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"COME; LET US CELEBRATE THE BIRTH OF OUR LORD JESUS CHRIST, THE SAVIOR OF THE WORLD."



Bishop Peter Houhou
Catholic Diocese of Gizo

Dear Beloved Brother Diocesan Priests, Religious Priests, Brothers and Sisters and Laity of our Diocese of Gizo. Grace and Peace of our Lord Jesus Christ, Love of God, and the communion of the Holy Spirit, be with you all.

Before we journey into the month of December, the final month for this year, 2024, I want to acknowledge all your contributions in whatever form in making visible the Mystical Body of Christ and also whatever form of services you render in serving our families, communities, church ministries, Parishes, Deaneries, Diocese, Provinces, and Nation Solomon Islands.

As we journey through this year 2024, I believe that each one of you has the chance to celebrate His or Her Birthday, with family, friends, community, parish, and workplaces. Also, I believe that you have received gifts to congratulate you on your birthday. Not only that but you also received a big and beautifully decorated Birthday Cake, and on it was inscribed: "HAPPY BIRTH DAY TO YOU." Above all, everyone sings together, repeating the same greeting in song, "Happy Birthday to you,"

Brothers and sisters in Christ, birthday celebration is very important for each one of us, because it marks a specific time by which we enter into the world through birth. Throughout the last eleven months, we have been preparing our selves, to join the family of the Universal Church (UC); the family of our Catholic Bishops Conference of Papua New Guinea & Solomon Islands (CBC); the family of Catholic Church Solomon Islands (CCSI); the family of our

Diocese of Gizo (DG); and also not forgetting our Sisters and Brothers from other Christian Churches, who are also preparing themselves to join us to celebrate the Birth of our Lord Jesus Christ, the Savior of the world.

The story of the birth of our Lord Jesus Christ, was the greatest story ever told in history. It was not just a mere story, but a story of hope. It is a story of the Love of God to humanity. It was a fulfillment of what the prophet foretold long ago and now it came to reality in the birth of Jesus.

Caesar Augustus issued a decree for a census to be taken. This census – the first – took place while Quirinius was governor of Syria, and everyone went to his own town to be registered. So Joseph set out from the town of Nazareth in Galilee and travelled up to Judea, to the town of David called Bethlehem, since he was from David's House and line, in order to be registered together with Mary, his betrothed, who was with child. While they were there the time for her to have her child, and she gave birth to a son, her first-born. She wrapped him in swaddling clothes, and laid him in a manger because there was no room for them at the inn. (Lk. 2: 1- 7)

In our families, when a new baby has been born, it is great joy for everyone, especially parent, mum and dad of the child. In our context as Melanesian, not only the family members are happy, but, extended family as well and the whole tribe. They are happy because a new member has been born into their family and tribe. The child was seen as someone to continue the lineage of the tribe.....

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BISHOPS MESSAGE & CHRISTMAS QUOTATIONS

BP message cont..

.....Not very long from now, we will be celebrating the birth of our Lord Jesus Christ, our New Born King and the one who is to be the Savior of the world. The one who is to liberate those in slavery of sin to freedom. This is the greatest birth event ever celebrated on this planet earth, in humanity and in the Church.

Therefore, together as Christian brothers and sisters of our diocese of Gizo, let us thank God our Heavenly Father and Creator for sending His Only Begotten Son our Lord Jesus Christ, as the Greatest Gift ever to those who are re-born in his name through Baptism, and become a member of God's Family.

FEW THOUGHTS FOR OUR REFLECTIONS:

As Joseph and Mary knocking at your door, seeking for a place to rest; Are you ready to open the door of your heart to welcome them? Or you slam the door in their face and said No space, my house is full?

How well do I prepare myself to celebrate the Birth of Jesus Christ this Christmas? What are my priorities? Physical preparation? Social preparation? and Spiritual preparation?

When you celebrated your birthday, people gave you gifts. As you are preparing to celebrate the Birth of Jesus Christ; What is the gift you prepare to give Jesus on His Birthday?

When you celebrate your birthday, people gave you big and beautifully decorated Birthday Cake and inscribed on it: "Happy Birthday to You." Are ready to give to Je-

sus on His Birthday, a Big and Beautifully Decorated Birthday Cake? Are you ready to sing HAPPY BIRTHDAY TO YOU JESUS?

To conclude; God so love the world that He gave his ONLY SON, took a human form like us in every way, but did not sin. He who once was behind the curtain of mystery, now enter into history through Mary, under the guidance of Joseph, to live among us.

As you celebrate the Birth of Jesus this coming Christmas, you are celebrating God's Gift to you in the person of Jesus. He loves you with His Most Sacred Heart and wants to journey with you as your companion. Above all, the Word that was made flesh through Mary, now has become the precious Body and Blood of Jesus in the sacrament of the Eucharist. This is the spiritual food for your journey to reach Eternal Life.

MERRY CHRISTMAS TO YOU ALL AND HAPPY BIRTHDAY TO JESUS

Thank you.

May the blessing of our New Born King be with you all in your celebration.
God Bless.

From your Servant **Bishop Peter HOUHOU**
Catholic Diocese of Gizo
Western, Choiseul and Isabel Provinces

There is no distance between God and God's creation in this vision of things.

We are reminded by the Christian celebration of Jesus' birth that we are not alone or cut off from God, but rather that we are a part of the communion of God's love, which was made evident in the birth of our Savior.

Giftng is not something that humans invented. God began the giving frenzy when He bestowed the indescribable gift of His Son, which is beyond description.



CHRISTMAS FOR PEACE AND JOY



VATICAN NEWS

Pope commends 'Christmas Contest' for transmitting Christ's peace and joy.



In his remarks addressed to the annual 'Christmas Contest,' the Holy Father reiterates how the Christ Child gives meaning to our loves and how Jesus 'speaks to them' in their annual Vatican-organized endeavor leading up to Christmas Day.

By Deborah Castellano Lubov

"The Incarnation of Jesus Christ, who brings true peace to the world – and how much we need it today! – has inspired, over the centuries, countless artists of every language and culture, who have portrayed paths of fraternity in the world."

Pope Francis stressed this in his remarks to participants in the Christmas Contest 2024. His prepared remarks were delivered to the participants given his Monday audiences were cancelled so he could recover from flu-like symptoms ahead of his upcoming 46th Apostolic Journey abroad to Belgium and Luxembourg.

'Christmas Concert'

The "Christmas Concert" is a concert organized by the Pontifical Foundation Gravissimum Educationis that aims to "gives a voice to young people by inviting them to create new songs inspired by Christmas and its values."

The competition is held in the run-up to the Christmas Concert, during which the pieces of the first prize winners will be performed.

"I would like to recall with you, young singers and musicians who are dedicated to promoting the values of Christmas," the Holy Father noted, "that the birth of Jesus was accompanied by a heavenly song, 'Glory to God in the highest heaven, and on earth peace among those whom he favours!'"

God's love speaks to your hearts

The Pope told them they are part of a great movement that, he suggested, always manifests "God's love," which was "made man in Jesus Christ." That love, he insisted, "speaks to your hearts."

The Pope reminded them that the Lord, throughout history, has brought much-needed peace to the world and paved paths for fraternity.

"In your desire to express your artistic vocation and your human and Christian journey, all of you, in different ways," he implored, "feel the attraction of the mystery of incarnate love."

Jesus who gives meaning to our lives

The Holy Father marveled that they "sing about hope for those of your peers who have lost it for so many reasons," including "suffering, illness, war, forced migration, problems in the family, school or with friends."

"Perhaps some of these young people will be touched by your witness!" he said.

The Pope went on to suggest the great need for young people's talent and creativity, "who are motivated not by the idols of money or success," but by "a passion for beauty, for fraternity, for Jesus who saves and gives meaning to our lives."

"There is a great need for young people's talent and creativity, who are motivated not by the idols of money or success, but by a passion for beauty, for fraternity, for Jesus who saves and gives meaning to our lives."

Pope Francis concluded by wishing them well, requesting their prayers, and imparting upon them his Apostolic Blessing.



REFLECTIONS (OUR SEMINARIANS)



Aquinas Lolomuvolomo.

I am from Christ the King Parish Voruvoru village. I am a candidate for the Diocese of Gizo; I will join the Saint John Marie Vianney spiritual year program at the Holy Name of Mary Seminary this year, 2024.

I am truly thankful to God for this wonderful opportunity to join this discernment program.

The program focuses on the four pillars of formation: human, Spiritual, Intellectual, and Pastoral Formation.

This formation program contributed so much to me, especially in the growth of my Spiritual life and to develop the ability of self-consciousness of my personal growth. Furthermore, the discernment I undergo is very helpful to me in building relationship with others, especially in building self-confidence in pastoral formation.

This vocational journey aids me in being aware and discovering the reality of the transformation of my interior life, especially the self-acceptance, self-ambition, and self-commitment of my formation goal.

I hope to grow in sensitivity and responsiveness to the true value of who am I, but such growth is inevitable. There are human failures and mediocrity in life in order to answer and have solutions, I have to develop, work steadily, and be oriented toward my intentionality.

Therefore, in my own experience of this formation, it is a place that helps young men who choose to become priests to mold them and to display their dignity in life.

FINALLY, THROUGH PRAYER LIFE IT ILLUMINES MY HEART TO SEE THAT GOD IS ALWAYS PRESENT IN EACH INDIVIDUAL PERSON.

THE SPIRITUAL YEAR IS THE TIME TO HAVE A DEEPER CONNECTION TO GOD AND CONTINUE DEVELOPING IN THE SPIRIT TO ACHIEVE A GENUINE AND PROPER UNDERSTANDING OF MY TRUE PERSONALITY ALSO IT IS A GATEWAY FOR THOSE WHO WANT TO LIVE AND EXERCISE THE LIFE THAT HAS BEEN GIVEN BY THE SPIRIT. IT IS THE CHANNEL OF THE TRUE DISCERNMENT AND TO SEEK THE REALITY AND PURPOSE OF THE TRUE CHOICE.



Br. Raphael Kaleava.

My dear brothers and sisters in Christ, with the potential of my impression, I dare to share with you in my heart my real-life experience at Holy Name of Mary Seminary. Indeed, I observed and have learned many positive effects of this formation school. It is a place of trans-

formation and developing physical and spiritual life of our young catholic faithful in the Solomon Islands.

Actually, in seminary, we form four pillars of formation. First, is the intellection formation second is the human formation, the third is about spiritual formation, and the fourth, is the pastoral formation. Well, among this formation, the spiritual formation is the center as we journey on forming each other. A brief explanation, of the four pillars of formation. First, in intellection, we discover many different courses of study.

The courses we undergo develop my knowledge and as well as living a good moral life as I experienced. Second, human formation is much about honesty with the program and showing a good relationship with one another.

The third is pastoral formation; we are called to reach out to the faithful as a practical way of building up self-confidence and creativity. Fourth, the spiritual formation. This is the core of all formations. My eyes were open when I was encountering this formational school. Meaning I was awake to know what life is all about.

This seminary school is truly and more deeply searching about what is the meaning of life, and how should we live accordingly in life. These are the most significant areas I have experienced in this formation school. I found out that this formation school is the meaning of life. Perhaps this is the journey for someone to become a priest. It's different from the circular schools today.

Next, some challenges. You might have heard about this formation school very well. However, there are challenges we face, like the knowledge to undergo in study, time management, and living as a spiritual man. These are the areas I find more difficult on my journey in this formation school. However, I can feel that without committing oneself to having a personal prayer life, man can easily drop out of this formation. Perhaps thanks to our lord for the grace I receive the transformation of my interior life, and the calling I sustain in formation. With God, there is strength.

For more inspiration take a visit to this joyful school, Holy Name of Mary Seminary, our peaceful home.

AND HAPPY CHRISTMAS LO IUFALA EVERIWAN!

SOUTHERN DEANERY NEWS IN BITS

46 Receive Confirmation Rites.



On Sunday, November 10th, 46 candidates received their Confirmation rites, which were witnessed by their parents, sponsors and friends. It was a beautiful celebration that inspired everyone to let their love for these children ignites the fire of faith.

Once again, the bishop's homily nourished everyone, reminding these candidates to be filled with the Holy Spirit as they continued their journey with the church.

He reminded all believers the gift of the Holy Spirit at Pentecost. He also provides a brief explanation of the seven Holy Sacraments that all Catholics should receive.

The celebration provided an opportunity for other parish priests in attendance to have their annual meeting with our bishop.

PP Conclude Priest Annual Meeting 2024.



Ten parish priests from the Diocese of Gizo met with their new bishop, Bishop Peter Houhou, for the first time over a four-day period.

They also include a Dominic priest, Fr. Henry Paroi op, who used to attend with Emeritus Bishop L. Capelli sdb while serving the diocese for many

years.

During these four days of meetings, they had the opportunity to reflect on some of the challenges, difficulties, and successes they have faced while running their parish. They also met with diocesan staff to review administrative and financial reports.



They held a successful meeting, which ended on November 15th before heading to Honiara for a week-long retreat.

REFLECTIONS (OUR SEMINARIANS)



Simon Peter

In this article, I will write about my experience in seminary life. of life participation, and engagement in all school programs and the help of my formators in seminary helped to break through some of the stumbling blocks that prevented me from openness, self-confidence, and maturity.

My name is Simon Peter, and I am from Nila parish. This year was my fourth year in the holy name of Mary Seminary. This year was my pastoral year, which I had in Buma parish under the diocese of Auki.

Seminary life was such a beautiful and wonderful formation of life. Since I entered this formation, it has helped me to grow in four pillars of formation. This includes Spiritual, human, intellect, and pastoral formations.

Although it was not easy to follow this way

And so I'm really happy and enjoy time with all the other brothers from the other two dioceses. I also thank bishop emeritus Luciano Capelli for his generous support and now with Bishop Peter. With their great support, I meet all my necessary needs in seminary. I also thank all parishioners in the Diocese of Gizo for their kind support in prayer and encouragement.

Lastly, I thank God for allowing me this beautiful opportunity to study in the seminary.

N.D NEWS IN BITS & OTHER NEWS

Kadova, Massive Blessing For Kindy.



Kadova describes it as a massive blessing for their new PPY permanent classroom building, which was recently consecrated in October of 2024.

This was a blessing for the children, and that they are now ready to use the building for better environmental learning.

Speeches at the opening ceremony challenged the communities around Kadova on how to care for their children's building.

It was funded under ward development fund of Choiseul province, and was consecrated by their parish priest, Fr. Tomas Pata.



More Graduate from our Catholic Schools.



Our diocese's Catholic schools graduated hundreds of students, the PPYs encompass parish training centers, grade 6 primary schools, and secondary form 3 and 5.

Their program began with a Thanksgiving Mass, followed by speeches, feasting, entertainment, and graduation.

The event allowed parents and guardians to hear the priest's homily as well as speeches from invited guests offering congratulations, challenges, and encouragement.

Last year's intake for Form 4 and 6 was extremely low, with only 5 out of 50 students chosen. A concerned parent expressed hope that more students would be chosen next year 2025.

To improve our students' learning potential, science facilities ought to be installed in our secondary schools, he added.



REFLECTIONS (OUR SEMINARIANS)



Kelly Michael

Seminary is a formation school that mainly focuses on the four pillars of formation that is, human formation, pastoral, academic, and spiritual formation. These four pillars of formation help one particu-

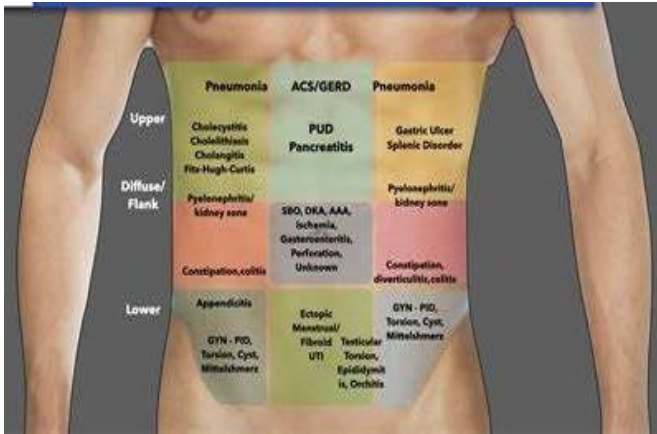
lar person to become a priest. This formation is a long process which took many years to reach its completion. Life in the seminary is centered very much on prayer, study, and some manual labor that can help one person become a priest.

My experience being a seminarian is that to become a priest is a grace alone not a privilege. My greatest temptation as a seminarian is not to pray.



HEALTH TIPS & XMASS QUOTE. (MAYO CLINIC)

ABDOMINAL PAIN (Bele Soa)



Abdominal pain can have many causes. The most common causes usually aren't serious, such as gas pains, indigestion or a pulled muscle. Other conditions may need urgent medical attention.

The location and pattern of abdominal pain can provide important clues, but how long it lasts is especially useful when figuring out its cause.

Acute abdominal pain develops and often goes away over a few hours to a few days. Chronic abdominal pain may come and go.

This type of pain may be present for weeks to months, or even years. Some chronic

conditions cause progressive pain, which steadily gets worse over time.

Acute

Conditions that cause acute abdominal pain usually happen at the same time as other symptoms that develop over hours to days. Causes can range from minor conditions that go away without any treatment to serious medical emergencies, including:

- Abdominal aortic aneurysm
- Appendicitis — when the appendix becomes inflamed.
- Cholangitis, which is inflammation of the bile duct.
- Cholecystitis
- Cystitis (irritation of the bladder)
- Diabetic ketoacidosis (in which the body has high levels of blood acids called ketones)
- Diverticulitis — or inflamed or infected pouches in the tissue lining the digestive tract.
- Duodenitis, which is inflammation of the top part of the small intestine.
- Ectopic pregnancy (in which the fertilized egg implants and grows outside of the uterus, such as in a fallopian tube)
- Fecal impaction, which is hardened stool that can't be passed.....

To be continue next issue

▪ CHRISTMAS 2024 IS HERE ▪

“Awake, mankind! For your sake God has become man...I tell you again: for your sake, God became man.”

St. Augustine

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