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Bishop Peter Houhou
Catholic Diocese of Gizo

HAVE FAITH THAT JESUS IS IN THE BOAT WITH YOU AND TRAVELLING WITH YOU, UNTIL YOU REACH YOUR DESTINATION

Dear beloved brothers and sisters in Christ, to begin our journey for the month of February, let us reflect on the Gospel passage according to Mark 4: 35 – 41.

This Gospel passage was read on the 1st day of the month of February. The episode is about when Jesus and his disciples were in a

boat crossing to the other side of the lake. When they began their trip, there was a great calmness, but as they move further from the shore, the weather was changed, and the gentle wind was turned into a gale and the waves breaking into the boat so that it was almost swamped. Jesus was with them, but, he was in the stern, his head on the cushion, asleep. The disciples woke him up and said to him, "Master, do you not care? We are sinking" Jesus woke up and rebuked the wind, and said to the sea, "Quiet now! Be calm!" And the wind dropped and all was calm again. Jesus turned to his disciples and said to them, "Why are you so frightened? How is it that you have no faith?"

Brothers and Sisters, as we begin this New Year, just like Jesus and his disciples, we too are travelling in a boat, as a family, community, parish, deanery and a diocese, not just crossing to the other side of the lake, or just a night trip, but taking a year's voyage that is 12 months. We are travelling in different boats, but heading towards one destination, that is

towards the month of December. At the first days, weeks and month, we may experience great calmness, or things are okay, but as we moved on into the 2nd and 3rd months, we will be experiencing gale and rough seas. All of these will come in different forms, but as Christian, you must have faith and know that you are not travelling alone, you are not journeying alone, but, Jesus is in the boat with you, so why worry and terrified? When you encounter difficulties, problems and challenges in life call upon the name of Jesus. He was not asleep, he is always awake and ready to answer you call. **HAVE FAITH IN JESUS, HE IS THE ANSWER OF ALL OUR PROBLEMS.**

FEW QUESTIONS FOR YOUR REFLECTION:

- What is your plan for this New Year 2025?
- Where are you going?
- When are you leaving?
- Who are travelling with?
- Which boat are you travelling in?
- What is the weather like?
- When your boat was in the sinking point, what are you to do?
- Which Emergency Number are you calling?

Hope the above short reflection will help you as you journey through this new year to strengthen you in your faith in Jesus when you encounter challenges in life.

May the Lord Jesus be your companion on the journey.
God Bless you.

From your Servant Bishop Peter HOUHOU

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PJ PRAYER & WCD THEME 2025



PILGRIMS JUBILEE PRAYER 2025

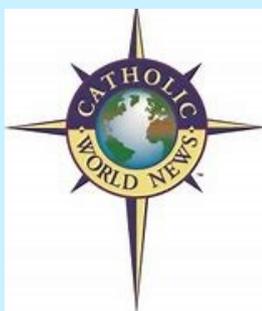
Father in Heaven, may the faith you have given us in your son, Jesus Christ, our brother, and the flame of charity enkindled in our hearts by the Holy Spirit, reawaken in us the blessed hope for the coming of your Kingdom.

May your grace transform us into tireless cultivators of the seeds of the Gospel. May those seeds transform from within both humanity and the whole cosmos in the sure expectation of a new heaven and a new earth, when, with the powers of Evil vanquished, your glory will shine eternally.

May the grace of the Jubilee reawaken in us, Pilgrims of Hope, a yearning for the treasures of Heaven. May that same grace spread the joy and peace of our Redeemer throughout the earth.

To you our God, eternally blessed, be glory and praise for ever.

Amen.



WCD Theme 2025: "Share with Gentleness the Hope that is in your Hearts"

The Holy See Press Office released the theme Pope Francis has chosen for the Church's 59th World Communications Day in 2025, share with gentle-

ness the hope that is in your hearts (cf. 1Pt 3:15-16).

The introductory text accompanying the theme notes that the topic aims to bring attention to the fact that in today's world, "too often communication is violent, aimed at striking and not at establishing the conditions for dialogue." This calls for efforts "to disarm communication, to cleanse it off aggression."

The theme description notes that the prevailing standard seems to be that of competition, opposi-

tion, and domination as can be seen in television talk shows to verbal wars on social media. It adds that for Christians, "hope is a person, and He is Christ." And this hope is tied to community, since "when we speak of Christian hope we cannot disregard a community that lives the message of Jesus in such a credible way as to give a glimpse of the hope that it brings, and is capable of communicating the hope of Christ with deeds and words even today." World Communications Day is usually celebrated on the Sunday before Pentecost. Pope Paul VI established the Day in 1967 in the wake of the Second Vatican Council as an annual celebration that encourages reflecting on the opportunities and challenges that the media offer and how the Church can better communicate the Gospel message.



Teaching Isn't Always Easy.

Teaching isn't always easy. It is hard work that demands patience, creativity, and resilience. But remember, the roots of education may be challenging, but the fruits—oh, how sweet. Watching your students grow from their first steps into the classroom to the moments they leave your care is the most rewarding part of being a kindergarten teacher. You're helping plant seeds that will grow into a lifelong love of learning (Aristotle). I wish my colleagues a good start to the 2025 academy year!!



POPE AND CATHOLIC JOURNALISTS



VATICAN NEWS

Pope to Catholic communicators: 'Tell stories that nourish hope'



Pope Francis encourages Catholic journalists and communicators gathered in Rome for the Jubilee of the World of Communication to be courageous truth and hope-tellers in our world marred by conflicts, division and misinformation.

As Catholic communicators from across the world convened to Rome for the Jubilee of the World of Communication this weekend, Pope Francis urged them to approach their work with courage, integrity, and a steadfast focus on hope, liberating “the inner strength of the heart.” “Let your storytelling be hope-telling”, the Pope said in prepared remarks he addressed on Saturday to the communicators gathered in the Paul VI Hall.

Pope Francis began his address by expressing his deep gratitude to them, acknowledging the many journalists who risk their lives to uncover the truth, particularly in conflict zones. While honoring those killed, the Pope appealed for the release of those who have been imprisoned “simply for being faithful to their profession”. Noting that the freedom of journalists is essential for the freedom of all citizens he emphasized that “free, responsible, and accurate information is a treasure of knowledge, experience, and virtue that must be preserved and promoted.”

Describing journalism as a vocation and a mission, Pope went on to remark that communicators have a “unique” responsibility that extends beyond the mere reporting of facts. How information is conveyed matters greatly making a difference “between a communication that rekindles hope, builds bridges, opens doors, and a communication that increases divisions, polarizations, and oversimplifications of reality.” “A good communication, he continued, requires “study and reflection, the ability to see and listen; to stand with the marginalized, those unseen and unheard, and to rekindle—in the hearts of those who read, listen, or watch you—a sense of good and evil and a longing for the good you recount and bear witness to.”

Central to Pope Francis’ reflection was courage in the pursuit of truth and positive transformation. Recalling the Latin etymology of the word which is “to have heart,” he reiterated

the call he has repeatedly addressed to communicators in his Messages for the World Communications Days, including this year, “to listen with the heart, to speak with the heart, to guard the wisdom of the heart and to share the hope of the heart.”

Pope Francis therefore urged the audience to use this Jubilee year as an opportunity to “free the heart from what corrupts it”, using communication to inspire goodness and positive change. Addressing modern challenges like social media addiction which “rots” minds, he again advocated for media literacy and critical thinking to combat superficial consumption of information. The Pope called for collaborative efforts from media professionals, educators, and innovators to ensure communication serves the common good.

Drawing on the example of the Conversion of Paul, he reminded Catholic communicators of their power to ignite positive change through truthful storytelling. “Stories reveal our being part of a living fabric, the intertwining threads that connect us to one another,” he said.

Bringing his address to a close, Pope Francis encouraged Catholic communicators to “tell stories of hope, that nourish life”: “Telling hope,” he said “means allowing people to hope against hope (...) and having a gaze that transforms things, making them what they could and should be.”



GIZO, WAGINA AND NORO IN NEWS

St. Peters Cathedral Gizo welcomes Holy Jubilee.



St. Peters Cathedral in Gizo, Western Province welcomed Holy Jubilee 2025 on Sunday 19th January.

A Global celebration, in which the Pope asked all Catholic Dioceses worldwide to commemorate the 25th Anniversary of going through the Holy Door purposely, to invite pilgrims to cross this sacred threshold and renew their faith. This ritual is associated with plenary indulgence, allowing believers to receive complete forgiveness of temporal penalties.

Everyone witnessing the occasion had the chance to pass through, while the sacred threshold was left open to invite pilgrims.

Our Bishop explained that this year's Jubilee theme is "Pilgrims of Hope", promoting Pilgrim and Hope, and invited everyone around the diocese to make a pilgrim to our Cathedral here in Gizo.

The opening ceremony was presided over by Bishop of the Diocese of Gizo, Bishop Peter Houhou.

Women's Aim for a New Bridge, Wagina.

Women's groups from the Sacred Heart Parish in Wagina have successfully held their first fundraising event to build their new permanent bridge.

The old concrete bridge, which served the community for almost 7 decades, is now damaged and needs to be replaced with a new one, said Siote



Teia, who gave the report from Wagina Parish.

Siote said they were pleased to welcome the Tengeagea and Tekaranga women's group for their bingo game on Sunday 26th, at

two different locations. They raised \$4,000.

He also called on all people from Wagina, whether living in Honiara or elsewhere, to support the project.

Opening of the Jubilee Door in Noro and Canaan.



St. Eusebius Catholic Parish at Noro was delighted to announce the opening of their Jubilee Doors.

As we embark on this joyous Jubilee Year, we are guided by the uplifting theme, "Pilgrims of Hope" said Fr. Charles Anthony.

Fr. Antony, a missionary from India who served as a parish

priest, demanded parishioners to draw strength and inspiration from St. Louis Guanella's profound words: "A community of adorers becomes a family of love."

He said, "May this Jubilee Year be a time of deep renewal, unity, and faith as we journey together in hope and love."

The opening took place in two different locations, one at St. Eusebius Church Noro and the other at Our Lady of Lourdes Chapel, Canaan.



VORUVORU AND TARO NEWS

New Chapel for Palepale Community, Sariana.



Palepale community from Sariana joyously celebrated the blessing of

their new Chapel this year on 3rd of January 2025.

They dedicated their Chapel to St. Patrick, as St. Patrick Chapel. And the biggest appreciation came from everyone from the surrounding communities and parishes.

Bishop Peter Celebrates Feast Day at St. John Bosco Parish Taro.

Bishop Peter Houhou celebrated the feast of St. John Bosco in Taro, commemorated on January 31.

The celebration was brightened by activities that began upon his arrival on January 25th, starting with his privileged visit to St. Joseph Catholic Sec-

ondary School on January 27th. There, the bishop was able to update the staff about the diocesan programs of the school.



Then on January 30th, he celebrated Holy Mass at Rabakela and consecrated 33 candidates for the sacrament of Confirmation; the following day, at the feast of St. John Bosco, 11 candidates from Taro and the surrounding communities received their sacrament of Confirmation.

His seven-day pastoral visit was praised by the parishioners who attended the event, especially parents who ardently desired their children to be part of the Church.



**“Let us start again from this originality of God, which shone in Jesus and which now binds us to serve, to love fraternally, and to acknowledge ourselves as small. And to see the least, to listen to them and to be their voice. Here is the new beginning”
Pope Francis.**

My name is Br. James Rapeka. I come from Wanderer Bay, Tangarare Parish on Guadalcanal. I entered the seminary formation in 2017 and graduated with a Bachelor's degree in Theology and a diploma in Philosophy in 2024. I was transferred to the jurisdiction of the diocese of Gizo in 2020 after completing 4th year of pastoral work at Ususue Parish Auki Diocese. Through these great experiences, I felt and heard God's call to serve people outside my diocese and parish. Furthermore, I saw the need for Gizo diocese especially to be a holy and humble priest to serve in the diocese. However, there are a lot of things I need to learn, especially understanding the cultures, languages, and the diocese as a whole. I also expected to collaborate with priests, religious, and all Christian faithful who work and live in the Diocese of Gizo.

The Lord added the memorable words “As the Father has sent me, so also I am sending you (20:21).” These very words in John's gospel reminded me as a Christian that I sent into the diocese to proclaim the Good News of God's Kingdom. Therefore, becoming a seminarian as I am is not because of participating in the diocese but because of belief, and not because of belief but because of living of Christian values and not only because of living Christian values but because of conversion of heart that I have to go out and tell the Good News.

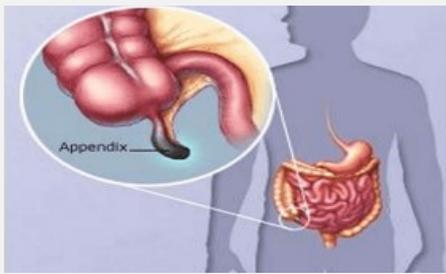
Thank you very much, may God of all creation be praised, honored, and glorified forever and ever.....Amen.

ABDOMIN PAIN

APPENDICITIS.

continue from last issue

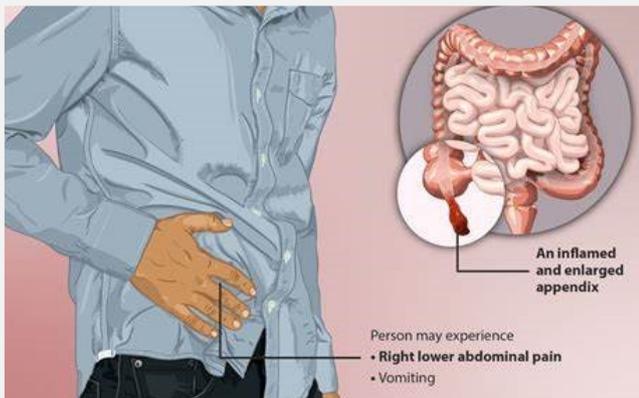
Appendicitis is an inflammation of the appendix.



The appendix is a finger-shaped pouch that sticks out from the colon on the lower right side of the belly, also called the

abdomen.

Appendicitis causes pain in the lower right part of the belly. However, in most people, pain begins



around the belly button and then moves. As inflammation worsens, appendicitis pain typically increases and eventually becomes serious. Although anyone can develop appendicitis, most often it happens in people between the ages of 10 and 30. Treatment of appendicitis is usually antibiotics and, in most instances, surgery to remove the appendix.

Symptoms

- Symptoms
- Symptoms of appendicitis may include:
- Sudden pain that begins on the right side of the lower belly.
- Sudden pain that begins around the belly button and often shifts to the lower right belly.
- Pain that worsens with coughing, walking or making other jarring movements.
- Nausea and vomiting.
- Loss of appetite.
- Low-grade fever that may rise as the illness worsens.
- Constipation or diarrhea.
- Belly bloating.
- Gas.

To be continue next issue

▪ UPCOMMING FEAST DAYS FOR MARCH 2025 ▪

Ash Wednesday (15th Wednesday)



Ash Wednesday marks the first day of Lent. *"Remember that you are dust, and to dust you shall return"* Ash Wednesday initiates the 40-day period of Lent, during which we reflect on Jesus' 40-day fast and temptation in the desert.

ANNUNCIATION OF THE LORD

(25th Tuesday)



"Do not be afraid, Mary, for you have found favor with God. And behold, you will conceive in your womb and bear a son and you shall call his name Jesus." The Annunciation of the Lord celebrates Angel Gabriel's appearance to the virgin Mary to announce that God had chosen her as the mother of Jesus.