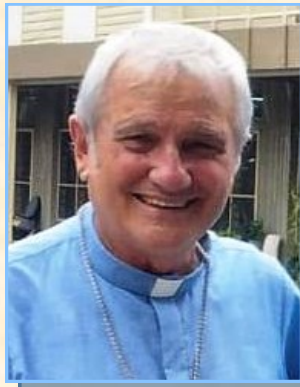


BISHOPS' PASTORAL MESSAGE — May 2023.



Dear Catholic Communities of the Gizo Diocese

Greetings from the Catholic Bishops Conference in Port Moresby ending today April 29, 2023.

Let me introduce to you a shorter version of the letter of all bishops of PNGSI. One of the way to honor Mary this month of May is certainly by honoring, respecting, educating, evangelizing and defending our Children in imitation of her motherly love and care, knowing well that children are the favorite of her Son Jesus. Let us then go to Jesus through Mary and the children. We have many urgent reasons to focus on the welfare of our children as we pray and honor Mary this month of May. May this task make our love for Mary alive and relevant.

(Bp Luciano Capelli, sdb, For you a bishop with you a brother who loves you with a Solo heart made in Italy)

Let the children come to me (Mk 10:13-16). Let us together bring children to Jesus.

Priests

- Children and young people in the parish reach as much as 70% of the total population.
- Work in the schools as outstations, they are an integral part of your care.
- Encourage parents to ensure that their children receive the sacraments.
- Give them the Christian formation they need to become missionary disciples of Christ.
- Many of them can learn to become closer to God and to the Church by serving as altar boys and girls and by joining children's associations
- In these groups, they sanctify themselves as they also help sanctify others

Catechists

- The Holy Father recently published a document endorsing the role of the catechist as the teacher of the faith (*Antiquum Ministerium*) and establishing it as an official ministry.
- Catechists have always had a prominent role in evangelization and teaching in PNGSI.
- Take up the challenge of new evangelization and approach your ministry with new zeal

Teachers

- All teachers in all schools are communicating their faith, sometimes it is done very poorly.
- The Catholic teacher should firstly deepen their own faith, so that faith can be shared
- Head teachers and school principals should al-

ways uphold the Catholic identity of our Catholic Agency schools and make sure that Catholic Religious Education is faithfully and properly taught to every student, whether Catholic or non-Catholic.

- teaching of the Christian faith must be valued as the highest form of education.
- We should not proselytize or force any child to become Catholic. We should however inspire and attract them by the example of our lives.

Parents

- You are with your children more than anyone else. Pray with them. Take them to church.
- Make sure that they receive the sacraments
- Provide a healthy environment of love and self-discipline.
- Involve them in acts of service to those in need.
- Home. It is "the place where parents pass on the faith to their children" (EG, 66).
- Parents are the first teachers of the faith. By loving them they are teaching about God
- Parents speak to your children about God, teach them how to live as children of God.
- Lovingly talk to them, listen to their problems, and help them discern what is God's will
- Make sure that children do not suffer from physical, sexual or emotional abuse.

Let us continue to work together for the benefit of our children.

From the Catholic Bishops Conference of PNGSI

WHY SYNODALITY?

Inside this issue.

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Our Journey keeps us into Synodality & Why Synodality?

In the year 2021 our journey as God's people we celebrated the Diamond Jubilee in the diocese. With that purpose, a Diamond Jubilee Cross and Candle were launched. This began the pilgrimage of the jubilee Candle and Cross, which reminds us of the Church's journey before the birth of the diocese till presence.

In the year 2022 and 2023 we remind of the year of the family and involved into Synodality.

What is Synod? October 2021 the entire church has entered into a synod. We are called to celebrate the opening of the Synod at the local level. The theme for this Synod is: For a synodal church: Communion, Participation and Mission.

From 2021 to 2023 it will be a journey of sharing, reflecting, and listening at all level across the entire Church.

This Synod is a gathering, traditionally of bishops giving bishops the opportunity to meet and discuss issues of importance for the life of the Church.

So what is Synodality?

Synodality is about journeying together. This happens through listening to one another, in order to hear what God is saying to all of us. It is realizing that the Holy Spirit can speak through anyone to help us walk forward together on our journey as the people of God.

Synodality is a call to be a new way of being Church. In other words, it is walking together.

The Synod was synonyms since the Church is all



about working together.

Synodality is a way of renewing the Church, from her deepest roots in order to be more united with one another and better carry out our mission in the world. In simpler terms, a synodal Church is a Church that listens, as Pope Francis stated, It is a mutual listening, in which everyone has something to learn, the lay faithful, the bishops, the Pope, all listening to one another, and listening to the Holy Spirit, the Spirit of truth.

Last year the 1st Sunday of Advent we have our pastoral letter from the Bishops of PNG/SI, the Bishop's representative (President of CBC-PNGSI) greeted us with their beautiful letter headings with their goal: "A life of communion, participation, and mission as Salt and Light of the earth (Mat 5:13-16).

From 21 – 26th April, 2022 one hundred eleven participants from the diocese of PNG (SI could not attend due to Covid-19) took part in the 6-days Assembly, and come up with the next five years' Pastoral Plan, and another meeting on September 2022 they, unanimously endorsed the 5 year Conference Pastoral Plan (CPP2) of 2022-2027.

With the vision of CPP2: "We, the Catholic Church in PNGSI, are alive in Christ witnessing the love of God in Synodality as Salt and Light of the world" as aiming the Church into 5 years Pastoral Plan, which is we are to participate from 2022 to 2027. Aiming us by the end of 2027, the Catholics of PNGSI will have lived a life of communion, participation, and mission as Salt and Light of the earth (Mat 5:13-16).

Since the journey of our diocese preparing for another new bishop, our current journey does not halt us but the pastoral team has come up with an idea to give us more on the aim of the CPP2.

REFLECT ON POPE'S LENTEN MESSAGE.



R. Malakana— Media office DG

Popes Lenten message has encouraged us to Listen to what Christ wants to tell us through the Scriptures revealed to us by our church.

“Listen to him” (Christ) was his focus message, which he referred to the story of Jesus Transfiguration.

The pope recalled “the command that God the Father addresses to the disciples on Mount Tabor as they contemplate Jesus transfigured. The voice from the cloud says: ‘Listen to him.’”

The first proposal, then, is very clear said Pope Francis: “We need to listen to Jesus,” he said. “Lent is a time of grace to the extent that we listen to him as he speaks to us.”

The pope encouraged us that Jesus speak to us through the Word of God, which we can hear at Mass, but if we cannot attending Mass we still have Christ if we read daily the liturgy.

“In addition to the Scriptures, the Lord speaks to us through our brothers and sisters, especially in the faces and the stories of those who are in need,” he added.

Pope Francis also suggested that Lent was to confront the difficulties of ordinary life remembering that Lent is a period that leads to Easter.

“The light that Jesus shows the disciples is an anticipation of Easter glory, and that must be the goal of our own journey, as we follow ‘him alone,’” he said. “Lent leads to Easter: the ‘retreat’ is not an end in itself, but a means of preparing us to experience the Lord’s passion and cross with faith, hope, and love, and thus to arrive at the resurrection.”

Pope Francis compared the journey of Lent and the Church’s ongoing Synod on Synodality to a “strenuous mountain trek.”

“So too, the synodal process may often seem arduous,” he said, “and at times we may become discouraged. Yet what awaits us at the end is undoubtedly something wondrous and amazing, which will help us to understand better God’s will and our mission in the service of his kingdom.”

The pope also spoke about the newness of Christ and his fulfillment of the ancient covenant.

“In a similar way, the synodal journey is rooted in the Church’s tradition and at the same time open to newness,” he said. “Tradition is a source of inspiration for seeking new paths and for avoiding the opposed temptations of immobility and improvised experimentation.”

The Pope said that a Lenten penance “is a commitment, sustained by grace, to overcoming our lack of faith and our resistance to following Jesus on the way of the cross.”



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YOUTHS ENCOUNTER CHRIST THROUGH DRAMATIZE.

More of our Youths Involve in Easter Celebrations.



St. Peter Gizo parish



Holy Rosary wagina parish

More youths around our diocese are involved the Easter activities especially the dramatizing of the Passion Sunday (Palm Sunday), which commemorates Jesus' triumphal entry into Jerusalem, and the Dead and the Resurrection of Him.

Involving them through dramatizing Jesus riding on the Donkey and the fourteen Station of the Cross highlights the actual event happening 2000 years ago.

Their involvement has encountered them to reflect Christ's sufferings through those stations.

For St. Peter Parish Gizo they have their wonderful Palm Sunday celebration where youths dramatized Jesus riding on a Donkey to Jerusalem.

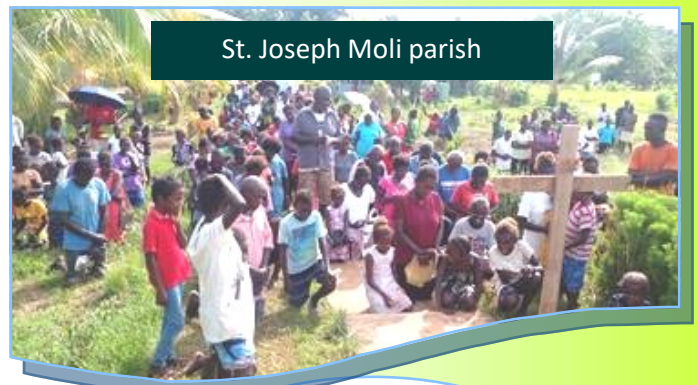
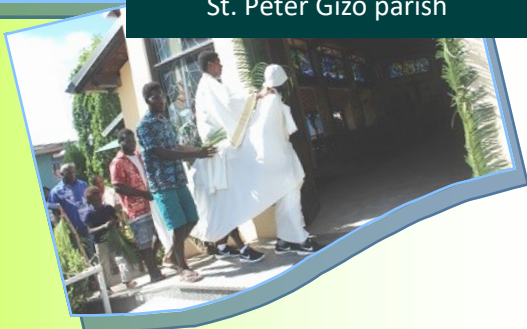
The Dramatize was part of the procession leading to the Cathedral followed by parishioners and nights of the alter, the priest, and our Bishop. And the Station of the Cross from Jah mountain to the Cathedral.

Also reporting from Wagina parish, Mareita Kervin said that they have their celebration as usual; stations were erected throughout the village and towards the mission station.

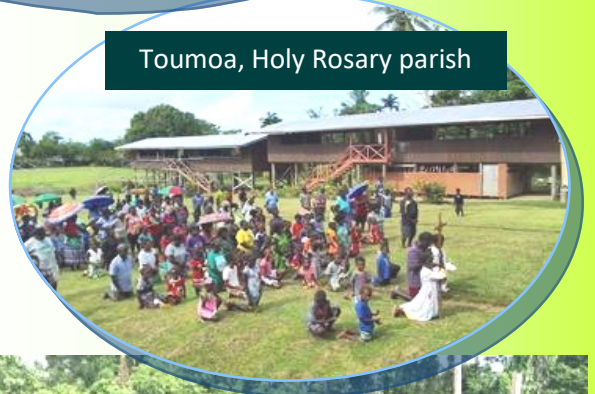
It has halted some of their daily preparation, but does allowed parishioners to come out and follow the prayer Stations dramatized by the youths.

From other parishes, Nila, Voruvoru, and Moli have

their wonderful and peaceful Good Friday celebration that prepared them for Easter Sunday.



St. Joseph Moli parish



Toumoa, Holy Rosary parish



Christ the King Voruvory parish

MOLI ON OUTREACH & TARO FUNDRAISINGS

Moli Outreach Program Praise.



St. Joseph Men’s outreach group from Moli parish has been praised for their weekend program, which ended successfully on Sunday 23rd of April at Sirovanga parish.

Their activities highlight a very powerful demonstration among men from both parishes. Besides, there are mothers and youths accompanying them, which they are part of their program.

Their program has made more smiles and emotions while visiting the sick and the aging.

Meeting with each other has empowered each other, their program, and plan ahead said Anthony a media volunteer for Moli who is also a key person for the group.

Raymond Vakurepe has praised them saying, “It so encouraging seeing men are active to walk with the risen Lord to our homes”. He said “Being head of the family and leaders in our communities, men



must take bigger responsibilities to promote happy and devoted Christian communities, God Bless”

St. Don Bosco Taro success with \$35,000



St. Don Bosco Parish Taro has successfully hosted 2-weekend fundraising aiding their church project for the year.



Reported from that parish Carmax Qoso said that they have their 1st fundraising on Saturday 15th of April, and a total of \$4,360 has been raised from the Taro Szipizae community.

He said that the fundraising also prepared them for another weekend, which was on Saturday 29th April where a

total of up to \$31,044 was raised.

Reported also Peter Channel Mokesa said that though they have small numbers of people turn up but more have other ways in which they are involved; this was by family contributions and harvestings.



The Ascension Sunday (21st of May)

Many Christians celebrate the Ascension of our Lord Jesus Christ. Some celebrate exactly 40 days after Easter;

We celebrate the following Sunday



Pentecost Sunday (28th of May)

Celebrating the descent of the Holy Spirit upon the Apostles and the birth of the Christian church.

A time for the church to come together and rejoice in the universality of the Christian message, this season is also one of introspection, prayer, and rejuvenation.

DM HOLY ROSARY NILA MALEAI & ST. JOSEPH MOLI PARISH

Maleai End DMA Program Successfully. *(Fr. Thomas HRP)*



Divine Mercy group at Maleai village, Holy Rosary parish Nila have made a very successful outreach program in their own community between the month of February and March.

The program involved praying, reflections, and sharing the Word of God focusing on the theme “Year of the Family”

Maleai village itself is made up of 8 different tribes and therefore each tribe was visited separately every Saturday night starting from the first week of February.

Most families within those tribes attended the prayer nights and were encouraged by the message shared by the DMA speakers.

Their main speaker shared powerful messages based on the theme and has caused a great impact on many individual families as their program was led by God's Spirit.

Their program ended on the 26th of March.



Divine Mercy Program Success for 2 days.

The Divine Mercy group at Moli has successfully ended their program with parishioners during the



Solemnity of the Divine Mercy Sunday on the 16th of April.

Their program commenced on Saturday evening, which invited everyone to recite and expose to the Blessed Sacrament.

The celebration also allowed them to do confession.

Reporting from that parish, the media volunteer Mr. Anthony said that they thanked their two priests who were always available for them.

He said that their program went very well the next day, which is the Solemnity Day for Divine Mercy.

Anthony said, “Moli has always been colorful in times of celebrating Solemnity, we all matching on directed us is the Divine Mercy Icon facing us, processing toward the church building”.

Father Qelo was the main celebrant assisted by Fr. Timothy and Deacon Willie.



IMPACT OF STRESS

Impact of Stress: *(from previous article)*

(<https://www.verywellmind.com/stress-and-health-3145086>)

Stress can have several effects on your health and well-being. It can make it more challenging to deal with life's daily hassles, affect your interpersonal relationships, and have detrimental effects on your health. The connection between your mind and body is apparent when you examine stress's impact on your life.

Feeling stressed over a relationship, money, or living situation can create physical health issues. The inverse is also true.

Health problems, whether you're dealing with high blood pressure or diabetes, will also affect your stress level and mental health.

When your brain experiences high degrees of stress, your body reacts accordingly. Serious acute stress, like being involved in a natural disaster or getting into a verbal altercation (heated argument), can trigger heart attacks, arrhythmias (fast abnormal heart beat), and even sudden death. However, this

happens mostly in individuals who already have heart disease.

Stress also takes an emotional toll. While some stress may produce feelings of mild anxiety or frustration, prolonged stress can also lead to burnout, anxiety disorders, and depression.



Chronic stress can have a serious impact on your health as well. If you experience chronic stress, your autonomic nervous system will be overactive, which is likely to damage your body.

Stress-Influenced Conditions:

- Diabetes
- Hair loss
- Heart disease
- Hyperthyroidism (overload of thyroid hormones)
- Obesity (getting over fat)
- Sexual dysfunction
- Tooth and gum disease
- Ulcers

To be continue next issue

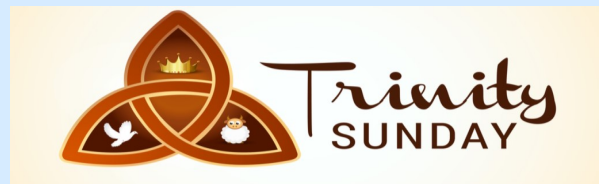
- UPCOMING FEAST DAYS FOR NEXT MONTH -

**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.

**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](#)