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Dear Beloved Priests, Religious Brothers (Men) and Sisters (Women), and Laity (People of God) of our beloved Diocese of Gizo. Before we continue our journey in the second month of the year, as servant Bishop of the Diocese, I want to say thank you very much indeed for journeying together with you all. Your contribution in whatever form of service in serving our people is very much highly appreciated. Above all, together as a family, let us continue to thank

our God who is our Creator who always provides for our everyday needs, in the past, now, and in the future.

According to the Civil calendar and our Liturgical Calendar of the Church for 2024, the month of February has only 29 Days. Genesis story reminds us of the importance of days and how we should use them. This is exactly what God did when he created this beautiful world; Gen 1: 1ff 2: 2ff as from Day One (1) to Day Six (6) and on the seventh (7) day God rested.

As we are preparing to journey the 29 days of February, already we should have a plan as to how many days of work do we have?, and what we should be doing each day. Not only that, but how many days of rest do we have? and why do we have these resting days? The truth is that how are we used these days?

Now we come to the interesting part of the conversation and that is; if we weigh the number of Working Days against the Resting Days, each person has his/her own answer according to how he/she plans the 29 days of a journey in the month of February. Generally speaking, in different places at different times, the number of rest days is more than the working days.

Now we come to the end result and the fruit of our working days and the fruit of our resting days. If the number of our working days is plenty then, you expect to receive a huge harvest. But, If the number of your

Resting days is plenty, then, it is the opposite, your harvest result is Small, simple as that.

As Christians, our Liturgical Calendar also has important things to teach us. As Catholic Christians, we believe in the SAINTS. They are people like us who also exist in time and space. They too have their own challenges as they journey through and in life. When they hear the call of God, they answer it wholeheartedly from the ears of their Heart. They Carry their CROSS until death.

Forty Days (40) of the journey after Christmas, on the second day of February, together with the Universal Church, we will be celebrating the Feast day of the Presentation of the Lord. Here we see Joseph and Mary took Jesus to the Temple of Jerusalem to present him to God. It was in obedience to the law of the Lord, which prescribed: "consecrate to me every first-born that opens the womb among the Israelites, for it belongs to me." (Exodus 13: 1). This Feast day challenges each one of us; Are we ready to present ourselves to God or one of our child to God too? To become a Religious Sister, Brother, and Priest to serve in our beloved Diocese since our Diocese is CRYING for more Vocation. Remember the words of Jesus; The harvest is RICH but the LABOUERS are a few.

Beloved Priests, Religious Brothers and Sisters and Laity of our beloved Diocese of Gizo, let us pray together asking the Intercession of the LITANY of SAINTS we are celebrating throughout this month of February to pray for our Diocese. Above all, let us ask the Master of the Harvest to send us more Labor to serve our People.

As we continue our journey in the second month of this year, remember that on the 14th day of this month, we will be celebrating Ash Wednesday, and we will begin the Season of Lent. During this season we will be preparing ourselves for the celebration of Easter. It is a season of fasting, prayer, and doing charity work in our communities helping those who are in need. I pray that we will have the strength as we journey through this season of Lent.

May God bless and protect you.

Servant Bishop Peter Houhou

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Pope Francis announces Year of Prayer to prepare for 2025 Jubilee.



Pope Francis announced the start of a Year of Prayer on Sunday in preparation for the Catholic Church’s 2025 Jubilee Year.

In his Angelus address, the pope said that a Year of Prayer starting on Jan. 21 will be “a year dedicated to rediscovering the great value and absolute need for prayer in one’s personal life, in the life of the Church, and in the world.”

“Dear brothers and sisters, the coming months will lead us to the opening of the Holy Door, with which we will begin the jubilee,” Pope Francis said from the window of the Apostolic Palace.

“I ask you to intensify your prayer to prepare us to live this event of grace well and to experience the power of God’s hope. That is why today we begin a Year of Prayer.”

The pope said that the Vatican’s Dicastery for Evangelization will publish resources to help Catholic communities to more fully participate in the Year of Prayer. The Holy See Press Office has also announced that a press conference on the Year of Prayer will take place on Jan. 23.

The Vatican and the city of Rome are expecting an estimated 35 million people to flock to the Eternal City for the 2025 Jubilee Year of Hope — the first ordinary jubilee since the Great Jubilee of 2000.

A jubilee is a special holy year of grace and pilgrimage in the Catholic Church. It typically takes place once every 25 years, though the pope can call for extraordinary jubilee years more often, such as in the case of the 2016 Year of Mercy or the 2013 Year of Faith.

Jubilees have biblical roots. The Book of Leviticus called for jubilee years to be held every 50 years for the freeing of slaves and forgiveness of debts as manifestations of God’s mercy. The practice was reestablished by Pope Boniface VIII in 1300.

The 2025 Jubilee Year begins on Dec. 24, 2024

(Christmas Eve), and concludes on Jan. 6, 2026.

The Holy Doors are a central part of any jubilee. These doors, found at St. Peter’s Basilica and Rome’s other major basilicas, are sealed from the inside and opened during a jubilee year.

The opening of the Holy Door symbolizes the offering of an “extraordinary path” toward salvation for Catholics during a jubilee. Pilgrims who walk through a Holy Door can receive a plenary indulgence under the usual conditions.

Pope Francis announced the Year of Prayer from the window of the Apostolic Palace after presiding over Mass in St. Peter’s Basilica for the Sunday of the Word of God.

In his reflection on Sunday’s Gospel in his Angelus address, Pope Francis said that “the Lord loves to involve us in his work of salvation.”

“Bringing God’s salvation to everyone was for Jesus the greatest joy, his mission, the meaning of his existence ... And in every word and deed with which we join with him in the beautiful adventure of giving love, light, and joy multiply not only around us but also within us,” he said.

14th February



During these 40 days, let us put away all our pride. Let us change our hearts and give up all that is not good within us. Let us love God with all that we are and all that we have.”

BISHOPS VISIT TO CHOISEUL PARISHES

Bishop Peter Houhou Reminds us of the Importance of Liturgy.

Bishop Peter Houhou reminded the parishioners of Voruvoru and Moli of the significance of the Liturgy in our church; this was during his visit to their parish last month December 2023.

He emphasizes the significance of the liturgy word, recalling how it was once above us in Heaven and how it became human through the Incarnation.

He reminds these two parishes of the two most significant aspects of the Mass—the liturgy of the Word and the liturgy of the Eucharist—as well as the ultimate form of prayer—the celebration of the Holy Eucharist Mass.

Saying that God is speaking to us at this time during our Mass celebrations, as we journey to build our diocese from generation to generation, inspired by His words, He never stops reminding us His love for our church.

He then said (Bishop) that the Bible is the library's collection book, and the bishop asked the parishioners to read it.

In addition to his visitation, he also stopped by St. Dominic Sirovanga and St. Don Bosco Taro, where he was warmly welcomed, and he said that he was so appreciated to become the first local

bishop, and his appointment for the Diocese of Gizo. Bishop Peter then instructed them to cooperate, listen, and exchange ideas while jointly organizing the initial stages of localization.

Everyone acknowledged the new bishop, and many of them shared some of the opportunities, growth, and challenges they face in terms of managing their parish.

They also gave recognition to the catechists who worked with our early missionaries. They serve as the vital link between the parishes and the diocese.

And more people have thanked Bishop Capelli sdb, our Emeritus bishop, for his unwavering devotion to our diocese.



Don Bosco Nusabaku Gizo Celebrate Feast Day of St. John Bosco.

St. John Bosco Primary School Nusabaruku Gizo had their Thanksgiving Mass for their academic year during the feast day of their patron saint, St John Bosco, on Wednesday 31st January.

A beautiful celebration to commemorate the day was conducted by Fr. Dominic Soloko with his homily on the theme "Obedience", to St. John Bosco.

During Mass, the new Principal for Don Bosco Primary School, Mr. Fabiano Tebaia was welcomed into the school.



The Presentation of the Lord.



The Presentation of the Lord will be on Friday, February 2, 2024. The Presentation of the Lord is also known as Candlemas Day, and is a Christian holiday commemorating the presentation of Jesus at the Temple². The holiday is celebrated annually on February 2, and is observed by many Christians around the world.

IMPORTANT SUNDAYS IN FEBRUARY

11th —Sixth Sunday in ordinary time
(Year c): Our Lady of Lourdes

18th —First Sunday of Lent: St. John 1 Pope and Martyr (0)

25th — Second Sunday of Lent: St. Bede the Venerable Priest and Doctor St. Gregory VII, Pope (0)



SAINT EUSEBIUS NEWS IN BITS

St. Eusebius Noro Applauds December Events.



Saint Eusebius Noro was commended for their deeds of December 2023.

Among their delightful events was the visitation of Fr. Umberto, General Superior of Servants of Charity, who was escorted by Fr. Luigi, Delegate Superior of SMD, who highlighted their visit to Rarumana for the consecration of the renovated Chapel and their visit to Bishop Peter Houhou at Gizo as well as the visit of the two Italian AMIS volunteers.

Following that, the Feasts of St. Stephen Chapel in Sulumoni Village on Kolobangara and the Holy Family Feast in Canaan, Kohigo Island were also celebrated.

In fact, the parishioners in the rural areas surrounding Noro Township were made to feel cheerful by these activities.



St Eusebius Celebrates Word of God.

The Saint Eusebius Parish in Noro celebrated the Liturgy of the Word of God on Sunday, January 21st in three locations; Noro, Ringi, and Canaan.

The mothers who put so much effort into creating a beautiful entrance and Bible enthronement showed their respect for God's Word and were appreciated by all of the faithful at



Noro.

Marking the occasion, simple processions honoring God's Word were also held at Canaan and Ringi.

The Pope established the day as a profoundly pastoral initiative to the importance of what the Word of God has in the daily life of the Church and our communities, a Word that is not confined to

a book, but one that remains ever alive and becomes a concrete and tangible sign.

Pope said "brothers and sisters, what God, the Scripture tells us is, the author of beauty; let us allow ourselves to be conquered by the beauty that the word of God brings into our lives and let the Word of God renew our lives in hope and charity" the Popes said.



NORTHERN DEANERY NEWS IN BISTS

Moli Parish Pastoral Council has a New Coordinator.



St. Joseph Moli Parish Pastoral Council has a new coordinator, Miss Angelina Vasota.

Reporting from Moli Parish, the Media Volunteer, Anthony, stated that the new Parish Coordinator was appointed during their two-day meeting on the 17th of January this year to oversee their parish program of activities.

The plans and budgets for this year's pastoral activities have now been finalized, and the parish will convene again in June to implement the half year budget and pastoral initiatives, said Anthony



Parishioners Appreciate their New Bishop.

Many parish leaders from Voruvoru to St. Joseph Moli thanked our new bishop, Bishop Peter



Houhou, during his one-week tour in December 2023.

Upon his arrival, he was welcomed with a customary garlanding ceremony, designating him as their distinguished guest for the day. Chiefs, prominent people, and church leaders congratulated him on his visit and expressed their sincere happiness.

Most of them stated that they had anticipated an expatriate bishop rather than a local one; the appointment of a local bishop indicates that the church is maturing and is no longer a mission.

They requested the assistance and collaboration of their communities to establish their diocese and maintain the church, so that it would not be simple traveling with our new bishop; there would be challenges, they said.

Bishop Peter Houhou's visitation commenced with a welcome upon his arrival at Taro airstrip to Christ the King Voruvoru, St. Dominic Sirovanga, St. John Bosco Taro and St. Joseph Parish Moli parishes.



HEALTH TIPS & NEXT EVENTS

From previous article

Treatment of Stress and Blood Sugar



The good news is that both stress and blood sugar complications are treatable. Stress is usually treated with psychotherapy and stress management techniques. Diabetes is treated with medication, along with diet, exercise, and lifestyle changes.

Diabetes Treatments

If you've been diagnosed with diabetes, you will need to take a medication called insulin, which helps your body regulate blood sugar. You will also need to monitor your blood glucose levels at home.

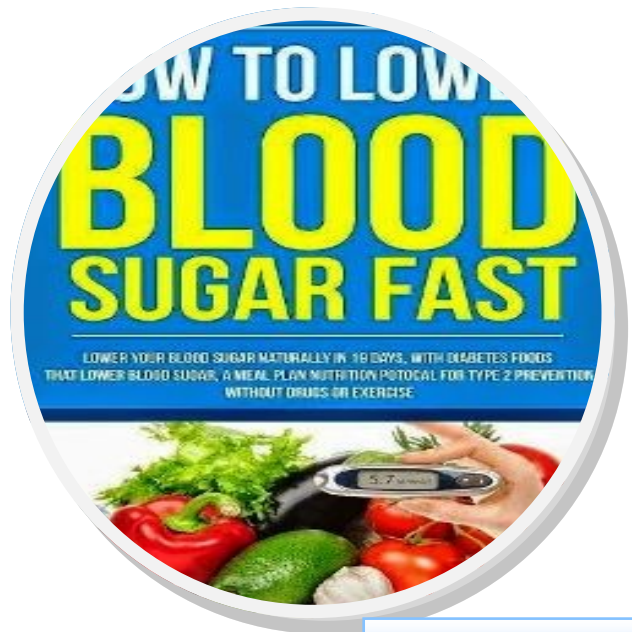
Additionally, you will need to stick to a diet that is low in sugar and carbohydrates but rich in protein, healthy fats, fiber, fruits and vegetables. If you are overweight, you will likely be advised to lose weight. Your cholesterol and blood pressure will need to be monitored, along with your blood

sugars. You should quit smoking if you are diagnosed with diabetes.

Stress Treatment

If you are experiencing stress, there are several different therapy treatment options that can help you manage your feelings, and react to stress in more healthy and balanced ways. Therapy types that work best for stress include:

- 9 Cognitive behavioral therapy (CBT)
- Interpersonal therapy
- Dialectical behavioral therapy (DBT)
- Psychodynamic therapy
- Eye movement desensitization resolution (EMDR)



To be continue next issue

- UPCOMING EVENTS FOR MARCH 2024 -

PALM SUNDAY



24th of March

PASCHAL TRIDUUMP



28th to 30th March