

THE BIBLE SOCIETY OF NIGERIA SOWER

Medical Properties of **Mango**

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People with visual disability receive free Braille Bibles from Bible Society



The Bible is the history of salvation

— Mrs Demuren



Bible Dedication

**BSN to dedicate
OKUN NEW & IGALA COMMON
TESTAMENT & LANGUAGE BIBLE**

WHEN THE TIMES ARE TOUGH...

Tough times are situations that are seemingly out of control. Of course, what constitutes tough times varies from one person or situation to another. A would-be couple in John 2:1-10 experienced a situation that was completely out of their control. Wine ran out of supply during their wedding ceremony. Their merry-making event was to become a tough time, a time of shame and ridicule. In this part of the world, running out of food and drinks during a wedding ceremony always make people ask why the date was fixed when the organisers lacked the financial muscle to adequately cater for their guests. Such an embarrassing situation is always better imagined than experienced.

A tough time is not limited to the example given above. It can also manifest in any form or area of one's life, posing a challenge that looks humanly insurmountable and subjecting one to an embarrassment, which could last a lifetime, if not well handled. Currently in the global space, COVID-19 has been embarrassing individuals, corporate bodies and countries in an unprecedented manner. That is another manifestation of a tough time. but in every tough situation, understanding what to do is the key thing. It is possible to excel during tough times, but this requires preventive and curative strategies. How the situation was handled in John 2:1-10 gives us a guide as to how to survive tough times. The passage offers five strategies which can help us to succeed the tough time we are in globally. The strategies are as follows: **Invite Christ.** Jesus was invited to the wedding at Cana in Galilee and His presence saved the day. Also, in Mark 4:38-39, Jesus was in the hinder part of the ship, though He was asleep. When the storm raged, His disciples called upon Him and He arose to still the storm. Imagine what the couple or the disciples would have experienced if Jesus had not been invited. You must learn to invite Jesus into every situation you pass through in the new year and beyond.

Associate with Christlike People. Obviously, tough times require being in the right company, people who look up even when they are down. In John 2:5, *His mother saith unto the servants, whatsoever he saith unto you, do it.* – KJV. The new couple and their family members associated with the mother of Jesus and she linked them to the solution to their problem. You need to move with godly people who will connect you

always to the right source – God, when you are encountering difficult times. Dissociate from those who weaken your faith at a time like this.

Prepare Your Vessels Ahead of Tough Times. There is no one without something that God can bless. It may be your little fund, a network of relationships, ideas, right attitude, skills, talent, among others, which will require that you work on to be blessed in the new year and beyond. In John 2:7a, *Jesus saith unto them, "Fill the waterpots with water.* – KJV. At the wedding in Cana, what would have been filled if there were no pots? Those who will weather the tough time in the new year are people who have prepared vessels to take the blessings of God when they come.

You Need to Work. In John 2:7b, *... And they filled them (waterpots) up to the brim.* – KJV. Idleness is not a virtue, but a vice. There would have been no wine if the servants at the wedding in Cana did not go to work when Jesus asked them to fill the waterpots. They filled the pots and Jesus did His part by turning the water to wine, a better wine at that. You need to be diligent as you deploy your arsenal of faith in God to overcome the tough time. Smartness is never a substitute for hard work.

Obey the Master. In John 2:5, the mother of Jesus told the servants to do whatever Jesus asked them to do. Verses 7 and 8 encapsulate total obedience, as the servants did exactly as they were told. Beyond that, when He asked them to draw out some wine and serve the governor of the wedding feast, they did not doubt if it was water or wine – they obeyed. You need total obedience to God and His Word when times are tough.

What tough time is currently giving you sleepless nights? Get into the company of the one (Christ) who has control over times and situations. Be prepared in every dimension to overcome your tough time and your testimony will be better than you can ever imagine at the end of 2021 in Jesus name.

Happy New Year.

Dare Ajiboye
Editor-in-Chief



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BSN to dedicate Okun New Testament, Igala Bible

All is now set for the dedication of the Okun New Testament and the Igala Common Language Bible by The Bible Society of Nigeria.

While the Okun NT will be dedicated on Saturday, February 27, 2021, at Atiku Square, Ayetoro Gbede, Kogi State, the dedication of the Igala Common Language Bible will take place on Saturday, March 13, 2021.

The first Igala Bible was published in 1970, but eight years later the need to revise the Bible arose. The Bible Society took up the task of revising the Bible in 1978, but the work suffered some setbacks when the translator, Samuel Bakwo, returned to school in the US. The burden of the cost of paying the new translator, Mr Gabriel Oyibo, and running the translation office became so heavy that the work was



abandoned in the 80s. Mr James Dibble took over and completed the work, but it was not certified by a Translation Consultant before he died in 2013.

A fresh translation, Igala Common Language Bible, started in 2006, with Isaac Ogohi and Nathaniel Medugu as its translators. It took them 11 years to complete the translation work.

The Okun Bible translation project started in 2016 with the

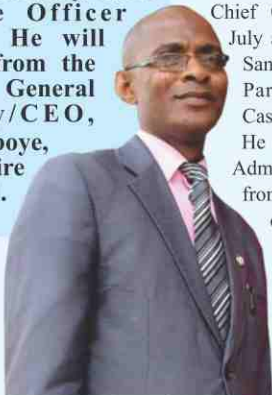
recruitment of three translators: Rev. Charles Aina, Pastor Samuel Olupinyo and Elder Emmanuel David Olorunleke. The Okun NT is the fastest translation work The BSN has ever done as it took only four years and three months to complete it. Work on the Old Testament has reached an advanced stage.

Both the Igala and Okun Languages are spoken in Kogi State, North Central Nigeria.

Bible Society appoints Sanusi as General Secretary/CEO Designate

The Bible Society of Nigeria [BSN] has announced the appointment of Pastor Samuel Sanusi as its new General Secretary/Chief Executive Officer Designate. He will take over from the incumbent General Secretary/CEO, Dr Dare Ajiboye, who will retire in June 2021.

Pastor Sanusi, who was the Society's Senior Manager, Church and Public Relations, will



Pastor Samuel Sanusi

resume officially on July 1, 2021. He joined the BSN on December 6, 2010 as Church/Public Relations Manager. He has also served as Senior Manager, Operations and Programmes. Before joining the Society, he had worked with Permanentmark Enterprise Limited as Chief Operating Officer between July and November 2010. Pastor Sanusi was also a former Senior Partner with Mutual Hope CashAccess Limited.

He has a Master of Business Administration (MBA) obtained from the Enugu State University of Science and Technology, Enugu State in 2004 and Post Graduate Diploma in Management from University of Calabar, Cross Rivers State in 2001. He graduated from Ambrose Alli University,

Ekpoma, Edo State with Bachelor of Arts (B.A.) in Mass Communication.

Pastor Sanusi is a member of various professional organisations among which are Nigerian Institute of Management, Advertising Practitioners Council of Nigeria, Chartered Institute of Stockbrokers and Nigerian Institute of Public Relations.



Dear Sir,

On behalf of me and my family members, please accept our appreciation for the excellent job you and your staff have been doing in the production of the book of life (Bible). Thanks to your leadership and dedication and your staff's teamwork and energy. We are now enjoying the result of the work in our family. You and your employees should take great pride in this accomplishment. Please pass my gratitude to all members of staff.

Sincerely yours,
Mr Ayodele Joshua

The Bible is the history of salvation

— Mrs Demuren



Mrs Osaretin Demuren is a woman of many firsts. She is the first female director in the Central Bank of Nigeria (CBN), where she served for more than two decades, and first female to chair the board of Guaranty Trust Bank. In this interview with FELIX OLOYEDE, she disclosed how Jesus Christ appeared to her in a trance and healed her. Mrs Demuren also stated how her faith has been helping her to navigate the murky waters of the corporate world. Excerpt:

How did you encounter Christ?

I was sick; Christ made me whole. At the age of about 13, I was a very sickly child. My mother, I was so sure, thought I was going to die. On a particular day, she picked me from the floor, and put me on her bed. She left me there and went to do what she was doing. While on the bed, I closed my eyes and said to God, 'I'm going to die, glory be to Your name, but my mother will be badly hurt.' There on that bed, I fell asleep and went into a trance. In that trance, I saw angels on both sides of the bed, and there was another figure at the foot of the bed. I never knew I was in a trance. That sleep seemed like eternity to me. But I realised that after that vision went off me, I started getting better. I did not tell my mother what I saw because I did not understand it. She also noticed I was getting better. Then she kept saying, 'God has healed you,' and I joyfully replied, 'Yes, God has healed me.' About four days after the trance, I returned to school. So, I would say I was sick, and God healed me. That was how I met Christ. Looking back, Christ must have been the third person at the foot of the bed because the angels were by the sides. I know they were angels because I have seen pictures of angels, but the figure

at the foot of the bed was different. On seeing him, I started getting well.

How does it feel to be the first female Director in the CBN and equally the first female Chairperson of Guaranty Trust Bank?

When people say female, I do not see it that way. That I got to the peak of my career as a Director in the Central Bank of Nigeria was fulfilling for me. It gave me a sense of satisfaction and gratitude to God Almighty. It was, indeed, the Lord's doing! I just believed in giving my best through hard work, dedication, and commitment. Yes, I am very passionate in whatever I do, but God just crowned my efforts with success. Being the Chairman of GTBank Board was overwhelming. I had just been on the Board for two years as a Non-Executive Director. Corporate Governance principles which I cherish so much are at work and deeply entrenched in GTBank. So, this made my responsibilities as Chairman easier, especially with the calibre and expertise of my colleagues, male and female Board members. I believe that it was a God-given time as I was at the right place at the right time.

How are you able to maintain your faith in the murky waters of the Nigerian corporate world?

Indeed, my faith has helped and sustained me. God has said He will be there for us. Ask, seek and knock. When we do that He opens. So, it is my faith and belief that with God all things are possible. God has been my helper. Sometimes I have a huge document to read and I would wonder where to start from. I always ask Him to give me the grace to go to the section I need to read and He has always led me. So, it is the faith I have in God that has been

helping me through the murky waters of the corporate world.

The Federal Government recently warned that it may impose another lockdown in Lagos, Jos, and Abuja because of noncompliance with COVID-19 guidelines. Do you think the country can afford another lockdown?

Well, lockdown is not the best. We need the economy to move. If the lockdown is going to come in full capacity, everything will be brought to a standstill. It is a vicious cycle- you don't produce, you don't eat, and people are idle and sadly that will not help us. It will not help us economically, but it will help us get rid of this pandemic, once and for all. Therefore, as Nigerians, we must obey the government and obey all COVID-19 safety protocols. Another lockdown will not be in the interest of anybody.

What have you learnt from the COVID-19 pandemic?

The pandemic affects all – rich and poor; educated and uneducated; first world through to the third world; small and big; adult and children – except God who is above all. God is in control of this world. No one is above His power. Therefore, we all need to go back to God. In the first world, they don't believe in God as much as we do here. But do we practice what we believe? We talk a lot about God, but do we really believe what we are saying? Another advantage is that it has improved our hygiene. We now wash our hands frequently. If people have flowing water, they will do it conscientiously. But they do not have water to drink, let alone for the washing of hands? So, what are we doing? It is the responsibility of the government to provide these things for the people. This is

the time they need it. The leaders should provide water for the people. When you go on the street, you see children walking long distance with buckets on their heads fetching water.

How have you been able to sustain your marriage for almost 50 years?

First and foremost, friendship. This is the reason I counsel young people that though they fall in love and fall out of love, they must build friendship. Where friendship is built, it becomes easier to fall in love over and over again. You must be friend to your spouse. You know what friends are. When you trust a person, you respect that person, not just respecting him as a person, you also respect his values. We should respect one another and our values that were brought into the marriage. When that happens, it is easier for friendship to develop. We also need a lot of trust, a lot of patience and a lot of tolerance because we have different backgrounds. Even twins who are born on the same day have different ideologies. They may or may not be identical, but you find that their characters could be different. So, we should be friends, trust one another, and respect one another. And, of course, pray together. A family that prays together stays together. I tell you one instance. At a certain time, my husband and I had an issue. So, that morning we were praying. I said, 'Oh, God, I thank You. Some people are not talking to

me, but You know You are in control ...' I was just praying. After the prayer, he said I was not serious that he was the one I was praying about. That was how we reconciled. After that prayer, we became friends again. It really helps when you pray together. The Bible says it: forgive us our trespasses, as we forgive those who trespass against us.



- Mrs Demuren

What does the Bible mean to you?

The Bible means everything to me. It is the Word of God. And it is also the history of salvation. Where do we start from? Is it from the Old or the New Testament? We have seen how people went through difficult times and at the end of it they were saved. So, the Bible is everything. It is the most complete book.

Of the many versions of the Bible that we

have, which is your favourite?

My favourite version is the King James Version.

What is your favourite Bible verse?

I will say John 3:16- "For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life."

How would you appraise the Bible Society of Nigeria?

Fantastic! The Bible Society of Nigeria is a fantastic institution. We need to appreciate those who started it and those who are still running it. However, there is still a lot of work to be done. One of such is the translation of the Bible into many other languages for those who cannot read in English. It does not mean because they cannot read the English Language, they are illiterates. They are literate in their own language. I do not know how much the Bible Society does in volunteer work, encouraging young people to come on and volunteer. What the Bible Society is doing is marvelous. And I pray that Nigerians understand and support them. To print the Bible is not cheap. I have read how much it costs to translate the Bible into a Nigerian Language. If only we can come up to support the society to print this Bible, so that the Bible will be available for all.

Okrika Diocese appoints Ven. Orabere as BSN Chaplain

The Church of Nigeria Anglican Communion Diocese of Okrika has appointed Venerable Godstime Orabere, the Vicar of St John's Anglican Church, Abuloma, Port Harcourt, River State, as the Chaplain of the Bible Society of Nigeria.

The Rt. Rev. Enoch Atuboyedia JP, Bishop of the Diocese of Okrika, disclosed this when the leaders of the BSN Rivers/Bayelsa Area led by the Chairman, Elder Omoni Ayo-Tamuno visited him.

He explained that the appointment was done to

strengthen the relationship between the Diocese and the BSN and place the Society in its rightful position in the Diocese.

He lauded the BSN for reaching out to the churches to make the Bible available to the populace and pledged to create the needed environment for it to operate.

Bishop Atuboyedia appreciated the efforts of the BSN in translating the Word of God into indigenous languages.

Speaking earlier, the Area Chairman, Elder Omoni Ayo-Tamuno said that the appointment of the Chaplain would facilitate effective communication

between the Diocese and the BSN.

He described the appointment as uncommon and being the first of its kind in the history of the BSN. He called on other denominations to do same.



Venerable Orabere

People with visual disability receive free Braille Bibles from Bible Society



Mrs Arinola Olawoore with her Braille Bible

Three women with visual disability, Arinola Olawoore, Adebisi Ajibade and Oyebowale Akinremi, have commended The Bible Society of Nigeria for the complete set of Braille Bible donated to each of them.

Mrs Olawoore, a teacher of Christian Religious Studies in Ikorodu High School, Ikorodu,

Lagos, said that all her efforts to get Braille Bible were to no avail, adding that she was tired of people reading the printed Bible to her. "I needed to have a copy of my own Braille Bible so that I can read it anytime I want," she said.

She added, "The Bible means a lot to me. I lack words to express how happy I am. I used to have some portions of the Bible but when I got married, I did not take them along. Unfortunately, when I went back to take them, I discovered that the people I was living with had thrown them away. They did not know the value. I felt bad and was devastated. I thank The Bible Society of Nigeria for giving me the Bible. This will help me get closer to God. I am happy I now have the complete set of Braille Bible."

Mrs Olawoore said that she lost her sight as a toddler after suffering from measles. This did not deter her as her mother made every effort to train her in a special school.

On her part, Mrs Adebisi Ajibade, who lost her sight at the age of eight after suffering from measles, said that she needed the Braille Bible to be

closer to God. Before she received the complete set of the Bible from the BSN, her children, according to her, used to read the printed version to her, but they were not always available to do that.

She said that she had to withdraw from school after losing her sight and stayed at home for some years before she was enrolled in a special school for the blind. She also has a Diploma in Theology.

Mrs Ajibade expressed her appreciation, "The Bible means a lot to me and I am very excited about it. This will help my spiritual life and I can read it anytime. I feel the joy of the



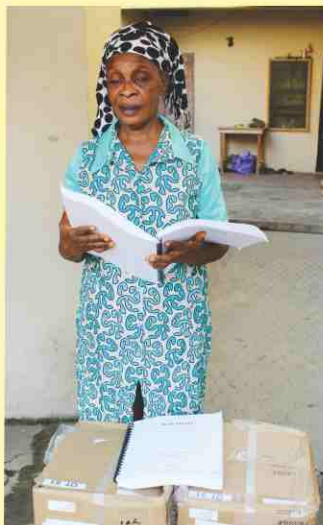
Mrs Ajibade and her Braille Bible

Lord. I am very happy to have this Bible. I pray God will continue to bless The Bible Society of Nigeria for remembering the less privileged.”

For Mrs Oyebowale Akinremi, losing her sight in 1988 almost made her run mad. According to her, it was during her Master's degree programme in India that she discovered that she was gradually losing her sight and later her eyes became bloodshot, a condition known as retinal dystrophy. It worsened when she came to Nigeria and could not return to India.

She said she got some portions of Braille Bible but without the book of Psalms. “I wanted to contact the Lutheran Braille Press in New Jersey, but I could not because I had no brailler to braille the letter. All my efforts to get the complete set of Braille Bible failed until I listened to a programme on Radio Nigeria 92.9 Bond FM, where it was mentioned that

one could get Braille Bible for free from The Bible Society of Nigeria. I contacted the Society through telephone and I was assured that I could get a complete set. I was excited. I became even more elated when they brought the cartons of the Bible to my house,” she said.



Mrs Akinremi and her set of Braille Bible

“I love reading the Bible; now that I have the complete set, I am very happy. I appreciate The Bible Society of Nigeria for providing me with the complete set of Braille Bible. Thank you for making my life complete again; thank you for making my life whole again. Now I will immerse myself in the Word of God.”

A complete set of braille Bible, which comes in 37 volumes, costs N25, 000. We give this free to the people with visual disability who are literate in braille.

To support this project, please call the Editor on 08159094116

or send email to info@biblesociety-nigeria.org

Special Members Forum elects new officers

The Special Members Forum of The Bible Society of Nigeria (BSN)

has elected new officers to run its affairs for the next four years.

The election, which was held at the last quarterly meeting of the Forum in November, produced Reverend Daniel Olumefun as Chairman, Mrs Ibronke Adeseye as Vice Chairman, Sister Chinelo Okafor as Secretary and Pastor Fajimi Babatunde as Public Relations Officer.

Shortly before the election, the immediate past Chairman of the

Forum, Pastor Bayo Oladosu thanked members for their support



L-R: Pastor Babatunde, Mrs. Adeseye, Rev. Olumefun and Pastor Oladosu

and appealed to them to extend the same support they gave during his tenure to the new executives.

The new Chairman, Reverend Olumefun, on behalf of the other

executive officers pledged to build on what their predecessors had done and take the Forum to greater heights.

Special Members Forum of The Bible Society of Nigeria is a group of professionals from different walks of life, who raise funds to support the work of the Society. For enquiries on how you can become a member, please call: 08159094110.

SOWER

Photo Gallery

Xmas Party & Send Off



Members of BSN's senior management staff and spouses of staff cutting the end of the year party cake.



BSN choir during the end of the year party.



A cross section of staff members and their families at the end of the year party.



Members of Senior Management of the Society with former Corporate Development Consultant to BSN, Pastor Victor 'Damilare [3rd left] joined Pastor Blodun Ajibola [4th right] and his wife [3rd right] and their son to cut Pastor Ajibola's Send-off cake.



General Secretary Designate, Pastor Samuel Sanusi presenting a thank you plaque to former Corporate Development Consultant to BSN, Pastor Victor 'Damilare

SOWER

Photo Gallery



New Kwara Area distribution bus



L-R: Imo Area 2 Secretary, Udochukwu Anyikwan; Area Chairman, Sir John Iheanacho; a recipient of Braille Bible, Miss Akobuche Munachi and BSN NEC member, Ven. Emmanuel Amaechi.



Staff members during the first working day devotion in 2021.



L-R: GSD, Pastor Samuel Sanusi; Senior Manager, Publishing, Pastor Olugbenga Oludaisi; Senior Manager, Finance, Mrs Yemisi Oluwagbemi, Guest of the BSN, Pastor Anu Ojo; GS, Dr Dare Ajiboye and Senior Manager, Distribution & Programmes Mr Yemi Olayiwola.



General Secretary/CEO, Dr Dare Ajiboye [left] and President, Rev. Dr Timothy Banwo [right] introducing Pastor Samuel Sanusi as the GS/CEO Designate.



Group of End to End [audio Bible listening] partners with projectors and audio Bible devices after a training in Lagos.

“But lay up for yourselves treasures in heaven, where neither moth nor rust doth corrupt, and where thieves do not break through nor steal!” Matthew 6:20 (KJV)

In what condition would you like your property to be after you have gone?

Have you really considered what may happen to the property you laboured for?

Over the years, you worked hard to build and acquire your assets. Knowing the worth and value of these property, you maintained them constantly so as not to lose their market value. Unfortunately, experience has shown that most of the property left behind soon dilapidate or are wasted by the people whom such are entrusted into their care.

One of the surest ways to guarantee that your property and asset will remain, long after you have gone, is



Your property may be in this state if not bequeathed to a reputable organisation like The Bible Society of Nigeria



If bequeathed to an organisation like The Bible Society of Nigeria, it will remain like this for a long time

to bequeath it as a legacy to an organisation that can take care of it. Such an organisation is The Bible Society of Nigeria.

For over 50 years, we have remained in the service of making the Word of God available to Nigerians through Bible translation, publishing, distribution and organising life-transforming programmes. So far, we have the complete Bible in 26 Nigerian Languages and are at the moment translating/revising the Bible in over 8 Nigerian Languages at the cost of ₦72 million per language. The money realized from such charitable bequests including shares will help us continue the good work of making the WORD of God available, affordable and FREE for the less privileged. We therefore encourage you to partner with God by bequeathing any of your assets to The Bible Society of Nigeria.

For enquiries, please call 08159094116 or email: info@biblesociety-nigeria.org.

You can also visit our website: www.biblesociety-nigeria.org



... making the WORD available

Guard your heart with diligence, says Pastor Ojo

The Superintendent of Christ Apostolic Church, Vineyard of Mercy, Pastor

Michael Anuoluwapo Ojo, has urged the management and staff of The Bible Society of Nigeria to guard their hearts with diligence to attract the blessing of God in the new year.

He made the call while leading the staff of the organisation in a devotion during their first working day in the office in 2021. The clergyman noted that good thoughts could produce great things, adding that the mere thought of King David to build a house for God spurred God to pronounce blessing on him and his lineage.

According to him, “You can think of a good thing and attract God’s blessing before executing it. In the same way you can think of

evil and attract God’s judgement without executing it.” Pastor Ojo said that David only confided in

of his good heart.

He, therefore, warned all not to allow any evil thought to come from their minds. “Make every effort to renew your minds in year 2021. Let this new year produce a new you by renewing the way you think about others, the kingdom and anything you do,” he added.

Thereafter, he prayed for the organisation’s projects, staff, their families and the outgoing General Secretary.

The outgoing General Secretary, introduced the invitation of men of God to pray for the organisation on the first working day of every new year. This year is the seventh year of the exercise and incidentally the last in the of Dr. Ajiboye’s tenure as General Secretary.



Pastor Anu Ojo, Superintendent CAC, Vineyard of Mercy

Prophet Nathan of his intention to build a befitting house for God, adding that although God did not allow him to build the house, He went ahead to bless him because

No Bible, no Clergy – Bishop Atuboyedia

The Bishop of the Diocese of Okrika (Anglican Communion), Rt Rev. Enoch Atuboyedia JP, has said that there would be no pastors without the Bible.

He said this when the executives of BSN Rivers/Bayelsa Area paid him a courtesy visit. He emphasised the need for the clergy to support the activities of the Bible Society of Nigeria (BSN). Rt. Rev. Atuboyedia, who is the second Bishop to lead the Diocese of Okrika, Church of Nigeria since its creation, said that he would encourage all the clergymen in the Diocese to

register as members of the BSN. The Bishop commended the BSN



Rt Rev Enoch Atuboyedia

for its efforts in translating the Bible to indigenous languages, which makes the Bible to be more acceptable and easier to

understand.

He disclosed that he had a long standing relationship with the BSN since 90s when he won the Youth Bible Quiz at the Auxiliary level.

He assured the BSN that the Diocese would continue to play active role in the activities of the Society, adding that all churches within the Diocese would be encouraged to support the BSN. Earlier, the BSN Area Chairman, Elder Omoni Ayo-Tamuno had congratulated Rt Rev Atuboyedia on his elevation and enthronement as Bishop of the Diocese of Okrika.

Healthy Living

With Rev. Tony Akinyemi | Email: tony_tutu@yahoo.com



Medical Properties of

Mango

Mango, known as *Mangifera Indica* is an exotic fruit belonging to the family of *anacardiaceae*. Though native to southern and southeast Asia, the fruit is now also grown in central and south America, Africa and the Arabian Peninsula. Today there are over 1,000 different varieties of mangos throughout the world.

An average mango tree can grow to a height of up to **25 metres** and lives for more than **100 years**. It is an evergreen tree that produces thousands of mango fruits annually.

Mango pulp contains about **81%** water as well as other very nourishing and therapeutic nutrients. It contains **beta-carotene** (a powerful antioxidant) or **provitamin A** that the body converts to vitamin A. Mango is the richest source of **provitamin A** in the fresh fruits category.

It contains **potassium** and small amounts of **magnesium** and **iron**. It contains **vitamins C, E, B1, B2, B5, B6, niacin (B3) and pectin** (a soluble fibre).

It contains part of the organic acids (**malic acid** and **citric acid**).

The nutrients in mango help to nourish the eyes, the skin, and protect the arteries.

According to www.lifemojo.com, below are the numerous health benefits of mangoes:

Anti-cancer: The *phenols* in mangoes, such as *quercetin*, *isoquercitrin*, *astragalin*, *fisetin*, *gallic acid* and *methylgallat*, as well as the abundant enzymes, have cancer-preventing capacities. Mango is also high in a soluble dietary fiber known as pectin. Scientists have identified a strong link between eating lots of fiber and a lower risk of cancers of the gastrointestinal tract. A cup of sliced mangoes (around 165 grammes) contain 76 percent of the needed daily value of vitamin C, a potent antioxidant which helps protect cells from free radical damage and reduces risk of cancer.

Eye health: One cup of sliced mangoes supplies **25%** of the needed daily value of vitamin A, which promotes good eyesight. Eating mangoes regularly prevents night blindness, refractive errors, dryness of the eyes, softening of the cornea, itching and burning in the eyes.

Helps in digestion: Mangoes contain

digestive enzymes that help break down proteins and aid digestion. It is also valuable to combat acidity and poor digestion, because of an enzyme found in the fruit which soothes the stomach. Due to the high amounts of fiber found in mango, it can be helpful in keeping you regular, thereby, helping or preventing constipation.

In India, a decoction of the mango peel is given to people with inflammation of the stomach mucus membranes. Eating one or two small tender mangoes in which the seed is not fully formed with salt and honey is found to be very effective medicine for summer diarrhoea, dysentery, piles, morning sickness, chronic dyspepsia, indigestion and constipation.

Benefits to skin: Mango is effective in relieving clogged pores of the skin. People who suffer from acne will benefit from mango. Just remove the mango pulp and apply it on your skin for about 10 minutes before washing it. Eating mango regularly makes the skin soft and shining.

Helps in diabetes: Mango leaves help normalize insulin levels in the blood. Boil a few mango leaves in water and allow it to saturate through the night. Consume the filtered decoction in the morning for diabetic home remedy. The glycemic index of mango is low, ranging between 41-60. So, mango does not have any significant effect in increasing blood sugar levels.

For better sex: The Vitamin E that is abundantly present in mangoes helps to regulate sex hormones and boosts sex drive.

Beneficial for anaemia: Mangoes are beneficial for pregnant women and individuals suffering from anemia because of their iron content. Also, vitamin C in the mango enhances the absorption of iron from vegetable food.

Boosts memory: Mangoes are useful to children who lack concentration in studies as it contains Glutamine acid which is good for boosting memory.

Mangoes are a good source of vitamins and minerals essential for the human body. Always have mangoes in your daily diet during mango seasons.

According to S. L. Baker, in an article published in *NaturalNews* on Thursday, January 21, 2010, 'In laboratory experiments in Texas A&M University's

AgriLife Research department, mango fruit prevented or stopped cancer growth in certain breast and colon cell lines.

Food scientists **Dr. Susanne Talcott** and her co-researcher husband, **Dr. Steve Talcott**, specifically tested *polyphenol* extracts from mango on colon, breast, lung, leukemia and prostate cancer cells. They zeroed in on evaluating polyphenolic compounds in mangos known as *gallotannins*, a class of natural bioactive compounds believed to help prevent or block the growth of cancer cells. The Talcotts' experiments showed that the mango extract demonstrated some cancer fighting ability when tested on lung, leukemia and prostate cancer cells. But when tested on the most common breast and colon cancers, mango compounds were found to have even stronger anticancer abilities. In fact, the mango extract caused the breast and colon cancer cells to undergo *apoptosis* - programmed cell death.

Fresh mango, because of its richness in the trio antioxidant vitamins A, C, and E, is a fruit that anyone desiring good health should consume regularly, whenever it is in season.

Even diabetics can tolerate mango very well. Because of its low sodium content and its diuretic properties, mango is very good for those with high blood pressure as well.

Unfortunately, these days, mangoes are ripened using *calcium carbide*, a dangerous chemical. Please, be careful about what type of mango you consume. Tree-ripened mango is the best for health. It is high time we started planting mango trees all over Nigeria.



Bible Society fetes staff, sends off Ajibola

The Bible Society of Nigeria celebrated its staff members with their spouses at its traditional end of the year get-together. It also used the same occasion to send off Pastor Abiodun Ajibola, who retired voluntarily from the organisation.

The event took place at the Lagos Bible Guest House on December 24, 2020, under strict observance of COVID-19 safety protocols. It was the first time children of staff members were not present as part of measures taken to forestall the transmission of the virus.

The General Secretary/CEO, Dr Dare Ajiboye, who joined virtually, said that the organisation started the year with high hopes, which were later dashed by the outbreak of COVID-19 pandemic, which negatively affected every aspect of human endeavours.

He said that despite the impact of the pandemic, the organisation had every reason to thank God as no staff was lost neither did it layoff any. He commended the staff for their dedication to duty despite the cut in salary because

of the negative effect of the pandemic.

He also commended Pastor Abiodun Ajibola for his immense contributions while in the service of the organisation and wished him well in his future endeavours.

Manager, Publishing, Pastor Femi Akindele, who exhorted staff from Isaiah 41:10, urged everyone to always thank God for His commitment to helping and protecting the staff among other blessings. To continue to enjoy such benefits, he encouraged all to be faithful to God. He also took

time to pray for Pastor Ajibola, and his family.

Some of the staff members who spoke described Pastor Ajibola as a committed and dependable staff, who made his mark during his years of service.

Deserving staff members received awards. There were awards for punctuality and best staff in the departments.

In his response, Pastor Ajibola thanked the management and staff of the organisation for their love, prayers, gifts and taking time out to celebrate with him.



Pastor Ajibola

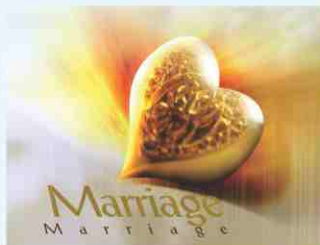
“Make deliberate efforts to keep your marriage”

The President and Board Chairman of The Bible Society of Nigeria, Reverend Dr Timothy Banwo; General Secretary/CEO, Dr Dare Ajiboye and former Corporate Development Consultant to the Society, Pastor Victor 'Damilare, have charged the staff members of the Society to make deliberate efforts to preserve their marriage. They gave the charge during a marriage clinic organised by the Human Resource Division of the Society. The facilitators who

have over 20 years' marital experience each, said that love, forgiveness, tolerance and the fear of God are the bedrock of a successful marriage. They admitted that occasional misunderstanding between the couple was normal but advised that partners should follow the biblical injunction that the sun should not go down before they reconcile. The speakers took turns to share their experiences to educate staff on how to handle some of the issues that might

arise in their marriage.

According to Dr Ajiboye, if the homes of staff members are not in peace, their productivity would be affected in the office.



Alone With God

Below are the Bible portions which we believe will be useful for your meditation.

FEBRUARY 2021	MARCH 2021	APRIL 2021
1. Mark 1:15	1. 2 Corinthians 7:9	1. Psalm 127:1
2. Acts 2:38	2. Jeremiah 31:19	2. John 11:25-26
3. Isaiah 44:22	3. Luke 17:3-4	3. Acts 4:33
4. Acts 11:18	4. Acts 3:18-19	4. John 3:16
5. 2 Chronicles 7:14	5. 2 Corinthians 7:9	5. Luke 24:6-7
6. Proverbs 28:13	6. Romans 2:5	6. Romans 12:11
7. Jonah 3:10	7. Romans 8:9	7. Deuteronomy 6:5
8. Matthew 3:2	8. 1 Samuel 1:28	8. Luke 10:27
9. Acts 26:20	9. Romans 12:12	9. Romans 6:12-13
10. Matthew 4:17	10. Hebrew 11:1	10. 1 Peter 4:2
11. Luke 13:3	11. Matthew 6:24	11. Exodus 22:29
12. Acts 17:30	12. Psalm 86:11	12. Proverbs 3:9
13. Romans 6:23	13. Romans 12:10	13. Matthew 6:24
14. 2 Peter 3:9	14. Psalm 16:2	14. Luke 14:33
15. 1 John 1:9	15. 1 Corinthians 16:15	15. Proverbs 12:15
16. Revelation 2:5	16. Philippians 3:19	16. Proverbs 28:26
17. Revelation 3:3	17. Luke 4:8	17. Proverbs 24:6
18. Revelation 3:19	18. Psalm 16:8	18. Proverbs 13:16
19. Matthew 21:32	19. 1 Corinthians 7:22	19. Luke 14:28-30
20. Luke 17:3	20. Romans 10:2	20. Proverbs 6:6-8
21. Luke 24:46-48	21. 1 Kings 11:4	21. Proverbs 16:3
22. Matthew 3:8	22. Mark 7:11	22. Proverbs 27:23
23. Isaiah 30:15	23. Hebrew 13:9	23. Proverbs 14:29
24. Luke 5:31-32	24. 1 Corinthians 1:9	24. Proverbs 24:27
25. Acts 5:31	25. 1 Chronicles 16:9	25. Proverbs 21:20
26. Acts 20:21	26. Colossians 1:10	26. Proverbs 21:5
27. Romans 2:4	27. 2 Corinthians 5:14	27. Matthew 21:20
28. Ezekiel 18:32	28. Matthew 19:28-29	28. Genesis 41:34-36
	29. 1 Corinthians 6:20	29. 1 Corinthians 16:2
	30. 1 Peter 4:6	30. Proverbs 27:12
	31. 1 Corinthians 6:20	

Prayer for Areas

- 1 Thank God for bringing us into a new year.
- 2 Pray for God's continued protection from COVID -19.
- 3 Pray for the success of the forthcoming National Board Meeting.
- 4 Pray for the out going General Secretary to finish strong.

PUBLIC NOTICE

This is to inform our new and prospective members that the processing of certificates for all categories of membership will take not more than one month.

For enquiries, please call:
08159094126

Bible Society promotes, recruits staff

The Bible Society of Nigeria has promoted Mrs Sylvia Ogolowa to the position of Production & Programmes Officer. Until her promotion, she was a Confidential Secretary, a position she occupied for 11 years. Mrs Ogolowa joined the BSN in April 2009 as Confidential Secretary. She has Higher National Diploma in Secretarial Studies from Grace Institute of Sec. Studies and B.A. English from the Lagos State University.

In another development, three new staff members have joined the organisation. They are Adesegun Odugbose, who was employed as Assistant Graphic Artist. He holds a Higher National Diploma in Graphics Design obtained from Yaba College of Technology in 2000. He joined the BSN from First Foundation Medical Engineering Company.

Isaiah Sabitu joined as Administrative Assistant and has Higher National Diploma in Science and Laboratory Technology obtained from Federal Polytechnic, Ilaro in 2011. He was self-employed, while Victor Ariakporu employed as Warehouse Assistant has National Diploma in Accountancy obtained from Federal Polytechnic, Idah and a professional certificate in Purchasing & Store Management. He joined BSN from Elalan Construction Company.



Mrs Sylvia Ogolowa



Adesegun Odugbose



Isaiah Sabitu



Victor Ariakporu



According to the World Health Organisation, there are about 466 million deaf people globally representing over 5% of the world's population. Currently, only around 10% of the world's estimated 400 Sign Languages have one form of Scripture or another, while only the US has the full Bible in Sign Language. In Nigeria we have taken up the challenge to make the Bible available to over two million deaf Nigerians who have no access to the Word of God in the Nigerian Sign Language. Your support can transform their lives by making this project a reality. Besides the Nigerian Sign Language, we have other life-transforming projects through which you can be a blessing.

Please visit: www.kingdom-project.org to see and learn more about other life-transforming projects



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Opportunity for a Partnership with God

...Be a part of it



3,964 languages spoken by 255 million people globally do not have any Scriptures whether a full Bible, New Testament or Portion.

Out of 500 languages in Nigeria only 26 have full Bible, while translation/revision is ongoing in 10 languages at the minimum cost of ₦72 million.

We are committed to making the Bible available in all Nigerian Languages. Painfully our lack of a suitable office accommodation is affecting this commitment.

We invite you into a partnership to build a Bible House for our God. ₦2.2 billion is needed for this project to be sited between Onipanu and Ojota in Lagos.

The Bible House will have office space, Bible warehouse, Bible museum, Bible Translation centre, etc.

Donate toward this cause and make this possible.

God bless you as you support the building of the Bible House.

Bank Details:
Account Name: The Bible Society of Nigeria
Bank: GTBank
Account No.: 0003723644

For further enquiries, please call:
Samuel- 08159094111
Lucky- 08159094126

Thank you for choosing to be part of those that will build for our God. Remain blessed.

THE BIBLE SOCIETY OF NIGERIA

Our mission Statement:

We exist to meet the Scriptural needs of every Nigerian in general, Christian Churches and Confessions in particular and to help people interact with the Word of God.

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