



Michaelian Voice



SERVICE, ADORATION & VICTORY...

NEWSLETTER

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Pray your rosary daily



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“THE VOWS IN LINE WITH THE SIGNS OF THE TIMES”

AN ONLINE COURSE BY UISG

By Sr. Titilayo Aduloju, SSMA

Traditionally, religious life has been closely associated with three core vows: Chastity, Poverty and Obedience. These vows symbolise a deep commitment to living a life aligned with the Gospel and the teachings of the Church. However, in the modern world context, some individuals may seek to express their commitment in different ways. This is why the International Union of Superior Generals (USIG) is organising an online course on the topic “The Vows in Line with the Signs of the Times”.

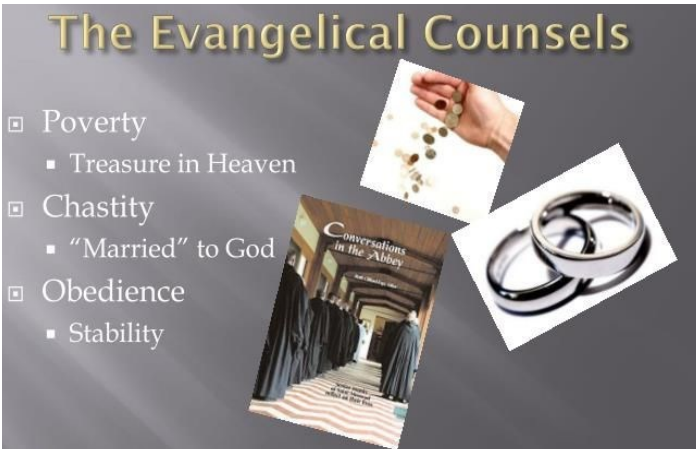
According to the information on the Union’s website, “Since the Second Vatican Council, all three vows have evolved. Some people want to live a life committed to the Gospel but do not want to live the three traditional vows - poverty, chastity, and obedience - as they have usually been interpreted. Or perhaps only one or two of these vows make sense to them. Someone may want to make a new vow that speaks to the heart of their identity and vocation. People may choose to develop vows that express the kind of life they want to commit to in today's context. All that is required is an openness to the Spirit, or rather a willingness to dance with the Spirit.”

Thus, the union in making the religious individuals of various congregations and institutes globally have more in-depth knowledge and understanding of the vows in the contemporary world, has organised an online course to take

place on 9th and 10th May 2024 between the hours of 9 and 11 (CET).

Sr. Inigo Joachim, SSA will deliver this topic in various sessions and will be in four languages; English, Italian, Spanish and French. Of course, during the sessions, Sr. Joachim will look at the historical development of the vows, their biblical basis, the light shed by the Second Vatican Council, changes and challenges, and practical tips among others.

In all, “the vows in line with the signs of the times” invite religious individuals to learn more about adapting, discerning, and creatively expressing their commitment to God’s mission in a rapidly changing world. The registration form can be obtained from this website: <https://uisg.net/Regist-Vows-Sign-Times>.



Happy Birthday

to our
MAY
Celebrants

1st	Sr. Catherine Ojolo	1st	Sr.Marcellina Bamisaye	6th	Sr. Caroline Adebayo
8th	Sr. Antoinette Araoyinbo	9th	Sr. Elizabeth Kayode	17th	Sr. Theresa Oni
19th	Sr. Rita James	21st	Sr. Agatha Alilo	25th	Sr. Anne Jimoh
25th	Sr. Victoria Akanbi	26th	Sr. Benedicta Tokede	26th	Sr. Stella Aremu
26th	Sr. Stella Omotola			27th	Sr. Clare Fogbonjaye



SEMINAR FOR PERPETUAL PROFESSED SISTERS.

By Sr. Christianah Ogunjobi, SSMA



The 2024 perpetual professed sisters' seminar on **"The Consecrated Life in the Face of Neo-Paganism"** took place at the Generalate of the Sisters of St. Michael the Archangel between 4th and 6th April 2024. The seminar was facilitated by Rev. Fr. Anthony Yemi Oyelami, a priest of the Catholic Diocese of Ekiti, Ekiti State.

Fr Oyelami started the seminar by analysing the complex relationship between Neo-Paganism and consecrated life. He then emphasised the importance of understanding the true meaning of these terms in order to avoid misinterpretations. In his talk, he said that individuals who have embraced the consecrated life have undergone training and understand the significance of their calling, making them unlikely to deviate into Paganism, Neo-Paganism, or Pantheism due to their firm grounding in their faith and commitment to their vocation. Fr Oyelami further discussed the meaning and history of consecrated life, tracing its origins to ancient Greek practices and highlighting significant eras in its evolution. No doubt, from the Vatican II period to the present era, consecrated life has faced challenges, resulting in a decline in new vocations in the Western world while witnessing growth in Africa.

According to him, paganism is a religious belief system that deviates from recognised religions, often associated with polytheism and nature-based beliefs. The term originated in the 4th century and has been applied to non-Judeo-Christian religions, including African traditional religions. It has been influenced by various philosophical perspectives, including Ancient Greek, Medieval, and Modern Philosophy. In Christianity, the term "Paganism" is used to describe any religion outside of the Abrahamic religion that worships gods other than the God of Abraham. Neo-Paganism, a revival of ancient pre-Christian spiritual traditions, is a revival of ancient pre-Christian spiritual traditions rooted in Northern and Western Europe. Neo-



Paganism prioritises biodiversity and ecological sustainability, practising herbal medicine and ancient remedies for physical and mental well-being.

The relationship between consecrated life and Neo-Paganism is complex, with challenges in understanding the potential intersections. Neo-Paganism may lead to a decline in vocations, adaptation to mundane values, decline of asceticism, and proliferation of institutions, particularly in countries like Nigeria. Church authorities may need to intervene to address these issues and uphold the integrity of consecrated life.



The sisters also engaged with the topic through various groups to discuss some vital questions relating to the topic. It was an exciting session when the sisters reported the fruits of their discussions with practical issues and ways of overcoming some neo-paganism actions among the consecrated persons. The discussion suggested that consecrated persons should reconnect with the spirit of the founding fathers of ascetic life, providing guidance and study to understand the original intentions and values. They should also prioritise the well-being of members, emphasizing poverty as a charitable use of material things. Fostering sincere love and understanding among members can create a supportive environment, revitalising consecrated life and promoting hope.

In conclusion, the facilitator encouraged the sisters not to lose hope but to continue to act in the spirit of the founder.





CHILDREN AND
EVANGELIZATION
IN THE LIFE OF
THE CHURCH



Let the little Children come to Me, do not hinder them, for to such belongs the kingdom of God (Mark 10: 14).



Sr. Susan Jegede, SSMA

Children’s Evangelization begins from home. Parents are the first evangelizers to their children and wards. Family as a domestic church forms and trains a child in the right manner and in the way of the Lord. The Catholic church in her wisdom identifies with the children through the Holy Childhood Association (HCA), Young Missionary Movement (YOMM) and so on. Similarly, schools also create enabling environment for children’s spiritual growth and development. They share knowledge, good ideas, team work, materials and financial contribution to help and support other children in their spiritual, physical and social needs.

Spiritual programmes and other different activities are laid down yearly to help children in developing the spirit of missionary leadership. It drives them to share the faith and material benefits, especially with children who are most in need. It also promotes, encourages and supports missionary vocations.

Ways Children Evangelize their Peers

In the process of this formation, children are prepared to help evangelize other children worldwide in the following ways:

- Children praying for other children.
- Sharing the word of God with their peers.
- Inviting other children to their church activities
- Visiting the sick of their same age in the hospitals and homes

- Visiting and giving helping hand to children home of their age.

Through the financial contributions of children, educational, medical and welfare projects in the poorest areas of the world are carried out.

In sum, children formation is very significant in the life of the church, family and society at large. Therefore, Parents, Teachers and all care givers are to prepare the children adequately to be useful to themselves, family and society in future. Children evangelization will continue to enhance the work of evangelization in the Church and in the entire world.



Share God’s Word



**SSMA CELEBRATES
FOUNDER
@89**

HAPPY
Birthday

MOST. REV. MICHAEL OLATUNJI FAGUN.





TEMPORARY PROFESSED
SISTERS SEMINAR

By Sr. Mary-Feda Adeniyi SSMA



The

temporary professed sisters of the congregation of the Sisters of St. Michael the Archangel gathered at the Generalate from the 17th to 21st April 2024 for their annual seminar and workshop. This year’s seminar was a little different as it was more of interactions and group discussions among themselves. The discussions focused on enhancing the sister’s knowledge of religious life, the Congregation and holiness of life. Prior to the gathering, the coordinator of the temporary professed sisters, Sr. Aga-



tha Ogunkorode had given the sisters some topics to study. The fruits of these studies were shared in various group discussions. The reports were also presented to the larger group during which the sisters had opportunity of asking questions and getting clarifications. Likewise, the assistant coordinator, Sr, Maryanne Obama was fully involved in the programme and attended to the needs of the sisters by answering their questions and clarifying their confusions. Some of the topics discussed covered were:

- ♦ Spirituality of the religious states and Keys to spiritual growth
- ♦ Michaelian Spirituality
- ♦ The vow of obedience
- ♦ Intergenerational dialogue
- ♦ Augustinian spirituality and rule of St. Augustine
- ♦ Conversations -talking with God, self and others
- ♦ Divine Providence and living the religious life
- ♦ The relevance of self-awareness to religious life

Sr Florence-Ben Sorinola, SSMA, a pharmacist was invited to present a talk on “Cleanliness and Personal Hygiene” to the sisters.

At the end of the programme, a summary of all the discussions was made available for the sisters to serve as reference and preservation of knowledge.





HYPERTENSION: A SILENT KILLER



Sr. Morenikeji Faseemo, SSMA

OVERVIEW:

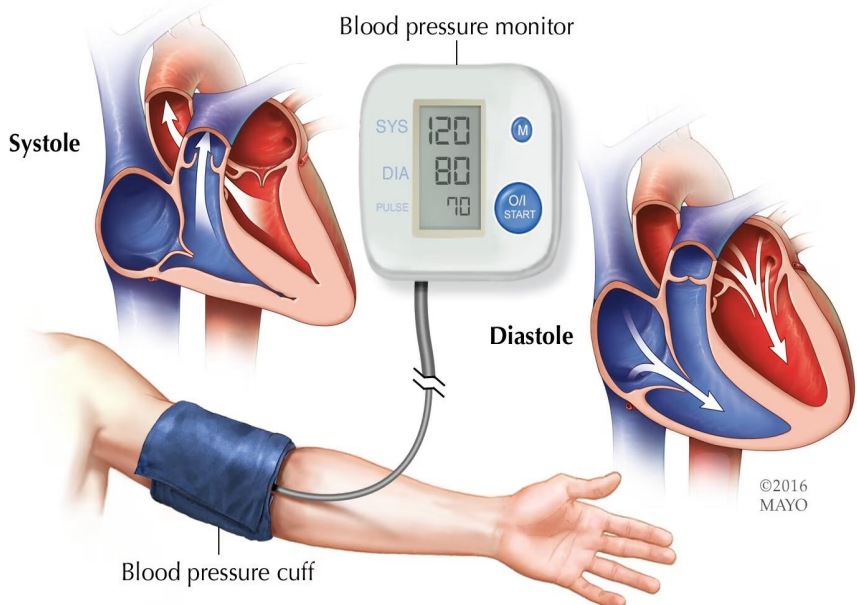
Hypertension, also known as high blood pressure, is when the pressure in your blood vessels is too high. It is a common condition that affects the body's arteries. When you have high blood pressure, the force of the blood pushing against the artery walls is consistently too high. The heart has to work harder to pump blood. It is common but can be serious if not paid attention to in time or treated. Blood pressure higher than

180/120 mm Hg is considered a hypertensive emergency or crisis. Seek emergency medical help for anyone with these blood pressure numbers while Ideal blood pressure is categorized as normal.

Understanding Blood Pressure Reading and Numbers

Blood pressure is measured in millimeters of mercury (mm Hg). A blood pressure reading has two numbers.

- Top number is called **systolic pressure**. The first, or upper, number measures the pressure in the arteries when the heart beats. This indicates how much pressure your blood is exerting against your artery walls when the heart contracts.
- Bottom number is called **diastolic pressure**. The second, or lower, number measures the pressure in the arteries between heartbeats. This indicates how much pressure your blood is exerting against your artery walls while the heart muscle is resting between contractions.



Blood Pressure, according to the American College of Cardiology and the American Heart Association can be grouped into four general categories. They are:

Normal Blood Pressure: Blood pressure lower than 120/80 mm Hg.

Elevated Blood Pressure: The top number ranges from 120 to 129 mm Hg and the bottom number is below, not above, 80 mm Hg.

Stage 1 Hypertension: The top number ranges from 130 to 139 mm Hg or the bottom number is between 80 and 89 mm Hg.

Stage 2 hypertension: The top number is 140 mm Hg or higher or the bottom number is 90 mm Hg or higher.

A diagnosis of high blood pressure is usually based on the average of two or more readings taken on separate visits. The first time your blood pressure is checked, it should be measured in both arms to see if there is a difference. After that, the arm with the higher reading should be used. An accurate reading is important. It helps your healthcare team decide what kind of treatment you may need, if any.

A SILENT KILLER

High Blood Pressure is often called the "silent killer" because most people who have it do not have or may not feel any symptoms. Sometimes, most symptoms are often misunderstood. And that silence can be deadly; it is one of the most dangerous health conditions. High blood pressure can lead to a host of serious problems, including heart attack, heart failure, kidney disease and stroke. The only way to know is to get your blood pressure checked.

Key facts from World Health Organization (WHO)

- *An estimated 1.28 billion adults aged 30–79 years worldwide have hypertension, most (two-thirds) living in low- and middle-income countries.*
- *An estimated 46% of adults with hypertension are unaware that they have the condition.*
- *Less than half of adults (42%) with hypertension are diagnosed and treated.*
- *Approximately 1 in 5 adults (21%) with hypertension have it under control.*
- *Hypertension is a major cause of premature death worldwide.*

SIGNS AND SYMPTOMS

Most of the time, high blood pressure or hypertension, has no obvious symptoms. The best ways to protect yourself are being aware of the risks and making changes that matter.

People with high blood pressure can experience the following symptoms: **severe headaches, chest pain, dizziness, difficulty breathing, nausea, vomiting, blurred vision or other vision changes, anxiety, confusion, buzzing in the ears, nosebleeds, and abnormal heart rhythm.**



A few more facts to be aware of:

- High blood pressure develops slowly over time and can be related to many causes.
- High blood pressure cannot be cured. But it can be managed effectively through lifestyle changes and, when needed, medication.
- A diagnosis of high blood pressure is usually based on the average of two or more readings taken on separate visits. The first time your blood pressure is checked, it should be measured in both arms to see if there is a difference. After that, the arm with the higher reading should be used. An accurate reading is important. It helps your healthcare team decide what kind of treatment you may need, if any.

RISK FACTORS

- Old age
- genetics - High blood pressure tends to run in families, so if one of your parents or a sibling has the condition, you're more likely to as well.
- being overweight or obese

- not being physically active
- high-salt diet and diets high in saturated fats and trans fats
- low intake of fruits and vegetables
- drinking too much alcohol and tobacco use

PREVENTION

Reduce the risks of hypertension by:

- Lifestyle changes
- Reducing and managing stress
- Regularly checking blood pressure – If you are 40 and older, or anyone younger with risk factors, you should have your blood pressure checked by a healthcare provider once a year. Younger people without risk factors should be checked at least every two years.
- treating high blood pressure
- managing other medical conditions.

SSMA @ ADO DEANERY'S
EASTER PICNIC





EDITORIAL

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