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Bishop Pastoral Tour Choiseul Province.

Arrived Taro from Gizo, Taro to Christ the King Voruvoru — Wednesday 29th November.
Celebrating Confirmation— Thursday 30th at Voruvoru.
Departure from Voruvoru for St. Dominic Sirovanga— Friday 1st of December.
Departure from Sirovanga for St. John Bosco Taro— Saturday 2nd of December.
Departure At Taro— Sunday 3rd December for St. Joseph Moli

Note: Bishop will leave Taro to Honiara to attend priest ordination at Auki on the Wednesday 6th December.

Dearly Beloved in Christ,



With deep joy and gratitude, the Diocesan Media Office extends to you the prayerful best wishes for a Holy and Blessed Christmas.

During this Advent Season, it is our prayer that each of you may find opportunities to reflect on your own Faith and Relationship with the Lord Jesus Christ and His Church.

Whatever it is that our hearts and souls desire, whether we realize it or not, our ultimate desire is Jesus Himself. For this reason, we are filled with joy and consolation at Christmas to know that all that we hoped for has been fulfilled in the person of the Christ Child.

Christmas has a way of bringing to Church individuals and families who, for various reasons, have not been to Mass or the Sacraments for months or years.

What a wonderful and grace-filled opportunity to put aside past differences and old habits and begin anew that prayerful relationship with the Lord and His Church community.

The media office would like to extend to all of you an open, grateful heart of welcome.

May our Lord Jesus Christ, born in Bethlehem, bless you, your families and loved ones at this blessed time of Hope and Grace.

May Mary, the Mother of the Child Jesus and our Mother, watch over you and our beloved Diocese of Gizo.

Merry Christmas and a Prosperous Happy New Year 2024.

This Publication is from the Catholic Media Office

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Pastoral Letter of the Bishops of PNGSI 2023



On the 27th of November 2022, the 1st Sunday of Advent, Catholic Bishops of PNG and Solomon Islands released a Conference Pastoral Plan during the 3rd Assembly of the Catholic Church that was held in Mingende, Kundiawa Diocese of Papua New Guinea from 21 – 26th April 2022. It was attended by One hundred and eleven participants from 19 dioceses of PNG. Unfortunately, Solomon Island (Auki, Gizo and Honiara) could not attend due to the Covid-19 pandemic.



The purpose of the assembly was to discuss and evaluate the Conference Pastoral Plan 1 (CPP1) that was submitted from different dioceses, and also the Formulation Committee to submit the final draft to the Bishops of PNGSI for approval.

In their meeting held on the 30th of September 2022, the Bishops of PNG and SI unanimously endorsed the 5-year Conference Pastoral Plan 2 (CPP2) of 2022 – 2027. The vision of this CPP2 - ***“We, the Catholic Church in PNG and SI, are in Christ witnessing the Love of God in Synodality as Salt and Light of the world”***, aiming the 5-year pastoral plan by the end of 2027 that the Catholics of PNGSI and those among us will live a life of Communion, Participation and Mission as Salt and Light of the earth in our families and would experience Jesus Christ through the Sacraments, the Word of God, Catechesis and the Catholic Social Teachings.

A letter received earlier this year 2023 from the Catholic Bishops Conference greeted us with peace. It notified us of the launching of the CPP2 on the first Sunday of Advent in year 2022 and a form to guide each diocese was sent from them. This is to promote the CPP2.

The Pastoral Team consisting of the Diocesan Media staff, 2 assistant priests and the Diocesan Pastoral Coordinator had the privilege to look into the guidelines and proposed to have the facilitator from PNG come to our diocese.

Fortunately, with their response, a seminar will be held on the 4th – 9th February 2024 at St. Peter compound Gizo. (If no changes).

We are asked to have 3 representatives from each parish consisting of 2 laities a priest to attend.

IS MISSING SUNDAY MASS A MORTAL SIN?



“Missing Sunday Mass is a serious sin because you are putting something else at a higher priority than God. This is always the case unless you are physically unable to attend (e.g., illness, no transportation...).

If missing mass involves full knowledge and full consent (basically you know you should go but chose not to), then it is a mortal sin.

For a sin to be a mortal sin three conditions must be

met

- 1) Grave Offense- it’s seriously wrong,
- 2) Full Knowledge -I fully know it’s wrong, and
- 3) Full Consent -I freely choose to do it.

To attend Mass is a privilege, and any and all Catholics should want to attend Mass. The ability to receive Jesus in the Eucharist on Sunday at mass, is the greatest gift Jesus gave us on Earth. We should be excited to attend mass for the Eucharist.

Lastly, if someone intentionally misses Mass on Sunday or a Holy Day of Obligation, then he/she should not receive Holy Communion until he/she goes to Confession.

The reason for this is because we can never receive the Body and Blood of Christ in a state of mortal sin. And to receive the Eucharist in a state of mortal sin is a mortal sin.

YOUTH RETREAT & SITOKAVA PPY.

Thirty Youths Complete Retreat, Gizo Parish.



Thirty Youths from St. Peters Parish have successfully completed their weekend retreat from 3rd to 5th of

October here at Nusabaruku Primary School.

The retreat has marked their end year programs which enlightened each one of them to be close to Christ as they prepare to bridge themselves to year 2024.

Their lesson, "Call to Holiness"; help the youths to grow in their relationship with God and to become more like Him. The lesson helps them to avoid sin and temptation, to live with integrity and to be a positive influence on others. The presentation was done by Fr. Dominic Soloko while Liturgy was presented by Deacon Jerome Kuibatu and Vocation by Colody.

Highlights also included the presentations, discussions, liturgy, meditation and prayer that brought everyone together until the end.

First Graduation Ceremony for Sitokava, Gizo.

12 children from St. Mary Mazzarello Kindergarten received their certificates during their closing on the 9th of November at Sitokava west Gizo.

Congratulating them were community leaders, teachers, guest of honor from Save the Children, Salesian Sisters and Bishop Peter Houhou.

Each guest gave a moving speech that served as

a reminder to the Sitokava community of the importance of these young children. The bishop praised the teachers for continuing to walk this journey with the children, stating that they are our future leaders.

Sr. Anna Maria also congratulated them for their first grade diplomas. They are the first group of chil-



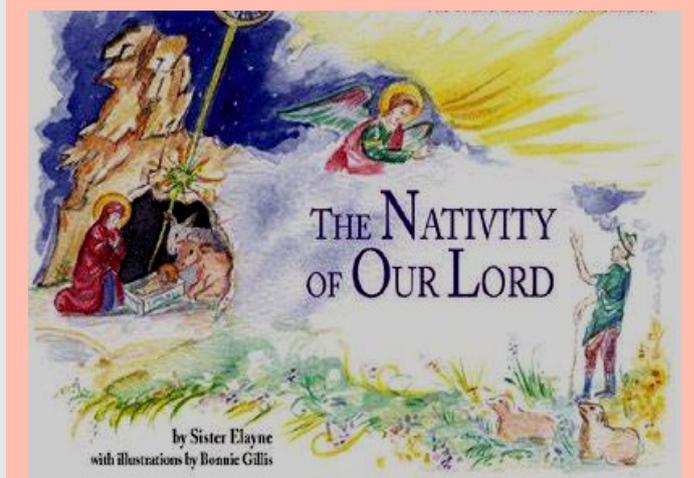
dren who have completed kindergarten training. She expressed her gratitude to the Santa Maria del Suffragio, Milan friends for making it possible for a long-term dream to come true.

The community was also reminded of the children's right to education through a speech given by a representative of Save the Children.

Together with food, laughter, entertainment and a closing blessing, everyone shared in bringing these moments of celebration to life.



The Nativity of the Lord Solemnity 25th December



BAPTISM & ALL SOULS DAY NUSABARUKU.

Ten Small Babies Baptize, Nusabaruku.



Ten small babies from infant to age one received their Sacrament of Baptism here at Nusabaruku on the 26th of October.

We are grateful to Deacon Jerome Kuibatu and Fr. Dominic Soloko for organizing such a lovely baptism celebration, said Sr. Alice Salas.

Sr. Alice also thanked Fr. Dominic Soloko and Deacon Jerome Kuibatu for the nice celebration as these babies were baptized.

Also a special thanks to Sr. Adeline and the Catechist Kaue for the preparation of the parents and godparents.

The Eucharistic Celebration came alive with the great efforts of servers serving and being alert to the Sacrament.



Nusabaruku Join Parishes to Remember the Depart.



Nusabaruku joined other Parishes in the Diocese to commemorate the departed on the 2nd of November during All Souls Day.

Their activity was organized by the Sisters of Visitations where they had time to visit the cemetery, there they prayed and tidied the site.

All Souls' Day is a Christian Holiday of prayer and memorial for the souls of those who have died. It is observed in November. The purpose is to help the souls in purgatory, who are believed to be in a state of cleansing before they can enter Heaven. On this day, people may offer prayers, visit graves, and attend a special mass for the dead.

ETERNAL REST GRANT UNTO THEM OH LORD AND LET PERPETUAL LIGHT SHINE UPON THEM. MAY THEY REST IN PEACE. AMEN.



Wishing you a merry Christmas and a happy new year filled with blessings, prosperity, and abundance. May you be surrounded by love and warmth during this special time.

OP RETREAT, TARO PRIEST HOUSE & VORUVORU APPROACH.

Nine OP Sisters Praise their Retreat. *(Inf; Anthony Telo, Moli Media volunteer)*



Nine Dominican sisters from the Northern Deanery thanked God and



expressed their gratitude for their week-long retreat which took place at the Moli Pastoral Center from October 29th to November 3rd.

They had a lovely retreat that strengthened and renewed their bond with God and one another.

At the closing, a Thanksgiving Mass was celebrated by the retreat Master Fr. Benedict Qelo.

Taro Priest House Shaping Up.



The priest house at Don Bosco Parish at Taro is shaping up closely to its completion revealed Catechist, Peter Channel.

He thanked project advocator Mr. Chris Vadakobatu, who kept an eye on the project's advancement and confirmed that the house is moving forward with the assistance of our leading hands who regularly confer with one another.

He stated, "before we install any additional facilities, ceilings, interior walls, buttons, and paintings must be attached".



Voruvoru Breaks Silence, Communities Seek Positive Approach.



During the week of submission for the Varisi and Chiefs hearings, Christ the King Parish Voruvoru broke their silence. Their discourse was mostly centered on the current issues like permanent burial occasions which is so expensive, sorcery, drunkenness and other domestic issues that really are impacting the communities' quality of life.

The constructive approach taken by their people during the submission was challenging, as our church is getting ready to facilitate the Conference Pastoral Plan 2 (CPP2) in our diocese; chiefs were tasked with handling this matter.

More than 30 participants including chiefs and those from other denominations like United Church, Anglican and SSEC are taking part in the hearing.

DOES STRESS AFFECT BLOOD SUGAR?

From previous article

Risk Factors



Certain risk factors may increase the likelihood that you will increase a blood sugar issue related to stress, including:

- Having a history of depression
- Experiencing chronic stress related to work
- Experiencing adversity early in life
- Having the propensity to react to stress by making unhealthy food choices, reducing physical activity, and neglecting to take diabetes medication

Complications of Stress and Blood Sugar

Both stress and blood sugar changes can have negative effects on a person's health and well being. If you have diabetes, stress can:

- Make it more difficult for you to regulate your blood pressure, and can increase the risk of heart issues
 - Make it more challenging for you to continue your daily routines around regulating blood sugar, and cause your body to wear down
- Increase your **blood pressure**, raise your heart rate, and cause a **spike in blood sugar**
- If you experience a spike in blood pressure as a result of stress, you can experience symptoms such as fatigue or depression. If your blood pressure becomes too low, you may feel jittery, unhappy, and anxious.

When to See a Doctor

- Racing heart and quick breathing
- Dry mouth and skin
- More frequent urination or thirst for several days
- Breath that has a fruity scent
- Flushed skin
- Nausea
- Vomiting
- Abdominal pain
- Headache
- Achy, stiff muscles



To be continue next issue

- UPCOMING EVENTS FOR JANUARY 2024 -



The Solemnity of Mary, the Holy Mother of God

The Solemnity of Mary, the Holy Mother of God is a feast day of the Blessed Virgin Mary under the aspect of her motherhood of Jesus Christ, whom She had circumcised on the eighth day after His birth according to Levitical Law. Christians see Him as the Lord and Son of God.

It is celebrated by the Roman Rite of the Catholic Church on 1 January, the Octave (8th) day of Christmas. This solemnity is a Holy Day of Obligation in areas that have not abrogated it. Christians of Byzantine, West Syriac, and East Syriac Rites celebrate Mary as the Mother of God on 26 December (also known as the Synaxis of the Theotokos), while the Coptic Church (an Oriental Orthodox church) does so on 16 January.