

CONNECT

FREE

ADDING VALUE TO LIVES

MARCH 2023

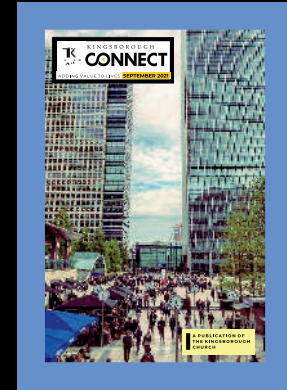
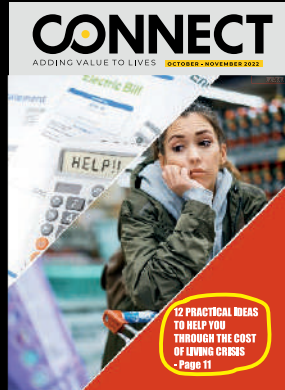
MARIOS KAIKITIS

**I'm no
longer a
slave to
fear**



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YOU OUGHT TO BE

grateful

There would be many different sentiments going through the minds of everyone reading my starter in this March edition, as we reflect on the memories of the past twenty years. The sentiment of not being born at the time, or being a student, not married or still married without children, job surfing, thinking of starting a business, still living with your parents, and still having them around as part of your support network. Like me, all these thoughts, which takes us back to February 2003 when Kingsborough was birthed from that humble beginning, where seventeen of us gathered to see the vision take off.

It all seems a long time ago, but I can vividly remember the faces of people that were there on that first day in our living room. Think about it, twenty years ago, where were you and what would you say about it today.

As for me, memories come back to me of how ambitious, insightful, but daydreaming we all looked because our inadequacies and helplessness could be visibly seen. As the one leading the fresh dream, it was a walking on the water experience. It was clear to me; I was leading the people in a walk in to the dark with fear of the unknown as I shared from my heart referencing a vision book that has taken me nearly two years to put together. Hearing me speak, you would have been left in no doubt that, there must be something I know, even though it did seem unsubstantiated. The clarity of purpose to serve, the confidence in pursuit of the mission and the willingness to embrace whoever identified a part they could play formed the basis of our motivation to forge ahead.

Twenty years later, as we look back at the passage of time, so many things are significantly obvious – The successes, the mistakes, the delays,

the betrayals, and lessons learnt are essence of why our hearts is full of gratitude. We cannot but be thankful for the many lives that had been enriched in the passion of adding value to people's lives. Our venture transcends our immediate four walls of the church, with our members upthrust to be influencers, change agents and a grassroots community ground force driven towards socio-economic transformation through biblical principle and teachings.

Perhaps, you ought to be grateful like me. Though after twenty years, you might not be

where you would have wanted to be or there could be memories and accounts that falls short of other peoples' glamorous outcomes. Take a pause and reflect that it could have been worse or even been over for you. There are people who would look at where you are

today and refer to you as fortunate with enviable outcome than theirs. Be Grateful!!

I am mindful that healing is a subject in primarily every area of our human recovery especially with current international focus on mental health well being. This remains one of the invisible ails of the human race.

I do hope you enjoy reading his story and I recommend you share it with people who are under the bondage of being frightened! Let them know that healing is possible!!!

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 Apart

STEPS FOR MUMMY

One of my wife's third graders was wearing a Fitbit watch, which prompted my wife to ask, "Are you tracking your steps?" "No," said the little girl. "I wear this for Mommy so she can show Daddy when he gets home." —James Avery

LOOKING FORWARD TO YOUR DEATH

I was admiring my aunt's necklace when she surprised me by announcing, "I'm leaving it to you in my will." I was overjoyed, perhaps too

much. "Oh!" I shouted. "I'm looking forward to that!" —Mona Randem

ONLY SIGN WE HAVE

I was waiting at a small train station when a man put up a sign regarding my train: "30-Minute Delay." "What happened?" I asked. "The train went off the rails," he said. "How long will that take to fix?" "Quite a few hours." "So why put up a sign saying it would take 30 minutes?" "It's the only sign we have." —James Joy

CALLER ID

A couple was expecting a baby. On the way to the hospital, the parents-to-be realized they were not going to make it in time, so the man called 911 for an ambulance to meet them. The operator asked if this was the woman's first child, and the man said, "No, this is her

Jokes are culled from rd.com/jokes



3S Picture Challenge

SPOT. SNAP. SEND

Best advert for a for a plumbing shop :)
Photograph taken on Cowley Road,
Uxbridge at 2.20pm on Thursday, Feb. 17

Beautiful flowers. Stunning sunset. Socializing dogs. Iconic places. Whatever catches your fancy in the Hillingdon Borough, get your phone or camera and take a shot and send to us and you stand a chance to win a £25 voucher. Please send picture (one only), your name, date taken, location and a one liner on photograph to 3s@kingsborough.org.uk. Winner to be announced in the next edition.

Jane's Essentials

BY JANE DOMIKE



As winter makes its exit, spring prepares to make its entrance. The month of March marks the beginning of spring and clocks move forward to reflect the British Summer Time by the end of the month.

The spring season is akin to a time of rebirth. As the winter season has caused flower and trees to lose their luscious green foliage, flowers and fullness. The spring season brings with it a time that allows vegetation to be revived. Flowers, trees and grass begin to bloom again. There are quite a few seasonal flowers that can beautify our homes or serve as a beautiful bouquet for gifts. Some of these flowers include; ranunculus, rose and dahlia.

Although, many gardeners argue that the variety of flowers can differ from year to year. However, there is more significance attached to spring in many religious sects especially in Christianity. It precedes one of the most significant Christian celebrations which is Easter. It is quite apt in its seasonal significance. Easter is also a season of rebirth and new beginnings.

In UK, some saints are also celebrated in the month of March. These celebrations include the St. Patrick's Day, which will be on the 17th of March this year. It is mainly an Irish celebration but is also marked observed all over the world especially where there are Irish communities. There are some speculations around his arrival to Ireland, as some believe he was captured and brought to Ireland as a teenager whilst others believe he came as a missionary. However, it is generally agreed that St. Patrick spread the Christian faith across Ireland. Another notable day celebrated is St. David's Day, 1st of March, which is more affiliated to the Welsh community. It is believed that he was a preacher

and teacher. He is also believed to have founded many monasteries around Britain.

The World Book Day, marked on the 2nd of March this year will be the 26th anniversary of the World Book Day. It is a time when children of all ages are encouraged to explore the beautiful wonders hidden in books, some collections are sold at very low prices to encourage parents to buy the books for the children.

Another fun date is the Red nose day, which will be about the 17th of March this year. The Red nose day which was founded by the Comic Relief a British charity, is a fund raising event. The funds raised are used to support issues of great priority in the UK and around the world as well.

As the month gets busy with many dates marking important celebrations, it remains the dawn of spring.

There is a common phrase used to describe deep cleaning that depicts rejuvenation : "Spring cleaning". It is believed to have been coined from the actual time of season. With the winter being so cold and people being indoors all the time within closed doors, it is believed that the cleanliness is not as good as the spring time which allows for airing the home and cleaning away any muck from the winter season.

The actual term "Spring cleaning", is now conventionally used to denote deep cleaning of a home, tidying accounts and much more. If considered, this points to the fact that the word "Spring" elicits a mental assumption of freshness, new beginning, starting over and so on. Spring season is such a beautiful time, being a time of rebirth, it might be a time to also begin to re-assess some of our health habits. A time to bring back or start the good habits and ditch the bad ones. So it begs to ask, have you spring cleaned your health habits lately?

IT'S GETTING
Springy!



1 brain exercise to help keep you mentally sharp.

Take a cooking class. Learn how to cook a new cuisine. Cooking uses a number of senses — smell, touch, sight, and taste — that involve different parts of the brain. Plus, you'll use cognitive skills like planning the meal, problem-solving, crafting a grocery list, multi-tasking, and organizing, according to the Cleveland Clinic.

Credit: everydayhealth.com

LET'S PLAY SUDOKU

My secret vice is Sudoku puzzles. Can't stop playing them. My parents are accountants. I blame them entirely - Lisa Gardner

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

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

MEDIUM

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

CHALLENGING

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

The Confidence Factor

BY CHRISTINE BAMIGBOLA

If ever there was a time to hold on to Confidence, that time is now! Your life improves in every way, the more self-confident you become and it is important to appreciate that confidence is attracted into our lives by our beliefs, our values and where we place our trust.

What is Confidence? Confidence means feeling sure of yourself and your abilities – not in an arrogant way, but in a realistic and secure way. Confidence is not about feeling superior to others. It is a quiet inner knowledge that you're capable. The approach of the mind to any task and how we present ourselves starts with the thought of being capable or incapable. This belief is anchored in the fact that God created you with abilities and you are inherently capable. If you embrace this fact, it will reflect in your attitude, words, and actions. It will make you happier and help you to become successful, in spite of challenges.

Here are 12 Benefits of Confidence

1. *It brings a reward:* "Therefore do not throw away your confidence, which has a great reward", Hebrews 10:35. Your confidence is yours to keep or give away, along with the reward you would have earned.



2. *Greater self-worth:* the more self-confidence you have, the more you value yourself and your capabilities, which means the more valuable you feel; this is what creates the effect of naturally holding your head up high, since you have higher self-esteem and are proud of who you are.

3. *More joy and happiness:* the more self-confident you are, the more joyful and generally happier you are with yourself; as a result, the more you always enjoy life and you also become a blessing to others everywhere you go.

4. *Freedom from self-doubt:* the more self-confident you become, the freer you become of

the mental torture of doubting yourself, and questioning whether you're 'really' valuable, or capable of achieving things you want to achieve.

5. *Greater strength and capabilities:* the more self-confident you are, the stronger and more powerful you feel; you also naturally grow stronger and more confident when encountering challenges, rather than feeling weakened, crippled, and defeated by them. The more you succeed at facing challenges, the better you become at overcoming them.

6. *Freedom from fear and anxiety:* With God as your anchor, you become confident that you can accept, handle, learn, gain, and benefit from any situation, circumstance, or outcome; in this way, you naturally replace fear and anxiety with greater confidence, that all things will work together for

good.

7. *Freedom from social anxiety*: the more secure you feel in your self-worth, regardless of how others see you, the less concerned you are with what others might or might not think of you in social situations.

8. *More peace of mind and less stress*: freedom from self-doubt, fear, and anxiety naturally translates into greater peace of mind and a more stress-free life.

9. *More energy and motivation to act*: the more confident you

are that you can achieve things you want to achieve (like personal goals or dreams), the more motivated and energized you are to take action to achieve them.

10. *More beneficial and enjoyable interactions with others*: the happier and more confident you are, the more relaxed, comfortable, and at ease more around you; also, with these qualities, others tend to trust, respect, value, welcome, and cooperate with you more; the overall result is better and more enjoyable social interactions.



Confidence is not about feeling superior to others. It is a quiet inner knowledge that you're capable.

11. *Better sleep and health*: less fear and anxiety + less stress + more peace of mind + more happiness = you enjoy the health benefits of being more self-confident, including better quality of sleep.

12. *Greater success*: Has it ever been a mystery to you why self-confident people are naturally more successful? now you can clearly understand why there is such a high correlation between self-confidence and

success; each of the above benefits helps you achieve things you want to achieve faster and easier, which means you enjoy more success in life.

Self-confidence needs to be anchored so that you can sail through vicissitudes of life and truly enjoy all the above benefits. The Bible says; "Trust in the Lord with all your heart and lean not on your own understanding; in all your ways acknowledge Him, and He will make your paths straight. Let God be the anchor of your self-confidence!!" **KC**



Do you need someone to pray with you?

Please text or call **078 4823 7072**

You can also email us at **info@kingsborough.org.uk**

Please visit **kingsborough.org.uk**



COVER
STORY

I'm no
longer a
slave to
fear

BY MARIOS KAIKITIS



*“The LORD is my light and my salvation —
whom shall I fear?*

*The LORD is the stronghold of my life — of
whom shall I be afraid?” Psalm 27:1*

The first time I set my eyes on these verses – I had no idea who wrote these words or of their origins - yet, they jumped out of the page and overwhelmed me. I stood to attention as these words embraced and held me upright with a pillar of strength and assurance I had not known before.

As I repeatedly read through these words, they penetrated into my heart and mind. The sudden realization and assurance of these words spoke of a revelation that had been foreign to me. I asked myself, “you mean, I need never fear again or ever

speaking the very words to me...” The Lord is my light and my salvation” ... This was the voice of God that I sought. I had 'ears to hear and eyes to see' (Matt 13:16) meaning, that I paid attention to the depth and the personal direction of God's word. It was very personal; that He was my light and my salvation. The psalmist says, “your word is a lamp to my feet and a light to my path” (Psalm 119:105). I felt a joyful spring in my step and wanted more!

I could look back from where I came from; a life full of fear, that had plagued and robbed me of my freedom and held me in bondage. The light of God



**I had lived in
an 'open prison'
... I was trapped
and held captive.**

be afraid...of anyone?” Convicted, I somehow knew that these words were true. Set in stone. As though, nothing in the world could remove or take away the promises set out in these words. Why was this so?

I believed it was The Lord God Himself, within these verses, reflecting His light ever brighter into my life, drawing me closer. As though He were

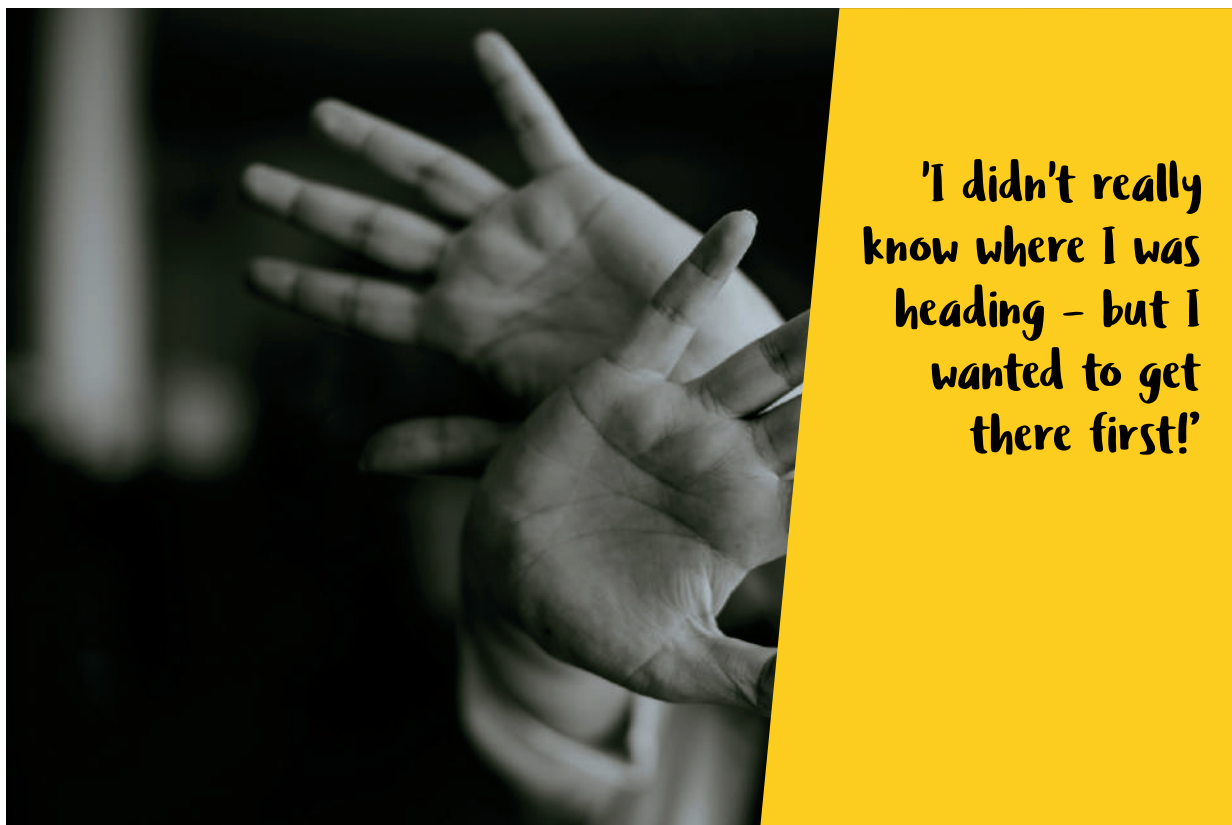
reflected upon the many dark shadows of my life. I had lived in an 'open prison' which allowed me to gratify the desires of my sinful (fallen) nature. I was trapped and held captive. Alcohol had become king, as did other selfish ambitions, behaviours and attitudes.

▶▶▶▶ *Continued on Page 11*

An underlying fear had perpetuated many areas of my life. On reflection, during many periods, I could see how 'I didn't really know where I was heading – but I wanted to get there first!' Such, was the egotistic competitive self. My self-worth and insecurities had been adopted or manifest in other things. The prison walls

which never really bring about the desired satisfaction we thought it might bring.

There was clarity over my existence. The 'beginning and end of my life' had new-found meaning. I felt accepted. It became apparent that "I" was relevant to an Almighty God, who was knowable, whom would offer me refuge in the



'I didn't really know where I was heading – but I wanted to get there first!'

surrounding me were almost invisible. However, these walls were now exposed with spiritual eyes, revealed through the word of God - by The Holy Spirit.

The authority in God's word had begun to light-up the path ahead. The 'maths' was quite simple; the absence of fear was manifest in God because my reliance had now been placed upon God not on myself or even others. I learned that within the world of 'addiction and recovery', the term fear was synonymous with so many who were stricken with such a malady - as was I. However, I also saw that fear impacts a multitude of people in society, that no one is exempt from its stranglehold upon one's life. Perhaps you can relate?

For the first time, my life struggles (meaning and purpose) could now be brought to God. I acknowledged how through my own experience - let alone what history has taught us – that humankind's nature will always 'miss the mark' and that we can never fully satisfy or fulfil each other's needs; even if placed upon other things,

stronghold of His arms and release me from the grip of fear. A God who really loved me. If life had a script, then I wanted to know the author - who was this Jesus? (Act 3:15).

I had a thirst to know this God, and quickly learned that the same God of the Old Testament (the psalmist refers to) came down to earth in the person of Jesus Christ, the word of God. The 'light and saviour' of the world, was offered as a living sacrifice to those who would come to believe in Him and thus, restoring our broken relationship with God (John 3:16). An incredible act of grace, meaning that you and I can personally know Him as our (my) Lord and saviour. To my amazement, my experience enabled me to further live out and express myself in the same way as the psalmist; "that he is the stronghold of my life – of whom should I be afraid".

Fear is an important and necessary emotion; amongst other, it helps warn us from danger, threatening and harmful situations or circumstances. However, fear can quickly escalate and intensify into unnecessary and even

'imagined' levels that can create significant stress, anxiety and other health related issues. This in turn causes further physical, psychological and spiritual problems, and can escalate into further heights of panic, terror and desperation.

I realise that there is a 'misplaced' or escalated fear in everyone. We can overly fear for our jobs, our health and well-being for family; financial insecurities and have a fear of certain people or world events. A fear of never being loved or ever finding fulfilment in our lives. This kind of fear is driven by 'the self' - our sinful nature which opposes the will and love of God. We may fear everything else, but God.

I acknowledged that my rebellious nature was the barrier to a loving relationship with God and turned away from my sin. I willingly accepted a personal invitation from the saviour of the world and the forgiveness He offered me. I recognised a reverent fear towards God. A fear that attaches awe and respect to an almighty creator, the God of all justice and righteousness, who is sovereign above all things.

This kind of fear is another usage to the meaning of fear. In placing our trust and faith in God, rather than ourselves or others, our fear (like the psalmist) will surely diminish. Our souls have a thirst to know God. Only God can quench our thirst.

Our greatest fear, is that of death itself. Yet, the extraordinary resurrection of Jesus Christ conquered death. Meaning that all believers are also granted this victory. Jesus says, "Come to me all who are thirsty". He also says, "that whoever drinks the water I give them will never thirst. Indeed, the water I give them will become in them a spring of water welling up to eternal life" (John 4:14; 7:37)



Marios Kaikitis became an Evangelist with OAC in 2016. He spends the majority of his time preaching and sharing the gospel mainly on the streets of London. Marios has developed a regular prison ministry in The Mount, Bovingdon.

Together, let's increase our **CONNECT***ion*



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FUN FACTS

Why Traffic Lights Are Red, Yellow and Green



The idea that red means stop and green means go affects more than just traffic light colors and red light cameras. We have been taught from a young age that red means danger, while green means safety. But why were those particular colors chosen for traffic lights in the first place? For something we have to look at every day, why couldn't they have been prettier colors, like magenta and turquoise?

Red is the color with the longest wavelength; that means that as it travels through air molecules, it gets diffused less than other colors, so it can be seen from a greater distance. For a real-world example, think about how the light turns red as the sun sets. Even though the human eye is most sensitive to a yellow-green highlighter color (hence the shade of high-visibility safety vests), it can see red from further away.

Yellow has a shorter wavelength than red but a longer wavelength than green. This means that red is visible the furthest away, yellow in the middle

and green the least distance away—a helpful advanced warning for needing to slow or stop. But this could be a coincidence. Red meaning stop originated with train warning lights, and it's not clear whether that was chosen based on wavelength, contrast against green nature or natural association of red with things like blood. It could be a combination of all three!

Believe it or not, yellow was once used to mean stop, at least as far as signage goes. Back in

Red is the color with the longest wavelength; that means that as it travels through air molecules, it gets diffused less than other colors, so it can be seen from a greater distance

the 1900s, some stop signs were yellow because it was too hard to see a red sign in a poorly lit area. Eventually, highly reflective materials were developed, and red stop signs were born. Since yellow can be seen well at all times of the day, school zones, some traffic signs and school buses continue to be painted the color. Keep these

safe driving tips in the back of your mind whenever you see a yellow light.

Next time you're impatiently waiting at a traffic light, don't get mad; employ these driving etiquette rules and know that traffic lights have certainly come a long way ^{KC}

This article written by Morgan Cutulo was culled from rd.com/article

Whispering Winds

We are all ears!



Q *I am struggling at school presently and my parents are not happy about it. I am trying my best and love my parents but I can't bear the thought that I am letting them down.*

A I am happy you have written to us regarding this issue. It is mandatory for children to be at school till they are up to 16 years in the United Kingdom. You are at school for a reason to get an education and compete with others on the world stage. You have a lot to offer to the world and you need to be equipped to carry out this task, I would like you to have this picture in your mind constantly. People have struggled at school due to various reasons such as not understanding the subjects and not getting assistance to understand it, to bullying and harassment from fellow students, peer pressure and issues at home.

All these factors can lead to mental health issues for the young student and it impinges on your concentration levels and your ability to study independently. Education is the bedrock of nation building; each generation contributing to it. No right-thinking parent will be happy if a child is struggling at school. The parents put in a lot of effort, finance, support and love to enable a child to thrive in school, often, denying themselves of many things in this process. It is heart-warming to hear that you are putting in effort to tackle this problem.

Your first port of call will be to have a heart-to-

heart discussion with your parents to air your concerns and the areas where you are struggling. From the discussions, your parents would know areas to offer support and it will strengthen the bond with your parents. The first step was acknowledging where you are and the effort you are putting in to resolve it, this is highly commendable and I hope it brings much needed comfort to you. You mentioned that you did not want to disappoint your parents, you would not disappoint them, it is worth noting that no one on this planet is perfect. We are all a work in progress and guided daily by the hand of our Maker.

What else is distracting you from your studies? I know it sounds like a broken record how much time are you spending on social media that could be devoted to studying your books or getting reading materials for particular subjects that you are not strong in.

You can request for lesson teachers if your parents can afford it to plug any gaps in your learning. The tag line is that you don't need to do this alone, help is always available in various forms. You can join youth clubs, football clubs, coding clubs, motor racing clubs anything that would help sharpen your cognitive skills and gaining a range of new skills that you can apply back to your studies. You are on to the winning team YOU here **KC**

No one on this planet is perfect. We are all a work in progress

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

Hillingdon Foodbank is grateful!

We would like to say thank you to

Chris Merritt of CNOOC and Max Petrucci of Mace Group (Heathrow) for their visit and support to the Hillingdon Foodbank! Your continuous support make it possible to make a difference in people's lives and give the much needed help to the people who needed it the most - THANK YOU!!!!



Call to enrol your child or book a show round today!



Uxbridge Branch

4 New Windsor street, Uxbridge. UB8 2TU

Hayes Branch

192 Church Road, Hayes, UB8 2LT

Telephone: 01895 272885

E-mail: admin@cmcnursery.co.uk

Website: cmcnursery.co.uk



We are delighted to invite you to our
20 Years Anniversary event titled:

Painting the Future

Delve into the impact of the journey so far, and our
vision beyond the horizon.

Sunday 5th March

Time: 11am-2pm

Venue:

The Kingsborough Centre,
4 New Windsor Street, Uxbridge, UB8 2TU.

***Guest of Honour,
The Worshipful, Mayor of Hillingdon,
Councillor Becky Haggard-Kaikitis***

Activities on the day include:
Red Carpet Click, Journey Impact Trail, Feel the Future,
Special Speeches, Fun for Children and more!

***Please note that, this is a FREE event but registration is required.
Free parking in nearby streets. Please arrive by 10.45am***

