

CONNECT

ADDING VALUE TO LIVES

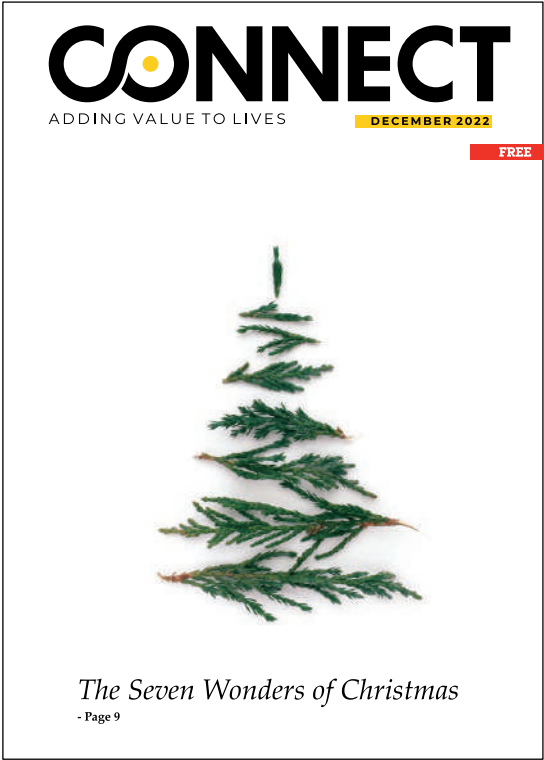
DECEMBER 2022

FREE



The Seven Wonders of Christmas

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As we welcome another season of Christmas, celebrating the birth of Jesus, (the beginning of God's solution to the problems facing man on earth), it is obvious by the look of things that it may well be a time of mass-crisis for many. You cannot but wonder with all that is going on; the chaos, the increasing anger on the streets about the cost of living crisis, inflation and the multiple strikes by numerous Trade Unions.

Hardly is there any industry that has been spared, hence my asking – what would you be celebrating; Christmas or Mass-crisis?

If the weight of what is looming is heavy now and same is still expected to peak at Christmas, then we really need to become resilient and persistent.

Talking about resilience and persistence, I would like you to consider reading the parable of Jesus in Luke 18 :1-8. There we find the widow in distress, seeking vengeance from her adversary(ies). The city judge, who should have easily helped was not bothered for a while because he had no fear of God, nor did he have any regard for man. Nonetheless, the widow made up her mind not to let go. She persisted.

And then there is the blind man who on the way to Jericho (Luke 18:35-43) was rebuked and asked to keep quiet and not ask Jesus for help. Instead, the blind man cried louder in order to catch the attention of Jesus. That is similar to the way the widow relentlessly troubled the city judge and gave him no rest until she got what she wanted.

Now here's the bottom line - Jesus said God will speedily avenge those who stay committed and consistent in their walk with him regardless of any opposition and criticism they face.



However, Jesus still asks a very critical question implying that when it's all said and done, *would there be genuine faith on earth?* To measure the genuineness of our faith, Jesus referred us to another parable about a religious Pharisee and a tax collector (Luke 18:9-14). Genuine faith would not allow anyone to pride themselves as being more righteous than anyone else. Rather, when we approach God in humility and ask to be saved by His mercy, there is assurance we would be justified.

As this year draws to an end and we are faced with innumerable issues, may I ask that you consider

situating Christ in this Christmas. He is the reason for this season.

The promise we have from God is that He would crown our year with His bounty and our fields would be filled with overflow and plenty (Psalm 65:11). We stand a better chance with God, He proved Himself in the extraordinary expression of Jesus as a Babe in a manger, yet the angels and the stars witness till date that Jesus is King of kings! Our Messiah!! He is the reason for the Season. Merry Christmas!!!! **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.

Jokes

Q: What do you call someone who doesn't believe in Father Christmas?

A: A rebel without a Claus

You know you're getting old when Santa starts looking younger.

- Robert Paul

I once bought my kid a set of batteries for Christmas with a note on it saying "Toys not included."

Bernard Manning

My mother cast one of her students as the innkeeper for the Christmas pageant. All the third grader had to do was tell Joseph, "There is no room at the inn." But during the performance—after Joseph begged for a room for his pregnant wife—the boy didn't have the heart to turn him down. "Well," he said, "if it's so urgent, come on in."

Spotted outside a church in Michigan: "Honk if you love Jesus. Keep on texting while you drive if you want to meet him."

For Christmas, I gave my kid a BB gun. He gave me a sweater with a bull's-eye on the back.

Q: Why are Christmas trees so fond of the past?

A: Because the present's beneath them.

Jokes are culled from rd.com/jokes



Give this your best shot!

SPOT. SNAP. SEND

Christmas decorations. Beautiful flowers. Stunning sunset. Socializing dogs. Iconic places.

Whatever catches your fancy within the Hillingdon borough, get your phone or camera, take a shot and send to us and you stand a chance to win **£25 voucher** for groceries.

Please send picture (one only), your name, date taken, location and a one liner on photograph to 3s@kingsborough.org.uk

Winner will be announced in the next edition.



Festivities GALORE

- Jane Domike

It is the festive season again - hurray!. It is time to deck the halls, make joyful noise and gather with loved ones and friends. To eat and drink, to make merry and dance or just enjoy those lovely moments together. However, in this section we recognise that the financial times we find ourselves might toggle the festive boat a little.

As such, in this edition as keeping with our tradition, we would like to share some simple tips on how to still have those sumptuous healthy meals on a tight budget and deck your homes with festive glam without spending too much money. Meals on budget has for some time now been the preferred in most homes due to the squeezing financial times. So here are some ideas that will help you save time and money while you tingle your festive buds and leave your account still smiling.

Plan ahead and shop in advance: It's never a good idea to shop for all your festive condiments too close to Christmas because you run the risk of not finding what you want, having to go for a more expensive alternative or paying a

lot more for the same item as it is in demand.

Swap the expensive ingredients for cheaper alternatives: For example, why not swap the whole turkey for the turkey breasts – it works out cheaper and can be delicious too.

Think healthy: Add more variety of fruits and vegetables. Use them for meals and puddings, they work out cheaper, are healthier and with the right recipe can be tastier.

Swap expensive ingredients for cheaper alternatives. Think healthy. Recycle old decorations. Make your own meals.



Best to stay home and make your own meals: Eating out over Christmas, although lovely, can be an expensive venture. There are many websites with wonderful ideas on feasting on a budget and healthy alternatives, some of these websites include:

Healthline

(<https://www.healthline.com/nutrition/simple-dinner-ideas>)

Beat the budget

(<https://beatthebudget.com/recipe/christmas-for-6-under-20/>)

Delish

(<https://www.delish.com/uk/cooking/recipes/g34411904/cheap-christmas-dinner-recipes/>)

Now we know what to eat, here are a few tips to pep up the festive vibes in your home:

Make your own decorations: this would provide a bonding time for parents and kids or allow you express your inner Da Vinci.

Recycle old decorations: vamping up old decorations is a good idea. Visit the local pound or savers shop, to get some decoration

essentials

So now we know a few tips on how to make our festive season a blast, but as always with this corner we must always remember to stay healthy. As the winter fast approaches, do not forget to layer up sensibly and keep warm.

Enjoy the festive season ahead, remember to share love in any little way and spend time with loved ones, family and friends **KC**



1 brain exercise to help keep you mentally sharp.

Draw a map from memory. After returning home from visiting a new place, try to draw a map of the area. Repeat this exercise each time you go somewhere new. One past study, which focused on London taxi drivers (who are expected to memorize the complex layout of the city), found that drivers who successfully memorized the city map showed permanent changes to brain structure and better cognitive function. *Credit: everydayhealth.com*

LET'S PLAY SUDOKU

Life is like sudoku, all you need just place some things at the right place at the right time and then everything else will fall at its right place

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

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

MEDIUM

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

CHALLENGING

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



Warm Spaces

CHURCHES IN UXBRIDGE

As we plan for the winter months, a number of social commentators have raised fears that with the alarming escalation of energy costs, many vulnerable people will be facing hard choices between heating and eating. It has been suggested that places of worship consider a practical response to this by offering a warm space for vulnerable people to spend the day in, with perhaps coffee/soup/ board games being available for one day a week.

www.warmwelcome.uk

St Margaret's Church, Uxbridge

Monday – 10 – 12pm. Drop in / Wednesday – 10 – 11.30am. Praymates for young parents & toddlers / Friday. Foodbank & drop in. 11am – 1pm

Location: Windsor Street, Uxbridge / Contact: secretary@uxbridgeparish.org. Tel: 01895 258766

Hillingdon Park Baptist Church

Monday to Friday. 12pm. Lunch. £5 for 2 courses and free drink / Location: 25 Hercies Rd, Uxbridge UB10 9L / Contact: office@hillypark.org.uk. Tel. 01895 814424

Christ Church.

Monday 10 – 2pm Drop in / Tuesday & Thursday. Café – 10 – 2pm for affordable refreshments.

Location: Redford Way, Uxbridge / Contact: publicity@christchurchuxbridge.org.uk. Tel. 01895 258956

Waterloo Road Church.

Monday. 10 – 11.30am Toddler Group / Wednesday (Monthly – First Wednesday) 10 -11.00am. Drop in for refreshments / Saturday (Monthly – first Saturday) 9.30am – 11.30am. Refreshments

Location: Waterloo Rd, Uxbridge UB8 2QX / Contact: contactus@waterlooroadchurch.org.uk. Tel. 01895 257663

Salvation Army

Wednesday & Thursday. 10am – 3pm. Drop in with refreshments.

Location: 125 Uxbridge Rd, Uxbridge UB10 0LQ

Contact: uxbridge@salvationarmy.org.uk. Tel. 01895 234088

Also seeking donations of warm coats and jumpers for winter



PICTURES



Pastor Tunde Balogun with West Area BCU Commander, Chief Superintendent, Sean Wilson



Church leaders in a hybrid meeting with Cllr. Becky Kaikitis, seeking how to better serve the people of Hillingdon.



L-R PC Mohammed Dar (Faith & Policing officer), Sir Mark Roley, (Met. Police Commissioner), Pastor T. Balogun (Kingsborough Centre)



Remembrance day in Uxbridge



Pastor Tunde Balogun and other Mayoral Chaplains inside the Jerusalem Chamber at the Westminster Abbey



Mayor of Hillingdon, Cllr. Becky Kaikitis and other mayors in discussion with the Duke of Gloucester during the evening song celebrating the feast of the dedication of Westminster Abbey.



Jo, a resident of Uxbridge, her husband and three daughters at the Uxbridge War Memorial.

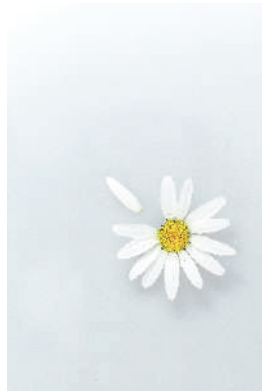
SEVEN WONDERS OF CHRISTMAS

- *Christine Bamigbola*



Good News and Hope

Christmas contains a bundle of wonders! The first wonder is the story at the heart of Christmas, a Christian story of hope, the birth of baby Jesus, who was no ordinary baby but one who came to bring hope and good tidings to the world. Hope is an optimistic state of mind that is based on an expectation of positive outcomes with respect to events and circumstances in one's life or the world. We all need a good dose of hope with the current economic events and our individual challenges during this year.



Singing and Rejoicing

Whether it's a carol service, a festive karaoke session or a high street singalong at Christmas, singing is great for our health and well-being!

Besides having fun and a good laugh, singing has psychological benefits when people sing together.



Part of the warm fuzzy feeling is the increased sense of community, belonging and love! Laughing sends more oxygen to the brain and that triggers the release of endorphins, or brain chemicals that help us feel positive. Laughing can also lower blood pressure, relieve stress and boost mood. Christmas brings us together through singing and laughter in a universal language. Even if we don't have much, we can lean on each other, sing, laugh and be uplifted. The benefits this has on our mental health and well-being are endless.

Quality time with family and friends

The Christmas season allows us to make time for the people we love and care for, and just simply enjoy each other's company. The travelling time that we put in at Christmas is proof that this brings deep meaning to us as individuals. We drive or fly long distances to spend time with our loved ones,

which we wouldn't do at any other time of the year. Family and friends make us who we are, and their presence re-assures us that we have some people who are on our side, if all else fails. Christmas gives us that unique time to strengthen our family bonds and rekindle our relationships. It doesn't need to be grand, and it doesn't need any pretence, just reach out to your family and friends, and let Christmas create its wonder!



We give gifts and receive gifts

Who doesn't love giving or receiving gifts! This practice leaves even grown-ups feeling giddy and excited to

give and receive gifts, partly because it makes us feel good and we know we have made



another person feel good. Our bodies feel boosted, and it registers that we have done something meaningful with an inner sense of achievement, even when we are giving small gifts. H. Jackson Brown said, 'the happiest people are not those getting more, but those giving more' and the Bible says in Acts chapter 20:32 - 'it is more blessed to give than to receive'. So, it is worth watching the balance between what you receive and what you give.

Variety of Food

Christmas is when we eat the most variety of foods than at any other time of the year, including the roast turkey, pigs in blankets, salmon, mince



pies, Christmas puddings, the annual portion of brussels sprouts, parsnips and more. This is a unique blessing, and it means we must remember to plan and minimise food wastage. Remember, to intentionally give some food to someone else, who may have very little food or none.

Dress Up for the Occasion

Whether it is shiny clothes for a party that takes your fancy, a Christmas jumper, or a onesie for the home time, it is worth rising to the occasion and soaking in the spirit of Christmas by dressing up for it. Research shows that when we dress up, we feel good and more immersed into what we are doing.



Rest and Recharge

Christmas-time allows us to hit that well-deserved snooze button-guilt free! Catching up on an extra hour or two of sleep in the morning or a mid-day nap is the perfect way to catch up on the rest that

we neglected to have during the demanding months of the year. It is a time for long walks, gym and playing games with children are fantastic at this time of year and will help to keep off the pounds from the intense eating. It can also be a time to keep the mind sharp with board games, with friends and family, whilst also connecting with them.



Altogether, Christmas has its own blessing and manifold priceless wonders, beyond the Christmas tree, decorations, overspending money and endless cooking.

Let the seven wonders of Christmas reset the stage - sing, laugh, spend time with loved ones, give and receive gifts, eat, recharge, rise to the occasion and most of all, embrace good news with hope for a brighter tomorrow.

As the song by Andy Williams goes, Christmas is simply the most wonderful time of the year! Remember to wish as many people as you can, **Merry Christmas!**

The Winter Wellness Directory

Must Have. Must Read!

The **Winter Wellness Directory** produced by the **H4ALL Community Development Team** is a must have and must read resource. This document provides insight on helping you to live well during this winter.

This directory provides comprehensive information on government schemes and payments.

In this times when the cost of living has skyrocketed, the directory provides tips on saving money, how to manage your debt, how to care for yourself and so much more. Scan the QR code to get your copy.



Christmas Greetings

Churches Together in Uxbridge wish you a happy Christmas and invite you to join them in celebrating the birth of Jesus

Wednesday 7th December

4.30pm Churches Together Carols The Pavilions

Sunday 11th December

11am Parade and Gift Service Christ Church

4pm Parish Christingle Service St Andrew's

7pm Carols in the Pub The Queens Head, Windsor St

Wednesday 14th December

7am Candlelit 'Rorate' Mass Our Lady of Lourdes and St Michael

12.30pm Lunchtime Carol Service St Margaret's

Friday 16th December

12noon Carols and Mince Pies Christ Church

Saturday 17th December

5pm Mass with Blessing of Cribs Our Lady of Lourdes and St Michael

Sunday 18th December

8am Mass with Blessing of Cribs (also at 9.30am & 11am) Our Lady of Lourdes and St Michael

10am Christmas Carol Service The Kingsborough Centre

11am Carol Service Christ Church

6pm Carols by Candlelight St Margaret's

7pm Carols by Candlelight St Andrew's

Saturday 24th December

4pm Mass with Carols and Children's 'Living Nativity' Our Lady of Lourdes and St Michael

Parish Crib Service St Margaret's

10.30pm Service of Readings and Carols Our Lady of Lourdes and St Michael

11pm Mass of Christmas Night and Blessing of the Crib Our Lady of Lourdes and St Michael

11.30pm Parish Midnight Mass St Andrew's

Saturday 25th December

8am Mass with Carols (also at 9.30am & 11am) Our Lady of Lourdes and St Michael

10am Christmas Day family service St Andrew's

Christmas Day family service St Margaret's

10.30am Christmas Day service Christ Church

Christmas Day Quaker worship Uxbridge Quaker Meeting

11am Chris-Jammer Breakfast HOMEservice (online) The Kingsborough Centre

Sunday 26th December

11am Mass with Carols Our Lady of Lourdes and St Michael

Christ Church

(United Reformed/Methodist)
Redford Way, Belmont Road, UB8 1SZ

01895 258356

www.christchurchuxbridge.org.uk

The Kingsborough Centre

(Pentecostal)
4 New Windsor Street, UB8 2TU

01895 252224

<https://www.kingsborough.org.uk/>

Our Lady of Lourdes and St Michael

(Roman Catholic)
Osborne Road, UB8 1UE

01895 233193

www.catholicchurchuxbridge.org.uk

St Andrew's

(Church of England)
Hillingdon Road, UB10 0AE

01895 258766

www.standrewsuxbridge.org

St Margaret's

(Church of England)
Windsor Street, UB8 1AB

01895 258766

www.stmargaretsuxbridge.org

Salvation Army

Cowley Road, UB8 2LT

01895 234088

www.salvationarmy.org.uk/uxbridge

Uxbridge Quaker Meeting

York Road, Belmont Road, UB8 1QW

01895 232196

www.uxbridgequakers.org.uk



May the joy of the angels,
the gladness of the shepherds,
the worship of the wise men,
and the peace of the Christ child
be yours this Christmas.

I am delightfully glad as I currently serve as the Chaplain to Councillor Becky Hagar-Kaikitis (The Mayor of Hillingdon), to commend her efforts toward unity of purpose among the churches, increase and growth in the impact the collective church is making to serve our community.

She desires that the church would form a cohesion in working together to shine the light and love of God to the displaced and the distressed all around us in Hillingdon. In this edition, we would report on some of our meetings and share news and details the CONNECT team have received about event in some of the Churches - *Tunde Balogun*



HILLINGDON CHURCHES CROSSLINK



Yiewsley Baptist Church.

74 Colham Avenue, West Drayton, UB7 8HF

Sunday: 10.30am - 12pm

Weekly meetings are held twice. Zoom meetings are translated into Farsi (please contact 07974788658).

Carol events with visiting speakers on 11th December (Pastor Les Wheldon) and 18th December (Fineke Janson, missionary to Bolivia)



Bell Farm Church

South road West Drayton, UB7 9LW

Sunday: 10.30am (A multi language translation service is provided for all languages)

International Service 7pm Alternate Tuesday Evenings

Family service where ministry and a meal is provided.

All nations are welcome, multi language translation service is provided. Clothing and essentials are often distributed at these services

Please visit www.bellfarmchurch.com



Kings Church Iver

West Square, High Street, Iver, Buckinghamshire, SL0 9NW

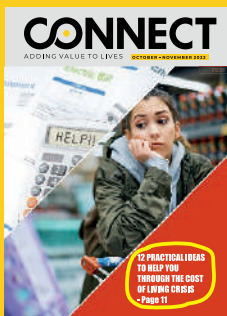
Sunday: 10.30am

Tuesday: 6.30pm (The Sanctuary; prayer meeting)

Every First Sunday: 7.00-8.30pm (Divine healing prayer meeting)

For more information on what we do at King's, please visit our website:

www.kingschurchiver.org or visit our Facebook or



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Whispering W I N D

We are all ears. Lighten your burden

Q - I love the build up to Christmas day but it have always felt like an outsider looking on the inside. It is a lonely journey and experience that has gone on for years and I have not enjoyed the festive periods. I would like advice on how to manage and enjoy the Christmas period.

A - I will start by thanking you for writing in, as it is a very difficult emotion experienced by some people in the run up to Christmas and they sometimes wish that this festive period never happens. I am happy that there is an aspect of the Christmas holidays that you love. The Christmas holiday is a Christian festival of remembering the birth of Jesus Christ as a gift to the world.

Celebrating this festival has evolved over time and it is celebrated differently in many countries. Most times it is inexplicable describing your feelings of an outsider looking inside a plethora of activities: shopping, gift exchanges, traveling to see family, office Christmas parties, charity events etc. The buzz of activities is enough to estrange the lonely. Loneliness by definition is not just people who have no family or close friends and associates, you can be in a family and amongst loved ones and battle loneliness. It is now recognised that there is a significant number of suicide cases during and after the Christmas holidays. This is concerning, as we lose these precious individuals each year.


I am sorry to hear that this journey has gone on for years leading to the lack of enjoying this festival. There are a few questions I would like to ask, do you have close friendships and maybe family? If the answer is yes, is there any discussions around the feeling of loneliness that occurs during the Christmas period

for you? What aspects of the Christmas preparation makes it lonely for you? Do you suffer from any mental health conditions – has it been diagnosed and treatment commenced? Does this feeling of loneliness increase during Christmas or do you experience it during other festive periods or holidays?

There is a saying that the solitary is put in families for the companionship, love and understanding. My advice would be to get closer to people and share your feelings where you feel comfortable doing so. Also, you have one life and you get one shot at it. Try other lesser festivals and use it to share the love you abundantly have with a splash of gift giving to your nearest and dearest.

You can dip your feet into community projects like soup kitchens, food banks, homeless shelters that would welcome an extra pair of hands during the Christmas period. That way you are sharing a lot of Christmas cheer and hopefully you will get a lot out of it for yourself.

The current cost of living crisis is hitting most people badly, you will meet them at some of these community projects where they would want a listening ear that you can provide non-judgementally- you want a listening ear and you can provide support in a non-judgemental way. You may need to dig deep to find words of support for others, but in doing so, you will find joy and fulfilment.

I hope this season will be a start of enjoying Christmas holidays and I wish you a merry Christmas. *Further help and advice is available at <https://www.samaritans.org> *

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



**COME EXPERIENCE
THE LORD WHO
CROWNS 2022 WITH
HIS BOUNTY!**

ATTRACTIONS



11th December / 10am
Children's Christmas Party



18th December / 10am
Carol Service



25th December / 10am
Chris-Jama service at Home (over breakfast)



**Thursday 29th & Friday 30th
December / 7pm - 8.30pm**
Going for Gold Prophetic service



Saturday, December 31st / 9pm - 12.30pm
New Year's eve service



Sunday January 8, 2023 / 10am
New Year Thanksgiving service

Join us at

**4 New Windsor Street,
Uxbridge, UB8 2TU**



For more information, Visit us online at
www.kingsborough.org.uk
Email: info@kingsborough.org.uk
Tel: 01895 252 224 Mobile: 07848237072





HELP US ENSURE NO-
ONE IN OUR COMMUNITY
GOES HUNGRY

Please Donate the Following Items Today



Dairy

- Long-life, or UHT milk (whole)
- Long-life, or UHT milk alternatives

Preserves

- Honey
- Jam
- Peanut Butter
- Chocolate Spread
- Tea
- Instant Coffee
- Sponge puddings (and other long - life desserts)

Due to current storage limitations, we can't accept chilled, fresh, or frozen food, but we're working to make this a possibility.

Quick Meals and Lunches

- Noodle pots
- Microwavable rice
- Mug-friendly pasta
- Quick couscous

Drinks

- Noodle pots
- Microwavable rice
- Mug-friendly pasta
- Quick couscous

Snacks

- Cereal
- Snack bars
- Crisps
- Chocolate
- Biscuits

Store-Cupboard Items

- Tinned pulses (kidney beans, chickpeas etc)
- Tinned vegetables
- Tinned soup
- Tinned meat meals (no pork)
- Tinned vegetarian meals
- Tinned ham
- Tinned fish
- Tinned custard
- Tinned rice pudding
- Tinned fruit Cooking oil (500ml or 1l bottle)

Health and Cleaning Products

- Toilet Roll
- Soap
- Sanitary towels
- Washing up liquid
- Laundry pods
- Shampoo
- Deodorant
- Shower gel



Thank you for thinking of us!



hillingdonfoodbank@kingsborough.org.uk



Call telephone number
1) 0189 525 2224 (Ext 3)
2) 0785 9710 747



Deliver to our warehouse or our drivers can come collect at your location



Donate funds directly from website <https://hillingdon.foodbank.org.uk/give-help/donate-money> for us to buy bulk purchases.

