



# Contact

Newsletter of Sisters of St. Louis, Nigeria Province



📍 L-R: Sr Christie Kure (Provincial Leader), Sr Christiana Adeforiti (Jubilarian), Sr Madeleine Ohiri, Sr Theresa Peter Sheyin and Sr Cecilia Lengpang flanked by Bishops (L-R: His Grace Martin Igwe Uzoukwu of Minna Diocese, His Grace Jude Ayodeji Arogundade of Ondo Diocese and His Grace Francis Alonge, Emeritus Bishop of Ondo Diocese) and Priests after the Mass at Sacred Heart Cathedral, Akure

## In this issue

- Final Profession and Silver Jubilee in Akure
- FSSL 17th AGM in Kano
- Feast of St Vincent De Paul in Lagos
- Mission Sunday in Ibadan
- Health and Wellbeing
- Heart of the Matter
- Reflection
- Editorial

## FINAL PROFESSION OF VOWS

### OF SRS MADELEINE KELECHI OHIRI AND THERESA PETER SHEYIN AND THE SILVER JUBILEE OF FIRST PROFESSION OF VOWS OF SR. CHRISTIANA EBIYEMI ADEFORITI

— Pelumi O'Dunsin

All roads led to Akure again on Tuesday 15 October 2019 as Sisters Madeleine Kelechi Ohiri and Theresa Peter Sheyin made their Final Profession of Vows in the Institute. In the same event, Sr Christiana Ebiyemi Adeforiti also marked the 25th anniversary of her Religious Profession and renewed her Vows to perpetually follow her Beloved, Jesus Christ.

The Eucharistic celebration was held at the Sacred Heart Cathedral in Akure. As expected, there were many people in attendance. They include St Louis Sisters from various communities and Sisters from other congregations, families of the Sisters professing, three Bishops and many Priests and lay faithful. Others include staff and students of different institutions and schools where the Sisters work, friends and well-wishers. As usual, the occasion was a great reunion for many who had seen one another in a while. For the new Provincial Leadership Team,

**Final Profession and Silver Jubilee in Akure**

It was their first ceremonial outing since they took up the mantle of administration in August 2019.

The Mass which began at 10.00am had as homilist Rev. Fr. Anthony Akinruli. He invited the congregation to thank God for His providential plan of love for the Sisters. He congratulated the families of the Sisters for their love and sacrifice in letting go of their daughters for the use of God. In summary, he charged the Sisters to joyfully bear the suffering of Christ as they are wont to, for the unfathomable everlasting joy and glory that are to come.

As is part of the ritual, Sr Cecilia Lengpang, the Temporary Professed mistress, presented the Sisters for Perpetual Profession to the Church. The Sisters read their Vows before the Bishop while Sr Christie Kure, the Provincial Leader accepted their vows on behalf of the Institute. Thereafter, the Sisters received their rings as a sign of their betrothal to the Eternal King with blessings. Likewise, Sr Christiana Adeforiti went through the ritual of renewal of Vows with blessings from the Bishop. The newly professed were then welcomed into the SSL fold with so much joy, singing and embrace by their fellow Sisters.

The reception which took place immediately after the Mass was very lively. His Grace Jude Arogundade was among the dignitaries in attendance. There were toasts after toasts for the Sisters who professed and renewed their Vows by their fellow Sisters whom they had lived in communities with or worked with. The guests were entertained by the pupils of St. Louis Nursery & Primary School, Akure, while they had refreshments. Other highlights of the reception was the cutting of cake and the response speech by Sr Madeleine Ohiri on behalf of the others. It was a joyful day for the St. Louis family.



Rev. Fr. Anthony Akinruli giving his homily



Sisters Madeleine Ohiri and Theresa Peter Sheyin's biological families presented them at the altar



Sisters Madeleine Ohiri and Theresa Peter Sheyin singing the Responsorial Psalm



Sr Madeleine Ohiri signing her Perpetual Vows



Sr. Theresa Peter Sheyin signing her Perpetual Vows



Sr Christiana Adeforiti renewing her Perpetual Vows



The newly professed being welcomed into the family



Sisters Madeleine Ohiri and Theresa Peter Sheyin cut their cake with Bishop Jude Arogundade, Sr Christie Kure and family members



Sr Christiana Adeforiti cut her cake with Bishop Jude Arogundade, Sr Christie Kure and family members

 MORE PHOTOS OF FINAL PROFESSION AND SILVER JUBILEE 2019





Sisters and Friends in a group photograph at the AGM in Kano

## 17TH ANNUAL GENERAL MEETING OF THE FRIENDS OF ST. LOUIS, NIGERIA PROVINCE

— Sr. Mary John SSL

All Friends of St. Louis from Bida, Gwagwalada, Ijebu, Lagos and Ondo gathered in Kano from 11 to 13 October 2019 for their 17th AGM. Friday 11 was the arrival and they were warmly received by the host zone and Sisters.

Saturday 12 October 2019 began with the Holy Mass at St. Louis Parish Bompai at 8.00am. The Mass was celebrated by the Vicar General of Kano Diocese, Very Rev. Fr Michael Adegbola, who represented the Bishop. In his homily, he spoke on the crises of faithlessness and identity which we face — making us profess Christ with our lips and fail to reflect same in our actions. He admonished the Friends to, like Mary, carry out their mission full of grace. He charged them to stand out in the world full of deceit, disrespect and discouragement. They should break out if they must break through. The Parish Priest, Rev. Fr James Gajere, welcomed the Friends to Kano and to his Parish before the final blessing. The President of Kano Zone, Barr. C. A. Adolor also welcomed them. A group photograph was taken after Mass before the Friends went for breakfast.

The AGM was the first in Kano in the last ten years. The host President, Barr. C. A. Adolor remarked that the security situation had caused some of their members to relocate from Kano leaving just a few of them, which was why the zone was inactive for a long time. He pledged their commitment to revitalize the zone and

encouraged all to take decisions that would enable the Friends achieve their goals, effectively collaborating with the Sisters of St. Louis in their various apostolates.

The National Sister Coordinator, Sr. Adefunke Babalola SSL read the address of the Provincial Team Leader, Sr. Christiana Kure, SSL at the meeting. In it, she thanked God for another opportunity of witnessing and participating in the year's AGM. She, on behalf of all the Sisters of St. Louis, thanked the Friends for their sacrifices and dedicated service to humanity and prayed that God who knows their deepest heart desires shall reward every effort they make to promote the reign of God's kingdom on earth.

A major highlight of the AGM was the emergence of new National Treasurer and National President of the Friends. They are Mr Parm Okeji Emmanuel (from Bida Zone) and Mr Isaac A. Naze (from Bida Zone) respectively. In addition, a new National Secretary, in person of Mr Sunday Itayokhai (from Kano Zone) was also elected. In his address, the new President urged all the zones to work together to take Friends and the Sisters of St Louis to higher heights.

Part of the resolution reached at the meeting is that 2020 Open Day will be an area event while the 2021 edition will be a joint (national) one. Open Day date for 2020 was agreed for either 13 June or 20 June, whichever would be more convenient.

# CELEBRATING THE FEAST OF ST. VINCENT DE PAUL WITH CHILDREN IN GOVERNMENT SCHOOLS IN LAGOS



 Charity outreach to poor school children in Ebute–Meta, Lagos

## — Jacinta Otene SSL

The Marywood, Ebute-Meta West, Lagos family reached out to the poor school children in the neighbourhood recently. We did this in our solidarity with the poor and fulfilling the dream of our founder, Abbé Louis Bautain of ***a world, healed and transformed.***

It is stated in Deuteronomy 15:7, “if among you, one of your brothers should become poor, in any of your towns within your land that the Lord your God is giving you, you shall not harden your heart or shut your hand against your poor brothers and sisters.” Moved by these words, we extended our hand of charity to a government owned primary school (Marywood Government Primary School). Most of the pupils are

from poor homes. Although they have the desire to acquire formal education, they are deprived of so many basic needs to make education fun and meaningful.

We distributed about one hundred and fifty (150) sandals to the pupils because so many of them did not have good sandals. Some even came to school barefoot. The children were very happy and thanked us for the kind gesture.

The experience of giving joy to the children was really satisfying and humbling. The joy of giving is much more fulfilling than the joy of receiving. Together we can heal and transform the world!

# MISSIONARY OUTREACH ON MISSION SUNDAY BY MOKOLA COMMUNITY

— **Anthonia Eneanya SSL**

**S**unday 20, 2019 was World Mission Sunday. It was another memorable day for the Seminary Community of Saints Peter and Paul Major Seminary and Ibadan Archdiocese at large as children and youths from about 27 parishes in Ibadan gathered to celebrate the World Mission Day. For Sisters of St. Louis, Mokola Community, it was a good day to go on Mission outreach, to invite more members into the St. Louis family for the mission ahead.

Pope Pius XI in 1926 instituted Mission Sunday for the whole Church. This is to be celebrated Sunday-next-to-last Sunday in October every year. This year's theme as given by Pope Francis is 'Baptized and Sent: The Church of Christ on Mission in the World'

Drawing from the theme, Rev. Fr. Michael Ogunniyi, in his lecture,

emphasized the words of Pope Francis – "I am a mission, always; you are a mission, always; every baptized man and woman is a mission..." What then is our Mission? He challenged everyone present especially the youths and children to take their inspirations from the saints who started their missionary activities at young age and our Lord Jesus, very young but was able to carry out his mission.

Speaking to the Priests and Religious present, he stressed the need to focus on the young people in their missionary activities because young people will always have something to offer just like the young boy in the Gospel who offered Christ the loaf of bread that was used to feed thousands of people. These young ones need to be empowered in order for them to

be able bring their fellow young people to Christ.

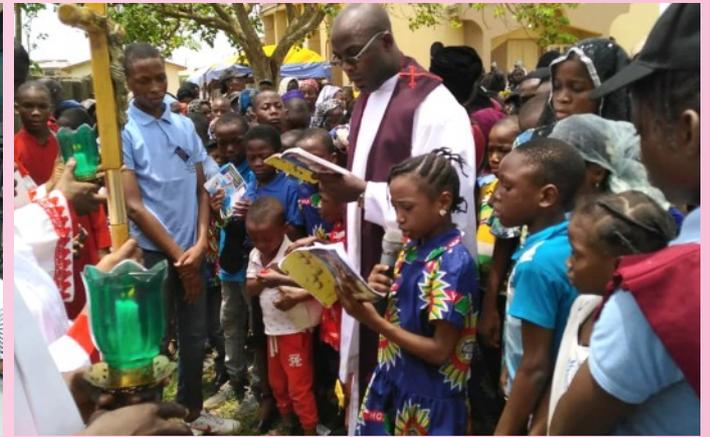
The event was marked with prayer, blessing of Bibles and Crucifixes and passing them round to all present. There was drama presentation by children of Holy Childhood Association (HCA), Ibadan. Religious Congregations present had time to introduce their congregations to young boys and girls who may be interested in joining them.

Present at the event were the Rector of the Seminary, Fr. Anthony Ewherido, lecturers of the seminary, the youth diocesan Chaplain, Fr. Michael Wood, Priests and Religious. Others were representative from Religious bodies in Ibadan Archdiocese, Semarians, Members of Catholic Men Organisation, members of Pontifical Mission Society (PMS), youths and children.



 L-R: Sisters Anthonia Eneanya, Felicia Ogundana and Christie Udebor with the students of Louisville Nursery & Primary School, Mokola at the event

# MORE PHOTOS OF THE MISSION SUNDAY OUTREACH





**W**e Africans have a wrong conception of development. We have been brainwashed to think of development only in terms of 'catching up with the West.' The problem is not in catching up, but in the fact that we seem to be catching up only with the wrong things: consuming western goods, western products, western culture, western food, western clothes, western theories while throwing away ours.

Take the case of fast-food joints and the fast rate at which they are springing up everywhere. These food joints sell processed foods loaded with artificial spices and sweeteners. Even in the semi-rural areas, trees are being cut down to make space for the building of fast-food joints. Houses that were once inhabited by human beings are being turned to shops for selling of soft drinks, biscuits, snacks, bread, juices, etc. These products have one thing in common: they are products made from wheat flour and sugar. The variety of juice drinks are enormous. They come in various bottle shapes and sizes, colour and flavour, all made of water, sugar, colouring, and flavours. Parents prepare their children for school by loading their school bags with these snacks: canned drinks, *chinchin*, biscuits, sweets, bread, etc.

It is strange that no one in the government circle is talking about the health risks of this trend which people associate with 'development.' The Nigerian government does not even have an agency (or is there any in existence?) that certifies the hygiene, safety, and quality of these foods. Neither are there agencies that inspect the environment and kitchen conditions of the countless restaurants and fast-food joints springing up every day, which is the practice in the so-called developed countries that we are trying to imitate.

I was discussing this with a medical officer recently, and he argued that people are free to eat anything they like

## BETWEEN AGEGE BREAD AND YOUR HEALTH

— Anselm Adodo, OSB

because it is part of human freedom. For him, what matters is to have a good healthcare system in place to cure people when they fall sick. It is Ok for an individual to hold such personal opinion. The danger is that if such a person gets to be appointed to a position of authority or become a policymaker, which my medical friend may well become someday, then the danger is enormous.

Some people may argue that there is nothing wrong with eating bread, after all, the famous Lagos Agege bread has been a regular delicacy in Lagos state and other parts of Nigeria for many years, and many who ate it every day are not sick. A significant point to raise, and an opportunity to make a crucial clarification. The Agege bread of 20 years ago is not made from the same flour as we have today.

In the past twenty years, modern science has altered the genetic structure of wheat, in the bid to make them grow quickly and more commercially viable. This species of wheat has now been introduced into all processed foods. The Agege bread of the 1960s and 1970s until the 1980s was made from a healthier species of wheat, while the current strains are products of genetic alteration. They have adverse effects on your health: It is no wonder that cases of diabetes, cancer and hypertension abound today in our society, both in the cities and in the villages. Well, that is the price we pay for 'development.' Let me warn you. If you suffer from diabetes, asthma and epilepsy, wheat and wheat products are the most dangerous food you can ever eat. Stay away from them, until you are sure that your wheat is grown organically.

Recently, research in the UK concluded that children of poor parents are now fatter than rich ones. It was observed that over the past decade, the rich have started to slim down, while the poor got bigger. Why is this so? It was discovered that fast-food shops are often filled with schoolchildren from poorer families, where they get cheap, spicy and tasty junk foods, which make them put on weight. These foods are tasty but contain very little nourishment.

It is hard to escape unhealthy food in the poorer neighbourhoods, the research stated. Posters in supermarkets and on bus-stops display deals for fizzy drinks and burgers. Newsagents' doorways glitter with packets of sweets and crisps. Even a church, converted from a bingo hall, has a snack-dispensing vending machine in its lobby. The children of Camberwell Green, a London suburb, it was noted, are among the fattest in England. Half of ten and 11-year-olds are overweight or obese (meaning that a boy of average height would weigh over 40kg). By contrast, in Dulwich Village, a few miles south, where household incomes are twice as high, only a fifth of children are in that category, one of the lowest levels in the country. The reason is that the rich and well educated are best placed to act on the knowledge of the benefits of natural and organic food. They have more time to cook healthy meals at home and are more likely than poor folk to live near green spaces, join sports clubs and patronise organic foods shops. The rate at which fast-foods spread in the poorer areas is three times higher than in, the more affluent areas.

In many of Nigeria's cities and semi-urban areas, you will notice a high growth of fast-food joints and supermarkets in poorer suburbs and even slums. The target is poor customers, who want cheap and tasty food: biscuits, *chinchin*, popcorn, burns, doughnuts. Delicious they are, but healthy they are not. So even among the so-called poor in Nigeria, obesity has become a problem. In fact, the paradox now is that the rich are getting slimmer, while the poor are getting fatter. If your health is important, stick to the old village wisdom of cooking your own food and stay with the traditional Nigeria delicacy of pounded Yam, Garri, Amala, Apu, local rice, Beans, Palm oil, Cocoyam, Sweet potatoes, Green vegetables and local spices. Replacing our traditional food with French fries, pizzas, pies, wheat, semolina, cornflakes, sweets, ice-creams, chocolate and other processed food is bad for your health, and for our economy. I rest my case.

# *An Elegy to the Abducted Nigerian School Girls*

Suddenly! Tata-ra! Tata-ra! Tata-ra! Tata-ra! Tata-ra! Tata-ra!!

The night's subtle peace swiftly escaped into the dark while chaos eagerly engulfed the modest lair

As deafening echoes from fanatics' malicious, intoxicated guns disrupted the tranquil, naïve air.

Zealots struck un-announced, loosening anarchy upon a lowly, solitary, teen learning land

Viciously rousing from slumber, damsels freely sleeping like delicate, defenceless strand.

Their ranting rage, twirling hysterically caused the poor lassies to run helter-skelter!

In slaying and suppression reside the vipers' ambitious toll and celestial shelter!

Zealots so vile, they coerced and captured in the name of a fanatical creed!

Their untamed fury on harmless souls they unleashed and decreed!

Their books they scotched to halt their knowledge of The Book!

Poor lassies! tied and tossed, hurled and held with a hook

Carted away in their prime with no hope of returning!

Fear loomed as they exited weeping and screaming!

An intensely loud and gripping silence followed!!!

Then came the dawn divulging the veiled blight!

"Who dealt us this blow, dousing our light?"

Fathers probed with fists primed for duel.

"Who stole our precious, prized jewel?"

Mothers enquired, sad, yet bold,

Refusing to be consoled!

Tears! Tears!! Wailing!!!

Misery!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!

Despair!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!

Silence!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!

Silence!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!

Silence!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!

Who will comfort hearts gripped by the pangs of purgatory?

Who will heal the deep and grievous blow of bigotry?

!!!!t-e-a-r-s!!!!!!

Who will comfort broken hearts!

Arise! Do not despair! The Divine sees!

Come! Let us make an altar and bend our knees!

Wipe your tears beloved! Behold! our Redeemer lives!

Tenderly and lovingly HE will comfort every heart that grieves!



by Rita Akin-Otiko, SSL



# Contact

Newsletter of Sisters of St. Louis, Nigeria Province



Editorial

## Grace

Dear family,

Grace is defined in the dictionary as “smoothness and elegance of movement”. Put simply, it is “effortless art of being which often becomes evident in doing”. Sometimes we wonder how some people do what they do seemingly effortlessly. Sometime we wonder how fast someone seems to climb up on the ladder of life. We have to admit that we do feel inadequate sometimes in spite of our own identified gifts and pace. And we are goaded to put in more efforts, more energy in asserting our relevance, our worth. We unwittingly break into a rat race and life is simply reduced to a mere competition.

Heh! We need to slow down. We all function by grace. The Bible says in Romans 12: 4-5 that we are all parts of Christ’s body, and it takes every one of us to make it complete, for we each have different work to do. So we belong to each other, and each needs all the others. God has given each of us the ability to do certain things well. So, it is a waste to try to become what we aren’t. When we embrace our own portion of grace from God, we could then become the best portion of ourselves.

Thank you Sisters for the support we received in the publication of the October 2019 issue of *Contact*. Happy Reading.

*Pelumi O’Dunsin*



**‘Pelumi O’Dunsin,**  
Chief Editor  
pelumi.dunsin@yahoo.com  
+234 (0)706 204 7492



**Anthonia Eneanya SSL**  
Assistant Chief Editor  
toniauc@yahoo.com  
+234 (0)703 792 9969

« Word to Live By »

*“If you are forcing it, you are doing it wrong”*

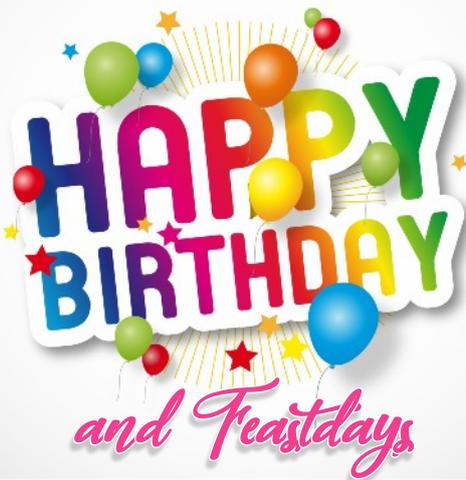
— T. D. Abe



One major takeaway from the GHANA AND NIGERIA TEMPORARY PROFESSED RENEWAL COURSE HELD IN AUGUST 2019 in Akure is the nugget from Rev Sister Agnes Achara (DMMM)’s seminar on prominent women of the Bible. **“The Scripture is the inspired word of God in human language, written through the Jews for generations. The old testament is a prefiguration of the New Testament and the New is a fulfilment of the Old Testament.”**

— Lucy Abuh SSL (Nigeria) and Vincentia SSL (Ghana).

### NOVEMBER



6th	Sr. Christiana Adeforiti	Birthday
10th	Sr. Louise Eziechi	Birthday
11th	Sr. Mary Ogunjobi	Birthday
16th	Sr. Gertrude Elelegu	Feastday
16th	Sr. Susana Gertrude Didam	Feastday
17th	Sr. Elizabeth Ogedengbe	Feastday
17th	Sr. Philomena William	Birthday
22nd	Sr. Cecilia Lengpang	Feastday
22nd	Sr. Cecilia Olusanya	Feastday
22nd	Sr. Cecilia Uzodike	Feastday
25th	Sr. Ijanada Emmanuel	Birthday



**CORPORATE EMAIL**

The Communications Office now has a corporate email, [sslcomm.ng@gmail.com](mailto:sslcomm.ng@gmail.com). Expect to get *Contact* and updates via the mail address regularly. Write to us too.