



NEWSLETTER

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POPE FRANCIS ANNOUNCES THEME FOR 59TH WORLD COMMUNICATIONS DAY.

By Sr Elizabeth Titilayo Aduloju, SSMA

In a profound call for change, the Vatican has unveiled the theme chosen by Holy Father Francis for the 59th World Communications Day (WCD), set to take place in 2025. The theme is, "Share with gentleness the hope that is in your hearts" (1 Peter 3:15-16).

This theme highlights a growing concern in today's world: the prevalence of violent and aggressive communication. From heated television talk shows to contentious exchanges on social networks, the current trend often leans towards conflict and domination rather than fostering meaningful dialogue. Pope Francis, therefore, emphasises the necessity to "disarm communication" and purge it of hostility while advocating for a more compassionate and understanding approach. The Holy Father's message underscores the vital need for communications that foster peace and understanding,

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Christians to convey their hope through gentle and respectful discourse.

The 2025 World Communications Day's theme reminds Christians that hope is personified in Christ and intertwined with communal living. The Holy Father stresses that Christian hope is not merely an individual experience but a collective journey lived out in communities that embody and convey the message of Jesus Christ. This collective experience of hope is fundamental in shaping a more compassionate and empathetic society.

This theme is appropriate and topical as it comes at a time when the global community grapples with many challenges, including social and political polarisa-

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tion, misinformation, hate speeches and the ever-growing influence of digital media. These factors contribute to a communication environment often characterised by hostility and misunderstanding. Thus, Pope's call to "disarm communication" is a timely reminder of the power of words and their potential to either harm or heal.

Furthermore, Pope Francis' choice of this theme encourages reflection on the role of media in shaping public discourse. It calls on Church communicators and all other media professionals and content creators to uphold ethical standards and contribute to a more positive and constructive exchange of ideas. Thus, it invites all Christians to be mindful of their communication and ensure that it reflects the love and hope of Christ.

In Nigeria, the Catholic Bishops Conference of Nigeria (CBCN) has expanded this WCD celebration to a week-long media literacy programme—Communications Week (Comweek). It usually begins on

the Sunday before WCD and ends on WCD Sunday. As we look forward to the 59th World Communications Day, which takes place on 1st June 2025, and the fourth edition of Comweek, the call is clear: communicate with gentleness and foster a hopeful and inclusive dialogue in our global community. This day will serve as a platform for promoting communication that builds bridges, heals divisions, and nurtures hope in people's hearts worldwide.



*Michaelian
Altar bread*



Produced by:
Sisters of Saint Michael the Archangel



Contact us for your Altar Bread

@SSMA Host Factory inside Maria Assumpta Catholic Hospital, beside SSMA Novitiate house, off Ajilosun road, Ado-Ekiti Ekiti State Nigeria.

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“Old Age Fun Day” @ St. Philip Catholic School, Somolu

By Sr Mary-Rita Olayanu, SSMA



Pupil Performances

On November 22, 2024, St. Philip Catholic Nursery and Primary

School, Somolu, Lagos, held its much-anticipated “Old Age: Fun Day,” a creative and engaging event that celebrated the wisdom and value of the elderly in society. The day was filled with laughter, lessons, and heartfelt performances, leaving a lasting impression on pupils and teachers alike.

The highlight of the event was the imaginative dress-up activity, where both teachers and pupils transformed into elderly characters. Their creative costumes and mannerisms brought humour and excitement to the school community, setting the tone for a day of fun and learning.

Wisdom from the Aged

As part of the celebration, elderly guests were invited to share their life experiences, imparting lessons on respect, patience, and the value of hard work. Their stories captivated the pupils, offering insights into the importance of honouring and appreciating the older generation.

Steal the Show

The pupils added to the festivities with skits, songs, and role-playing that humorously and respectfully depicted how the elderly walk, speak, and behave. These performances not only entertained the audience but also provided a meaningful learning experience, fostering empathy and understanding.

Conclusion

“Old Age: Fun Day” was more than just an entertaining event—it was an opportunity for the children to develop a deeper appreciation for the elderly and the invaluable role they play in society. The day blended fun, education, and cultural values, making it a truly unforgettable experience. With their spirited cheer, “Up School! Up Saint Philip! Up Saint Philip! Up School!”, the pupils and staff closed the event with pride and unity, celebrating the success of a day dedicated to wisdom, respect, and joy.





MENOPAUSE: A GUIDE TO SYMPTOMS AND SOLUTIONS



Menopause is a natural biological process marking the end of a woman's reproductive years. It typically occurs between the ages of 45 and 55 and results from a decline in reproductive hormones, particularly estrogen. While menopause can bring about various changes, most women navigate this transition with minimal difficulty.

Common Symptoms of Menopause

Menopause is associated with a range of physical and emotional symptoms. These include:

- **Hot Flashes:** Experienced by 50-85% of menopausal women, these sudden sensations of heat often start in the face, head, or chest. They can last from a few seconds to an hour and may persist for one to five years. Hot flashes are linked to estrogen withdrawal and can be severe enough to disrupt daily life.
- **Night Sweats and Insomnia:** Sleep disturbances are common, often caused by sweating and overheating during the night.
- **Mood Swings and Irritability:** Moodiness, anxiety, and loss of concentration are often reported, though severe mental health issues are rare.
- **Vaginal Dryness and Declining Libido:** Reduced estrogen levels can lead to vaginal dryness, thinning, and loss of elasticity, which may make intercourse uncomfortable.
- **Urinary Incontinence:** A weakening of the pelvic floor can result in accidental urine leakage.
- **Headaches:** Fluctuating hormone levels can sometimes trigger headaches.

Managing Menopausal Symptoms

While menopause is inevitable, its symptoms can often be managed with lifestyle adjustments and medical treatments:

Hot Flashes

- **Solution:** Hormone replacement therapy (HRT) may help alleviate severe cases. Women should consult their doctors to evaluate risks and benefits.

Insomnia

- **Solution:** Regular exercise, a warm bath before bed, a glass of warm milk, soothing music, or light reading can help promote restful sleep.

Mood Swings

- **Solution:** Maintaining a healthy lifestyle, including a balanced diet, regular exercise, and sufficient sleep, can improve overall mood. If symptoms persist, consulting a family physician is advised.

Vaginal Dryness and Libido Issues

- **Solution:** Over-the-counter lubricants and moisturizers can ease discomfort. In more severe cases, estrogen creams or other treatments may be recommended by a healthcare provider.

Urinary Incontinence

- **Solution:** Lifestyle changes such as weight loss, pelvic floor exercises (e.g., Kegels), and medical devices designed to support the bladder can offer relief.

Headaches

- **Solution:** Establishing a regular sleep schedule and managing stress can help reduce the frequency of headaches.

When to Seek Medical Advice

If symptoms significantly affect daily life, consulting a healthcare provider is essential. Treatments like HRT, lifestyle interventions, or other therapies can greatly improve quality of life during and after menopause. Menopause is a natural phase of life, and with proper management, women can navigate this transition with comfort and confidence. For personalized advice, always consult a healthcare professional.



Sr. Pauline Ojo, SSMA



EMPOWERING YOUTH THROUGH PERSONAL DEVELOPMENT



Introduction

Youth empowerment begins with personal development—a process that nurtures talents, enhances quality of life, and drives individuals toward achieving their dreams and aspirations. For young people, personal development is the cornerstone of success in personal, academic, and professional spheres. By embracing growth opportunities, youth can unlock their potential and contribute meaningfully to their communities.

The Pillars of Personal Development

Fostering personal development among youth involves cultivating self-awareness, setting goals, and building positive relationships. These steps provide a framework for achieving growth and fulfillment:

1. Self-Awareness: Self-awareness is a critical foundation for personal development. Understanding one's strengths, weaknesses, and emotions enables young individuals to identify their core values and set meaningful goals.
2. Goal Setting: Learning to set SMART (Specific, Measurable, Achievable, Relevant, Time-bound) goals is essential for progress. By defining clear objectives for both short-term and long-term achievements, youth can stay focused and motivated to succeed.
3. Cultivating Positive Relationships: Building a Support Network: Surrounding oneself with supportive friends, mentors, and family members can foster growth. Positive relationships inspire and encourage individuals to reach their potential. Learning from Role Models: Seeking guidance from experienced mentors or individu-

als in areas of interest can provide valuable insights and inspiration.

The Impact of Personal Development

A commitment to personal growth equips youth with the tools to pursue their dreams, overcome challenges, and contribute to a better society. By investing in self-improvement, young people not only transform their own lives but also positively influence those around them. Empowering youth through personal development creates a generation of individuals prepared to tackle the future with confidence, resilience, and a vision for success.



Sr. Angela Amiademhen, SSMA

Conclusion

Empowering youth through personal development is not just about preparing individuals for their future; it is about shaping a society driven by purpose, innovation, and compassion. When young people are equipped with self-awareness, clear goals, and positive relationships, they unlock their full potential and become catalysts for change in their communities. By investing in personal growth, we are investing in a brighter, more promising future for everyone.





Holy Cross Nursery and Primary School, Gwarinpa II, Abuja, celebrated its annual Career Week with a vibrant program designed to inspire and educate its pupils about various professions. Held from November 15, 2024, the event provided an engaging platform for young learners to explore their interests and envision their futures.



Career, often described as a professional path that defines an individual's contribution to society, was the focal point of the week. The program emphasized the importance of identifying and channeling talents, gifts, and energy into meaningful pursuits, helping children understand their unique abilities and make informed decisions for the future.

Highlights of Career Day

The event culminated in Career Day, where pupils dressed up to represent their chosen professions—doctors, lawyers, nurses, entrepreneurs, and more. This imaginative exercise allowed them to bring their future aspirations to life, reinforcing the significance of their roles in shaping the world.



Experts from various fields were invited to interact with the children, offering insights into their professions and answering questions. These sessions not only broadened the pupils' understanding of career options but also highlighted the value of education in achieving personal and professional goals.

A Memorable Experience

The week was packed with activities that showcased the uniqueness of each career path. Pupils had the opportunity to learn, engage, and appreciate the diversity of professions, making the event a truly transformative experience.

Holy Cross Nursery and Primary School continues to set a high standard for nurturing young minds, empowering pupils to discover their passions and prepare for a bright future.

to our
DECEMBER
Celebrants

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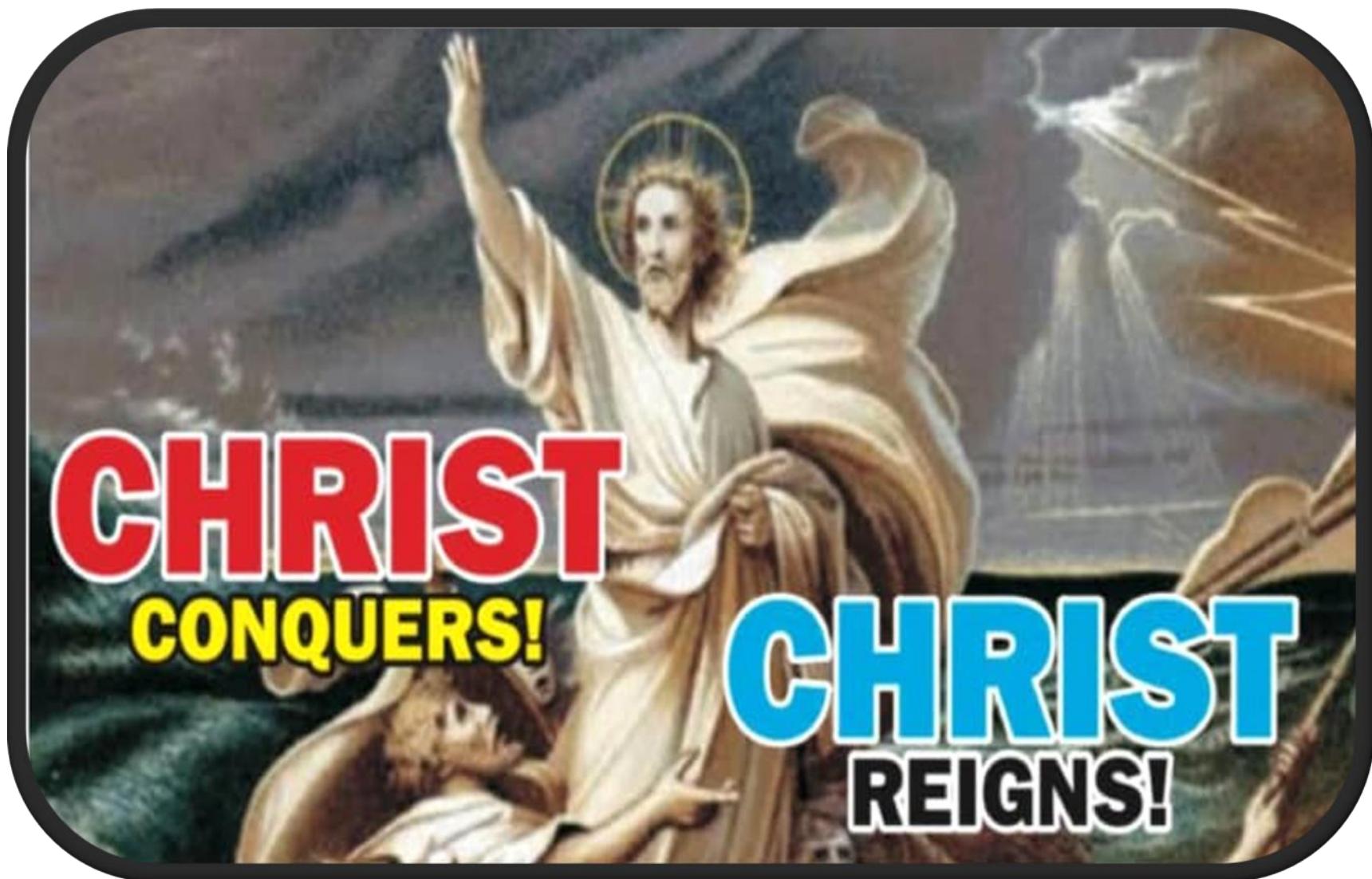
7TH	SR. ENIOLA AMBROSE
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15TH	SR. ELIZABETH ADULOJU
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6TH	SR. MARY ARASANMI
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12TH	SR. OMOLARA ADEBIYI
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31ST	SR. LUCY OYALEGAN
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EDITORIAL

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

For more information, [visit our website..](#)

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