



SISTERS OF THE SACRED HEART OF JESUS

December 2021
(Third Quarter)



AGOGO NEWS LETTER

- SSH ANNUAL CHRISTMAS GET-TOGETHER 2021
- CELEBRATING CHRISTMAS WITH OUR SUPERIOR GENERAL
- BE AN APOSTLE OF THE SACRED HEART



Editorial

WISHING YOU

*Merry
Christmas*

&

*Happy
New Year*



In Jesus, We are One!
Sr. Antonia Ugheighele, SSH

FOUNDER'S SAYINGS TO HIS LITTLE ANGELS



“The habit forms only one aspect of the life of the Nigerian Sisters of the Sacred Heart of Jesus. It has always been my profound desire

of this new congregation that a difference been expressed.

This difference should manifest itself in spirit as well as in a constant manifestation of all that is good, true and beautiful in the Nigerian culture. Hence, it is with this idea that the young group darning an

indigenous dress- one that adopts both the traditional church concept and our own cultural concept of feminine dress.”(abstract from our (Founder's statement on the Habit, June 1978)

—**Most Rev. Patrick Ebosele Ekpu, April, 2021**
Archbishop Emeritus of Benin City & Father Founder, of the Congregation of the Sisters of the Sacred Heart of Jesus

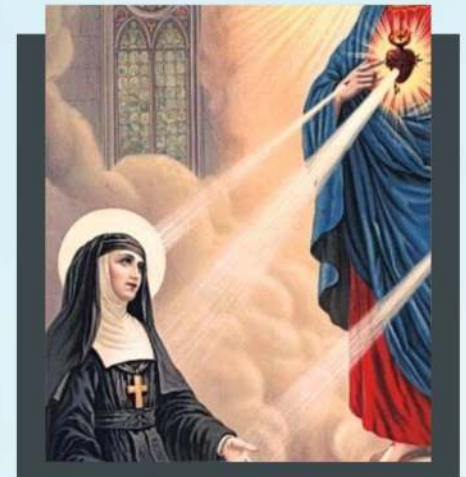
QUOTES OF OUR PATRON SAINTS



“What does love look like? It has the hands to help others. It has the feet to hasten to the poor and needy. It has eyes to see misery and want. It has the ears to hear the sighs and sorrows of men. That is what love looks like.”
 —**St. Augustine of Hippo.**



“ is an act of love; words are not needed. Even if sickness distracts from thoughts, all that is needed is the will to love.”
 —**St Teresa of Avila**



“Keep your heart in peace and let nothing trouble you, not even your faults. You must humble yourself and amend them peacefully, without being discouraged or cast down, for God's dwelling is in peace.”
 —**Margaret Mary Alacoque**

NEWS FLASH

Vatican News

Consecrated life is the “gospel” for today’s world” ~Pope Francis

Pope Francis on Saturday 11th December 2021 met participants in the plenary assembly of the Vatican Congregation for Institutes of Consecrated Life and Societies of Apostolic Life and thanked them for their service.

“Everything we do is at the service of the Gospel, and you, in particular, serve that 'gospel' which is consecrated life, so that it may be the gospel for the world today.” Pope Francis made the remark to some 60 members of the Vatican Congregation for Institutes of Consecrated Life and Societies of Apostolic Life, at the end of their plenary assembly. He expressed his closeness to all those who believe in the future of consecrated life.



BENIN ARCHDIOCESE CELEBRATES THE NONANEGERIAN, MOST REV. PATRICK EBOSELE EKPU

And so, the Archdiocese of Benin saw it fit to celebrate one of her own, the Most. Rev. Patrick Ebosele Ekpu (Emeritus) and Founding Father of the Sisters of the Sacred Heart of Jesus. It was a one week packed filled activities from October 26 (actual birthday) to November 10, 2021.

The Nonanegerian had a special dinner with his classmates; Cardinal Okojie, Archbishop Alaba Job, Bishop Fagun, and Bishop Alonge. He went further to impact his episcopal blessing on the people of God at Holy Cross Cathedral.

There was a musical katata in his honour. He had a day with his little angels—the Sisters of the Sacred Heart of Jesus and the grand finale held on November 10, 2021 at St. Paul Catholic Church, Airport Road Benin City.

It was indeed a double Celebration of his 90th birthday and 50th episcopal anniversary which was well attended with over 30 Bishops, over 100 Priests and Religious and countless laity.

The homilist, Cardinal John Onaikan enumerated the qualities of the celebrant admonishing all to emulate him.

It was indeed a colourful celebration.



DEVOTION TO THE SACRED HEART

BE APOSTLES OF THE SACRED HEART

One can become an apostle of the Sacred Heart of Jesus in a more radical way since by our baptism we are already Apostles of the Heart of Christ. This can be done through:

a) Personal prayer and growing in a more intimate relationship with the Sacred Heart especially through the word of God.

b) Prayer with others: this can be done by being a member of the association of the Sacred Heart and immaculate heart of Mary or apostleship of prayer league of the Sacred Heart in the adoration of Jesus in the Blessed Sacrament on Thursdays.

c) On the parish level, the devotion can be fostered through homilies which unveils the theological richness of the devotion, prayers of the faithful. Mass which include petitions to the Sacred Heart of Jesus and the intentions of the Devotee.

d) Provision of devotional leaflets for the benefits of the public.



e) Celebrating or participating in the votive Mass of the Sacred Heart whenever possible especially on first Fridays.

f) Telling people about the ardent thirst of Jesus to be honoured and loved in the Blessed Sacrament according to his wish “to quench this thirst by making me some return of love”, hence, the need to spend about an hour, half

hour or quarter hour in reparation for sins and in gratitude to the Sacred Heart for His love.

g) Conducting or participating in a parish Holy Hour weekly and every first Friday of each month.

h) Telling people, the importance of the devotion to the Sacred Heart and inviting them to join the association.

(An abstract from "An Easy Understanding of the Sacred Heart")

OUR HEALTH

BLOOD PRESSURE: A BASIC UNDERSTANDING

By Sr. Bernadette Amajuoyi, SSH

INTRODUCTION

Blood Pressure is one of the major vital signs of the human body among others such as Heart rate, body temperature, body weight and height. Blood pressure is said to be normal at a systolic reading of 120mmhg and a diastolic reading of 80mmhg approximately for an average adult. It may suffice to say here that there are exception to the rule as some readings range from a systolic of 90 to 120 and a diastolic of 60 to 100 depending on the age of the individual or physical features.

Clarification Of Terms

(i) Blood Pressure

It can be defined as the minimal force with which the heart pumps blood to the other parts of the body through the circulatory systems such as the blood vessels.

(ii) High Blood Pressure

It is the abnormally elevated force or pressure with which the heart pumps blood which is commonly known as Hypertension. It is also referred to as the unhealthy increase in the rate at which the heart pumps blood to meet the demands of the body.

Determinants of Blood Pressure

Blood Pressure can be influenced or is dependent on varied factors namely;

1. The body's ability or inability to respond to internal or external stimuli
2. Emotional stress
3. Diseases and state of health
4. Abuse of Medications
5. Family medical History and background
6. Life style modifications Etc

Types of Blood Pressure

Hypotension

It is a situation where the blood pressure is relatively low which is normal for some persons.

Hypertension

It is a situation where the blood pressure is relatively low and needs medical care.

Normotension

It is a situation where the blood pressure is relatively normal

Both the hypotension and the hypertension may pose as a threat to life's existence but early detection is key.

Causative Agents of Hypertension

Hypertension is recorded as one of the most prevalent and affects all ages and people but can be controlled through certain medications. It can be attributed to unhealthy lifestyle modifications such as

1. Abuse of alcohol and smoke
2. Obesity
3. Family History and background
4. Lack of adequate Exercise and rest
5. Abuse of medications
6. Underlying disease and conditions
7. Emotional stress and unrest

Causative Agents of Hypotension

Hypotension happen to be very uncommon and has no recorded form of medication to control it but intake of glucose, salt and rigorous exercise can help when it is noticed depending on the choice of your health care provider .It can be attributed to the following:

1. Unhealthy life style modification
2. Constant and Excessive dehydration
3. Lack of Exercises
4. Side effects of some medications
5. Heart failure

to be continued in the next edition

SPIRITUAL RELECTIONS

THE INN OF OUR HEARTS

SR. PEACE UZAMA, SSH

There cannot be Christmas in the air if there is no Christmas in our hearts because each of us is an innkeeper who decides whether there is room for Jesus in the inn of our hearts. It is not just about a season of love and being joyful but making others happy and feel that they are loved just the way we are: it is a time to be the eye of the blind, the strength of the weak and a friend of the lonely.

It is not all about new clothes but about being clothed with new life; which we can only attain by allowing Christ to be a reborn in our hearts and lives, not only during Christmas but everyday, so that he may radiate the light of his presence from within us.

May this year's Christmas renew us and bring us the newness of life that we seek.

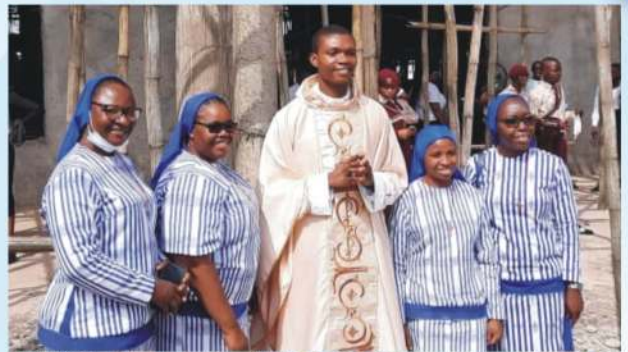


News Flash Continues



Ogbidi Learning Centre and Sacred Heart High School Uromi celebrate an alumna; Rev Fr Isidore Osezele Omondeagbon who was ordained a Catholic Priest on the 8th of Dec. 2021, in the Diocese of Uromi.

**REV. FR. ISIDORE OSEZELE
OMONDEAGBON**



CELEBRATING OUR VOCATION *First Religious Profession*



We congratulate our four Sisters; **Sr. Rita Ogbu, SSH, Sr. Martha Ogbene, SSH, SR. Victoria Ekomhemen, SSH, and Sr. Bridget Orukpe, SSH**, who made public proclamation to the Evangelical Counsels of Poverty, Chastity and Obedience on the 15th of October, 2021. They remain grateful to God for seeing them through their Novitiate formation and adding to the numbers of the Temporary Professed Sisters in our Congregation. We pray for the grace of faithful final perseverance for them.



RECEPTION INTO POSTULANCY



RECEPTION INTO NOVITIATE

SSH ANNUAL Christmas Get-together 2021

The Congregation of the Sisters of the Sacred Heart of Jesus celebrated her annual Christmas get together 2021 in a grand style. The celebration included match past competition by all communities, dance competition, football and lots more and ended with the Holy Mass by His Excellence, **Most Re. Dr. Donatus Ogun, OSA**. Who during his homily admonished that What God requires of us is our faith in him and our fidelity. The celebration concluded with Refreshment and entertainment from SSH aspirants, postulants and novices.



Celebrating Christmas

**WITH OUR SUPERIOR GENERAL
SR. JOSEPHINE AIMONOTA EBUEHI, SSH**



BIRTHDAYS AND FEAST DAY CELEBRATIONS



Special Happy birthday and
Feast day to all our Sisters,
Affiliates and friends that
celebrated from the month of
September to December.

SSH COTTAGE INDUSTRY ATANI - UROMI



**CONTACT US FOR YOUR UNIFORMS, CARDIGANS, TABLE NAPKINS,
CUSHION NAPKINS, PRIEST VESTMENT, ADIRE, IGBU, AND MORE
AT AN AFFORDABLE PRICE**



ARE YOU CALLED TO WITNESS TO THE REDEMPTIVE LOVE OF CHRIST AS A SISTER OF THE SACRED HEART OF JESUS?

"The names of those who shall promote the devotion to the Sacred Heart will be written in my heart never to be forgotten!". - Jesus, Said to St Margaret Mary Alacoque.
 The Congregation of the Sisters of the Sacred Heart of Jesus was founded on April 6, 1975 in Benin City, Edo State, Nigeria. We uphold the Redemptive Love of Christ through Unity, Peace and Reconciliation. We uplift the dignity of the human persons especially the downtrodden womanhood, we educate children and youths, reach out to the sick, the aged, the poor, all wounded persons and care for our earth.

OUR MISSION STATEMENT

To promote Love, Peace and Reconciliation among Humanity through devotion to the Sacred Heart of Jesus

OUR CHARISM

Redemptive love through Unity, Peace and Reconciliation

OUR SPIRITUALITY

Sacrificial Love and Humility.

OUR MOTTO "Ut Unum Sint" (That they may be one) John 17:21

SISTERS OF THE SACRED HEART OF JESUS MAKE GOD KNOWN AND LOVED THROUGH

- *Promotion of devotion to the Sacred Heart of Jesus.
- *Education.
- *Collaboration in Pastoral Ministry and social work.
- *Retreat and Spiritual Direction.
- *Youth Ministry.
- *Fight against human trafficking.
- *Healing Ministry: Medical and counseling.
- *Evangelization, Etc.

We welcome applications from Catholic Girls who are:

Baptized and confirmed with good health, strong faith in God, spirit of sacrifice, generosity, love of God and neighbour, the desire to serve God as a Sister of the Sacred Heart of Jesus and a minimum of five credits including Mathematics and English Language

- *WAEC/GCE/NECO 17 - 23 years old
- *OND/NCE 20 - 25 years old
- *HND/DEGREE 25 - 30 years old

For more information contact:
The Vocations Directress

Tel: 08134856142, 08158649027, 07032473440
 Email: sshvocation17@gmail.com
www.sshcongregation.org.

**"Whom shall I send? Who will go for us?
 Here am I, send me!"**
 ISAIAH 6:8

ADVERT




CENTRE FOR PEACE AND RENEWAL (CEPAR)
Atani, Ubiaja Road, Uromi, Edo State.

(Apostolate of the Sisters of the Sacred Heart of Jesus)

*"IN QUIETNESS AND IN TRUST SHALL BE YOUR STRENGTHS." (ISAIAH 30:15)
COME! DRINK DEEP OF LIVING WATER... (JN. 4:14)*

- RETREAT
- SEMINAR
- WORKSHOP
- CONFERENCE
- HOLIDAY
- MEETINGS
- LODGING ACCOMMODATION AND HALL SERVICES

Email: cepar@yahoo.com
For Booking and Enquiry:
08169217617, 08152618200, 08034941072



HOW TO GET TO THE RETREAT CENTRE

- By car from South East – Drive to Isele – Uku and take Onicha – Ugbo to Ubiaja / Atani road leading to Uromi, The Centre is on your left, five minutes' drive after the flyover.
- By car from South West – Drive through Benin– Ekpoma to Uromi. At Angle 90 Junction in Uromi take the Ubiaja / Atani Road. The Centre is on your right after about 3-5mins drive from Angle 90.
- By car from the North – Drive through Okene to Auchi, then to Uromi. At Angle 90 in Uromi, take the Ubiaja / Atani road. The centre is on your right after about 3-5mins drive from Angle 90.
- By bus or public transit in Uromi. Take a bike or keke to the convent in Atani where the centre is.

Pupra Index: **08035130204**

MOTHER OF PERPETUAL HELP FACTORY



MOTHER OF PERPETUAL HELP FACTORY

ORIGINAL Banga Palm Oil

Ingredients: Palm Fruits

Net content: 4 Litres

Batch No:

MFG Date:

Best Before:

NAFDAC Reg. No: 09053373553

Produced And Packaged By
Sisters Of The Sacred Heart Of Jesus
Ukani, Uromi,
Edo State, Nigeria.

Store in cool dry place.

MOTHER OF PERPETUAL HELP FACTORY

ORIGINAL Banga Palm Oil

Ingredients: Palm Fruits

Net content: 4 Litres

Batch No:

MFG Date:

Best Before:

NAFDAC Reg. No: 09053373553

Tel: 09053373553

Email: mpfhsh@gmail.com

Produced And Packaged By
Sisters Of The Sacred Heart Of Jesus
Ukani, Uromi,
Edo State, Nigeria.

Store in cool dry place.

MOTHER OF PERPETUAL HELP

REFINED IJEBU GARRI

FOR EBA

From organic cassava and Processed under hygienic Condition.

5kg

Packaged by:
SISTERS OF THE SACRED HEART OF JESUS
Box 111, Atani Uromi, Edo State, Nigeria.
09053373553
mpfhsh@gmail.com



Are You Called
to be a sister of the
Sacred Heart of Jesus?

Mission Statement

To promote Love, Peace and reconciliation among
Humanity through devotion to the Sacred Heart of Jesus.

Charism

Redemptive Love through Unity Peace and Reconciliation

Apostolate

Promotion of the Devotion to the Sacred Heart of Jesus

Education

collaboration in Pastoral Ministry
uplifting the dignity of womanhood
Healing Ministry (Medical and Counseling)

Applications are welcome from Catholic Girls Who:

- Are baptized and confirm
- Have deep faith in God
- Have desire to serve God as religious in the Religious institution of the Sisters of the Sacred Heart of Jesus.
- Have a minimum of five credit including English Language / Mathematics WAEC /GCE/SSCE
- AGE: Between 17 - 25 years

For more information, write to sshvocation@yahoo.com

Telephone: 07032473440

The Vocation Directress

Sisters of Sacred Heart of Jesus

P.O. Box 111

Atani-Uromi

Edo State.

The Vocation Directress

Sisters of Sacred Heart of Jesus

P.O. Box 5521

Iguosa - Benin City

Edo State.

Produced by: SSH COMMUNICATION COMMISSION

Please send your articles to our e-mail: sshagogo@yahoo.com and visit our web site: www.sshcongregation.org