

CONNECT

ADDING VALUE TO LIVES

SEPTEMBER - OCTOBER 2022

Matt Bird

ONE MAN'S JOURNEY TO SIGNIFICANCE

Page 11

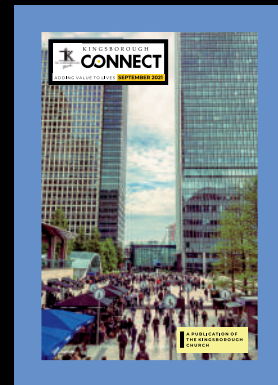


**£25 VOUCHER
TO BE WON.
FIND OUT HOW
INSIDE.**



In this Edition

Starters with PT	3
Jokes Apart	4
Jane's Essentials	5
Spotting Opportunities	8
Cover Story: Matt Bird	11
Whispering Wind	13



CONNECT is a publication of The Kingsborough Centre. It is published monthly and is **FREE OF CHARGE**.

CONNECT accepts advertisements and inserts to offset printing and distribution costs.

Advertising in CONNECT does not imply editorial endorsement. Articles may be reproduced only with permission from the editor in chief.

Email: designs@kingsborough.org.uk

EDITOR IN CHIEF: Tunde Balogun

EDITORIAL TEAM: Christine Bamigbola, Jane Domike and Azuka Aghadiuno

GRAPHIC DESIGN: Wale Adenuga

Let's Keep Goodness & Kindness Alive

BY TUNDE BALOGUN

starters with PT



The concern for many, who care about the state of the present human society is not the sight of poor people, but the astronomical widening of the boundary of poverty between the rich and the poor. The act of being friendly, generous, and considerate is far disappearing, so much that goodness and kindness that used to be the pride of our society, is heading towards extinction. There is a need to urgently do something drastic if we are to keep this twin bedrock of our original benevolent human peculiarity.

Not seeing compassion and love fuel a lifestyle of doing to others as you would like them to do to you has dented the peace and harmony of our community neighbourliness.

Even among Christians, it suffices then to say the situation is now so apprehensive that the fear of falling into poverty or becoming a victim of poverty is dehumanising the society. The deploring manner at which people relate and treat one another is alarming and unimaginable. If nobody is concerned the church should, being our expectation to live kindly with our neighbour, and our enemy. (Matt 5:43-48)

Whatever we are not comfortable with, we are within our right to do everything and anything to correct it. Therefore, I am proposing that the church and all those concerned with how terrible things have become should be ready to defy the odds to reverse the trend. Eph 4: 17-19, 30-32.

How should we act if we must take action?

1. Be a forgiveness crusader in the world. Matt 7:12. We have become the generation of no mercy and no kindness and that must stop.
2. Surrender your personal gratification for the collective global satisfaction. Matt 14:13-21

- There is enough for everybody, don't follow the lies of denying others for personal gain.

3. Contribute your part and not be lazy Matt 25:24-30. We all owe it to one another to play our part in other people's life. The sum of helping one

another is the foundation of our global success. If we all play our role in our corners, there would be no room left uncovered, rather than some holding back and refuse to do nothing, taking the rest of us for granted.

It is time for us to arise into the wisdom of knowing that as much as we all need church, the government, the society, the family, and our organisation:

- The organisation needs you.

- The family needs you.

- The society needs you.

- The government needs you.

- The church needs you.

- The marriage or the home and the children need you; to keep goodness and kindness ALIVE.



PS: Former PM, Margaret Thatcher in a 1987 interview in *Woman's Own* stirred the hornet's nest when she said there is no such thing as society. 35 years later, it all makes sense. Read Mrs. Thatcher's words on marble on page 10 **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

MEET THE GENIUS

We Uber drivers never know whom we're going to end up with as a passenger. One day, I was driving over a new bridge, the design of which was very confusing. Completely confounded, I muttered, "I'd love to meet the genius who designed this mess." With that, my passenger extended his hand in my direction and said, "Well, today is your lucky day. My name is Mike, I work for the county engineer's office, and I'm the genius who designed this!" Surprisingly, he still gave me a tip. —Patrick Grilliot



LAST TIME FOR EVERYTHING

I was trapped in an elevator for 30 minutes before the doors finally opened. Relieved, I said to a fellow hostage, "There's a first time for everything." She grumbled back, "There's a last time for everything too."



MY SON'S #1 CONCERN

When my three-year-old was told to pee in a cup at the doctor's office, he unexpectedly got nervous. With a shaking voice, he asked, "Do I have to drink it?" Janet Frenyea



Jokes are culled from rd.com/jokes



*Oh what a phot-incidence :)
Winning shot for the month by Tunde B.
Location: Uxbridge road, near St. Andrews
Bus stop, Uxbridge.*

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.

Back to Base



BY JANE DOMIKE

As the holidays wind down, it is time to get back to our routine. Children are getting ready to return to school and parents are hunting for those deals on uniforms and school shoes.

It is good to note that even as we prepare to return to the usual routine, we should not ignore the importance of maintaining good healthy habits. In addition to eating and drinking right, healthy habits also includes planning right. Some people might be familiar with the saying that goes “he who fails to plan, plans to fail”, this is used in context of planning and preparation.

If planning and preparations are done in good time it would reduce stress levels hence adding to the overall health of a person. So, as the holidays draws to an end it is a good idea to have already started to prepare for children returning back to school; buying the uniforms, shoes, books and so on. It is also a good idea to get the kids involved in this process so that they can learn the importance of clear and effective planning.

If you are not yet a parent, it still applies that you might probably be returning from a well-deserved summer leave. It is a good idea to plan ahead for those corporate wears or uniforms depending on your sector of work. It might also be a good time to make sure your day to day car is in good condition or that you have enough money

for travel at least for the first few weeks before the next pay cheque. You might be a young university student; your planning will also include budgeting for all those essential living expenses including having a decent social life.

What about food? This is also a good time to plan ahead especially with the rise in living costs. Planning is an essential for every section of day to day living and food is a staple for survival. Plan to add healthier and nutrient dense food options into your usual diet. Plan to incorporate healthy



It is back to base time, lets wind down our holiday mode and enter refreshed into the work or school season

options into those lunch boxes.

For parents, like earlier mentioned, involve the children as much as possible. That way they learn the invaluable lessons around good planning practice plus it provides an atmosphere for bonding. These bonding times are very precious and a salient avenue to impact knowledge to young minds.

It is back to base time, lets wind down our holiday mode and enter refreshed into the work or school season. Plan ahead, practice often and play hard; one of the recipes to stress-free living **KC**



1 brain exercise to help keep you mentally sharp.

Do math in your head. Figure out problems without the aid of a pencil, paper, or computer. You can make this more difficult — and athletic — by walking at the same time. *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

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

MEDIUM

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

CHALLENGING

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



WELCOME BACK TO SCHOOL!

CMC Nursery would like to welcome you back to another safe and healthy school year. Hope you had an amazing summer break and also ready to return to an effective learning journey and meeting new friends. On that note, we hugely welcome our new children, parents (that have just joined us) and new members of staffs. We are looking forward to listening to your exciting experiences and fun stories of your holidays.

Please remember to leave us a review on google and daynurseries.com. We would highly appreciate this as a team :)

Also, if your child has recently turned 3yrs they

will be attending the Young Eagles room and we would like to wish them a belated Happy Birthday!

Note:

All funded children return to the setting on the 5th of September 2022, AM children starts from 8am. Please ensure you drop and pick up your children on the agreed time.

Please activate your tapestry account in order to be a part of your child's daily care routine and their wonderful achievements in the nursery.

www.cmcnursery.org.uk / 01895 272885

Together, let's increase our **CONNECTION**



We would like to deliver a free copy of CONNECT to 5000 households in Uxbridge.

It's possible. Help make it so.

With a voluntary monthly donation of £5, £10, £20 or more, we can make this possible.

To donate, please credit this account

Account name: Kingsborough (Community)
Number: 40906069
Sort code: 20-89-16
Bank: Barclays



SPOTTING OPPORTUNITIES

BY CHRISTINE BAMIGBOLA

Last month we defined opportunities as a set of circumstances, a chance, a break, or an opening that makes it possible to attempt or do something, a good chance for advancement or an opening to make progress. We also explored the several ways in which opportunities come to us and its indispensable characteristics. Let us look at how we can be better positioned to spot opportunities or even create them.

SWOT: As the SWOT analysis of an organisation identifies the strengths, weaknesses, opportunities, and threats for that organisation, so it is for an individual too. The strength of an organisation is an area of competitive advantage (an inherent opportunity) which can be built on, otherwise other companies will take that advantage, so it is

natural tendencies match us to certain opportunities depending on the level of the talent and how much it has been further developed, combined with our education, training, work and even volunteering. Summarise the experience you have gained in all endeavours and like a well packaged product ready to serve a purpose, look around and ask, what can I do about this or that? what could be better? what do people need? what is happening in my profession?, my company?, my career?, my business?, dream or vision? Follow the cues and filter through the clues that will lead you to unique answers, which are in fact opportunities. These cues and clues can come in the form of trends that you find, problems that people are facing or things that they complain about, gaps in the market, unusual patterns, and events. Now, take some more time to do your



SWOT / KNOW THYSELF / BE READY / ASK QUESTIONS
MIND SHIFT / MINGLE WITH PEOPLE / KEEP LEARNING / ACT

for an individual. Conducting a personal SWOT analysis is key to spotting opportunities, as it is personal, and it narrows down the opportunities into what is relevant for you to consider.

Know Thyself: Knowing our natural gifts and talents is a starting point to know areas that we can take or create opportunities in. Our in-born or

own personal thinking, as all these cues and clues can provide you with an opportunity to do something different, new, or unusual. They can also provide you the opportunity to see things from a unique angle, lead you down new paths; they can open new doors and you may be just the

▶▶ continued on page 9

is waiting for.

Be Ready: The single most important thing to consider when looking for opportunities is to be in a state-of-readiness for all opportunities that may come your way. This means that you must be constantly on the lookout for anything that could help you achieve your goals and objectives far more quickly and effectively. It also means that you must be open to new perspectives and ideas — *things that are out of the ordinary that could potentially provide you with unique understandings that will help move your goals forward or overcome the challenges you are facing.*

Ask Questions: The key to this lies in your willingness and ability to ask the right kinds of questions. The questions you ask will stimulate your curiosity and will force you to think about the events and circumstances of your life in a new way — which could likewise provide you with the insights you need to spot the opportunities that you might be able to take advantage of. As you go about your day, keep a note of the following questions, and consistently run through these questions to keep opportunities at the forefront of your mind: What is happening right now? Why is this happening? What is God saying? What can I do about this?

Mind Shift: Another way of spotting opportunities is to look at problems as challenges. Many opportunities are disguised as problems or arduous work. To the untrained eye unable to see past the present moment, all opportunities are insurmountable problems that make life difficult, stressful, and hard. And yet that is where we make a mistake, we see our problems as “problems,” rather than challenges that evaluate and strengthen our resolve. A challenge is an opportunity for change, something you can work on to better your current circumstances, whereas problems are something we see as an insurmountable obstruction. *The moment you shift your perspective and begin seeing your problems as*

challenges is the moment you begin training your brain to spot opportunities - an opportunity to gain experience; an opportunity to change your

circumstances; an opportunity to make progress and grow mentally, spiritually, and emotionally. We can apply this to all aspects of our personal lives - family, finance, career or studies, business, health, to our community and the society at large.

Mingle with People: Choose your people network or tribe based on your vision, dream, or aspiration and mingle with them. People can be

partners to your vision or mentors who will make you fly. Yes, people are the key, because it is these people who have the necessary knowledge, skills, experience, and resources you may need to help you turn your life or career around, they may be the source of the solutions for which you are searching. If you become a people

person, it will create opportunities. Meeting people is also an opportunity to give to others especially during tough times. The more you are willing to give to others, the more easily opportunities will come your way. People are everywhere and meeting them will create opportunities.

Keep Learning: New skills position us for the new things and changing times. Whilst learning, our mind makes new connections and thereby improves our ability to spot opportunities and put us in the game as solution givers. It is critical that we expand our opportunity reach by learning new skills.

Act: When we spot opportunities, we must remember that they rarely come as an exact match to what we expected, though they may tick a lot of boxes. Once an opportunity is spotted as one to 'go for,' we must seize that opportunity at the right time. In the next edition we will explore how to seize opportunities and make the most of them **kc**



THE QUESTIONS YOU ASK WILL STIMULATE YOUR CURIOSITY AND WILL FORCE YOU TO THINK ABOUT THE EVENTS AND CIRCUMSTANCES OF YOUR LIFE IN A NEW WAY.

Who is society?

The Responsibility of the Individual



I think we have gone through a period when too many children and people have been given to understand 'I have a problem, it is the Government's job to cope with it!' or 'I have a problem, I will go and get a grant to cope with it!' 'I am homeless, the Government must house me!' and so they are casting their problems on society and who is society? There is no such thing! There are individual men and women and there are families and no government can do anything except through people and people look

to themselves first.

... [It] is, I think, one of the tragedies in which many of the benefits we give, which were meant to reassure people that if they were sick or ill there was a safety net and there was help, that many of the benefits which were meant to help people who were unfortunate ... [t]hat was the objective, but

somehow there are some people who have been manipulating the system ... when people come and say: 'But what is the point of working? I can get as much on the dole!'



Thatcher, Margaret. 1987. 'Interview for "Woman's Own" ("No Such Thing as Society").

Matt Bird

JOURNEY TO SIGNIFICANCE



“I'm stupid!” That is what I believed when I left school, mainly because that's what most of my teachers told me.

I would read the chapter of a textbook and have no idea what it said. Dictation exercises were torturous; I was lost after the first sentence. Being made to study a second language was crazy as I hadn't grasped the grammar of English. Then there was the humiliation of being placed in 'remedial English' classes. Computer studies were not one of my options because I was told my English wasn't good enough. One of my school reports said, 'Matt won't come to much!'

A new English teacher, however, began to motivate me. I'm not exactly sure how they did it, but I remember them being kind; they were encouraging with their words and they seemed to believe in me. When I submitted a piece of work, they would give me feedback and the opportunity to revisit before finally submitting it. They motivated me and I even got a pass mark in the exam.

A few years on, I've authored sixteen books and write regularly for publications, including *The Times* newspaper. I travel the world as a speaker, having visited fifty nations and spoken to more than one million people. I now coach fifty people a year to write the book that is inside of them; I then help them publish their books across the world!

So, you might well ask, what happened in between to make the difference? Soon after leaving school, I met a bunch of people who were my age who talked about Jesus as if he was a friend. I found it odd and rather uncomfortable, but there was

something undeniably real about it. So, after a bit of an internal battle, I decided to give Jesus a go – I'm still journeying with him today!

People often talk about Jesus loving us...and he does. What has made the biggest difference for me is knowing that Jesus also likes me! I am no charity case, but Jesus actually likes Matt because he made Matt! That has helped me love and

accept myself and be confident about who I am; to stand on platforms and speak to crowds and write and publish books that sell around the world.

People now ask *me* for help when they want to write a book! So, I've become a book coach, and through my 'Writing My Book' course, I enable hundreds of people to become published authors. A recent graduate said...

I never thought I would be able to write a book, let alone to do so in hundred days. I'm now asking myself what else I have told myself I can't do, which I actually can."

It took me a few years but I no longer believe 'I'm stupid'. I believe that God has made me smart and I want to use what he has given me to help others achieve their aspirations.

Jesus is still changing lives and enabling us to do things we never thought we could! **KC**



A few years on, I've authored sixteen books and write regularly for publications, including *The Times* newspaper. I travel the world as a speaker, having visited fifty nations and spoken to more than one million people

Matt Bird is a global speaker and author who is also a passionate about coaching people to become published authors
www.CoffeeWithMatt.com

Whispering

W I N D



We are all ears. Lighten your burden

Q – I am middle aged and my children have left home, during the pandemic I found it hard maintaining friendships or making new ones afterwards. Now I am feeling lonely. What can I do to come out of this hole and stop feeling isolated?

A – I am sorry to hear that you are feeling lonely and isolated as a result of the pandemic. People were in a different head space with the pandemic and the social distancing regime with death all around us daily. It is not difficult to work out the damage this would cause, as out of sight translated to out of mind while battling the news of the pandemic and we did not know when it was going to end.

Fear became our companions while our heroes

going on in the lives of your friends that you were not privy to and this led to communication breakdown.

It is normally difficult to teach a dog new tricks as the saying goes but it is not impossible when you set yourself the task of getting to know new people.

Please start with your neighbourhood. If someone has moved in recently, go introduce yourself and welcome them. You can volunteer with charities close to your heart and meet new people virtually or in person. Increase your capacity for keeping in touch with family, relatives, neighbours and old colleagues, it can be a mammoth task when lonely. You can go down the route of having new hobbies and join online classes, this will decrease your loneliness and ensure you are not isolated from people. We are

There is safety in the multitude of friendships that bring a rich variety to our daily lives.



were out saving lives. Friendships were tested as well as other relationships, some of these relationships became much stronger. In your case you were struggling with established friendships. What were your trigger factors- could it be that you were already having silent issues with your friends and the pandemic exacerbated it. Did your friends reach out to you? If not, there was minimal communication, clearly there is a huge issue here. Perhaps, there was something

one big family and relationships makes the wheels spin. There is safety in the multitude of friendships that bring a rich variety to our daily lives **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

Pictures from *Flaming Hot*
Community *BBQ*

Sunday, August 28 was all shades of fun and joy at the Flaming Hot Community BBQ. There was a lot to eat and drink and of course sweet fellowship to share.



don't
take our
word
for it.



“

I feel lucky to have all my four children attending Coat of many Colours, Uxbridge. My children enjoy going there and I have noticed a lot of improvement in their learning and development which is due to the numerous learning activities carried out in the Nursery, evident in the online Nursery Tapestry. Toyin (the manager), who has a hands-on approach to her work and the rest of her dedicated care givers are doing a great job and as a parent, this is really appreciated.

- *Oby Sunny (Parent)*

”

2-4 YRS 15 & 30 HRS FUNDING SPACES
BREAKFAST/AFTER SCHOOL CLUB
HOT MEALS SERVED



**ATTENTION
HILLINGDON
SESSIONS**



**Yoga/music and
movement
classes**



**SCHOOL
READINESS**



**SENSORY
EXPERIENCES**



**EARLY SPEECH
STIMULATION
EXPERIENCES**



**KIXX
UXBRIDGE
FOOTBALL
ACADEMY**



**PARENT
SUPPORT
GROUPS**



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

New TEACHING SERIES | *All Sundays in September*



Dear Parent

INSIGHTS ON RAISING CHILDREN THAT WILL MAKE GOD AND YOU PROUD

Join us at



SUNDAY SERVICES ARE HELD AT
4 NEW WINDSOR STREET, UXBRIDGE, UB8 2TU

(10.00 - 11.15AM)

FOR MORE INFORMATION, VISIT US ONLINE AT
WWW.KINGSBOROUGH.ORG.UK

EMAIL: INFO@KINGSBOROUGH.ORG.UK

TEL: 01895 252 224 MOBILE: 07848237072

   @KINGSBOROUGHUK