



SISTERS OF THE SACRED HEART OF JESUS

March 2022
(First Quarter)



AGOGO NEWS LETTER

- A CALL: SOW SEED OF GOODNESS FOR THE BENEFIT OF OTHERS
- BE MERCIFUL AS YOUR HEAVENLY FATHER IS MERCIFUL
- WAYS TO MANAGE ARTHRITIS



Editorial

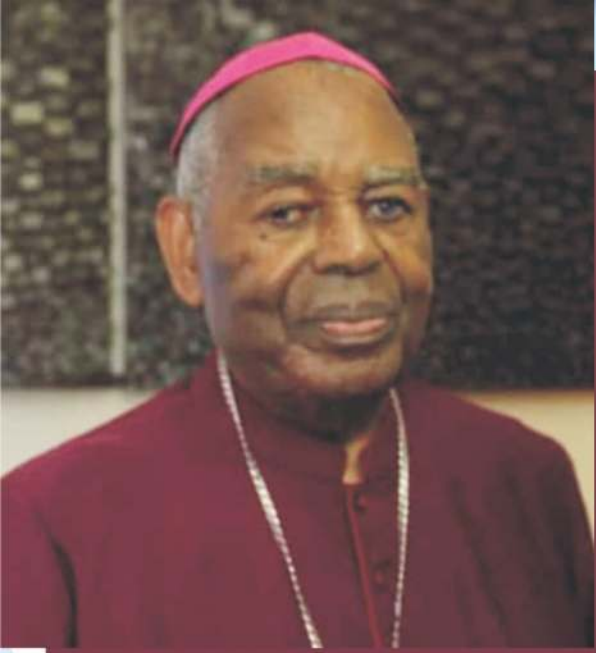
In Jesus!

As we appreciate God for His benevolence towards us throughout the last year, we welcome you to the first quarter of our Agogo newsletter, March, 2022.

This edition brings us interesting and reflective articles to accompany us in our journey of Faith. We are called to walk with the Church to have a, Synodal experience of listening to one another and walking forward together, guided by the Holy Spirit in Her mission of evangelization. This edition also presents to us some important highlights from the message of Pope Francis on spiritual exercises that would gain us more graces during this season of Lent. As we digest the food for the soul, we also have here some health tips on managing arthritis. Enjoy also some news flash from some of our apostolate.

Happy Reading!

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



FOUNDER'S SAYINGS TO HIS LITTLE ANGELS

- God prefers to work with volunteers not conscripts
- Sometimes, there will be dark nights and distastefulness about things spiritual. It does not follow that all is lost it is only then you need to be more deliberate and diligent in your spiritual exercises
- Develop a new attitude which regards work not as humiliating but enabling
- In work, we manifest at best our participation in God's creative ability
- A true Religious must press forward and not day-dream about what she has left behind in the world.

—**Most Rev. Patrick Ebosele Ekpou, 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



St. Augustine:

- The world is a book and those who do not travel read only a page.
- Desire only God and your heart will be satisfied.
- To fall in love with God is the greatest romance; to seek him, the greatest adventure; to find him, the greatest human achievement



St. Teresa of Avila:

- Be gentle to all and stern with yourself
- There are more tears shed over answered prayers than over unanswered prayers
- For prayer is nothing else than being on terms of friendship with God



St. Margaret Mary:

- Go courageously to God, along the way, He has traced out for you, steadfastly embracing the means He offers you.
- Cling to God and leave all the rest to Him: He will not let you perish.
- Keep your heart in peace and let nothing trouble you, not even your faults.

“A SYNOD ON SYNODIALITY” FOR A SYNODAL CHURCH

By Sr. Anthonia Ugheighele, SSH

The Holy Father, Pope Francis called the church to a two years process of “A Synod on Synodality” for a Synodal Church. This was formally opened on the 10th of October 2021.

The difference between this synod and other synods is that this involves not just the Bishops all the members of the Church. Non-Catholics who are interested in the good of the Church may also participate.

The Synodal process has three pillars. These are Communion, Participation and Mission. In the process the Church requires her members to first of all gather as a family of God inspired by the one faith; secondly to participate actively in the gathering by way of prayerfully listening to one another; and thirdly to help the Church better witness to the Gospel in her mission of evangelizing the world.

The Synod on Synodality is aimed at ensuring more 'diversity' within the internal life of the Church and to ensure that the views of everyone are properly represented within the Synodal dialogue, especially the 'marginalized' or those discriminated against spiritually, socially, economically, politically, geographically or otherwise. The purpose is to allow the Church to better listen and articulate both her internal self-understanding and guide her ways in her mission of evangelization.

To have a fruitful Synodal process

the following attitude is expected from every participant

- Availability/Time to share the fruits of his/her reflection under the prayerful guidance of the Holy Spirit,
- Humility to listen, to speak and to respect the voice of each other.



- Openness to conversion and change
- A realization that the Synodal process is a spiritual exercise, as such a prayerful disposition is expected.
- Freeing our mind from prejudices and stereotypes that leads to wrong path and so hinder us from listening to others.
- Overcoming the scourge of clericalism. (Remove from our minds that the church belong to Rev. Fathers, and so all decisions should be left for them)

- Discarding the thought and feeling of self-sufficiency: This will open the opportunity for people to see themselves as a family who need each other to work together for a common purpose.
- Overcoming ideologies: The Synodal process is simply concerned about the life of Faith lived and experienced by the faithful, and not just giving greater importance to ideas.
- Give rise to Hope: We are called to be beacons of hope, not prophets of doom.

“A Synodal Church, in announcing the Gospel, “journeys together.” How is this “journeying together” happening today in your Church? What steps does the Spirit invite us to take in order to grow in our “journeying together” (PD, 26)

We must understand that this Synodal process is more than simply responding to a questionnaire, rather, it is meant to offer as many people as possible a truly Synodal experience of listening to one another and walking forward together, guided by the Holy Spirit.

NEWS FLASH

SSH PRODUCES VICE PRESIDENT AT THE AGM CONFERENCE

And so it happened that the SSH Superior General, Sr. Ebuehi Josephine Aimonota attended the Annual General Meeting (AGM) of the National body of the Nigeria Conference of Women Religious (NCWR) for the very first time and was elected the Vice President of the Conference. The AGM is an annual gathering of all the Major Superiors of the different Congregations in Nigeria comprising both Male and Female Religious. It was indeed a joyful news to the SSH Congregation as congratulatory messages filled the SSH family WhatsApp platform. We continue to pray God's wisdom, divine inspiration and good health for her and her other team members as they pilot the affairs of the Conference.



OUR BENEFACTOR CELEBRATES HER MOTHER @ 100.

DAME LADY BERNADETTE EMUMWEN, LSM

One of the SSH benefactors celebrates her centenary birthday in a grand style on February 19, 2022 at St. Joseph Parish, Benin City.



DEVOTION TO THE SACRED HEART BE MERCIFUL AS YOUR HEAVENLY FATHER IS MERCIFUL

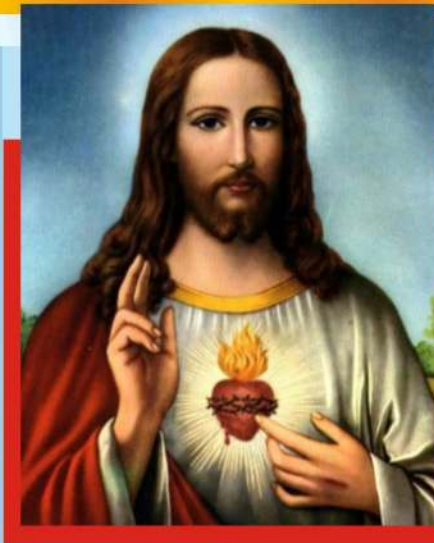
BY SR. RACHEAL ONDOR

What does mercy mean for us?

Mercy is a character of the one true God

Mercy is compassion that forebears punishment even when justice demands it. In the judicial system, granting clemency, which is another word for mercy, depends entirely on the will of the grantor, who doesn't have to give reason for granting it. Mercy and grace are similar but not the

same: putting it simply, grace is getting what we don't deserve and mercy is not getting the harsh treatment we deserve. God certainly chose to be merciful to his people Israel; he loved them despite their rebellion and ungratefulness; God's covenant with the Israelites was out of mercy, he chooses to bless them with what they did not deserve. Every one of us could make lists miles long of the mercies God has shown to us, but the perfect and greatest example of his mercy is Jesus Christ paying our debts on the cross. The Hebrew word for mercy also translates into love; even when we stray, God loves us and yearns for us to repent so



he could extend mercy, God gives mercy lovingly and he wants us to do the same. For Jesus tells us in (Matthew's Gospel 5:7) "Blessed are the merciful for they shall obtain mercy"

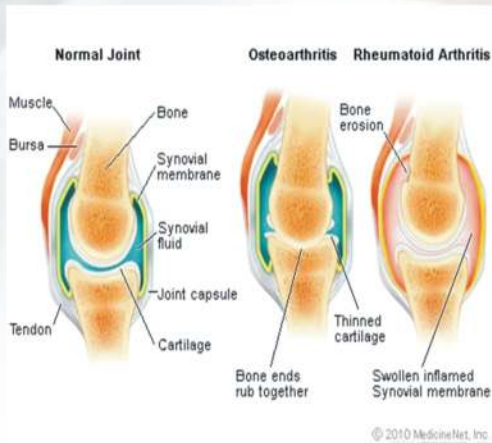
Mercy in itself fuels compassion, providing us with promising glints of light in a darkened world. God's mercy is reflected in the cross of Christ, a direct reflection of his love for humanity, compassion or favour. God's plan stems from his merciful love for his people, knowing fully well that there was nothing we could earn our way into his presence but by his mercy, He therefore made a way through the crucifixion of Christ, Defeating death, Jesus opened up access to God for us.

Through prayer, God's word and Holy Spirit living in us, each day brings fresh mercy. For because of God's great love for us God who is rich in mercy, made us alive with Christ even when we were dead in transgressions; he gives us a second chance not because of our own righteousness but because he is rich in mercy. "When God shows his mercy, he does so with utter intentionality and strength, and we as his creatures get our deepest glimpse of who he is, not just in his sovereignty but his goodness." (David Mattis). Mercy allows us to experience love, forgiveness, compassion, peace and joy whether we deserve it or not. It is only with a transformed heart that we can truly be merciful towards someone else. God's mercy not only shows us who he is, but also tells us something about ourselves.

Our Health

ARTHRITIS

By Sr. Veronica Okosun, SSH



Arthritis is a disease that affects single or multiple joint. Arthritis is an auto immune disorder. Auto immune disorder is when the immune system attacks the body's healthy tissue especially in the case of rheumatoid arthritis. Arthritis can also occur when there is damage in the connective tissues surrounding the joint especially the cartilage that protects the surface of the bones. Arthritis does not leave the body, however, it can be managed.

TYPES OF ARTHRITIS

There are different types of arthritis. They are divided into the following group:

1. Inflammatory arthritis
2. Degenerative or mechanical arthritis
3. Soft tissue musculoskeletal pain
4. Back pain
5. Connective tissue disease
6. Infectious arthritis
7. Metabolic arthritis.

THE CAUSE OF ARTHRITIS

The cause of arthritis is unknown. However, Joint pain can be caused by injury affecting any of the connective tissue around the joints like ligaments, cartilage, or tendons (Osteoarthritis), high uric acid in the blood that will eventually lead to gout (Metabolic Arthritis), infection from microorganisms (Infectious Arthritis), and autoimmunity in the case of inflammatory arthritis (Rheumatoid arthritis)

SYMPTOMS OF ARTHRITIS

- Pain
- Warmth
- Weakness
- Redness of the joint
- Limping
- Locking of the joint
- Swelling
- Stiffness
- Difficulty in walking

HOW TO REDUCE THE RISK FACTORS ASSOCIATED WITH ARTHRITIS

- Loss of weight
- Exercise
- Decrease in blood sugar
- Lack of smoking

TREATMENT OF ARTHRITIS

The type of arthritis present determines the treatment to be dispensed. An exact diagnosis can give rise to accurate and effective treatment. Treatments are:

- Anti-inflammatory medications (NSAIDs) e.g. Ibuprofen, Diclofenac
- Pain relief medication e.g. Tylenol (Paracetamol)
- Regular exercise to increase strength and flexibility, regular exercise decrease joint pain and aid in combating fatigue
- Splinting (bandaging)
- Cold-pack application to reduce inflammation and swelling (Home remedy)
- Paraffin wax dips to increase heat to feet and hands and reduce pain and stiffness of osteoarthritis,
- Arthroscopy (joint surgery on the knees, ankles, shoulders, elbow wrists and hips).
- Applying heat to muscles before exercise and ice after exercise decreases soreness in the joints.
- Dietary or nutritional supplement like Chondroitin and glucosamine help to keep cartilage healthy by absorbing fluid into the connective tissue thereby reducing pain and stiffness in osteoarthritis
- Antibiotics in the case of infectious Arthritis
- Staying hydrated to eliminate toxins out of the system. This helps in combatting Inflammation and as well reduce the rate of friction between bones

SPIRITUAL RELECTIONS

EXTRACT FROM THE MESSAGE OF POPE FRANCIS FOR LENT 2022

Sr. Gloria Oche, SSH

THE HOLY FATHER TITLED HIS LENTEN MESSAGE:

“Let us not grow tired of doing good, for in due time we shall reap our harvest, if we do not give up. So then, while we have the opportunity, let us do good to all” (Gal 6:9-10)

Lenten season provides an opportunity for personal and community renewal; it leads us to the paschal mystery of the death and resurrection of Jesus Christ. It is a time to seek out – and not to avoid – those in need; to reach out – and not to ignore – those who need a sympathetic ear and a good word; to visit – and not to abandon – those who are lonely. Let us put into practice our call to do good to all, and take time to love the poor and needy, those abandoned and rejected, those discriminated against and marginalized.”

We are called to “**sow seeds of goodness for the benefit of others**”. The Holy Father points out that “Lent invites us to conversion, to a change in mind set, so that life's truth and beauty may be found not so much in possessing as in giving, not so much in accumulating as in sowing and sharing goodness.”

God, he explains, is the first to sow, sowing “abundant seeds of goodness in our human family.” During this period of Lent, “we are called to respond to God's gift” by listening to His Word, so that it might “bear fruit in our lives.” In this way, we become “God's co-workers,” which is a grace of sharing in God's own “bountiful goodness.”

” Pope Francis reminds us that “we see only a small portion of the fruits we sow.” He explains that “sowing goodness for the benefit of others frees us from narrow self-interest, infuses our actions with gratuitousness, and makes us part of the magnificent horizon of God's benevolent plan.”

The Holy Father connects Paul's words to the Galatians to the traditional Lenten practices of **Prayer, Fasting, and Almsgiving**. “Let us not grow tired of praying,” he says, realizing that we need God and others. “Let us not grow tired of uprooting evil from our lives,” embracing fasting in order “to fortify our spirit for the battle against sin,” especially through the sacrament of Confession and by fighting against concupiscence. “Let us not grow tired of doing good in active charity towards our neighbour,” giving joyfully and generously to others, especially those in most need.

He concludes his message by reminding us that “the soil is prepared by **Fasting**, watered by **Prayer**, and enriched by **Charity**.” He invites us, once again, not to grow tired of doing good, and calls us to “believe firmly that 'if we do not give up, we shall reap our harvest in due time,' and that, with the gift of perseverance, we shall obtain what was promised, for our salvation and the salvation of others.”



NEWS FLASH *Continues*

THE SUPERIOR GENERAL SR. JOSEPHINE AIMONOTA EBUEHI, SSH

Has Begun Her Canonical Visit
To Our Different Communities.
We wish you a fruitful visit

FIRST PLENARY OF THE CBCN, 2022



The Catholic Bishops Conference of Nigeria ably led by His Grace, Most Rev. Akubeze Augustine Obiora had her 1st Plenary Session for the year from March 5 – 11, 2022 to deliberate on the affairs of the entire Catholic Church in Nigeria. The Plenary had two segments: The first was to discuss and brainstorm the way forward of the happenings in the Church and the second to elect a new CBCN President.

Towards the end of the Conference, the following were elected to pilot the affairs of the CBCN for the next four(4) years.

Most Rev. Ugorji Lucius of Owerri Archdiocese as President, Most Rev. Ndagoso Matthew of Kaduna Archdiocese as Vice President, Most Rev. Ogun Donatus, OSA of Uromi Diocese as Secretary and Most Rev. Odetoyinbo Kayode of Abeokuta Diocese as Assistant Secretary. Thus, His Grace, Most Rev. Akubeze successfully handed over the mantle of leadership on March 10, 2022.

We congratulate Archbishop Akubeze who led the Conference for the past four (4) years as President. We thank God for a successful completion of his tenure and prays for God's wisdom and divine inspiration for the new CBCN President and his leadership team.



MOST REV. LUCIUS UGORJI

GONE BUT NOT FORGOTTEN

Celebrating the 2nd Death
ANNIVERSARY OF OUR HEROINE,

SR. HENRIETTA ALOKHA, SSH

and other Staff of Bethlehem Girls College who died in the pipeline explosion incident. *May their souls continue to rest in peace. Amen*



SSH JOINS THE CHURCH TO CELEBRATE ST. JOSEPHINE BAKHITA; FEBRUARY 8

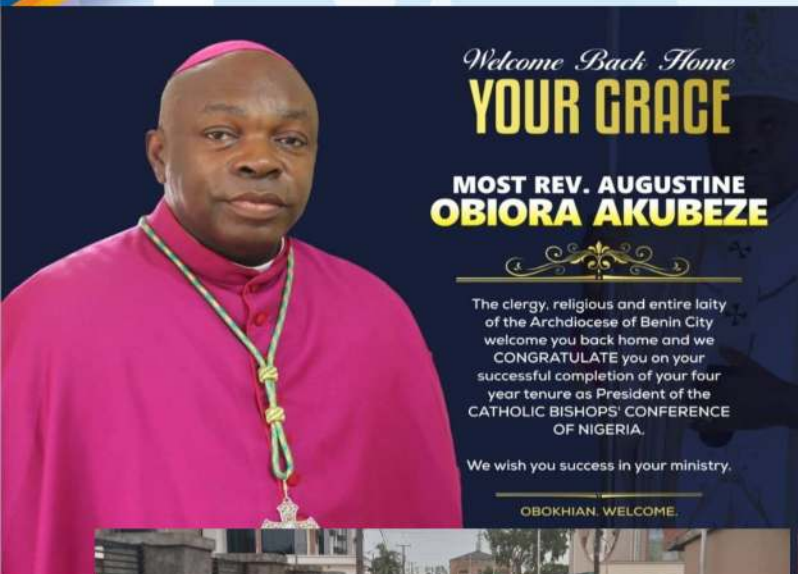


Josephine Margaret Bakhita, F.D.C.C. (ca. 1869 – 8 February 1947), was a Sudanese-Italian Canossian Religious Sister who lived in Italy for 45 years, after having been a slave in Sudan. In 2000, she was declared a saint, the first Black woman to receive the honour in the modern era. She is the Patron of Victims of Trafficking.



WELCOMING ARCHBISHOP AKUBEZE

AFTER A SUCCESSFUL TERM OF OFFICE AS THE PRESIDENT OF CBNC BY THE PRIESTS, RELIGIOUS AND LAY FAITHFUL OF THE ARCHDIOCESE OF BENIN CITY.



DIRECTORATE OF SOCIAL COMMUNICATIONS



The Diocesan and Religious directors of Social Communications in Nigeria held a 3-Day Workshop/Training @ the Catholic Secretariat of Nigeria, Abuja, hosted by the National Directorate of Social Communications.

THEME: CAPACITY BUILDING FOR MEDIA LITERACY AND DIGITAL PRESENCE, FROM 21MARCH TO 24 MARCH, 2022.

Directors of Social Communications were encouraged to use the media positively by using the different means of media for telling our good stories



SCHOOL ACTIVITIES



SACRED HERAT HIGH SCHOOL, UROMI INTER HOUSE SPORT COMPETITION



Cultural Day
CELEBRATION in
OGBIDI LEARNING CENTRE UROMI



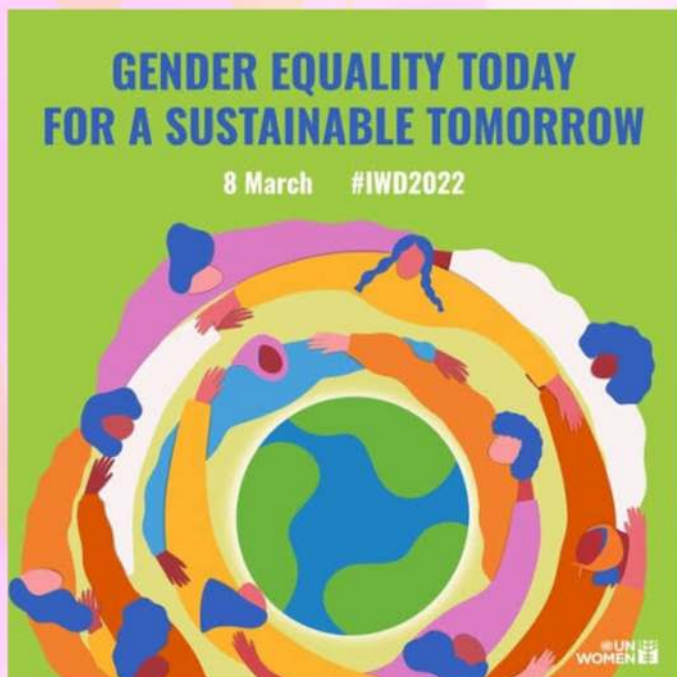
SACRED HERAT SECONDARY SCHOOL, OKHUN, BENIN

Maiden Inter House sport Tagged:
THE CHAMPION WITHIN



INTERNATIONAL WOMEN'S DAY

Sister Cecilia Dimaku, SSH



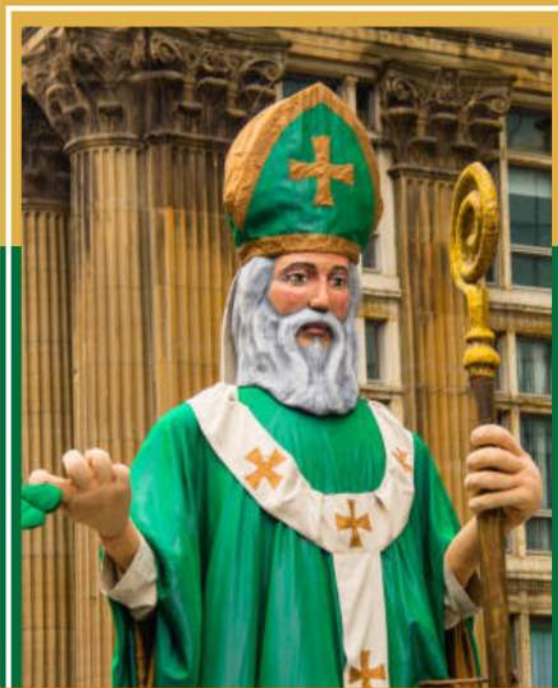
The International Women's Day (IWD) started in the 1900's. In 1911 International Women's Day was honoured for the first time when over a million people gathered in four European countries to demand for women's right to work, right to vote, right to be trained, and right to hold public offices. In 1975 the United Nations celebrated IWD for the first time. In 1977, the United Nations adopted a resolution requesting member nations to set up a day to observe Women's Rights and International Peace according to each nation's historical and national traditions.

March 8 every year has been set up to celebrate the achievements of women all over the world. The International Women's Day for this year 2022 was celebrated on March 8, 2022. The Theme for this year's celebration was "Gender Equality for Sustainable Tomorrow".

Our Congregation works to uplift the dignity of women. As a Congregation, one of our major apostolate is to give women the opportunity to education which we believe will empower them to fight for their rights. "Women's right is human right" as the saying goes. We have done this in many various ways, education, community development programs, counter-trafficking programs, Hope for Widows Project, rehabilitation of trafficked women, counseling to battered women.

The job of fighting for women equality is a job that we must continue to give attention. There is need for us to intensify our efforts toward making women equality a reality. It is obvious that much work is yet to be done. We should therefore intensify our efforts and design more ways to continue to be the voice for our womenfolk. We also need to share our own stories of working to liberate womanhood. Let's work together to empower women around us.

They are the source of Strength, infinite courage, love, and they make the World better place to live. May God help us in this work!



FEAST OF ST. PATRICK

Happy Feast day to our founder,
MOST REV. PATRICK EKPU



A CALL FOR PRAYER: PEACE BETWEEN UKRAINE AND RUSSIA



At the beginning of the Catholic Church's day of prayer for peace in Ukraine, Pope Francis made an earnest appeal to those in power: **“Please, no more war.”**

We are called to pray for peace in Ukraine and to do so often.

“I make a heartfelt appeal to all people of goodwill, that they may raise prayers to God Almighty, that every political action and initiative may serve human brotherhood, rather than partisan interests; Those who pursue their own interests, to the detriment of others, disregard their human vocation, as we were all created as brothers and sisters.”...Pope Francis.

“Let us ask the Lord insistently that this land may see fraternity flourish and overcome wounds, fears, and divisions.”

May the prayers and invocations that are being raised to heaven touch the minds and hearts of those in positions of authority on earth, so that dialogue may prevail and the good of all be put before the interests of one side. May the Queen of Peace preserve the World from the madness of war. Amen.

FR. GRACE MEMORIAL SCHOOL AUCHI *CELEBRATES COLOUR DAY*



OUR LADY OF MERCY, BENIN CITY *INTER HOUSE SPORT*



Congratulations
SR. ANGELA IBE, SSH
on your
Convocation Ceremony



BIRTHDAYS AND FEAST DAY CELEBRATIONS

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

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**

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)

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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, 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, Uromi, Edo State, Nigeria.

Store in cool dry place.

MOTHER OF PERPETUAL HELP FACTORY

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
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Edo State.

The Vocation Directress
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Iguosa - Benin City
Edo State.

Produced by: SSH COMMUNICATION COMMISSION

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