



## NEWSLETTER

A publication of the Sisters of Saint Michael The Archangel.

December 2023      volume 2.      Issue No. 12

### MESSAGE FROM THE SUPERIOR GENERAL

Dear Sisters,

The birth of Christ illuminates our lives, banishing the shadows of darkness and infusing our world with light. As we celebrate the birth of our saviour, let us be filled with the joy and light that He brings to our lives and world. Let us also radiate this joy and light with ourselves in our communities, places of work and the people of God in general. May this Christmas season be a time of boundless blessings, where the spirit of love and unity reigns supreme. Let us cherish the moments of togetherness, sharing in the warmth of His divine love and the hope it brings.



May the coming year bring abundant blessings, prosperity, and endless opportunities for each of us, our congregation and families. Let us move forward with faith, courage, and a renewed sense of purpose.

Wishing you all a very happy Christmas and new year in advance. May the coming year 2024 be one of fruitfulness, fulfilment, happiness and success. Amen.

Sr. Adenike Regina Oke, SSMA

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# **MICHAELIAN BIOGAS: AN INNOVATIVE ACHIEVEMENT**

**By Sr. Titilayo Aduloju, SSMA**

**I**n December 2023, Michaelian Farm, Ado Ekiti made a progressive achievement in generating 'Biogas' and 'Organic fertilizer' from the animal waste products in the farm. This was a dream come true according to Sr. Celina Adegun, the Manager of the Michaelian Farm. In other words, Michaelian Farm now produces Biogas and Organic fertilizer from piggery and poultry wastes.

## **What does Biogas mean?**

Biogas is a sustainable energy source that is good to the environment and is created when organic materials like food scraps and animal manure decompose. It is produced via a process known as anaerobic digestion, in which these components are broken down by microorganisms in the absence of oxygen. An energy-producing combination of gases is produced during this digestion, mostly methane and carbon dioxide. The fact that biogas can be produced from replenishable organic resources makes it a renewable energy source. Burning biogas emits fewer greenhouse gases than burning conventional fossil fuels, making it a greener fuel substitute. As the gas is being produced, liquid organic fertilizer is also harvested from the digester.

## **What can Biogas be used for?**

Biogas may be used to heat, cook, and produce power, among other things.

\*It is used in cooking food.

\*It can replace compressed natural gas for use in vehicles.

\*It can be used to power generator instead of petrol or diesel.

\*The organic fertilizer is natural and very good manure for agricultural crops and plants.

In addition, the organic fertilizer is used in feeding fish for faster and rapid growth.

## **The Future of Michaelian Biogas**

At present, Michaelian Biogas is being harvested in a bag that is too big to be carried about. With time, Michaelian Farm hopes to commercialize the gas by compressing it in cylinders at affordable price. The Manager is looking forward into building innovative achievement into an industry, despite being a capital-intensive project. Of course, the organic fertilizer is already available for sale.



# SR FELICIA OMOLE @60

By Sr. Rebecca Atibaka, SSMA



**T**here is a lot of excitement that surrounds the birth of a child. Birthday remembrance is a sign of increasing in maturity and responsibility among family and friends. Sr. Felicia Morenike Omole SSMA was born on 3<sup>rd</sup> December 1963, and this year 2023, the celebration took a special look as she turned 60. She gathered her families, friends and loved ones to join her to express her gratitude to God in the Eucharistic celebration and a befitting reception in her community in Ifon-Osun, Osun State. In her words of exhortation, she said that attainment of 60 years was worth thanking God for, it was a celebration of 60 years of God's faithfulness and kindness, preservation, protection and love. It was a thanksgiving of



*Happiest birthday to our  
**JANUARY** celebrants*

1ST Sr. Jegede Susan

20TH Sr. Obende Theresa

2ND Sr. Ojo Emmanuella

28TH Sr. David Doris

10TH Sr. Babalola Marcelina

28TH Sr. Aina Patricia-Mary

18TH Sr. Ogundinmu Ann-Prisca

29TH Sr. Odeh Regina



## **FORMATION HOUSES CHRISTMAS CAROL AND PARTIES**

**By Sr. Oteku Martha, SSMA**



**T**he much-anticipated annual Formation House Christmas Carol took place on the 23rd of December 2023 at the Generalate of the Sisters of Saint Michael the Archangel. The event which commenced at 11:00am saw enthusiastic participation from the Postulants, Novices, and Aspirants, all joining in this joyful celebration. Sr. Agatha Ogunkorode, SSMA led the opening prayer after which the Superior General, Sr. Adenike Regina Oke, SSMA declared the event

opened. In her opening remarks, the Superior General welcomed everyone to the celebration and encouraged them to sit back in the mood of Christmas season to enjoy the activities lined up for the joyful occasion. Sr. Mary Assumpta Taiwo, SSMA delivered the Christmas message, urging everyone to embrace the spirit of love that the baby Jesus brought to us in this season. She accentuated that love is the true essence of this festive season.

The celebration was a delightful medley of Christmas carols, vibrant performances, and engaging drama presentations, captivating the audience and infusing the atmosphere with the joyous spirit of Christmas. Before the close of the event, the Vicar General, Sr. Anthonia Bolanle Ojo, SSMA expressed on behalf of the Superior General, Council, and the entire congregation her gratitude for the wonderful festivities and highlighted the significance of the shared experience. With a closing prayer from Sr. MaryAnne Mowobi, SSMA, this memorable celebration came to an end filling all the participants with joy and cheerfulness in anticipating the birth of the new born King.





# AWARDS OF EXCELLENCE

By Sr. Cecilia Oloruntoba, SSMA



**S**ignificant accomplishments call for celebration and recognition! Indeed, the Sisters of Saint Michael the Archangels are hard-working and always committed and dedicated to their various apostolates and careers. It is an esteemed privilege to highlight some of our Sisters whose commitment have been acknowledged through different awards in the month of December.

On 9th December 2023, during the 2023 reunion party of the Alumni of Holy Child Catholic Secondary School, Ado-Ekiti, the Association conferred the Award of Excellence on each of our three Sisters who had worked in the school years back and made remarkable contributions to the lives of the student and the school as a whole. The awardees were;

**Sr. Beatrice Opaireke**



**SR. Regina Oke**



**Sr. Margaret Fagbamigbe**

Recognising their remarkable achievements is truly impressive. During the event, some of the alumnus showcased their appreciation for each sister by mimicking them, underscoring their hard work, passion, and unwavering commitment to their calling and primary assignments.

In faraway Okuku Yala in Ogoja, Sr. Michael Iyabo Akinlusi who was also recognized for her commitment to the work of evangelization at St Joseph Parish, Okuku Yala, in the Catholic Diocese of Ogoja. The award was presented to Sr during the 2023 parish harvest which took place on the 17<sup>th</sup> December.



This various acknowledgment reflects the outstanding contributions made by these individual sisters in their respective roles and services to the people of God, the church and society and should inspire others.



**Sr. Michael Akinlusi**



### SSMA ADO ZONE CELEBRATES CHRISTMAS

By **Sr. Christiana Oguntegbe, SSMA**

**T**he 2023 Ado Zone Christmas Party celebration drew a large attendance from all communities to Mary-Immaculate Community, the host community. The celebration which was an evening gathering began with vespers in thanksgiving to God for his unwavering mercy and love over the all our Sisters through the year. The community's Superior, Sr. Marcelina Bamisaye, SSMA heartily welcomed all to evening's activities in her address. As usual, all communities presented Christmas songs, beginning with the host community, the Generalate Community, which serves as the mother house and is also the largest community, followed by the Pastoral Centre Community, Novitiate, and Maria Assumpta Community. The party featured several games, including the 'Know Your Bible Challenge', drinking competition, recitations, and singing of selected psalms. As the joyful celebration drew to a close, the Superior General, Sr. Adenike Regina Oke, SSMA full of joy made a closing remark. In her remarks, she expressed gratitude to all the sisters and offered a prayer for God's continued blessings until the next gathering in 2024. The vote of thanks was given by Sr. Patricia-Mary Aina, SSMA and the closing prayer was led by Sr. Felicia Adeola, SSMA.



# HEART ATTACK



# MYOCARDIAL INFARCTION

By Sr. Dr. Margaret Ogunkuade, SSMA

# H

heart attack is a deadly medical emergency. This usually occurs when blood clot blocks the flow of blood to the heart leading to reduced oxygen supply and damage of the heart muscles. It can lead to death. Symptoms include tightness or pain in the chest, arm or neck with associated, light-headedness, anxiety and abnormal heartbeat.

**Risk factors include;**

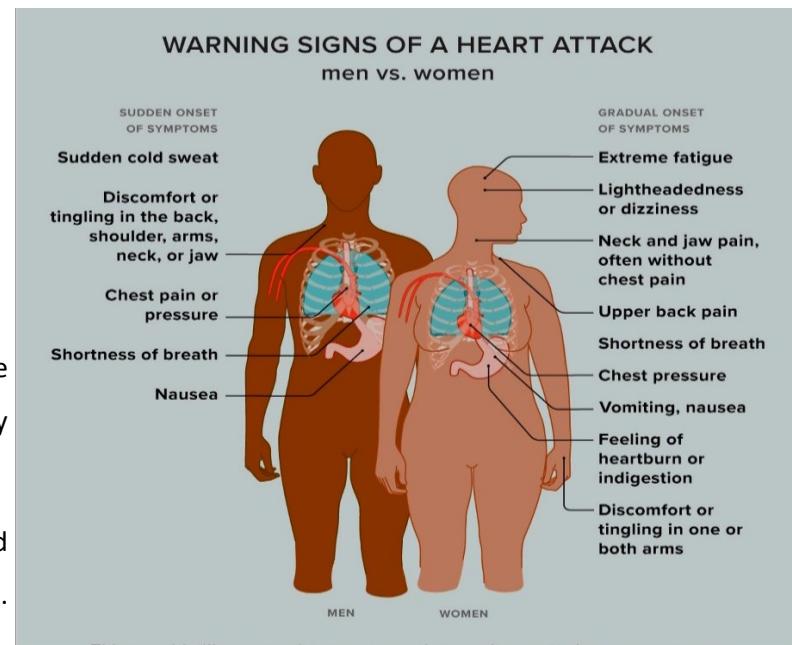
- Age (45 and above for men, 55 and above for women, though can occur earlier),
- hypertension,
- diabetes, obesity,
- high cholesterol,
- smoking
- Family history.

Treatment will depend on the level of severity. This ranges from lifestyle modification to immediate resuscitation using CPR (cardiopulmonary resuscitation), use of medication, stents and bypass surgery.

Prevention is key to its management. Note the risk already highlighted and the warning signs which are pointer to seeking help early enough.

Do not delay on this

To be continued.....



# NURTURING THE VIRTUE OF HUMILITY

By Sr. Angela Amiademhen, SSMA

Humility can be likened to openness, the appreciation of all created things, the ability to acknowledge our differences, mistakes, limitation and nothingness. The ability to see God in all and to depend totally on God. As Christians, humility is one of the core values which we must strive to acquire because humility can help us to see the vanity of life.

Of course, as St. Augustine rightly put it, humility is the foundation of all other virtue, hence, in the soul in which this virtue does not exist, there cannot be any other virtue except a mere appearance. A humble soul will see God. Blessed is the soul that is humble for they shall experience the mercy of God. A humble soul transcends the sphere of mortal life. Humility is one of the keys that opens the door to salvation. A humble heart will always be favoured by God. Be humble for all that you have and possess are gift from God. Your life, breath, education, occupation, state, family, religion, nationality, birth, vocation, complexion etc.... In fact, all your achievements are gifts from God.

Be humble for you could have been a stone, sand, water, animal, fly, bird, butterfly, wood, lizard, rat, snake, fish, weed, flower, crab, misquotes or any other thing you could imagine. Be humble for we are clay in the hands of God and He decides what form to mode us into. A proud man fall leads to doom! A humble person attracts God's blessings!



### CHRISTMAS CELEBRATION AT THE SSMA CHILDREN'S HOME

By Sr. Christiana Oni, SSMA



**T**he children at the SSMA Children's Home were not left behind in the Christmas celebration. The children had an engaging Sunday school session after which they were led to the Crib where Sr. Anthonia Ojo, SSMA gave them the Christmas message. In her message, she said that the Christmas is a season of joy, love, and hope. Sr. Ojo also made a meaningful explanation about the significance of

the Crib, highlighting the symbolic representations present within it: Baby Jesus, Mother Mary, St. Joseph, the shepherds, the Three Wise Men, animals, and the angels.

In a like manner, the Superior General, Sr. Adenike Oke, SSMA graciously presented the children with Christmas gifts. The joy and gratitude expressed by the children upon receiving these gifts were truly deep and sincere.

Miss Regina, one of the dedicated Sunday school teachers, led the closing prayer, marking the end of the simple but beautiful celebration. The children were left with the memories of shared joy and the spirit of giving, echoing the true essence of Christmas.





By Sr. Susan Jegede, SSMA

## Dear Nigerian Youth,

**A**ll hope is not lost as this year 2023 draws down its curtain for another new year. The power of hope will help you to see clearly, discerning what matters to you most, and aligning your lives accordingly. Hope holds the belief that your future will be better than the present and that you have the ability to make it happen. It involves being optimistic and a can-do attitude. Thus, I encourage you to sum up courage and be confident to face the future challenges with hope.

Make the following your guide and priority:

1. Think of your goal and set it right: Keep your goals high but remain focused.
2. Be flexible and creative: When brainstorming your pathways, develop Plan A, B, C, D, etc and take the best alternative.
3. Increase your motivation: Ask yourself, what strengths can I draw on to achieve my goals? What is currently working for me? Was I successful in similar situations and why?
4. Expect roadblocks and be prepared for it: Remember that things of value do not come easily. Keep going, be persistent, even under stressful conditions.
5. Take one step at a time: If you are struggling to reach your goals, think of one small step you can take each moment, each day.
6. Increase your sense of humour: When you are feeling hopeless, take a break and watch some comedies, try to remember funny experiences you have had, laugh at yourself. Laugh, Laugh and Laugh as a 2003 study found that laughter can increase your levels of hope.
7. Gain strength from others: When you feel discouraged, listen to an inspiring podcast or read the memo of someone who has overcome overwhelming obstacles and learn from other people's experiences.
- 8: Read the scriptures and pray daily.

In all, the year 2024 is fast approaching and you are called to be optimistic regardless of the challenges, failures and obstacles encountered in the outgoing year 2023 and to embrace it with hope that cannot be chartered for the year 2024 is your year of total breakthrough and unending success. May the Lord reinforce your hope and brighten your future. Amen!





# CAROLS & PARTIES

## CHRISTMAS CAROLS AT SS PETER AND PAUL CATHOLIC SCHOOLS.

By Sr. Mary-Freda Adeniyi, SSMA

**B**eyond Christmas celebrations in Ado-Ekiti and its environs was the Christmas party of SS Peter and Paul Catholic Schools, Ode-Irele, Ondo State. SS Peter and Paul Catholic schools comprises of two arms, first is the nursery and primary school which has Sr Sola Ogunleye, SSMA as the Head Teacher and second is the secondary school with Sr Mary Arasanmi, SSMA as the Administrator. Both schools had their Christmas Carol and end of the year parties on the 13th and 14th December respectively.



The events were graced with the presence of parents and invited guests, staff, pupils & students of the schools. The celebration was characterized by wonderful performances by the pupils and students captivating the attention of their audiences and acquiring their unreserved admirations. Some of these performances were; Christmas songs rendition, drama, Ekiti cultural dance, cha-cha dance, choreography and lots more. Sancta Claus was also present at the gathering with lots of beautiful gifts for the children.

In their Christmas message, both Srs emphasized the significance of Christmas as love and encouraged their pupils & students to spend the festive period spreading love and continue to love one another beyond Christmas season. At the end of each cheering gathering, the pupils & students went home with Christmas gifts and began their Christmas break which



also marks the end of first term of the 2023/2024 academic session.





## EDITORIAL

Dear Sisters and Friends, it is with great joy that we present to you the DECEMBER 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!

Sr. Elizabeth T. Aduloju, SSMA.

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- Sr. Marcellina Deckon, SSMA
- Sr. Angela Amiademhen, SSMA
- Sr. Mary-Freda Adeniyi, SSMA

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- Sr. Susan Jegede, SSMA