



SISTERS OF THE SACRED HEART OF JESUS

SEPTEMBER 2022

(Third Quarter)



AGOGO NEWS LETTER

- HEALTH: WHY I SHOULD TAKE MORE VEGETABLES AND FRUITS
- THE JOY OF BEING A SISTER OF THE SACRED HEART
- PROMOTING A ONENESS RELATIONSHIP



EDITORIAL

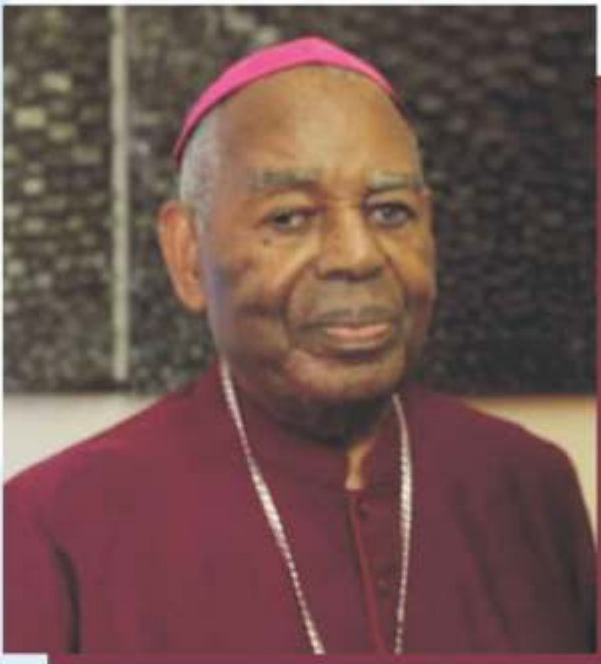
Greetings in the Most Sacred Heart of Jesus.

I welcome you to the third edition of Agogo newsletter 2022. I thank God for His continuous good health of mind and body over us all. I enjoin you to sit back and enjoy this edition with its rich themes of “the joy of being a Sacred Heart Sister” and promoting a oneness relationship. We equally present you with some news flash from the Vatican, as well as from the Congregation, and lots more.

Our Newsletter is a medium for sharing our thoughts and knowledge; it also enhances our oneness. Thus, we encourage your soul-lifting articles or stories to our E-mail: sshagogo@yahoo.com

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

FOUNDER'S SAYINGS TO HIS LITTLE ANGELS



“Regarding house help around the Convent, I strongly say NO to that whatsoever. Every healthy Sister is to take part in this exercise. The humility and spirit of service in Jesus must be in you. The greatest among you should be your servant. (Founder's injunction; cf. Jn. 13:14)

—**Most Rev. Patrick Ebosele Ekpu, Nov. 21st 1985**

Archbishop Emeritus of Benin City & Father Founder, of the Congregation of the Sisters of the Sacred Heart of Jesus

QUOTES OF OUR PATRON SAINTS



“Humility cannot exist without love, and love cannot exist without humility. It is impossible for these virtues to exist except where there is great detachment from all created things.”

—St Teresa of Avila

“It was pride that changed angels into devils; it is humility that makes men as angels.....”

—St. Augustine of Hippo.

“Go courageously to God, along the way He has traced out for you, steadfastly embracing the means He offers you.”

—Margaret Mary Alacoque

NEWS FLASH

Our Annual Retreat - 2022

We, had our annual Retreat, Sunday 31st July, to Sunday 7th August, 2022 at the Center for Peace and Reconciliation (CEPAR), Atani Uromi, Edo State. It was a Directed Retreat with 72 Directees and 10 Directors of whom 3 were Priests and 7 religious women respectively. The Retreat was indeed one of its kind. Some of the Sisters testified to how grace filled and reviving it was for them while the directors commended the retreatants for their observance of silence and openness all through the retreat. The Perpetually Professed Sisters also had their recommitment at the end of the retreat. We are indeed grateful to God for the Sacred moments and aloneness with our divine spouse-Jesus. May the fruits, gifts and graces obtained during the retreat continue to abide with us all. Amen



ANNUAL RECOMMITMENT OF PERPETUALLY PROFESSED SISTERS



SISTERS WITH RETREAT DIRECTORS

PROMOTING A ONENESS RELATIONSHIP

"How good and how delightful it is, when brothers (Sisters) dwell together as one!" Ps 133:1. Love is what binds us together as one. It is love that increases us and leads us towards our goal. It is this same love we profess each time we say our motto, "In Jesus, we are one!" Nothing works well for a divided society or group. In order for a group to stay together there are some things we must avoid such as:

Tribalism that can lead to nepotism, favoritism, 'God-motherism' and Cliquism which divides one household into smaller groups and turns them afterwards, against each other and finally leads them to doom, should neither be upheld by us nor fostered by us, instead, we should be

just and firm in our judgement, and be self conscious. We are called as women who carry the special Love of the Heart of Christ, to imbued emotional intelligence, see and celebrate the gift in others, avoid killer words and above all, avoid chain of violence knowing that we are all work in progress- learning everyday. May the Sacred Heart of Jesus keep us all in His love always. Amen.



**TO GOD BE THE GLORY FOR THE GIFT OF
VOCATION INTO OUR CONGREGATION.
SIX ASPIRANTS RECEIVED INTO POSTULANCY.**



We congratulate Miss Glory Lucia Ighiwiyisi, Miss Magdalene Ochuwa Emoebe, Miss Judith Ashe-esla Austin, Miss Cynthia Aikhenosi Ipigbe, Miss Faith-Ruth Chimuanya Nzekwe and Miss Abigail Elizabeth Udumma Uche who had their reception into SSH Postulancy on July 4, 2022 by Sr. Josephine Ebuehi SSH our Superior General.



We say a big congratulations to them and pray God's wisdom and direction for them all. Amen.

SSH Postulant community

RECEPTION INTO THE NOVITIATE

It was a day of joy as three of our postulants namely; Dinah Mnena Orjija, Angela Adesuwa Prester-John and Lucia Enyo-Ojo Shaibu were received into the novitiate of the Sisters of the Sacred Heart of Jesus on July 5, 2022 by the Superior General, Sr. Josephine Ebuehi SSH. This day cannot be forgotten in the lives of the new novices as they begin the journey of their religious life under the protection of the Sacred Heart of Jesus.

Congratulations dear sisters.

SSH Novitiate community.



SCHOLASTICATE PROGRAM

The just concluded SSH scholasticate program ran from 8th to 27th August, 2022. Some of the courses taught during this period were: Integrating into our lives the qualities and values of the Religious life with particular reference to our congregation, upholding our dignity as African Religious women, human sexuality – special ref. as consecrated women, Prayer-praying with the scriptures and accounting. It was a successful program



DEVOTION TO THE SACRED HEART

THE JOY OF BEING A SISTER OF THE SACRED HEART OF JESUS

By Sr. Martina Ogbikhilu, SSH

I welcome us back to this exciting and beautiful corner of our News Letter.

The title of this column “The joy of being a Sister of the SACRED HEART OF JESUS” is not a mistake. It is deliberate and thoughtfully chosen. The intention of this space is not to write a book on Sacred Heart as there are many books available to us already, particularly the most recent one authored by the Sisters of the Sacred Heart of Jesus. The aim rather, is to emphasize the value, the richness of the treasures that are ours, and our worth as those with the great and rare privilege of being very special to the King of kings. Remember our Father Founder’s words, I quote: “No matter where you go, never forget for once who you are: the Brides of Christ, Sisters of the Sacred Heart.” This knowledge should excite us to seek, to capture, cherish and jealously guide this God’s given vocation, with gratitude to the one who has called us. Therefore, we are to be focused, holding on tenaciously to it and living it to the fullest with total conviction. It is in this we grasp and explore this unfathomable joy that comes from that which we profess, “Here I am lord, I have come to do your will.” The uncommon privilege of John the beloved apostle, reclining on the breast of the Lord at the last supper and Thomas feeling the



depth of His loving mercy as he puts his hand into Jesus’ pierced side after His resurrection is what we have dearest Sisters. Hence, in your prayers at times, try to ask these two apostles to share their experiences with you. If finding this joy, this pearl of great value is our sole quest, we would find ourselves selling all we have to get it.

The opportunity to contemplate and adore the unbounded love of God in the Heart of His Beloved Son, Jesus in the Most Blessed Eucharist is our story, our song. The writers (Phoebe Palmer Knapp and Frances Jane Crosby (Fanny Crosby) of the beautiful hymn – Blessed Assurance would help to explain better what we are trying to express:

Blessed Assurance, Jesus is mine;
Oh what a foretaste of glory divine.
Heir of salvation, purchase of God,
Born of His spirit, washed in His

Blood

Chorus

This is my story, this is my song
Praising my saviour, all the day long.

This is my story, this is my song,
Praising my savior, all the day long.

Perfect submission, perfect delight

Vision of rapture burst on my side.

Angels descending bring from above

Echoes of mercy, whispers of love.

Perfect submission, all is at rest,
I in my Saviour I’m happy and blest

Watching and waiting, looking above,

Filled with His goodness, lost in His love.

Dear readers, I leave you here for now to relax and savour the sweetness of the Lord. Drink deeply from the treasury of His Heart.





OUR HEALTH

WHY I SHOULD TAKE MORE VEGETABLES AND FRUITS

“When diet is wrong, medicine is of no use. When diet is correct, medicine is of no need.” – Ayurvedic Proverb.

A diet rich in vegetables and fruits can lower blood pressure, reduce the risk of heart disease and stroke, prevent some types of cancer, lower risk of eye and digestive problems, and have a positive effect upon blood sugar, which can help keep appetite in check. Eating non-starchy food, vegetables and fruits like apples, pears, and green leafy vegetables may even promote weight loss. Their low glycemic loads prevent blood sugar spikes that can increase hunger. At least nine different families of fruits and vegetables exist, each with potentially hundreds of different plant compounds that are beneficial to health. Eat a variety and colors of produce in order to give your body the mix of nutrients it needs. This does not only ensures a greater diversity of beneficial plant chemicals but also creates eye-appealing meals.

<https://www.hsph.harvard.edu/nutritionsource/what-should-you-eat/vegetables-and-fruits/#>

Spiritual Relections

"BE MERCIFUL AS YOUR HEAVENLY FATHER IS MERCIFUL."

Sr. Racheal Ondo, SSH

COMPONENTS OF MERCY (2).

continuation from last edition

Another component of mercy we shall be talking about here is forgiveness. It is forgiveness not justice that heals, forgiveness is a conscious effort or choice to replace negative unforgiving emotions with positive feelings or emotions such as Empathy, Compassion and Love; it is not condemning, forgetting, excusing or justifying bad behavior but it is offering mercy to those who need it most, for it is when we sin that we are most aware of our need for mercy.....

In the parable of the prodigal son, the father forgives his son when he returns and welcomes him home, the parable of the lost son offers us hope that nothing is really lost and that God can still redeem our past and give us a hope for the future. In our lives messed up, do we feel abandoned, discouraged or in despair and wonder if we may find it hard to get on with life because of some mistakes that we made in rectification but in this parable God gives us hope by giving us new chances. The parable often places emphasis on the significance and values God places on every lost sinner. The heavenly host rejoices over anyone soul who repents. I tried to reflect on the character of the father and his younger son in this parable.



The father must have been heart broken and distressed when the younger son requested to obtain a share of his father's inheritance even when he was still alive yet the father never refused the offer but instead, freely distributed the wealth between his two sons. The father had respected his younger son's decision, and was willing to let go although he may have felt that his younger son was not ready to manage his inheritance, the younger son on the other hand haven received his inheritance travelled to a distant land and indulged in worldly pleasure. He no longer wanted to be subject under his father's authority. He had made a choice without thoroughly considering the implications or consequences of his action; indeed the story of the prodigal son repeats itself in our daily lives, as often as every day, and even repeatedly during the 24hours of the same day. Whenever people are discontent with what they have at their homes or environment, with a particular place or even those whom they live with, they often imagine running away. Then the world looks like such an inviting place full of excitement and pleasures that never grows old. But as the "Victorian poet Matthew Arnold; a famous poem Dover Beach, puts it and I quote. The world cannot give what matters most, the world which seems to lie before us like a land of dreams, so various, so beautiful, so new had really neither joy nor love, nor light, nor certitude, no peace, nor help for pain.



October

month of the

Rosary

BE PART OF OCTOBER DEVOTION.



October is designated by the Catholic Church as the "Month of the Rosary" because in this month the Church celebrates the Marian advocacy of "Our Lady of the Rosary" on Oct. 7.

The feast of Our Lady of the Rosary, also celebrated as Our Lady of Victory or Victories, was established by Pope St. Pius V in 1571 to celebrate the miraculous victory of the Christian forces in the Battle of Lepanto on Oct. 7 of that year. Previous to the decisive battle, St. Pius V had requested all Western Christians to pray the rosary; thus he attributed the victory to the power of the Marian prayer rather than the power of ships and cannons.

POPE FRANCIS' MONTHLY PRAYER INTENTIONS FOR 2022:

OCTOBER: A Church Open to Everyone: We pray for the Church; ever faithful to, and courageous in preaching the Gospel, may the Church be a community of solidarity, fraternity and welcome, always living in an atmosphere of synodality.

NOVEMBER: Children Who Suffer: We are to pray for children who are suffering, especially those who are homeless, orphans, and victims of war; may they be guaranteed access to education and the opportunity to experience family affection.

DECEMBER: Volunteer Not-for-Profit Organizations: That volunteer non-profit organizations committed to human development find people dedicated to the common good and ceaselessly seek out new paths to international cooperation.

**WE WISH OUR STUDENTS,
PUPILS, STAFF AND PARENTS
A SAFE AND SUCCESSFUL
ACADEMIC YEAR**

**GOOD
LUCK**
starting
**BACK AT
SCHOOL**



You can
LEARN,
something new
EVERYDAY
If you
LISTEN

*Congratulations
on returning to
School.*



SASKATCHEWAN ADVOCATE FOR CHILDREN & YOUTH





BIRTHDAYS AND FEAST DAY CELEBRATIONS

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

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 CONTACT: 08051753980, 09051842317**

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
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- WORKSHOP
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- 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
Produced and Packaged By: Sisters of the Sacred Heart of Jesus, Okene, Edo State, Nigeria.
NAFDAC Reg. No: 09053373553
Tel: 09053373553
Email: mphfactory@gmail.com

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MOTHER OF PERPETUAL HELP FACTORY

REFINED IJEBU GARRI FOR EBA

From organic sources and Processed under hygienic Condition.
5kg
Packaged by: SISTERS OF THE SACRED HEART OF JESUS, Box 111, Atani Uromi, Edo State, Nigeria. 0803373553 & mphfactory@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
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Edo State.

Produced by: SSH COMMUNICATION COMMISSION

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