

# SOWER



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## Gowon tasks governments on security



## Features

Uyeh celebrates at 80, pledges support for BSN

Federal Science and Technical College Yaba wins BSN's Deaf Bible Quiz

We must uphold integrity for Nigeria to thrive - Fijabi

Breast Health & Cervical Cancer (Part 3)

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# Forget The Past



**T**o God be the glory for the gift of another year. No doubt, year 2023 came with a lot of challenges but through it all, God spared our lives to witness a glorious new year – 2024. That you are reading this piece is a testament to that fact. I pray that the good Lord will keep and uphold you all through this year and beyond in Jesus' name. I welcome you to your year of greater exploits and abundant grace in Jesus' name.

I want us to examine a short story in Judges 11:1-8. It is the story of Jephthah – a product of adultery or the son of a prostitute as the Bible describes him. Usually, such a person is an outcast in society and indeed, his people ostracised him. However, Jephthah forgot the past and made his life worthwhile. Later in life, those who had rejected him sought him for deliverance from their enemies! What if Jephthah had remained in his past and refused to do anything with his life? Obviously, we would not be reading about him in the Bible today.

According to Sociologists, human behaviour is largely determined by two factors: **parenting and environment**. As these factors played out in Jephthah's life, people wrote him off and saw him as a lost entity but God had a different plan for him. The Bible says in Isaiah 43:18-19 that we should not remember the former things nor consider the things of old, for God will do a new thing. I may not know your past or background or what you went through in 2023 but one thing I know is that with God, your tomorrow will be greater than your past and your present. Embrace the new year with a renewed hope and work according to God's plan and He will favour you. His name is Emmanuel and He will be with you in all ways as you trust and obey Him in all you do.

You were probably born in a less-than-ideal circumstance like Jephthah, and you are wondering whether you can ever amount to anything good in life. The answer is YES, you can – you too can overcome. Jephthah made use of his talent, developed the people around him and trained them to be great warriors. He eventually became a consultant in the art of war and Israel's youngest governor. He was listed among the Bible heroes in

the "hall of fame" in Hebrews 11. So, next time someone tries to use your past to judge or put you down, remind them about Jephthah. What happens to you is not as important as what you do with it. There is ability in disability and opportunity in every threat just as there is strength in every weakness. Search out the ability in your disability and opportunity in your threat and you will see God manifesting Himself in your circumstances. Don't be idle; do something good with your life.

I want you to know that our God specialises in using the rejected. He uses unpopular men with frailties and limitations. He used Joseph, a man hated and thrown into a pit by his brothers who did not want his dreams to come true. His father had even believed that he was long dead (Gen. 45:1-10). God used David, a shepherd boy alienated and ignored by his family (1 Samuel 16:11-13). Likewise, He used Solomon, a product of adultery. How about our Lord and Saviour Jesus Christ, the Stone the builders rejected (Psalm 118:22) but became the chief cornerstone (Luke 20:17). The opinions of men about you do not matter; take time to find out what God has said about you and get closer to Him this year and you will see Him making your life a wonder. If you are a new creature in Christ, He has promised to make all things new in your life. Come to Jesus today and He will turn your life around for the best (Rev. 3:20; 2 Corinthians 5:17).

Happy and prosperous new year in Jesus' name.



**Sanusi Samuel**  
*Editor-in-chief*

# Gowon tasks governments on security

**A** former Head of State and Patron of The Bible Society of Nigeria (BSN), General Dr. Yakubu Gowon (Rtd.), GCFR, has called on governments at all levels to work together to root out insecurity, social injustice, and poverty in the country.

General Gowon made the call in Lagos at the 15th Founder's Day Annual Lecture and Awards Ceremony organised by BSN. He said, "Nigeria is faced with diverse security challenges threatening the peace and prosperity of the country as kidnappers and bandits continue to kill, destroy, and maim unsuspecting Nigerians."

He appealed to those disturbing the peace of the country to sheath their swords and embrace peace. He also encouraged Nigerians to continue to pray for the peace and prosperity of the country.

The Guest Speaker at the occasion, a veteran journalist, Mr. Mike Awoyinfa, who spoke on the theme: **Security, Social justice, and Poverty Eradication: Clarion Demands on Governance in Nigeria**, attributed the persistent insecurity in the country to inability of the security agencies to apprehend and prosecute bandits, kidnappers, and terrorists. He said that kidnappers get emboldened when they kidnap someone, demand and get ransom, adding that they have seen kidnapping as a lucrative venture.

Mr. Awoyinfa traced the history of criminality in Nigeria to the era of the civil war which gave people

access to weapons. He disclosed that he was a victim of armed robbery and shared how armed men attacked him at home on the eve of his 71st birthday. He said the armed robbers inflicted pain and misery on him and his family before leaving with his money. He prayed for wisdom, courage, and capacity for President Bola Tinubu to fight insecurity in Nigeria.

Speaking earlier, Chairman of the occasion and the Group Managing Director of Wetherheads Advertising Group, Pastor Abiodun Iderawumi, admitted that one of the causes of insecurity in Nigeria is the failure of the church to take the gospel to everywhere. He, therefore, called on the Christian community to support BSN to enable her to continue with her mission of making the word of God available and affordable to Nigerians.

Also speaking, the President of BSN, Bishop Dr. Timothy Banwo, welcomed guests to the occasion and reminded them that the Founder's Day Annual Lecture is a platform for sharing knowledge and insights on pertinent issues relevant to BSN's mission and goals. The General Secretary/CEO, Pastor Samuel Sanusi called on the Christian community to support the organisation's drive to build a new Bible House.

The highpoint of the occasion was award presentation to the Founder of Love of Christ Generation Church, Reverend Mother Esther Ajayi for her selfless service to God and humanity.



*L-R: General Secretary/CEO of BSN, Pastor Samuel Sanusi; President of BSN, Bishop Dr. Timothy Banwo; Founder, Love of Christ Generation Church, Rev. Mother Esther Ajayi; former Head of State and Patron of BSN, Gen. Dr. Yakubu Gowon (Rtd.), GCFR; Group Managing Director, Whetherheads Advertising Group and Chairman of the occasion, Pastor Abiodun Iderawumi and the Guest Speaker, Mr. Mike Awoyinfa*

# Nigeria's First Lady Tinubu charges Christian leaders on tolerance



*L-R: General Secretary/CEO, BSN, Pastor Samuel Sanusi; Prof. Jerry Gana, Dr. Joanna Heath, First Lady of the Federal Republic of Nigeria, Senator Oluremi Tinubu, CON; Former Head of State, General Dr. Yakubu Gowon (Rtd.), GCFR; Dr. Girma Muhammed, Dr. Ike Neliaku, and Mr. Ishaya Yakubu from African Biblical Leadership Initiative during a courtesy visit to the First Lady.*

The First Lady of Nigeria, Senator Oluremi Tinubu, has charged Christian leaders in Nigeria and Africa to tolerate one another and avoid religious sentiments.

Senator Tinubu made the call when she received a delegation of the African Biblical Leadership Academy (ABLI) led by former Head of State and Patron of The Bible Society of Nigeria (BSN), Gen. Dr. Yakubu Gowon (Rtd.), GCFR, The General Secretary/CEO of the BSN, Pastor Samuel Sanusi, was also among the delegation.

The delegates visited the First Lady to sensitise her on the forthcoming ABLI to be hosted by the BSN in October 2024 in Abuja.

Senator Tinubu said that Africa needs a lot of prayers, while its leaders need to work hard to tackle the challenges facing the continent.

"I believe that if we don't relent and continue to speak, we cannot be intimidated because the voice of the devil is always very loud. We should try to do our best because this government is not hostile to the Christian faith," Tinubu said.

Also, Gowon said that a youth conference has been integrated into the main programme with the theme "Arise and Shine" to raise a new generation of transformational leaders with carefully selected resource persons.

On his part, Prof. Jerry Gana commended the government on its reforms, saying, "if we sustain it, there will be a transformation because societies are changed through values."

## Ex-Corps member commends BSN

A former corps member, Tashi David, who took part in the 2023 edition of the annual National Youth Service Corps (NYSC) Essay Competition organised by The Bible Society of Nigeria (BSN), has commended the organisation for the tremendous impact the competition had on his life.



*Mr. Tashi David during his presentation at the 2023 BSN NYSC National Symposium in Lagos*

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Mr. Tashi David receiving his financial reward from the General Secretary/CEO of BSN, Pst. Samuel Sanusi during the BSN/NYSC National Symposium in Lagos

Reflecting on the year 2023 in a letter he sent to the organisation in December last year, Tashi said that he experienced remarkable growth and impact, attributing a greater part of it to his participation in the essay competition.

The letter read in part, “I am happy to share that BSN has contributed greatly to my growth this year. I truly appreciate your sacrifices for investing in the growth of young people and I am fortunate to be one of them.

“Participating in the 2023 annual NYSC Essay Writing Competition has launched me into a new dimension and ignited the changemaker in me. It has also helped me to exhibit excellence, creativity, and innovation as an emerging leader.

“Thank you for investing in young people. Even when society sees us as lazy people, you see us as great assets to nation-building. Thank you for giving me the opportunity to lend my voice to the development of our dear country, Nigeria.

“Thank you for the gifts you showered on us during the competition, especially the Bibles and the books. I am happy to share that they are daily adding value to my life.”

Tashi David, who hails from Nasarawa State, studied Mass Communication at the University of Jos, and served in the NYSC scheme in Gusau, Zamfara state from where he took part in the annual BSN/NYSC Essay Competition.

Similarly, one of the friends of BSN, Comfort Aloba wrote to commend the organisation for the impact its activities have had on her life since her childhood and pledged to become one of its financial partners.

According to Aloba, her exposure to the Yoruba Bible helped her literacy and proficiency in the language. Her letter read, “Growing up as a minister's daughter in CAC, we always received BSN calendars annually (thanks to my father). I would go through each page multiple times, witnessing the commitment and contributions of BSN in ensuring that the gospel reaches every tribe in their native language, as well as the children and youth Bible competitions. I often wished I could do something or contribute in any way.

“I am profoundly grateful to God for bringing this opportunity my way, confirming that He hears my prayers. By the grace of God, I would love to provide financial support monthly with what I have now and increase it as the Lord blesses me.

“Thank you so much for enriching our childhood with wonderful Bible translations, especially the Yoruba version. Having lived my entire life in Kaduna State, reading the Yoruba version (Atoka) strengthened my reading and pronunciation skills in the language. The Yoruba Bible's comprehensive explanation prompted me to download it.”



Dr. Erastus Akingbola

## Let's pray for Nigeria- Akingbola

The Chairman of Grace So Amazing Foundation, Dr. Erastus Akingbola has urged Nigerians to pray for the country.

Dr. Akingbola made the call at the 19th Annual Prayer Retreat of the Foundation in Lagos. According to him, it is the responsibility of the citizens to pray for God's intervention in the affairs of the country. He said that prayer was urgently needed because of the myriads of challenges confronting the country.

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He praised God for His faithfulness toward the Foundation in the last 19 years. He disclosed that God inspired him to establish the foundation 18 years ago to propagate His word through The Word For Today devotional. According to him, the Foundation had printed and distributed 60.3 million copies of the devotional at the cost of ₦1.35 billion since its inception. He, however, admitted that the rising cost of printing has drastically affected the copies being produced.

The programme featured praises led by Ayan Jesu and RCCG Pavilion Voices, thanksgiving and exhortation from Pastor J. T. Kalejaiye and Bishop Abraham Olaleye of the Abraham Evangelistic Ministry. As usual, the BSN was represented at the occasion.

## **BSN Kwara Area: Epitome of excellence, commitment**

The commitment of the Kwara Area of The Bible Society of Nigeria to actualising the mission of the organisation has positioned the Area as a perpetual champion and epitome of excellence.

Since 2004, when awards were introduced to engender healthy competition among BSN Areas across the country, Kwara Area has remained a champion among others. The Area won the maiden overall best award in 2004 and retained it until 2007 during the Annual General Meeting (AGM) held in Jos when Rivers/Bayelsa Area, under the Chairmanship of the Most Rev. Dr. John Nimi Fyनेface, won it. Speaking to SOWER Magazine in Jos after the AGM, the then Chairman of Kwara Area, Pastor Samuel Komolafe vowed that the award would return to his Area the following year.

True to that statement, Kwara Area took back the award in 2008 during the AGM in Calabar and won it repeatedly until 2021 when Oyo Area 1 took it from them. Unsurprisingly, the award returned to Kwara Area in 2022. Since the inception of the award, Kwara Area has won it 16 times out of the 18 times it has held, and they are not ready to relinquish it.

While some Areas struggle to meet their annual targets, Kwara Area usually achieves over 300 percent of its target. It has been doing well in virtually all the performance indicators used to determine the performance of the Areas. These indicators include Bible distribution, calendar distribution, membership registrations, sale of Bible week badges, fundraising, etc.

The BSN head office was so impressed with Kwara Area's performance that it honoured its Secretary, Pastor Samuel Abegunde whom the immediate past Chairman described in glowing terms. According to the Chairman, the Area could go to sleep because they knew that the Secretary would perform.



*A plethora of awards won by Kwara Area over the years*

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Pastor Samuel Komolafe, who laid the foundation for Kwara Area's outstanding performance and later became a National Committee Member of BSN, said that the first thing he did when he became the Chairman was to engage a new Area Secretary. He described the secretary as a very honest and hardworking person.

Other Chairmen who served after Pastor Komolafe sustained the excellent performance. The current chairman, Mr. Aiyegbogan has vowed to keep the fire burning. He said, "We have our plans to sustain the momentum. We are not sleeping, knowing that other Areas are working to take the position from us."

On how the new Area being proposed to be created out of the existing Kwara Area could affect them, Mr. Aiyegbogan expressed optimism that it would not affect them, adding that they were already strategising.

The evidence of this excellent performance is the plethora of plaques and trophies hanging in different locations in Kwara Area's office.

## BSN donates Bibles, relief materials to orphanages

The Bible Society of Nigeria (BSN) has donated Bibles, food items, beverages, and toiletries to four orphanage homes in Lagos to commemorate 2023 yuletide season.

This was the climax of the BSN's outreach to the less privileged in the year. The organisation identified some orphanages and extended its hand of fellowship to them to put smiles on the faces of the children.

The beneficiaries of the largesse are Heritage Home, Anthony; Nigerian Red Cross Society Orphanage,

Makoko; Tower of Refuge Motherless Babies Home, Aguda, Surulere, and Bales of Mercy Orphanage, Somolu.

Mr. David Oyebade, BSN's Programme Officer, who presented the items, said the organisation recognised the spiritual and physical needs of the children in the homes and decided to extend its kind gesture to them. According to him, the earlier the children are brought to the knowledge of the word of God, the better.

Mr. Raphael Isimel, a representative of Heritage Home, who received the items, thanked the BSN for reaching out to them, adding that the act demonstrated the organisation's care and concern for the children. He promised to use the items judiciously to take care of the children.

At the Nigerian Red Cross Society Orphanage, the Matron, Mrs. Caroline Olalu, was visibly excited and joyous when she received the items. She thanked the BSN for the kind gesture and revealed that though they had received several gift items from many organisations, she was happier with the gift of the Bibles for the children.

Mrs. Gloria Anumene of Tower of Refuge Motherless Babies Home also appreciated and prayed for BSN for remembering the children in the orphanage home. Mrs. Chinwe Chinenye of Bales of Mercy Orphanage Home expressed her gratitude to The Society for gift of food items, beverages, and Bibles for the children.



*Mr. David Oyebade (left) and Mr. Lanre Oguntuase (right) presenting Bibles and other gifts to Mrs. Chinwe Chinenye of Bales of Mercy Orphanage*



## INTERVIEW

# We must uphold integrity for Nigeria to thrive - Fijabi

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*Mr. Abiodun Fijabi is the founder of Lord Princely Associates Limited, a public speaking and training company. He speaks to Benjamin Mordi on the need to live a life of integrity.*

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**In the interest of our readers, can we meet you, sir?**

I am Abiodun Fijabi - an engineer, an educationist, a management consultant, a public speaker, trainer, coach, writer, and an entrepreneur. I am from Ibadan, South-West, Nigeria.

**You trained as an engineer; how then did you find your way into public speaking which has become your passion?**

Public speaking is one hobby I will live to celebrate. It's about a purpose that births a passion and a passion that is sustained by patient endurance over a considerable period. In the first year of my secondary school education, I suffered from mother-tongue interference in my spoken English. Being conscious of this, I lost the boldness to speak in public and experienced low self-esteem whenever I saw my colleagues speaking English the way it should be spoken. In response, I decided to learn public speaking. Consequently, I succeeded in removing most of the negative mother-tongue interference in my spoken English and my confidence soared. I began to speak regularly during school assembly. I also became the secretary of my school's Literary and Debating Society and the influential Students' Representative Council.

**Can you tell us about Lord Princely Associates?**

John Ruskin said, "When love and skill work together, expect a masterpiece." My growing love and skill in public speaking produced many masterpieces. Even then, monetising my public speaking skills was far from my mind. Most of my speeches went unremunerated. I was just having fun. At that time,

that was all that mattered. In a way, it worked well for me. By the time I founded Lord Princely Associates Limited - a public speaking and training company, I had garnered considerable influence and popularity.

**If you were not a public speaker, what would you have been?**

For sure, I will not be practising as an engineer. Even though I was at the top of my class, both in my first and graduate engineering degrees, I found out early that my love lies elsewhere. So, maybe I would have been a lawyer. I admire the lawyerly mind and savour the court theatrics. I thought of studying law after graduation but later dropped the idea. However, I have retained my interest in law by following landmark law cases all over the world.

**Some of our youths want to be rich but do not want to work and are very impatient. What advice do you have for them?**

I believe this get-rich-quick syndrome is a sign of how low our society has sunk morally. This syndrome has taken its toll on every fabric of society, deepening moral decadence, giving false hope, and destroying lives. The truth is that hard work pays. Success that comes easy dies easy. Any wealth gotten on the back of fast and dubious schemes comes with its own baggage. It's important for young people to realise that success is not a destination but a process. It is a culmination of hits and near-misses, failures and wins, happiness and sadness. It is skills acquired through patience and perseverance that develop our human capacities. Any young person who hates work has pitched him or herself against God.

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**With the current economic challenges, doing business in Nigeria has become difficult. What advice can you give those in business, including start-ups?**

The times call for complete trust in the Lord for help. Trusting in God allows us to think clearly and adopt best practices in economic depression. For example, business must deliver great values to their customers to stay afloat. A discerning business should cut waste and block all financial leaks. With minimum overheads, the leaner business is agile and effectively positioned to respond to customer needs as well as take advantage of emerging opportunities. Innovation and creativity is essential for the future of a business in a depressed economy. Thinking outside the box creates new possibilities that never existed and pushes the business to new heights.

**Procter and Gamble (P&G) has indicated that it would discontinue manufacturing in Nigeria due to the challenging issues with foreign exchange. GlaxoSmithKline had earlier shut down its operations. If you can speak to the government on this matter and what business owners go through, what advice will you give them?**

A nation that is import-oriented cannot be unconcerned about its foreign exchange policy. The recent extensive devaluation of the Naira has paralysed our manufacturing capacities and unleashed untold hardships on the consumers who are now battling with high inflation rates. Changes in the exchange rates affect economic activity, inflation, and the nation's balance of payments. Our nation must seek to improve its productive capacities and reduce its import dependency. A broad-based economy rather than a mono economy will reduce drastic distortions and create stability in the foreign exchange market. Through robust economic policies that block corruption holes and increase its productive capacities, the nation can achieve a stable foreign exchange regime.

**Integrity is a major issue in the Nigerian business environment. Sometimes, after you have paid for an item, the seller will ask you how much they should write on the receipt. There are also the issues of half measures and sale of fake items. What is your reaction to this and how can integrity be restored in the Nigerian business environment and other facets of our society?**

As morality takes a nosedive, integrity suffers. When integrity is compromised, the marketplace becomes a den of thieves. The prevailing sharp practices like product adulteration and half measures demonstrate

lack of integrity. Greed is a result of man's ungodliness. It's neither a win to self nor the market. We all lose on the altar of greed. A genuine return to godliness is the way out. The church has a role to play in teaching the principles and practice of godliness. When politicians, religious leaders and the captains of industries strike the integrity tune, the effect reverberates through society, creating the right order and shaping the change we desire.

**Some people are of the opinion that the church is not having enough positive impact on the country. Do you agree with this? If yes, what do you think the church can do differently?**

I am a firm believer in the ability of the church to impact society. The early believers were called Christians because they lived like Christ. They were said to have turned their world upside down (Acts 17:6). Fidelity to the Bible brings personal transformation, and it takes a transformed man to transform a society. Is it the role of the church to positively impact the nation? I believe so. Is the church winning now? I don't believe so. As we pervert the Scriptures, worldliness creeps into the church, dimming our light, and contaminating our salt. Can the church rise to the occasion and impact society? I emphatically believe so.

**How would you describe the Bible?**

The Bible is God's word to all people of all ages and demographics. The Bible speaks and empowers, giving directions and transforming lives, families, and society.

**Which is your preferred version of the Bible?**

I am primarily drawn towards the King James Version. However, as the need to communicate the gospel in a simpler language becomes increasingly important, I am finding help from the New King James, the Amplified and the Message translations.

**What is your favourite verse?**

Matthew 11:28 is my favourite verse of the Bible – "Come unto me, all ye that labour and are heavy laden, and I will give you rest." (KJV)

**Any other comments?**

I sincerely appreciate the leadership, staff, and partners of The Bible Society of Nigeria for the incredible job they are doing in presenting God's word to Nigerians in their native languages. May the Lord strengthen your hands for greater exploits.

# Federal Science and Technical College Yaba wins BSN's Deaf Bible Quiz



*Students of Federal Science and Technical College, Yaba, receiving their prizes.*

**T**he Federal Science and Technical College (FSTC) Yaba has won the 4th edition of the Bible Quiz organised by The Bible Society of Nigeria (BSN) for deaf students in Lagos state. The quiz was conducted in the Nigerian Sign Language (NSL).

FSTC Yaba scored 70 points to beat seven other schools that participated in the competition. Hope Fountain School, Ijaiye, Ojokoro and Ikeja Senior High School came first and second runners-up with 60 and 55 points respectively.

The chairman of the occasion and Senior Pastor of New Life Transformation Ministry, Pastor Victor 'Damilare, charged the students to live for Christ as they are not too young to make a difference in society.

Speaking further, Pastor 'Damilare said, "Live a life that is worthy of emulation. Do not see

yourselves as disadvantaged. God has deposited something great in you that is waiting to be born. Take your life seriously."

Pastor 'Damilare thanked the BSN for making the word of God available to the Deaf in the Nigerian Sign Language.

Also speaking at the occasion, the General Secretary/CEO of the BSN, Pastor Samuel Sanusi, informed the audience that the organisation had translated and published 222 Chronological Bible Stories for the Deaf community and commenced full translation of the Deaf Bible beginning with the book of Matthew. Pastor Sanusi said the project required enormous financial commitment and appealed for support from the Christian community.

He also encouraged churches to have separate services and Bible study for the Deaf the same way they have for those who can hear.

## BSN donates relief materials, Bibles to two IDP Camps



*Pupils at the Adamawa IDP Camp with the school bags and Bibles they received from BSN*

The Bible Society of Nigeria (BSN) has donated relief materials and Bibles to 787 beneficiaries in two Internally Displaced Peoples' (IDPs) Camps in northern Nigeria through its Macedonian Call project.

The 472 and 315 beneficiaries in Abuja and Adamawa respectively expressed joy after receiving the relief materials and the Bibles.

While the students received school bags, notebooks, and pens, their parents received toiletries, beverages, and food items. All interested parents and students also got gently used clothes.

Before the donations, the BSN staff members overseeing the project visited the camps to determine the needs of the people. They also explained to the expectant parents and pupils that

the organisation initiated the project to reach out to families in underprivileged communities across the country, especially those in Internally Displaced Peoples' Camps and those living in slums.

The BSN had in the past donated similar items to IDP Camps in Adamawa, Benue, Edo, Kogi, Plateau, Delta and Taraba States as well as Abuja and other places in Nigeria.

According to the Displacement Tracking Matrix, there were 2,295,534 Internally Displaced People in hundreds of Camps in different parts of the country as of June 2023. Some of them are victims of Boko Haram insurgency, clashes between farmers and Fulani herdsmen, and natural disasters like flooding.



# Breast Health & Cervical Cancer (Part 3)

By Tony Akinyemi



## Things Women Need to ADD to their Diet and Lifestyle for Improved Breast Health and General Health

... continued from last edition.

Raw vegetables are especially important for supporting breast health for two reasons. First, it may help promote the conversion of less healthy oestrogens into healthy ones. Second, it may help block oestrogen-mimicking substances from attaching to oestrogen receptors. Particularly in postmenopausal women, a high consumption of cruciferous vegetables has been shown to be associated with a higher degree of breast health.

- Fresh fruits
- Raw nuts
- Adequate water (purified, alkaline, mineral, and structured water)
- Regular moderate exercises
- Stress management & proper rest
- Conflict avoidance or, at least, conflict reduction and conflict resolution
- Adequate breastfeeding

### Other Things to Add, Take or Do

- **Weight management:** Green tea - organic green tea contains polyphenols, naturally occurring antioxidants. Green tea is particularly high in Epigallocatechin gallate (EGCG), a potent polyphenol.

- **Omega-3 oil:** Omega-3-rich foods such as flaxseeds, chia seeds, hemp seeds, walnut, and omega-3 oil supplements such as udo's oil, fish oil, cod liver oil, hemp seed oil, krill oil, etc., are all good for supporting breast health. They are anti-inflammatory and help promote a normal inflammatory response. They also support healthy cell development.
- **Turmeric or curcumin:** Turmeric is a potent antioxidant and an anti-inflammatory agent that helps to promote a normal inflammatory response.

The dietary changes needed to promote breast health are simple but powerful. Every woman should own a JUICER (juice extractor) in her kitchen. Green vegetable juices should form part of a healthy diet to prevent or reverse disease, including breast diseases. Please read my book, *Juices & Smoothies for Healing, Health & Pleasure*. Kindly call at Havilah Health Haven Ltd., Suite 42, Block A, 1st Floor, Alausa Shopping Mall, Radio Bus Stop, Obafemi Awolowo Way, Ikeja, Lagos, Nigeria or call +234-916-356-7245 to obtain the book or purchase good juice extractors and smoothie makers for your regular juicing and smoothie making. I personally recommend the Greenstar series of juicers. You will love them. Solostar is a much cheaper version for those who may not be able to afford Greenstar. The Shine juicer is a budget juicer for a small family or as a starting point for those who are unable to afford the Greenstar or Solostar. The Z-Star is a manual juicer that doesn't require electricity to run and performs well like the Solostar.

*Continues on page 14*

Foods rich in lutein, lycopene, and carotenoids are particularly very good for breasts. Good food sources for these phytonutrients include watermelon, fresh berries, yams, tomatoes, carrots, spinach, cherries, and cranberries. Organic produce is the preferred option. Where organic is not feasible, produce should be properly washed before being consumed. Kangen water may be helpful in washing off toxins from produce.

**Hormonal balancing** is perhaps the next most-important thing a woman should strive to achieve. This is because hormonal imbalance leads to many female problems, including breast diseases. Perhaps the most important hormones to normalise are OESTROGEN, PROGESTERONE, PROLACTIN, LH, and FSH.

The most natural place to start any discussion about hormones and breast health is with oestrogen. This is because oestrogen plays a key role in breast health. For example, oestrogen is essential for bone growth; it promotes digestive functions and healthy blood clotting; it allows women to give birth and influences certain breast diseases. No doubt, a woman's body

needs oestrogen. However, as a woman goes through life, it is important to maintain the proper balance of oestrogen to support her breast health.

Oestrogen is not a single hormone. It is a group of three separate hormones that play different roles in a woman's breast health. The three forms of oestrogen are: **E1 (Estrone); E2 (Estradiol) E3 (Estriol).**

These three forms of oestrogen are produced by the ovaries, adrenal glands, and adipose tissue (body fat) during the premenopausal years. A healthy balance among the three, and as little as possible of **E2**, is most ideal for a woman's breast health. Oestrogen production fluctuates during perimenopausal years and drops sharply once a woman is in full menopause but doesn't completely stop. **E3** is the oestrogen that is most abundant in a woman's body before she enters menopause. It is considered a "weak" oestrogen, but it is the form that is most valuable. **E3** offers protective support for breast tissue. Menopausal and postmenopausal women make less of **E3**. **E1** and **E2** are the two "stronger" oestrogen that are usually prescribed in traditional HRT (Hormone Replacement Therapy) for postmenopausal women.

## Uyeh celebrates at 80, pledges support for BSN

**W**hen some highly placed individuals celebrate their birthdays, they throw expensive parties with the media space, both conventional and below the line, becoming awash with all manner of goodwill messages.

But for the LAWNA Territorial Chairman and Vice President of The Apostolic Church Nigeria, Pastor Dr. Senior Okpako Uyeh, JP, none of those options is needful. Pastor Uyeh, a man best described as an epitome of humility, chose the head office of The Bible Society of Nigeria (BSN) at Onipanu, Lagos, to celebrate his 80th birthday.



*Pastor Dr. Gabriel Uyeh and his wife cutting his 80th birthday cake*

*Continues on page 15*



# Photo Gallery



*Senior Management team with the spouses of staff members at the Christmas party*



*A cross section of guests at the 15th Founder's Day Annual Lecture*



*Mr. Mike Awoyinfa, Guest Speaker at the 15th Founder's Day Annual Lecture*



*Rev. Mother Esther Ajayi receiving award of Selfless Service to God and Humanity from Pastor Abiodun Iderawumi*



*L-R AGSP, Pastor Olugbenga Oludais; GS/CEO, Pastor Samuel Sanusi; Minister-in-charge of Shepherdhill Baptist Church, Rev. Dr. Israel Kristilere; AGSCD, Elder Yemi Olayiwola and AGSF Mrs. Yemis Oluwagbemi during Rev. Kristilere's visit to BSN headquarters.*



*Production and Programmes Manager, Mrs. Grace Benjamin decorating Mrs. Olabisi Omidire, Presenter at Eko FM 89.7 after her registration as a Special Member of BSN*

# Alone with God

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

FEBRUARY 2024	MARCH 2024	APRIL 2024
1. 1 John 4:4	1. Matthew 22:37	1 Luke 24:6-7
2. Romans 6:15	2. Acts 9:31	2. Psalm 119:2
3. Proverbs 11:2	3. Psalm 103:1	3. 1 Timothy 6:6
4. 1 John 4:1	4. Romans 12:21	4. John 14:23
5. Luke 12:2	5. Psalm 147:3	5. Isaiah 1:18
6. Psalm 105:1	6. 1 Timothy 6:17	6. 1 Kings 2:3
7. Romans 8:1-2	7. Colossians 4:2	7. Psalm 5:3
8. 1 Peter 2:16	8. Proverbs 17:6	8. Luke 12:22b-23
9. Psalm 19:7	9. Acts 2:3-4	9. Hebrews 12:11
10. Matthew 18:21-22	10. John 14:16	10. Proverbs 13:10
11. James 3:2	11. Psalm 119:60	11. John 15:18
12. Colossians 3:5	12. Matthew 6:2	12. Psalm 119:14
13. Psalm 9:9	13. John 17:15	13. Acts 17:30
14. Luke 10:27	14. Psalm 139:1-2	14. Ephesians 6:13
15. 1 John 2:16	15. Luke 17:3b-4	15. Psalm 105:4
16. Proverbs 4:25	16. Romans 14:5	16. 1 John 5:11
17. Ecclesiastes 7:14	17. Romans 8:37	17. 1 Peter 3:14
18. Philippians 4:20	18. John 16:7	18. 1 Peter 2:11
19. Zechariah 4:6	19. Romans 8:28	19. 1 Peter 2:24
20. Proverbs 10:26	20. Psalm 33:22	20. 1 Peter 3:11
21. Matthew 16:25	21. Luke 18:27	21. 2 Peter 3:14
22. Psalm 33:6	22. Philippians 4:19	22. 1 Peter 1:7
23. 2 Corinthians 6:14	23. 1 Corinthians 15:57	23. 1 John 2:1
24. John 14:2	24. Proverbs 11:2	24. Luke 12:6-7
25. Proverbs 4:27	25. 1 John 4:1	25. 1 Corinthians 16:2
26. 1 John 1:7	26. Luke 12:2	26. Proverbs 30:24-25
27. Isaiah 46:4	27. 1 Peter 2:16	27. Ecclesiastes 11:2
28. Psalm 119:36	28. Psalm 19:7	28. Proverbs 13:11
29. 1 Corinthians 6:14	29. Romans 6:9	29. 1 Corinthians 16:2
	30. 2 Corinthians 5:21	30. Proverbs 27:12
	31. Romans 6:8-11	



# PUZZLE

- Books of the Bible -

S U J E S A L P N G J H E Y P  
K U K U E G R M E H A O M K S  
C U C S D O N N U I O O B R A  
L L O I V G E O M H N J H A L  
S H E E T S E E S O A O A M M  
Q E R I I I H S R S G N I K S  
V B L S K E V E P S K A A R A  
S S E C N E T E A E K H S U C  
R U I J I U Z M L I T U I T T  
E T N U E N U E S T H E R H S  
B I A D O E O A J O E L R D U  
M T D E L B G R M S U D O X E  
U J O S H U A Z H O H A C I M  
N H A I M E R E J C S J O H N  
S E T S A I S E L C C E R H V

Acts  
Daniel  
Esther  
Ezra  
Isaiah  
Joel  
Jonah  
Judges  
Luke  
Nahum  
Peter  
Ruth

Amos  
Deuteronomy  
Exodus  
Genesis  
Jeremiah  
John  
Joshua  
Kings  
Mark  
Nehemiah  
Proverbs  
Samuel

Chronicles  
Ecclesiastes  
Ezekiel  
Hosea  
Job  
John  
Jude  
Leviticus  
Micah  
Numbers  
Psalms  
Songs

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Making the Holy Bible available and affordable to Nigerians in their preferred languages and formats, helping them engage with the word of God through life-transforming programmes.

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