



Inside this issue

1. Bishops Monthly Message
2. Diocesan program
3. Noro Parish
4. Health Talk
5. Bible reflection
6. St Peter, Gizo Parish
7. Sacred heart, Wagina parish
8. CTK Voruvoru Parish
9. Catholic News Collections
10. Education for life

Up coming events

4 October St Francis of Assisi



17 October

**Ordination of Deacon
Benedict Qelo to the
order of priesthood,
Sariana**

24 October

**Ordination of Deacon
Micheal Aritoka to the
order of priesthood,
Harapa**

BISHOP'S SEPTEMBER MESSAGE

Dear Faithfull people of the Gizo diocese



September started with a day of prayer for *CREATION AND MOTHER EARTH* proposed by the Holy father in co-ordination with the international Christian community. The period of prayer will culminate on October 4, Feast of St Francis of Assisi in His native place. The holy father invites us to pray in sorrow and reparation for the abuses committed against mother earth and the whole of creation.

In our culture respect for nature, the sea and the forest is a great value we inherited from our ancestors. Unfortunately, greed of multinationals crept in and made of the lungs of our mother earth, its forests, a source of money income for export and sell our timbers to those who cannot cut logs in their country. We have to stop this crime, source of corruption and cause of divisions in our communities. Prayer can help us reconcile with each other and with mother nature. I encourage everyone to meet, pray and dream a common plan to defend and restore to health our forests and our oceans.

As part of our Diamond Jubilee (60 years of our diocese) we have prayed more and worked harder in recruiting vocations. A good number joined the come and see... I challenged them all to "GO AND DO" Coming to see must bring to a commitment. I encourage all parish priests to host at least one of the candidates and accompany him to the entrance in NAC and in all the steps of formation. The future of the Diocese (and its localization) depends on the priests we will train now.

This September is also a month of preparation for two priestly ordinations. Rev Benedict Qelo in Sareana on the 17th of October followed by Rev Michael Aritoka at Harapa on the 24th of October. While we thank God for these two great gifts we join in asking Him for all the grace the 2 will need to be credible witnesses of his love to the youth of our diocese both of them being busy with the education ministry in schools. Bans have been circulated in all parishes for anyone who has serious reasons for which the two should not be ordained to come forward now and present their reasons to the bishop.

We congratulate Nila Mission station for the coordination with the Ministry of health in the fight to prevent covid in their delicate area being so close to PNG. We all pray for their safety over there and in all other places of our diocese.

The formation programs by the laity, for the Laity is ongoing in our parishes. May I encourage you to give your best to this program. We will soon organize the Jubilee Itinerant Paschal Candle to be brought around the diocese to remind us of the mission we have been given by our baptismal consecration, both individually and as a Basic Christian Community, This specific activity has met the enthusiasm of Honiara and Auki bishops as well and it will be done Nationally.

Let us Join in thanking God for the gift of our Diocesan Diamond Jubilee...

For you a Bishop with you a brother: Bp Luciano Capelli, sdb

LAY PEOPLE FORMED FOR A MISSION



Yearly THEME

'Formed for Mission'



DIOCESE PROGRAMS

COMING UP FOR THE YEAR 2020

Come & see program at Moli

7th—10th July

Lay apostolate training at Sirovanga

21st—24th July

Lay apostolate training at Moli

27th—30th July

Lay apostolate training for st Eusebius and Sacred Heart parish 7th—8th August

venue yet to be decided

Sunday school teachers training on liturgy at Moli 24th—28th August

Lay apostolate training St Peter Gizo

4th—6th September

Natural family planning and moral issues training at Nila 14th—17th September

Youth Encounter Follow Up Northern Deanary at Moli 9th—11th October

Lay apostolate training at Nila 12th—15 October

Priest meeting 26—29th October

Youth Encounter 13-15 Sept..



The youth encounter program that was held on the 13th – 15th September 2020 was well attended by the youths of Vanga, Titiana, Nusabaruka, Sitokava Loga and Gizo. The program went on successfully because of the support that comes from the Bishop of the diocese and the good

parishioners of Gizo. Thus, from both the facilitators and the participants of the program we would like to say Thank You to the Bishop of the Diocese Luciano Capelli for the great support you have shown to the youth in their preparations and in other areas, your support is a great motivation to all of us.

We also would like to extend words of thanks to St Martha women for cooking delicious food during the program, and to the two priests of the parish, the Salesian Sisters, Visitation sisters at Nusabaruka, diocesan pastoral coordinator, youth coordinator and to all the facilitators of the YE program.

The YE program entails self-awareness in one's life, to be able to discover the strength and weaknesses that each one possess in life. The program consists of twelve sessions that were designed to enable the youth, firstly to encounter one another, to have the sense of openness and readiness to meet others. Secondly, to encounter Christ in their personal life in a very genuine manner. It is our hope and prayer that all those participants will be able to be Christ like to others in their own unique ways. Even though the program started with an encounter of the youth among themselves yet its aim is to put Christ first in life before others.

The joy that have been experienced together within this three days program is the sign of God's presence in life and it is delightful to hear from the youth that Christ should never be forgotten, neglected or left out in any life situation. It is an awareness that will certainly make a change in life for them.

Youths remain the head ach and the strength to the community, they are the ones who have the strength and weakness to do both what is good and evil in their very extent form in communities. They are vulnerable in some ways yet valuable in many ways. It is our duty as community, church or political leaders to safe guide the youth thoroughly in whatever means we can do for them.

ST PETER PARISH RIFLE TICKET

A rifle ticket is now on sale at the St Peter Parish Canteen at \$10-00 and you have a chance of winning a price from the 14 listed prices. Buy one and try your lucky September 23 Sunday after mass will be a day to draw!!!

Saint Eusebius Feast Day 2020

It was Sunday 2nd of August 2020 as the sun was shining as it was not expected, since the last few days of the week was raining with bad weather. But with the grace and love of God our father He gave us that day a well fine day as Saint Eusebius parishioners Celebrates their patron saint. (Saint EUSEBIUS).

Early hours of the day mass has been celebrated, it was the 18th Sunday of Ordinary time according to catholic liturgical calendar and the feast day of St Eusebius.

The main celebrant that day was Fr Visu and assisted by Fr Anil. Parts of the mass was well distributed. The main choir has been taken by the St Eusebius youths while the prayers of the faithful was taken by the entire mens group, procession of Holy Eucharist has been taken by the St Eusebius Sunday school children.

Invited guest from other sister churches also attended the mass.



During the mass a beautiful and encouraging sermon was delivered by Fr Anil that touches the heart of the congregation. It was a source of inspiration and blessing for the all of that day.

After the mass a light refreshment was served for the invited guest. After the feast, during the afternoon till the late evening there were entertainment comprises of dancing group, choir and action songs, it was fun and enjoyable afternoon, and all this was done in the St Eusebius Hall.

The assumption of Blessed virgin Mary.

There were many mothers participated because we had a program for catholic mothers at Noro on the solemnity of [the assumption of Mary on the 15th](#) of August. They had procession with Mother Mary. They participated with their uniform. It was very colorful and meaningful celebration. Father Visuwasam celebrated holy mass and gave the sermon about the qualities and wonders of Mother Mary, qouted in the holy bible six times as follows, LK 1;34 Mary said to the angel "how can this be, since I am a Virgin?" LK 1;38 Mary said "Behold the servant of the lord , let it be done to me according to your word " Lk 1;46 Mary said my soul

glorifies the lord Lk 2;48 Mary said Son why have you treated us this way ? Behold your father and I were anxiously looking for you " 2;3 Mary said to his son , "They have no wine" and John 2;5 his Mary said to his servants whatever he says to you , do it ." And, he shares the seven wonders of Mother Mary

1. Immaculate conception
2. Virginal Birth
3. Second Eve
4. Ark of the covenant
5. Blessed among women
6. Holy sorrows
7. Her Queenship

And after that the mothers prepared a refreshment for everybody to enjoy.

The Assumption of the Blessed Virgin Mary at Canaan

On the same day, the solemnity of the Assumption of the Blessed Virgin Mary at **Canaan** Fr. Anil Francis celebrated holy mass and gave a sermon on the quality, motherhood and assumption of the blessed virgin Mary. For the preparation of the solemnity of the Assumption of the Blessed Virgin Mary, the statues of mother Mary visit all the houses. During these days they recite rosary and novenas and other prayers. On the day of solemnity they process with the statue of Mary to maniappa.

Peter Pitavoqa, St Eusebius



Keep yourself healthy

Sr Alice

Today I would like to speak about the so called Non-Communicable Diseases (NCDs) are diseases that cannot be transferred from one person to another.

The four main non-communicable diseases

- Hypertension / high blood pressure
- cancers
- chronic respiratory diseases
- diabetes.

They are responsible for 75% of deaths worldwide, killing 38 million people each year.

Unhealthy diets and physical inactivity are amongst the main risk

factors of NCDs. They raise blood pressure, increase blood glucose, elevate blood lipids and lead to obesity.

The last decades have witnessed a huge increase in meat, sugars, fats and highly processed food consumption. On the other hand, the consumption of fibre-rich foods such as whole grains, pulses and roots has been declining. This phenomenon is known as nutrition transition, it occurs due to globalization, urbanization and the development of the food industry that produces less nutritious food costing less money. NCDs can be prevented by following a healthy lifestyle through healthy eating and physical activity.



LETS TALK ABOUT HYPERTENSION

Hypertension (HTN) also known as high blood pressure (HBP) is a long term medical condition in which blood pressure in the arteries is persistently elevated. Long term high blood pressure however is a major risk factor for coronary artery disease, stroke, heart failure, vision lose, chronic kidney disease and dementia.

CAUSES: usually lifestyle and genetic factor.

Common risk factors that can lead to High blood pressure; diet high in salt, fat, and or cholesterol, chronic problem like, kidney and hormone problem, diabetes and high cholesterol, family history, excess body weight, smoking alcohol,

SYPTOMS OF HIGH BLOOD PRESSURE:

- Severe head ache
- Fatigue or confusion
- Vision problems
- Chest pain
- Difficulty in breathing
- Irregular heart beat

Blood in urine

Pounding in your chest, neck or ears.

Treatment: Lifestyle changes, medications.

Recommendations:

WATER is number one medicine, therefore Drink 8–10 glasses of water every day to hydrate your body and ensure optimal functions of the organs.

Quit smoking and stay away from smoking areas.

- Stop drinking alcohol.
- Stay physically active.
- Watch your weight (gain or loss) regularly.
- Try to follow a plant-based diet: eat more fruits, vegetables, wholegrains and nuts, but less red meat and dairy products.
- Decrease your intake of junk food, salty and processed food and replace it with home-cooked meals based on fresh ingredients.

**“Take care of your body as if you were going to live forever
And take care of your soul as if you were going to die tomorrow”.**
St. Augustine

Do not be afraid to share what you have?



I have two of my best altar boys in the Parish. I had a chance to ask them a question. What do you do when you have the bread with you? Just in a few second one of them answered the question.

If I have a bread, "I will go to my mother and ask for a butter and sausage to stuff into it". The second boy replied by saying, if I have a bread with me then, "I will go and share it with my brother and sister" The second boy who wanted to share the bread with his brother and sister was really moving and touching. It is not easy to share because it always brings irritation into the minds of the people when it comes to share.

By recalling the story of the boy in the Gospel of **Mathew 14:13-21** is really beautiful illustration that we can learn from it. Frankly speaking some biblical scholars have tried to find out whether people who followed Jesus during that time did not take any food with them for the long journey? If they were not, then how did they survive the long Journey? The bible tells us that they were served through the miracle that Jesus performed at that time. There were more than five thousands men not including, the women and the children. This story was really colourful? What did we learn from it?

For me personally, the message that we can get from this beautiful story is a about giving that comes from the good heart. It is true that to help people who are really poor is not really easy. When people face with the needs of others we find it always inconvenient and we make lots of excuses by saying that we do not have enough for our own then how would we be able to share?. I have to admit it because sometimes I had that same experiences. I am just too selfish to share with what I have with the real poor who are knocking at my door. Sorry Lord but give

me strength to give.

The story of the little boy was really inspiring. Give the little that you have to God and God will multiply it with an abundance. The boy gave five loaves of bread and two fish and God multiplied that little gift that able to feed more than five thousand men. Do not be selfish with what you have because it is not yours but it belongs to God. When we have plenty then let us not hesitate to shares with others. Sharing needs sacrifice.

I believed that the boy in the story was really happy to see many people were fed because of the good giving that he sacrificed. We have to work with God. God wants us to give. God wants us to use our gifts for serving especially the unfortunate ones. It was really surprised to see that the little boy was not afraid to give and the adults were hiding their food not keen to share with others. The crowd were failed to see that they were with the Lord. They were fully ashamed and put their heads down when they saw the little boy gave the five loaves of bread and two fishes to the hands of the apostles.

The powerful message from the gospel, Jesus converted the selfish crowds to the sharing community. Sharing is God's gift. Therefore, Jesus opened their minds not to be afraid of giving because the more we give then the Lord will multiply it with plenty like what happened to the little boy. The moral of the story, we should not be afraid to give. Give from your calm heart. Some people when they give they complain a lot with the gift. God does not want the gift with lots of complains with it. Some people are always hesitate to give the small gifts. The small gift that we offer mean a lot because those who do not have anything means a lot to them. It is more joyful to give than to receive.

We must always ready to give with the right intention and God will bless our gifts that we give with an abundance. Those who have ears must hear. We are so lucky that Jesus is always showing us the good model.

Giving needs a lot of practice. It is not easy to give but if we practice it in our daily lives then it will be easy to see the needs of the person next to you.

God bless St Peter Parish- Gizo

By Fr Lawrence Kimaere OP



First Holy Communion

Great feast at St Peter Parish on the memorial of the Blessed Virgin Mary, the 5th of September 2020 were five children also received their First Holy Communion.

This year, due to the COVID 19 lock down the preparation for the First Holy Communion was interrupted. On the other hand the Sunday school teachers realized that the group of candidates to receive the Sacrament of Holy Communion were too young and needed more time to get ready. So with the parish priest, it had been decided to have another year of preparation, thus the sacrament was postponed for the year after. However, it happened that five children, in their teen age, notify that they didn't receive the communion yet.

Because of the age, the Sunday school team gave a full immersion to prepare them in two months and that Saturday, at the presence of all the Sunday school children, their teachers and a good group of parishioners, they received the Sacrament of intimate relation with Christ. Congratulation to all and thank you to Sr Leonie for spending time in the preparation of these children.



Sr Anna

Feast of Don Bosco

On Friday 4th of September 2020, St Peter Training Centre celebrate the birthday of Saint John Bosco. The school is named after the patron Saint of the parish where it is located, but the school was run under the charism of St Don Bosco. That is because since the beginning the system used in the education matters had been the preventive System of don Bosco.

Officially the birthday of the saint is on the 16th of August, but due to the many commitments and parish activities, the administration office moved the celebration on to Friday 4th September. The celebration was well organized, attended and enjoyable.

In the true don Bosco style the feast was singing, jumping, making

noise....but do not sin!!! Thus, the students were divided into four mixed groups with the task to compose a song dedicated to the saint. Three special judges honored the feast with their presence and they were well pleased to see the beautiful songs that the groups performed to celebrate their patron saint.

The other competition was to draw the face of don Bosco and four artists did their best with excellent results! The last was quiz competition about the life of don Bosco and we come to realized that the students know very well of his life!

There was a sweet conclusion with ice-cream, cake and snacks... to make everyone happy and ready to continue their commitment as good Christians and honest Citizens.



Sr Anna

Workshop for the Laity 4—5 September

On the 4th - 5th of September 2020, a workshop was held at Wagina parish, presented by Jerom Kuibatu with the help of Rev Fr Humberto the parish priest of Wagina.

The participants were selected from different standing ministries in the parish along with each village leaders from the different existing zones in the village.

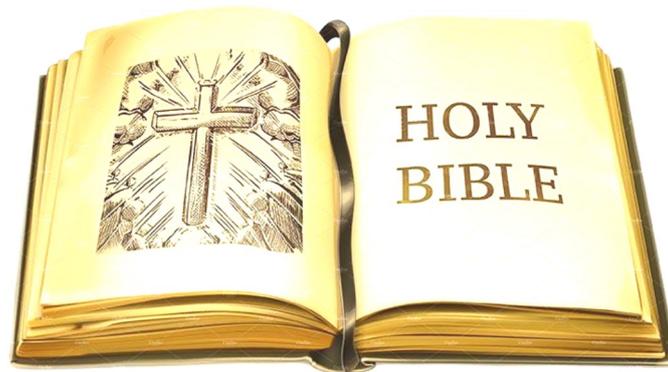
That is the youth, the Sunday school teachers, the legion of Mary, the men's group and the women's group.

Altogether the participants were 41 and the main talk or topic was centered on family life, the purpose of laity and the Bible. I suppose the aim is to understand the meaning of being baptized and send.

These really opened the eyes and hearts of all the participants, it leads us to a new awareness and understanding. Formerly, we understand that when somebody is baptized he/she became a member of the church, belonging to a Christian family and was cleansed

from the original sin and no further or deeper knowledge on that.

Now, we come to realized and understand that it wasn't that lone it was more than that, we had a big tasks or responsibility in helping the church grow in its entirety, so as to become united, to become one, this will come about by working together with a parish priest.



Because of our baptism, we laity had these responsibilities to take part in the church dynamically.

It is not the priest responsibility alone for the growth of the parish, but working together with our parish priest, will bring, oneness, in community and be united. Knowing the different tasks we have as laities and priests yet working

together will certainly transform things and we will have a happy parish. Jerome really presented the topics well.

The other topic which is on the bible was well appreciated by most of the participants. It allows them to know more than what they know before about the bible. The bible was not only a book but the word of God, alive and active.

Knowing now how to use the bible and not just reading it one may have a question such as, who would continue to make this holy bible alive and active if we don't use it or take it as part of our daily life?

The bible can help us in whatever the need arises, e.g. some said

that if they have problems, they drink beer a lot, get angry, not eating, thinking that these things would stop whatever problems they have. But now they learn that many passages in the scripture can help them solve their risen problems. For example if they are sad angry happy they can get these passages from the bible or scripture. They can use the bible when whatever arises for them. No need to drink a beer or do other things they would make used of the Holy Bible.

These workshop needs to be continued because it will help a lot of people. Thus we would like to say thank you so much to Jerome Kuibatu for the presentation that was really good and well explained and in general we would like to thank the diocese of Gizo for backing up these program.

Well done!!!

Sr Tabiria Tabeaua



Christ the King, Voruvoru Parish

PARISH STAFF MEETING

Parish priest of Christ the king Fr Henry Paroi (op) parish executive staff and station axillary staff held their annual staff meeting on the 18 of August 2020 at Voruvoru Catholic mission station, northwest Choiseul. The meeting as usual was done annually were the parish priest and his staff came together to share and encourage each other regarding their individual jobs for the parish.

In their meeting the staff discussed and reported on each individual check and balance on the job successes and problems they encountered while at work and encouraged each other to stand strong in their spiritual and physical lives to look into the future with strong determination, to achieve better outputs for the parish in the future. The day ended well with a party in the evening where the parish priest, staff and their families enjoyed.



HARVEST FESTIVAL AWARENESS AT KATAZI ZONE

Parish priest, Fr Henry Paroi op of Christ the king parish, Choiseul province held the parish awareness talks on harvest festival for Tabarato and Kandova communities at Katazi zone in northeast Choiseul on 15 of August 2020 in preparation for the upcoming parish harvest festival. The parish harvest festival is an annual festival and for this year it will be held as usual at Voruvoru Catholic mission station on 5 of September 2020. Parish priest and team ended their trip to Katazi zone coincided with the celebration of the feast day of the Assumption of Mary, hosted by mothers of Katazi zone at Tabarato village. In celebrating the feast day of the Assumption of Mary Fr Henry Paroi op presided over the holy mass and a feast was held to conclude the feast day celebration.



NEW STAFF HOUSE OPENED AT VORUVORU PRIMARY SCHOOL

A new staff house was blessed and opened at Voruvoru primary school, northwest Choiseul on 12 of August 2020 by parish priest of Christ the king parish, Fr Henry Paroi op. Witnessing the new staff house opening were the teachers, school committees, the community representatives, carpenters and their families. A Party was held after the dedication service where speeches highlighted the importance of education. Now that the new staff house is completed will ease down the problem of staff housing in Voruvoru primary school.

SAINT DOMINIC'S FEAST DAY CELEBRATED AT TARO

Families and friends at Taro provincial headquarter in the St John Bosco parish, Choiseul province celebrated the feast day of the founder of the Dominican society, on Sunday the 9th of August 2020 with Fr Peter Kobakina op and parish priest, Fr Fred who presided over the holy mass. The program proceeded on with a party that was held in the evening where all those who attend enjoyed.

By Hon Nerio Ulemiki, media coordinator, Ctkp, nwCh.

Weekly Catholic Church News aired on Radio Maria

Pope: Embracing the Word of God means embracing Christ

Pope Francis described the Parable of the Sower as the “mother” of all parables during his reflection of the day’s Gospel reading at the Sunday Angelus of 12th July.



The Holy Father called it the ‘mother’ of all parables, because it spoke about listening to the Word, and told of the story of a sower who planted seeds over four different types of terrain.

He explained that The Word of God was symbolized by the seeds, and said, “it is not an abstract Word, but is Christ himself, the Word of the Father who became flesh in Mary’s womb.” He added that embracing the Word of God meant embracing the person of Christ.

This parable, stressed the Pope, reminded us that the Word of God is a seed which in itself is fruitful and effective and that God scatters

it everywhere.

Each one of us, he said, “is ground on which the seed of the Word falls, and if we want, we can become good soil, plowed and carefully cultivated, to help ripen the seed of the Word.”

Diocese of Bougainville appointed New Bishop

The Diocese of Bougainville has appointed a new Bishop to take up the diocese’s pastoral governance. This was confirmed on Saturday 12th September at 8pm, by Archbishop Kurian Mathew Vayalunkal, Apostolic Nuncio to Papua New Guinea and Solomon Islands.

His Excellency Most Reverend Bishop Dariusz Kaluza MSF, until now Bishop of the Diocese of Goroka, was appointed as the new Bishop of Bougainville by the Holy Father Pope Francis. Bishop Dariusz has already given his consent to this important and delicate assignment to which the Holy Father has now tasked him with.

The Nuncio congratulated Bishop Kaluza on his new mission in the Church, and urged for all Christians to remember him in their prayers, so that the good Lord may continue to bless and guide him as he prepares to take up the pastoral governance of the diocese of Bougainville.

Pope: Eucharist provides strength to care for others

“Jesus wants to use this situation to educate His friends, both then and now, about God’s logic: the logic of taking responsibility for others,” said Pope Francis during his catechesis of the Sunday Angelus on 2nd August. He spoke of the connection between the Eucharist and the daily bread, and stressed that both were vital for nourishment and for eternal life. He noted that Jesus’

tenderness for the crowd was the concrete manifestation of the love to care for people’s needs.

The Holy Father urged everyone to draw near to the table of the Eucha-

rist by imitating Jesus’ attitude of compassion. He said that true compassion meant embracing the suffering and taking upon ourselves the pain of others.

Fun stories that gives you lesson in life**Donkey, Dog, Monkey and Man**

God created the donkey and told him:

you will work tireless from sun up to sun down, carrying heavy bags on your back, you'll eat grass, you will not have intelligence and **you will live 50 years**. You will be a **DONKEY!** The donkey answered: I'll be a donkey, but living 50 years is too much, give me only 20 years. **And God gave him 20 years.**



God created the dog and told him:

You will look after the man's house, you will be his best friend, you will eat whatever they give you and **you will live 25 years**. You will be a **DOG!** The dog answered: God, living 25 years is too much, give me only 10. **God gave him 10 years.**



God created the monkey and told him:

You will jump from branch to branch, you will do silly things, you will be amusing and you will live 20 years. The monkey answered: God, living **20 years** is too much, give me **only 10 years**. **And God agreed.**

Finally, God created man, and told him:

You will be Man, the only rational being on this earth, you will use your intelligence to control other animals, you will dominate the world and you will live for 20 years. The man answered: God, I'll be man, but **living 20 years is not** enough, why don't you give me the 30 years that the donkey refused, the 15 years that the dog did not want and the 10 years that the monkey refused.

That was what God did, and since then, Man live 20 years like a man, then he enters adulthood and spends 30 years like a donkey, working and carrying the load on his back, then when his children leave home, spends 15 years like a dog, looking after the house and eating whatever is given to him, then he gets into retirement, and spends 10 years like a monkey, jumping from house to house or from children to children, doing silly things to amuse the grandchildren.



Pray for our two deacons who will be ordained to the order of priesthood. Rev Benedict Qelo will be ordained at Christ the King Parish, Sariana on the 17 October and Rev Michael Aritoka will be ordained at Nila parish, Harapa on the 24 October.