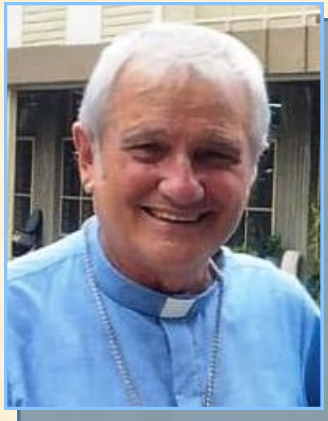




**BISHOPS' PASTORAL MESSAGE — June 2023.**



**Dear Gizo Diocese Catholics, collaborators in the mission, friends**  
The month of June has always traditionally been the month of the sacred heart, it is but proper for us to focus on few inspirations about how we can make our devotion more alive and concrete. When we think of the heart we imagine the organ pumping blood to every part of our body

**This vital body organ is responsible for each of the countless beats which enables blood to reach every other part of our body.**

- The heart is made of four chambers: 2 upper and 2 lower chambers, two on the left side and two on the right
- The action of the pump is dual: the upper chambers receive blood by suction power and the lower ones by pumping the blood by muscle contraction.
- One side receives the 'dirty blood' from the parts of the body and it pumps it to the Lungs to be purified.... The other side received purified blood from the lungs and pumps it to each organ to provide needed 'food' and oxygen.
- Veins and arteries channel the blood and leads it to each living cells of the body
- In this way the heart is the source of **MERCY** and the launching point of the **COMMITMENT** and **PROPHETIC POWER** promised by the spirit to those who give priority to His kingdom and live **IN HIM**

This seems to be what the Sacred Heart of Jesus is and does. It Has two receiving chambers:

- Chamber number one is Mercy which attracts and receives the sinner and 'pumps' Him / Her into the divine Lungs to be purified from sin by the power of His grace
- Passion for the mission receives the forgiven penitent back into the family and send him/her out of himself for the service of his/her neighbors

As our heart faces some dangers so it is with our devotion too. It surely needs 100% free and open veins and arteries, to be able to make blood flow freely. It also needs 100% electrical nerves stimulation to its muscles so it can keep the right pressure and rhythm. It may then be we might need to insert some **STENTS** or pacemakers of prayer and devotion to keep the veins and arteries open...and the heart committed to love

Mercy and compassion together with living our lives with passion for the kingdom can be a relevant way to show our devotion to the Sacred heart, to change our lives of and to make this world a better place. Let us be like the heart, merciful and powerful at the same time in imitation of the sacred Heart of Jesus who 'was not sent to condemn but to redeem the world'

**Happy feast of the Sacred Heart  
From your bishop who loves you with a Solo heart made in Italy  
and is now newly repaired to serve you till his last breath...**

## BPS PNGSI CONFERENCE & VISIT TO ROME

### Inside this issue.

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### 64 AGM concludes on high note -

Ahisha Mangot (Port Moresby)



The 64 Annual General Meeting (AGM) of the Catholic Bishops Conference (CBC) of Papua New Guinea and Solomon Islands was held from April 18 - 28 with the goal "A life of Communion, Participation, and Mission as Salt and Light of the earth".

The AGM brought 19 Archbishops and Bishops from the Archdioceses and Dioceses of Papua New Guinea and 3 from the Solomon Islands together where they met, discussed and made decisions for the Catholic Church and its Pastoral service in the two countries; Papua New Guinea and Solomon Islands.

The 22 bishops had the meeting for two weeks with the continuous assistance from the hardworking and generous staff of CBC, in Port Moresby.

Activities during the AGM comprised of Eucharistic celebrations for the days; mornings and afternoons, in house information, Lauds and Retreat, encounters like human and religious formation of children, youths and the seminarians of the Catholic Theological Institute in Bomana, reports from commission heads, masses in Port Moresby parishes, the Central Committee's meeting, the Apostolic Nuncio's address, CBC General Secretary's Report, election of new CBC president, appointments for Bishop's Deputies for commissions, election of Heads of Committee members and lastly, the closing mass for the Annual General Meeting for this year on Friday April 28.

The outcome of the election of the new CBC President saw Bishop of Bereina Diocese Otto Separy elected as the new president with Bishop Rozario Menezes SSM of Lae Diocese elected as the vice-president.

After the closing mass, Fr Giorgio Licini PIME

had the privilege to announce to the CBC staff the newly elected Central Committee members and commission heads for CBC. He also expressed his appreciation and congratulatory messages to all the Bishops from all the Dioceses as well as CBC staff.

The outgoing President for CBC Archbishop Anton Bal also expressed the sentiment of appreciation to everyone who made the AGM a successful one and also congratulated and wished all the bishops the very best in their new roles and their walk in journeying together in Synodality.

The incoming CBC president Bishop Otto Separy also acknowledged and appreciated his brother Bishops for trusting him and electing him to be the new president of the CBC PNGSI.

He also thanked all the CBC staff and the management for their hospitality and everyone for their continuous support towards the bishops and all the faithful of the church.

### Bishops visit Dicasteries of the Roman Curia.

Sr. Daisy Anne Lisania msc (Vatican City)



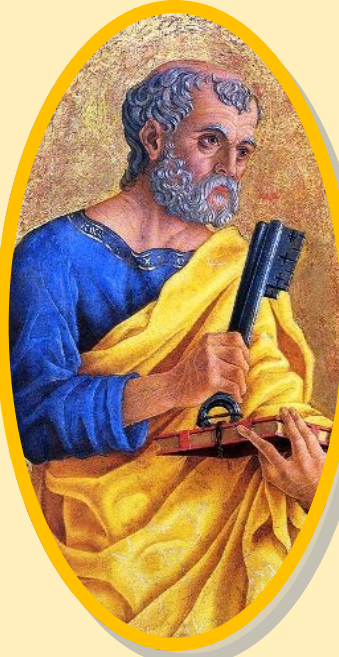
The Bishops of Papua New Guinea and Solomon Islands visited different Dicasteries of the Roman Curia beginning their meetings on the first two days of the Ad Limina.

Starting Monday 8 May, the bishops visited the Doctrine of the Faith, Culture and Education, Evangelization I and Unity of Christians.

On Tuesday 9 May, the Bishops began the day with the Holy Eucharist at the Basilica of St Mary Major.

The meeting with the Dicasteries on this day are; Evangelization II, Divine Worship and Sacraments and ended with the Secretariat of the Synod.

REFLECTION ON POPES WCD MESSAGE



## Solemnity of Saints Peter and Paul



The Feast of Saints Peter and Paul or Solemnity of Saints Peter and Paul is a liturgical feast in honor of the martyrdom in Rome of the apostles Saint Peter and Saint Paul, which is observed on 29 June. The celebration is of ancient Christian origin, the date selected being the anniversary of either their death or the translation of their relics.



Rellysdom A Malakana  
Media Office, Diocese of Gizo

**The Pope’s message for the 57th World Communication Day this year 2023 falls on the 21st of May and has its heading — “Speaking with the” “The truth in love” (Eph 4:15).**

He said that it is the heart that spurred us to go, to see and to listen, and it is the heart that moves us towards an open and welcoming way of communicating.

“Once we have practiced listening, which demands waiting and patience, as well as foregoing the assertion of our point of view in a prejudicial way, we can enter into the dynamic of dialogue and sharing, which is precisely that of communicating in a cordial way”.

Our Pope said that after listening to the other with a pure heart, we will also be able to speak following the truth in love (cf. Eph 4:15).

He reminds us that we should not be afraid of proclaiming the truth, even if it is at times uncomfortable, but of doing so without charity, without heart. Because “the Christian’s program” — as Benedict XVI wrote — “is ‘a heart which sees’”.

He continues, “A heart that reveals the truth of our being with its beat and that, for this reason, should be listened to”. “This leads those who listen to attune themselves to the same wave length, to the point of being able to hear within their heart also the heartbeat of the other. He then said, and then the miracle of encounter can take place, which makes us look at one another with compassion,

welcoming our mutual frailties with respect rather than judging by hearsay and sowing discord and division.

The Pope also based his message on St Luke’s Gospel (cf. Lk 6:44) “The good man out of the good treasure of his heart produces good, and the evil man out of his evil treasure produces evil; for out of the abundance of the heart his mouth speaks” (v. 45).

Pope Francis said that this is why, in order to communicate truth with charity, it is necessary to purify one’s heart. “Only by listening and speaking with a pure heart can we see beyond appearances and overcome the vague din which, also in the field of information, does not help us discern in the complicated world in which we live”.

He continues to remind us that the call to speak with the heart radically challenges the times in which we are living, which are so inclined towards indifference and indignation, at times even on the basis of disinformation which falsifies and exploits the truth.

His powerful message for this years World Communication Day comes in four bolt sub-headings;

1. Communicating cordially
2. Communicating heart to heart: “In order to speak well, it is enough to love well”
3. Speaking with the heart in the synodal process
4. Disarming souls by promoting a language of peace

Popes WCD message can be browse up on the Vatican webpage—

([www.vatican.va/content/francesco/en/messages/communications/documents/20230124-messaggio-comunicazioni-sociali.html](http://www.vatican.va/content/francesco/en/messages/communications/documents/20230124-messaggio-comunicazioni-sociali.html))

**YOUTH TARO FUNDRAISING & SS GIZO CELEBRATIONS**

**Youth Collect \$1,147.00 on Fundraising.**

A total amount of \$1,147.00 was collected after the Sunday Mass service on 7th May at Taro for youths.

The bring & buy aids youths from Taro Don Bosco had turned out successfully as each one gave enough of what they could bring over and buy.

Peter Channel, the catechist from Don Bosco Taro reported that dozens turn up included children.



ning to the end. It kept them alert and awaked everyone during a beautiful homily by Fr. Stephen Te'e. To conclude they had their games and refreshment.

**Sunday School Children Celebrate with full hearts.**



Gizo Sunday School children celebrated Good Shepherd Day on Sunday 30th April at St. Peters Cathedral of Gizo.

Leading the liturgy, their voices filled up the Cathedral starting with the procession song, and leading the process was their play of good shepherd.

The celebration was always alive with their songs, which kept everyone alive from the begin-



Gizo Sunday school children and their teachers have successfully celebrated St. Dominic Savio feast day, which falls on the 5th of May here at the Gizo Catholic compound.

Highlighted during their celebration was the solemn Mass, where they had the privilege of having the priest bless them.

And after their Mass, they did a cleanup around the Cathedral; they then had games and refreshments afterwards.

Finally, they ended their program with their evening Rosary.



**SACRED HEART & ST. PETER PARISH**

**Tekose Community Celebrates their Patron Saint.** *(John Tosi—Wagina)*



Tekose Island is among other islands around Wagina Island where a family built a Chapel named St. Joseph the Workers Chapel.

To commemorate their patron saint solemnly, the family has arranged other seaweed farmers around them for a celebration.

Their celebration was on the 1st of May and they had the privilege to invite their priests and other religious sisters for the celebration.

The celebration began with Thanksgiving

Mass and followed the pilgrimage of the sculptures of St. Joseph and the Baby Jesus.

The pilgrimage was from Tekose Island to other settlements on other Islands.

The journey took them by canoe through seaweed farms.

A beautiful celebration with games and refreshments and thanking God concluded the feast day.



around the school have contributed a lot, giving what they could offer, like cooked and uncooked food. Along with entertainment and card games, they managed to raise nearly \$10,000.00.

The fundraising committee praised everyone who supported their fundraising, especially the island people who travelled to Gizo for business.

**The Most Holy Trinity (Solemnity)  
(June Sunday 4th)**



First Reading: [Ex 34:4b-6, 8-9](#)

Responsorial Psalm: [Dn 3:52, 53, 54, 55, 56](#)

(Glory and praise for ever!)

Second Reading: [2 Cor 13:11-13](#)

Alleluia: [Cf. Rv 1:8](#)

Gospel Reading: [Jn 3:16-18](#)

**Nusa Bosco School raises \$10,000.**



Nusa Bosco School raised about \$10,000 for their school on the 19th of May at MSG building Gizo.

Supporting the fundraising, parents and the community

**Feast of the Sacred Heart Jesus  
(June 16th)**



1st Reading—Deuteronomy 7:6-11. Responsorial Psalm—Psalms 103:1-2, 3-4, 6-7, 8, 10. 2nd Reading—1 John 4:7-16. Alleluia—Matthew 11:29AB.

Gospel—Matthew 11:25-30.

**ST. JOSEPH & ST. DON BOSCO PARISH**

**OP Deacon Farewell.**

*(Inform Mr. Anthony Media Moli parish)*



A Dominican Deacon who spent his pastoral duty at St. Joseph Parish Moli was farewell by the parishioners on Sunday 28th of May.

Spending his two months of pastoral work, Deacon Willie OP, spent his time assisting the two priests in the Eucharistic celebrations and enriching individuals, Spiritual groups, and catechists.

He also gave instructions to couples who wished to have the sacrament and Baptism.

His pastoral has also benefited the youths and encouraged them to stay close to the church while our church adopts Synodality.

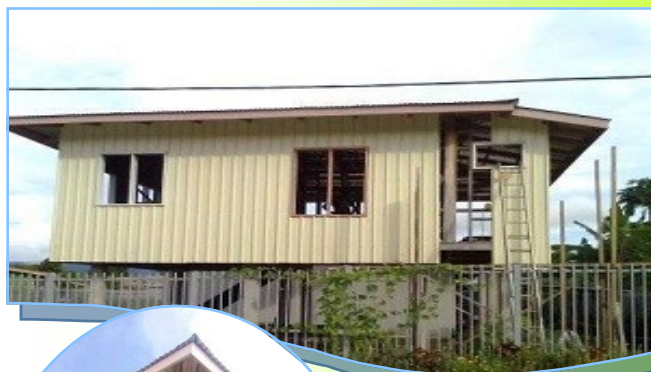
He was farewellled and they thanked him for his wonderful and blessed time while he served the parish.

The Dominican Deacon is now awaiting his ordination for the priesthood.

**Taro Priest House in Progress.**

*(Peter Chanel Mokesa Catechist –Taro/Supizae community)*

Though the priests house took us so long the house is still in progress. The money collected is through fundraising, like bring and buy, harvesting, and contribution from parishioners.



With the help of our carpenters Mr. Brian and Sebastian, the house is shaping up. Nearly up to \$100,000 was spent to reach that far. Hopefully, we will stage some more fundraisings to complete the house.

**13 complete training for PL and Catechist.**

*(Peter Chanel Taro)*

St Don Bosco has successfully trained 13 participants as prayer leaders and catechists.

A 2 days workshop that commenced on the 28th of May was called to refresh these leaders on the Seven Sacraments and has enabled the participants' efforts to improve themselves and to carry out their responsibility for the Church of God.

The workshop was organized by the pastoral coordinator Mr. Kevin Sosimo and was facilitated by the parish priest Fr. Jacob Qetobachu.

It was attended by Sipokana, Rabakela, Sube-sube, Tarekukure, Taro, Supizae, and Solovae catechists and prayer leaders.

And was opened and close with the Eucharistic Mass celebration.



TREATMENTS OF STRESS

Treatments for Stress.

(from previous atticle)  
 (https://www.verywellmind.com/stress-and-health-3145086)

Stress is not a distinct medical diagnosis and there is no single, specific treatment for it.

Treatment for stress focuses on changing the situation, developing stress coping skills, implementing relaxation techniques, and treating symptoms or conditions that may have been caused by chronic (long time) stress.

Some interventions that may be helpful include therapy, medication, and complementary and alternative medicine (CAM).

Psychotherapy

Some forms of therapy (treatment) that may be particularly helpful in addressing symptoms of stress including [cognitive behavioral therapy \(CBT\)](#) and [mindfulness-based stress reduction \(MBSR\)](#). CBT focuses on helping people identify

and change negative thinking patterns, while MBSR utilizes meditation and mindfulness to help reduce stress levels.

Medication

Medication may sometimes be prescribed to address some specific symptoms that are related to stress. Such medications may include sleep aids, antacids, antidepressants, and anti-anxiety medications.

Complementary and Alternative Medicine

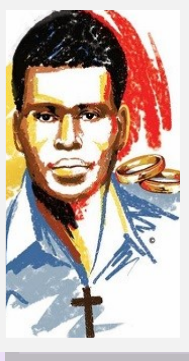
Some complementary approaches that may also be helpful for reducing stress include acupuncture, aromatherapy, massage, yoga, and [meditation](#).



To be continue next issue

- UPCOMMING FEAST DAYS FOR NEXT MONTH -

The feast day of Bl. Peter To Rot



The feast day of Bl. Peter To Rot is celebrated on July 7. Peter was born in 1912 in Rakunai in Papua, New Guinea.

The Missionaries of the Sacred Heart of Jesus taught Peter while he was young. At the age of 18 Peter became a student at St. Paul's College to become a catechist. His prayer life and devotion to the Blessed Sacrament grew. He was the youngest catechist at the age of 21.

In 1941 the war came to Rakunai and the Japanese invaded their island. The missionaries were sent to prison camp. When the priest, Father Laufer was taken he left Peter in charge asking him to look after the people and not to let them forget about God. Peter willingly accepted the challenge. He visited the sick and prayed with those who were dying. He taught both the children and the adults. Peter continued to lead the people in

prayer. When the Japanese learned of all that Peter To

Rot was doing they arrested him. They searched the caves and his home. They took his books, Bible and crucifixes. He was sentenced to two months in prison. He was not, however, released.