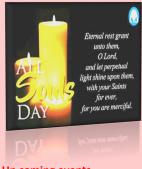
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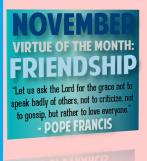
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Up coming events

1 NOVEMBER ALL SOULS DAY





Dear "FRATELLI TUTTI" all Brothers and sisters, sons and daughters of the same Creator, all



redeemed by the same sacrifice of Christ, all sustained by the grace of the Holy Spirit, all sharing in the same common Home: our mother earth, best wishes for the Month of Mary.

The Holy Father wrote went to Assisi and from there he signed and published for us an encyclical letter entitled "fratelli tutti" (quoting a writing of St Francis of Assisi,)

After this covid -19 pandemic which the world's economy could not defeat, the world needs a new order able to provide to humanity's

It seems the Holy father stole the sentence from our Solomon National Anthem; "Joy, peace, progress and prosperity...that men should brothers be..." let nations see

We live in a "throw-away society,"

in which human dignity is only extended largely to those considered "useful" and

In which those considered a burden, especially the poor, the elderly and people with disabilities, are dismissed or discarded

The letter strongly reminds us that our brotherhood is universal because of our common dignity as human being. Nothing is superior to our dignity and because of this nobody is a 'push out', left out because of the dictates of globalization of the market's laws

The Holy Father challenges us to dream big, beyond our myopic selfish views His vision of a post-COVID world is built on solidarity, fraternity and care for the environment.

"Our world needs to be healed not only of the present virus, but also of the 'social ills' of inequality, injustice and exclusion

the need to use the pandemic as an opportunity to reform global economic, political and social structures to ensure that the world's most marginalized people aren't left even farther behind after the coronavirus passes.

For Francis, the coronavirus pandemic has only confirmed his beliefs on the interconnectedness of the health of the planet and the people who live on it.

"Joy, peace, progress and prosperity...that men should brothers be..." let nations

This can only be achieved if: Like the good Samaritan we consider helping our neighbor as a personal responsibility, as a Nation in the full respect of the identity of "our neiahbor"

In Solidarity and social friendship, we dream of a world in which we accept ourselves as brothers and sisters with the rights to their own diversity of opinions, or nationality, race or religions

We are able to go above our selfish self-interest as individuals and as nations and enter into a dialogue in respect and solidarity

We refuse to accept wars as a means of solving problems: slavery was abolished, racism is abolished, xenophobic violence is abolished, why don't we abolish wars

No war in history has solved any problem, it creates victims and refugees.

Terrorism and wars are not tools for peace

Market capitalism has failed in pandemic, needs reform

mapping out the moral guidelines for "an open world" that places human dignity at the forefront.

ahead of national borders, private property and racism. tackles the challenges faced by today's globalized society,

from racism to immigration to inter-religious dialog.

The West's attention to private property, saying it "can only be considered a secondary natural right" to that of human dignity.

The pope writes. "We Christians ask that, in those countries where we are a minority, we be guaranteed freedom, even as we ourselves promote that freedom for non-Christians in places where they are a minority,"

ET US BEGIN AT HOME, IN OUR VILLAGE, PARISH, IN OUR DIOCESE, LET US BUILD UNIVERSAL BROTHERHOOD AND A GOOD EARTH TO LIVE IN

With you a brother for you a bishop who love you with Solo heart made in Italy



Formed for Mission



DIOCESE PROGRAMS COMING UP FOR THE YEAR 2020

Come & see program at Moli

7th—10th July

Lay apostolate training at Sirovanga $21^{\text{st}} - 24^{\text{th}} \, \text{July}$

Lay apostolate training at Moli 27th—30th July

Lay apostolate training for st Eusebius and Sacred Heart parish 7th—8th August venue yet to be decided

Sunday school teachers training on liturgy at Moli 24th—28th August

Lay apostolate training St Peter Gizo
4th—6th September

Natural family planning and moral issues training at Nila 14th—17th September

Youth Encounter Follow Up Northern Deanary at Moli 9th—11th October

Lay apostolate training at Nila 12th—15 October

Priest meeting 26—29th October

Holiness



What does it mean to be holy? The word holy indicates prayerfulness, without sin, polite, gentleness, respectful, healer, a man of God and so forth. This are few of the ideas or thoughts that often come in mind when one hears the word Holiness. When I entered the seminary, I

hardly forget the new concept that gives me the new meaning of the word holiness.

Holiness is rightly about all that is shared above. But, I come to realize that holiness associates more with our desires and our struggles to do good to ourselves and to others with the talent or gift that God gave us. It is about our talent and relationship with who we are, born unique but in the likeness of God and how we relate with others and with the created world.

Our relatedness proves the facts that we are not alone, that no one can live as an island, because we live for others. The poem that states the sun shines not for itself to warm up but for others. The flower flourish its beauty and fragrance for others is clearly that proves that we are meant for each other in this journey.

Normally in our daily life when we want to do good deeds for others; there is typically something that hold us back. Sometimes it can be our own feelings (pride, shy, fear, anger, selfishness, etc.) or maybe thoughts that we ourselves formulate. There is a need for us to be alone each day to take at least five or ten minutes, morning or in the evening to reflect upon these feelings or notions and able to see and understand and reconcile ourselves with them. The process of doing these may be called prayer, even if we do not involve God in that reflection, that is prayer.

By reconciling ourselves with our inner thoughts and feelings, it means that we accept who we are and all that is unseen that is going on in us and move on with them as if things were fine. Look at the lives of the Saints as an example, facing all that is a crises with love and perseverance as if everything is fine. Holiness is accepting who we are as sinners, as losers, as drunkers, as victims of all sorts of criticisms yet able to stand give a smile and do good to others and to ourselves for it is our nature to do what is good.

AVAILABLE!!!

NOW IN THE DIOCESE OF GIZO WE HAVE HYMN BOOKS ON SALE AT \$50-00

SEASON OF CHRISMASS IS COMMING UP YOU MIGHT NEED SOME FOR A WELL PREPARED LITTURGY



NORO SCC ON **SEPTEMBER 26**

By the grace of God we have arranged meeting for all the leaders especially SCC leaders of St.Eusebius Parish on 26th of September 2020. Each zone (Ringi, Rarumana, Rawaki , Munda and two and other zones Sulumuni) committee and small chiristian community leaders with representative of all the SCC in Noro and Canaan more than fifty people participated in this meeting. We started meeting with prayer song mother Mary. Our chairman Chris Kiri welcomed our beloved Bishop and Mr. Jerome and all the participants . Fr. Visuvasam introduced the talk and welcomed with garland for our beloved bishop and Mr.Jerome. Our beloved bishop Luciano Capelli, sdb gave talk about the Vision of Diocese of Gizo and also he insisted the point of the integrity and also how to proclaim the good news through our life since we are all baptised and we should never forget our identity of christianity as catholic faith and we should never forget to proclaim the gospel values in todays context. Our bishop also strengthened the point of our 2. Holy Father Pope Francis about laity. Our bishop also continued the situation all parishes and updated all the activities of our diocese. Mr. Jerome gave good talk about the quality of animators.

DO I believe that I have been called by God to be a leader of my scc group? Responsibilities of a leader:

Initiative – make a plan, always think of long term.

He or she reaches and tries to influence each member of the Be group

He try to influence the behaviour of the members to the group.

Leader sees to it that every one is doing his her responsibilities.

What is the task of the Animator for the SCC?

Responsble for the unity of the life of the group.

Like the father and mother of the group

Shepherd of the group to keep the people as one flock.

Guides the people in finding solutions to their problems

Sees that there is peace and order in the group

OLES AND RESPONSIBILITIES OF FACILITATORS.

- 1. To facilitate the dialogue and sharing in the group.
- To allow all participants to share
- To encourage all to participate and learn through the sharing of one another.

To help the participants to enter into the joy of discovering new insights, Roles and responsibilities of Recorder

Attend all the meetings of yor SCC report of

the small group meetings.

Do not use this book for anything else.

For each meeting write your short report

Listen well during the meeting reminded: between Tension different kinds of leadership

The tension might be between different kinds of leadership

P/couuncil leaders,

womens,

divine mercy group

scc leaders.

It happened in the early church on this view point - 1cor1:11-13. 3:5-9

As a christian leaders we should avoid competition.

It breeds only bitterness It spoils God's work.

We gave some time for clarification they also shared their limitation and challenges of coming together as a group and also verified some doubts. One of our SCC leader Mr. Restido thanked our beloved bishop and Mr. Jerome and all the participants of this meeting. Bishop also concluded that we need to work together very effectively by living as model of faith but it takes time to be rooted in gospel values but we should not be discouraged but we should continue to share the gospel values through our lives. He also concluded the meeting with his blessing on the participants and the food. Every body were very happy for this meeting and requests if similar Keep an exercise book for the formation programs for the laity be conducted in the future in the Parish.

The Waves Newsletter Catholic Diocese of Gizo. Vol 9. Issue No 10 2020

HEALTH TALK

DIABETES IS A CHRONIC (LONG-LASTING)

HEALTH CONDITION THAT AFFECTS HOW YOUR BODY TURNS FOOD INTO ENERGY. MOST OF THE FOOD YOU EAT IS BROKEN DOWN INTO SUGAR (ALSO CALLED GLUCOSE) AND RELEASED INTO YOUR BLOODSTREAM. WHEN YOUR BLOOD SUGAR GOES UP, IT SIGNALS YOUR PANCREAS TO RELEASE INSULIN.

Diabetes is a disease that occurs when your blood glucose, also called blood sugar, is too high. Blood glucose is your main source of energy and comes from the food you eat. Insulin, a hormone made by the pancreas, helps glucose from food get into your cells to be used for energy. Sometimes your body doesn't make enough—or any—insulin or doesn't use insulin well. Glucose then stays in your blood and doesn't reach your cells.

What are the different types of diabetes?

The most common types of diabetes are type 1, type 2, and gestational diabetes.

Type 1 diabetes

If you have type 1 diabetes, your body does not make insulin. Your immune system attacks and destroys the cells in your pancreas that make insulin. Type 1 diabetes is usually diagnosed in children and young adults, although it can appear at any age. People with type 1 diabetes need to take insulin every day to stay alive.

Type 2 diabetes

If you have type 2 diabetes, your body does not make or use insulin well. You can develop type 2 diabetes at any age, even during childhood. However, this type of diabetes occurs most often in middle-aged and older people. Type 2 is the most common type of diabetes.

GESTATIONAL DIABETES

Gestational diabetes develops in some women when they are pregnant. Most of the time, this type of diabetes goes away after the baby is born. However, if you've had gestational diabetes, you have a greater chance of developing type 2 diabetes later in life. Sometimes diabetes diagnosed during pregnancy is actually type 2 diabetes.

Other types of diabetes

Less common types include <u>monogenic diabetes</u>, which is an inherited form of diabetes, and <u>cystic fibrosis-related</u>

diabetes.

Who is more likely to develop type 2 diabetes?

You are more likely to develop type 2 diabetes if you are age 45 or older, have a family history of diabetes, or are overweight. Physical inactivity, race, and certain health problems such as high blood pressure also affect your chance of developing type 2 diabetes. You are also more likely to develop type 2 diabetes if you have prediabetes or had gestational diabetes when you were pregnant. Learn more about risk factors for type 2 diabetes.



INCREASES ENERGY
AIDS IN WEIGHT LOSS
ANTI INFLAMMATORY
BOOSTS IMMUNE SYSTEM
HELPS ALLEVIATE ARTHRITIS
SUPPORTS DIGESTIVE HEALTH
PREVENTS CATARACT FORMATION
SUPPORTS CARDIOVASCULAR SYSTEM
HELPS THE RENEWAL OF MUSCLE TISSUE

WHAT HEALTH PROBLEMS CAN PEOPLE WITH DIABETES DEVELOP?

Over time, high blood glucose leads to problems such as heart disease, stroke, kidney disease, eye problems, dental disease, nerve damage, foot problems

MMOL/L	WHEN FASTING		2HRS AFTER MEAL
	MINIMUM	MAXIMUM	
NORMAL	4	6	Less 7.8
PREDIABETES	6.1	6.9	7.8-11
T2 DIABETES	More 7	More 11.1	

If you have a diabetic you can damage the nerves of the body especiallaly the nerves of the feet, so you may have numbness, therefore it is advice to check their feet daily, they could also increase the risk of kidney disease, kidney failure that can lead to dialysis.



- 1. Practice healthy diet. Low in sugar low in fat lose weight.
- 3. Monitor your blood sugar at least 2x a week.
- 2. Exercise regularly like; walking
- 4. Consult your doctor regularly if you need to take medicine.

REFLECTIONS ON LAUDATO SI



In 2008 I was in the Philippines for vacation. I stayed at St Thomas University one of the oldest Universities in the Asia Pacific. It happened that I saw the writing at the entrance gate which stated, "Close to nature, close to God". This saying has lots of meanings that we can contemplate on it. As I looked around the place it was so beautiful environment. It surrounded with lots of different flora. The birds liked to live in this place because they were not disturbed by humans diasters. The people liked to go to this place for recollection, retreats, picnic and even the weddings. It is a very beautiful place as far as I could recall it. A person who goes there can really feel the presence of God because of the beautiful nature. I was so touched and moved to see how the brothers really kept their environment very clean. I asked one of the Dominican friars about the place and he said to me, we love the nature that God gives us. They kept the evironment well and they received more blessings from above by many people would like to go there for visits.

"Laudato Si" is one of the teachings of the Catholic Church is to take care of the nature. The Holy Father Pope Francis is asking all the Catholics around the global to take extra care of the nature. The nature provides all the needs for survival. The good nature gives good life. Bad nature gives curses. We know for sure that the great destroyers are the men made such as loggings and minings.

If you want to see the bad effects of the logging, just take your chance to fly over the Western Province and other Provinces. It is sad because many big islands at the Western Province have been logged already. I hope that this happens to other provinces either. I am not making up this because

CLOSE TO NATURE, CLOSE TO GOD

our nature have been destroyed. We should It is a threat for our young ladies have to seriously ask ourselves with some of these be careful with this kind of deception. questions. Whom to blame of destroying Another great destroyers are the companies our beautiful environment? Are we going to that manufucturing the plastic products. blame the Asian companies? This is our People do not know how to use the plastics time to wake up from our ignorance. Let us well. Plastic are destroying our environment see how our lands are being destroyed and both on land and in our seas. Very sad to do something about them. This is our time see our own people destroy our land and to defend our natures here in our country, our ocean by throwing away the plastics on Solomon islands. We can protect our nature land and in our ocean. People travelling on by teaching our new generations to take ships throw plastics into the sea. Fishs eat care of the environment. Start from the these plastics and caused death. It shows to homes. It is simple. Let us know how to us that we do not take care of our seas. chew betelnuts well and not spitting on the We are killing ourselves because when the ground. The stains of betelnuts makes reptiles and fish eat the plastics which are nature bad. Its time to take extra care to our environment. The Solomon Islanders should be proud of our country because it Solomon Islands has the existing minning is very rich with different resources that company Gold Ridge which is located in other countries do not have. It has flesh air Guadalcanal. This minning also creates the that we inhale by comparing with other threat for the future. I had heard that the countries which are heavily polluted. I hope people were being moved to another place that we do not want to live in pollution because of the mining. For sure people are but live in a very clean environment which fighting over the place because it is over can lead us to come closer to God.

Minning is another ways of destroying our mother earth. I have seen some of nations that had the vast scales of minnings which caused lots of damages to the nature. I like to take one practical example is our neighbouring country Nauru. Nauru used to be a very beautiful country. After it had been minned it was very sad to see it. People are struggled with the nature. They cannot plant roots crops and no good water to drink. They depend on the imports goods.

Papua New Guinea has vast minning creates threat because the places are completely destroyed. Minning creates lots of division among tribes that led to killing their own people. Lots of broken marriages happened in those minning companies caused High by foreigners. unwanted pregnacies with our young youths have gone through. Foreigners come into our nation claiming them as singles. Frankly speaking these men have wives at their respective countries.

poisionous can also affect the lives of the

populated already. People do not have enough space for farmings. It destroys the environment in many ways. The minning sites cannot become an inhibitants for the people. The rivers have been conterminated and it cannot be used for drinking or cooking anymore. The fishes and good plants are all affected.

In conclusion I would like to encourage our people of today if we could kindly take extra care to our environment. It is our own responsibilites to look after our nation. Solomon islands it is so beautiful with different resources that God has given us. We have rich food from our resources that we have. Good nature gives good food. Clean environment makes us closer to God because from the beginning of the creation it was so beautiful with lots of resources would enjoy. The the people environment is our responsibility. God bless our nation from shore to shore.

> Fr Lawrence Kimaere, op St Peter parish, Gizo

BEWARE OF CLIMATE CHANGE

Those of us, the laity, who make up the have tropical rains and hot atmosphere. majority of the world's population, are Humidity in our atmosphere is almost not scientists. In fact, scientists are very 100%, but in other countries that is few. If that is the case, it may be difficult simply not the case. In my humble view for us to discuss, if any, a scientific expla- that is what is referred to as prevailing nation of what climate change might weather conditions in an area. mean. On the contrary, we can give a simple explanation from our experience. To do that the question for us as lay people, I propose we have to first of all understand what climate stands for. We can begin from what a simple dictionary has for us. Take for instance, the Oxford English Dictionary would simply define climate as "... prevailing weather conditions of an area ..." (1992:210). This is simple enough for us to carry on.



This tree was standing upright when I first arrived at Voruvoru village four years ago. This and others have fallen down. Notice that the soccer oval will be under water soon.

Hence, climate refers to the usual weather patterns we experience, day in and day out in our local settings. Patterns of weather in different parts of the world and regions are not exactly the same. Take for instance, some countries have winter when they experience very low temperatures, atmosphere is much cooler and snow falls, but in Solomon Islands we do not have that. We

When we talk about climate change, we are talking about changes in weather conditions as we are experiencing today. Our familiarity of recent past is simply not so of today; weather conditions have changed without warning. What we thought of as normal weather conditions are changing, but we see changes as abnormal in the current context. Our people talk about changes in seasons of dryness and wet, they talk about changes in terms of hot and cold days. They talk about the scarcity of forest resources that are edible, certain birds are disappearing and the list goes on. This is indeed the result of climate change.

It may be useful to describe what climate change does to our environment rather than giving a definition. Some experts ask us to have a look at this statement "Coastal regions are disproportionately affected by the impacts of climate change. Preserving the ecological, economic and societal benefits of these environments will rely on synergy across disciplines (http:doi.org/10.103/ s41467-020-18333-8, Sept 15, 2020).

The statement above gives us only the effects of climate change, it tells us what climate change has done or will do. From our experience, and without doubt, climate has certainly changed in our areas. We can see it is happening it is seriously having unsustainable impact upon our coastal systems. Coastal areas have their system that keeps balances Look at this river, it is dirty from logging operations. A lot of foreign materials are thrown into the river both by logging companies and human beings. During heavy rains, the river bursts and flows into the village and into the sea causing sea/ocean pollution



and continues to support the system itself. This system is terribly threatened to the point of having been destroyed. This is noticeable in many areas of our country, the conditions of our shorelines and costal harmonies have changed. Our shorelines have been either displaced or dispositioned but moving up into dry land. As said above, ecosystem that fulfil our sources of livelihood, our economic needs and maintenance of our social relationships and benefits we receive from the environment are seriously threatened. The statement calls for an interdisciplinary effort to try if the system could be saved from disintegration.

What Climate Change can do to us?

One question we might ask ourselves is, who caused the change in the climate? Scientists can tell us that climate change is party the results of our own making. We talk about development, we talk about progress or prosperity; but a question remains, where do we finish or end? When do we say we have had enough? In order that ideologies of development may work, utilization of only one thing becomes inevitable; and that is the resources of the earth, whether on

ONLY WHEN THE LAST TREE HAS DIED AND THE LAST RIVER HAS BEEN CAUGHT WILL WE REALIZE WE CANNOT EAT MONEY

ENVIRONMENTAL TLAK

land or in the sea. Where does development end, where does progress end, where does prosperity end etc.? Where does wealth end? What are the principles that will guide us to end our crabbing for more? It is difficult to tell because there is no end to human being's crabbing for more. However, it is a matter of choice, we can decide that we have had enough. It seems that we have decided to take more. So that human being is never satisfied with what he or she has, the more human beings continue to exist, the more they will want? Consequently, there is no end to manipulation of the earth and its resources.

things from the earth, and such a practice contributes to the change in weathscientists believe that these gas emis-



The so-called log ponds such as this one is be found everywhere were logging companies operate. Remains of metal, rusting pieces of iron, tyres, oil spills and other substances are destroying coastal system.

such in turn affect our health, our for- of damage to the ecosystem on the weather conditions



These empty beer canes and others have been taken out of the beach by myself and school children. It is a scene one will not miss if there is a logging company nearby or in the village.

ests, and marine life.

We, human beings do not only have an Moreover, our natural environment is enormous deposit of materials that affected by unsustainable logging and affect our environment, we also extract mining practices. Clear felling practices a lot out from the earth. Because of our are threatening the ecosystem on the habit of consumption, we use a lot of land, as well as in the sea. The results of such practices is that, we now have more landslides never seen before; it is er conditions. In a more global level for changing river systems affecting life in example, there is a constant battle in the river, not only displacing the river terms of how each country should re- beds or banks but is also bringing down duce its greenhouse gas emissions. Most to the sea all sorts of materials that are harmful to marine life. In addition, present logging practices are also having their toll. While they abstract trees that grow for hundreds of years, they are destroying the earth's resources by oil spills and many other toxic substances that are harmful to the soil and the environment. In the processes of felling big trees and transportation of round logs, smaller trees that are beginning to grow together with other living organisms in the soil are indiscriminately destroyed. Adding onto how human beings contribute to climate change, the changing consions are affecting the atmosphere and dition of weather itself and its strength of them refused to tend their gardens so is the air we breathe. While the at- cannot be underestimated. The changing because they know that what they may mosphere is getting warmer and dirtier, weather patterns in fact is causing a lot have planted will be destroyed by

coast and on the land. We now have extreme weather patterns, there are very strong winds, rough seas and big waves that continue to attach our coastal areas, thus changing shorelines and system that operate on the coast. Such big waves are different from what we used to see before. One thing we notice is that we have extremes on both sides, there are times we experience a lot of rain more than we can cope, at other times we have hot days and nights we cannot cope either. There are times when we have very extreme rough seas, while at times we have extreme find weather. We have at times when we experience extreme high tides, and there are times when we see extreme low

Our beaches are regrettably polluted as can be seen on this photo. All kinds of rubbish and other materials are thrown back onto the beach. Beaches therefore are unsafe, there may be toxic substances in them as well.



tides. These experiences are new to us; they are the effects of climate change. Our climate today goes to both extremes as observed above.

Changes in weather conditions have created owe and confusion to our people, and at times they are paralysed in terms of work and other social activities. Some

IT IS OUR COLLECTIVE AND INDIVIDUAL RESPONSIBILITY TO PRESERVE AND TEND TO THE WORLD IN WHICH WE ALL LIVE N E W S

I N



FIRST SATURDAY OF THE MONTH AT ST PETER, GIZO PARISH

St Peter, Gizo parish have its montly program for the Sunday School St Peter

Parish in Gizo, regularly celebrates mass with Sunday School children on the first Saturday of each month. It is a programe that sustain both the children and their Sunday school teachers bonding. The program usually begins with a





mass, a together meal and talks, and ends with alot of fun indoor and out door games. These pictures illustrates the joy of these kids and their Sunday School Teachers on the 3 of October 2020.

WORLD TEACHERS DAY AT GIZO



5thof October marked the world teachers' day. A day dedicated for people around the globe to pay respect to our Teachers, to be able to see their daily sacrifices and contributions in transforming the society, the world and so forth. Therefore, in Gizo the parish priest Fr Lawrence Kimaere offered a mass for the teachers were a good number

of Sunday school, Technical, primary and secondary catholic teachers attend.
The day was concluded with a community meal with the teachers and entertainments.

Sr Regina and the Students of St Peter Technical School take a trip to attend the weeding of Madam Hetty at Vonunu in Vellalavella on the 1st of October. Madam Hetty have served as a teacher in life skills at St Peter in Gizo. Congratulations for the newly weed!!!



that are unpredictably changing almost every day without a pattern. The consequences of this may result in laziness, hunger, carelessness, or other petty crimes and introduction of certain diseases can be expected. Surely such attitudes and behaviour put food security for the sustentation of the subsistent economy at a risk disintegration. It is noticeable that weather conditions do not anymore follow the pattern people have got used to. Some people think that the earth is moving closer to the sun because of the extreme heat they are going through unlike before.

Because weather conditions have changed and will continue to change, such will enormously affect planning for the maintenance of our livelihood and other activities that sustain the subsistence economy. The success of sustentation of livelihood in a subsistence economy depends very much on weather conditions. Gardening, fishing, hunting and collection of food from the forest to supplement daily diet intake is dictated by the conditions of the weather. Collecting of fossil fuel is also getting harder. It is a common sense that weather patterns assist people in terms of how they monitor and manage their activities in the village for survival. But it is difficult to say today, because there is no weather pattern that our people can rely on. Rural people who rely very much on the produce from the gardens and marine resources are feeling the pinch already. It is difficult to plan and plant in terms of food crops, and fishing that provide food because of the continuous changing conditions of the weather. Moreover, people are regrettably throwing out, into the sea and river systems and along the coastal areas heaps of unwanted materials and toxic waste such as dry batteries, old clothes, empty canes or tins of various kinds, animal parts and human waste are found along the shorelines. Such practices contribute to the difficulties we are facing today. Let us think about our human behaviour if we want to save our seas, our coasts and our land, hence we save our life.

> Fr. Henry Paroi OP, Christ the king parish, Voruvoru



Catholic Church News aired on Radio Maria

Pope: a true Christian chooses good over evil every day



Pope Francis has invited Christians to open themselves to God's will and to put the love for their brothers and sisters into action.

The Holy Father made his address to the faithful gathered in St. Peter's Square during the Angelus Prayer of Sunday 28th September. He reminded believers that the Christian life is not made up of dreams or beautiful aspirations, but of concrete actions, the capacity to open themselves to God's will and to love their brothers and sisters.

He made his reflection taken from the Gospel reading (Mt 21: 28-32) that recounts the parable of two sons who are invited by their father to go and work in the vineyard. Today's Gospel passage, he said, calls into question the way of living a Christian life that must consist of concrete actions and commitments and love for the other.

Pope Francis prayed for Holy Mary to help all people become obedient to the actions of the Holy Spirit so that they might obtain the life and salvation promised by Jesus.

Pope at Angelus: Forgiveness and mercy helps avoid suffering

"How much suffering, how many wounds, how many wars could be avoided if forgiveness and mercy were the style of our life," was the reflection shared by Pope Francis at the Sunday midday Angelus prayer of 13th September in St Peter's Square.

Addressing the crowd, the Holy Father reflected on the day's Gospel of the parable of the unmerciful servant saying if humanity did not strive to forgive and love, they too would not be forgiven and loved.

Reflecting on the parable, Pope Francis drew atten-



tion to God's attitude, represented by the king, and that of the human person, represented by the servant. He told of how the human attitude was limited to justice The Pope said Jesus urges us to open ourselves courageously to the power of forgiveness, because "not everything in life can be resolved by justice".

He urged Christians to imitate God's merciful attitude, and said this display of affection could bring to an end most of the world's suffering and wars. He called on faithful to open their hearts to mercy and goodness, and to entrust themselves to the Mother of God so that they may realize how much they were in debt to God.

EDUCATION FOR LIFE

Fun stories that gives you lesson in life

AND GOD SAID NO...

- I asked God to take away my pride. to take away, but for you to give
- asked God to make my said "No". Her spirit was whole, her body was only temporary.
- I asked God to grant me patience. God said "No". Patience is a Patience is a byproduct of tribulations; it isn't granted, it is earned.
- God said "No". It is not for me I asked God to give me happiness. to take away, but for you to give God said "No". I give you I give you God said blessings, you.
- handicapped child whole. God I asked God to spare me pain. God said "No". Suffering draws you apart from worldly cares and brings you closer to me.

I asked God to make my spirit grow. God said "No". You must grow on your own, but I will prune you to make you fruitful.

happiness is up to I asked for all things that I might enjoy life. God said "No".

I will give you life so that you may enjoy all things.

I ask God to help me LOVE others, as much as he loves me.

God said... Ahhhhh, finally you

ON ANGER AND FENCES

There once was a little boy who had a bad temper.

His father gave him a bag of nails and told him that every time he lost his temper,

he must hammer a nail into the back of the fence.

The first day the boy had driven 37 nails into the fence. Over the next few weeks, as he

learned to control his anger, the number of nails

hammered daily gradually dwindled down.

He discovered it was easier to hold his temper than to drive those nails into the fence....

Finally the day came when the boy didn't lose his temper at all. He told his father about it and the father

Suggested that the boy now pull out one nail for each day

That he was able to hold his temper.

The day passed and the young boy was finally able

to tell his father that all the nails were gone..

The father took his son by the hand and led him to the fence. He

"You have done well, my son, but look at the holes in the fence.

The fence will never be the same. When you say things in anger,

they leave a scar just like this one.

You can put a knife in a man and draw it out.

It won't matter how many times you say I'm sorry, the wound is still there.

A verbal wound is as bad as a physical one. Friends are a very rare jewel indeed.

They make you smile and encourage you to succeed.

They lend an ear, they share words of praise and They always want to open their hearts to us."



Congratulations to our diocese and to our newly ordained priests Fr Micheal Aritoka and Fr Benedict Qelo and thank you for your support towards this recent ordination ceremonies