



BISHOPS' PASTORAL MESSAGE — August 2023.

Dear Gizo Diocese collaborators, benefactors, people of God,



In my last message I only remember the most important things, I forget all the rest
What is the most important message I can leave you after these 24 years in the Solomons and 16 years in Gizo?

I came to Gizo right after the earthquake and tsunami of 2007 and I could notice the hardships you endured having been so affected... I saw the sadness in your eyes for being victims of such great disaster. It was easy for me to look for a motto for my episcopacy. I saw my mission as the one of 'encouraging', inspiring supporting you in your sufferings. **"Lift up your hearts"...** If I could only help you to 'lift up your hearts' you would have managed your sad situation in a better way and it would be a big joy for me and my mission as your shepherd. No one can help people to lift up their hearts if he/she himself/herself is down hearted. The faithful of the Gizo Diocese needed stand up around a specific mission first individually and then together in communion.

To lift up the heart of others we need "courage" and "enthusiasm" in our personal life. The word "courage" comes from the latin word "cor", the heart, the center of passion for life and the word "enthusiasm" comes from Greek "En Theos" (with God) the motivating force of grace which supports

all courage and all pastoral action.

- The assumption of Mary which we are about to celebrate is a perfect example of courage and Enthusiasm. She put her personal plans aside and she said that YES to the dream of God for Humanity... which entailed her courage to defend that yes at the foot of the cross. Because of this she was awarded with her assumption into heaven, body and Spirit.*
- My other model has been Don Bosco, the saint who inspired me to say my yes to His plan... till my last breath (his words)*
- By this passion in the heart with the motivation of God's Grace I tried to make my life His gift to you. I saw your pain, I sat, planned and dreamt with you, we worked together with passion sustained by God's grace in building His kingdom in our hearts... trying to be a model to our youth.*
- This communion of passion and motivation enabled us to put together some important projects for the Education, Evangelization and Health care for our people.*
- As I end my commitment and pass on the Diocese to a young man from Guale allow me to invite you to give him the same support you have given me.*
- May our benefactors and volunteers continue to journey with us.*
- May the good Lord through His Mother and St John Bosco continue to give us COURAGE AND ENTHUSIASM and keep us united as we give priority to His kingdom. All the rest (including buildings and programs) are only logistics and technology*
- With my blessings and availability if still needed.*

From + Luciano Capelli, sdb
For you a Bishop (for 16 years), with you a brother who loves you with a 'solo' heart made in Italy.

To lift up the heart of others we need "courage" and "enthusiasm" in our personal life.

LATE FR. SIMON SUVENAVA OP***Inside this issue.***

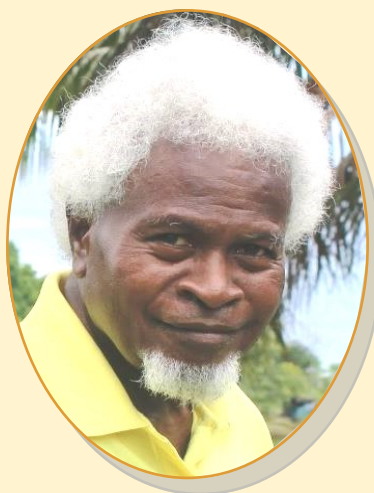
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We heard the sad news of the passing away of Fr. Simon Suvenava OP.

He died on the 20th July at about 3.30 after a fall in the priest's house at Sirovanga.

Let us be one in prayers for Him.



He lately was feeling very weak and has been in the hospital both in Honiara and Gizo.

During the last month's retreat he had dengue fever.

LET US IMITATE HIS PASTORAL ZEAL and cheerfulness

Fr. Simon intercede for us.

Brief History of Late Fr. Simon Suvenava OP.

The late Fr. Simon Suvenava OP was born on 25th January 1955 and was the 5th of nine children brought up in a Christian family.

His parents Joseph Dokekana and Clara Dokekana with the help of our church leaders, inspired the Late Fr. Simon Suvenava to have the vision to become a priest.

He attended St Joseph's Moli School from 1964 – 1967 from classes 1-4 in the primary level. From 1968 – 1970 he attended classes 5 – 7 at Nila Primary School in Shortlands.

In the year 1971, he left for Bougainville to complete forms 1 – 4 at St Joseph's Rigu, Kieta. After a couple of years of completing his studies up to Form 4, he attended St. Peter Chanel Minor Seminary for Forms 5 and 6 from 1975 to 1976 at Rabaul.

His vision to become a priest gave him the opportunity to enter the Novitiate in 1977 as the Holy Spirit Major Seminary was just a doorstep ahead and immediately these took him from 1978 till he was ordained priesthood in 1985 at his homeland at Sirovanga Catholic Mission Station.

He served as a priest for 37 years and 7 months.

He was called to rest after a fall from the priest's house at Sirovanga. He battled some kind of generalized health issues due to frequent viral attacks.

His priestly motto:

DO NOT BE AFRAID LITTLE FLOCK.

Late Fr Simon Suvenava OP was a gentle, humble and welcoming person. His priestly seniority shaped him into a person open to everybody. He was a kind priest with humility. We Will never forget All his good deeds serving the people of our beloved Diocese Gizo and abroad.

GIZO NEWS IN BITS & TAGIO TUMAS BP

Youth Chairman Thanks for a Privilege Program.



A chairperson for St. Peter youth has thanked the youths for the program that was organized on Sunday 16th of July.

He said that there are no possibilities to have a planned activity that may involve or motivate other youths during this time, but the Sunday program has

meant to have us together and to stay in touch with our Salesian Sister who contributed a lot in bringing us closer to the church.

He said there are planned activities for outdoor and cultural programs, but due to other commitments with our parish and the diocese, these have to be postponed.

He said he is hopeful that with the remaining number of months coming up, he would like everyone's co 'operation and encourages everyone's participation as it is important in promoting positive development for everyone'.

Gizo Children Receive their Sacrament.



On Sunday, 23rd of July 2023, Twenty Eight children received the Sacrament of Confirmation, while nine of them received their Sacrament of First Holy Communion here at St. Peters Cathedral Church in Gizo.

Congratulating them with the Blessing from our Bishop, many came to witness the occasion while Sr. Regina thanked everyone for their prayers and support to fulfill this beautiful Eucharistic celebration.

The beautiful celebration was witnessed by parents, sponsors and the parishioners. This has motivated other children to follow their fellow ones.

TAGIO TUMAS BISHOP LUCIANO CAPELLI SDB

Palmer Endson(Pamzii Bwoy)

*(PE Refrigerator & Air conditioning services)
(SPUTC student 2013 & 2014)*



His Most Rev, Bishop Luciano Capelli sdb. Thank you so much for the great work that you did for me, as I'm one who realized and recognized my education career that was rebuilt through the school (St. Peter Urban Training Center) that you established.

I witnessed how you lifted up the very heart of many young people in Gizo who just left school at grade (class) 3 and with the establishment they have learned many skills and talents.

Thank you so much Bishop and May God will continue to bless you in your time of retirement as you continue to serve him. Gracio!

Anthony Telova

(Media Volunteer St. Joseph parish Moli)



We the people of Moli Parish would like also to thank you our Bishop Luciano Capelli sdb during your reign as a bishop of the Diocese of Gizo.

Our parish has benefited a lot from you (As a great leader), especially in building our new church, which we struggled for 20 years and our new secondary school from the mainland to the mission station, as well as building the Pastoral center, etc.

Words cannot express our happiness. For us, you are a Real Hero of our church. We wish you our beloved bishop all the best as you continue to serve God as a pastoral leader. As a media volunteer for St Joseph Moli Parish and on behalf of our Parish Priest, Parish Executive, Chiefs, leaders and parishioners from the bottom of our Hearts we would like to say 'WE LOVE YOU.

A GREAT HERO.VELAKA SIVALA BISHOP LUCIANO CAPELLI SDB'.

ST. PETER AND SACRED HEART PARISH

St. Peter Gizo in \$36,000 in Fundraising.



St. Peter Gizo Catholic community raised a total of \$35,672.40 on

Friday 14th and 28th July 2023.

The two fundraising drives reached this amount as a result of contributions/donations, sales of uncooked and cooked foods, fruits and vegetables, entertainments, sing-along (Karaoke), card games and children's games.

The Fundraising involved, Loga, Fishing village, Nusabaruku, Titiana and Gizo. It turned out to be successful and the fundraising committee is very happy with everyone's participation towards these fundraising drives in support of the Installation of our new bishop on August 27th 2023.

The committee thanks everyone involved for their support for the coming installation ceremony.

Wagina Kindergarten Celebrate their Solemnity.



Wagina Kindergarten has responded by celebrating the solemnity of their parish the Sacred Heart of Jesus on the 16th of June 2023.

Reporting from Wagina

Parish, Miss Renga Cathy said that though the parish has missed out, however, with the help of their two priests and other Religious Sisters the kindergarten children have their opportunity to celebrate.

The highlight was the blowing and cutting of a

feast day cake by two children representing their kindergarten and their whole parish.

A cheer of appreciation to express their congratulation "Hip hip hooray!" has expressed their happiness towards their celebration.

St. Peter School Open Day Praise.



St. Peter school open day on the 26th of July around the school compound was highly praised by parents, guardians and other observers.

The students of the Training Center Division showcased their skills by displaying some of the things they learned. An observer said that the skills displayed really showed that they have learned a lot during their time with their instructors.

In the Kindergarten Division, the parents and guardians had time to listen, question and praise the school facilities that the school has.

Many praised the school for the facilities and the student's performances especially for the Tourism Sector. Compared to other training centers this training center is the best one observer commented..

The Training Center is administrated and instructed by the Salesians Sisters and other former students who graduated from the Center.

The open day commenced with the Thanksgiving Mass. After Mass, they had speeches. Groups were then formed and allocated with two student guides to tour the various divisions such as Hospitality & Tourism, Carpentry and Building, Electrical, Mechanics and the Early Childhood (PPY) of the St Peter's Kindergarten. During this tour, they were able to see what the students have produced which were on display.



ST. JOSEPH MOLI AND FROM CCSI CONDOLENCE

Frequent Meets Brings Plan to the Top.

plan to the top for the development of their parish. Their meeting ended with the blessing of their constitution



Since the first meeting at the beginning of the year 2023, the Moli

Parish Council of St. Joseph Parish had a number of plans that were implemented. However, the council believed that having frequent meetings has its advantages; as some of the plans that were not implemented had to be evaluated.

During these 6 months, the council had three meetings that brought the team to its best as they could plan and evaluate.

This Tuesday 18th of July, the council gathered at the mission station of Moli Island with their plans and evaluations.

Reporting from that parish, the media volunteer Anthony Telovae said that their plans involving infrastructures, re-plantations, tourism, and other pastoral (Spiritual) programs have brought their

Transfiguration of the lord.



(Sunday 6th of August)

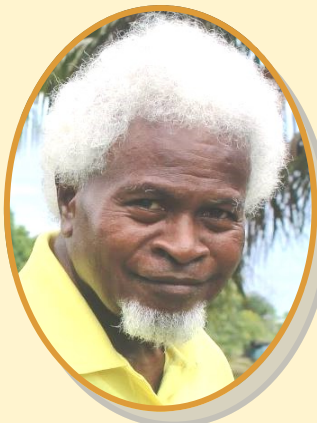
The Assumption of the Blessed Virgin Mary

Tuesday 15th of August



FROM THE CATHOLIC COMMUNICATION

Dear Friends and Parishioners



It is with deep sadness that we inform you of the passing of Fr. Simon Suvonava OP, who departed from us on the afternoon of 20th July 2023 at Sirovanga Parish, Gizo Diocese. Fr. Simon had been battling with illness for some time and was recently feeling very weak.

Fr. Simon touched the lives of many with his compassion, kindness, and unwavering dedication to his ministry. His loss leaves a void that will be felt deeply by all who knew him.

We extend our heartfelt condolences to his family, friends, and the entire community. May we find solace in the cherished memories we shared with Fr. Simon and may his soul find eternal peace.

COMPLICATION OF STRESS

Can Stress Cause High Blood Pressure?

(<https://www.verywellmind.com/stress-and-high-blood-pressure-the-relationship-symptoms-and-treatments-6361629>)

When you are stressed, your body responds in a couple of ways. Your heart rate and pulse quicken, your muscles tighten, and your blood pressure also rises. Being in a constant state of stress has been linked to the development of high blood pressure.

High blood pressure is a condition that increases your risk of developing heart conditions. If left undiagnosed, it can be fatal.

The Connection Between Stress and High Blood Pressure.

It's established that your blood pressure may rise when you are in a stressful situation. When stressed, your body releases adrenaline and cortisol into your bloodstream. The sudden surge of these hormones triggers a phenomenon known as a "fight or flight" response. When your body is in this state, your heart rate quickens, your blood levels constrict, and your blood pressure levels rise. However, stress doesn't necessarily mean you'll continue living with elevated blood pressure. These symptoms dissipate once the stressor is eliminated and your blood pressure levels return to normal. There are two forms of stress: acute and chronic stress.



Acute Stress

Acute stress is typically temporary, brought on by a single event that will pass with time. For instance, you might feel acute stress while in the middle of an argument, but the sensation will pass once the dispute has been resolved. While your blood pressure might spike when you are feeling acute stress, it's unlikely to remain elevated. It's also

normal for your blood pressure levels to fluctuate throughout the day based on various factors. However, if left unchecked, it's possible for acute stress to develop into chronic stress. If you continue to expose yourself to a stressor after your first encounter with the stressor, it can cause chronic stress to develop.

Chronic Stress

Chronic stress, on the other hand, is more long-term than acute stress. With chronic stress, you are in a state of stress for a prolonged period. For instance, if you work in a demanding job that causes stress, you might feel stressed for as long as you are in that job. While researchers are a little unclear on the link between chronic stress and high blood pressure, chronic stress has been identified as one of the most likely culprits causing the development of high blood pressure. Stress causes you to develop unhealthy habits that can lead to medical complications. These have been shown to heighten your risk of high blood pressure significantly.

To be continue next issue

- UPCOMMING FEAST DAYS FOR SEPTEMBER -

The Feast of the Most Holy Name of Mary is the 12th September.

The Most Holy Name Of Mary: Holy Mary, Mother of God, pray for us sinners now and at the hour of our death. Amen.



The Feast of the Universal Exaltation of the Precious and Life-Giving Cross is celebrated each year on September 14.

The Feast commemorates the finding of the True Cross of our Lord and Savior Jesus Christ by Saint Helen, the mother of the Emperor Constantine1.

