



NEWSLETTER

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MISSION: A FUNDAMENTAL ELEMENT OF CONSECRATED LIFE

A paper presented by Sr Antonia Bolanle Ojo at the ongoing 2nd Women Religious Theologians UISG Symposium, between 25th May and 2nd June at Nemi, Rome, Italy.



Mission the core of the Consecrated Life

In a world where the Church's mission is often overlooked, consecrated life stands as a beacon of hope and witness to the Gospel. At its core, consecrated life is defined by its missionary nature, and consecrated persons are called to devote

themselves wholly to mission. This mission is not just about doing, but about being - living a life that witnesses to the Gospel. Consecrated persons are called to follow Christ closely and make their whole life a mission. They receive their consecration for mission in the Church, and their mission is to announce the Gospel of the Kingdom to all people. This mission is not limited to specific apostolic activities but encompasses different dimensions of their life. Through their vows, charisms, community life, and everything about them, consecrated persons are called to be signs, witnesses, and prophecies of a new culture and humanity.

The best way to share Jesus with others is through one's own life witness, and consecrated persons are called to be prophetic signs of God's love. They are to make humanity the centre of their mission, bringing consolation and hope to all people, especially those who are oppressed. To be effective in mission, consecrated persons need intense initial and ongoing formation, including formation in the Word of God, self-knowledge, spiritual and affective maturity, and awareness of social justice.

Prophetic Witnessing: Proclamation by Deeds

The call to consecrated life is a call to mission, to bear prophetic witness, and to be the voice of the voiceless. Pope Francis pronounced 2015 the Year of Consecrated Life, emphasising the importance of examining fidelity to the mission

entrusted to consecrated persons. The Church highlights that the mission of consecrated persons is enriched by the charisms of their respective institutes and societies and that all charisms are for the mission. Consecrated persons are called to be a living exegesis of Jesus' words, "As you did it to the least of these my brethren, you did it to me" (Mt 25:40). They are to be fearless, courageous, selfless, committed, and prayerfully listening to the promptings of the spirit to embrace the struggle for justice. By doing so, they will be faithful to their mission in the Church and the world and will enrich others with their charismatic gifts.

Mission by Life of Witness

Moreover, consecrated persons are called to be a leaven in the world, transforming it from within. They are to be a source of hope and inspiration for others, living a life that is characterised by joy, simplicity, and generosity. Through their mission, they are to bring people closer to God and to help them discover their own vocation and mission in life. To fulfil this mission, consecrated persons need to be deeply rooted in prayer and contemplation. They need to be men and women of the Word, nourished by Scripture and Tradition. They need to be open to the promptings of the Holy Spirit, and willing to take risks for the sake of the Gospel. They need to be prophets of hope and joy, proclaiming the Good News to all people, and witnessing to the love and mercy of God.

Conclusion

In short, the call to consecrated life is a call to mission, to be a living witness to the Gospel, and to be a source of hope and inspiration for others. It is a call to be prophetic signs of God's love and to bring people closer to God. It is a call to be fearless, courageous, and selfless, and to embrace the struggle for justice. It is a call to be a leaven in the world, transforming it from within, and bringing joy and hope to all people.

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THE OVERFLOWING GRACE (2 COR. 12:9)

A talk delivered by Sr. Emmanuel-Mary Fadiya, SSMA at the 2024 CCRN National Pentecost Novena between 10th and 19th May 2024 at ccrn.tv

INTRODUCTION

Grace is the unmerited favour, blessings, and goodness that God freely bestows upon us. It is His positive surprises that we do not deserve, yet He generously gives. Grace cannot be earned; it is a gift that overflows from God's abundant love. As 1 Peter 4:10 says, "Each of you should use whatever gift you have received to serve others, as faithful stewards of God's grace in its various forms." The church identifies two types of grace: sanctifying and actual grace.

Sanctifying Grace

Sanctifying grace is a permanent, supernatural disposition that perfects the soul, enabling us to live with God and act by His love. It is received through Baptism and remains in our soul, making it holy and giving us supernatural life.

Actual Grace

Actual grace, on the other hand, is God's temporary intervention that prompts us to collaborate with Him as we grow in holiness. It enlightens our minds and inspires our wills to do good and avoid evil.

Charismatic Graces

Charismatic graces are special gifts that enable us to give love to others. These include the gifts of the Holy Spirit, such as wisdom, knowledge, understanding, counsel, fortitude, piety and fear of God. God Himself is the source of all graces, and His grace has the power to make us holy and pleasing to Him, adopt us as His children, and make us temples of the Holy Spirit.

These are graces that we are given as gifts so that we can in turn give gifts of love to others. This makes the gift special. The gifts of the Holy Spirit (wisdom, knowledge,

God Himself is the source of all graces

"But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness" (2 Cor. 12:9). Approach God's throne of grace with confidence (Heb. 4:16). "but the gift is not like the trespass. For if the many died by the trespass of the one man, how much more did God's grace and the gift that came by the grace of the one man, Jesus Christ, overflow to the many (Rom 5:15).



To maximize the grace of God in our lives, we can:

- Ask for it (Matthew 7:7)
- Approach God with humility (Romans 5:7-15)
- Use our talents (Matthew 15:19-28)
- Avoid sin

Conclusion

By embracing God's overflowing grace, we can live a life that overflows with His love, blessings, and goodness. As 2 Corinthians 12:9 says, "My grace is sufficient for you, for my power is made perfect in weakness." Let us confidently approach God's throne of grace and receive His abundant blessings.



to our
JUNE
Celebrants

4TH	SR. VERONICA OWOSO
4TH	SR. TOPE BABARE
4TH	SR. JUSTINA ARIYORI
16TH	SR. GHRISTIANA FASINA

18TH	SR. HENRIETTA OLWOLE
23RD	SR. RITA ETOFO
24TH	SR. AGNES AJOBIEWE
25TH	SR. IRENE OLASUMBO



EDUCATION: THE KEY TO RAISING WELL-ROUNDED CHILDREN



Sr. Margaret Ogbebor, SSMA

Children are a precious gift from God, and their arrival brings joy and fulfilment to families. However, raising them requires careful consideration and preparation. In today's society, education plays a vital role in shaping the future of our children. As parents and caregivers, it is our responsibility to provide them with the necessary tools to succeed in life. Children are indeed gifts from God, and we have to nurture and guide them to become responsible and capable individuals. From the moment they are born, children require care, attention, and education. This process begins at home, where parents and caregivers instil the right values and information to help them develop into desirable members of society. Education without moral guidance is incomplete, and it is essential to provide children with a well-rounded education that includes both formal and informal learning.

Formal and informal education is critical in shaping children's behaviour and character. As they grow and develop, they absorb information and learn from their surroundings. If they are not taught the right values and habits, they may adopt undesirable ones, which can be challenging to correct later in life. Therefore, correcting unacceptable behaviour and instilling good habits from an early age is essential to prevent unwanted traits from developing. It is crucial to

provide children with the right guidance and support from an early age. This includes providing a nurturing environment, setting a good example, and offering guidance and support throughout their development.

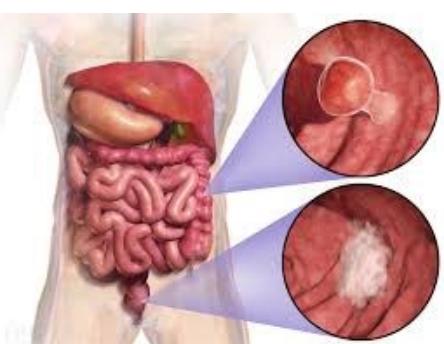


Education is an ongoing process that requires patience, dedication, and commitment. Parents and caregivers have a significant role in moulding a child's future. They should provide consistent guidance, correction, and support to help children develop into responsible and capable individuals. Education without moral guidance is incomplete, and it is essential to provide children with a well-rounded education that includes both academic and moral instruction. This helps them develop into capable and responsible individuals who will contribute positively to society. Moral education helps children understand the difference between right and wrong, and it shapes their character and behaviour. Procrastination or delay in instilling the right information can have negative consequences, making it essential to prioritize education from an early age.

In conclusion, education is the key to unlocking a child's potential and shaping their future. By providing chil-



dren with the right information, values, and skills, we can help them develop into capable and responsible individuals who will contribute positively to society. Hence, it is important for parents to prioritise education and provide their children with the necessary tools to succeed in life. Together, we can shape the future of our children and society as a whole.



COLORECTAL CANCERS (CRC):

UNDERSTANDING THE RISK AND IMPORTANCE OF EARLY DETECTION



Introduction

Colorectal cancer, also known as colon cancer, is a type of cancer that affects the large intestine or rectum. It is a leading cause of cancer deaths worldwide and its incidence is increasing, particularly among younger age groups and black Africans.

Risk Factors

While about 5% of colorectal cancers are caused by inherited gene mutations, the majority are sporadic. Factors that increase the risk of developing colorectal cancer include:

- Age
- Low-fiber diet
- Obesity
- Excessive alcohol consumption
- Sedentary lifestyle
- Diet rich in processed meat
- Cigarette smoking
- Genetic mutations or family history of CRC (Lynch syndrome, familial adenomatous polyposis [FAP])

Features and Symptoms

Early-stage colorectal cancer may not present with symptoms, but as the disease progresses, symptoms may include:

- Rectal bleeding
- Weight loss
- Diarrhea
- Anemia
- Constipation
- Mass in the anus (in cases of rectal cancer)

Advanced cases may present with symptoms of metastasis, such as abdominal pain and distension, vomiting, and inability to pass feces, requiring urgent surgery after resuscitation.

Investigations and Treatment

Investigations, including colonoscopy and biopsy, are crucial to confirm the disease, determine the extent of spread, and prepare for surgery. Surgery is the mainstay of treatment, and the type and extent of surgery depend on the stage of the cancer. Chemotherapy (and radiotherapy, especially for rectal cancers) is administered after surgery, and sometimes even before surgery in advanced cases.

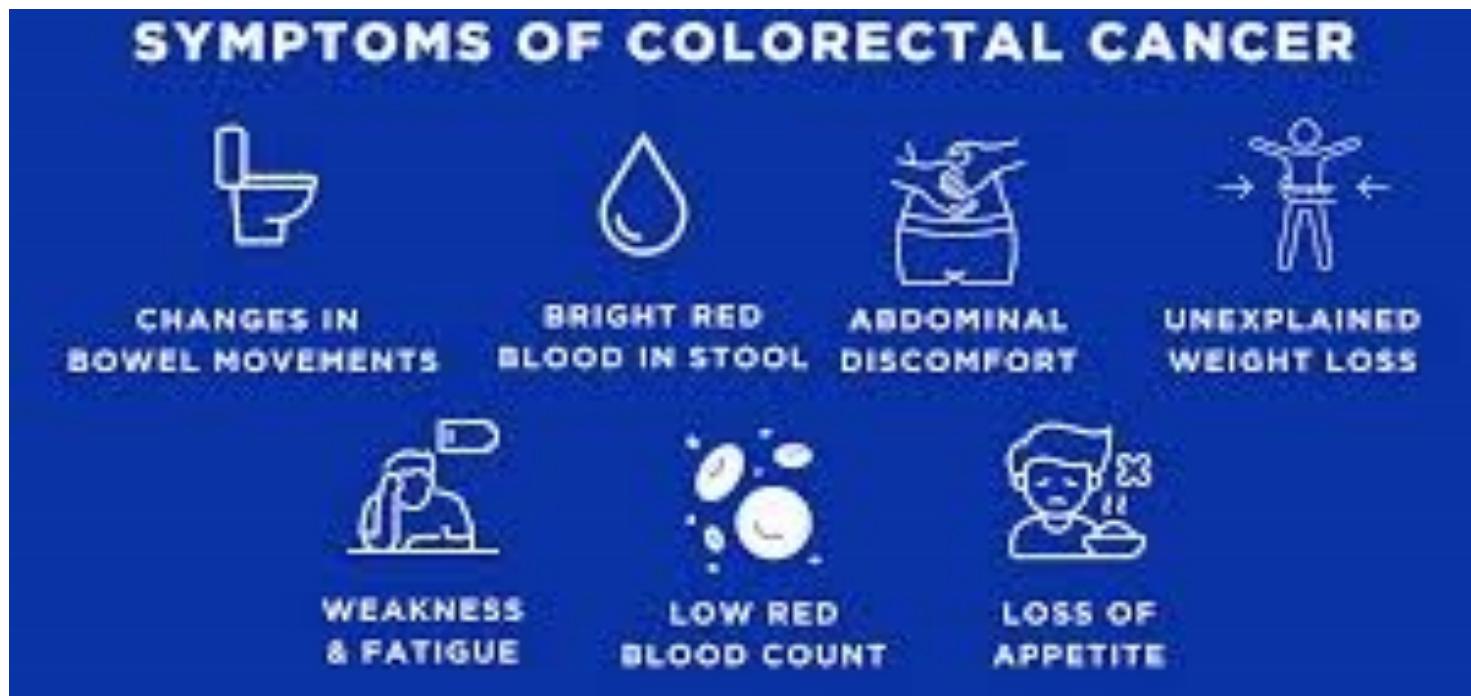


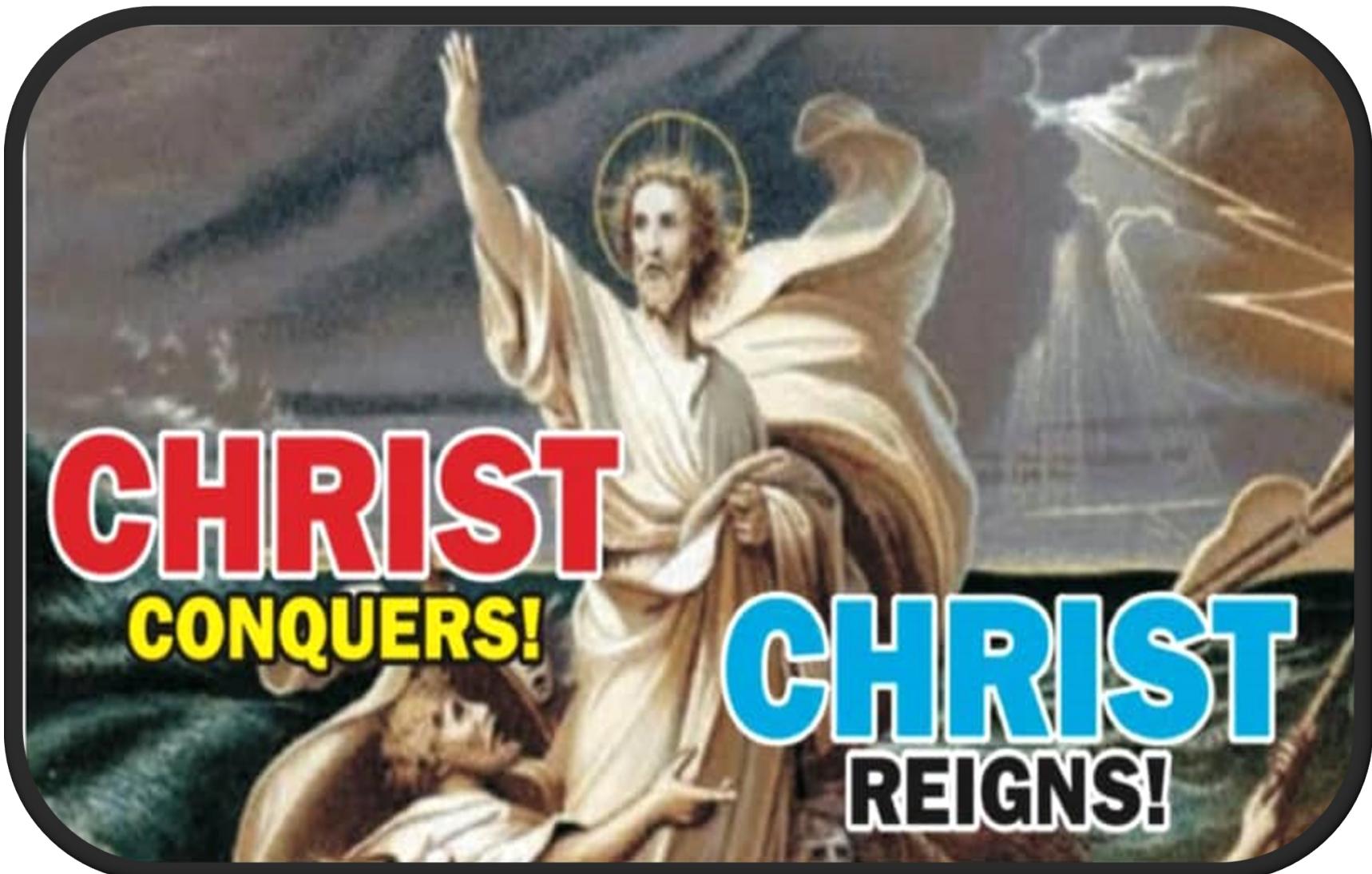
SR. DR. ANNE OLUTE, SSMA

Prognosis and Prevention

The prognosis for colorectal cancer is good when surgery is done at an early stage, but many people present late, especially in our environment, and the risk of recurrence is high. Preventive measures include:

- Diet rich in fruits, vegetables, and fiber
- Living an active life with plenty of physical activity
- Screening with colonoscopy (from age 50, or earlier in those at higher risk)



**EDITORIAL**

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

GRAPHICS & LAYOUT

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

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

CORRESPONDENTS

- Sr. Dorcas Balogun, SSMA
- Sr. Martha Oteku, SSMA
- Sr. Angela Amiademhen, SSMA

COLUMNISTS

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