



Michaelian Voice

NEWSLETTER



SERVICE, ADORATION & VICTORY ...

A publication of the Sisters of Saint Michael the Archangel

February, 2023

Volume. 2. Issue No.2

MESSAGE FROM THE SUPERIOR GENERAL

Dear Sisters,

It is yet another time that the church calls us to sober reflections, commitment prayers and cheerful giving.

This holy season of lent gives us another ample opportunity of being closer to God. It calls us to turn to God whom we have turned away from, to return to the good deeds we have left and to seek the face of God in all daily activities. It is a period to go back to all those things that please God and living in communion with each other in the community.

In line with the words of Pope Francis Lenten message for 2023, I encourage you my dear Sisters to make your Lenten penance a commitment sustained by grace, to overcoming your lack of faith and your resistance to following Jesus on the way of the cross. Thus, let this period of lent be our synodal experience in journeying together in our various communities. Like the ascent of Jesus and the disciple to mount Tabor, hence we can say that our Lenten journey is "synodal" since we make together along the same path as religious. For it is in our togetherness that we follow Jesus and walking alongside those whom the Lord has placed among us as fellow travelers on this journey of faith.

To achieve this, you need to make personal decisions on the following:

- leave or breakup from a relationship that does not help you live a holier life.
- intensify your attendance at daily Masses and community prayers.
- eat moderately in consideration of others.
- act justly and prudently.
- be more concerned about and tolerance to your sisters and workers.
- read more spiritual books and internalize the fruits.
- pray more and deepen your relationship with God.

Once again, my dear Sisters let us make this year's Lenten penance a commitment sustained by grace, to overcoming our lack of faith and our resistance to following Jesus on the way of the cross. So that our EASTER will be, joyous, glorious and Spirit-filled!

Sr. Adenike Regina Oke, SSMA
Superior General



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*Michaelian Nur/PRy
School Kota-Araromi,
Ekiti State*

EXCURSION TO

**BSES &
EKTU**

By Sr. Martha Oteku

February fourteen in which the day of love was celebrated globally commonly known as a day of love was a fun filled day for the pupils of Michaelian Catholic Nursery and Primary School, kota-Ekiti morally and educative. The pupils were taken round the television station to see the different settings use in presentation, the different segments of the studio. After taken a tour, the pupils and the head Teacher Sr Caroline Adebayo were interviewed alongside.





Ash Wednesday marks the beginning of the penitential Lenten season in the Catholic Church.

It is a solemn reminder of the mortal nature of human person who is from the dust and will return to dust one day. It is a period with reconciliation with God and fellow humans. Lenten season is always associated with ashes, prayers, almsgiving, fasting and abstinence.

This year's Ash Wednesday at the Michaelian Catholic Schools, Isanlu began with the celebration of the Holy Mass and within this mass, the School Chaplain, Rev. Fr. Michael Osunnaiye emphasized the need for all Christians and particularly Catholics to reflect on their attitudes, actions and priorities and return to God through penitence and prayers.



MICHAELIAN CATHOLIC SCHOOLS, ISANLU

By Sr. Mary-Anne Obsma, SSMA



He reminded us that Ash Wednesday is the beginning of a 40-day journey from brokenness to restoration, from darkness to light and from ashes to joy. After the homily, the ashes were distributed on the foreheads of all - the management, school learners,



members of staff and some parents who were present by making the sign of the cross. We pray for the grace to remain sinless to celebrate to the joy of Christ at Easter.

Sisters On Transfer

The following sisters are on transfer to these communities and apostolate effective from February 2023

| SN | NAME OF SISTER | APOSTOLATE | COMMUNITY |
|----|------------------------|-------------------------------------|------------|
| 1 | Sr. Epoyesi Clarisse | St. James Nur/Pry School Ikoro | SSMA IKORO |
| 2 | Sr. Babalola Marcelina | Holy Cross Nur/Pry School, Abuja | SSMA ABUJA |
| 3 | Sr. Egorji Rita | Sacred Heart Catholic College, Ifon | SSMA IFON |



Youth & Nation Building

By Sr. Susan Jegede, SSMA

The term "Youth" is the time of life when one is young. It is the transitional age between childhood and adulthood. It is believed that, being youth is a state of mind and we should all embrace this notion from time to time. Some of the best times in life; adventures and good memories with friends come during the youthful period. Young people are physically strong, naturally more curious, full of life, motivations and enthusiasm. They are associated with fresh ideas, inventive skills, energy, vigour, anger, sports, arts, love taking risk and enjoying life. Being young is fun! What one learns at this young age, the company that he keeps, the path that he/she follows and the lesson of life he/she takes make and shape him/her for better tomorrow. Therefore, if leaders want to ensure a bright future for a country, they should first educate the youth with good and strong values and deep thoughts, empowering and strengthening them as they project them to take the baton of leadership sometimes tomorrow. The youths are the greatest wealth and strength of any nation. In other words, they are its potential energy.

This potential energy must be harnessed properly on the path of positive change and development. There is no gain saying then that they are the powerhouse or storehouse of infinite energy and the pride of any nation. Empowered youth can prove to be the greatest force that drive a nation towards success and prosperity. Youths are blessed with diverse qualities that could lead a country to a glorifying path if they are given the appropriate opportunities in the country to thrive. However, if they are not well molded, motivated and guided towards the right path, they may end up indulge in some anti-social activities such as cybercrime, thuggery, drug abuse, terrorism, cultism, prostitution and many other social vices that can hamper the prosperity of a nation to a great extent. Hence, it is necessary to guide and nurture our youth to be hard working, purposeful, educated and focused. Of course, they are essential factor in the task of nation building.

MENSTRUATION, MENSTRUAL IRREGULARITIES AND POSSIBLE IMPLICATIONS

Sr. Dr. Margaret Ogunkuade, SSMA



HEALTH ISSUES

Menstruation is the monthly shedding of the inner lining of a woman's womb in response to the interactions of hormones produced by the hypothalamus, pituitary and the ovaries. The age at which menstruation starts is referred to as MENARCHE. Its usually between 9 – 16 years. Duration of flow is the number of days the woman bleeds in each cycle. Normal duration of menstrual flow is 2 – 8 days. Cycle is the interval between onset of one menses and the next. It is usually between 21 – 35 days.

A cycle that is shorter than 21days – Polymenorrhea.

A cycle that is greater than 35 days or four to nine menstrual cycles in a year – Oligomenorrhea.

Normal volume of blood loss during menses: 30 – 80mls

Menopause – A period that marks the end of the natural reproductive life of a woman. It is characterized by the absence of menses. From 45 – 55 years (can occur earlier or later).

Menstrual Irregularities

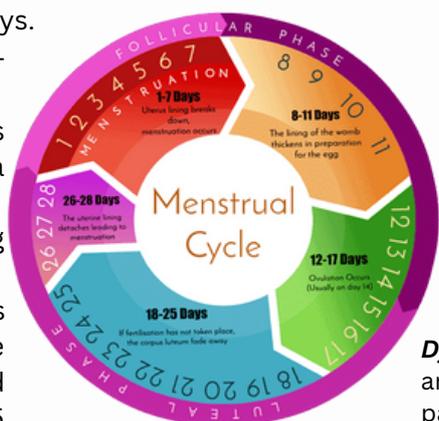
Any menstrual pattern that differs from the normal, may be referred to as menstrual irregularity. Irregular menstruation can have causes that are not related to underlying diseases such as family history, menopause, psychological stress and effects of medications. Irregular and anovulatory cycles are common during the first few years after the start of menses and these may reflect a normal process.

Common problems associated with menstruation:

Heavy flow (menorrhagia) – Blood loss greater than 80mls or use of more than 3 – 4 fully soaked pad per day

Scanty flow (hypomenorrhea) – Duration of menstrual flow is less than 2 days or the amount of blood flow is less than 30mls throughout the number of days of menstrual flow

Dysmenorrhea – Painful menses. May be physiological and can be relieved with mild analgesia such as paracetamol. When severe, especially when it affects normal functioning, it requires attention. Endometriosis is a common cause of severe painful menses.





Inter menstrual bleeding* – When bleeding occurs in between normal menstrual cycle. It requires evaluation. It may be a pointer to diseased conditions including cancer.

Post coital bleeding* – Bleeding following sexual intercourse. **It is a red flag.**

Post - menopausal bleeding* – Bleeding from the vagina after menopause. It is a cause for concern.

Note: Know your menstrual cycle. An irregularity may be a red flag *** above requires proper evaluation. Consult your medical personnel for early review and management

Problems with menstruation can be physiological or pathological. Early presentation, evaluation and appropriate management would go a long way to prevent serious complications.

Menstrual irregularities can be caused by various factors:

- Anxiety
- Stress
- Fatigue
- Significant weight gain or loss
- Over-exercising
- Smoking
- Drug use
- Caffeine
- Alcohol abuse
- Certain medications
- Underlying disorders
- Poor diet

The most common cause is hormonal imbalance.



Michaelian Nur/Pry School, Kota-Araromi

By Sr. Martha Oteku, SSMA

Cultural day is a day to celebrate our heritage in diverse ways.

This event highlights the richness of our various cultures and traditions. 22nd day of February 2023 was a day mapped out to showcase this richness

of our culture at Michaelian Nursery/Primary School Kota-Araromi Ekiti. This is celebration was another occasion to teach the pupils the key values of different cultures, since we believe that cultural awareness is a strong means of promoting peaceful co-existence among the pupils and respect for other people’s culture in the society.

The Head Teacher of the School, Sr Caroline Adebayo, SSMA, was in her best together with her assistance, the pupils, parents and invited guests.

She noted in her address that the purpose of organising the cultural day was to train children to embrace their culture, as it is important in the

development of the society and the nation at large. She further stated that the population of the school is composed of pupils of different cultures and languages. The event featured an array of diverse cultural dances, dramas, presentation of local delicacies, showcasing of native attires, playing of Ayo and other activities to the delight of their parents, guests and all present.

Indeed, it was a fun-filled and memorable day for the pupils, management, staff and parents.





As part of our services to humanity and in response to the needs of our immediate communities, SSMA partners with Caritas-Nigeria on a project called “Building Sustainable Livelihood for Vibrant Communities (B-SLIC) on Agriculture/Livelihoods”.

Sr Anthonia Bolanle Ojo, the Vicar General of SSMA is the Director of the Programme that will last for two years. Others in her team are: Sr Catherine Ajoke Oluyemo, Sr MaryAssumpta Taiwo and Sr Cecilia Oloruntoba. Sr Patricia-Mary Aina has been employed by Caritas-Nigeria as her financial staff. The focus of the B-SLIC project is human empowerment in Ekiti and Lagos States. The scope in Ekiti State is Ado and Ikere Local Government Areas as 20,000 vulnerable persons across 4,000 households will be targeted to benefit from the intervention at 10,000 persons across 2000 household per year. While SSMA will concentrate on Ado LGA, Sisters of Louis will manage the project in Ikere LGA.

This collaboration is based on capacity building, empowerment of women, men, and youth in climate small agricultural production, vocational skills acquisitions etc. The overall goal of this project is to increase food security, nutrition and income of 4000 households in Ekiti and Lagos States and promote environmental stewardship of 2000 farmers.

The programme commenced in November 2022 and remarkable activities have been ongoing since then. At present, the Head Office of this vital initiative is at the St. Johnpaul II Pastoral Centre, Ado-Ekiti.



SSMA



Caritas-Nigeria
On Humanitarian Services

By Sr. Elizabeth T. Aduloju, SSMA





The sixth of February 2023 was a beautiful and memorable day for our two Novices who made their first commitment to God by taking the three simple vows of Chastity, Poverty and Obedience in the Congregation of the Sisters of Saint Michael the Archangel. The solemn event took place in the Novitiate of the Sisters of St. Michael the Archangel situated inside Maria Assumpta Hospital, Ado Ekiti, Ekiti State, Nigeria.

The celebration that was witnessed by many SSMA, Priests, Parents, friends and other invited guests began with Holy Mass at about 10:00am with solemn procession of priests, the professing Srs and their parents accompanied with appropriate song by the Novitiate Choir. The Chief celebrant, Rev Fr Felix Odesanmi, the vicar General of Ekiti Diocese, in his homily spoke on the necessity of the Evangelical Counsels. He emphasized that the vow of Obedience has preeminence over the other two since the Religious through their vow of Obedience are committed to God and centered their entire lives on him which contradicts the self-centered life of the world in ordinary sense. Fr Odesanmi also pointed out some important tips on how they can be faithful in their commitment and finally encouraged the professing Sisters to always put their trust in God.

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At the commencement of the rites of profession immediately after the homily, the Vicar of the congregation, Rev. Sr Anthonia Bolanle Ojo, called out the professing candidate for presentation and questioning. The professing Sisters, Sr Marcelina Babalola from Ekiti and Sr Rita Egorji from Ogoja were led to the altar by their parents as a sign of total surrendering of their daughters to God.

FIRST PROFESSION OF VOWS

BY Sr Mary-Freda Adeniyi, SSMA



After being questioned by the chief celebrants and found them worthy, the superior general Rev. Sr Adenike Regina Oke handed them the religious habit which symbolizes their transformation from the material world to spiritual world in Christ.

The newly transformed Sisters in their white garments, proceeded to the altar to make their vows of Chastity, Poverty and Obedience in accordance with rules and constitutions of the congregation in the presence of the Superior General who accepted their Vows for the Congregation and the Church. The newly professed Sisters joyfully sang the Magnificat praising God like our Blessed Mother Mary. Just before the final benediction, Rev Sr Marcelina Bamisaye one of the Councilors gave the vote of thanks on behalf of the Central Administration of the congregation. Entertainment and reception followed immediately after the Mass.

Congratulations to the new Brides of Christ!



EKITI DIOCESE CELEBRATES CONSECRATED PERSONS

By Sr. Martha Oteku SSMA.

Since 1977, Men and Women Religious all over the world have been celebrating the joy of their calling and consecration on February 2nd every year as declared by St. Pope John Paul II. This worldwide celebration is commemorated on the Feast of the Presentation of the Lord in the temple; hence, all Consecrated Persons are invited to reflect the light of Christ to all the people of world. The 2023 celebration in Ekiti Diocese began with the candle light procession, with the Local Ordinary Most Rev. Felix Femi Ajakaye as the Chief Celebrant. In his homily urged all consecrated persons to be light to the world.

In the second part of the celebration the Vice President of Nigeria Conference of Women



Religious, Ekiti Area, Sr Theresa Adesewa Ajayi, SSMA remarked that this year's Consecrated Day celebration is so significant for us because it is coming at a time when our dear country is ready to experience a great change.

This change will not be possible without a profound sense of togetherness to build a better society which begins from us. This is evident in the theme that is to guide all Consecrated Persons in Nigeria this year;

INTER-GENERATIONAL DIALOGUE TOWARDS BUILDING SYNERGY IN CONSECRATED LIFE IN NIGERIA.

She beseeched all Consecrated Persons to lead by examples and let their lights continue to shine to illuminate our darkened world. Finally, she prayed that God help us to elect honorable leaders who will lead our dear country to the promise land. Amen.

This year celebration was hosted by St. Monica Parish Odo- Ado. The Parish Priest, Rev. Fr. Emmanuel Akingbade, his assistant, Rev. Fr. Anthony Jemiseye, the Parish Council and the entire parishioners received the Consecrated Persons in the diocese with a warm welcome and entertainment.



A Group section of The Sisters of St. Michael The Archangel



St. Monica Parishioners

Sisters On Studies

| SN | NAME OF SISTER | SCHOOL | COMMUNITY |
|----|---------------------|---|-------------|
| 1 | Sr. Oseni Benedicta | St. Augustine College of Education, Akoka Lagos | SSMA Ketu |
| 3 | Sr. Abiala Racheal | St. Augustine College of Education, Akoka Lagos | SSMA Somolu |



Career days are always moments when children love to showcase their chosen ambitions in life. In this regard the pupils of Michaelian Catholic Nursery and Primary School, Idolofin, Ado-Ekiti were not left out. It was a gracious day where all the pupils were dressed in the attires of their various field of their future endeavour; some of the pupils have these to tell us about their chosen ambition.

ROBOTIC ENGINEER: Adelalure Bridget, a pupil in Basic 5 and ten years old said her dream profession was to be a robotic engineer. She believes that Robotic Engineer is a screen designer who makes robot and robotic systems that performs human and non-human activities. Robots makes work easier, safer and more efficient. Robots are also used at automobiles, food packaging, and electronic industries. Although there is no university that is equipped for this in Nigeria, but then, there are related courses that are similar to robotic engineering, it is called mechanical engineering.

MECHANICAL ENGINEER: Ugwueze Michael, age ten and in Basic Six, whose proposed field is Mechanical Engineering told his fellow pupils about his chosen profession.

A mechanical engineer is a person trained to create and build engines for human use. The reason for choosing this is that he is always happy inventing and creating things that will be used by other fellow human beings.



ACCOUNTANT: Oduluyi Odunayo, also a-ten-year-old pupil in Basic Six talked about her career of being an accountant in the nearest future.

She further told her fellow pupils that an accountant is a person who keeps, inspects and analyses financial accounts. She equally went further to giving them the different types of Accountants as: Financial Accountant; Management Accountant; Cost Accountant; Forensic Accountant and Project Accountant.

Also, to be an accountant, require certain skills such as

- i) Reconciliation –General ledger, Financial report
- (ii) critical thinking skills
- (iii) time management skills
- (iv) Ability to analyze data.



CAREER DAY

At **St. Michaelian Nur/Pry School, Ado-Ekiti.**

By Sr. Martha Oteku SSMA.



Other professions talked about by pupils are Dermatologist, Veterinary Medicine, Medicine, Agriculture, Nursing, Pharmacy, etc.

The career day was a huge success as it was concluded with photo shoots based on the different careers below are some of the pictures.





It was Marcus Garvey who said that “A people without the knowledge of their past history, origin and culture is like a tree without roots.” In order to solidify already rooted root, Our Lady of Fatima Catholic Nursery/Primary School has incorporated Asa day as an annual celebration in her extra-curricular activities. ASA/Cultural Day is becoming a necessary part of school activities at all levels because, presently we live in digital world, where technology has taken the place of so many things, including parenting! Of course, we are gradually losing our traditional ways of doing things. Parents are no longer available to their children and have little or no time to teach them the culture, norms, morals and tradition of the society. Thus, one of the ways to promote and resuscitate our dying cultural heritage is to teach the young ones to value their cultures and traditions.



asa day

OUR LADY OF FATIMA CATHOLIC NUR/PRY SCHOOL, IRAGBIJI, OSUN-STATE.

By Sr. Rebecca Atibaka, SSMA

Our Lady of Fatima 2023 Asa day was glamorously celebrated on 15th February and featured different cultural displays from the major cultural groups in Nigeria, namely; Hausa, Yoruba and Igbo. The pupils who were divided into different groups and all dressed in cultural attires representing their cultures and their



parents also dressed in colourful attires in solidarity with their children made the day a very enriching and evoke a nostalgia love for our cultural heritage.

The cultural activities of the day include Alo, Onka, Ogesise, Ekun iyawo, Igbo (August meeting), Hausa dance, ere Ibile, ounje jije and many more.

It was really a soul lifting event, full of cultural reminiscence! The pupils found ASA day to be extremely interesting and useful in getting to know the customs and traditions of their cultures.

HAPPY Birthday

Happiest Birthday, to our

MARCH CELEBRANTS



| | | | |
|------|------------------------|------|--------------------------|
| 2nd | Sr Elizabeth Akibolade | 15th | Sr Theresa Ale |
| 4th | Sr Regina Oke | 22nd | Sr Florence-Ben Sorinola |
| 5th | Sr Josephine Olorunda | 26th | Sr Rachael Adeyemi |
| 9th | Sr Bridget Taiwo | 27th | Sr Helen Ajayi |
| 14th | Sr Stella Otuba | 31st | Sr Felicita-Mary Agbanu |

MARY QUEEN OF ANGELS CATHOLIC GIRLS' SECONDARY SCHOOL
 Federal Housing Estate, Shagari Village, off Irese Road, P. O. Box 3441, Akure, Ondo State.
 Website: www.maryqueenangels.com.ng. Tel: 08132815385.
DAY & BOARDING SCHOOL FOR GIRLS ONLY



**ADMISSION INTO JSS1, JSS2 & SSS1
 2021/2022 ACADEMIC SESSION**

IT IS OUR STRONG DESIRE TO BRING UP OUR GIRLS WITH A BASE IN THE HOME; GROUNDING THE SHARED RESPONSIBILITIES BETWEEN THE TEACHERS AND PARENTS THROUGH TUTELAGE, DISCIPLINE AND MUTUAL COUNSELING.

FORM PRICE: ₦5,000

ENTRANCE SUBJECTS:
 - ENGLISH LANGUAGE
 - MATHEMATICS
 - GENERAL PAPER

DATE OF EXAM: _____ (8:00AM)

VENUE:
 SCHOOL PREMISES

FOR ENQUIRIES ON PURCHASE OF FORMS, PLEASE CALL: 07065152632; 08132815385.



NETIQUETTE

By Sr Mary-Freda Adeniyi, SSMA

Beware of fake news and hate speeches, they damage individuals, and confuse the society. Always check the authenticity and currency of the Internet and Social Media Messages before taking any action. Of course, online messages are very influential because of the speed and wide scope but always take time to **VERIFY**.



- **Before you believe: VERIFY**
- **Before you act: VERIFY**
- **Before you condemn: VERIFY**
- **Before you share: VERIFY**



Editorial

Dear Sisters and Friends, it is with great joy that we present to you the February edition of our Michaelian Voice Newsletter. We hope you find it enriching and interesting. Do remember to send us your comments. Thank you and remain blessed!

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