



NEWSLETTER

A publication of the Sisters of Saint Michael The Archangel.

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The 26th day of July 2024 marked a double celebration in the congregation of the Sisters of Saint Michael the Archangel as seven aspirants were received into the postulate and seven postulants were also received into the Novitiate by the Superior General, Sr. Adenike Regina Oke, and her Council. The reception Mass took place in the Novitiate Chapel at 6:30 am and was officiated by the Novitiate Chaplain, Fr. Emmanuel Kehinde Ajayi.

In his homily, Fr. Ajayi encouraged the Sisters to remain steadfast, acknowledging that the journey is not easy. He emphasized that embracing this life is a significant decision and that it is a gradual process, with each stage presenting its own challenges. He reminded them to always align them-

selves with Christ as they journey on with him. Fr Ajayi said, "Winners never quit and quitters never win." The

Chaplain urged the Sisters to continually seek God's grace, leaving them with his favourite song inspired by Saint Paul: "Give me the grace to follow, abundant grace to follow, give

RECEPTION OF NOVICES & POSTULANTS

By Sr. Martha Oteku, SSMA



me the grace to follow, your grace is enough for me." He concluded by encouraging them to strive daily to acquire virtues like our Mother Mary.

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US MISSION



SSMA GREER COMMUNITY'S DREAM COMES TRUE!

By Sr. Theresa Adeboye, SSMA

A momentous occasion unfolded on June 18th, 2024, as the long-awaited convent for the Sisters of St. Michael the Archangel at Greer, South Carolina was officially blessed. This significant event marked the culmination of a dream realized, with the consecration of a sacred house dedicated to religious life, prayer, and community.

Bishop Jacques Fabre-Jeune, CS, presided over the celebration, leading the Holy Mass, highlighted the convent's mission and the vital role of the sisters within the



sisters' commitment to serving God and others.

Following the mass, a procession led by the Bishop, Sisters, executive committee members of St Clare's Home, and selected donors, made its way to the convent. Each room and space were individually blessed, sanctifying the entire building and inaugurating its life as a prayer, reflection, and service home.

Congratulations to the SSMA Greenville Community!

Congratulations to the US Mission!!

Congratulations to the entire Sisters of St. Michael the Archangel on this momentous achievement!!!

The historic occasion was capped off with a joyful gathering, as donors, friends, and family members came together to share in the sisters' joy. Refreshments and warm fellowship followed, celebrating the realization of a dream.

This blessing of a new convent stands as a testament to the power of faith, perseverance, and community. May it forever serve as a beacon of hope, inspiring countless acts of kindness and devotion.



COMMUNITY MEMBERS

US Mission success stories

SSMA PITTSBURGH COMMUNITY'S NEW BEGINNINGS

By Sr. Veronica Babalola, SSMA

The SSMA Pittsburgh community is overflowing with joy and gratitude as they reflect on the numerous blessings they have received from the Lord. The community has been a beacon of hope for those in need, and they have witnessed remarkable transformations in the lives of those they serve at their shelter. These transformations are a demonstration to God's enduring mercy and wonder-working power.

A significant milestone was reached on June 1st, 2024, when the community's fervent prayer for a suitable convent was answered. This new community has provided a true sense of purpose and belonging, allowing the sisters to feel at home as they go about their daily work. Of course, the convent is more than just a physical structure; it represents a sense of permanence and stability, enabling the SSMA community to deepen their roots in the Diocese of Pittsburgh.

This awesome achievement was made possible because of the incorporation of the Congregation of the



COMMUNITY MEMBERS

The community is deeply grateful for the support and guidance received from the McMahon family, Fr. Tom Kunz, Sr. Mindy Welding, IHM, and Fr. James Bachner, who played instrumental roles in facilitating this process.

The new accommodation has revitalized the community's commitment to their duties, rejuvenating their spirits and renewing their passion for service. The community is now better equipped to participate in the life of the Parish, fostering a sense of unity and cooperation. This, in turn, will enable the sisters to serve those in need more effectively, spreading God's love and mercy to all they encounter.

By Sr. Veronica Babalola, SSMA



Sisters of St. Michael the Archangel into the Diocese of Pittsburgh earlier this year.

The community is deeply grateful for the support and guidance received from the McMahon family, Fr. Tom Kunz, Sr. Mindy Welding, IHM, and Fr. James Bachner, who played instrumental roles in facilitating this process.

This inspiring story serves as a powerful reminder of the impact that faith, community, and collaboration can have on our lives and the lives of those around us. We are thrilled to share this uplifting news with our sisters and readers generally and looking forward to seeing the continued growth and outreach of the SSMA Pittsburgh Community.

The SSMA Pittsburgh SSMA (SSMA US Mission Community extends her Superior), for her leadership and guidance

- God Almighty, for His unwavering guidance and provision
- Most Rev. David A. Zubik, the Bishop of the Diocese of Pittsburgh, for approving their stay in the Diocese
- Bishop Felix Ajakaye, of Ekiti Diocese, for his recommendation and support
- Sr. Adenike Regina Oke, SSMA (Superior General), for her wisdom and encouragement
- Fr. James Bachner, the Pastor of Church of the Resurrection Parish, and his associate, Fr. Fernando, for their unwavering support and collaboration.
- Sr. Morenikeji Faseemo,



DIABETES MELLITUS

AWAReNESS: TAKING CONTROL OF YOUR HEALTH



INTRODUCTION

Diabetes mellitus is a chronic condition that affects how one's body turns food into energy. It is essential to understand this disease because it can impact anyone, regardless of age. This health talk aims to raise awareness, discuss prevention strategies, provide management tips, and highlight potential complications.

TYPES

Diabetes mellitus comes in two main types:

- **Type 1 Diabetes:** Often diagnosed in children and young adults, it occurs when the body does not produce insulin.
- **Type 2 Diabetes:** More common in older adults but increasingly seen in younger populations due to lifestyle factors, it happens when the body does not use insulin properly.

CAUSES AND DISPOSING FACTORS

Understanding the causes and risk factors can help in the prevention and management of diabetes:

- **Genetics:** Family history plays a significant role, especially in Type 1 diabetes.
- **Obesity:** Excess body weight, particularly around the abdomen, increases the risk of Type 2 diabetes.
- **Physical Inactivity:** Lack of regular physical activity can contribute to weight gain and insulin resistance.
- **Age:** The risk of Type 2 diabetes increases with age, particularly after 45.
- **Poor Diet:** Consuming high amounts of sugar, refined carbohydrates, and unhealthy fats can increase diabetes risk.
- **Gestational Diabetes:** A history of diabetes during pregnancy increases the risk of developing Type 2 diabetes later in life.

PREVENTION

While Type 1 diabetes cannot be prevented, Type 2 diabetes can often be delayed or prevented through healthy lifestyle choices:

- **Healthy Eating:** Focus on a balanced diet rich in fruits, vegetables, whole grains, lean proteins, and healthy fats.
- **Regular Exercise:** Aim for at least 150 minutes of moderate exercises or 75 minutes of vigorous exercise each week.
- **Weight Management:** Maintain a healthy weight to reduce your risk.
- **Avoid Smoking:** Smoking increases the risk of diabetes and cardiovascular disease.

MANAGEMENT

For those living with diabetes, managing the condition is crucial to prevent complications.

- **Blood Sugar Levels:** Regular monitoring helps you manage your blood sugar levels effectively.
- **Medications:** Follow your doctor's instructions regarding insulin or other diabetes medications.
- **Healthy Lifestyle:** Continue with a balanced diet and regular exercise.
- **Regular Check-ups:** Routine visits to your healthcare provider can help manage and monitor your condition.



Sr. Christiana Ogunjobi, SSMA

COMPLICATIONS

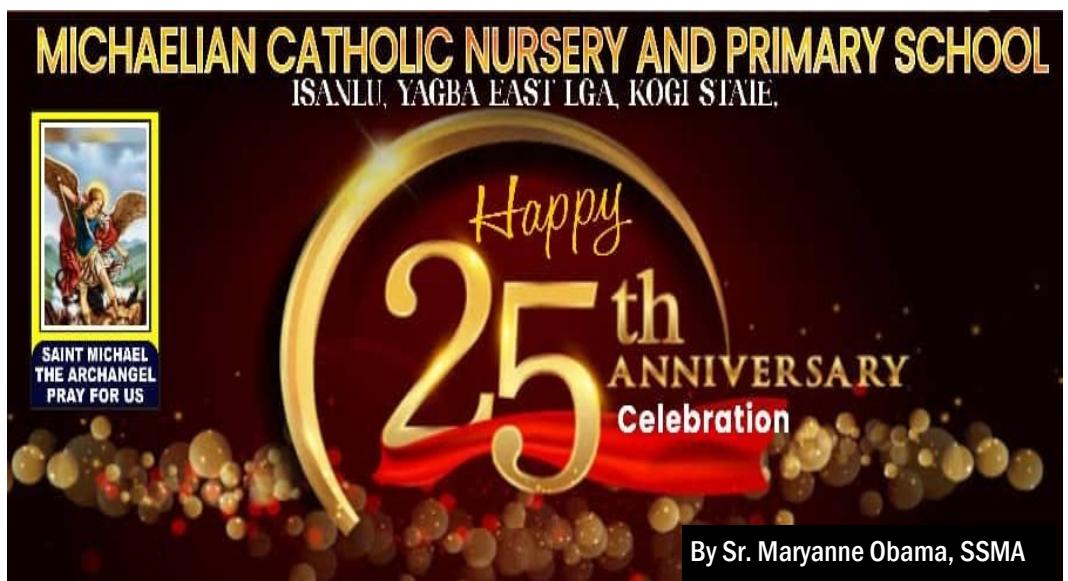
Without proper management, diabetes can lead to several serious complications such as the following:

- **Cardiovascular Disease:** Increased risk of heart disease, stroke, and high blood pressure.
- **Nerve Damage:** Excess sugar can injure the walls of the tiny blood vessels that nourish your nerves.
- **Kidney Damage:** Diabetes can lead to kidney failure or irreversible end-stage kidney disease.
- **Eye Damage:** Increased risk of cataracts, glaucoma, and diabetic retinopathy, which can cause blindness.
- **Foot Damage/Diabetic foot ulcer:** Poor blood flow and nerve damage increase the risk of foot complications.

CONCLUSION

Diabetes mellitus is a significant health issue, but with awareness, prevention strategies, proper management, and understanding of complications, we can lead healthier lives. Whether you are young or old, it's never too late to take control of your health. Let's work together to create a healthier community.

Call to Action: If you have any further questions or concerns about diabetes, please consult your healthcare provider or any of the congregational health practitioners for personalised advice and support.



By Sr. Maryanne Obama, SSMA

It was awesome celebrating the silver jubilee of the Michaelian Catholic Nursery and Primary School, Isanlu. This was evidence of God's faithfulness and divine providence. The grand finale of this celebration took place on Monday, July 22nd, and Wednesday, July 24th, 2024, in conjunction with the annual End of Session ceremonies of the Michaelian Catholic Schools. Witnessing this milestone was an honour for the entire Michaelian Catholic Schools community in Isanlu. May God's name be praised both now and forever!

Michaelian Catholic Nursery and Primary School

Isanlu was founded on 11th January 1999, by the Sisters of Saint Michael the Archangel to instill true knowledge of God and morals in the young through a systematic and holistic education.

This goal, reflected in the school's motto, The opening Mass, presided over by His Lordship, Most Rev.

"Knowledge and Faith," has been steadfastly maintained over the years. The silver jubilee celebration provided an opportunity to connect with our history and appreciate the groundwork laid by those who came before us.

A series of activities led up to the grand finale celebration. For instance, we hosted various educational and social activities to commemorate this unique anniversary. Both Government and private schools with-

in the Isanlu community participated in football matches, quizzes, and spelling bee competitions, which were all successful. A formal visit was also made to the palace of Oba Moses Babatunde Etombi, the King of Isanlu Kingdom, who



Martin Abejide Olorunmolu, Bishop of the Catholic Diocese of Lokoja, was celebrated on Monday, July 22nd, 2024, at 10 am. In his homily, he praised the efforts of the Sisters of Saint Michael the Archangel in the development of the Michaelian Catholic Schools, Isanlu. The formal conclusion of the celebration on Wednesday, 24th July 2024, was attended by many, including parents, guests, the King of the Land, the Representative of Local Government Caretaker Chairman, and other well-wishers. The event featured various activities and talents displayed by the pupils and coordinated by the staff. The Thanksgiving Mass was celebrated at St. Joseph Catholic Church to the glory of God, marking a truly awesome occasion.

The school has witnessed 25 years of consistent develop-



ment, made possible by the strong foundation laid by the past leaders of the Congregation of the Sisters of Saint Michael the Archangel. We are grateful to all the Sisters of Saint Michael the Archangel and other stakeholders who have contributed in no small measure over the past 25 years to its success. Our immense gratitude goes to the Superior General, Rev. Sr. Adenike Regina Oke,



and her administrative team for their care and significant contributions to the school's continuous development.

Long live Michaelian Catholic Schools Isanlu!

Long live the SSMA Isanlu Community!!



*to our
AUGUST
Celebrants*

2ND	SR. PERPETUAL AJAYI
7TH	SR. ELIZABETH AINA
12TH	SR. EMMANUEL-MARY FADIYA
17TH	SR. ANGELA AMIADAMEHEN
25TH	SR. GENESIA AJANI
29TH	SR. STELLA-MARIS OKOGIE
29TH	SR. ANNE AKINSIKU
31TH	SR. MARIETTA-ANNE OLUTE

3RD	SR. ELIZABETH OMOTUNDE
9TH	SR. DAMIANA ADEYINGBO
14TH	SR. THERESA AJAYI
20TH	SR. PAULINE-MARIE ALALADE
25TH	SR. SCHOLASTICA ANSTA
29TH	SR. JOAN JULIE AYEORIBE
30TH	SR. BERNADETTE ODION
31ST	SR. ANTHONIA OJO

28TH FEAST OF ST. AUGUSTINE



SEMINAR/RETREAT FOR NATIONAL LEADERS OF LAY APOSTOLATE GROUPS IN NIGERIA

By Sr. Mary-Assumpta Taiwo SSMA

The Catholic Secretariat of Nigeria recently hosted a highly successful three-day seminar/retreat for national chaplains, sisters' advisors, presidents, and secretaries of lay apostolate groups. The event, which took place between 11th and 13th July 2024, at the Catholic Secretariat of Nigeria in Abuja, brought together key stakeholders to reflect on the importance of lay apostolate and the roles of chaplains and sister advisors in the spiritual formation of the laity.

His Eminence, John Cardinal Onaiyekan, delivered the keynote address, emphasizing the fundamental nature and roles of the laity in society. With conviction and passion, he urged the lay faithful to live a good Christian life without double standards and to defend their faith in the face of challenges. Cardinal Onaiyekan stressed that the laity plays a vital role in the Church and society, and that they should be proactive in living their faith.

Bishop John Ebebe Ayah, the Catholic Bishop of Uyo Diocese and Chairman of the Bishop's Conference Committee on Pastoral Agents, also addressed the participants, highlighting the importance of Christian leadership, sacrifice, and spiritual formation. He emphasized that Christian leadership is in imitation of Christ, who came not to be served but to serve. Therefore, every Christian leader should be ready to make sacrifices for the growth of the organization and the Church in general, without seeking personal gratification.

Rev. Fr. Augustine Okochi, Director of the Pasto-

ral Agents Department, outlined the key roles of national chaplains and sister advisors, including guiding, teaching, and accompanying lay organizations spiritually, promoting proper relationships, encouraging accountability and transparency, and serving as the eyes and ears of the Catholic Bishops Conference of Nigeria.



Among the participants were Sr. Mary-Assumpta Olufunmilayo Taiwo, SSMA, the National Sister Advisor for the Catholic Women Organization of Nigeria; Rev. Fr. Michael Ogunlade, National Chaplain of the Catholic Youth Organization of Nigeria; and Mrs. Theresa Nwafor, President of the Catholic Women Organization of Nigeria, Abuja Archdiocese. These participants, along with many others, engaged in fruitful discussions and reflections, seeking to deepen their understanding of their roles and responsibilities.

The seminar encouraged participants to embrace leadership as a service-oriented role, promoting accountability, transparency, and spiritual growth. The event provided a valuable opportunity for participants to reflect on their roles and responsibilities, and to renew their commitment to serving the Church and society.

Participants left the programme with a renewed sense of purpose and dedication to their roles. The Catholic Secretariat of Nigeria hopes to build on the success of this event to further empower leaders in the Church.





Youth's Voices Against Injustices



Preamble

In a society where injustices persist, it is crucial for young individuals to find their voice and speak out against the unfairness situation and treatment that surround them. Youth Voices Against injustices is a movement that seeks to empower young people to challenge unjust systems and promote positive change in their communities and environments.

Understanding Injustice

Injustice can take many forms, from economic inequality to social injustice and spiritual oppression. It is essential to recognise that injustice is not only a societal issue but also a spiritual one. As stated in Isaiah 1:17, God hates injustice, and we are called to learn to do good, seek justice, and correct oppression. This spiritual perspective reminds us that our fight against injustice is not only a human endeavour but also a divine mandate.

The Power of Youth Voices

Young people have a unique perspective and energy that can bring about significant change. Historically, youth have been at the forefront of social movements, driving progress and innovation. Today, we continue to see the impact of young voices in various areas, from economic and political activism to social justice movements.

Ways Youth Can Be Voice of the Voiceless

- Protest: Organise or participate in peaceful protests to raise awareness and bring attention to important issues, such as economic problems, bad governance, and insecurity.
- Social Media: Engage and utilise social media platforms to express opinions, mobilise support,

and amplify marginalised voices.

- Empower Others: Encourage fellow young people to find their voice and take action, creating a ripple effect of positive change.
- Practice Self-Care: Take care of mental and emotional well-being while engaging in activism, recognizing that self-care is essential to sustainability.
- Dialogue: Engage in respectful discussions, listen to different perspectives, and encourage critical thinking to foster greater understanding and empathy.
- Support Organisations: Donate, volunteer, or spread the word about organisations working toward justice, amplifying their impact and reach.
- Demand Action: Contact representatives, sign petitions, and advocate for policy changes, holding leaders accountable for creating a more just society.



Sr. Theresa Ale SSMA

Conclusion

Young voices matter, and collective action can lead to significant positive change. By recognising the power of youth voices and taking action, we can create a more just and equitable society for all. Let us continue to speak out against injustice and work towards a brighter future, where every individual can thrive.



SR. MARGARET OGUNKUADE, ssma

Happy Birthday

50
JULY
2
Years



Thanksgiving at Mass



Celebrant with her religious family



Celebrant with families and friends



Charitable visit to physically challenged children

IBADAN ECCLESIASTICAL WOMEN RELIGIOUS ANNUAL PROVINCE-DAY CELEBRATION!

By Sr. Anne Jimoh, SSMA



The Province-Day Celebration of the Consecrated Religious Ibadan Ecclesiastical Province was a joyous gathering between July 10th and 13th, 2024. The celebration kicked off on Wednesday, July 10th, with the arrival of participants from various dioceses within the province. The events began with a solemn Bible Enthronement ceremony at 6:45 pm, marking the start of the celebration. The enthronement was followed by a dinner that radiated joyful warmth and cordial family spirit among the attendees.

The gathering also featured a series of presentations, including a keynote address on the National theme "Formation of Consecrated Persons for the Modern World in the Face of Neo-Paganism" by Very Rev. Fr. Michael Eke CMF, Vicar for Religious, Oyo Diocese. Other presentations included

"Developing the Right Attitude towards Religious Life" by Fr. Temitope Benedict Adu OP, and "Safeguarding Women Religious in Nigeria" by Sr. Elizabeth Tadafe.

On Thursday, July 11th, the official opening of the Province Day Celebration took place with a Eucharistic Celebration led by Chief Celebrant, Most Rev. Emmanuel Adetoyese Badejo, Bishop of the Catholic Diocese of Oyo. The Mass was attended by priests, sisters, and lay faithful from around the province. The Opening Ceremony featured welcome addresses by the host bishop, province president, Sr. Anne Jimoh SSMA,





province counsellor, Sr. Anthonia Ayeni DHS, and other dignitaries.

Friday, July 12th, was a day of excitement and fun, filled with field activities that promoted unity, togetherness, and bonding among the sisters. The events included a match pass, a football match between Osogbo and Ilorin dioceses, and other games. The day's activities empowered the sisters to return to their mission field with renewed energy and committed dedication.

The celebration concluded on Saturday, July 13th, with a Closing Mass led by the Archbishop's delegate, Very Rev. Fr. Wuraola Boniface. The Mass

marked the end of a joyful and enriching celebration that featured a range of activities, including a prayer service, rosary, holy mass, and cultural programmes.

As the sisters departed, they carried along fond memories and a renewed sense of purpose, hoping for an annual celebration to continue fostering unity and togetherness within the province.

The success of the Province Day Celebration was attributed to the collective efforts of all involved, with special thanks to Sr. Anne Jimoh SSMA, President, for her leadership and dedication, and to the host bishop, Most Rev. Emmanuel Adetoyese Badejo, for his warm hospitality.



CONDOLENCES

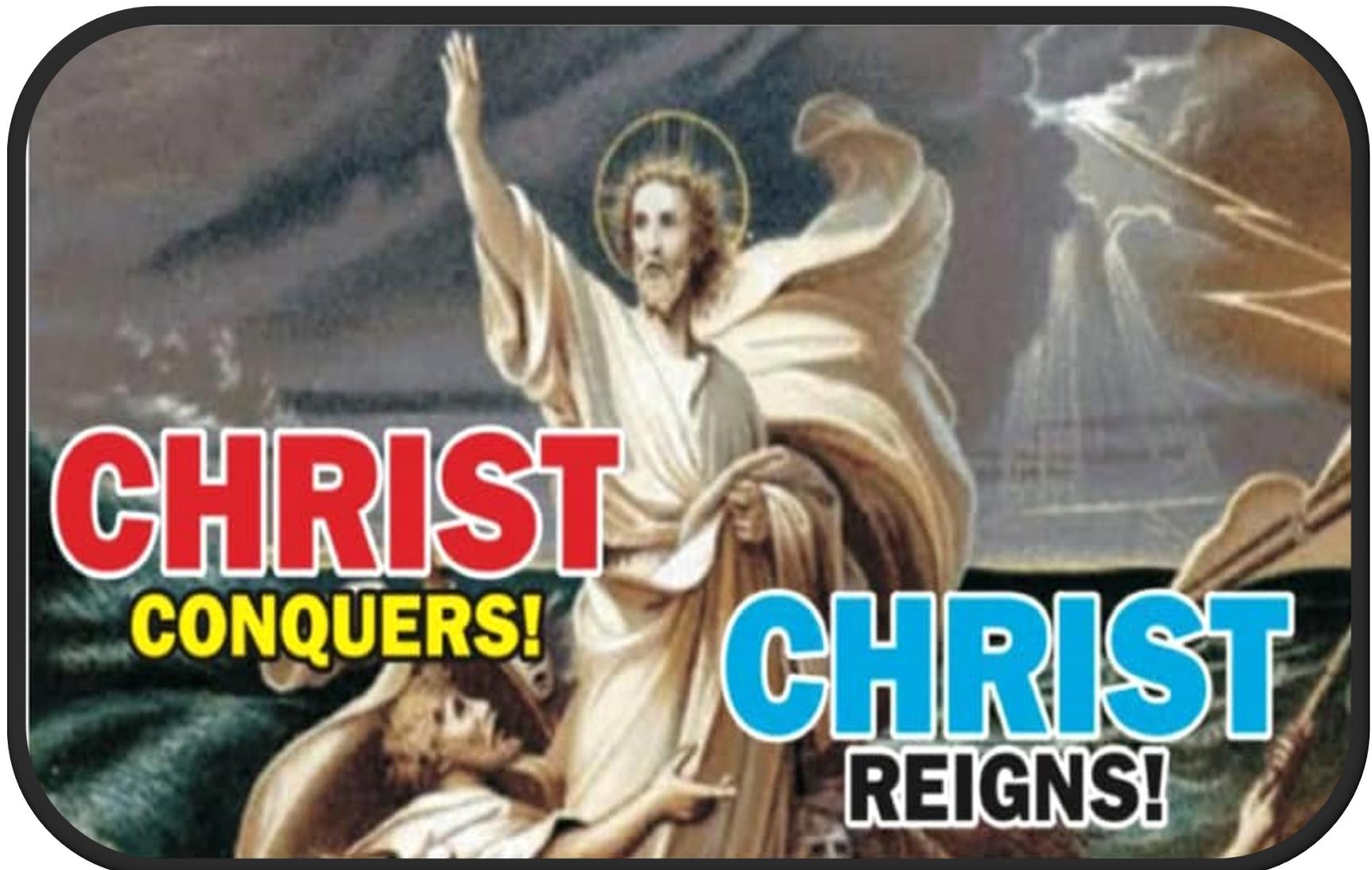
The entire members of the Sisters of Saint Michael the Archangel commiserate with our dear sisters,

Sr Sola Ogunleye
who lost her elder brother, Late Mr. Anthony Ogunleye.

Sr Stella Aremu
who lost her mother Late Mama Theresa Aremu .

Sr Celina Adegun who lost her elder sister, Late Mama Mary Olofin.

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



EDITORIAL

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