



Michaelian Voice



SERVICE, ADORATION & VICTORY...

NEWSLETTER

A Publication of the Sisters of Saint Michael the Archangel.

March 2024 Volume 3. Issue No. 15

MESSAGE FROM THE SUPERIOR GENERAL

Dear Sisters,

We celebrated on the last day of this month, the most important Feast of the Church's Liturgical Year. The day Christ our Lord broke the chains of death and rose triumphantly from the grave. He did this, not for Himself, but for the love of humanity. He wants us to share in His great victory over sin and death. Christ's resurrection is the miracle of all miracles, in which God raised Jesus Christ from death after three days. He called Himself back from the dead by His power.

St Paul (Colossians 3:1-4), tells us that along with Christ we too have risen to a new life in the spirit through our baptism, and so from now on we should live with our eyes fixed on heaven and not on earth. Only in doing this, we can prove to the world that Christ is truly risen!

In the same vein, just as Jesus rose from the grave, we are called to also rise from our graves to a new life. We must rise from the grave of sin. We must rise from the grave of laziness in prayers and laziness in studying the word of God. We must rise from the grave of ungodly and bad companies we often keep. We must rise from the grave of immorality and waywardness. We must rise from the grave of excessive food and materialism. We must rise from the grave of all forms of worldly pleasures, etc.

Therefore, for us too to experience the power of Christ's resurrection and to share the abundance of grace of Easter,

we must always think about Christ and share His love wholeheartedly with others. That is the only time we too can have personal experience of the power of resurrection and have a meaningful Easter

Summarily, the message of Easter to all, and in particular, to us Christians and religious is optimistic. A bad situation does not last forever. No situation in life is hopeless for those who trust in God (cf. Gen 18:14). With God, our stories can change again. It may be punctuated by sorrows and tears but it will end in glory. Psalm 30:11 says, "No matter how long the night is, joy comes with the morning." Therefore, in our personal life, we should see every failure as a Good Friday. In our journey of faith, we should never lose hope because there is always a resurrection after the Good Friday. Remember, Jesus suffered grievously on Good Friday, but on Easter Sunday He rose gloriously. We too can rise again!

And above all and most importantly, Christ's resurrection reminds us that we, like Christ, will also rise one day. The resurrection reminds us that the life of a believer has only one end, a glorious end. This is news of hope for us all! Life emerged after the grave. Therefore, let us belong to the Lord in our lifetime, to be fully united with Him in His glory in heaven.

May we all experience the power of resurrection over every aspect of our lives. Amen!

HAPPY EASTER CELEBRATION!

Sr. Adenike Regina Oke, SSMA

In this Issue

◆ SR BENEDICTA AS NOTARY

◆ SR ADEOLA AT 50

◆ USA NEW COMMUNITY

◆ COMM. DIRECTORS MEETING

◆ ACTS OF MERCY AND SERVICE

◆ DIABETES MELLITUS



SALFORD DIOCESE APPOINTS SR. TOKEDE AS NOTARY

By Sr. Titilayo Aduloju, SSMA

The Bishop of Salford Diocese, Bishop John S.K. Arnold by a Decree of Erection of Diocesan Inquiry and appointment of Members for the Diocesan Phase of the Cause for the Beatification of Pedro Ballester appointed Sr. Benedicta Tokede on 6th March 2024 as Notary alongside two other priests, Rev Fr. Nicholas Paxton who is to serve as the Episcopal Delegate in the matter and Rev. Fr. Callistus Orjka to be the Promoter of Justice for the Cause of the Beatification and Canonisation of the Servant of God, Pedro Ballester Arenas who was born in Manchester, England, in 1996.

Pedro Ballester was a talented student and was educated in a Catholic environment. As a teenager, he attended Christian formation classes at Greygarth Hall, an Opus Dei center in Manchester. He joined Opus Dei as a numerary member in 2013, committing to a lifelong vocation to celibacy. In 2014, he studied Chemical Engineering at Imperial College, London. However, he was diagnosed with advanced pelvic cancer, causing him to interrupt his studies and return to Manchester for treatment. He transferred his degree to the University of Manchester in 2015, but his

condition worsened and he was only able to study for a short term. From 2015 to 2018, Pedro underwent continuous medical treatment in Manchester and Germany, meeting Pope Francis in Rome. He was supported by his Opus Dei brothers,



Opus Dei women, and his parents. In 2018, after three years of suffering from cancer, Pedro gave up his soul to God and died surrounded by his family and Opus Dei brothers.

As a Notary, Sr. Tokede is to work with the two others under the Instruction Sanctorum Mater which erects and establishes the diocesan inquiry into 'the life', the heroic virtues, and the reputation of holiness and of intercessory power of Pedro Ballester (c.f. Sanctorum Mater n.31 paragraph 1).



to our
APRIL
Celebrants

- | | | |
|-------------------------------------|-----------------------------------|--------------------------------------|
| 2nd Sr. Omasanjuwa Catherine | 3rd Sr. Omojola Immaculata | 3rd Sr. Abiala Rachael |
| 5th Sr. Deckon Marcellina | 6th Sr. Adelusi Jumoke | 6th Sr. Ariyori Justina |
| 9th Sr. Thomas Mary Frances | 12th Sr. Oti Regina | 13th Sr. Oguntegbe Christiana |
| 19th Sr. Kalesanwo Catherine | 24th Sr. Olori Gloria | 24th Sr. Aluko Roseline |
| 24th Sr. Benedicta Eromosele | 26th Sr. Opayemi Veronica | 28th Sr. Adeyanju Benedicta |

17th Sr. Opaireke Beatrice

17TH BABA M.O. FAGUN



LENT BEYOND THE CHURCH WALLS: ACTS OF MERCY AND SERVICE

By Sr. Susan Jegede, SSMA



Sr. Susan Jegede, SSMA

Lent is a journey of forty days, beginning with **Ash Wednesday** and ending with the **Easter vigil**. These are days set aside for Christians to meditate on the passion and death of Jesus Christ. To help keep the

young disciples on track, the church offers us three pillars to focus our efforts on during the 40 days of Lent: **Prayer, Fasting, and Almsgiving.**

Ash Wednesday reminded us that “we are dust and unto dust we shall return”. The Ashes administered on our foreheads are also a sign of repentance.

There are spiritual activities stipulated by the Church to be observed during the Lenten period. They are; Stations of the Cross, Confession, Daily Masses and reception of Holy Communion, Daily readings, studying and sharing the Word of God, Youth retreat, Spiritual and Corporal Works of Mercy. Other activities include; cleaning the

✦ Church and environment, helping the aged and needy, doing community jobs, and promoting the activities of the Lenten season via social media, drama, passion play, writings, and other youth apostolates.

✦ Young followers of Jesus are to be conscious of the significance of the season of lent, particularly the Holy Week which begins the celebrations of the Triumphant Entry of ✦ Jesus to Jerusalem, His Passion, and eventual Death on ✦ the Cross at Calvary. You must reflect on these events, ✦ hold them to your hearts, and cherish the love that Jesus ✦ Christ lavished upon us by redeeming us with His Precious Blood. We need to imitate Jesus Christ our leader and saviour by accepting our little sufferings, carrying crosses daily, and offering up ourselves and activities to God not only during Lent but always.

Thus, if you are:

Simon of Cyrene, take up the cross and follow.

Veronica, gently wipe His face with your kindness.

one of the women who wept for Him, continue to be real women and human beings.

crucified with Him as a Robber, have the honesty to acknowledge God.

Joseph of Arimathea, asks the executioner for the body.

Nicodemus, prepare Him for burial with perfumes.

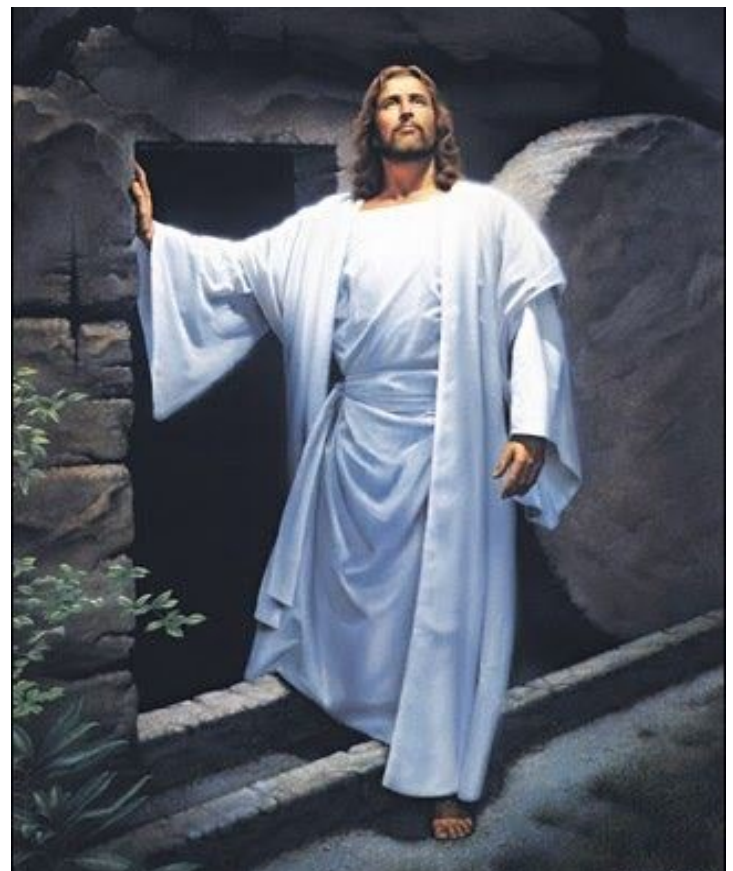
Mary Salome or Joanna, shed tears in the early morning.

Mary Magdalene, be the first to see the stone removed.

Angels, be the first to tell the good news.

Jesus awaits us at the resurrection to move us from our graves to glory, from grass to grace, darkness of night to light of day, and death to life.

Be the first to see Him! Be the first to tell someone, **HE IS RISEN!!!**



HAPPY EASTER!



**SSMA US MISSION OPENS
A NEW COMMUNITY**

As the US Mission continues to grow, it is with great joy that we announce the opening of a new community in Houston. The new community which is located at 3114 S. Macgregor Way, Houston was carved from the Manvel community and opened in January 2024. The community is made up of three members; Sr. Veronica Temitope Ogunlade, the Superior, Sr Josephine Oluwabunmi Jemiseye, and Sr. Mary-Antoinette Oni Araoyinbo.

We congratulate the US Mission and pray for continuous growth and spread. We equally wish the members of the community a happy stay and a successful apostolate.

MAY ALMIGHTY GOD GRANT YOU SUCCESS.AMEN!

SSMA Communication Team

CONDOLENCES

The entire members of the Sisters of Saint Michael the Archangel commiserate with our dear sister,

Sr Anne Jimoh who lost her younger sister, Late Mrs. Florence 'Sade Aloa on 17th March 2024.

May her soul and the souls of all the faithful departed, through the mercy of God and merits of Christ rest in peace. Amen.

Happy 50th Birthday

SR. HELEN AJAYI, SSMA

By Sr. Mary-Freda Adeniyi, SSMA



On 27th March 2024, Sr. Helen Adeola Ajayi clocked 50 years of age. In gratitude to God for His unfailing love, a thanksgiving Mass was celebrated at SSMA Community Chapel in Davenport, Iowa, USA where the homilist described the celebrant as a selfless daughter of light who brightens everywhere she finds herself. After the Mass there was community meal shared with the priests and the sisters in the community. It was all fun and high surprise when Sr. Adeola got her places of work at Holy Family Catholic Church, Davenport where she works as the Director of Faith Formation and at All Saints Catholic School, Davenport where she teaches the 2nd Graders

Religious Education. The Staff and pupils celebrated her with a cute cake and birthday songs. The pupils also decorated her office table with their handmade birthday cards filled with beautiful wishes for their admirable teacher. As if the D-Day celebration was not enough, on Easter Sunday, there was a birthday dinner party with the members of Legion of Mary and some friends from Holy Family Catholic Church. There were lots of food, dance and birthday wishes which made the day remarkable for the celebrant.



Sr Helen expressed her gratitude to God for giving her the opportunity to be 50 and asks specifically for God's grace to climb the stairs of the 5th ladder of life with peace, good health, holiness of life, strength and for it to be better than the 4th ladder, as she recalled during the celebration that the 4th ladder was the most turbulent of her life journey. She appreciated everyone who made her birthday celebration worthwhile by their prayers, gifts, kind words and presence at her 50th birthday

ed her office table with their handmade birthday cards filled with beautiful wishes for their admirable teacher. As if the D-Day celebration was not enough, on Easter Sunday, there was a birthday dinner party with the members of Legion of Mary and some friends from Holy Family Catholic Church. There were lots of food, dance



and birthday wishes which made the day remarkable for the celebrant.

Sr Helen expressed her gratitude to God

for giving her the opportunity to be 50 and asks specifically for God's grace to climb the stairs of the 5th ladder of life with peace, good health, holiness of life, strength and for it to be better than the 4th ladder, as she recalled during the celebration that the 4th ladder was the most turbulent of her life journey. She appreciated everyone who made her birthday celebration worthwhile by their prayers, gifts, kind words and



presence at her 50th birthday



DIABETES MELLITUS



Sr. Elizabeth Aina SSMA

Diabetes is a chronic (long-lasting) health condition that affects how your body turns food into energy.

Your body breaks down most of the food you eat into sugar

(glucose) and releases it into your bloodstream. When your blood sugar goes up, it signals your pancreas to release insulin. Insulin acts like a key to let the blood sugar into your body's cells for use as energy.

With diabetes, your body doesn't make enough insulin or can't use it as well as it should. When there isn't enough insulin or cells stop responding to insulin, too much blood sugar stays in your bloodstream. Over time, that can cause serious health problems, such as heart disease, vision loss, and kidney disease.

There are three main types of diabetes: Type 1, type 2, and gestational diabetes (diabetes while pregnant).

EFFECTS

Over time, diabetes can damage blood vessels in the heart, eyes, kidneys and nerves. Also people with diabetes have higher risk of health problems including heart attack, stroke and kidney failure. Diabetes can cause permanent vision loss by damaging blood vessels in the eyes. Many people with diabetes develop problems with their feet from nerve damage and poor blood flow. This can cause foot ulcers and may lead to amputation.

Symptoms of diabetes can be mild. They may take several years to be noticed. As a result, the disease may be diagnosed several years after onset, after complications have already arisen.

PREVENTION

Diabetes can be prevented or delayed with healthy lifestyle changes, such as:

Losing weight.

Eating healthy food.

Diabetes is a major cause of blindness, kidney failure, heart attacks, stroke and lower limb amputation.

A healthy diet, regular physical activity, maintaining a normal body weight and avoiding tobacco use are ways to prevent or delay the onset of type 2 diabetes.

DIAGNOSIS AND TREATMENT

Early diagnosis is important to prevent the worst effects of diabetes. The best way to detect diabetes early is to get regular check-ups and blood tests with a healthcare provider.

Diabetes can be treated and its consequences avoided or delayed with diet, physical activity, medication and regular screening and treatment for complications.

One of the most important ways to treat diabetes is to keep a healthy lifestyle. Some people with diabetes will need to take medicines to help manage their blood sugar levels. These can include insulin injections or other medicines. Foot care to treat ulcers. Screening and treatment for kidney disease. Eye exams to screen for retinopathy (which causes blindness).

Symptoms of Diabetes

 Increased thirst.	 Slow-healing cuts and sores.	 Fatigue.
 Blurred vision.	 Frequent urination.	 Unexplained weight loss.



NATIONAL COMMUNICATION DIRECTORS' MEETING

By Sr. Martha Oteku, SSMA



The first plenary meeting of the Diocesan and Religious Directors of Social Communication in Nigeria took place at Ado Ekiti, Ekiti Diocese between 12th and 14th March 2024.

The meeting which emphasized the importance of listening to practitioners of social communication was hosted by Ibadan Ecclesiastical Province and chaired by Ekiti Diocese. Sr Martha Oteku, the Deputy Directress of SSMA Social Communications, attended the meeting alongside others.

The Bishop-Chair for Social Communications in Ibadan Province, Most Rev. Felix Femi Ajakaye, highlighted the need for synergy between the National Director of Communication and the Association. He further said that the National Director and the Association should collaborate and work together for success. Thus, he encouraged all Directors to value, direct, and coordinate the communication affairs of the Church in Nigeria.

The topic for discussion at the two-day meeting focused on the potential of Artificial Intelligence (AI) and its challenges. Fr. Justine Dyikuk of the Diocese of Bauchi gave the talk through a virtual platform. In his talk, he emphasised that AI simply put is a two-edged sword, which means, it could be used both for good and evil. To him, Artificial intelligence tends to equate with God which is one of the major concerns

of the Church at the moment. The reduction of the dignity of the human person is at its highest minimum.

While AI service to humanity cannot be denied, advantages include but are not limited to the following: Retaining written work, storage of strong data collection for researchers, tackle exploitation /inequality. In the same way, its pitfalls are numerous as it breeds social isolation, being like God, polarizing public opinion, cognitive pollution false narratives, and many others. It is, therefore, vital to nipping its effects in the bud, thereby ensuring effective human communication predicts human freedom, enlightened by reason, and strengthened by faith and not machines

He further, encourage encouraged all communications to always go with the stance of the Church and more importantly the Pope's message for World Communication Day for 2024 should be read with great enthusiasm, and a one-week webinar/seminar/talk could be organised to physically or virtually shed more light on the downside of Artificial Intelligence. Given this, a timetable for the 58th World Communication Week is proposed thus;

Mon 6 May	Tue 7 May	Wed 8 May	Thu 9 May	Fri 10 May	Sat 11 May	Sun 12 May
Diocesan /Religious Institute Public on AI	Seminar for Diocesan Media workers on AI and Wisdom of the Heart	Workshop for Priests & Religious on Human Communication in the Age of AI	Talk show on pitfalls of AI amid New Evangelization	Sermon on the Benefits of AI in the Evangelizing Missions of the Church	Visits to the NUJ & distribution of Diocesan/ Religious Newspaper or letters such as Souvenir	Mass Media Parley or Press Conference



EDITORIAL

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

Editor

ssmacommunication1986@gmail.com

+234 806 077 9197

SSMA COMMUNICATIONS TEAM

- Sr. Elizabeth T. Aduloju, SSMA
- Sr. Mary Assumpta Taiwo, SSMA
- Sr. Dorcas Balogun, SSMA
- Sr. Clare Ojo, SSMA
- Sr. Martha Oteku, SSMA
- Sr. Marcelina Deckon, SSMA
- Sr. Angela Amiademhen, SSMA
- Sr. Mary-Freda Adeniyi, SSMA

GRAPHICS & LAYOUT

- Sr. Elizabeth T. Aduloju, SSMA
- Sr. Mary-Freda Adeniyi, SSMA

CORRESPONDENTS

- Sr. Dorcas Balogun, SSMA
- Sr. Martha Oteku, SSMA
- Sr. Angela Amiademhen, SSMA
- Sr. Mary-Freda Adeniyi, SSMA

COLUMNISTS

- Sr. Dr. Margaret Ogunkuade, SSMA
- Sr. Susan Jegede, SSMA