

CONNECT

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APRIL 2023



I N S I D E

**365 days
as Mayor**

- Cllr. Becky Haggar

**Pause for
Thought**

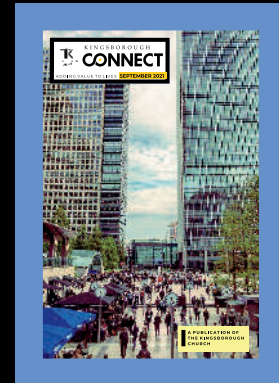
- Rev. Reg Craig





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100 DAYS *already!*

At Easter we would have already gone past the first hundred days of 2023. All the uncertainty, rumours or wars, the trepidations in the economy and fear factor that typified the mind of most people all seem to have disappeared. As is usual in us as humans, our survival mechanism has kicked in and we have mastered how to navigate round all the woes and the challenges of our day to day to life. I would like to commend you, for staying in charge of your life and your world. Remember tough times do not last, only touch people do!

At the this point in time, my counsel to those of us, who may not to have picked up a rhythm for the year yet, is to keep trying to juggle your balls. Make sure you are learning something from every trial that hasn't yielded your desired outcome. Evaluate what you could do differently as you prepare to try again. Your next attempt could be the success you have been waiting for! Never stop!

Take a grip and stay in charge, there is plenty of time to stir the ship on a smooth sail. Let's get on with it, others did and got their desired results!

I am delighted to celebrate that achievement of our amazing Cllr. Becky Haggart, the outgoing Mayor of Hillingdon (22/23). On behalf of the entire Hillingdon community, the Connect team is grateful to Becky and to her wonderful office staffs (Jo, Sue, Andy, and Chris). We appreciated all your service to the people of Hillingdon and for the beautiful article that she has contributed to this month's edition titled 'My year as Mayor'

Finally, it is my greatest joy to have my dear

friend Rev. Reg Craig of the Hillingdon Baptist Church (HillyPark) bring us the Easter message in this festive season (Pause For Thought). Reg is one of the notable custodians of the Christian journey of faith in Hillingdon, serving as the pastor of

HillyPark for the past 35years.

His Easter message will be an opportunity to have a glimpse in the wealth of his experience as he is preparing to retire from active ministry this year.

Connect magazine would like to appreciate Reg and his marvellous wife (Brenda), for your remarkable years of service to God and the people of Hillingdon. We would all be looking forward to being part of the retirement celebration plan.

I myself want to use this opportunity to appreciate all

those who have been part of my life as I clock my 55th birthday. I am grateful to God for Toyin and the 'three wise men' for the joy of family that you have shared with me. I also thank the Kingsborough family, my friends, family, and the Hillingdon community. I value and cherish you all. Thank You **KC**



Tunde Balogun is the lead pastor of The Kingsborough Church. He is also the Chief Executive of the Kingsborough Centre, the organization overseeing The Hillingdon Foodbank and the Coat of Many Colours Nursery. He is married to Oluwatoyin.



J *Apartment* s

DON'T SEND HIM BACK

On my wedding day, my mom told my bride, "No refunds, no exchanges on sale items."
—Glen Zeider

WHO CAN'T HEAR

A man goes to the doctor, concerned about his wife's hearing. The doctor says, "Stand behind her and say something and tell me how close you are when she hears you." The man goes home, sees his wife in the kitchen, cutting carrots on the countertop. About 15 feet away he says, "Honey, what's for dinner?" Nothing.

He gets halfway to her and repeats the same question. Nothing. Very concerned, he gets right behind her and asks again "What's for dinner?" She turns around and says "For the THIRD time, beef stew!"

ASKING FOR HELP

A devastated-looking man knocks on the door of a woman known for her charity. "Please, ma'am," he says when she opens up, "can you help this poor, tragic family down the block? The father just lost his job, and his wife is too ill to work. They're about to be turned out into the cold streets unless someone can pay their rent." "That's the worst thing I've ever heard in my life!" says the woman. "May I ask who you are?" "Their landlord."

Jokes are culled from rd.com/jokes



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Jane's Essentials
BY JANE DOMIKE

Happily Easterly

Easter is here! One of the most significant Christian celebrations include Easter. The Easter season celebrates the death and resurrection of Jesus Christ highlighting the immense importance of the celebration.

However, there are many other activities that overtake the major highlight of the season in the communities. One of such ceremonies is the egg painting and hunting; whereas the origin of this ceremonial activity is debated it has since been adopted in secular society.

Eggs are painted in different colours and buried ahead of the ceremony so that it can be dug up and found. Some schools have adopted this as part of the activities to engage children during the Easter season. The confectionery world also evolved into making chocolate eggs and bunnies to celebrate the Easter season since the late 1800's by the chocolatier J.S Fry & Son in collaboration with Cadbury's. Some fun games like the egg and spoon race also came from this origin, and can be quite competitive but fun filled.

In celebration of Easter season in the UK, one of the well noticed baked goods in stores are the hot cross buns. It is majorly believed that an Anglican monk, Thomas Roccliffe, sometime was the first to introduce the hot cross buns between the 12th - 14th century. The cross on the buns is believed to have a symbolic meaning ascribed to the Christian cross. According to history, it is said that the buns are only sold or shared on Good Friday on the orders of the then reigning monarch. However, some historians also believed that the buns are eaten on Good Friday to the end of the Lent season; which gave the buns a sacred or esteemed value.

The original ingredients used in the hot cross

buns are believed to have some significance; the yeast is mixed into the dough and allowed to rise before the cross is marked on it, this is believed to represent the rising Jesus Christ from the dead. The raisins embedded inside the dough, some believe it represents the body of Christ in the tomb. Hence, the rising yeast dough signifies the risen body. The spices like cinnamon used is also believed to represent the spices used in the anointing of the body of Christ. However, in modern times, a lot of modifications have been made to the original recipe. The hot cross buns that were once limited to events like Easter, Christmas or burials in the earlier times are now available almost all year round in grocery shops.

Aside the buns, the Easter season in the UK is also marked with a dinner of roast lamb. It is no hidden reason why the lamb meat is chosen as it best relates to the term "Lamb of God" in the description of Jesus Christ. The preparation of the lamb varies but basically includes the use of rich flavoured herbs and spices.

In modern times, inclusive of the lamb, the salmon and pork has made its way into the tables of many people celebrating the season. In fact, the season is celebrated with what ever fancy dish that can be prepared in most homes.

However, the main reason for the season lies in the understanding of the significance of the death of Jesus Christ which is taught in most Christian communities.

As we enjoy, the chocolatey easter eggs, easter dinners or have fun playing those easter games lets not forget to choose our food vices wisely to maintain an overall good health. It is also a good idea to add a lot of lovely vegetables and fruits to the Easter dinner table.

Have a Happily Easterly time!! **KC**



1 brain exercise to help keep you mentally sharp.

Refine your hand-eye coordination. Take up a new hobby that involves fine motor skills, and can help you keep your hand-eye coordination sharp. Per Harvard Health Publishing, this could include racquet sports, tai chi, knitting, drawing, painting, or playing video games.

Credit: everydayhealth.com

LET'S PLAY SUDOKU

I love sudoku. It's a great way to keep your mind sharp and your wits about you. Try solving one today and see how it enhances your well-being.

In playing Sudoku, the objective is to fill a 9 x 9 grid with digits so that each column, each row and each of the nine 3x3 subgrids that compose the grid contain all of the digits from 1-9. All the best!

EASY

	3	8	7	6	4	2		
1	6				8		3	
4	7	9	1		2	6		
3							2	
	2		3	4			5	1
			2	5		4		
	1	3		2	7	5		
6		7		1				
2	5		6					7

MEDIUM

	8							
	2	3			5	6		
9		1	8					
8		6	3	1			7	
3			9				6	2
	9				4		3	8
5						7		
							4	
7	4			6			9	

CHALLENGING

9			4					
8		3		7			1	
					2	7		
3		4			5			8
	9			3				
	2						4	
	4							
			6					5
7		1		2			8	

Have you noticed how at Easter

time it seems that the natural world is getting busier as it makes the most of springtime? In our garden Blackbirds busily build their nest, then a song thrush starts to sing and the sun shines in a dappled sort of way through some shrubs. Louis Armstrong singing “What a wonderful world” comes to mind although this year it’s not as wonderful as we would like it is? It’s a tough world and it’s not very wonderful, there are troubles in the world which are all too real.

At Easter there is another way of looking at the world.

Easter speaks of death and resurrection and new life. Jesus was crucified and laid in a tomb, dead, but we are told in Scripture that he conquered death and came out of that grave very much alive! He promised that one day there would be no more sickness and pain.

On the night before that fateful Good Friday, the day we call Maundy Thursday, Jesus said to his disciples, “In a little while you will see me no more, and then after a little while you will see me.” (John 16:16) His disciples were confused so he spoke further. “Very truly I tell you, you will weep and mourn while the world rejoices. You will grieve, but your grief will turn to joy.”

The word “maundy” comes from a Latin word, “mandatum”. Mandatum means “mandate” or a “commandment”. So when we talk about “Maundy Thursday” we’re talking about “the giving of a mandate Thursday”. Jesus is telling the disciples exactly what to expect and what he expects of them.

Jesus has done nothing wrong. He’s lived a life of non-violence, he’s healed the sick, raised the dead, and freed the captives. He’s brought hope and life to those who needed it the most. But he has so radically upset the status quo that they have



PAUSE FOR THOUGHT

REV. REG CRAIG

decided their only choice is to kill him.

And here he is the night before all that happens with the ones he loved most. The ones who loved him. The ones who knew who he was, and what he had done, and who would be the witnesses to his life after he was gone, eating and drinking with them and giving them a mandate.

“I give you a new commandment, that you love one another. Just as I have loved you, you also should love one another. By this everyone will know that you are my disciples, if you have love for one another.” (John 13:34)

What happened is very much an important part of the

Easter story. The mandate Jesus puts before us is timeless.

He willingly allowed himself to be wrongfully arrested and to be found guilty, to be wrongfully nailed to a wooden cross and to die there. He did it because he loved us and wanted us to be reconciled to his Father in heaven. Easter Day soon follows and we celebrate the wonderful truth that he has arisen from the dead.

He calls us to remember this mandate, it is so simple, to feast upon his love for us and to love each other. To celebrate through his resurrection, a joy that knows no boundaries and which makes our world truly wonderful. You can have that joy too, all you have to do is simply ask for it **KC**



Rev Reg Craig is Pastor of Hillingdon Park Baptist Church. He has a deep passion to see Christ glorified in the community. He is married to Brenda and they have 3 adult children and 4 grandchildren.

My year as Mayor of Hillingdon

- Cllr Becky Haggar

It has been a blessing to have been Mayor for 2022/2023 and as my mayoral year comes to an end it is a time for me, Marios, my consort and Ellie and Polly, my escorts, to share with you our reflections and poignant occasions representing the Borough of Hillingdon.

The role as Mayor is to serve all our 300,000 residents and we hope that we have managed to deliver this task with compassion, love and a listening ear connecting and supporting the community.

It has been a blessing to have all your amazing support at Kingsborough Church and for Pastor Tunde and Toyin to be our Chaplain. We are humbled that you have kept us alive in your prayers over the year and this have been very much appreciated and welcomed. Please do continue to pray as we come into the last months of mayoral duties.

Christ has certainly placed us in a year that has been like no other from the Queen's Platinum Jubilee to the sad passing of Her Majesty the Queen which was such a moving and historical moment for the borough of Hillingdon. Representing the residents of the borough and showing our respect welcoming the coffin for her late Majesty at RAF Northolt, meeting HRH The Princess Royal and the former Prime Minister was an honour. I was humbled to stand there for all of us in the borough offering silent prayer for the family on such a sad occasion.

The historical events and protocol that followed were a privilege including the proclamation of the new King and to future days ahead with the King's coronation which will fall into my Mayoral year. We look forward to seeing many residents at the forthcoming street parties.

The year has been a hub of serving and supporting our community, in all areas. We have really had a "connective year" enhancing working relationship with schools, community groups and



businesses right across the borough. It has been wonderful to encourage and support everyone, thanking those who have served this Borough faithfully with a loving heart. The mayor's parlour has been a hub of recognitions in our voluntary and working sector.

Local schools have been a place to share and encourage our younger generation to play a part in our community, in sitting on committees and activity knowing what is the Mayor's role and the Council's role in the Borough. The local young groups such as the Boys Brigade, Cubs, Scouts,

people together.

The officers and staff at Hillingdon work hard in bringing communities together with numerous events in the libraries and workshops and it has been a blessing to be able to support the team. It has been a joy to also encourage and work with our disability sector and schools all of which have really risen to the challenges of work placements after school.

Keeping our green places and climate change has also been proactive as we plant more trees and eco-friendly spaces.



Brownies and Guides have been encouraged with trips to the parlour where we too can hear about the exciting work they do in the community.

This year has also seen an engagement with our multi faith leaders and the Mayor's Civic Service in which several faith leaders attended. Our Chaplain Pastor Tunde has been connecting and working with the local churches in delivering an effective way of communicating to our residents with what is happening around Hillingdon in the faith communities.

We have also held three charity fundraising events this year to raise monies for the Daniella Logun Foundation and the Magically Marvellous Picture House. All of the events were successful with several residents attending. These events have been sponsored by various companies across the borough and it has been wonderful to connect

The year has enabled us to bless and prosper Hillingdon with the word and blessing of Christ interwoven in all our speeches. We have seen this proactively play out in our communities as they have seen favour in all they are doing. Thank you Tunde and Toyin for the blessing in the office and for Father Andy who generously donated a 1876 bible.

Our final day acting in this position will be 10th May and we hand over the baton knowing that the Lord has accomplished all his needs. From then it will be back into the office as a local councillor still working very much in the community.

Thank you again from us all. Please do feel free to ask us about our time as Mayor, there have been so many God incidents to share in this page **KC**



Painting the Future

BY CHRISTINE BAMIGBOLA

On the 5th March, Kingsborough Centre had an event to mark twenty years of serving the community in the Hillingdon Borough. The event which took place at their premises at 4 New Windsor Street, Uxbridge, was attended by the Mayor of Hillingdon, Councillor Becky Haggar and her consort, Mr Marios Kaikitis. Despite it being a chilly winter morning, there was an extraordinary turnout from Councillors, local community and church leaders, members, staff, volunteers and friends of the house from 11am to 3pm.

Kingsborough's vision was a recast by the senior Pastor, Pastor Tunde Balogun to serve the people within its community, to connect people to their God given purpose, equipping them with biblical principle of success and guide them to deploy their gifts to serve others, with the singular goal of adding value to lives.

There was thanksgiving that this vision has touched and equipped hundreds of people over the last twenty years. The attendees were treated to a tribute of some of Kingsborough's achievements; including a display arcade of six small businesses, where the founders had been

inspired, nurtured and mentored by Kingsborough.

There was a vivid display of a typical nursery room and tribute was paid to Kingsborough's contribution to childcare and education in Hillingdon, through the Coat of Many Colours Nursery, which it started in 2005. It runs two branches in Uxbridge and Hayes, where one thousand five hundred children have passed through, and the nursery has an OFSTED 'Good' rating.

Recognition and commendation was given to The Hillingdon Foodbank, a subsidiary of the Kingsborough centre, which it opened in 2009 to provide emergency food parcels to support the most vulnerable in the community. It operates in seven distribution centres, in different areas of the Hillingdon Borough and provides volunteering and work experience opportunities.

The event concluded with an exciting session on 'Building the Future' in the next phase of Kingsborough within the Hillingdon Borough, to include further impact in the area of education, business and other services needed in the community **KC**

AT TWENTY





Going the *extra* mile

The soaring high cost of living crisis has made lot of individuals and families to look toward the direction of Foodbanks across the United Kingdom. From the vantage position as the co-ordinator of the Hillingdon Foodbank I can attest that our successful milestone achievement has been because of unquantifiable efforts and sacrifices from trustees, councils, individual volunteers, cooperate volunteers,

donations from churches, supermarkets, corporate organizations, schools, charity organizations and the community at large.

As we approach Easter during this period of the cost-of-living crisis, we want to say a big thank you to everyone that has contributed immensely with their time, effort and resources to the community service provided by the Hillingdon Foodbank. Please find some of our donors, volunteers, and helpers in the February 2023 on the next page. ▶▶▶▶

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SUNDAY**

WITH SPECIAL GUEST: ANDY ECONOMIDES
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Donation from Galliford Try



Private - John Pante



Accenture Group



St. Bernadette RC Church



Donation from Galliford Try



MACE Group

Whispering Winds

We are all ears!



Q - I am a lonely teenager and I am experiencing bullying on different platforms: at school, online and in the neighbourhood, I thought I could cope but the whole process is unending to me. I worry it will spill into my adulthood.

Bullying is a very bad trait and found in all stages of life, it is centuries old and in all cultures of the world. It is nice that you have spoken out by writing to us and that is half the battle won. I am hoping that you have confided in your parents and teachers at school. If you have not confided in anyone, please go ahead and speak up.

Nobody should be a victim of bullying and there are many training materials to help you spot the signs of bullying and if you are experiencing one or more signs of bullying. I am trying to decipher if you became lonely as a result of the bullying and retreated into yourself or that you don't have friends.

Considering the different platforms where you experience bullying, it is alarming and I would suggest urgent intervention for you before it causes you any serious harm, that may lead to permanent damage. I have noted that you think you can cope, it is not good for your mental health and relationships around you.

Bullying is an unending process when it is not tackled and brought out into the open, it causes health issues and steals your joy and happiness. I would start by insisting the school

is informed of the bullying you are experiencing, it needs to be investigated. It is not clear from your question if you have just entered your teenage years or near the end of your teenage years. You should be able to enjoy your teenage years, it comes once and you can't relive it when it is gone. Cyberbullying needs to be reported and you will get help from organisations/charities set up for this. It might be in your interest to stay away from online activities for a while before you rejoin again. As this escalates your loneliness, you have no

friends in this platform. I am concerned with the bullying occurring in your neighbourhood that would prevent you from mixing with other children who live in the area as well as making friends. No man should be an island existing on their own, life goes round with loving people in it. There is a limit to endurance and you may think

you are coping but it is taking its toll on you. You need to seek appropriate and timely help now. All the baddies need to be identified and talked to or dealt with by the law. The help you get will ensure that bullying does not spill into your adulthood. I pray that once bullying is stopped and your life comes back to normal, that you find life long friends and do life together arms linked with imprinted foot prints of time **KC**

Whispering Winds is a column where we provide answers to readers' questions on emotional and relationship issues on a monthly basis. If you have a question, please send an email to whisperingwind@kingsborough.org.uk

Bullying is an unending process when it is not tackled, it causes health issues and steals your joy and happiness.



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