



SISTERS OF THE SACRED HEART OF JESUS

JUNE 2022

(Second Quarter)



AGOGO NEWS LETTER

- GLORIOUS HOME CALL OF SR. PIO FELICIA ADIBE, SSH
- FEAST OF THE SACRED HEART
- POPE FRANCIS WITH FAMILIES ON WORLD MEETING OF FAMILIES:



Editorial

Beloved Sisters, Affiliates and Friends

With the love of the Sacred Heart, I welcome you all to the Second Edition of our Agogo Newsletter.

I thank God for His Love and Mercy and for being with us in our time of pain.

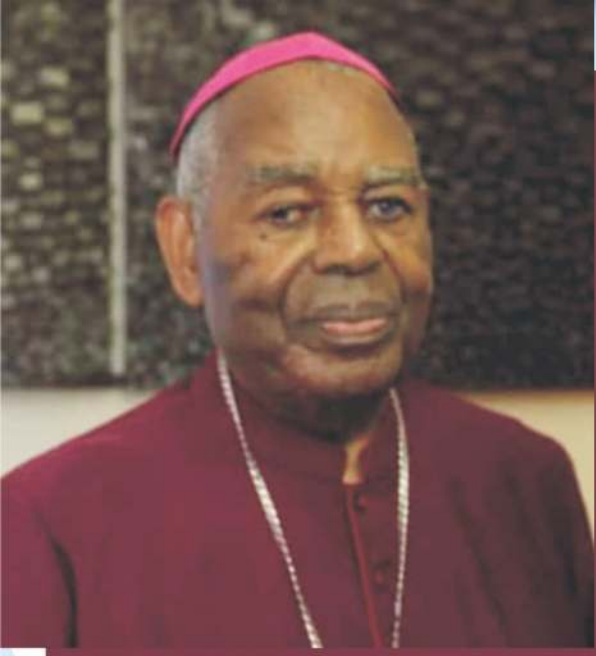
I gladly invite you to enjoy this Edition of our Newsletter as it presents a rich theme: “Why Devotion to the Sacred Heart of Jesus”, an article that will make you hurry to become a devotee. You will appreciate the piece on God's Mercy's component—a value we all need to cultivate and promote. We also have some tips on improving our health in the light of knowing the benefits of eating cucumber.

This edition also brings you news flash from the Vatican, featuring the Holy Father on Family World Day. We are also presenting some news on the Eternal Home call of our beloved Sr. Felicia Pio Adibe, SSH, and much more ...

Our Newsletter is a medium for sharing our thoughts and knowledge; it also enhances our oneness.

We encourage you to send 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

love of God, in the first instance, that made us opt for this way of life. There was no compulsion. At any rate, 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 then you need to be more deliberate and diligent in your spiritual exercises. The fair weather friends of Jesus may give up trying in such circumstances but the true friend will hand on more deliberately. Such experience brings more forcefully to us the nature of the gift

we call VOCATION. It is not given for good once for all, but rather daily and we need to renew it daily as well. The realisation of this can enable us rely more tenderly on God who will not fail to sustain us, or it may get eroded till it vanishes completely. May our vocation increase in intensity everyday.

—**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

I urge you as children dearest to my heart to assimilate only those values and maxims which help you along the way of God. Many people these days see no value in a life of sacrifice when everything can be made to serve one's pleasure. Such a way of thinking is far from that of God, and mark you, it is the

QUOTES OF OUR PATRON SAINTS

Saint Teresa of Avila



"I believe that God helps those who set out to do great things for His sake and never fails those who trust in Him alone."

—Saint Teresa of Avila
From The Spiritual Relations, 1560

gloriaramazonum.blogspot.com




“

A Christian is: a mind through which Christ thinks, a heart through which Christ loves, a voice through which Christ speaks, and a hand through which Christ helps.

—**SAINT AUGUSTINE**

GRACIOUSQUOTES.COM

Margaret Mary Alacoque



We must never be discouraged or give way to anxiety... but ever have recourse to the adorable Heart of Jesus.

AZ QUOTES

NEWS FLASH



Inspection of the new church built in Okada by the Esama of Benin, Chief (Dr.) Gabriel Igbinedion.

By the Archbishop of Benin Archdiocese, His Grace, Most Rev. Augustine Akubeze.

The event also featured the inspection of the completely furnished Parish house, The inspection of the Grotto



The foundation laying of Archbishop Augustine Akubeze Education Center, Okada,

The foundation laying of the Fr. Augustine Ehigie, and Fr. Michael Oyanafu Convents.

Rosary *Carnival*

The staff and pupils of Ogbidi Learning Centre had their Rosary carnival to end the May devotion. A procession was held in the school compound where they prayed for Peace and security in our country Nigeria.



DEVOTION TO THE SACRED HEART

WHY DEVOTION TO THE SACRED HEART?

By Sr. Anthonia Ugheighele, SSH

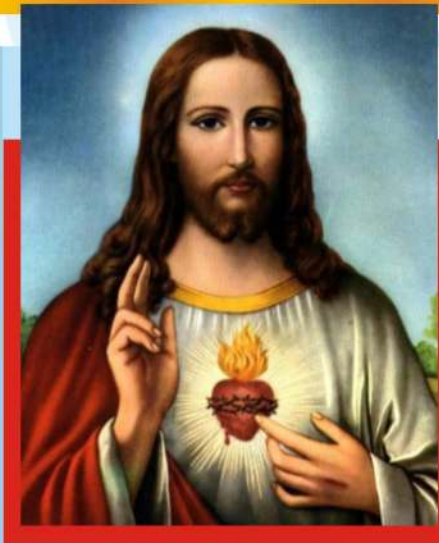
Extract from "An Easy Understanding of the Sacred Heart Devotion – (A publication of the Sisters of the Sacred Heart)

The devotion to the Sacred Heart is not separate from the devotion to Jesus Himself. The devotion is to the person of Jesus in His deepest reality. It focuses our attention to both the Heart of flesh of Jesus and His abundant and redeeming love for us.

Thus the main reason for the devotion to the Sacred Heart is the immense Love of the son of God, which induced Him to deliver Himself up to death for our sake, and to give Himself totally to us in the Blessed Sacrament of the altar. Therefore Love is the motive and end of the devotion to the Sacred Heart. The devotion is not only the worship and devotion to the physical Heart of Jesus, but to all that the heart symbolizes; devotion to the person of Jesus and to the love of God for humankind.

Another key reason for the devotion to the Sacred Heart is the desire to console our Lord, who has suffered so terribly for our sins – for reparation. This practice is not simply a pious gesture but a beautiful way in which the soul may unite itself to the beloved.

According to St. Pius X11, the object of this devotion; is – “that Christ the Lord – showing His Most Sacred Heart – willed in an



extraordinary and special way, to call the minds of all to the contemplation and veneration of the mystery of God's most merciful love for human race.”

The devotion to the Sacred Heart is a call to respond to Jesus' invitation to all humanity in various ways particularly when He beckoned on us in these words; Peter “so, could you not watch with me an hour?” (Matt. 26:40). It is also His request for gratitude and tender love through St. Margaret Mary Alacoque, whom He chose to widely make known the devotion to His Sacred Heart to the whole world.

Therefore, a true love of Jesus Christ, and special respect and veneration for the Blessed Sacrament are the hallmarks of this devotion and all its exercises. It is important for us to know that **Consecration** and **Reparation** are very central to the devotion to the Sacred Heart.

By **Consecration** we mean, a formal way to dedicate

ourselves to the Sacred Heart by acknowledging Him as our creator and redeemer and as having full rights over us as King of Kings, by repenting and resolving to serve Him.

Reparation: We make amends and atone for the indifference and ingratitude with which He is treated and for leaving Him abandoned by humanity in spite of His great love.

Conclusively, let us know that the Heart of Jesus longs for us to offer our gratitude, love, and devotion in return. The Sacred Heart emphasizes love and mercy. The Sacred Heart beckons us to enter into the divine furnace of Love. In the Sacred Heart we see the love of God which created the heavens and the earth; a love which created humankind and then redeemed us in our fallen nature.

A true devotion to the Sacred Heart is important because it is a true devotion to the Heart of God Himself, since the very core of Christianity is expressed in the Heart of Jesus.

*“Let the soul who is
desirous of advancing in
perfection
hasten to My Sacred Heart.”
– Jesus to St. Gertrude
the Great*



Our Health

TEN(10) HEALTH BENEFITS OF CUCUMBER (From pharomeasy.in)

Cucumbers and salads are synonymous with each other. It is often considered as a fruit as well as a vegetable by experts as it belongs to the same plant family as that of the pumpkin, squash and watermelon, i.e. the Cucurbitaceae family.

Cucumber Nutritional Facts

Cucumbers contain 96% per cent of water. They are ideal for detoxification and preventing dehydration. Cucumbers are rich in phytonutrients and vitamin K. They are also a very good source of pantothenic acid and Molybdenum. They also contain copper, potassium, manganese, vitamin C, phosphorus, magnesium and vitamin B1.

10 HEALTH BENEFITS OF CUCUMBERS:

1. Good for Hydration & Detoxification:

Cucumbers are 96% water. Consuming cucumbers, adds to the daily requirement of water by the body, thus keeping us hydrated. This is helpful, especially during summers when we tend to get dehydrated easily. Cucumber also acts as a coolant, providing us relief from the summer heat.

Detox water made using cucumber and mint, effectively eliminates toxins from the body, improves hydration and thus results in innumerable health benefits.

2. Regulates Blood Pressure:

Cucumbers are a good source of potassium, magnesium and dietary fibre. These nutrients are known to lower blood pressure, thus reducing the risk of heart diseases.

Research has also proved that regular consumption of cucumber juice was helpful in reducing blood pressure, in elderly people with hypertension.

3. Good for Digestion:

Cucumbers act as a coolant for our stomach. The soluble fibre in cucumbers helps in slowing our digestion.

Also, the high content of water in cucumber makes our stools soft, prevents constipation and keeps our bowel movements regular.

4. Reduces Blood Sugar:

Cucumbers are known to reduce blood sugar levels, thus being helpful in the management and prevention of diabetes mellitus.

5. Helpful in Weight Loss:

Cucumbers contain 96% of water and are low in calories. There are only 15.5 calories in 100 g of cucumber. The high water and low-calorie content of cucumbers help in reducing weight.

6. Better Skin:

Cucumbers are great beauty enhancers. They show amazing effects on the skin. The application of cucumber juice on the skin makes it soft and glowy. Anti-inflammatory effects of cucumber naturally lighten our skin and reduce tanning. It also reduces wrinkles and fine lines.

7. Soothes our Eyes:

Keeping cucumber slices on the eyes for about 10 minutes relaxes our eyes and reduces puffiness around the eyes.

8. Reduces the Risk of Cancer:

The fibre in cucumbers protects from colorectal cancer. Also, cucurbitacin present in cucumbers possesses anti cancer properties.

9. Good for Hair and Nails:

Cucumbers contain silica which is excellent for hair and nail care. They help in strengthening the nails and prevent them from becoming brittle.

10. Prevents Bad Breath:

Phytochemicals present in cucumber destroy the bacteria in our mouth that cause bad breath.

How to consume cucumbers?

It is best to eat cucumbers unpeeled, to prevent loss of some fibre, vitamins and minerals.

§ Raw cucumbers can be tossed in salads, sandwiches and curd for a crunchy taste.

§ You can make sabzi and soups out of them.

How to store cucumbers?

Wrap cucumbers in plastic wrap and store them in the refrigerator, so that they remain fresh and last longer.



SPIRITUAL RELECTIONS

“BE MERCIFUL AS YOUR HEAVENLY FATHER IS MERCIFUL.”

Sr. Racheal Ondo, SSH

COMPONENTS OF MERCY.

Whenever we reflect about our present pope (Pope Francis) what comes to our minds? Hopefully we are reflecting about mercy, compassion, and forgiveness. These are some characteristics of his papacy and in fact, this was the reason he declared a jubilee year of mercy on December 8th 2015. We can apply Pope Francis's vision of mercy in our daily lives by starting with the spiritual/ corporal works of mercy, something more fundamental is needed. The Holy Father defines mercy as revealing the mystery of the most Holy Trinity, the supreme act by which God comes to meet us in the incarnation of Christ. In order for us to fully enter into the works of mercy, we must first enter into the Joy and Peace that comes from experiencing and sharing in God's mercy.

Here God show us one of the components of mercy, (i.e.) compassion.

What is compassion: it is when I let my heart reach out to feel another's pain and joy. It is not sympathy from a distance; it's being with and for another person on a personal and emotional level. These require us to put ourselves in the other person's shoes and hurt with them. In a sense, the incarnation was the ultimate act of compassion of God. St Paul clearly invites us to compassion when he says “Be kind and compassionate to one another, forgiving each other, just as Christ God forgave you” – Ephesians 4:32

In Jesus Christ and through Jesus Christ, God also becomes especially visible in his mercy ... above all, he himself makes mercy incarnate and personifies it. Jesus Christ not only demonstrates compassion to us by taking on our humanity and even our suffering in his own passion, he commands it from us when he gives us the golden rule in the sermon on the mount to “do unto others whatever you would want done to you” (Jn. 7:12). Also his admonition of “let the one among you who is without sin be the first to throw a stone at her (John 8:7) is also a plea for compassion from us, so Christ calls us to have compassion on others just as he had on us whenever we ourselves fall short. Whenever we insist on justice for our hurts instead of using compassion, hurts can grow deeper instead of being healed. Mercy becomes an indispensable element for shaping mutual relationship between people in a spirit of deepest respect for what is human and in a spirit of mutual sisterhood. It is impossible to establish this bond between people if they wish to regulate their mutual relationships solely according to the measure of justice.

Vatican News

POPE FRANCIS WITH FAMILIES ON WORLD MEETING OF FAMILIES:

On the 22nd of June 2022, during the festival of families, the Holy Father addressed families and made them understand that each family has a mission to carry out in the world, a testimony to give. He reminded them that the baptized are especially called to be “a message that the Holy Spirit takes from the riches of Jesus Christ and gives to his people.” (Gaudete et Exultate 21). He said to them “Be the seed of a more fraternal world! Be families with big hearts! Be the welcoming face of the Church! And please pray, always pray!” He also enjoined them to let themselves be changed by Christ, so that they too can change the world and make it “home” for all those who



need to feel welcomed and accepted, for all those who need to encounter Christ and to know that they are loved. The Holy Father invites family to announce the beauty of being family with joy.

POPE FRANCIS PRAYER INTENTION FOR THE MONTH OF JULY.

The Pope invites us to pray for the elderly who represent the root and memory of a people; may their experience and wisdom help young

people to look towards the future with hope and responsibility.

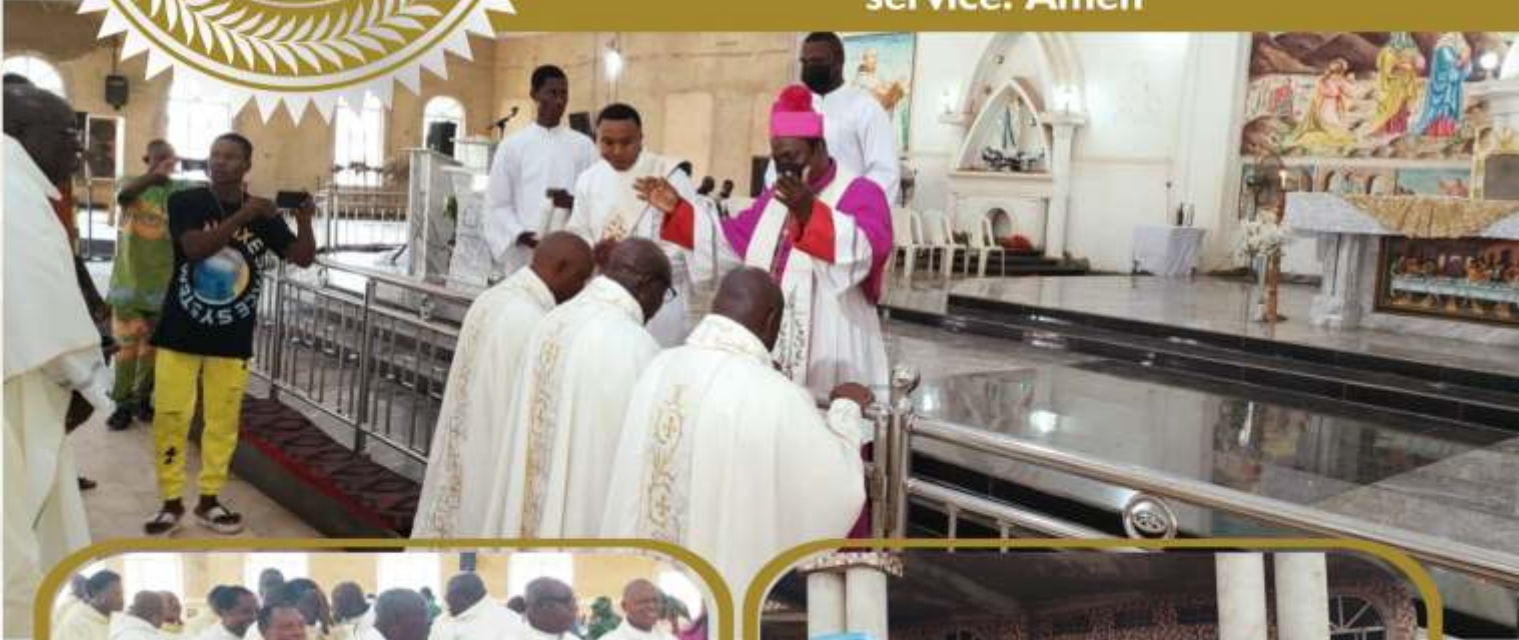
EUCCHARISTIC CONGRESS CELEBRATED ON DEANERY LEVEL IN UROMI DIOCESE



The Priests, Religious, and the Lay Faithful of Uromi Deanery gathered together on the 4th of June to celebrate the Eucharistic Congress. The general goal of the congress is to make us know more about the Eucharist, and then make us become the Eucharist we celebrate. The day featured penitential service/confessions, Mass, Eucharistic procession, Eucharistic Adoration and a reflective lecture on the theme: Battered but not broken delivered by Rev. Fr. Kelvin Ibhaze. He encouraged all to be hopeful and be people of faith who have trust in the Eucharist Jesus. He invites everyone to keep their heads high despite the battered situation of insecurity and uncertainty in our country Nigeria, and other problems that we might be facing in our families and as individuals.



Hearty cheers to our dear Priest Very Rev. Fr. Christopher Ehidiemen, Very Rev. Fr. Francis Okhah, Very Rev. Fr. Peter Alli & Very Rev. Fr. Peter Egbe of Uromi Diocese, wishing them more fruitful years of celebration in God's service. Amen

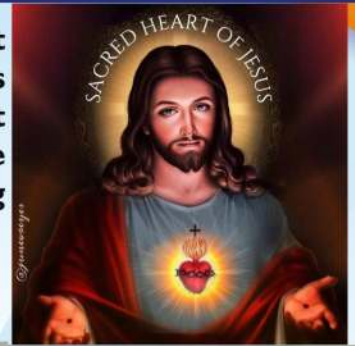


OGBIDI LEARNING CENTRE CELEBRATES GALA PARTY FOR HER GRADUATING PUPILS. IT WAS A COLOURFUL EVENT.



FEAST OF THE SACRED HEART

This year's Feast of the Sacred Heart was celebrated in communities. It was not just a matter of having it celebrated in communities but it was observed as a special day to spread devotion to the Sacred Heart. Most Sisters mounted the pulpit in their different Parishes to talk on the importance of the devotion to the Sacred Heart as a way of enlightening the parishioners to become Devotees of the Sacred Heart. Jesus meek and humble of Heart make our hearts like thine.



SACRED HEART HIGH SCHOOL EVBUKHU GRADUATES 55 OF HER STUDENTS; “THE REGAL”



It was an exciting day for the Sacred Heart High school family as they celebrated their 10th graduation Prize giving and launching of Year Book. The celebration featured parents of the graduands, the chaplain of the school Rev. Fr. Alfred Agbonlahor, the Guest speaker of the day Her excellency, Comrade (Mrs.) Maryanne Philip-Shaibu, the wife of the deputy governor of Edo State and of course the proprietress of the School, Sr. Josephine Ebuehi, SSH who was well represented by Sr. Maria Akani, SSH, the secretary general. In thanksgiving to God, we joyously congratulate the Fifty-Five (55) adorable students who graduated from SS3 on this day.



SACRED HEART NURSERY/PRIMARY SCHOOL HELD ART EXHIBITION



Glorious **HOME CALL** of **SR. PIO FELICIA ADIBE, SSH**



Lord God, grant eternal rest to all (Priests and Lay faithful) who have lost their lives, due to the insecurity of our Country Nigeria, grant consolation to those who mourn, and those who are crushed and are filled with the pain of grief, whose strength has given up, You know all our sighing and longings: be near to us and teach us to fix our hope on you. Amen.



BIRTHDAYS AND FEAST DAY CELEBRATIONS

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

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
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MFG Date:
Best Before:
NAFDAC Reg. No: 09053373553
4 LITRES

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Atani, Uromi,
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@mphfsh@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.

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Produced by: SSH COMMUNICATION COMMISSION

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