



A publication of the Sisters of Saint Michael The Archangel.

September 2024      volume 3

Issue No. 9

## FINAL PROFESSION



&

## SILVER JUBILEE OF RELIGIOUS VOWS

By Sr. Angela Amiadamen, SSMA



**T**he final profession of religious vows of Sr. Mary Clare Olajumoke Fogbonjaiye and the silver jubilee of religious vows of seven sisters took place on Friday, 20th September 2024, at Patrick's Cathedral, Ado Ekiti, Ekiti State, Nigeria. It was an occasion of joy and gratitude for the Congregation of the Sisters of St. Michael the Archangel as they turned out in their numbers to join these significant events. The celebration began with a solemn procession of priests, all the celebrants, Councilors and the Local Ordinary of Ekiti Diocese, Most Rev. Felix Femi Ajakaye, to the altar.

The chief celebrant, Bishop Felix 'Femi Ajakaye in his homily which he titled "Righteousness and its Goal in Christ" encouraged the sisters to remain steadfast in their calling, re-

minding them that their true purpose is to serve others as Christ did. He emphasised that "if service is beneath you, then leadership is beyond you". He therefore, profoundly urged the sisters to remain humble, prayerful, and generous and not to be distracted by worldly attractions but to remain focused on their mission to serve Christ and evangelise

## In this Issue

MOTHER'S DAY CELEBRATION

OPENING OF NEW CONVENT

ST. THERESE HEALTH CENTRE

SAINT MICHAEL'S FEAST DAY

40TH, 50TH, 60TH BIRTHDAY

YOUTH LEADERSHIP

HEALTH TALK

....Continued from page 1

through their actions and way of life.

After the homily, Sr. Clare was invited for questioning by Sr. Anthonia Bolanle Ojo, the Chairperson in-charge of Initial and Ongoing Formation. The prayer of consecration was said by the Bishop after the litany of the Saints and invocation of the Holy Spirit. Thereafter, she made her final profession of vows of Poverty, Chastity and obedience and was received by the Superior General, Sr. Adenike Regina Oke, on behalf of the Church and the congregation.



Following this, the Jubilarians: Srs. Eniola Ambrose Omo-lara, Adebiyi Elizabeth Omolara, Theresa Olanrewaju, Akin Oyekan Anthonia Adesola, Jegede Beatrice Modupe, Olasumbo Irene Abike, and Taiwo Bridget Olubunmi, renewed their vows of Chasity, Poverty and Obedience, and their commitment to remain faithful to the service to God and the congregation. This truly reflected their faith, dedication, and love for Christ.



### SSMA Celebrates Mother's Day



&



*The* Mother's Day celebration is an important tradition, held each year to recognize the dedication and hard work of the sisters. On the 19th of September 2024, the Sisters of St. Michael the Archangel gathered for their annual Mother's Day celebration, a heartfelt occasion that holds special meaning for the congregation. The celebration centred on honouring the Superior General of the congregation, Rev. Sr. Regina Adenike Oke, for her unwavering leadership and motherly care.

Communities within the congregation come together to present gifts to the Superior General, expressing their gratitude for her service and commitment. Sr. Regina's leadership has been a beacon of strength and love, guiding the sisters in their mission. This year's cele-

### Milestone Birthdays

By Sr. Angela Amiadamen, SSMA



bration was particularly special, as it also included joyful tributes to some of the sisters marking significant milestones in their lives—40th, 50th, and 60th birthdays.

These sisters were celebrated their gift of lives. The atmosphere was filled with happiness, unity, and gratitude, as all the sisters gathered to share in this wonderful occasion. It was truly a delightful celebration, one that left everyone with a deep sense of joy and appreciation for the bonds of sisterhood.



**I**t was a beautiful experience, and we are thrilled to share the wonderful news from the blessing of Trove High School and the SSMA Trove Convent in Ibadan Archdiocese on Tuesday, 10th September 2024. His Grace, Most Rev. Gabriel 'Leke Abegunrin, led the blessing ceremony with profound prayers and sacred rites.

In attendance were notable figures, including the Zonal Councilor, Sr. Elizabeth Aina, SSMA, priests from the Archdiocese, and sisters from various communities in Ibadan Archdiocese and Oyo Diocese: SSMA Odo Ona community, SSMA Moniya community, and SSMA Oyo community. The Proprietress, Mrs. Otunla Francisca Abeke, alongside her daughter, Mrs. Dolapo Adeyemi, and other family members and staff, were also present.

The programme began with prayers, followed by the blessing of the new convent building. The day's highlight was the Eucharistic celebration, during which the Archbishop blessed the Sacred Vessels, and Tabernacle

# Blessing of Trove High School and Convent in Ibadan, Nigeria

By Sr. Regina Odeh, SSMA



and placed the Blessed Sacrament in it. Another significant moment was the formal announcement of Fr. Peter Ajeigbe as the School Chaplain.

The day was filled with joy, gratitude, and a deep sense of accomplishment as we witnessed the remarkable success of this event, all to the glory of God.





### DENTAL CARIES CAUSES & PREVENTION

#### WHAT IS DENTAL CARIES?

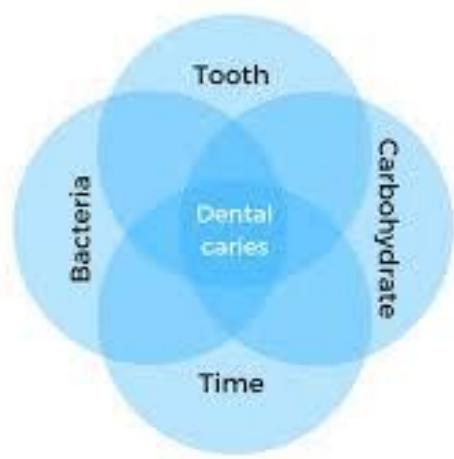
The term is used to describe holes in the teeth. Dental Caries is reported as one of the oldest and most common diseases found in humans. Dental caries is a prevalent chronic infectious disease resulting from tooth-adherent cariogenic bacteria that metabolise sugars to produce acid which over time demineralises tooth structure.

Dental caries is common in both children and adults, and they occur most often as a result of poor dental hygiene. Dental caries is usually painless at first, but they may become painful if they spread to the nerve or root of a tooth. Left untreated, dental caries can progress to a tooth abscess which is a more painful and potentially serious condition. Like any other human disease, dental caries has symptoms, such as holes in the surface of a tooth, pain when chewing, toothaches, and sensitivity to hot or cold foods and beverages.

#### WHAT CAUSES DENTAL CARIES?

Dental caries occurs most often as a result of poor dental hygiene. Dental caries is caused by bacteria and damaging substances, such as acid,

that come into contact with the teeth after eating. This means that normal bacteria in the mouth combine with food remnants and acids to create a sticky film called plaque. If one does not remove plaque regularly by flossing and brushing, it can build up or harden into a substance known as tartar. Plaque and tartar, in addition to bacteria and acids, can degrade the enamel on one's tooth, leading to holes in the enamel called dental caries, or cavities. Dental caries usually begins as small, shallow holes which if left untreated, can become larger and deeper and potentially lead to tooth destruction or loss.



tion to bacteria and acids, can degrade the enamel on one's tooth, leading to holes in the enamel called dental caries, or cavities. Dental caries usually begins as small, shallow holes which if left untreated, can become larger and deeper and potentially lead to tooth destruction or loss.

#### DENTAL CARIES COMPLICATIONS

- ◆ Abscess
- ◆ Swelling or pus around a tooth
- ◆ Damage or broken tooth
- ◆ Chewing problem
- ◆ Pain

#### PREVENTION OF DENTAL CARIES

- ↔ Avoiding excessive sugar, starch or acid in your diet
- ↔ Avoiding sticky foods or foods that may become stuck in your teeth
- ↔ Brushing your teeth at least twice a day
- ↔ Flossing your teeth at least twice a day

#### Understanding Dental Caries



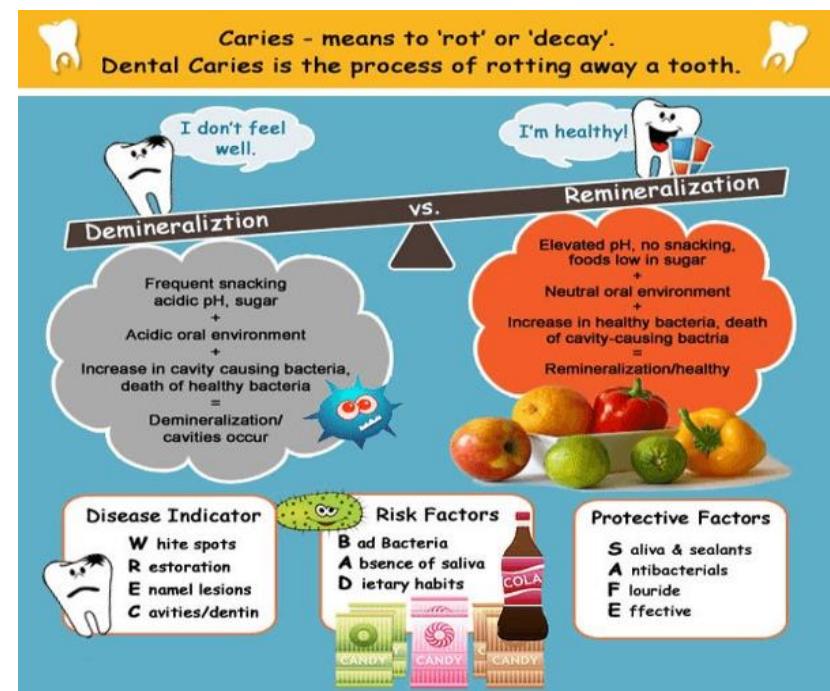
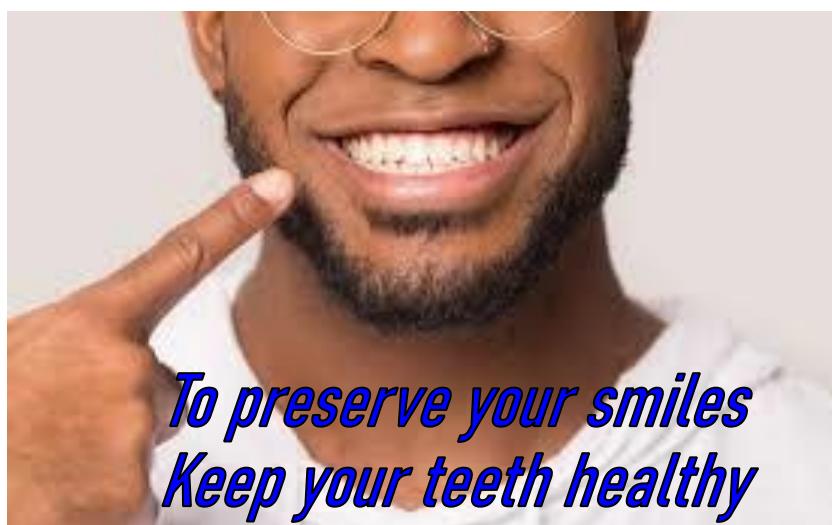
Sr. Veronica Ogunlade, SSMA



- ↔ Going to your dentist regularly for routine cleaning and examinations
- ↔ Receiving fluoride treatments as recommended by your dentist
- ↔ Seeking treatment for dry mouth symptoms
- ↔ Using antiseptic mouthwash
- ↔ Good oral hygiene

### PROGNOSIS

Dental Caries depend on the patient's health, maintenance of oral hygiene and the extent and severity of dental caries. If the individual reports early signs of dental



caries, a lesion may be reversed with a preventive method and minor dental intervention like mineralisation of the initial lesion. According to the National Institute of Health (NIH), if dental caries progress to the moderate stage with loss of specific tooth structure, the tooth must be filled and rebuilt.



to our  
**OCTOBER**  
Celebrants

1ST	SR. CECILIA AYANWANDE
3RD	SR. JOY IBRAHIM
9TH	SR. MARY-CLARE AKAN
10TH	SR. BOLA DARAMOLA
10TH	SR. VIVIEN OGBODO

10TH	SR. DORCAS BALOGUN
14TH	SR. REGINA YEGWA
17TH	SR. MARY-FREDA ADENIYI
22ND	SR. MARGARET AJAYI
29TH	SR. THERESA-MARIE ADEBOYE



## **SAINT MICHAEL NOVENA BY MICHAELIAN FAMILY IRONA**

By Michaelian Charles Odeyemi

Equally, the day 3 novena prayer started with the sacrifice of Holy Mass. The novena prayer in honour of the Thrones was said immediately after the Sunday Mass. On day 4, the meeting began with the Holy Rosary, followed by novena prayers in honour of the Dominations.

Day 5 commenced with the Holy Rosary, followed by the novena prayer in honour of the Powers. Day 6's activity commenced with the Holy Rosary, after which



**T**he Michaelian family member in St Mary's Catholic Church, Irona, Ado Ekiti met daily at 5.30pm in the Church Hall for the 9-day Novena prayers to St Michael the Archangel and the Holy Angel between 20th and 28th September 2024.

### **Daily Activities**

On Day 1, the prayer began with reciting the five-decade of the Rosary, after which the novena prayer in honour of the Seraphim was said. Day 2 started with the Holy Rosary followed by the novena prayer in honour of the Cherubim.



the novena prayer in honour of the Virtues was said.

On Day 7, the meeting began with the rosary, followed by novena prayers in honour of the Principalities. The recitation of the Holy Rosary on day 8 preceded the novena prayer which was said in honour of the Archangels.

On the 9th and final day of the novena prayers, the sacrifice of the Holy Mass was held for the intentions of the Sisters of Saint Michael Archangel, the Catholic Diocese of Ekiti, St. Mary's Church, and the Michaelian family members. The nine-day novena prayer was concluded afterwards, by saying the novena prayer in honour of the Angels.



# EMPOWERING YOUTH FOR LEADERSHIP ROLE IN THE SOCIETY



## Introduction

Encouraging youth to assume leadership positions in the community is crucial for cultivating a dynamic, innovative, and sustainable future. With enthusiasm, creativity, and adaptability, young people are natural leaders who can offer fresh insights to address contemporary issues. As tomorrow's leaders, they bring new perspectives, energy, and inventiveness that can solve societal problems uniquely. Therefore, encouraging and empowering youth to take on leadership roles is essential for building progressive and sustainable communities.

## Strategies for Youth Empowerment

**1. Education and Skill Development:** Providing high-quality education is the first step toward developing young leaders. Encouraging critical thinking, problem-solving, and effective communication alongside formal education gives them the confidence to take on leadership roles. Education is the cornerstone of fostering leadership development in youth.

**2. Leadership Opportunities:** Young people should be allowed to assume leadership responsibilities early in life. They should actively participate in decision-making processes, community service, and confidence-building initiatives in their schools, neighbourhoods, and youth organisations.

**3. Entrepreneurship and Innovation:** Encouraging young people to become entrepreneurs allows them to take charge of their ideas and turn them into profitable ventures. This not only addresses community needs but also teaches them about corporate leadership.

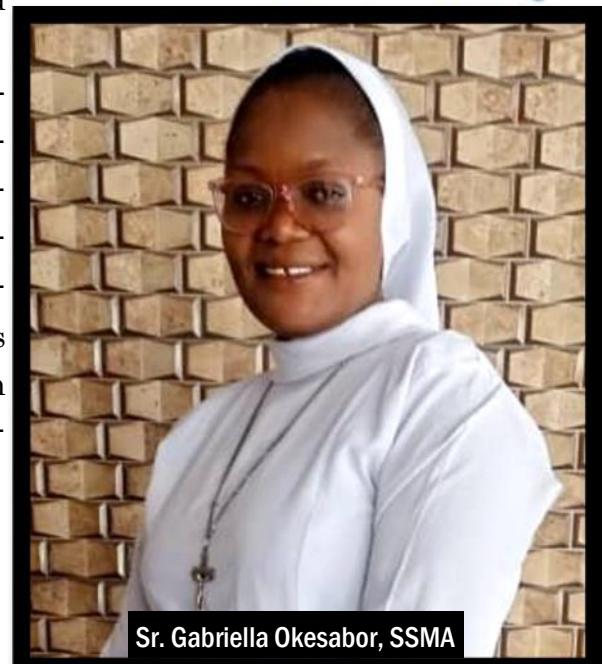
**4. Character Building and Ethical Leadership:** Instilling moral principles, ethics, and a sense of justice in young people ensures they will lead with integrity and prioritise the welfare of society over self-interest. Empowering youth this way prepares them to assume leadership roles that promote creativity, diversity, and sustainable development.

**5. Emotional Intelligence and Ethical Leadership:** Character is as important as skills in leadership. Young leaders must possess emotional intelligence to manage

their teams and relationships effectively. Fostering principles like honesty, transparency and accountability helps them lead with ethics and empathy.

### 6. Building Confidence and Resilience:

Leadership roles are challenging, and young people need emotional resilience to handle rejection and criticism. Developing resilience through peer networks, supportive environments, and leadership development programmes can help young leaders focus on their goals even in difficult circumstances.



Sr. Gabriella Okesabor, SSMA

## Benefits of Youth Leadership

Societies benefit in numerous ways when youth are allowed to take leadership roles. They address longstanding problems with renewed vigour and innovative solutions. Greater adoption of technology, sustainability, and social equality by young leaders can result in more inclusive and progressive policies. Furthermore, youth empowerment fosters a sense of ownership and responsibility, reducing alienation and increasing young people's commitment to the well-being of their communities. With the right resources and opportunities, young people can significantly enhance society.

## Conclusion

By investing in youth empowerment, society fosters a more dynamic and forward-thinking social structure and future leadership. Young leaders challenge established norms, bring fresh perspectives, and are often more attuned to global issues such as social justice, technology, and sustainability. With the right resources and opportunities, young people can significantly improve society.



## 29TH SAINT MICHAEL'S FEAST DAY

September

*Celebration in various SSMA Communities, home and abroad*



# A FACELIFT OF ST. THERESE HEALTH CENTRE

By Sr. Rosemary Adeniran, SSMA

**T**he management and staff of St. Therese's Catholic Health Centre, Ode Irele, Ondo State, Nigeria, were thrilled to unveil the newly renovated face of their Health Centre on Thursday, 19th September 2024. The facelift was made possible by the Charles Adetokunbo Family Foun-



dation (CAFF), in collaboration with World Server International.

The Foundation also generously donated essential drugs to the Health Centre, enhancing its ability to serve the healthcare needs of the people.

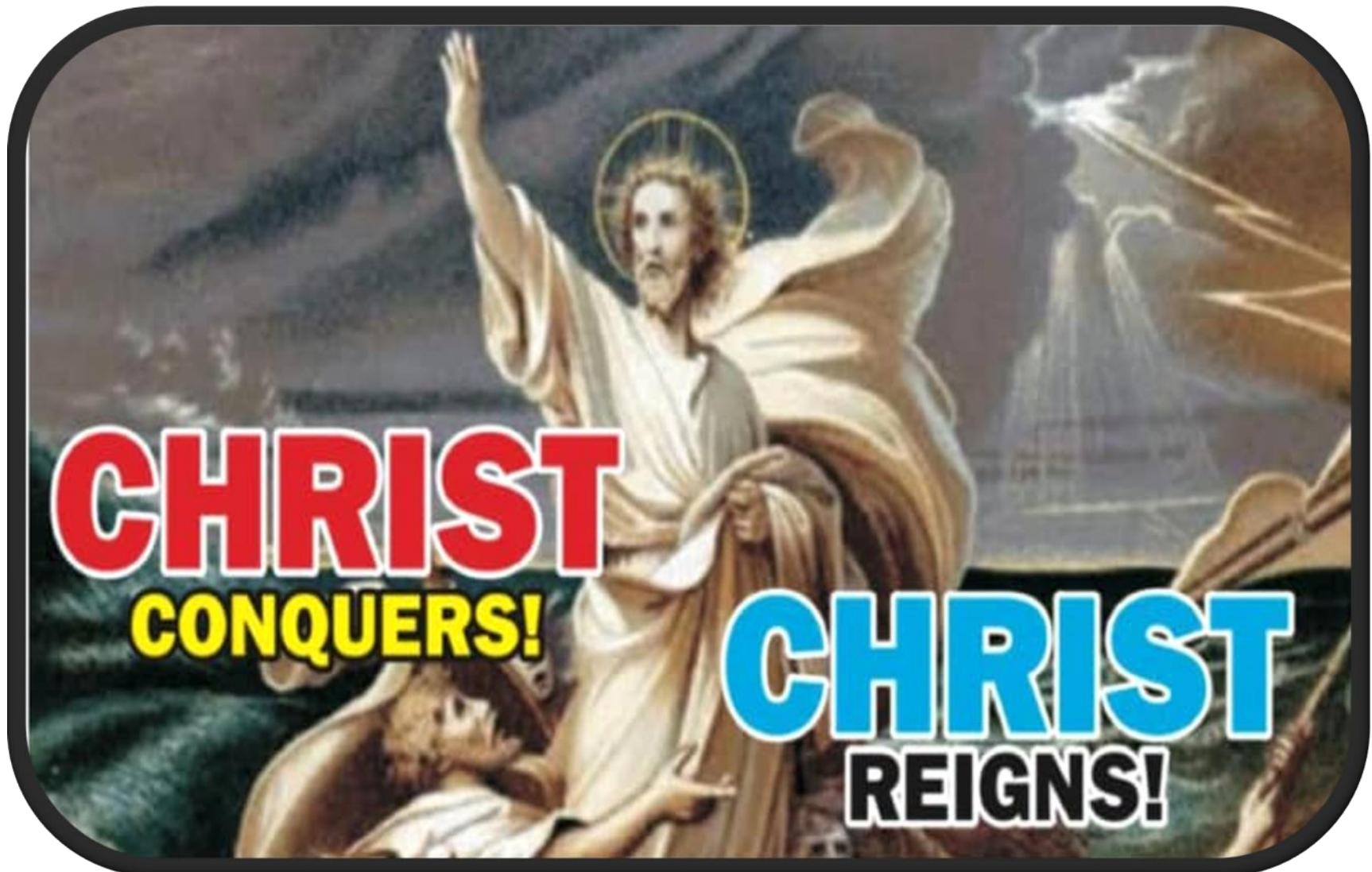


The Coordinator, Sr. Roseline Odunola Adeniran, SSMA, staff, and the entire community expressed their profound gratitude to God for His continued faithfulness over the institution since its inception. They also extended their heartfelt thanks to CAFF and World Server International for their compassion and dedication to humanity.



Special gratitude to Baba Francis Oluwole Olowu of St. Peter Catholic Church, Ode Irele who facilitated the process.

May the Lord continue to bless the foundation abundantly, may St. Therese's Catholic Health Centre continue to grow from strength to strength and may the Sisters of St. Michael the Archangel continue to make lasting impact in Ode Irele and its environs.



## EDITORIAL

Dear Sisters and Friends, it is with great joy that we present to you the SEPTEMBER 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
- Kindly send your news stories and contents of events to [ssmacommunication1986@gmail.com](mailto:ssmacommunication1986@gmail.com) on or before 25th of each month for publication in our monthly newsletter.

## SSMA COMMUNICATIONS TEAM

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

## CORRESPONDENTS

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