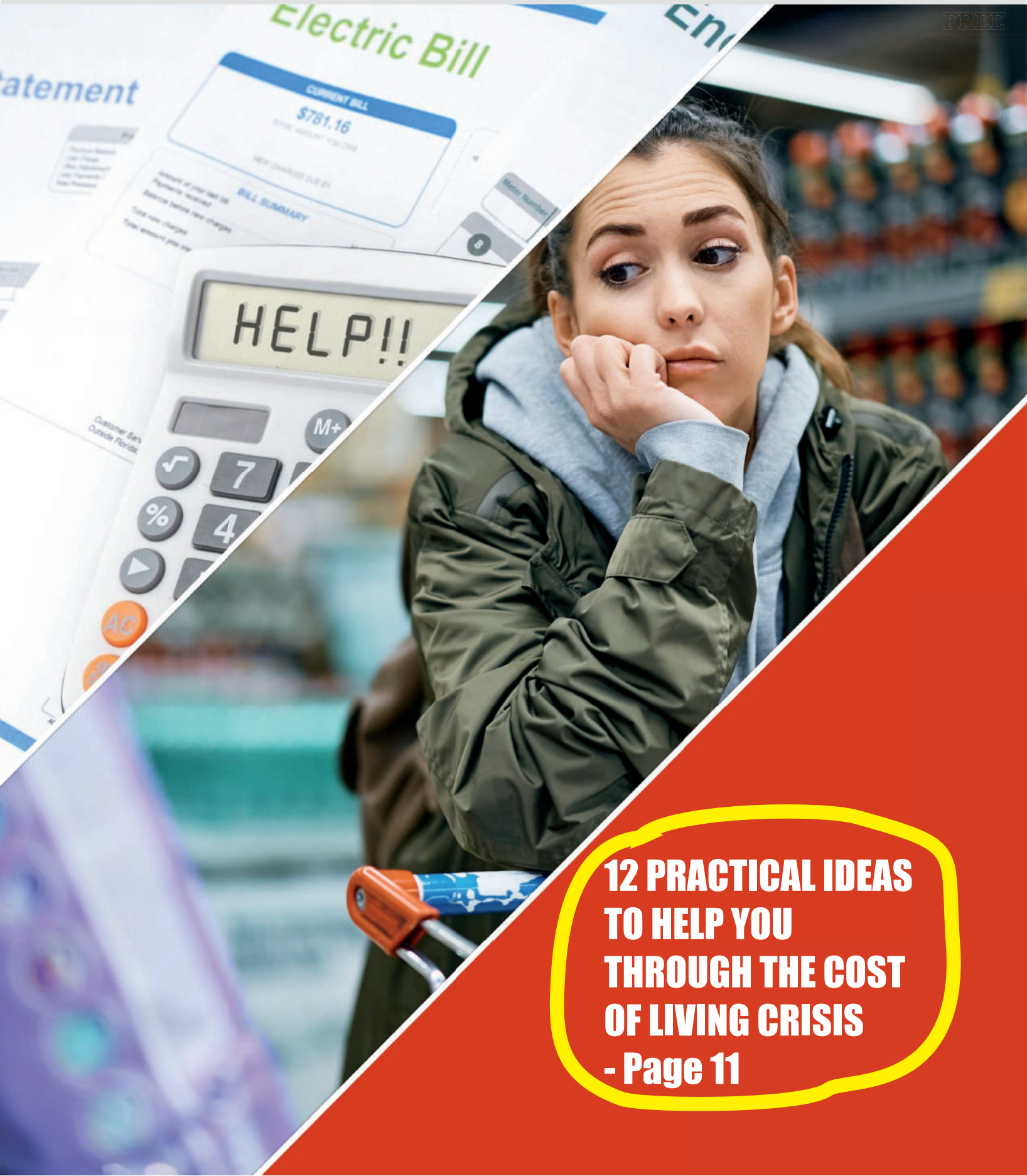


CONNECT

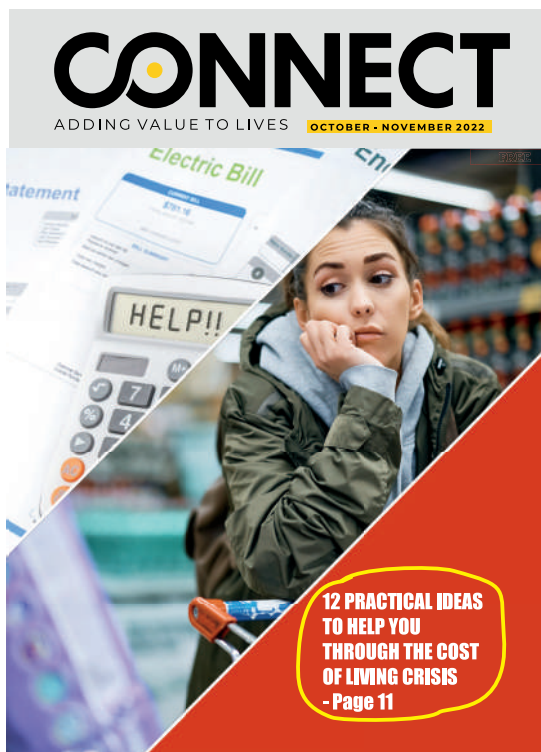
ADDING VALUE TO LIVES

OCTOBER - NOVEMBER 2022

FREE

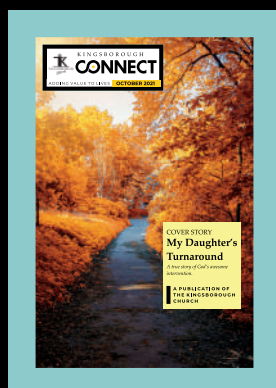


**12 PRACTICAL IDEAS
TO HELP YOU
THROUGH THE COST
OF LIVING CRISIS
- Page 11**



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GRAPHIC DESIGN: Wale Adenuga

THANK YOU QUEEN ELIZABETH

BY TUNDE BALOGUN



The Royal family of the United Kingdom stands out among others across the globe, not just for its wealth, influence and power, but also the persona of Her Royal Majesty Queen Elizabeth II. Her reign as the longest reigning monarchy in living memory made her a legendary institution. Her family and many who have lived, worked and met her said she was gentle, stable, wise, funny, affectionate, dutiful, impressive and Godly.

Her seventy year reign as Monarch and Head of Government for the United Kingdom, Crown Dependencies and British Overseas Territories saw many global transformations, including a decline in interest for monarchical rulership itself. However, these sentiments were not evident in the grand send off for her as the head of family and the Matriarch of the House of Windsor and the passionate participation in her funeral by millions of people within the country and in many other countries.

Rather, her Majesty Queen Elizabeth's funeral was tagged *London Bridge is Down* and attracted more than five hundred Heads of state, royalty from other nations and celebrities from around the world.

No one can forget that hundreds of thousands of people visited her lying in state and even more people lined the streets of the route traveled by her coffin on the day of her funeral through Balmoral, Edinburgh, London and Windsor.

The central aim of all the guests from within and outside the country was united, to honour a messianic woman for living an exemplary life of service to her country and being an iconic inspiration to many millions all over the world.

The cause of a tear or two in many eyes and the reflections of many hearts were centred around one question - In spite of the weight of the responsibility required from the Queen, how did she maintain such a dignified and gentle nature which was constant in the face of adversity and

turbulent times?

Three cogent factors which undoubtedly contributed to her Majesty Queen Elizabeth's global recognition and immortal stardom, which amazingly skyrocketed after her death are;

1. Her upbringing and childhood taught her many values rooted in the principles of service, kindness, hard work, loyalty and responsibility.
2. The second is an early grip and decision to



take serious her Spiritual relationship with God and to please Jesus Christ, by anchoring her faith in her daily living, relationship with everyone she met and in everything she did.

3. The third is her long marriage of seventy four years to Prince Philip whom she referred to as *her Strength and Stay*, when he died in April 2021.

I close with Archbishop Justin Welby's words delivered at the state funeral: *People of loving service are rare in any walk of life. Leaders of loving service are still rarer. But in all cases those who serve will be loved and remembered when those who cling to power and privileges are long forgotten.* **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



E-MAIL ADDRESSES IT WOULD BE ANNOYING TO GIVE OUT LOUD

MikeUnderscore2004@yahoo.com
ikeAtYahooDotCom@hotmail.com
Mike_WardAllOneWord@yahoo.com
AAAAAAThatsSixAs@yahoo.com



Michael Ward, via mcsweeneys.net

A BUSINESSMAN ON PERFECTION...

The closest a person ever comes to perfection is when he fills out a job application form.

Businessman Stanley Randall



AN IMPOSSIBLY LONG LEAVE

An insurance agent called our medical office. One of our doctors had filled out a medically necessary leave-of-absence form or a patient, but, the agent said, the @patient had altered it. The giveaway? The return-to-work date had been changed to February 30.

J. L., via e-mail



A TRASHY CAREER

"Has your son decided what he wants to be when he grows up?" I asked my friend. "He wants to be a garbageman," he replied. "That's an unusual ambition to have at such a young age." "Not really. He thinks that garbagemen work only on Tuesdays."

Source: guy-sports.com

Jokes are culled from rd.com/jokes



A rendezvous Jubilee Celebration

Picture taken by Yvonne Robinson

Date: 3rd June 2022

Location: Uxbridge High Street

We also acknowledge the submission by Daniel Bisland

And here's the winning shot

3S CHALLENGE **SPOT. SNAP. SEND**

Beautiful flowers. Stunning sunset. Socializing dogs. Iconic places. Whatever catches your fancy in Uxbridge, 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.



September usually welcomes the autumn season. The autumn season starts in September and ends in November. However, it is curious to understand what is remarkable about the autumn season.

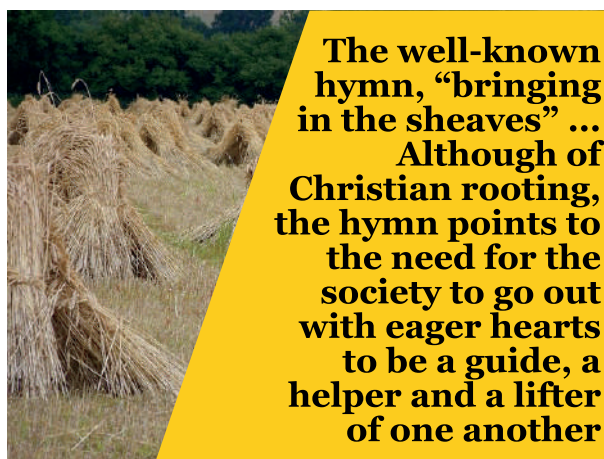
The autumn season is a good season for weddings for celebrants that are not really fans of summer neither are they keen on a cold wedding day in the winter, it is a perfect in-between season for lovely weddings. Many beautiful seasonal flowers are available to adorn the occasion, these include; Dahlias, Amaranthus, Hydrangeas, Lilies and loads more. There is also a subtle celebration in September as a national organic month, mostly recognised by farmers.

The autumn season is generally believed to be a season of harvest. Although some other contrary beliefs are noted but the most noted significance of autumn is that it symbolises harvest. In general, the term harvest can be said to mean a gathering of a yield. This yield should usually bring rejoicing, satisfaction, sense of reward and sense of gratitude. It then makes sense how the USA, celebrates the end of the autumn season by observing a day for thanksgiving. However, before a yield there must be the season of ploughing and sowing. This season of sowing predates the harvest season but is crucially linked to the bounty of harvest season.

So whereas, this autumn harvest is literally affiliated to the harvesting of farm produce, it is crucial to note that there are other significant harvests that are important to keep society as we know it thriving and better improved. This season may not fall into the dated autumn season but is a season of life in its own right. It is no secret that everyone wants to be loved,

understood, appreciated, and celebrated. The bigger question begs to know if the seeds of listening, caring, reaching out and loving one another is sown enough in the society today. Therefore, it is important to remember to sow continually each day for a bigger harvest in every season.

The well-known hymn, "bringing in the



The well-known hymn, "bringing in the sheaves" ... Although of Christian rooting, the hymn points to the need for the society to go out with eager hearts to be a guide, a helper and a lifter of one another

sheaves" originally written by Knowles Shaw in 1874 alluded to the harvest that was beyond agricultural produce. Although of Christian rooting, the hymn points to the need for the society to go out with eager hearts to be a guide, a helper and a lifter of one another so that we all stand in an advantaged position with a grateful heart.

When last did you sow a seed of kindness in your neighbourhood? When last did you call to check on that friend? When last did you listen without prejudice to that burdened friend? Have you gone out of your way recently to meet another person's needs that isn't necessarily your family member? Kindness is king where love thrives. Let's sow that kind seed today for bigger harvests in life's autumn season **KC**



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

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

MEDIUM

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

CHALLENGING

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

Black History Month 7pm – 10pm

WHERE

Online Zoom

27th October 2022

Join Zoom Meeting

Meeting ID: 875 6805 6566

Passcode: 756383

Hillingdon Labour invites you to join their online celebration of Black History Month with special local guests talking about how they achieved success in their respective fields.

Our panel will answer a series of questions that addresses this year's theme "Action Not Words".

At Hillingdon Labour we believe that history belongs to the people and that all of our journeys are important.

So please help us celebrate our spoken history.

For more information please contact

Cllr June Nelson - jnelson@hillington.gov.uk

Cllr Sital Punja - spunja@hillington.gov.uk



SPECIAL GUESTS

NDUKWE ONUOHA

Spoken Words Poet
Storyteller

JACQUELINE

MCKENZIE

Immigration Solicitor

ELIZABETH

BAPATISE

Former Mayor of
Waltham Forest

PROFESSOR

PATRICK VERNON

Windrush Activist

CAROL SEWELL

Labour Party BAME Rep

PASTOR TUNDE

BALOGUN

Lead Pastor @
Kingsborough Church

DR DWAIN NEIL

UDL

Reach Society



QUEEN ELIZABETH II
1926 - 2022

WE WILL REMEMBER



So perhaps a final parting gift of the Queen's is that through the ceremony of her funeral, she will encourage all of us to face the certainty of our own deaths and to do so with Hope -
Rev. Canon Andrew Studdert-Kennedy (Chaplain to the Queen)

The Queen on my mind

Cllr. Becky Hagar
Mayor of Hillingdon
Borough

It is a wonderful blessing for myself and my husband Marios to serve our Borough of Hillingdon as Mayor and consort.

The Mayor is the first citizen of the Borough and with that many duties are woven into the role. One of such duties is to welcome Royalty into the Borough and to share historical occasions take part in events around the Royal family, this is paramount to Hillingdon.

The Queen has been a highlight of the Mayoral year with the celebration and joy of the Platinum jubilee in May to the great sadness and loss in her death in September. The death of her majesty brought to life traditions and protocol, that had not been seen by so many historically before.

It has been a blessing and a humble opportunity to serve in this role and be an ambassador for the residents of Hillingdon.

We all have our path laid out by Christ and we are positioned into place as and when he decides, I truly believe that we have been placed to cover the peace and the blessing of Christ over the Queen's passing in this Borough. It was an honour to be invited to the Coffin coming into Northolt representing the people of this Borough.

This was an opportunity to silently pray for the Queen and for Princess Royal as we welcomed her to Hillingdon. Solemn events and quiet time, allow space to pray for peace for others. Although many times we may feel uncomfortable in these moments it is a chance to reflect and seize the moment in silent prayer. I thank God for that time to be present and to represent all the people of Hillingdon and channel all their prayers.

It was surreal, but real and meeting our new Prime Minister, Secretary of State and the Chaplain. The Queen provided us with many life

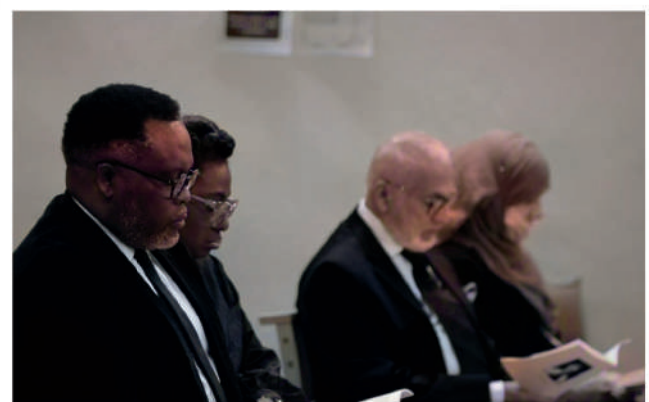
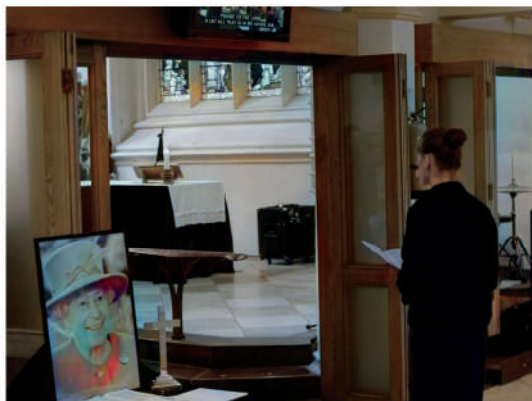


teachings. One that stands out for me and one that I have learned from her life is her passion to serve this country in ALL circumstances, the hard times and the joyful times, her drive of commitment and strength is one I will certainly take on board. It is not just about serving when we want to but being obedient and loyal carrying on even when we may feel like everything is so tough.

As we now journey into a new historical period and welcome our New King, King Charles the 111 we join together to *serve our King*. To serve by prayer, by commitment, by encouragement and for us all to continue to act out our purpose in loving others in helping to keep Hillingdon the wonderful friendly Borough it is **kc**

PICTURES

Commemorative civic service in Uxbridge, by her then Honorary Chaplain Rev Canon Andrew Studdert-Kennedy (Team Rector, Uxbridge Parish). He is now the Honorary Chaplain to His Majesty King Charles III.





Cost of living Crisis

(A dozen simple ideas to help you in this season)

**CARL
BRETTLE**

By now we will have all seen and in some ways felt the news of the Cost of Living Crisis. Energy bills soaring in price and the government seemingly paralysed to act and take on the energy producers who will make billions from us paying more this winter. Food shopping is up by 88%, Gas and Electricity 83% and Car Fuel 77%.

We've heard stories of people changing jobs because the commute to work now cost too much. The elderly who are skipping meals because they are worried they can't pay their energy bills. Families are buying the cheapest possible processed ready meals to keep costs down for the children.

Three-quarters of over 65s admit they're worried about rising cost of living "I cry a lot these days. I can't imagine how I'll pay the bills when the energy price goes up again, I lose sleep over it and I can't find a solution." – Marion, aged 69. All of this is having a direct effect on people's mental health.

We should not be defeatist about things, why not let's turn it around to an opportunity. As Christians we aim to pray for those in need and also then be as practical as possible to

help those around us, Jesus once said in the Bible 'Love your Neighbour as yourself' and that's what we plan to do.

Working with Churches and groups with thousands of volunteers around the country we are saying, 'let's get to it', let's pitch in and help now, before the really cold weather kicks in.

We've come up with a list of practical ideas which will help and hopefully as a side effect, bring your community close together. There's nothing like a problem to solve, to build that community spirit.

If we could decide through this autumn/winter time to do one simple act of kindness per day, we would see a significant change in the lives of those people around us.

Take a look at this list and if you can coordinate something in your area, which will help people through this difficult time, go for it. Neither you or anyone else have seen these kind of cost of living increases in a generation, so it's important that we act as quickly as possible to help one another.

Now here are 12 practical ideas to help us all through the cost of living crisis...



**3/4 of over 65s
admit they're
worried...**

Claim your energy subsidy

- make sure if you are a pensioner that you do get the extra fuel allowance this winter and under the governments price cap, that you either get the payment or you energy company might be processing it for you. Virtually everyone is eligible. The citizens advice bureau has all the information <https://www.citizensadvice.org.uk/consumer/energy/energy-supply/get-help-paying-your-bills/grants-and-benefits-to-help-you-pay-your-energy-bills/>



Your energy deal - make sure you are on the lowest tariff possible and if there is a low - locked in option, change to it as the energy crisis is likely to last a couple of years. Some energy companies are also saying they will pay you upto £4 (a credit on your bill) if you do your washing during the night. You'll need to ring them to see if your company offers this.



Clothing & Bedtimes

Layer up this winter, the more thin layers you wear the warmer you will feel, so it's fine to not do the normal thing, but keep plenty of clothes on. Bed is for bed, so again make sure you have some thick blankets and a duvet. If you are able to switch off or turn down your heating over night during the winter, do so.



Home Heating - many families will use one main room in the house and have a small space heater there while keeping the general heat of the house down. The best type is an oil filled or ceramic portable radiator, which heats up and then cuts the power off.



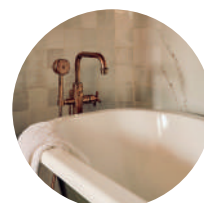
Basic necessities

Make sure you have a small gas stove, candles, matches, flash lights, a lantern and



some good books. If there are power cuts you will be prepared.

Bathing or shower - In times of war or through families used to share the same bath water and it would be a quick in and out from the cleanest to the dirtiest person in the house. Showering can be a game, of who can shower the quickest, have a bit of fun, while saving water and energy. Don't be embarrassed, if this is what you have to do - do it.



Managing your Appliances

Dishwashers, Washing Machines and Tumble Dryers have loads of settings. The lowest temperature and quickest time settings are usually for washing things clean which weren't terribly dirty to start with. Use these settings and for really dirty plates rinse first under the tap and then finish off on a quick low temp wash in the machine. This will likely save you the most. Also if you can get an in door clothes horse and dry them naturally.



Neighbour engagement

- why not get seven neighbours together, to do a rotation of going around to each others home for an evening meal. Everyone can bring something little, you have fun and a meal and you'll only heat your home and use the cooker once a week!!



Community spaces

- Churches, community centres etc. will be opening through the winter, to give you the option of meeting people, getting free tea, coffee & cakes and staying warm and fed. Ask around your neighbours and friends, which Churches and Centres in the area are offering this.



Take advantage: Asda and a few other supermarkets are offering incredibly low priced breakfasts for children and the elderly - just £1 a meal in



some cases. Take advantage of that and stay longer to benefit from their heat, not heating your home.

Snuggle up - If there are a few at home, you could watch a film, all snuggled next to one another on the sofa, you'll all share each others heat, most people who do this, end up turning the fire down.

Be vigilant - If you see anyone struggling, cold, under fed, do something immediately. If you are cooking food, make an extra plate for a neighbour, if you are doing washing and can afford to tumble dry offer to add a little bit of a neighbours into your cycle. If you are going somewhere, take a vulnerable neighbour with you.

During this kind of crisis, often people are too embarrassed to ask for help. They will skip meals, and because of the worry of it all, could end up in a worse position than expected.

When we all work together to see this through, we'll be seeing the problem off and we'll make new friends, have great experiences and learn to



save money and the climate in the process.

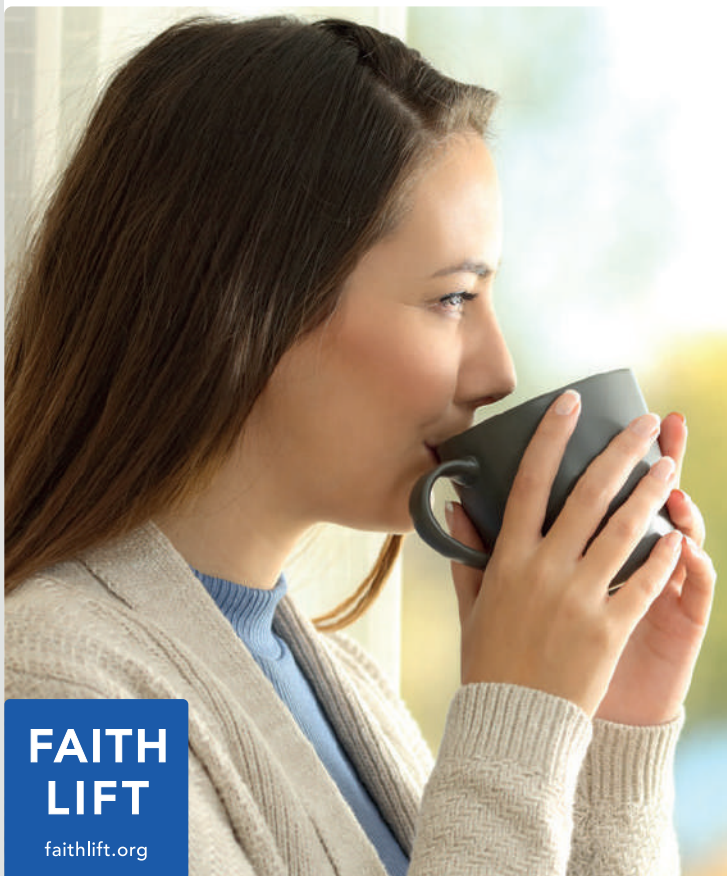
The best thing we can do this winter is get prepared and help one another. Don't expect to just wait for things to get better on the energy front, do things yourself at home which will help you now.

Of course there is a new grant system for anyone with a back boiler, wood burning stove etc., to get a new better system or solar panels, but that will take time to work through, and get the work actually done. It's still worth planning for now, so you can have it in place next year.

Most older people complain of being lonely, so this winter, adopt a couple of neighbours and make sure they have all that they need to get by. we all have the capacity to do one small thing a day, and wouldn't it be wonderful to come out into the summer with a vibrant community, which pulled together during this time of cost of living crisis



Carl Brettle is the CEO of the Neighbourhood Prayer Network. Now living back in his home country of Wales, The height of Carl's ambition is to find 260,000 Christians who will take spiritual responsibility for the street they live on **KC**



**FAITH
LIFT**

faithlift.org

Lift up and smell the coffee.

If you would like to be encouraged and have your Faith built up, the Faith Lift devotional is for you.

While you have a cuppa, you will be inspired, encouraged, and focused on God, each and every day, with the devotional delivered daily, to your inbox, for free.

To join the Faith Lift family visit faithlift.org

Whispering W I N D



We are all ears. Lighten your burden

Q – I have difficulty throwing away items in my house now there is no space. I keep on buying with hardly any more storage space. Family and friends are avoiding/ stopped visiting. I need help urgently as I don't want to lose them.

A - I thank you for the bravery writing in with this question. It must be difficult acknowledging this challenge and I commend you. There are a number of reasons why you find it difficult to throw away items you may no longer use or even give it out. You are hoarding items without realising it; these items may be of sentimental value or financial value. There are various reasons why hoarding could take place and the emotions attached to it. For example, if you are struggling with your finances or have little money, the tendency would be to keep hold of what you have even when it has outlived its usefulness. Other ways of compounding hoarding could be, you have been buying items on sale, each time saying; I have got to buy this now as it is cheap?

Do you visit car boot sales, charity shops, retail parks, auction houses and receive items from close friends and family who have passed on items? This has resulted in you running out of storage space and you urgently need to do something. You did not mention if you are living with someone or alone. What impact has this on the other person. A good starting point is to have a conversation with yourself, tracing when you noticed that you started keeping items. If you can go down this route it might be helpful as it will bring up questions.

What emotions have triggered this? How long has this been happening? Have you ever accepted help from family and friends to do a clear out?

Have you been postponing a spring clean or when was the last time you had one? Or totally overwhelmed by the sheer volume of items you possess.


Why do you have the urge to keep buying or collecting, are you using this to fill a void in your life? Have you had any trauma in the past?

Layers have to be peeled back to hopefully get



**Set
time
aside
to
declutter**

to the root cause of your experiences. You would need professional help as a clear mind translates to a clean and welcoming house. If friends and family are avoiding you or have stopped visiting you, you will become isolated. You need to set time aside to declutter and it is a big task on its own. Everyone is leading busy lives and if you are working, you are probably exhausted at the end of the day. Start from an area you can tackle easily, allocate time and be consistent, even if you fail sometimes use it as a spring board to go back to your goal of getting a clutter free house.

If you have the means engage a professional declutter adviser to help you work through a plan suitable for you. You can access services such as Mind at mind.org.uk 

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

New
TEACHING SERIES | *All Sundays
in November*

FOOD
for thought

THE CULTURE, THE MIRACLE & THE TRAGEDY OF FOOD

Join us at



Sunday Services are held at
4 New Windsor Street, Uxbridge, UB8 2TU

(10.00 - 11.20am)

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

   @KINGSBOROUGHUK



PARTNERING WITH US THIS HARVEST SEASON TO SUPPORT OUR NEIGHBOURS IN CRISIS

It's that time of year again when the leaves change colours and the air becomes more crisp! Traditionally, Harvest has been a collection and celebration of all the crops grown in the year.



Support those experiencing hardship in our community this harvest season. Your school can become a partner by donating food and toiletries.

Every individual circumstance is different. That's why we partner with front line professionals to help identify those facing hunger.



Besides receiving nutritionally-balanced 3 day food parcels, clients are welcomed with a cup of tea, listened to and signposted to agencies that are able to help them.



The Trussell Trust's UK foodbank network last year collected more than **1,333,102.86 kg of food** and gave **over 1,084,604** three days' food supplies to people in crisis. **Over 400,000** of these supplies went to children.



You can organise a collection in your school or arrange for us to collect your donations. Alternatively, you could organise a tour of our warehouse or a volunteer shift to learn how your Harvest donations help the community.

Please help feed people in need in the local community by donating items from the list below:

- Milk (Long life milk)
- Sugar
- Fruit juice (Long life carton)
- Cereals
- Pasta sauces

- Tinned sponge pudding
- Tinned tomatoes
- Tinned vegetables
- Cleaning Supplies
- Unopened Toiletries

- Soup
- Tinned rice pudding
- Tea bags/Instant coffee
- Instant mash potato
- Rice/pasta

- Tinned meat/fish
- Tinned fruit
- Jam
- Biscuits
- or snack bars



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



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



CLICK TO EMAIL hillingdonfoodbank@kingsborough.org.uk



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



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