



INSIDE THIS ISSUE:

Page 1 & 2: Bishop's PM message. Page 3: Vatican News. Page 4: Religious. Page 5: Southern Deanery News. Page 6: Northern Deanery News. Page 7: Health tips & coming Events.



CHOOSING A SAINT AS YOUR PATRONAGE AND A MODEL IN LIFE



Dear beloved Diocesan and Religious Priests, Religious Brothers and Sisters and Laity of our Diocese of Gizo, under the geographical boundary of Western, Choiseul and Isabel Provinces. As Servant Bishop of the Diocese, I want to express my words of gratitude to you all for courageously climbing so faithfully with great pas-

sion the mountain of Faith 2024 with our beloved Laity making sure that no one was left behind or fallen over the cliff. I do hope that everyone arrived safely at the top on level ground of the mountain of faith joining the Angels and Saints in Adoration of the REAL PRESENCE OF THE PRECIUOS BODY AND BLOOD OF CHRIST IN THE EUCHARIST. Not only that, but also to reflect in meditation on the MOST SACRED HEART OF JESUS as he hung on the Cross and from his pierced side continuously flowing BLOOD AND WATER, the source and fountain of all Sacraments in our Church that nourishes us all spiritually.

As a family of the Diocese, let us put our voices together in thanking God our Heavenly Father for giving us this beautiful month of July, the seventh month of our journey for this year 2024.

Looking through our Liturgical Calendar, we are just so blessed that this month of July is full of saints. People who once upon a time they too walked on this planet earth. They too have been through ups and down and challenges that shaped and molded them to be a kind of a person God wants each one of them to be. Now, because of their faithfulness, commitment, passion and

love in preaching the Gospel of Christ and the Kingdom, God raised them up to a higher level of life to be with him and dwell with the angels and the great multitude of saints in Heaven.

Reflecting on the life of each of the saints the Church has given us in this month of July, there are so many things that we can learn from them: To live a life of prayer; To forget oneself and live a life of service for others; To live a life of simplicity and humility; To offer oneself as a sacrifice for Christ.

Now, on our part, reflecting on their lives; what is our responsibility and our relationship towards and with them? They are a great men and women of good will in their time witnessing and reaching out to the poor. This year, how are we going to celebrate their Feast days, thanking each one of them for the job well done.

Looking back in history, when the early Missionaries came to our shores many years ago, what happened? First thing they did before establishing a Mission Station was they choose a Saint as the Patron for their new Home. As a Catholic Christians, during this month make your choice now, as to which among the saints would you like to be your Patron Saint and your Model saint in life. It could be the saint name chosen and given to you in Baptism or the name you yourself have chosen when you received the Sacrament of Confirmation.

During this month of July, as our servant Bishop of the Diocese, I want to encourage Families, Communities, Zones, Ministries, Deaneries, and Parishes to choose your patron and model saints. Those who have already chosen theirs, what you are to do now is to start journeying and praying with them. As Catholic Christians, it is very important for us to start building our Spiritual

Continue next page, p 2

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BISHOP'S PASTORAL MESSAGE

Bishop's Pastoral Message continue relationship with the saints who are living now with God in Heaven, a place where one day you and I will be going to be with the Saints and the Angels in the presence of God.

A. FAMILY PATRON AND MODEL SAINT:

1. I want to encourage Parents in all our families to sit down together and choose your Family Saint. If possible have a Small Prayer Room in your House. Also if possible, find a small statue of your Family Saint and enthrone Him /Her in your small prayer room. Also you must have a prayer program with your saint.

B. COMMUNITY PATRON AND MODEL SAINT:

2. I do believe that all our community Churches already have their Patron Saints. If your community church has not yet chosen one, then, I encourage you to come together and choose One.

C. COMMUNITY PATRON AND MODEL SAINT:

3. I do believe that all our community Churches already have their Patron Saints. If your community church has not yet chosen one, then, I encourage you to come together and choose One.

D. ZONE PATRON AND MODEL SAINT:

4. I do believe that all our zones already have their Zone Patron Saints. Again, if your Zone has not yet chosen their Patron Saint, then, have a zone meeting and choose One.

E. MINISTRIES AND PRAYER GROUPS PATRON SAINTS:

5. Again, I do believe that all our Ministries and Prayer Groups working in our Diocese already have a Patron Saint who is the Founder of the Ministry or Prayer Group.

F. DEANERY PATRON AND MODEL SAINTS:

6. In our Diocese of Gizo, have only 2 Deaneries and I believe that our 2 deaneries have chosen their Deanery Saint already. If not yet then, Dean and his committee has to have a meeting to choose their deanery Patron Saint.

G. PARISH PATRON AND MODEL SAINTS:

7. In our beloved Diocese of Gizo, we have 8 parishes and I believe that each of our Parishes already have their Patron and model Saints.

H. PRIEST AND BISHOP PATRON AND MODEL SAINTS:

8. As Bishop and Priest working in our Diocese, it is very important to have a spiritual companion (Priest/Bishop) who will be your companion in your spiritual journey. Not only that, but, choose among the great multitude of saints, someone who will be journeying and praying for you and with you.

DIOCESAN PATRON AND MODEL SAINT:

As a Diocese, we also should have a Saint. To have Gizo as a name of the Diocese is not enough, but to have a Saint Name as its' Patron, is more meaningful and Christian.

Brothers and Sisters in Christ, the very purpose of lead-

ing you along this spiritual path of the saints is to encourage you to start building your spiritual relationship with those who have gone before us, especially the Saints, those of whom the Church canonized as Saints. Also, I encourage you to faithfully journey with your saint in your prayer programs; Knowing that Your saint is your intercessor; your saint is your protector in times of danger and trouble; your saint is your guard to do things according to God's will and not your will.

Above all, on the Feast day of your saint, invite a priest or a Bishop to celebrate Mass together as a Family, Community, Zone, Ministry, Deanery, Parish, Priests and a Diocese, to commemorate and celebrate that great Saint Feast Day.

Dear Brothers and Sisters in Christ,

Let us Thank God our Heavenly Father for the great Gift Saints in the Church.

May all the Saints in Heaven Pray for our Diocese of Gizo.

Your Servant Bishop Peter HOUHOU

Our Lady of Peace, Mother of Peace, Queen of Peace....

...or Our Lady Queen of Peace is a title of the Blessed Virgin Mary in the our Church. She is represented in art holding a dove and an olive branch, symbols of peace. Her official memorial in the General Roman Calendar is on July 9 in the universal Church except for Hawaii and some churches in the United States, where it is kept on January 24.



Blessed Peter Torot

July 8th Tuesday



On January 17, 1995, Pope John Paul II visited Papua New Guinea to celebrate the beatification of Peter To Rot (pronounced "toe rote"). Missionaries of the Sacred Heart throughout the world celebrated because Peter To Rot was intimately connected to our missions. He was trained by and worked with the MSC on the island of New Britain in Papua New Guinea.

POPES MESSAGE FOR YOUNG PEOPLE



Conflicts require peaceful Solutions, Negotiations



During his Sunday Angelus address, Pope Francis makes appeal for leaders to act responsibly, cultivate peace, and pursue negotiations to ongoing conflicts and wars.

"May the Holy Spirit enlighten the minds of rulers, instill in them wisdom and a sense of responsibility, to avoid any action or word that fuels confrontation and instead aim resolutely at a peaceful solution to conflicts."

Pope Francis made this appeal during his weekly Angelus address on Sunday, as he recalled the tragic events happening in the Holy Land and in Ukraine, and said that to overcome conflicts, "negotiations are required."

Addressing the faithful gathered in St. Peter's Square, and all following from afar, the Holy Father discussed the wars plaguing the world.

"Let us continue to pray for peace," the Pope urged, recalling in a special way, Ukraine, Palestine, the Democratic Republic of Congo, and Israel. Noticing an Israeli flag being waved by pilgrims in St Peter's Square, the Pope recalled also having saw it hanging earlier Sunday morning from a balcony as he was returning from the Church of the Holy Forty Martyrs and St Paschal Baylon, in Rome's Trastevere neighborhood.

"It is a call to peace!" he stressed.

'Let us pray for peace'

"Let us pray for peace!" the Pope appealed, as he remembered in a special way "tormented Ukraine, which suffers so much."

"Let there be peace!" he said, calling on rulers to act responsibly and work to end conflicts.

MARY'S PILGRIMAGE PRAISE.



Our parishes have received more expressions of gratitude from our parishioners for Mary's pilgrimage around parishes during Her month May.

They claimed that the program was successfully launched from the beginning to the conclusion. They added that the colorful activities involved everyone traveling with Mary's sculpture, signifying

her presence as she traveled across rivers, over valleys and mountains, and along the coastal areas.

Others who are far away from their parish have followed social media and have been blessed seeing only the pictures are also part of the event giving out their congratulation and asking Mama Mary for prayer for intercession.

Others observed that Mary's pilgrimage made it possible for people who couldn't be there, like the elderly and disables, to participate in the festivities and asked Mary to intercede on their behalf.

In addition, people who are unable to participate in Eucharistic celebrations have sensed Mary's call and seen that the church is alive.

In summary, Mary's pilgrimage carries both religious and symbolic meanings, emphasizing faith, devotion, and connection to the Divine.

HAPPY JUBILEE ANNIVERSARY AND RETREAT

FIVE DAYS LONG RETREAT AT BETHANIA & IMAGINATION ISLAND

Five Days of silent Retreat following the method of the Spiritual Exercises of St. Ignatius of Loyola.

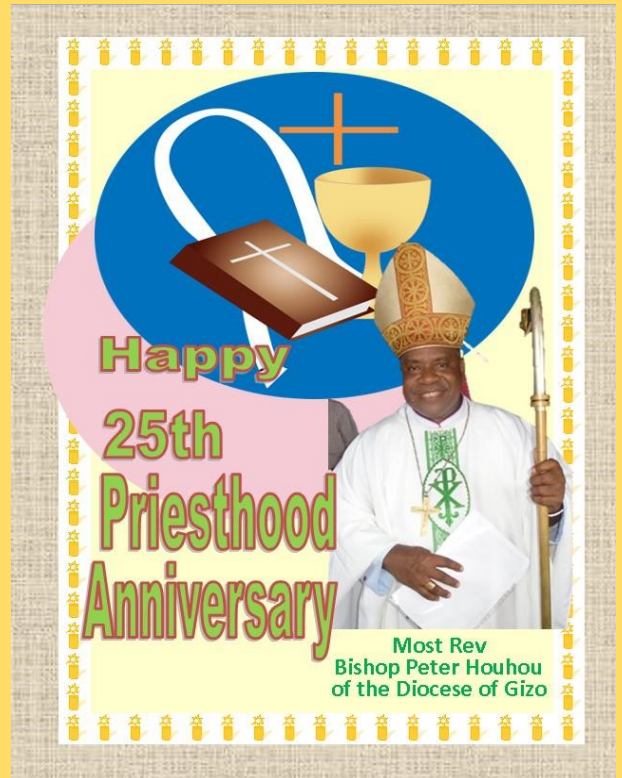
"The Spiritual Exercises of St. Ignatius Loyola" is a collection of contemplative activities, prayers, meditations, and thoughts. A way for everyone to search for and find God in their neighborhoods and work-places.

The practices include meditations on a number of important exercises and the biblically revealed mysteries of Christ's life.

With Fr. Ruel Fernandez, are Sisters of the Servant of the Visitation Nusabaruku and La Pieta Sister from Honiara



Some of the Happenings



HAPPY JUBILEE ANNIVERSARY!



Fr Henry Paroi OP bap-
tized 52 babies, children



Sacred Heart Feast
Day at Maleai village



Farewell—Br. Eris Zeus at St. Eusebius parish Noro

ST. PETER PARISH NEWS IN BITS

Nusabaruku Nuns Commemorate Feast Day of our Lady.



Nusabaruku Sisters of the Visitation Servants were delighted to honor Our Lady in the Visitation on Friday,

day, May 31, at Our Lady of Assumption Church in Nusabaruku.

The celebration kicked off with a Thanksgiving Mass presided over by Bishop Peter Houhou. In his homily, he gave a lovely message on Mama Mary's call to mission, which Mary who answered was a great mission from Heaven.

The Mass Liturgy was made alive with singing from the children and the Bible process and offerings from the little ones.

After the Mass, delicious catering was provided for everyone, and a closing prayer brought the event to a close.



Gizo Commemorate Sts Peter and Paul Solemnity, and an Advance Anniversary.

St. Peter Parish commemorated Saints Peter and Paul solemnity and an advance celebration for Bishop Peter Houhou's 25th Anniversary of his Priesthood Ordination here at St. Peters compound Gizo on the 30th of July.



The celebration was made beautiful as parishioners gathered to thank God for the gift of these two saints and their bishop, Bishop Peter Houhou for the journey he took up in his priesthood vocation.

As usual, after the Mass celebration, dinner was served for everyone with speeches and entertainments.



NORTHERN DEANERY NEWS IN BITS

New Executive for CWC Moli.



The new executives of the Catholic Women's Council (CWC) were elected to take up management for 2 years. It will be administered by their newly elected president Mrs. Placida Repebatu.

They were commissioned by Fr. Timothy on Sunday, the 2nd of June at Moli Catholic mission station.

The CWC is a global network of Roman Catholic movements and organizations that aims to recognize, inside the Church, the equality and full dignity of women.

Taro Supizae Youths Success a Day Reflection.



St. John Bosco Taro effectively concluded a day of reflection for youths at Taro Parish Chapel on Saturday, the 15th of June.

The Parish Priest, Fr. Jacob Qetobacho, led the program, which included Catholic youths from Taro and Supizae.

The program highlights Fr. Jacob's highly significant talks, and questions were raised by youths and individuals sharing in a large group.

The program concluded successfully in the late afternoon.

CWC St. John Bosco Complete Day Program.



St. John Bosco Taro concluded a day program at one of its neighborhood churches Tarekukure on June 22.

As part of their schedule, each one was greeted upon arrival and their Thanksgiving Mass was celebrated by their parish priest Fr. Jacob Qetobacho.

A beautiful celebration has kept them occupied with indoor Bible games, following a quick fundraising session and thanking the Almighty to conclude their program.



Christ the King Parish Complete 3 days Council Meeting



Christ the King Parish Voruvoru completed their 3-day council meeting from 14 to 16 July at Tutu village.

Fr. Tomas Pata reported from that parish, stating that thirty members attended the meeting, which proved to be a blessed and productive gathering.

He expressed his gratitude to Tutu Zone for the lodging and food provided during these wonderful times.

HEALTH TIPS & NEXT EVENTS.

From previous article (Mayo Clinic Online)

Diagnosis

Finding the cause of liver damage and how bad it is help guide treatment. Your healthcare professional starts with a health history and complete physical exam.

Your healthcare professional may then suggest:

- **Blood tests.** A group of blood tests called liver function tests can diagnose liver disease. Other blood tests can be done to look for certain liver problems or conditions caused by gene changes.
- **Imaging tests.** An ultrasound, CT scan and MRI can show liver damage.
- **Checking a tissue sample.** Removing a tissue sample, called a biopsy, from the liver may help diagnose liver disease. A liver biopsy is most often done using a long needle put through the skin to get a tissue sample. The sample is then sent to a lab for testing.

Treatment

Treatment for liver disease depends on the diagnosis. Some liver problems can be treated with lifestyle changes. These might include losing weight or not drinking alcohol. These changes often are part of a medical program that includes watching liver function.

Other liver problems may be treated with medicines or surgery.

Liver disease that causes liver failure may need a liver transplant.

Lifestyle and home remedies

Changing some lifestyle habits often can help improve liver health. If you've been diagnosed with liver disease, your healthcare professional might suggest that you:

- Drink little alcohol, if any.
- Eat a healthy diet. Eat fruits, vegetables and whole grains. Don't eat foods with a lot of sugar or fructose.
- Limit the fat you eat. Eat healthier fats, such as those in fish, olive oil and walnuts. Limit red meat.
- Try to stay at a healthy weight. Lose weight slowly if you're overweight.



To be continue next issue

- UPCOMING EVENTS FOR AUGUST 2024 -

TRANSFIGURATION OF OUR LORD (Tuesday, August 6, 2024)



The Feast of the Transfiguration of Our Lord recalls the revelation of Christ's glory on Mount Tabor in the presence of three of His disciples, Peter, James, and John. Christ was transfigured before their eyes, shining with divine light, and He was joined by Moses and Elijah.

The Assumption of the Blessed Virgin Mary.

(Thursday, August 15, 2024)

The Assumption of the Blessed Virgin Mary in 2024 will be celebrated on Thursday, August. This feast day commemorates the day the Blessed Virgin Mary was assumed into heaven.

