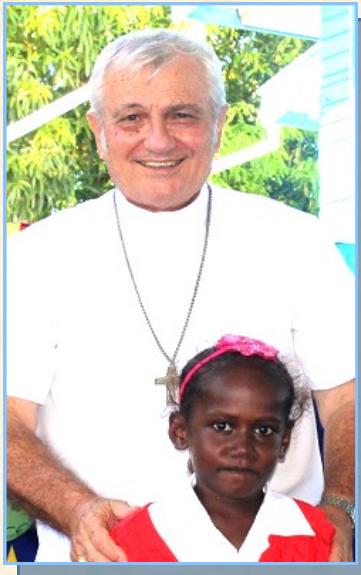




BISHOPS' LENTEN MESSAGE March 2023.



LENT: "Do not argue with the Devil. Stop Him with the word that comes from the mouth of God". "Not of bread alone...thou shall not tempt the Lord your God. Thou shall worship only God". "Get behind me Satan"

uration. God is there every step of the climb, to watch us when we stumble and fall and to extend a helping hand, directly or through people he empowered for this mission. I always loved this passage of Joseph Follett: *At the end of the road*

*At the end of a road, there is no more road,
there is the arrival point*

*At the end of the climb, there is no more climb,
there is the mountain top*

*At the end of the night there is no more night,
there is the sunrise*

*At the end of the struggle, there is no more
struggle, there is victory*

*At the end of winter, there is no more winter,
there is the springtime*

At the end of death, there is no more death,



Lent is fighting this selfish direction. Going against this wind means to fight all temptations of laziness of 'mi lez', of apathy of 'mi no save', of irresponsibility 'it is not my job', of indifference 'wari blong you', of putting off commitments, 'tomorrow', of do not bother me 'I am busy with my own things'

The wind blows to the selfish, easy, comfortable style of life of the ***mi nao boss syndrome***. Truly lent is more than fasting, it is fasting from selfishness to become a servant. Every sacrifice done is meant to serve our brothers and sisters in need as true Samaritans. *Lent begins with Ashes on the head and ends with the washing of the feet.* It takes the whole of us from head to foot. In the head we mature our vision and with the towel, soap and bucket we do our mission, as generously as we can, daily, possibly with a smile. Shining as a lamp on top of the stand sharing the genuine taste of discipleship.

Lent is a time of standing every time we fall, it is a struggling time, because falling does not make us failures, staying down yes. Pope Francis says it is 'climbing the mount of the transfiguration', it is going up against gravity...going against the wind. The climb is not a punishment but the cost to pay for the transfig-

there is life

*At the end of despair, there is no more despair,
there is hope*

*At the end of humanity, there is no more man,
there is the God-man*

Yes, just as at the end of advent there is no more Advent but Christmas, so at the end of lent there is no more lent, there is Easter. At the end of the cross there is no more cross, there is the victory of the resurrection. Pope Francis reminds us that the best name for God is compassion and tenderness... how assuring this is!!! How nice to know that we are not alone in this struggle. *Enjoy the Lenten season by contributing with your sacrifices to the compassion fund.*

Blessings, prayers and greetings from -

Bp Luciano Capelli, who loves you with a solo heart made in Italy, who for you is a Bishop and with you is a brother.

CWCD ANNOUNCE & FCBCO ASSEMBLY

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PPY and the Day of the Sick

Health Tips

Overcome the ‘vague din’ by speaking from the heart, urges Pope Francis in World Communications Day message.

<https://www.cbcew.org.uk/popes-message-for-world-communications-day-2023/>
[- Catholic Bishops' Conference \(cbcew.org.uk\)](https://www.cbcew.org.uk/)



Pope Francis, following tradition, has released his message for World Communications Day on 24 January 2023, the Feast of St Francis de Sales – patron saint of Catholic writers and journalists.

The Holy Father stressed the need to listen before speaking the truth with a pure heart to “see beyond appearances and overcome the vague din which, in the field of information, does not help us discern in the complicated world in which we live.”

“The call to speak with the heart,” he said, “radically challenges the times in which we are living, which are so inclined towards indifference and indignation, at times even on the basis of disinformation which falsifies and exploits the truth.”

The Pope hailed the example of the great Doctor of the Church, St Francis de Sales and his commitment to patient, heartfelt dialogue with everyone – even those who opposed him. A gifted theologian, his phrase “Heart speaks to heart” inspired many, none more so than the recently canonised Saint John Henry Newman who, on being made a Cardinal in 1879 by Pope Leo XIII, chose as his cardinalatial motto, Cor ad cor loquitur or Heart speaks to heart.

(The 57th World Communications Day will be celebrated on 21 May 2023).

A Total of 84 Bishops and Archbishops Attend Six days FCBCO General Assembly, Fiji.



A total of 84 Bishops and Archbishops have attended a six-day Federation of Catholic Bishops of Oceania (FCBCO) General Assembly, that commenced on the 5th of February with the opening mass at the Sacred Heart Cathedral in Suva.

Participants are including our bishop, Bishop Luciano Capelli sdb and other bishops of Solomon Island/ Papua New Guinea, Australia, New Zealand, and other laities in the Pacific Islands.

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SIARC (SOLOMON ISLAND ASSOCIATION FOR RELIGIOUS CONGREGATION).

Continue from page 2 (Federation of Catholic Bishops of Oceania (FCBCO) General Assembly)

One of the key themes of the FCBCO assembly is the oceans, particularly the intersection between the People of God and the seas.

And also to review and approve Oceania's response to the Working Document for the Continental Stage of the Synod for a Synodal Church.

They are getting in deeper to deliberate on issues of climate change, rising sea levels, and the importance of the ocean for Small Island states, among other issues.

Referring to their statement on theologians on context matters, the head of the Catholic Church in Fiji said, "We will speak about the small island nations and the Pacific Ocean in a way that

we who live in the islands and live on the ocean know the importance of the ocean and its significance in terms of the earth's whole ecosystem."

Archbishop Loy Chong said bishops of Oceania must tackle the reality of rising sea levels in their part of the world because if they did not, no one else would.

Furthermore, a final statement from the Bishops from across Oceania is a significant experience of being a church in the world today, which has enriched everyone by listening to the diversity of peoples and learning from their ancestral stories about deep relationships with land, sea, and sky.

Participants have celebrated with communities and received the hope of young people and families with their dreams for a flourishing future with the oceans.

The SIARC (Solomon Island Association for Religious Congregation).

Religious Congregation / Order is a community of consecrated life with members that profess solemn vows, and they are defined and named according to their specific Charism and apostolate.

(Sr. Alice Salas—Servants of Visitation)

On 2nd February 2023, on the Feast of Consecrated life, SIARC GIZO had a memorable Eucharistic celebration at the St Peter's Cathedral at 6:00pm, presided by Fr. Francis Anil – Guanelian Fathers.

It was participated by some lay and 10 SIARC members. The Holy Mass was animated by the Parish youth. At the end of the Celebration all the religious men and women with lighted candles, made their common prayer of commitment in their service to the church through their various congregations' Charism.

After the Holy Mass, they proceeded to the Youth Center for the Election of the new SIARC executive - Due to the re-assignments of the previous executive member of SIARC, it was decided to elect a new set of officers in order to re-organize the above-mentioned group.

The following are the new set of officer bearers of SIARC Gizo Diocese;

- President – Sr. Teresa Tebaia – Dominican Sisters
- Vice – President – Fr. Francis Anil – Guanelians Fathers
- Secretary – Sr. Alice Salas – Servants of the Visitation

- Treasurer – Sr. Joan Levi – Salesian Sisters

Dinner Together – After the Election of the new set of SIARC office bearers, we had a nice dinner together as each community BRING TO SHARE nutritious meal and made the evening rich in sharing and happy interaction with each other as we said goodbye and journey mercies to Sr. Leonie from Gizo Diocese who was assigned to Auki Diocese.

After some picture taking, the simple gathering closed at 9:15 pm with a short prayer led by Brother Henry O.P.



WYD23 THEME & INVITATION – YOUTH PROGRAMS 2023

“Mary Arose and went with Haste”



Lisbon has invited youths around the world to participate in the WYD23 Portugal.

The Catholic World Youth Day 23 international relations officer Mr. Alfonso Vitruoso, 26, from Portugal who is part of the Fiji FCBCO (Federation of Catholic Bishops Conference of Oceania) has announced this at Suva.

While speaking on the media, he said that he came to Fiji to speak to our pastors (Bishops) to invite everyone to come to World youth day.

“We in the World Youth Day (WYD) want to invite you all to go to Lisbon from 1 to 6th of August this year,” he said to experience, maybe the one great opportunity they have in the church. To gather every young people all around the world. Alfonso said that they really need us to participate in the major youth event happening this August.

Youth Programs for Parishes this year 2023

Date	Program	Participants	Venue
May 9th — 12th	Youth L F Training	For every deaneries	St. Joseph Moli
May 18th — 20th	Youth Encounter	Wagina youths	SHJ parish Wagina
June 1st — 3rd	Youth Encounter	Voruvoru youths	CK parish Voruvoru
June 8th — 10th	Youth Encounter	Sirovanga youths	St. Dominic parish
July 4th — 6th	Come & See	All deaneries (Interested youths)	St. Joseph Moli

Note: YOUR YOUTH MASS IS EVERY THURSDAYS

DIOCESAN FATHERS DAY Falls on this month of March.

The theme calls us to be responsible fathers.

The lack of father involvement in our children's lives is quite possibly the most relevant issue facing our communities today.

Your fatherhood makes dads healthier, happier, and stronger in the face of challenges we're all facing.



St. Dominic Vanga Schools Church Building Shaping up.



ST. JOSEPH & ST. JOHN BOSCO NEWS IN BITS

New Parish Executive Commission.



St. Joseph Moli Parish has come up with its new executive members for another 2 years, early this year 2023.

The commissioning was made possible by Fr. Timothy Aihora op, who consecrated them on Sunday 29th of February 2023.

Taking up their responsibility; Linus Meloto the new chairperson replaced Peter Jajukesa. His vice is Mr. Arnold Arabatu, and their executive members.

Besides is the parish chief Michael Toke and his vice Samson Kovana.

Choi Premier Join Don Bosco Feast Day.



Premier of the Choiseul Province Hon Tongouatabe, a Provincial Member for Ward 1, Wagina, in East Choiseul Island, was among the parishioners who attended the feast day of St. John Bosco at Taro on the 29th of January 2023.

Present with him was also a female provincial member, Hon Florence Vasaro of Babatana ward.

The parishioners felt blessed to invite the two provincial members who were non-catholics from other denominations.

With them is our Bishop.

Wagina and Moli, their Provincial (Choiseul) 2nd Appointed Day Celebration.

Pictures Highlight some of the Happenings



PPY AND THE DAY OF THE SICK

Parish New Chairperson Urge Support PPY.



The new chairperson for the St. Peters Parish Gizo has strongly urged his parishioners to support the PPY schools in the parish.

Speaking during the Sunday announcement on the 19th of February here in the St. Peters Cathedral Gizo, the new chairman Willy Abuito reminded everyone that the PPY School is under the administration of the parish administration, which must be totally supported by the parishioners.

He also reminded the parishioners that the PPY schools in our parishes are owned and run by the parish, not the Diocese or the Government.

He urged every parishioner to support their PPY schools by assisting their teachers with their salaries and other facilities to keep the schools operating.

The diocesan media office has taken note of several meetings with our Bishop, the Diocesan Education Secretary, our Pastoral Coordinator and the PPY teachers on how to support the PPY schools in Gizo Parish.

Though the outcome turned positive to support the PPYs in terms of its 1/3 portion contribution, but the school continues to rely on our parishioners for financial assistance.

About 30 PPY Schools are around our Diocese and owned by parishioners, individuals, and communities. These schools are administered by themselves.

Day of the Sick Remember.

Pope's message of the World Day of the Sick (WDS) has enlightened some parishes to visit the sick.

In his opening statement to mark the 31st

WDS23 on the 11th of February this year, Pope Francis stated, "Illness is part of our human condition. Yet, if an illness is experienced in isolation and abandonment, unaccompanied by care and compassion, it can become inhumane".

"For this reason, on the thirty-first World Day of the Sick, as the whole Church journeys along the synodal path, I invite all of us to reflect on the fact that it is especially through the experience of vulnerability and illness that we can learn to walk together according to the style of God, which is closeness, compassion, and tenderness".

For Gizo, Noro, and Wagina, everyone is encouraged to highlight some of the activities by visiting and remembering the sick,



IDENTIFYING STRESS

Identifying Stress.

(<https://www.verywellmind.com/stress-and-health-3145086>)

What does stress feel like? It often contributes to irritability, fear, overwork, and frustration. You may feel physically exhausted, worn out, and unable to cope.

Stress is not always easy to recognize, but there are some ways to identify some signs that you might be experiencing too much pressure. Sometimes stress can come from an obvious source, but sometimes even small daily stresses from work, school, family, and friends can take a toll on your mind and body.

If you think stress might be affecting you, there are a few things you can watch for:

- **Psychological signs** such as difficulty concentrating, worrying, anxiety, and trouble remembering
- **Emotional signs** such as being angry, irritated, moody, or frustrated
- **Physical signs** such as high blood pressure, changes in weight, frequent colds or

infections, and changes in the menstrual cycle and libido (Sex drive)

- **Behavioral signs** such as poor self-care, not having time for the things you enjoy, or relying on drugs and alcohol to cope

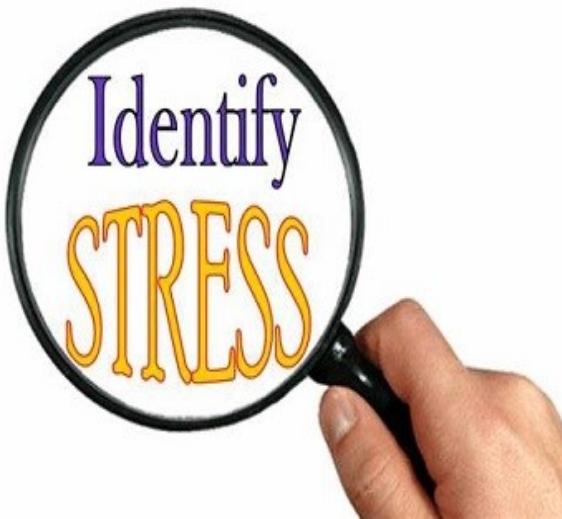
Stress vs Anxiety.

Stress can sometimes be mistaken for anxiety, and experiencing a great deal of stress can contribute to feelings of anxiety. Experiencing anxiety can make it more difficult to cope with stress and may contribute to other health issues, including increased depression, susceptibility to illness, and digestive problems.

Stress and anxiety contribute to nervousness, poor sleep, high blood

pressure, muscle tension, and excess worry. In most cases, stress is caused by external events, while anxiety is caused by your internal reaction to stress. Stress may go away once the threat or the situation resolves, whereas anxiety may persist even after the original stressor is gone.

To be continue next issue

**- UPCOMMING EVENTS 2023 -****The Annunciation of the Lord**

THE WORD became flesh and dwelt among us, and we have seen his glory (Jn 1:14). On the Solemnity of the Annunciation of the Lord, we rejoice in the great mercy God has shown us by entering our world. We celebrate Jesus of Nazareth, true God and true Man; we celebrate Holy Mary, who has become the Mother of the Lord.

(19th of March) Solemnity of St. Joseph

Solemnity of St. Joseph is the Catholic Mens day.

The Feast of Saint Joseph is observed on March 19. This is an annual celebration in honor of Saint Joseph. St. Joseph was the legal guardian of Jesus Christ and was venerated by the Catholic Church as a patron saint of workers.

