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Dear beloved Priests, Religious Brothers and Sisters, Catechists, Head of Ministries, Prayer groups, Fathers and Mothers of our Families, Laity and People of God in our beloved diocese of Gizo and not forgetting our beloved brothers and sisters who are staying and working in different parts of the country and abroad, who are living outside the geographical Boundary of the Diocese.

IN THE NAME OF OUR NEWBORN KING, JESUS CHRIST, HAPPY CHRISTMAS 2023 AND HAPPY NEW YEAR 2024 TO YOU ALL.

Last year, on the 27th day of the month of August 2023, I was Installed as the New Local Bishop of our Diocese of Gizo, at St. Peters Cathedral. A few months later, I visited all the Parishes throughout our diocese before Christmas and New Year. The very purpose of my visit was to meet you all, to see you, and for you to see me, to talk with you, and for you to talk with me, to plan together, what we can do together to build our diocese holistically. Above all, to celebrate the Holy Sacrifice of the Eucharist with you as a family.

During my visit to all our parishes, I passed on a very important message to our good people, and the message is about the seed of Localization. My dear beloved brothers and sisters of Gizo Diocese, as our local bishop, I want to acknowledge our early Missionaries who brought in and planted the Seed of Faith in our diocese with the help of our Great, Great Grannies who work tirelessly to make sure the seed is growing. Because of their Faith, Hope, Love, and care for the Church, we became Christian, and the Catholic Church is growing in number as we have today. Not only that but the fruit of their good work, now, our diocese has been Localized.

Here are a few questions for our reflection: Are we ready to plant the seed of localization in our diocese? How are we going to plant it? Who is going to plant it? Where are we going to plant it? When are we going to plant it? If our great, great grannies can do the planting of the seed of faith, we can also do the planting of the seed of localization.

My dear beloved, brothers and sisters of Gizo Diocese, if we do not plant the seed of localization now, it will not grow and it will remain a single seed, and it will not bear fruit as we have expected. The life and the growth of the seed of localization are in our good and caring hands. If we join our hands together, if we work together, if we put our minds together, if we put all our resources together, the seed will germinate and grow and become a tree, have branches and bear fruit in plenty, and generations to come will enjoy it.

My dear brothers and sisters of Gizo Diocese, on the very last minute of the last second of the tick of the clock before we say a Big goodbye to 2023 and say a Big Welcome to 2024 our Cathedral Bell rang. When I heard the beautiful sound of the bell, it reminded me of the RACE that I will take for this New Year 2024, and the race starts that very moment at 12: midnight.

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The Catholic Media office Diocese of Gizo Rellysdom Aaron Malakana*

CATHOLIC NEWS AGENCY – POPE FRANCIS.

Bishop PM from front page.

My dear beloved priests, Religious brothers and sisters, Catechists, Head of Ministries, Prayer Groups, Fathers and Mothers of our Families, Laity, and the People of God in our beloved Diocese of Gizo and those who are staying and working abroad, remember, the very moment our Cathedral Bell rang, our RACE for this New Year 2024 starts. As we celebrate the Feast of Mary the Mother God and our Mother too, I pray that she will intercede for each one of us to be attentive in answering God's call for us and living our call faithfully. By doing this we are planting the Seed of Localization in the four corners of our Diocese. As we begin our journey together be aware that there are challenges and rough seas ahead of us, but be firm and have faith in the Lord. As we are also preparing to celebrate the Feast of Epiphany, let the NEW STAR of Jesus Christ, our newborn King that guides the 3 Wise Men to travel all the way from the East to pay homage to Jesus also guide us throughout this new year 2024.

Be wise to choose the right star to lead you this new year and to Jesus. Be wise NOT to go back to Herod, but follow the new route that Jesus has shown you. As your bishop I encourage you not to go back to Herod, or, in other words not to go back to your old ways of life, they will ruin your life and in the end, kill you.

Thank you. May God Bless.
Your Servant Bishop Peter Houhou



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Pope Francis: Entrust 2024 to The Mother of God.



Pope Francis began the new year by urging his fellow Catholics to entrust 2024 to the Mother of God, who “knows

our needs” and always intercedes to “make grace overflow in our lives.”

The pope made his appeal during Mass at St. Peter’s Basilica on Jan. 1 for the solemnity of Mary, Mother of God. He called upon Catholics to consecrate their lives to Mary, noting that “she will lead us to Jesus, who himself is ‘the fullness of time.’”

“All of us have our shortcomings, our times of loneliness, our inner emptiness that cries out to be filled,” Francis said in his homily. “Who can do that, if not Mary, the mother of fullness?”

Throughout his homily, the pope reflected on Mary’s significance as the Mother of God, a title first attributed to the Blessed Mother at the Council of Ephesus in 431 A.D. in order to underscore the divinity of Christ. Given Mary’s role as the “means chosen by God” for entering into human history with the birth of Christ, Francis said it is “fitting that the year should open by invoking her.”

“For those words, Mother of God, express the joyful certainty that the Lord, a tiny child in his mama’s arms, has united himself forever to our humanity, to the point that it is no longer only ours but his as well,” the pope said.

Pope Francis also underscored Mary’s continued role in mediating the gifts of the Holy Spirit in the lives of Christians today, just as she did at Pentecost.

“The motherhood of Mary is the path leading us to the paternal tenderness of God, the closest, most direct and easiest of paths,” Pope Francis said.

The pope continued, noting that Mary “leads us to the beginning and heart of faith, which is not a theory or a task but a boundless gift that makes us beloved sons and daughters, tabernacles of the Father’s love.”

Therefore, Pope Francis said, “welcoming the Mother into our lives is not a matter of devotion but a requirement of faith.” The pope emphasized this point by quoting Paul VI, who said in a 1970 homily that “if we want to be Christians, we must be ‘Marians.’”

Consistent with one of his ongoing points of emphasis, Francis also underscored that Mary can help the Church “to recover her own feminine face.”

The pope has previously called for greater reflection on the “feminine dimension” of the Church. At a Nov. 30 meeting with members of the International Theological Commission, he emphasized the need for more women in theology and decried “masculinization” of the Church as “a great sin.”

“Whenever we are tempted to retreat into ourselves, let us run to her; whenever we are no longer able to untie the knots in our lives, let us seek refuge in her.”

He also noted Mary’s vital role in bringing harmony to the world in a time “bereft of peace.”

“Let us look to Mary in order to become artisans of unity.”

Pope Francis concluded his homily with a prayer that 2024 would “be filled with the tender maternal love of Mary, the holy Mother of God” and invited those gathered in St. Peter’s Basilica to proclaim all together the Marian title being celebrated at the Mass.

“Holy Mother of God! Holy Mother of God! Holy Mother of God!”

REFLECTIONS AND SOLIMNITIES

Sr. Bari OP Urges Girls to attend Nila Vocation School.



Secondary youth leavers have been urged to engage in training by a Dominican Sister, Sr. Bari op. She specifically asked our young girls to consider education and enroll in the Nila Vocational Training Center.

She stated that in 2023, the Vocational Training Center enrolled over thirty students from years one and two with eleven males being enrolled in the school to build an admin office center, specifically to have them trained and help with the buildings.

She mentioned this during Bishop Peter Houhou's visit to Voruvoru Parish while she was there in December 30, 2023.

Mrs. Onotobatu wants Re-establishment of Women's Desk in the Diocese.



The secretary of Christ the King Parish pushed for the reopening of the women's diocesan office in an interview with the media staff of the diocesan.

Mrs. Janny Onotobatu talked about her experiences during Bishop Emeritus Bernard's op administration with the outgoing women's diocesan coordinator Janet Burabura and her assistant, Miss Rebecca.

She claimed that women have attended a great deal of relevant training regarding managing their livelihoods and avoiding the physical abuse of young girls and other women.

She stated that the Women's Desk in our diocese has been replaced by the Family Life Apostolic Office, which is purportedly overseen by Sr. Rita op. Its responsibilities include arranging for desired, complete families and assisting wives and young girls in avoiding unwanted pregnancies.

Mrs. Onotobatu has requested our new bishop to come and reactivate the office with a motivated staff of women, and asked the two administrations

to work together.

She acknowledged the new local bishop elected to our diocese jointly and thanked our bishop, Emeritus Bishop Capelli sdb, for the development he laid in their parish and the diocese.

The Epiphany of the Lord, (Saturday, January 6, 2024) Solemnity



O God, who on this day revealed your Only Begotten Son to the nations by the guidance of a star, grant in your mercy that we, who know you already by faith, may be brought to behold the beauty of your sublime glory. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, God, for ever and ever.

The Baptism of the Lord (Monday, January 8, 2024) Feast



This day commemorates the Baptism of Jesus in the Jordan River by St. John the Baptist. On this occasion, Jesus entered into His ministry and acquired His first disciples, St. John proclaimed Christ the Lamb of God, whose way he had prepared, and the Triune nature of the Godhead was manifested. The Church generally celebrates the Baptism of the Lord on the Sunday after January 6th. In 2024, the Baptism of the Lord is observed on Monday, January 8.

A.M.I.S AND OTHER SD NEWS

Two AMIS Volunteers Appreciated.



Two Italian AMIS volunteers namely Giancarlo and Paolo were appreciated by the school Principal of Vanga Training Center.

The school Principal, Fr. Stephen Te'e thanked them during their final 3 days doing maintenance and fixing all the sanitary set-ups of the school.

He expressed his sincere gratitude and appreciation to all of the hardworking volunteers and those who supported them on behalf of his community and said that he really appreciates their great assistance and contributions to their school and community.

Wagina Celebrates Christ Birth in Style.



The Sacred Heart Parish of Wagina had its Christmas celebration in style.

A well-planned Christmas celebration commenced on Christmas Vigil Night where Sunday school children demonstrated the holy parents with baby Jesus wrapped in a swaddling cloth and laid him in



a manger.

On Christmas day a sculpture of baby Jesus was decorated traditionally according to their culture and was accompanied from house to house to visit the aging, disabled and those who could not make it to the Christmas Thanksgiving Mass.

Other outdoor celebrations of the birth of our Lord were planned for everyone following the visitation of baby Jesus.

The Solemnity of Mary, the Holy Mother of God



The Solemnity of Mary, the Holy Mother of God is a feast day of the Blessed Virgin Mary under the aspect of her motherhood of Jesus Christ, whom She had circumcised on the eighth day after His birth according to Levitical Law. Christians see Him as the Lord and Son of God.

It is celebrated by the Roman Rite of the Catholic Church on 1 January, the Octave (8th) day of Christmas. This solemnity is a Holy Day of Obligation in areas that have not abrogated it. Christians of Byzantine, West Syriac, and East Syriac Rites celebrate Mary as the Mother of God on 26 December (also known as the Synaxis of the Theotokos), while the Coptic Church (an Oriental Orthodox church) does so on 16 January.

TARO AND MOLI NEWS IN BITS

Friend-friend (Secret friend) Beautifies 2023 Women's Closing, Moli.



The giving of gifts to a secret friend was one of the pre-Christmas activities that determined the parish's women's unity.



A yearly program that keeps the women's establishment in St. Joseph parish Moli intact is being commended by many on social media as well as important parish members.

According to reports from that parish, media volunteer Anthony Telovae stated that the closing ceremony started with the Thanksgiving mass celebration and the secret friend, which features lots of happy dancing and laughter as these women gave gifts to their secret friends.

200 plus Children Moli Celebrate International Day.



More than 200 kids from Moli St. Joseph parish participated in a three days of sporting event that took place from Tuesday, December 12th to Thursday, December 14th 2023 with great success.

The Chairperson, Mr. Linus Meloto expressed his gratitude to the Sunday School Teachers for preparing and motivating the kids for the program which is a wonderful activity/program for the kids,



Reports received from Anthony, the parish media volunteer, said the kids had a great time at the event and lunch was provided for them.

Highlights, were the volleyball, netball, and soccer matches between the parish's four zones.

Presentation of winning prizes and consultation prizes were held at the end of the competition with considerable prizes given out.

The Taro Choiseul Province office of Save the Children sponsored the event, with the theme for 2023 being "Save Environment, Happy Children, Bright Future."

3 days Retreat for St. John Bosco Taro.

A three days' retreat was successfully undertaken for the catechists and prayers leaders of St. John Bosco Parish Taro at Moli Pastoral Center.

Anthony reported from that center, stating that the retreat, with its theme "Who Am I," centered on the life of Blessed Carlo Acutis and was mastered by Rev. Fr. Jacob Qetobachu.

His message was intended to nourish catechists and prayer leaders as Advent drew near. The participants were all revitalized once more.

The Retreat commenced on December 11th and was successfully completed on December 13th.



DIAGNOSIS OF STRESS & BLOOD PRESSURE

From previous article

Diagnosis of Stress and Blood Sugar

Stress and blood sugar are connected but require separated diagnoses. Here's what to know.

Diagnosing Stress

Stress isn't something people usually get diagnosed with. It's a pretty common mood and emotional state that many of us find ourselves in from time to time. Stress is a typical response to difficult life circumstances, including in relationships, work, or reactions to world events.

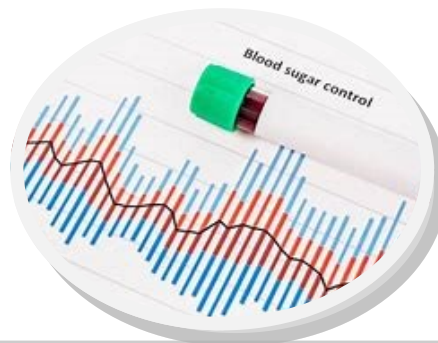
Sometimes, however, stress can be chronic, and in this case, it's possible to be diagnosed with a stress disorder. Two common stress disorders are acute stress disorder and post-traumatic stress disorder (PTSD). Both of these are stress reactions related to traumatic events, but acute stress disorder is diagnosed within about a month of the event, and PTSD is diagnosed when the stress persists past a month.

Diagnosing Diabetes

You would need to go to a primary care doctor or an endocrinologist to get a diagnosis of diabetes or pre-diabetes. Diabetes is diagnosed by evaluating your

blood sugar. Various tests are used in a diabetes diagnosis, such as:

- Oral glucose tolerance test
- Random plasma glucose test
- Fasting plasma glucose test
- A1c test (a blood test)



To be continue next issue

- UPCOMING EVENTS FOR FEBRUARY 2024 -



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.