entrust ourselves to him and open our hearts to him! He is the only one who makes all things new (cf. Rev 21:5).



THE EASTER TRIDUUM

Easter Triduum is the holiest three day period in the Catholic liturgy year, commemorating the Passion, Death, and Resurrection of Jesus Christ, also called Sacred Triduum or Pascal Triduum, begins on the evening of the Holy Thursday and concludes on the evening of Easter Sunday. Although it spans three days chronologically, it is celebrated as one continuous liturgical event, highlighting the unity of Christ’s Paschal Mystery the suffering, death, and resurrection that bring salvation to humanity.

NEWS FROM THE PASTORAL

The Priest Meeting has been Successfully Concluded with a Chrism Mass.



On the 17th of March, the Priest meeting took place and concluded successfully with a celebration of the Chrism Mass.

Thirteen of our parish priests convened at the Jerome Kuibatu Conference Room in Betania, Gizo, accompanied by their two bishops, Bishop Peter Houhou and Emeritus Bishop Capelli SDB.

This annual gathering provided an opportunity for the priests and bishops to engage in discussions, assess their ministry, and strategize for the future.

The meeting also included pastoral collaborators who presented brief reports from their respective departments.

On Thursday evening, a Chrism Mass was celebrated, during which the bishop blessed the sacred oils, symbolizing both unity and the priestly mission.

New Provincial welcome in Gizo, SPUTC.



A new Provincial of the Salesian family received a warm welcome at the St. Peter Cathedral Compound on March 10th.

She is Sr. Hieu Luong from Vietnam, appointed as the Provincial Leader and Novice for-

mation for the Salesian Sisters of the South Pacific Region, succeeding Sr. Louise Mkeogh.

She teaches novices in various subjects, including FMA Constitutions, Human Development, Scriptures, Morality, and Mariology. She also assists in Faith Formation for the School Youth Group.

Sr. Hieu Luong embodies the role of a provincial leader within the Salesian Sisters by combining administrative leadership, formation of new sisters, and active engagement with youth and communities. Her work reflects the congregation's commitment to guiding young people and nurturing new vocations in the spirit of St. John Bosco and St. Maria Mazzarello

While visiting, she spent time with her fellow Salesian Sisters in Gizo and engaged with the St. Peter Students, who embody the spirit of Don Bosco.

CBCPNGSI Youth Commission Convene in Inaugural board meeting, 2026.



The CBCPNGSI Youth Commission convened its inaugural board meeting for 2026 on 11–12 March, progressing plans to enhance youth ministry throughout Papua New Guinea and the Solomon Islands.

Seven out of ten members were present, concentrating on transitioning from planning to practical pastoral execution that empowers young Catholics and boosts their involvement in Church activities.

Among those present is our youth representative from the Catholic Diocese of Gizo, Ms. Concita Abito.

FEAST DAY, ST. JOSEPH @ PARISHES

The Catholic Diocese of Gizo commemorates St. Joseph's Feast Day.



The Catholic Diocese of Gizo successfully celebrated the feast of St. Joseph the Worker over the weekend, from Saturday, the 21st, to Sunday, the 22nd.

Especially for the parishes of Taro, Sirovanga, Nila and Moli, it was a delightful occasion shared with the Catholic community in Gizo.

In honor of the feast day, particularly for the fathers who gathered for their recollection, there was a focus on reflecting upon the identity of St. Joseph, the foster father of Jesus Christ. This event is significant because it honors Saint Joseph as a model of work and family life. The feast serves as a prompt for contemplation regarding the essence of human labor and the dynamics between workers and the State, underscoring the importance of respect and equity in the workplace.



Their recollection inspired one another to engage in self-examination, as this period is crucial for all fathers to prepare themselves for Easter.

A noteworthy reflection consistently highlights the contributions of mothers and their children, who are always enthusiastic about assisting with catering.

As the event concluded on Sunday, the 5th Sunday of Lent, all participants engaged in a final gathering, which featured a profoundly inspiring homily delivered by their priests.

For Nila parish, Comment from Fr. Charles (an Indian Missionary who serves St. Eusebius Parish, Noro) says that – “We are deeply thankful to God and to St. Joseph for bringing together the fathers (200 over) of our families in Shortland Nila as we celebrated the Feast of St. Joseph.”

“The commitment and dedication shown by our fathers continue to inspire us, strengthening our devotion to St. Joseph and guiding us to follow Jesus more faithfully each day”.

In St. Peter's Cathedral in Gizo, Bishop Peter Houhou's homily centered on the three Bible readings, with particular emphasis on the Gospel reading from John 11:1-45. (Jesus raising Lazarus from the dead)

Following the Eucharistic celebration, everyone was invited to the closing ceremony, which included food, speeches, entertainment, and the final closing



SOUTHERN DEANERY NEWS IN BITS

A Visit to Inmates Shares Meaningful Experience.

A visit to inmates has provided an opportunity for the



youth to engage with their parish priest, Dominic Soloko Sr. Salome, and Fatima on the third Sunday of Lent following the Eucharist Mass.

They had the honor of visiting the Correctional Center in Gizo, where all participants exchanged meaningful and humbling experiences, which served as a reminder of the significance of compassion, encouragement, and hope for all, as articulated by their parish priest.

Fr. Soloko expressed gratitude for the warm reception and the opportunity to share their time, prayers, and fellowship with the inmates.

He remarked that the visit was a blessing not only for those they encountered but also for the youth, who gained invaluable insights into empathy, faith, and service.

Women’s Groups in Gizo, in Lenten Reflection.



On March 12, 2026, a significant event took place for the women's groups, Gizo and Nusabaruku, as they enjoyed a productive Lenten recollection day with Bishop Emeritus Luciano Capelli at the Jerome

Kuibatu conference center in Betania.

The day also marked the second anniversary of the passing of the late Deacon Jerome. And everyone offered prayers for his eternal rest alongside Gwen.

Everyone, pray for Gods bless, and everyone has a blessed Lenten season.

Night Recollection Involve Men’s Group, Moli.

A night gathering for the members of the men’s group has



enhanced their spiritual journey during this Lenten season.

By hosting them at the mission station on Moli Island, they are afforded the opportunity for spiritual reflection, adoration, and confession.

This program enables them to assess their lives, pursue forgiveness, and dedicate themselves to personal development and spiritual rejuvenation.

They express their gratitude to Fr. Willie Mau for facilitating their program.

Blessing to each Morning, Nila Senior Secondary School.



One of the blessings we possess is the air we inhale, along with our hearts that circulate blood and oxygen throughout our bodies. Additionally, there are the meals we consume daily. This truly is a gift from our Heavenly Father.

Indeed, we require a similar sustenance for our spiritual well-being to maintain our connection with our Heavenly Father.

At St. John Bosco Nila Senior Secondary School as usual every morning, students gather with their principal, Madam Mareta, and other staff members for morning devotion.

NORTHERN DEANERY NEWS IN BITS

Youth Leaders Training, Success, Nila Parish.



The Youth Leadership training, which took place over the weekend on the 6th of March, concluded successfully with a closing Mass.

The facilitator, Mr. Colody Kale, who is currently associated with that parish, is providing support to the youth there.

He mentioned that the closing Eucharistic Mass celebration was led by Fr. Qelo, accompanied by beautiful Liturgical songs performed by the youth leaders.

The youth leaders represent various villages surrounding Nila parish, and he expressed gratitude to the parents for their diverse contributions in supporting the program, particularly acknowledging the parish key individuals and the two priests for assisting in their successful engagement of the youths from their parish.

Approximately 50 youth leaders' participants attended the program.

Lectors Training Success in Sirovanga Parish



A successful one-day lector training took place at St. Dominic Sirovanga Parish on March 7th. Reporting from that parish, we extend our gratitude to Chris for emphasizing the success of the training, which was conducted by Catechist Piobatu and Remesio.

Chris mentioned that this training was an integral part of the parish's pastoral plan aimed at empowering all sectors with a spirit of commitment as laity.

A Week Training Success for Knights of the Altar.



A successful week of training for the knights of the Alter concluded at the Sirovanga mission station at the end of the second week of March.

The training was facilitated by Sr. Leonie Meqoop, along with catechists Abdon Piobatu and Remesio Penesigolomo.

The purpose of the training was to clarify the roles and responsibilities of altar servers during mass celebrations and to dedicate them as prayerful servants of Christ, as stated by Chris Leuku from that parish.

Gratitude is also extended to the parish coordinator for his ongoing efforts in implementing the parish pastoral programs for that community.

KIDNEY STONES – PREVENTIONS

Kidney stones continue [Kidney stones - treatment, symptoms and diagnosis | healthdirect](#)

Can kidney stones be prevented?

There are things you can do to reduce the chance of getting kidney stones. These include:

Top 6 Home Remedies for Kidney Stones

- Drink Lots of Fluids
- Take Apple Cider Vinegar
- Use Lemon Juice
- Take Potassium-rich Foods
- Basil and Parsley Tea
- Take Magnesium Supplements

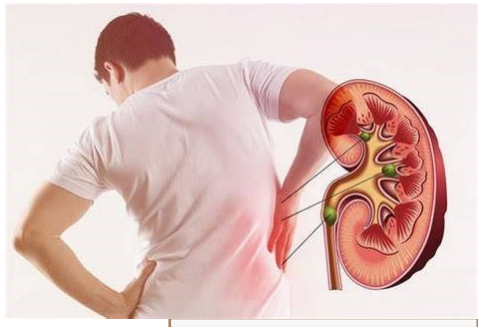
- drinking plenty of fluids every day — so that your urine is clear
 - eating a [healthy, balanced diet](#) with plenty of [fibre](#)
 - reducing the amount of fat and animal protein (meat) you eat
 - reducing the amount of salt you eat
 - maintaining a healthy body weight
- If you've had kidney stones before, your doctor may recommend specific treatments to prevent more stones. Their advice will depend on the type of kidney stone you had.

Some information:

- Your kidneys filter your blood and remove the extra waste and water as urine.
- The lifetime risk of developing kidney stones is one in 10 for men and one in 35 for women.
- New techniques can remove kidney stones without the need for an operation.
- A combination of drinking enough fluids, avoiding urinary infections, and specific treatment with medications will significantly reduce or stop new stone formation.

What is being tested?

Kidney stones are small, hard deposits made of minerals and salts that form within the kidneys, they are one of the most common urinary tract disorders. Kidney stone analysis uses one or more test methods to examine and determine the composition of a stone. This is done in order to help identify the cause of the stone and, where possible, to prevent the formation of more stones.



To be continue next issue

▪ UPCOMING SOLEMNITY FOR MAY 2026 ▪

Ascension of the Lord
17th of Sunday of May

Pentecost Sunday
24th Sunday of May

The Most Holy Trinity
31st Sunday of May