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The Feast of Our Lady of the Rosary dates back to the 16th century and commemorates the miraculous Christian naval victory at the Battle of Lepanto on October 7, 1571.

Pope Pius V attributed this victory to the intercession of the Blessed Virgin Mary through the recitation of the Rosary.

The feast comes as a reminder of the power of prayer and the importance of seeking Mary's intercession.



HAPPY FEAST DAY NILA HOLY ROSARY PARISH.

Feast day: October 22

Patron: of World Youth Day (Co-Patron)

Birth: 1920

Death: 2005

Karol J. Wojtyla, known as John Paul II since his October 1978 election to the papacy, was born in Wadowice, a small city 50 kilometers from Cracow, on May 18, 1920. He was the second of two sons born to Karol Wojtyla and Emilia Kaczor-



Feast day: October 4

Patron: of Animals, Merchants & Ecology

Birth: 1181

Death: 1226

Francis of Assisi was poor only that he might be Christ-like. He recognized creation as another manifestation of the beauty of God. In 1979, he was named patron of ecology



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WORLD YOUTH DAY 2023 LISBON PORTUGAL

World Youth Day 2023 Lisbon Portugal

Pope Francis leads the welcoming ceremony of the 37th World Youth Day in Lisbon, Portugal, and reminds young people from across the globe that God calls each of us by name because He loves every person.

<https://www.vaticannews.va/>

Pope Francis welcomes young people to WYD: 'God is calling you by name'

Called by name

The highlight of the Welcome Ceremony was a Liturgy of the Word, focusing on St Luke's account of Jesus' sending forth the seventy-two disciples. In his reflection on the Gospel reading, Pope Francis warmly welcomed the young people taking part in



World Youth Day, reminding them that God has called them by name precisely because He loves each one of them. "At this World Youth Day," the Pope said, "let us help one another to recognize this fundamental reality: May these days be vibrant echoes of God's call of love."

A community of the called

Christ's Church, the Pope continued, is "the community of the called," not a community of the best people; rather, we are all sinners, all called "as we are, with our problems and limitations." We are, he said, "a community of brothers and sisters of Jesus, sons and daughters of the same Father. I want to be very clear with you."

Pope Francis insisted, "There is room for everyone in the Church," adding that Jesus expressed this clearly in the Gospels in parables where all are called: "the young and old, the healthy and the sick, the righteous and sinners: everyone, everyone, everyone, everyone!" And he invited the crowd to repeat after him, "Everyone,



everyone, everyone!"

God loves us

Insisting again and again that God loves them, the Pope told young people to never grow tired of coming to God with questions. "Asking questions is good," he said, "it is often better than giving answers, because those who ask questions remain restless, and restlessness is the best remedy" for a routineness that can "anaesthetize the soul."

Pope Francis invited young men and women to reflect on how "beautiful" it is that God loves us. "God loves us as we are," he repeated, "not as we would like to be or as society would like us to be." Instead, we are called and loved as we are with our defects and limitations, but also "with our desire to move forward in life."

"This is what I wanted to tell you," he said, in conclusion: "Don't be afraid, have courage, go forward knowing that we are loved..." And he called on the young people to repeat with him: "God loves us."



ROISI JOURNEY & OTHER NEWS FROM OTHER YOUTHS

Roisi Booia Celebrates her Journey to become a Religious Nun.



Roisi Booia from the Wagina Parish celebrated her journey to become the first Servants of the Lord local Nun for the diocese.

Her call by God to live a special life as bride of Christ's service to the Church will be from;

Come and See: to learn about them, meet the sisters, and explore different charisms.

Aspirant / Pre-Candidacy: she is called an 'aspirant' be-

cause she aspires to join the order.

Postulant/Candidacy: She learns more about the sisters, and begins formation, perhaps taking classes in theology and scripture. This is a time of further discernment.

Novitiate: for a period of about two years, the novice lives the life of the order in nearly every way and continues formation. This period is analogous, now she is moving toward making vows.

Vows: when a woman and the community feels sure about her call, she vows poverty, chastity, and obedience, which together are called the 'evangelical counsels.' In most orders (though not all), members profess perpetual vows after a period of three or more years after they first take vows.

With Roisi are the Religious Sisters from the Servants of the Lord who are currently serving the Sacred heart of Jesus Parish of Wagina in the Diocese of Gizo.

Christ the King Parish Celebrate WYD23. (Inf. Ben kulabule , CK media volunteer)



"We cannot make it to Portugal for the WYD 2023, but we do make it here at Sariana Christ the King Parish" said Ben Kulabule a parish media volunteer there.

Bule said that highlights during the WYD23 Sariana from 15th to 21st of August had an impact on

youths where most of them came closer and followed the footsteps of the Way of the Cross, Eucharist, and Vigil night. He said that the Catechism has reminded them of their faith.

Coordinating the event was Mr. Ben Kulabule who reflected on his experience during the WYD08 in Australia.



An enjoyable program was officiated with Eucharistic Mass celebrated by Fr. Dominic Soloko was assisted by Altar boys and Catechist Peter Teqe.

Weekend Youth Encounter Successful.



Nusabaruku youths successfully completed their weekend Youth Encounters (YE) seminar at Loga Island, which commenced on 16th of September.

The YE seminar was highly appreciated by Sister Teresa Tebaia who organized the 28 youth participants which consisted mostly of youths new to the program.

Sister Teresa said that she was so grateful for the youth's presence and their participation. She thanked the facilitators, Rev. Jerome Quibatu, Fr. Dominic Soloko, and Fr. Thomas Pata for their efforts to be involved in facilitating the seminar.

Sister Teresa OP also thanked the Dominican Friars and Brothers for their hospitality to the youths and the facilities at Loga Island and thanked two cooks, Rose Taam and Janet Burabura for preparing food for everyone.



ST. PETERS PARISH NEWS GIZO

New Bishop for New Church Building.



Our new bishop, Bishop Peter Houhou consecrated a new church and clinic building on Sunday 10th of September at the Vanga training center. Present for the consecration were the staff, their families, children, students, and our Religious Sisters and Brothers.

Reminding everyone who came to witness the consecration; Bishop Peter revealed that for our spiritual purposes, we will use the church building, the house of prayer, worship, and dedication.

He said that we are no longer in the jungle like our ancestors who have many cultures and different gods.

We are now with one Christian culture, and our faith unites us together.

Bishop Houhou thanked God for the gift of benefactors and our beloved retired bishop, His Emeritus Bishop Capelli sdb for the new church building.

Since Bishop Peter's installment as bishop for the Diocese of Gizo, these are the 2 projects he consecrated here in the diocese.



Bishop Emeritus Continue Receive Visitors.



Our beloved Emeritus bishop, Bishop Luciano Capelli sdb has continued to receive visitors after his retirement as bishop for the Catholic Church of Gizo.



During an interview with the Catholic media Gizo; one of the Nusabaruku youth said that they missed him but they thanked Sister Teresa Tebaia



Op for organizing the visit.

They thanked the retired bishop for the education setup and the gift of Religious Sisters, and his special blessing for them.



Others from the surrounding areas of Lire and the fishing village said that the establishments, the school, the clinic, footpath, and other projects have made life easier for them to travel to school and clinic. Since they are members of other churches, the visit was an opportunity for them to thank the retired bishop for his love for the community.

The Emeritus bishop is now residing at Bethania Retreat Center, Jah mountain. Gizo.

ST. JOSEPH & ST. JOHN BOSCO NEWS

St. Joseph CWC Maintain Feedings. *(Inf—Anthony, P. Media Volunteer)*



The St. Joseph Parish Moli Catholic Women’s Council (CWC) continues to maintain their enactment program for their schools, and on Wednesday the 6th of September they fed the Primary school children and their teachers.

Appreciating the great initiative of feeding the children was the head teacher, Mr. Denis Miavana. On behalf of the school children, he acknowledged the CWC women for their love and care for these kids. He reiterated that they are the future investment.



The chairlady, M. Dave thanked every woman

for the successful feeding program.

The CWC is continuing its charity program for feeding the primary and secondary levels at their parish.

St. John Bosco Fundraising Reach \$40,000 Plus. *(inf: Catechist peter Channel)*



St John Bosco fundraising reached \$40,425.50 during their harvest drive on the 23rd of September at Taro Provincial capital.

The fundraising turned out successful as a result of outsiders who involved themselves in buying what was provided.

The fundraising committee thanked the public at Taro and the fundraiser communities for providing their best harvest for the fundraising.

Catechist Peter Channel thanked them for providing details of their (Fundraise Communities) success;

Taro/Supisae; \$6,361.00, Tarekukure; \$8,550.50, Subesube; \$9,134.00, Rabakela; \$5,180.00 and Sipokana; \$11,200.00.

The Catechist Peter Channel also appreciated the youths, children, women, elderly, and the parish priest for assisting the drive.

This was their second harvest fundraising to aid their project activities for this year 2023.



COPING STRESS AND HIGH BLOOD PRESSURE

From previous article.

Coping With Stress and High Blood Pressure.



While high blood pressure needs to be managed with a combination of medical intervention and lifestyle changes, you can manage stress by making simple lifestyle changes. Keeping your stress in check is one way to prevent high blood pressure from developing. Lifestyle changes that you can make include:

Eliminating stressors: You might not always be in a position to eliminate all stressors from your life. However, eliminating stressors, you have control over goes a long way in helping you manage

your health. Removing stressors from your life is essential if you have high blood pressure. Being constantly exposed to stressful situations when you have high blood pressure can worsen your condition.

Exercise regularly: The power of exercise in relation to maintaining a healthy lifestyle can't be overemphasized. Exercising regularly can help reduce stress symptoms. Regular exercise is also essential for people with high blood pressure. Research shows that it can help manage symptoms of the condition.

Adopt a healthier diet: The average person should adopt a healthy diet for optimum health. It's even more critical for people who are stressed or have high blood pressure to maintain healthy diets. If you have high blood pressure, you should avoid foods high in salt and fat as these can cause your blood pressure to spike.

If you have high blood pressure, making the above lifestyle changes is also essential to helping you manage your condition.



To be continue next issue

- UPCOMING FEAST DAYS FOR NOVEMBER -

**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

