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Bishop Peter Houhou

IS THERE LIFE AFTER BIRTH?

Dear beloved Sons and Daughters, as the spiritual Father of our diocese, I want to say thank you very much indeed for the journey that we have taken together this year 2025. It has been a busy year for all of us. There were many different Pastoral activities that have taken place in all the parishes throughout the entire diocese. Despite the

busyness of all these program activities that we have, I hope you enjoyed them wholeheartedly.

As we are now in the last month of our journey for this year 2025, and also as we are in the season of Advent, never forget and always remember that this is a time to make a good spiritual preparation of one self, our families, communities, and parishes, throughout the diocese to celebrate with great joy the upcoming Birth of our Lord Jesus Christ, the Savior of the world, born of the Virgin Mary, and above all the Son of God.

If you could remember, in the month of November, we have been reflecting on two great mysteries and realities: "LIFE" and "DEATH", not only that, but we have faithfully journeyed together with others throughout the diocese, praying for the Souls of the faithful departed whom God has given to us, as a great gift. They too, during their time, have contributed a lot in serving God's people, until the time God has called them to rest. No doubt that many of

them are now with God and the great multitude of Saints in Heaven, while others are still in the process of waiting in Purgatory. As Christians, it is our duty to pray for the souls in Purgatory, for their purification that God's mercy be showered upon them, and one day they too will enter joyfully into the Kingdom of Heaven.

To begin our reflection in answering the above question, in brief, I want to share with you a beautiful reflection from a young woman in Papua New Guinea, which is about "TWIN BABY" in conversation in the womb of their mother (Article, Church Alive).

Twin Number one began the conversation by asking a question: Is there life after Birth? We have been here since day one, and I think this is our permanent home. I don't think that there is life and a home after Birth. Where we are living now, everything is available. We are connected to our surroundings, our home. We just pressed the button, and food appeared, along with other necessary needs. We are dressed up like people who are getting ready to travel in a spacecraft.

Twin Number two responded; Yes, of course, there is life after Birth. What you have said is partly true, but this is not our home forever. We are here only for a short time, and very soon we will be leaving this beautiful and holy place. After birth, we will enter and be part of a bigger family. In this home, we are not using our legs, hands, eyes, or mouths, but after birth, we will be using them all. After birth, we will be using our legs to move and walk around; we will be using our hands to do things for ourselves; we will be using our eyes to look

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BISHOP'S MESSAGE CONTINUE

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Bp's PM cont'

..... around us and see the beauty of God's creation; we will be using our mouths to communicate with others and also to eat and enjoy food according to our choices.

Twin number one continues and asks another question: Where is our mother? I want to see our beloved mother and father. I love them very much, and I missed them. When are we going to see them? Must they be very beautiful and handsome?

Twin number 2 continues: You know, now we are living in the beautiful, comfortable, and holy place of our beloved mother. From here after birth, we will see her beautiful face to face and live happily together with her and our beloved handsome father. They are ready to welcome us into our family, extended family, and above all to be with Jesus, Mary, and Joseph, the Holy Family of Nazareth. Dearly beloved sons and daughters, reflecting upon the above article, the conversation between the twins helps us to see that yes, there is life after our physical birth into our physical family, but above all, our Spiritual Birth into God's Family through the sacrament of Baptism is far greater than ever.

As we are journeying through December, we are preparing ourselves, families, communities, parishes, and the diocese at large to celebrate the Birth of

Jesus Christ, the Son of God, born of the Blessed Virgin Mary. While celebrating Christmas, you must remember that we are not only celebrating a mere "DAY", but we are celebrating our Spiritual Being in Christ through the Sacrament of Baptism, the "KEY" Sacrament to other Sacraments in the Church. After birth through the sacrament of Baptism, we have been conceived into the Spiritual Womb of the Church.

To conclude, I want to say, YES. there is life after Birth. While journeying in the bigger womb of the universe until death, we too are preparing ourselves as an individual Baptized Christian to be born into Eternal Life, through the Birth, Death, and Resurrection of Jesus Christ to be with the great multitude of Saints and Angels in Heaven with God the Father and the Son and the Holy Spirit Forever and Ever.... AMEN.

MERRY CHRISTMAS TO YOU ALL
MAY THE BLESSING OF GOD THE FATHER,
THROUGH OUR NEW BORN KING JESUS
CHRIST
AND THE HOLY SPIRIT BE WITH YOU ALL.

From your servant Bishop Peter HOUHOU.



"Glory to God in
the highest, and on earth peace to
those on whom His favor rests. May
the miracle of Christ's birth bring
you endless blessings this Christmas
and always."

POPE LEO MEETS ON ONLINE



VATICAN
NEWS

Pope Leo to young people: Technology can help us live our Christian faith.



Pope Leo XIV meets online with over 15,000 teenagers gathered in Indianapolis, Indiana, and invites young Catholics to grow in friendship with Jesus Christ, use technology healthily to deepen their faith, and avoid using political categories to speak about the Church.

By Devin Watkins

Over 15,000 young people met with Pope Leo XIV via video link on Friday, as they attended the National Catholic Youth Conference (NCYC) in the US city of Indianapolis.

Moderated by Katie Prejan McGrady, the event saw six young Catholics ask the Pope to share his thoughts on topics ranging from the Sacraments and mental health to artificial intelligence and the future of the Church.

In his opening remarks, Pope Leo praised the American youth for taking the time to meet together in person, and encouraged them to be active members of their parish communities.

The conference gave them the chance to attend Mass, pray before the Blessed Sacrament, and receive the Sacrament of Reconciliation, and the Pope said these activities are “real opportunities to meet Jesus.”

Life in the Sacraments

The first question put to the Pope asked about accepting God’s mercy when we’ve sinned or let others down.

Pope Leo XIV acknowledged that everyone struggles with asking for God’s mercy and accepting that He truly does forgive us in Confession.

“Sin never has the final word,” he said. “Whenever we ask for God’s mercy, He forgives us.

Pope Francis said that God never gets tired of forgiving—we get tired of asking!” God’s heart, he added, is different than our own, since He never tires of searching for the lost sheep. The Pope invited young people to encounter Christ in the Sacrament of Reconciliation, confessing their sins openly and welcoming Jesus’ forgiveness in the priest’s absolution.

Struggling with depression and mental health issues

Next, the Pope responded to a question about mental health struggles, such as feeling sad or overwhelmed.

He invited everyone to open themselves to a deep relationship with Jesus, entrusting their difficulties to Him in prayer.

“In the quiet, we can speak honestly about what is in our hearts,” he said. “During Eucharistic adoration, you can look at Jesus in the Blessed Sacrament and know He looks at you with love.”

Young people, added the Pope, should also find trusted adults whom they trust, so that God can speak to them through others, such as parents, teachers, priests, and youth ministers.

He also invited them to pray for the gift of true friends, who push us to “seek Jesus when life gets confusing or difficult.”.....

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VATICAN NEWS CONTINUE

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.....“Many young people say, ‘No one understands me.’ But that thought can isolate you,” said Pope Leo. “When it comes, try saying, ‘Lord, you understand me better than I understand myself,’ and trust that He will guide you.”

Faith and technology

Answering a question about technology’s effects on faith, Pope Leo XIV upheld the usefulness of modern tools to connect people who are thousands of miles apart.

“Technology can help us do many things and even really help us live our Christian faith,” he said. “It also gives us amazing tools for prayer, reading the Bible, and learning more about what we believe.”

At the same time, the Pope noted that technology can never replace real, in-person relationships and participation in the Eucharist, inviting young Catholics to be intentional with their screen time and making sure that technology serves their lives, not the other way around.

Artificial intelligence, said Pope Leo, has become a defining feature of our times, pointing out that safety is not only about controlling the development of AI models but also about empowering people to make healthy decisions through education and personal responsibility.

Every tool should support our journey of faith and intellectual development, not hinder it, he said. “Be careful that your use of AI does not limit your true human growth,” he said. “Use it in such a way that, if it disappeared tomorrow, you would still know how to think, create, and act on your own. Remember: AI can never replace the unique gift that you are to the world.”

Future of the Church

Pope Leo then responded to a question about the future of the Church, recalling Jesus’ promise to Peter that “the gates of hell will not prevail against the Church.”

The Church prepares for the future by remaining “faithful to what Jesus asks of us today,” he said,

recalling that the Holy Spirit has guided the Church through two millennia of issues and challenges.

Young people, said the Pope, are not only the future of the Church but also her present, and he urged them to get involved by attending Sunday Mass and joining youth activities where their faith can grow.

“If you feel the Lord may be calling you to something specific, talk to your parish priest or another trusted leader,” he said. “They can help you discern what God is asking.”

Friends of Christ, missionaries of the Gospel

Finally, Pope Leo XIV expressed his hopes for the future of young people in the Church, inviting them to help shape her in the years ahead.

In response to their youthful desire to do something meaningful, the Pope urged young Catholics to offer their time and talents generously to build up the Church.

“Deep down, we long for truth, beauty, and goodness because we were created for them,” he said. “And this treasure we seek has a name: Jesus, who wants to be found by you.”

Young people are called to be friends of Christ and peacemakers, “who build bridges instead of walls, who value dialogue and unity instead of division.”

“Be careful not to use political categories to speak about faith,” he said. “The Church does not belong to any political party. Rather, she helps form your conscience so you can think and act with wisdom and love.”

In conclusion, Pope Leo invited young American Catholics to listen to God’s call in their lives and to discern their vocation, whether to marriage, the priesthood, or religious life.

“What greater cause could you dedicate your life to than the Gospel?” he asked. “The world needs missionaries. It needs you to share the light and joy you have found in Jesus.”



CATHOLIC EDUCATION SECRETARY VISIT TO WAGINA PARISH

Parish Extension School Heads towards Register.

The Catholic Education Secretary (CES), Mr. Willy Abito, visited Wagina parish primarily to support the Sacred Heart Parish Extension Primary School.

During his visit, the CES had the opportunity to engage with the Kindy, PPY, and Primary staff.

He was also privileged to interview the retired headmistress of Wagina Primary School, Madam Elizabeth, who is currently overseeing the parish's extension school.

Willy had the opportunity to speak with the Headmistress of Wagina Primary School, focusing on data and the various challenges the school is currently facing.

The Headmistress has commended the parish priest for devising a plan for the extension of Wagina PS, as it originated from them, and they have also provided sufficient financial backing for the extension, which includes a grant from the ministry.

She mentioned that accommodating 75 children has resulted in overcrowding, leading to insufficient space within the classroom.

Mr. Abito also took part in a productive discussion with the parish priest, Fr. Humberto, centering on the advantages and opportunities associated with having the extension school registered under the Catholic Diocese of Gizo Authority.

Fr. Humberto highlighted several challenges that require attention, particularly regarding sanitation, and noted that there are indications of motivation among the workforce within the parishes.

He also expressed thoughts on the future, particularly in relation to the intake of teachers at the secondary level. However, he commended the teachers of the extension schools for imparting the Catholic faith in the parish schools.

Willy Abito outlined some plans and strategies to establish the school, focusing on engaging every key individual in the ministry, particularly within the Choiseul Education Sector.

Many parents have indicated that enrolling their children in the parish primary school is highly beneficial, as it educates them in our Catholic faith.

Additionally, there have been suggestions to assist our untrained teachers in enhancing their skills at SINU, since the interim courses provided have proven insufficient.



GRADUATIONS & OTHER EVENTS

Another Group of Students Graduate from the 2 Catholic Training Centers.



A new group of students (60) from the St. Peter Urban Training Center and the St. Dominic Vanga Training Center celebrated their graduation this week, specifically on November

18th and 19th.

This event was marked by the vibrant presence of parents, guardians, relatives, and friends who gathered to witness the ceremony.

The graduation festivities commenced with a Thanksgiving Mass, expressing gratitude to God for the gift of knowledge that has been granted to all students through their dedicated efforts during their time at the institution.

This occasion served as a reminder of the students' achievements throughout the academic year.

During the ceremony, the guest of honor delivered speeches that highlighted the challenges faced by the students as well as their successes. Notably, the staff and student representative also shared their reflections, providing an opportunity to recount past experiences and inspire future graduates.

Additionally, our bishop, Bishop Peter Houhou, took the opportunity to offer an uplifting speech, encouraging students to aspire for greater heights and to maintain their motivation.

Three-Day Rally Inspires 117 Sunday School Children, Moli.

A three-day rally held at St. Joseph Moli Parish has inspired approximately 117 Sunday school students from Moli Parish, St. Joseph.



Expressing gratitude to Antony Telo, who provided the report from that parish, he mentioned that

there were spiritual talks led by Sr. Rita and Mr. George regarding the Catechism of the Church, along with various outdoor activities and a pilgrimage to the St. Joseph grotto.

The experience was enjoyable, and nearly everyone felt the love extended to them through activities that fostered their connection to the Church.

Appreciation is also extended to those who supported the program, including Catechist Simon, teachers, parents, and those who contributed financially to the program.

Seven Children Receive First Holy Communion.

Seven candidates celebrated their First Holy Communion at St. John Bosco Parish in Taro on November 15.

This event represented a crucial milestone in their spiritual journey, as it was their initial reception of the Eucharist, signifying a profound bond with God and the Church.

Gratitude is extended to Catechist Peter Channel for his instruction, as well as to the parish priest, Fr. Jacob Qetobachu, who administered the Eucharist to them.

The occasion was witnessed by their parents.



WAGINA CONFIRMATION

35 from Wagina Receive Sacrament of Confirmation.



Thirty-five candidates for the Sacrament of Confirmation received blessing from Bishop Peter Houhou on Sunday, November 16, at Sacred Heart Parish Wagina.

This was one of the beautiful Eucharist celebrations presided over by Bishop Peter Houhou. During the homily, bishop's message urged every candidate to serve the Church and listen to the call.

He reminded everyone of the event that takes place during Pentecost, centering his homily on the Biblical reading.

His message to the candidates also served as a reminder to every parishioner of the gift they received at confirmation and of their duty to serve the Church, the Body of Christ.

He urged all to embrace the same Spirit and to utilize that gift as a witness for Christ. It was a blessed day for all, particularly for the parents and their sponsors.

Gratitude was expressed to Fr. Humberto and his pastoral team for organizing the afternoon classes for these candidates, providing support, and equipping them for their journey of faith.



Motivational Pastoral Christmas Message

Beloved in Christ,

This Christmas, let us embrace the extraordinary truth that God chose to step into our world, bringing hope, joy, and redemption through the birth of His Son, Jesus Christ. His arrival reminds us that even in the darkest moments, light prevails, and His love is unshakable.

Let this season ignite a fire within you to live boldly in faith. Just as the shepherds left their fields to witness the miracle of Christ, may we too step out of our comfort zones to share His love and kindness with the world. Remember, no act of compassion is too small, and no heart is too broken for His healing touch.

You are called to greatness through Him. Let the message of Christmas inspire you to rise above challenges, to be a source of encouragement to others, and to walk confidently in the purpose He has set before you. The same God who sent His Son to save us is with you, guiding and strengthening you every step of the way.

May this Christmas fill you with renewed hope, unstoppable courage, and a deep sense of purpose. Go forth and let the light of Christ shine through you, transforming lives and glorifying His name.

NORTHERN DEANERY NEWS IN BITS

Moli CWC Celebrates End Year Program.



St. Joseph Moli Parish Women's Council has wrapped up its activities for the year with a Thanksgiving Mass.

Reporting is Anthony Telovai, who mentioned that the sharing of prepared food was a focal point during their closing program.

Additionally, there were speeches expressing gratitude and motivating everyone for their participation in each program throughout the year.

Their year-end celebration provides them with insights that enable them to acknowledge and celebrate their organization as the body of Christ, in recognition of their commitment to fostering their formation.

Holy Rosary Parish Celebrates International Children's Day.

The Holy Rosary Parish commemorated Children's Day on November 13th at Nila Mission Station. Present with them were law enforcement officials currently stationed at the border, along with their provincial member.

World Children's Day was observed globally on November 20, 2025. This year marks the 36th anniversary of the UN Convention on the Rights of the

Child—an important milestone when governments worldwide agreed on 54 rights that every child under 18 should be granted to ensure a safe, healthy, and happy life.

On this World Children's Day, the focus is on celebrating every child's right to play and call on communities, schools, workplaces, and leaders to protect and promote this right for all children.

Sadly, millions of children around the world are unable to access this fundamental right due to conflict, displacement, inequality, or a lack of safe spaces.

"When we protect a child's right to play, we



help ensure a full, healthy, and joyful childhood".

Theme: "My Day, My Rights" (UNICEF).

Catechist Nila, Conduct End Year Meeting.

Holy Rosary Parish, Nila, conducted its end-of-year meeting, which emphasized its evaluations, and the gathering also offered support for catechists, ensuring they are adequately prepared and spiritually mature to effectively carry out their responsibilities.

A one-day meeting was held on the 21st of November.



KIDNEY STONES

<https://www.healthdirect.gov.au/urinary-tract-infection-uti>

What are kidney stones?

Kidney stones are crystalline stones (also called calculi) that form in your [kidneys](#) or ureters. Your ureters are the tubes connecting your kidneys to your bladder.

Kidney stones are a common problem that can cause severe pain. They tend to be more common in males than females.

There are many types of kidney stones. They can be made of:

- calcium oxalate
- calcium phosphate
- uric acid

Less common types of kidney stones are struvite stones and cystine stones.

Other names for kidney stones include:

- renal calculi
- Nephrolithiasis
- Urolithiasis

What are the symptoms of kidney stones?

Stones in your kidneys or ureters can cause pain. This pain is often severe and can come and go — it is called renal colic.

Typical symptoms of kidney stones include severe pain in:

- one side of your back
- your side
- your lower tummy

- your groin — which may also be felt in your tummy or back

If you have kidney stones, you may also:

- have [nausea](#) (feeling sick)
- be [vomiting](#) (being sick)
- have [blood in your urine](#)
- feel like you need to pass urine often or urgently

Some people have no symptoms with a kidney stone.

Types Of Kidney Stones

Calcium Phosphate Stones



Calcium Oxalate Stones



Uric Acid Stones

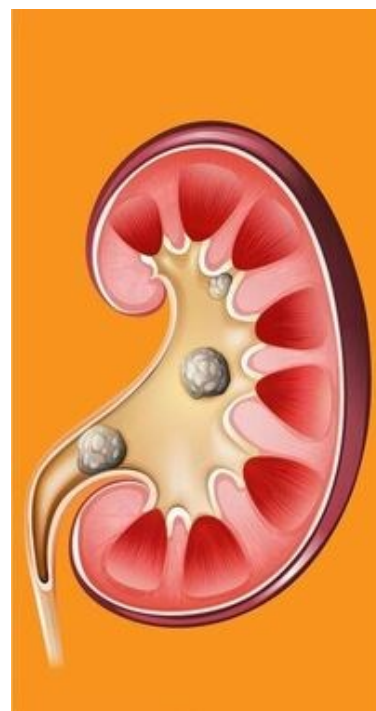


Struvite Stones



Cystine Stones

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▪ UPCOMMING SOLEMNITY FOR JANUARY 2026 ▪**NEW YEAR QUOTATION**

"As we step into this New Year, let us walk in faith, knowing that God's mercies are new every morning and His plans for us are filled with peace and purpose."

(Inspired by Lamentations 3:22-23 and Jeremiah 29:11)

