

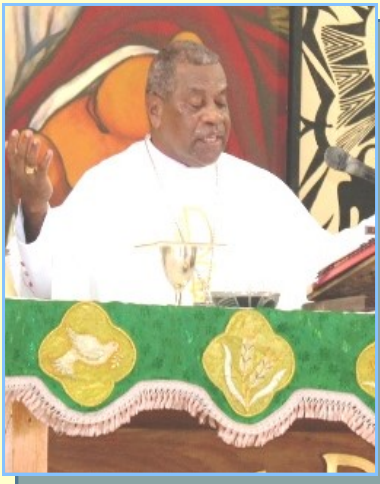


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### Bishop Peter Houhou Celebrates 5th Episcopal Anniversary.



Bishop Peter Houhou celebrated his 5th Episcopal Anniversary as Bishop here in the Catholic Diocese of Gizo on the 14th of October. He was a bishop for the Diocese of Auki for almost 5 years, and now completed his 5-year administration here in the Diocese of Gizo. Thanking him for the gift of Bishop Peter Houhou; a Thanksgiving Mass was celebrated and was attended by communities from Nusabaruku and Gizo Township.



#### November 1st & 2nd: Solemnity of All Saints & All Souls Day



All Saints' Day and All Souls' Day are two related but separate Christian holidays that commemorate the departed.

#### Christ the King Feast Day

Christ the King is a church holiday that is celebrated on the last Sunday of the liturgical year in the Catholic faith. In 2023, Christ the King will be celebrated on Sunday, November 26th, 2023



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 Diocese of Gizo PO Box 22, Gizo Western Province Solomon Island.  
 Website: [www.catholicgizo.org](http://www.catholicgizo.org), Facebook page: Catholic Diocese of Gizo, Landline (677) 60130.  
 Photo's & articles from the parish media volunteers, Anthony Telovae—St. Joseph parish,  
 Raymon Vakurepe—Isabel Wagina parish, Peter Channel Taro parish, Fr. Jacob and  
 The Catholic Media office Diocese of Gizo Rellysdom Aaron Malakana

**CATHOLIC ONLINE — SOCIAL MEDIA**

**General Assembly on Synodality 2023.**



Pope Francis appointed over 450 participants for the general assembly of the Synod of Bishops on Synodality in October 2023, including clergy, religious sisters, and laypeople from around the world.

The purpose of the Synod is not to produce more documents but to inspire people to dream of the Church we are called to be, to make the hopes of people flourish, to stimulate trust, to heal wounds, to weave new and deeper relationships, to learn from each other, to build bridges, to enlighten minds, warm hearts, and empower our hands for the shared mission.



**Synod of Bishops unveiled: What you need to know.**

A significant assembly where the future of the Cath-

olic Church is being discussed. Imagine it as the Super Bowl of our faith, bringing together bishops from around the globe to deliberate on crucial issues.

Pope Francis, a beacon of progressive leadership, has set the tone for this Synod, touching upon hot-button topics like the possibility of priests marrying, communion for divorced and remarried Catholics, the potential for women to become deacons, and addressing matters pertaining to the LGBTQ community. These are topics that resonate deeply with our faith, and this Synod is poised to offer thoughtful reflections on these important questions.

Unlike previous synods that focused on singular issues, this one takes a holistic approach—delving into how the Catholic Church can become more inclusive. The winds of change are evident in the voting structure, with lay people now having a voice in the decision-making process for the first time.

Now, let's delve into the origin of the word "Synod." It stems from the Greek words "Syn," meaning together, and "hodos," meaning road or way. Essentially, a "synod" is a gathering or assembly of ecclesiastical leaders to discuss and make decisions on matters of doctrine, discipline, or pastoral issues within a specific religious community. While the recorded history of such meetings dates back to the mid-second century, modern synod assemblies, occurring once every three or four years, have become a crucial forum for church leaders.

Traditionally, only bishops held the power to vote at these gatherings. However, at this Synod in Rome, we witness a groundbreaking shift, with 54 out of the 365 voting delegates being women—a historic moment for inclusivity.

Pope Francis, recognizing the need for change, has revamped the Synod of Bishops structure over the past decade. His vision is clear: to foster open debate, honest discernment, and a synodal culture within the Church. This Synod is not just about discussing issues; it's about shaping the future of our Church with the input of a diverse, inclusive community.

Let's keep our eyes on this transformative moment in the Catholic Church.





**VANGA, ST. PETER, NUSA BOSCO GRADUATIONS**

**21 Graduate from Vanga Training Center.**



Twenty-one year-2 students graduated with RTC Certificates at Vanga Training Center on the 13th October 2023.



The occasion was made colorful by a small community at Vanga school center as everyone prepared for the Thanksgiving Mass.

The bishop, Bishop Peter Houhou gave them an encouraging message during his homily and again when presenting their certificates. He cited Rueben Scarf's inspirational saying, "There are goals in goals," and he urged them to grow and develop into someone for the future.

He exhorted them to work toward their goal and their aiming point. He claimed that although this was their culmination of what they had accomplished two years' prior, their journey remains open and everyone should continue to work toward making wise decisions and choices.

To conclude the occasion was the cutting of the graduation Cake and the closing Prayer from Fr. Thomas Pata.

**Nine Graduate at St. Peters Urban Training Center.**



Nine students from St. Peters Urban Training School received their Cer-

tificates on Thursday, October 19th, at St. Peters Hall in Gizo.

During the Thanksgiving Mass, Bishop Peter Houhou reminded the graduating students of the saying, "What you plant now, you will harvest later."

And during the certificate presentation, the principal, Sr. Ann Maria, and the Salesian Provincial, Sr. Louise McKeogh, reminded the graduating students of a similar message.

In their speeches, they emphasized the graduation theme, "Work Hard Today for a Better Future," and exhorted the students to seize every chance and overcome every obstacle.

It was a heartfelt moment when every student of St. Peter UTC gave each other their final embraces.



**Twenty Nine Graduates during SDBPS Closing.**

29 Students from the St. Don Bosco Nusabaruku School graduated during their closing year at Nusabaruku on the 27th of October 2023.

The beautiful closing

was attended by parents, guardians, friends and guests of honor, which brought alive the occasion. Highlights of the day were speeches from the acting principal Sr. Adeline Ananga, Catholic Education Secretary Ms Wryne and the school representative.

Sr. Adeline urged everyone, especially the parents and guardians of the importance of having the best school. Sister Adeline said that having the best teachers on their own does not necessarily make a school the best; a collaborative effort between parents, teachers and students is vital to enable our kids to grow and have a successful future.

She reminded the students and their parents, saying that teachers could not be here without you, and if your parents are here, they must be supporting you.

A beautiful speech was also presented by the Catholic Education Secretary Mrs. Wryne Bennett,

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*Continue next page*



**SACRED HEART NEWS (AND HOLY ROSARY)***Continuous from page 2***Twenty Nine Graduates during SDBPS Closing.**

.....who thanked the Emeritus Bishop Luciano Capelli sdb and Paola for their contributions to establish this dream for the communities around Nusabaruku.



She said that the authority wishes to acknowledge Paola Besta who has given us wonderful resources to all our ECE centers and in the other parishes of our diocese.

Ms. Wryne said that today effective teachers should be able to achieve the goals set for them by the current Education System.

She stated, "This school is progressively implementing these goals and with no doubt, one can see these are progressively implemented and in future if this school continues this space in managing the Gov't strategic framework, it would be one of our Model Primary Schools in our diocese".

She reminds and encourages the teachers that a teacher in a Catholic school is more than an employee, teaching is a vocation and all our teachers are expected to nurture the pupils you are in charge of holistically, that are taking care of them spiritually, physically mentally emotionally.

**Biluro village Isabel Gear up for New Church Building.**

Catholics in the area of Biluro village in Isabel Province are working to start their new church building, which they hope to have finished by Christmas.

Raymond Vakurepe claimed that they have the opportunity to involve Catholic families in the Isabel area and other nearby logging companies; this has helped them in raising money for the church project.

After Bishop Epalle's initial visit long time ago, he claimed that Isabel would use the building as the site of her first Catholic church building.

He continued by saying that he anticipates more Catholic island-wide participants.

They are now expecting Wagina parish to extend their pastoral visit to their area.

**Combine School Graduation, Nila Parish. *(inf; Fr. Jacob Qetobachu)***

Nila Catholic Schools Combined a successful graduation ceremony today 27th of October.

Thank you Fr. Jacob Qetobachu for providing coverage of the lovely occasion which allowed parents, relatives, and friends to take in the sights. the occasion.

A total of 61 students in all were able to receive their certificates.

The school principal graciously thanked the honorable guest, Rev. Bishop Peter Houhou, for his visit.





**ST. JOSEPH PARISH NEWS & ST. DONBOSCO TARO****Moli Mission to Receive New Solar Water.**

Moli Island, one of the fortunate recipients, has kept its water catchment intact with a solar bore-hole water system.

Our parish media volunteer at Moli, Anthony Telovae, stated, "The scarcity of water on the island will now be solved after the expert that was sent by the North West Choiseul constituency office drilled the bore hole and installed the solar pump."

He expressed gratitude to Hon. Harry Kuma for starting the project of this nature on the Mission Station.

**Moli Parish into Gratitude for Harmony.** *(Inf; Anthony Telo, Media volunteer Moli)*

At the mission station, St. Joseph Moli parish joined other global communities in prayer for peace on Sunday 29th October.

As they concluded the month-long Rosary, the church leaders urged everyone to pray and request Mary's intercession for peace in the Holy Land, where a large number of civilians are suffering as a result of the conflict between Israel and Hamas.

To honor the Rosary month, a lovely Eucharistic Mass celebration began with a procession featuring a sculpture and a banner bearing her image.

**2 Days Workshop Success, Moli Parish.** *(Inf: Anthony PMV Moli)*

A two-day workshop was held from 30th and



31st October specifically to provide the school committee with the tools they need to develop their development setups and potentially qualify for school grants.

Their planning includes St. Joseph Primary and its extension the ECE at Maqatarava.

Their setups could also yield successful results, and they plan to implement them over the next three years, from 2023 to 2026.

The program was facilitated by the primary school headman, Mr. Denis Miavana, which was attended by the school committee and all parish stakeholders.

**Rosary Month Conclude Successfully, Taro parish.** *(Inf: Peter Chanel catechist St. Bosco parish)*

At the end of October, St. Don Bosco Taro



successfully concluded their month-long Rosary program.

A fruitful gathering in which every community prayed the Rosary and asked Mary to intercede on their behalf for communal harmony.

At the end, a Thanksgiving mass was held to commemorate the Tarekukure Community's feast day, Fr. Jacob's birthday, the closing of their Women's Council, and the First Holy Communion.



**DOES STRESS AFFECT BLOOD SUGAR?**

**STRESS & BLOOD SUGAR.**

Stress is a powerful thing, and while we usually think of it as affecting our moods, it can also have profound effects on our bodies, including our ability to regulate blood sugar.

sleep, is also a contributing factor when it comes to blood sugar regulation.

When you are stressed, the “stress response” is triggered in your body. This sends a cascade of hormones, including cortisol, to be released. Cortisol can significantly affect our bodies, including our in-



As stress hormones are released, our insulin levels drop, which can cause a rise in blood sugar. This can be particularly serious for someone who has diabetes or pre-diabetes.

flammatory response, immune system, and metabolism.

Let’s take a look at the relationship between stress and blood sugar: how stress causes blood sugar fluctuations, possible complications, and how you can manage both stress and blood sugar levels.

High levels of stress can:

- Elevate cortisol levels, with impacts how our bodies metabolize sugar
- Elevate our glucose (blood sugar) levels
- Inhibit the release of insulin, which regulates blood sugar
- Change our body’s sensitivity to insulin release
- Make our body more resistant to insulin

*The Connection Between Stress and Blood Sugar.*

Most of us associate spikes in blood sugar with dietary choices, such as eating too much sugar or too many carbs. But many elements can affect how our bodies regulate blood sugar, including dehydration, heat and sun exposure, and skipping meals. Stress, including life circumstances, illness, and lack of

Additionally, when you are experiencing increased levels of stress, you are more likely to eat poorly, skip meals, and sleep badly, all of which can also contribute to unregulated blood sugar issues.

*To be continue next issue*

**- UPCOMMING FEAST DAYS FOR DECEMBER -**



Christmas is not so much about opening presents, as opening our hearts!

May a Christmas star sparkle into your heart and consume in your soul brilliant may Jesus’ tranquility favor you and carry genuine bliss to you this evening.

