



BISHOPS' PASTORAL MESSAGE — April 2023.



Dear Catholic members of the Gizo Diocese family, first of all **Happy and Joyful Easter** to you and your family. If I could use one line to describe the experience of the Pacific Catholic Bishops Conference of Oceania I would summarize it in **“Reestablishing and**

strengthening our Connectedness with the Creator, his creation and his creatures” It was a true continental stage experience of the movement called by Pope Francis in preparation to the International synod on synodality. **It was a moment of connectedness with the Creator**

- We felt in communion with the Creator as we searched for the presence of his Spirit, listening to each other, with a
- well-planned process of discernment
- We approached all sessions in a prayerful mood, with open hearts to listen to Him

It was a true moment of connectedness with creation

- We had a chance to meditate and admire mother earth
- with sister Nature in a beautiful and inspiring place in Suva the capital of Fiji at the meeting point of a big river with big brother Pacific Ocean
- In a wonderful resort with fine weather, sunny days and starry nights...

It was a true moment of connectedness with the people of God

- We came from one third of the world: 4 bishops conferences from Oceania
- We did not agree in everything but we listen to everyone’s inspirations and insights
- We celebrated the liturgies in communion with the people of God in their cultural set-

ting and uniqueness
We the 80 bishops representing all diocese of Australia, New Zealand, PNG, Solomon Islands, the smaller islands of the Pacific Ocean, we acknowledged our sin of neglect in our responsibility to defend God and his property from man’s sinfulness. One could not but notice the harm done to this connectedness with God, His Creation and his creatures by greed, corruption and selfish economic interests.

We have sinned to God by becoming greedy, by disrespecting Nature and creatures, by grabbing and stealing from Mother Earth rather than borrowing from it. We have loved things and used creatures instead of loving creatures and

using things for them. We thirst for Justice, peace and reconciliation which can be authentic only if it begins first from ourselves by re-establishing the connectedness with the Creator, his creation and the masterpiece of Creation our fellow human beings.

This is what we did. This is what we tried to do this priests meeting at Betania retreat House at Jha Mountain Gizo. Why don’t you try it

too in your own place this Easter time, season of dying and rising again with Him.

Thank you Lord for the renewal of the connection we have experienced at top level of the church in the Pacific continental arena... may we life this grace in our daily experience, that the life we live may be truly a liturgy of life and love for God, mother earth and people.

For you a Bishop with you a Brother who loves you with a Solo heart made in Italy.



By Artist Chito Santos, Noro church, Gizo Diocese, Solomon Islands

SIARC & THE PRIEST MEETING

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16 Priests Attend Annual Meeting.

16 priests attended their 3 days annual meeting at Bethania Spiritual Center Gizo which commenced on the 28th of March.

The meeting which was facilitated by Bishop Luciano Capelli sdb had its' challenging agenda, which enabled the priests to pray, reflect, evaluate and held discussions.

Their meeting highlighted one of their main agenda , the Synod on Synodality; with contents that briefed them on the recent FCBCO Bishops Assembly in Fiji and the Synodality reports from the eight parishes of the Diocese of Gizo.

During their meeting, they were privileged to involve pastoral collaborators (Laities) in their brief report, which enabled everyone to evaluate and plan.

It was a very encouraging discussion with questions and suggestions, which challenged everyone to do better than before.

To conclude the meeting a beautiful Chrism Mass was celebrated at St. Peter Cathedral Gizo, in which they renewed their (Priests) commitment to strengthen their ties with the diocese and to unite all parishes together.



SIARC starts with its Beautiful Program.

After the formation of the SIARC (Solomon Island Association for Religious Congregation) a month ago, they (members) began with a blessed and beautiful program at one of the islands outside Gizo.

A 1-day Reflection over the weekend (Saturday) of the 18th of March at Imagination Island nourished this Religious Congregation to come together to encounter Christ through a celebration of the Holy Eucharist, Contemplation, Deliberation, Meditation and Singing.

The Order is a community of consecrated life with members from Dominicans, Salesians, Guanelians, Servants of the Visitation including the Servants of the Lord and the Virgin De Matara.



WHY GREENHOUSE EFFECT



Rellysdom Malakana
Media—Diocese of Gizo

One of the key themes of the FCBCO assembly attended by our bishop recently is the oceans, the intersection between the People of God and the seas.

“We are urged to tackle the reality of rising sea levels in our part because if we won’t, no one else would.” This was the challenging statement from our bishops attending the FCBCO meeting in Fiji a few months ago.

Well! A major problem facing our parishioners in our rural area is that many are taught that nature is doing its part as a natural cause of the ocean while some are taught that we are coming toward the end of the world.

But few realized that this is the result of the greenhouse effect.

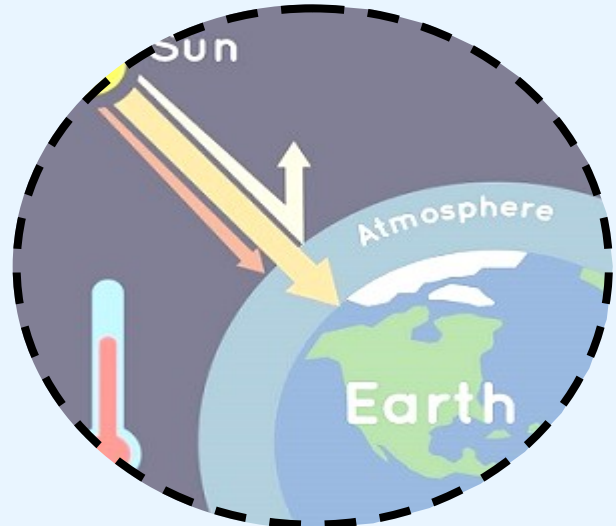
It comes to my mind that first, we should understand the real causes of why we have experienced rising sea levels in our communities.

So what is what they called the greenhouse effect? And how does it work?

As you might expect from the name, the greenhouse effect works like a greenhouse! A greenhouse is a building with glass walls and a glass roof. Greenhouses are used to grow plants such as crops and tropical flowers.

A greenhouse stays warm inside, even during the winter. In the daytime, sunlight shines into the greenhouse and warms the plants and air inside. At night time, it is colder outside, but the greenhouse

stays pretty warm inside. That is because the glass walls of the greenhouse trap the Sun's heat.



The greenhouse effect works much the same way on Earth. Gases in the atmosphere, such as carbon dioxide trap heat similar to the glass roof of a greenhouse. These heat-trapping gases are called greenhouse gases.

During the day, the Sun shines through the atmosphere. Earth's surface warms up in the sunlight. At night, Earth's surface cools, releasing heat back into the air. But some of the heat is trapped by the greenhouse gases in the atmosphere. That's what keeps our Earth warm.

Human activities are changing Earth's natural greenhouse effect. That is burning fossil fuels like coal and oil puts more carbon dioxide into our atmosphere.

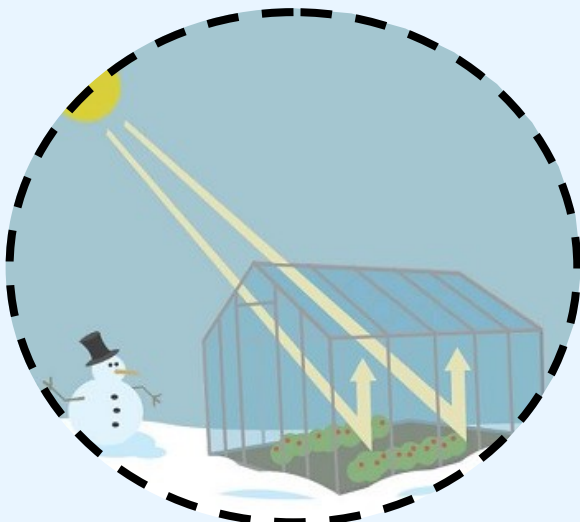
Additionally, logging the trees (killing them), reduces future carbon storage. (Though our land is naturally reforesting itself after logging, the plants are very young to accumulate more carbon).

So we get a guaranteed removal of carbon and carbon emissions with logging that contributes to climate warming which is in turn contributing to more fires which means more trees are been destroyed.

The ocean also absorbs a lot of excess carbon dioxide from the air. Unfortunately, the increased carbon dioxide in the ocean changes the water, making it more acidic, resulting in many ocean creatures such as certain shellfish and corals to die away.

Earth’s seas are rising, a direct result of extreme warming causing ocean temperatures to increase, leading to ocean expansion and as ice sheets and glaciers melt, they add more water to the ocean.

From these consequences, we experience sea rise in our coastal areas, and now we observed those results in our villages.



BISHOP, YOUTHS TO HAVE A DREAM.

Youth Programs for Parishes this year 2023

Note: YOUR YOUTH MASS IS EVERY THURSDAYS

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

An Unexpected Call from Bishop Arouse Youth.



An unexpected call from our bishop has aroused youths after the Transfiguration Mass on Sunday the 5th of March here in the St. Peters Cathedral Gizo.

A call from Bishop Luciano Capelli sdb was for our youths to know each other and to have their own dream and urged everyone to plan ahead for the betterment of their future.

His wonderful encouragement has motivated some of these youth leaders to start organizing their programs of activities for other youths to join in.

A day before our bishop met with the youths, the youth leaders and the Sunday school children with their teachers organized motivational activities which enlightened everyone to learn about each other.

With the support of their parents, they had their Mass, games, and refreshment.

E. Mass Helps Staffs and Students.

Congratulations to the leaders, students and teachers of St. Peters Urban Training Center for picking up an opportunity for a Holy Eucharistic celebration on the 15th of March at St. Peters Cathedral Gizo.

At the Holy Eucharistic Mass celebration with the bishop, he continued asking them to have a dream and reminded them that they have a mission to accomplish.

He also reminded them of the commandment of God as their weapon to fight temptation.

A special Thank you to our Bishop for his beautiful and meaningful message for everyone –



“Serve with love; believe in yourself and have a big dream”.

The Eucharistic celebration was for helping the staff and students to have a good, joyful, and successful year together.

THE HOLY ROSARY PARISH NILA NEWS IN BITS

“For a Synodal Church, We Need to do our Part” Chief Tidaka.



(Fr. Thomas—Holy Rosary Nila Parish)

Chief Tindaka has organized his community at Pirumeri Village to do some charitable work at the mission station here in Nila.

Beginning the Lenten season, he said that for a Synodal church, we need to do our part.

He emphasized charitable action saying that during Lent we as Christians must do some act of sacrifice and self-denial as part of our contribution to the parish.

With the cooperation of his community on the 20th of February, they did some clean-ups and worked on the new building.

The Pirumeri community and their chief actively participated in the need of their parish.



Lenten Cross Launch for Pilgrimage around Parish. (Information Fr. Thomas P

& Fr. Michael H - Nila Parish)



On February 22nd, the Lenten Cross was launched for a pilgrimage around the communities at Holy Rosary Parish Nila.

The launching took place at the mission station and its first destination was St. John Bosco Senior and Technical school. Then they went to Tuha Junior Secondary School spending 2 days before their departure to Fauro community.

Fr. Michael Haritoka described that the presence of the Lenten Cross brings an opportunity for students to reflect on the suffering of our Lord. His reflection has determined that the Lenten Cross brought another opportunity for students to gather together and be close to God and renew their own lives as they are still young.

The pilgrimage of the Lenten Cross was to prepare the communities for repentance and the parishioners to set time aside to praise and worship the Lord, read the Bible and pray more often and do fasting.

The Lenten Cross returned to the parish station on Palm Sunday.



ST. JOSEPH MOLI PARISH NEWS IN BISTS

Divine Mercy Moli, on the Station of the Cross. *(Anthony parish Media Moli)*



The Divine Mercy group has conducted a successful Station of the Cross around St. Joseph Moli parish.

The Lenten program aims to involve every parishioner preparing themselves for Easter and to remind everyone of the effects of sin and the salvation won for them through the suffering, death and resurrection of Jesus.

In addition, they did charity work in assisting the needy.



St Joseph Moli Feast Day in Style.

A media volunteer for Moli parish described a beautiful celebration in style for St. Joseph Moli parish as they commemorated their patron Saint on

Sunday 19th of March.

He said that their program involved everyone taking part to beautify their celebration starting with the little ones who led the liturgy with their angelic voices.

He said that they had a beautiful Eucharistic Mass, which highlighted a very challenging and encouraging homily by Fr. Benedict Qelo and a father's day song sung by the children.



Their program continued after the Mass where organizers set them into their groups for a parade with the statue of St. Joseph with baby Jesus and then a brief history of the first missionary who landed at Moli



Island was narrated by Paul Telovae said Anthony.

"The celebration was concluded by a Speech from the Parish chairman Linus Meloto who thanked everyone for their support for making this special day for our parish a successful one.

He said the feasting and entertainment ended our day in a very special way.

"God bless St Joseph's parish and St. Joseph pray for us".

CAUSES OF STRESS

Causes of Stress. (from previous article)
 (<https://www.verywellmind.com/stress-and-health-3145086>)

There are many different things in life that can cause stress. Some of the main sources of stress include work, finances, relationships, parenting, and day-to-day inconveniences.

Stress can trigger the body's response to a perceived threat or danger, known as the fight-or-flight response.

During this reaction, certain hormones (a substance in our body) like adrenaline and cortisol are released. This speeds the heart rate, slows digestion, shunts blood flow to major muscle groups, and changes various other autonomic nervous functions, giving the body a burst of energy and strength.

When the perceived threat is gone, systems are designed to return to normal function via the relaxation response. But in cases of chronic (last long) stress, the relaxation response doesn't occur often enough, and being in a near-constant state of fight-or-flight can cause damage to the body.

Stress can also lead to some unhealthy habits that have a negative impact on your health. For example, many people cope with stress by eating

too much or by smoking. These unhealthy habits damage the body and create bigger problems in the long-term.

Types of Stress

Not all types of stress are harmful or even negative. Some of the different types of stress that you might experience include:

- **Acute stress:** Acute stress is a very short-term type of stress that can either be positive or more distressing; this is the type of stress we most often encounter in day-to-day life.
- **Chronic stress:** Chronic stress is stress that seems never-ending and inescapable, like the stress of a bad marriage or an extremely taxing job; chronic stress can also stem from traumatic experiences and childhood trauma.
- **Episodic acute stress:** Episodic acute stress is acute stress that seems to run rampant and be a way of life, creating a life of ongoing distress.
- **Eustress:** Eustress is fun and exciting. It's known as a positive type of stress that can keep you energized. It's associated with surges of adrenaline, such as when you are skiing or racing to meet a deadline.



To be continue next issue

- UPCOMMING EVENTS FOR NEXT MONTH -

**The Ascension Sunday
 (21st of May)**



**Pentecost Sunday
 (28th of May)**

