



# Michaelsian Voice



SERVICE, ADORATION & VICTORY...

## NEWSLETTER

A publication of the Sisters of Saint Michael The Archangel.

December 2024

Volume 3

Issue No. 12

Dear Readers,

This edition highlights some significant events and discussions within and outside the congregation, including;



### IN THIS ISSUE



Dear Sisters,

As we celebrate Christmas, let us deeply connect with Jesus' spirit of peace. "Peace I leave with you, my peace I give to you.....

[continue reading on p. 2](#)

Pope told the assembled cardinals, bishops, ecumenical guests, and lay faithful that they are the steps of the whole church, a pilgrim in the world and a witness of peace.

[read more on p. 4](#)

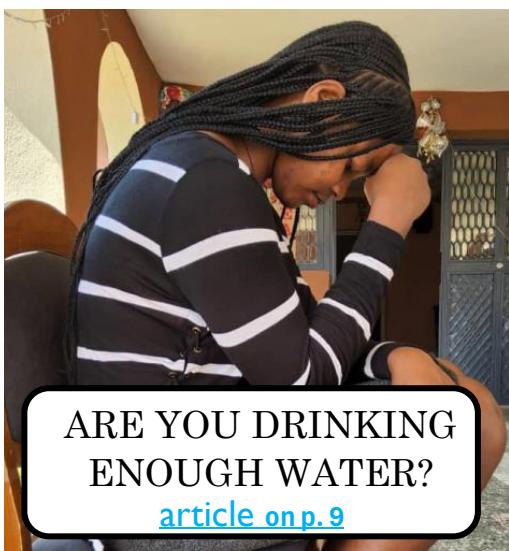


Sr Lara  
@50 @25

[details on p. 7](#)

MQA receives generous donation that enhance student worship and welfare

[read more on p. 8](#)



ARE YOU DRINKING ENOUGH WATER?

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2024  
CHRISTMAS  
CELEBR-  
ATIONS  
[on p. 3](#)



ARE YOU DRINKING ENOUGH WATER?

[Find out on p. 5](#)



### CHRISTMASS MESSAGE FROM THE SUPERIOR GENERAL



Christ Conquers! Christ Reigns!

My Dear Sisters,

**A**s we celebrate Christmas, let us deeply connect with Jesus' spirit of peace. "Peace I leave with you, my peace I give to you. Not as the world gives do I give it to you. Do not let your hearts be troubled; be not afraid" (John 14:27). In today's world, we urgently need to embrace the spirit of peace and be persons of peace in our communities, families, and apostolates. Jesus' peace is a gift of charity, not something we can achieve on our own. It's about cultivating harmonious relationships with God, ourselves, others, and creation.

Pope Francis reminds us that, "The peace of Jesus is, first of all, his gift, the fruit of charity. It is never a human conquest; and starting from this gift, it is the harmonic ensemble of one's relationships, with God, with oneself, with others and with creation" (Address to the Superiors General, November 26, 2022).

May we, like Mary, welcome Jesus and his peace in the depths of our hearts. Inspired by our charism, let us passionately live out our mission to make Jesus known and loved. May this Christmas inspire us to embody the hope and mercy that Jesus brought to the world. As we enter the new year, let us walk together as beacons of hope for those in need, fostering unity, peace, and compassion.

I wish you all a joyous Christmas and a Jubilee Year of Hope filled with blessings and spiritual growth.

May you have a peaceful and blessed Christmas and a prosperous New Year!

**Sr. Adenike Regina Oke, SSMA**

Superior General

#### MICHAELIAN FAMILY OF SSMA

#### NATIONAL PROGRAMS FOR 2025

DATE	EVENTS	VENUE
Jan 25 <sup>th</sup>	Evaluation Of Last Year (2024) Programs	Ado -Ekiti
March 28 <sup>th</sup> -30 <sup>th</sup>	National Lenten Retreat	Oyo
April 23 <sup>rd</sup>	Bishop Michael Fagun 90 <sup>th</sup> birthday	Ado-Ekiti
June 20 <sup>th</sup> -22 <sup>nd</sup>	Annual Gboluwaga	Lagos
September 17 <sup>th</sup>	General meeting	Ado-Ekiti
September 18 <sup>th</sup>	Silver Jubilee/Final Profession	Ado-Ekiti
Sept 20 <sup>th</sup> -28 <sup>th</sup>	Novena to St. Michael	To be celebrated on zonal basis



### CHRISTMAS CAROL

WITH THE

### SUPERIOR GENERAL

By Sr Martha Oteku, SSMA & Sr Angela Amiadamhen, SSMA



**O**n December 18, 2024, the Novices and Postulants of the Sisters of Saint Michael the Archangel gathered at the Generalate House to celebrate the joy of the Christmas season with the Superior General, Rev. Sr. Adenike Regina Oke, SSMA. The event was heart-warming and filled with spiritual inspiration, carols, dances, drama, and lots more. This well-attended event commenced with an opening prayer led by the Postulant Directress, Sr. Clare Ojo while the Vicar General, Sr. Anthonia Ojo, gave the opening remarks.

The Superior General, in her Christmas message, reminded the sisters the true essence of Christmas: the celebration of the birth of Christ, the gift of love, hope and salvation. She also expressed that, "May this Christmas, as we celebrate the birth of Jesus Christ, lead us into the Holy year as signs of hope for the poor and as pilgrims of mercy." She emphasised that, Christmas is a time to reflect on God's boundless love for humanity, to share this love with others, and to live in the light of Christ's teachings. She concluded her message with a wish for a blessed Christmas and a grace-filled Jubilee Year.

As a loving and caring mother, the Superior General presented thoughtful Christmas gifts to the Novices and Postulants. This act of generosity deepened the festive spirit and reinforced the bonds of love within the congregation.

The smiles, laughter, and shared gratitude among all present were proof of the joy of the season and the love that binds the Sisters of Saint Michael the Archangel. The celebration concluded with heartfelt thanks to the Superior General for her leadership and for fostering a family spirit within the congregation.

The closing remark was given by Sr. Angela Amiadamhen while Sr. Theresa Obende led the closing prayer. It was a memorable day that left everyone renewed in faith and filled with the peace and joy of Christmas. May the blessings of the season continue to inspire and guide us all. Amen!





*Pope Francis opened the Holy Door of St. Peter's Basilica on Christmas Eve, December 24, 2024, to launch a "Jubilee Year of Hope."*

**T**he event began with the bells of the basilica pealing. After reading a passage from the Gospel of John, Pope Francis briefly left the atrium. He returned three minutes later, and aides slowly opened the door, which had been framed in a garland of green pine branches decorated with red roses and gold pinecones.

Opening the Holy Door has been a fixture of the Catholic Church's celebration of jubilee years since the Holy Year 1450. Pope Francis chose "Pilgrims of Hope" as the theme for the Holy Year 2025, which began Dec. 24 and will run through Jan. 6, 2026. The rite of opening the decorated bronze door began inside the basilica with the reading in different languages of biblical passages prophesying the birth of the saviour "who brings his kingdom of peace into our world."

The Gospel of St. Matthew's account of the birth of Jesus was proclaimed to emphasise how the birth of Jesus "proclaims the dawn of hope in our world." The choir sang, "Let us go rejoicing to the house of the Lord," and the pope told the assembled cardinals, bishops, ecumenical guests, and lay faithful that they are the steps of the whole church, a pilgrim in the world and a witness of peace.

The Holy Door, typically sealed with bricks, sym-

## POPE FRANCIS OPENS THE HOLY DOOR TO INAUGURATE THE "JUBILEE OF HOPE"

By Sr. Titilayo Aduloju, SSMA



bolises the barrier of sin between people and God. The 16 panels on the bronze doors illustrate key moments in salvation history, including the fall of Adam and Eve, the annunciation of Jesus' birth, Christ's presentation as the shepherd rescuing a lost sheep, the crucifixion, and the risen Jesus' appearance to the disciples.

The Vatican and Jubilee press offices have not disclosed the pilgrims' names or selection process. The ritual, which marks the 1,700th anniversary of the Council of Nicaea, is a manifestation of the faith that all Christians share in Jesus, the Eternal Word made man. However, the Dicastery for Promoting Christian Unity emphasised that the ecumenical guests' participation should not be interpreted as an attempt to associate them with elements of the jubilee, such as indulgence, which are not in line with their respective communities' practices.

The Catholic Church believes Christ and the saints have accumulated a treasure of merits that other believers can draw upon to reduce or erase punishment for sins. The Holy Year includes making a pilgrimage, going to confession, receiving Communion, and offering prayers to obtain indulgences.



## HYDRATION MYTHS AND FACTS: ARE YOU DRINKING ENOUGH WATER?

*Debunking common hydration myths and uncovering the facts to ensure you stay hydrated properly, especially during the harmattan season.*

Water is essential to life – that much we know. Hydration provides your body with the water it needs to function correctly. Water plays a crucial role in regulating body temperature, supporting digestion, maintaining joint lubrication, removing waste, and protecting tissues. However, when it comes to hydration, myths often muddy the waters, leaving many of us wondering if we are drinking enough. Let's separate fact from fiction to help us stay truly hydrated.

### Myth 1: You Must Drink 8 Glasses of Water a Day

The "8 glasses a day" rule is often repeated like a national anthem, but the truth is that hydration is not a fixed number. Your body's needs depend on factors like activity level, age, gender, weather, and diet. Foods such as fruits and vegetables contribute to hydration, and your body's natural thirst mechanism is an excellent guide.

### Myth 2: Coffee and Tea Dehydrate You

Caffeine does have a mild diuretic effect, but this does not mean your morning coffee or tea is counterproductive. These drinks still contain water, which contributes to your overall hydration. Moderation is key – so enjoy your brew without fear.

### Myth 3: Clear Urine Equals Perfect Hydration; You Cannot Overhydrate

Many believe that clear urine is the gold standard for hydration. While urine colour can indicate hydration status, aiming for completely clear urine may lead to overhydration. In fact, pale yellow urine is a healthy sign of proper hydration.



Drinking too much water can lead to hyponatremia, a dangerous condition in which sodium levels in the blood drop too low.

### Are You Drinking Enough?

Rather than fixating on a magic number, tune into your body:

- Pay attention to thirst: It is your body's natural signal.
- Include water-rich foods: Cucumbers, watermelon, and oranges are great options.
- Increase water intake in hot weather, during exercise, or when unwell.
- Monitor urine colour: Pale yellow (amber colour) is ideal.

Hydration is not one-size-fits-all. You can maintain optimal hydration and health by debunking myths and understanding your body's needs.

### So, are you drinking enough water?

*Proper hydration is key for healthy living, especially during this harmattan season. Stay informed, stay hydrated and stay healthy!*



Sr. Maryfrances Thomas, SSMA





## SSMA ADO ZONE CHRISTMAS PARTY CELEBRATION



**T**he SSMA Pastoral Centre Community, Ado Ekiti, hosted the 2024 Christmas party, marking a joyous occasion for all. The festivities began at 5:00 p.m. with vespers led by the Novices. This annual celebration saw enthusiastic participation from all SSMA communities in Ado including the Novitiate family.

Sr. Christiana Fasina, the community Superior, delivered the welcome speech, setting the tone for the evening. The event featured a delightful presentation of Christmas songs by various communities. The refreshments for the gathering were sumptuous delicacies prepared by the different communities. Sr. Cecilia Oloruntoba led the grace before

By Sr. Martha Oteku, SSMA

the meal, and everyone enjoyed the festive dishes.

While giving the closing remarks, the Superior General, Sr. Adenike Regina Oke, expressed her appreciation to all the sisters present and encouraged the sisters to walk together as beacons of hope, fostering unity, peace, and compassion as the Jubilee Year begins. Sr. Adeola Felicia Adedoyin gave the vote of thanks, after which the closing prayer was led by Sr. Emmanuel-Mary Fadiya.



*to our*  
**JANUARY**  
*Celebrants*

1ST	SR. SUSAN JEDEDE
10TH	SR. MARCELINA BABALOLA
20TH	SR. THERESA OBENDE
28TH	SR. PATRICIA AINA

2ND	SR. FUNMILAYO OJO
18TH	SR. ANNE-PRISCA OGUNRINU
28TH	SR. DORIS-ANNE DAVID
28TH	SR. REGINA ODEH



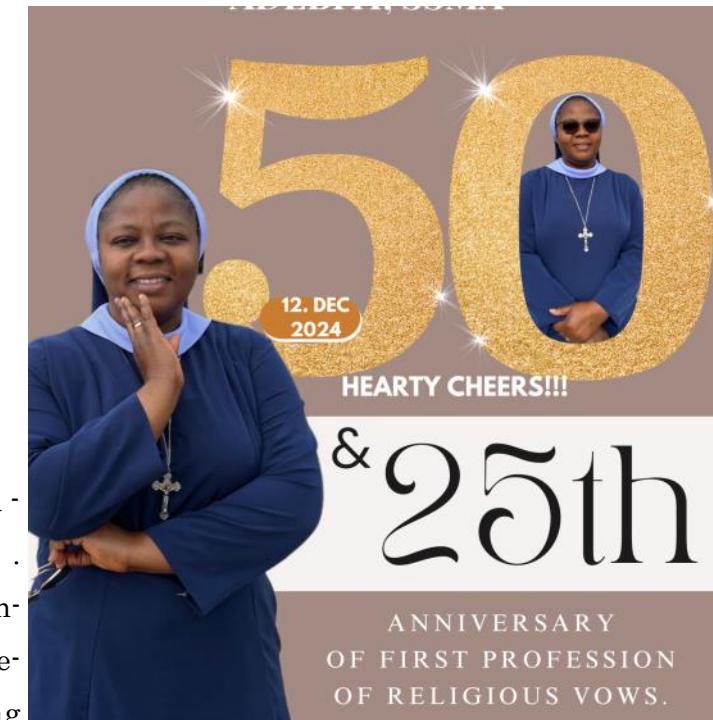
# DOUBLE CELEBRATIONS OF SR ELIZABETH OMOLARA ADEBIYI, SSMA

By Sr Dorcas Scholastica Balogun, SSMA

**B**orn on December 12, 1974, Sr. Elizabeth Omolara Adebiyi's journey of faith and service began on the feast of Our Lady of Guadalupe. Over the past 25 years with the Sisters of St. Michael the Archangel (SSMA), she has shown unwavering commitment to her vocation. On December 13, 2024, The Sisters of Saint Michael the Archangel, Manvel community, priests, religious friends and parishioners of St. Peter the Apostles Catholic Church, La-Salette, Houston, TX, came together in joyous celebration to honour Sr. Elizabeth Omolara Odunola Adebiyi, SSMA, as she marked her 50th birthday and the 25th anniversary of her religious life.



**Thanksgiving Mass:** The event began with a heartfelt Thanksgiving Mass, presided over by Fr. Felix Osasona, MSP, and Fr. Joseph Ibiwoye, MSP, who delivered a homily reflecting Sr. Elizabeth's life of faith and service. The congregation, including family, friends, and various community members, gathered in unity and gratitude. Following the Mass, the Family Life Centre was transformed with elegant decorations. Live music from a talented ensemble from California set the tone for the joyous



celebrations. Guests enjoyed reconnecting and celebrating amidst an atmosphere filled with laughter and camaraderie.

A highlight of the evening was the series of heartfelt speeches from family and friends, each sharing personal anecdotes and expressing deep appreciation for Sr. Elizabeth's influence in their lives. The diverse assembly included religious and priests, members of the African American Catholic community, Michaelian Family members, the Yoruba Catholic community, the Nigerian Catholic community, the Cameroonian Catholic community, and friends

from various stages of Sr. Elizabeth's life who travelled from near and far. The celebration was further enriched by a variety of African dishes, delighting all in attendance.

**Expressions of Gratitude:** In her closing remarks, Sr. Elizabeth expressed profound gratitude to all who attended. "This celebration is not just about me," she shared. It is a testament to the blessings of life, faith, and the beautiful relationships we are privileged to share." The evening concluded with lively music and dancing, inspiring and uplifting attendees. The event highlighted the importance of community, gratitude, and faith in marking significant milestones.

The SSMA Manvel community and all well-wishers extend their heartfelt wishes to Sr. Elizabeth for continued happiness, good health, and steadfast faith in her vocation. May her life be filled with love,



## GENEROUS DONATIONS TO ENHANCE THE WORSHIP EXPERIENCE AT MARY QUEEN OF ANGELS SCHOOL (MQA)

By Sir Peter Ayodele, Vice-Principal, MQA

A parent of one student at Mary Queen of Angels Catholic Girls Secondary School, Akure has donated 68 pews to the school's chapel. This generous contribution, valued at fifteen million naira (N15 million), aims to improve students' comfort and worship experience. The new pews will make the chapel more attractive for prayers and worship and comfortably accommodate more students. Additionally, the pews incorporate kneelers, making it easier for students to kneel for prayers, devotion, and worship.

Similarly, the school's Senior Prefect, Ewaoluwa Ogunmoriye, gifted a large standing golden Crucifix to the chapel. During the blessing ceremony, Rev. Fr. Anthony Okonkwo, SDB, praised the student's decision to give to God and the school instead of celebrating her birthday with food and drinks. He also commended her parents for supporting her noble intentions and encouraged others to follow her example. Fr. Okonkwo noted that each time the Crucifix is used in worship and other liturgical celebrations, the donor will receive blessings from God.

The Rotary Club, Akure Chapter has also contributed to the school's well-being by donating a giant water filter, ensuring safe drinking water for the students. These acts of kindness and generosity have significantly enhanced the worship experience and overall environment at Mary Queen of Angels School.

The Principal of Mary Queen of Angels Catholic Girls



Secondary School, Sr. Doris David, SSMA, the management and entire student body have expressed their heartfelt appreciation to the generous donors who have recently contributed to the school's chapel and overall welfare. In a show of gratitude, the entire school community prayed for the donors' intentions. The Principal took the opportunity to appeal for more donations from parents, alumni, and other well-wishers, emphasising the importance of continued support for the school's mission. She highlighted the positive impact of such contributions on enhancing the students' educational and spiritual environment.

Furthermore, Sr. Doris warmly welcomed prospective students, encouraging them to join this citadel of holistic education where academic excellence is paired with spiritual growth. The school's recent enhancements, including the donated pews, Crucifix and a new water filter emphasize the school's commitment to providing a conducive and nurturing learning environment.





## DEPRESSION AND ITS HIDDEN DANGER AMONG NIGERIAN YOUTH



**D**epression is a growing problem affecting millions of young people in Nigeria today. It silently takes hold of their lives, bringing emotional pain, mental struggles, and even physical health challenges. Unfortunately, many young people do not recognise it or are too abashed to speak out, leaving them to suffer in silence. According to the World Health Organization (WHO), over 280 million people worldwide live with depression, leading to over 700,000 suicides annually. This reality is becoming more evident among Nigerian youth as economic hardship, unemployment, and societal pressure take their toll.

Depression is called a **"silent killer"** for several reasons, some of them are:

1. Unrecognised Symptoms: Many young Nigerians mistake the signs of depression—such as constant sadness, lack of motivation, and loss of interest in life—for laziness, mood swings, or weakness. Without proper understanding, they don't seek help.
2. Stigma: Mental health issues are often taboo in Nigeria. Fear of being labelled as "weak" or "crazy" discourages many from speaking out or seeking treatment.
3. High Suicide Rates: Depression is a leading cause of suicide, and many cases go unnoticed until it's too late. The hidden battles young people face often result in tragic outcomes.



4. Physical Health Risks: Depression doesn't just affect the mind—it weakens the

body too. It can worsen illnesses like heart disease, diabetes, and other chronic conditions, silently damaging health.

Addressing depression requires a collective effort, such as:

1. Awareness and Education: Create programs that teach young people to recognise the signs of depression and encourage open conversations about mental health. This will help reduce stigma.
2. Affordable Mental Health Services: Mental health care should be easily accessible and affordable for all. Free or subsidised therapy, counselling, and support groups can make a huge difference.
3. Community Support: Parents, teachers, and community leaders must be involved. Encouraging open dialogue and showing empathy can help struggling youths feel seen and supported.
4. Self-Care: Promote healthy lifestyles, including exercise, proper sleep, and mindfulness activities like prayer or meditation. These simple steps can improve mental well-being.
5. Government Action: Policies must prioritise mental health awareness and include mental health education in schools and workplaces.

Depression is a hidden crisis silently affecting Nigerian youth, but it does not have to remain this way. By breaking the silence, raising awareness, and providing the proper support, lives can be saved and hope restored. Now more than ever, we must act to ensure that young people get the help they need. Silence can no longer be an option. The time for change is now!



Sr. Angela Amiadamhen, SSMA



## CALENDAR OF EVENTS FOR JUBILEE 2025: THE HOLY YEAR OF HOPE

*"In this holy time, let us be touched by the transforming power of God's grace. It will be a journey of conversion and a joyful celebration of His infinite love" (Pope Francis).*

Jubilee year is a time of grace and spiritual renewal for the entire ecclesial community. This extraordinary event began with the opening of the Holy Door at St. Peter's Basilica on December 24, 2024. In his 'bull of induction' \*Spes non confundit\*, Pope Francis invited the faithful to experience this Holy Year as "a special occasion of personal renewal and spiritual enrichment, in union with the whole Church." The Holy Door symbolises the pilgrimage of every believer. Pope Francis emphasised, "Passing through it reminds us that we are all on a journey, called to a deeper relationship with the Lord and openness to His grace, capable of transforming our lives and the world."

After the opening at St. Peter's Basilica on December 24, the Holy Door at Rebibbia Prison was opened on December 26. Subsequently, the Holy Door at the Basilica of St. John Lateran will open on December 29, 2024, followed by the Holy Door at St. Mary Major on January 1, 2025, and St. Paul Outside the Walls on January 5, 2025. These openings will mark the start of a global spiritual journey.

The Jubilee's events reflect the Church's diversity and richness. From January 24 to 26, 2025, the Jubilee of Communication will explore the media's role in fostering dialogue and peace. Special moments will be held in February for Artists and Armed Forces, while March will highlight Volunteers and the Missionaries of Mercy, focusing on divine mercy.

The month of April will centre on Healthcare, Youth, and People with Disabilities, emphasising inclusion and hope while Families, Children, and Grandparents, will be celebrated in May, highlighting the importance of passing faith across generations.

The Digital Missionaries and Catholic Influencers will gather on July 28 and 29, followed by a large youth event from July 28 to August 3. The Jubilee of Consolation will be

celebrated on September 15, followed by the Jubilee of Justice Operators on September 20 and a Catechists' meeting from September 26 to 28.

October will feature events for the Missionary World and Migrants on October 4 and 5, Consecrated Life on October 8 and 9, and Marian Spirituality on October 11 and 12. The World of Education will be the focus from October 31 to November 2. November will offer significant spiritual moments, including the Jubilee of the Poor on November 16 and the Jubilee of Choirs and Chorales on November 22 and 23.

The year will close symbolically on December 14 2025 with a celebration dedicated to Prisoners, underscoring the redemptive power of divine mercy.

In conclusion, the Jubilee of 2025 promises to be a period of reconciliation and renewal, inviting everyone to redis-





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.

08168717935

08061299755



## CONDOLENCE

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

Sr Susan Jegede who lost her  
younger brother Late Mr.  
Temitope Jegede.

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



## MARY QUEEN OF ANGELS CATHOLIC GIRLS' SECONDARY SCHOOL

Federal Housing Estate, Shagari Village, off Irese Road, P. O. Box 3441, Akure, Ondo State.  
Website: [www.maryqueenangels.com.ng](http://www.maryqueenangels.com.ng). Tel: 08132815385.

DAY & BOARDING SCHOOL FOR GIRLS ONLY



**ADMISSION INTO JSS1, JSS2 & SSS1  
2021/2022 ACADEMIC SESSION**

IT IS OUR STRONG DESIRE TO BRING UP OUR GIRLS  
WITH A BASE IN THE HOME; GROUNDING THE SHARED  
RESPONSIBILITIES BETWEEN THE TEACHERS AND PARENTS  
THROUGH TUTELAGE, DISCIPLINE AND  
MUTUAL COUNSELING.

**ENTRANCE SUBJECTS:**  
- ENGLISH LANGUAGE  
- MATHEMATICS  
- GENERAL PAPER

**DATE OF EXAM:**

**TIME:**

**8:00AM PROMPT**

**VENUE:**

**SCHOOL PREMISES**

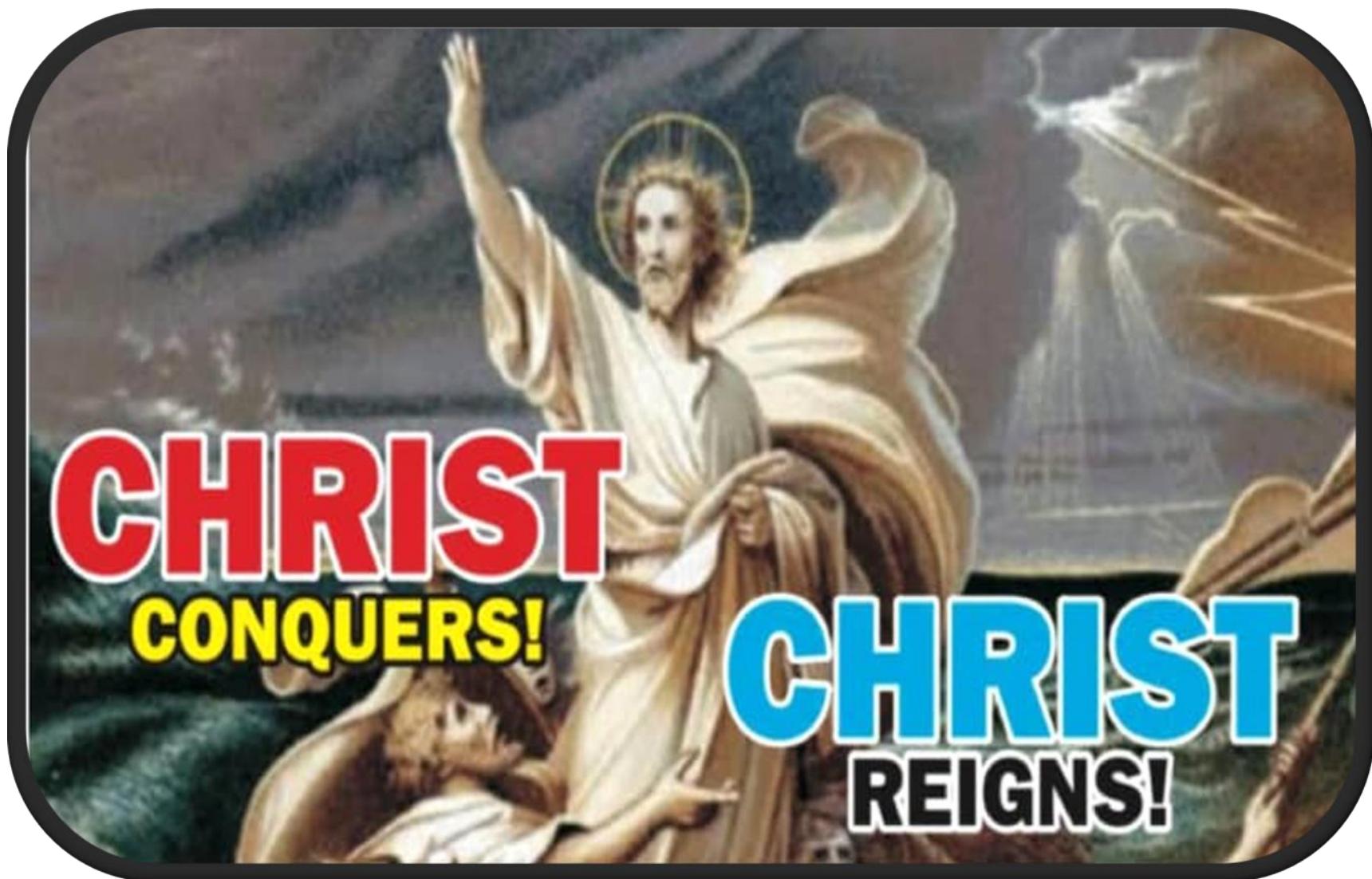
**FACILITIES:**

- LOW STUDENTS/TEACHER RATIO PER CLASS
- MONITORED CLASSROOM PROCESS
- COMPUTER LABORATORY
- MODERN MEDICAL CENTRE
- WELL EQUIPPED LABORATORY
- STANDBY GENERATOR/INVERTER
- BORE-HOLE PORTABLE WATER
- WELL VENTILATED CLASSROOMS
- COMFORTABLE HOSTELS
- INTERNET FACILITIES
- SECURED ENVIRONMENT
- POULTRY FARM
- SCHOOL BUS



-ELSHADDAI: 08034466043

**FOR ENQUIRIES ON PURCHASE OF FORMS, PLEASE CALL: 07065152632; 08132815385.**



## EDITORIAL

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

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## 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.

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

## SSMA COMMUNICATIONS TEAM

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- 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