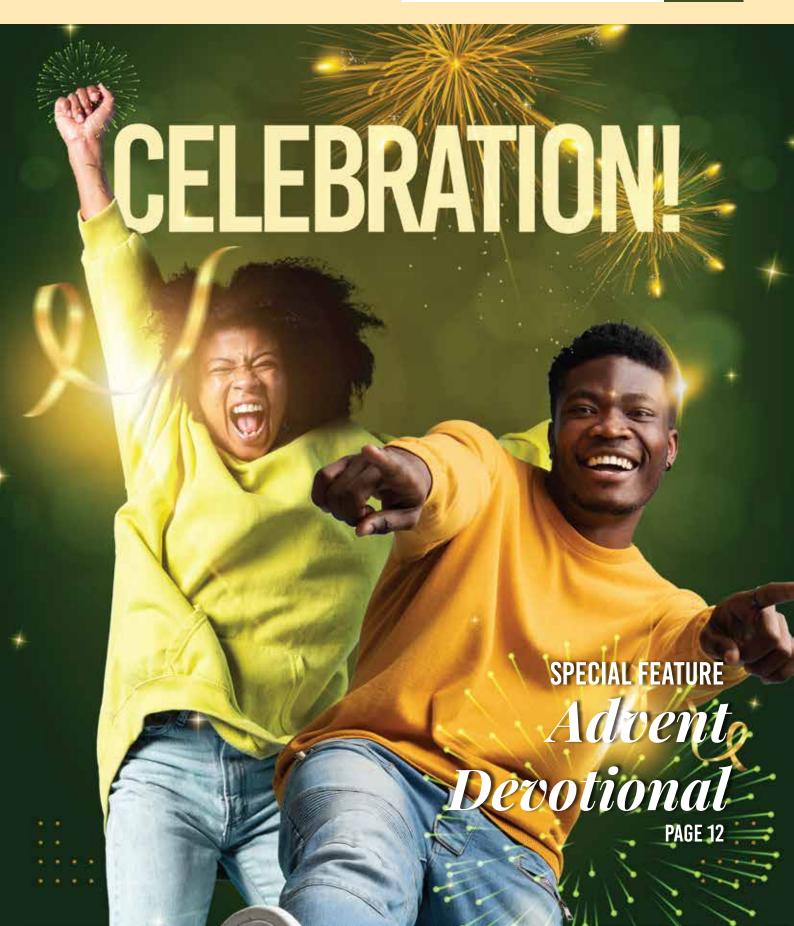
CONNECT

ADDING VALUE TO LIVES DEC 2023/JAN 2024 FREE





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EDITOR IN CHIEF: Tunde Balogun

EDITOR: Dorcas Fakile

 $\textbf{EDITORIAL TEAM \& COLUMNIST:} Christine \ Bamigbola, Jane \ Domike, Dorcas \ Fakile$

Azuka Aghadiuno

GRAPHIC DESIGNER: Toluwani Fatuki





Celebrate!

BY TUNDE BALOGUN

ime and seasons are fleeting moments in our lives, leaving us with memories that may fade away over time. However, if we make something of these memories, we can make them last forever. This is what has come to symbolise the year 2023, the year of the Lord, in the life of The Kingsborough Centre.

It has been twenty years since the inception of Project Kingsborough. A once little idea that budded in my heart while driving along the Hillingdon Road Uxbridge, approaching the top of the St Andrew roundabout from the Mahjacks roundabout on a spring morning in May 2003. It's incredible to see how this little idea has connected the destinies of hundreds and thousands of people over the years, giving birth to an amazing group of God-loving, community-focused, and transformative individuals. Witnessing what God has accomplished with and through us in twenty years is truly humbling.

Throughout our journey, we encountered many challenges, obstacles, and difficulties. But we persevered and have come a

long way since the beginning. Looking back at the journey from the beginning and connecting the dots of how far we've come from the family church to the Coat of Many Colours Nursery Uxbridge, the Hillingdon Foodbank, the Coat of Many Colours Nursery Hayes, as well as all the services, projects and meetings in-between. We cannot help but express our gratitude to God!

We know that we could not have accomplished all this without the help of the people who believed in our mission and contributed to it in various ways. We are particularly thankful to those who remain committed to our cause, as they have helped us make a meaningful impact on many people's lives. You are all very dear to our hearts; we could never have gone this far without you all.

The realisation that attaining the 20-year anniversary landmark will never come twice prompted the symbolic multiple celebrations throughout the year, which were worth it for us. We owe it to God and the kindness of people, organisations and communities that He had sent our way to hold up our hands and give us their support. To you all, we say Thank you!

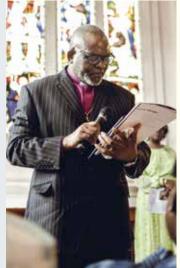


This event presented a valuable opportunity to walk through and reflect on our journey over the past two decades, highlighting our significant accomplishments in relation to our current position. The recorded testimonies served as a source of inspiration, motivating us to envisage the future and anticipate the next phase of Kingsborough's trajectory.

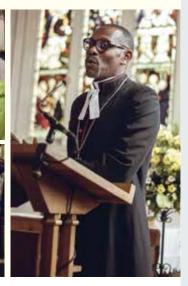


Criversary Thanksgiving

There was no better way to celebrate and acknowledge God 's love and blessings upon the Kingsborough household of faith and its mission than to come together with our family, friends and community. We affirmed God 's goodness upon the church and appreciated all He has done for us.







Academic Lecture



This academic paper presentation allowed Kingsborough to lead the global church in spurring the local church to play a vital role in transforming our community's life, system, and structure.







Leaders Ordination and Consecration

For the first time in 10 years and as an independent church ministry, the Kingsborough centre church ordained sixteen ministers into the office of diaconates, Pastors and elders. The ordination ceremony was preceded by an unforgettable four-day spiritual retreat experience with a team of Presbytery Bishops, Prophets, Apostles and Canon. Toyin and I were also privileged to be consecrated into the office of Apostles over the Kingsborough Centre church ministry. Toyin as Apostle of Christian Education and myself as Apostle of Social Reformation.









Finally, the celebration activities for the 20th anniversary wrap up with an end-of-theyear dinner award ceremony to appreciate all the Kingsborough team for a successful year of festivities. Furthermore, we will launch a Kingsborough legacy memoir titled "THE KING'S BOROUGH" as the event's climax.







Our foremost gratitude goes to our parent church, Jesus House, from where we were planted as a church mission in February 2003. We are particularly grateful to Pastor Agu Irukwu, the senior pastor, and his wife, Sola Irukwu, while we also recognise his late wife, Pastor Ify Irukwu, of blessed memory. You all played a significant role in our lives, journey and mission as leaders. We salute the Redeemed Christian Church of God UK family; we are forever indebted to the foundation that was established in our lives under the esteemed leadership of the General Overseer Pastors Enoch and his wife, Pastor (Mrs) Folu Adeboye. We are grateful to have started the impactful journey of Kingsborough under their tutelage in ministry. We appreciate all the memories and the joy of a continuous collaboration in furthering God's Kingdom.

We thank the London Borough of Hillingdon, the Worshipful Mayors over the past twenty years, the council leaders, the amazing councillors from the Conservative and Labour parties, and the civil servants in the council. You believe in us; you encourage our little effort and partner with us in serving the wonderful people in our community. We value your commendation and collaboration.

From the first day Toyin and I stepped into the mission field of Uxbridge in west London as the place of our pastoral calling in 2002, we did not allow the discouraging concerns that were shared with us as we prayed for direction. While some told us, "Uxbridge was the cemetery of the church, where church dies", we are grateful for the warm hands of fellowship that we got from most of the churches of various denominations and diverse backgrounds. In spite of our many differences, we went on to develop amazing relationships, partnerships and support for one another to this day. The leaders of some of these churches have changed over the twenty years, but the love and bond of unity have continued to grow from strength to strength in the community kingdom love and

transformation of the people of our community.

Our thanks also go to the Hillingdon community people! With open arms, you welcomed us twenty years ago as your preferred option to lease the Mahjacks property against a much bigger national company. Over these many years, you have journeyed with us and joined us in our annual summer barbecue party.

We cannot complete this documentary article without mentioning the governing council of the Kingsborough Centre. Our trustees board consists of men and women who themselves are deeply involved in ministry but are professional in their own right in various areas of vocation.

Rev Canon Yemi Adedeji is a church management consultant, Pastor Niyi is a financial adviser, and Pastor Vera Omonedo is a retired insurance personnel. We commend your sacrifice, love and joyful service to the Kingsborough project. We use this opportunity to express our profound gratitude for their unwavering commitment and invaluable contributions as our Trustees. Their dedication and leadership have made an impeccable impact on the Kingsborough Centre organisation; we are truly grateful for that.

To all our Connect magazine readers, whether you enjoy the printed copy or you get the e-copy, we appreciate you. You are the driving force behind the growth of the Connect family, and we are grateful for your support. More than ever before, we want to invite you to join us on our online platform, where we hope to grow our community even further. Please follow us on Instagram, X and TikTok @Connetmaguk, and recommend us to your friends and family.

If you read the Connect online, we would love to hear from you. Please share your experiences with us or let us know how we can better serve you.









he festivities are here... hurray!!

The Christmas season is a wonderful time traditionally spent with our friends, families and loved ones. The highlights are the presents and the food for the children and some adults too.

It is the season with a legitimate excuse to stuff our faces without guilt and smile with every bite.

However, as you know, in this corner, we propose little tips that help us stay healthy.

So, we will share some recipes that'll add flavour and colour to your table whilst keeping an eye on those extra calories. So yes, it might be a cheat treat, but a sensible cheat it sure is. Enjoy!!

Try this for your Christmas sweets treats: Vegan Chocolate Truffles

Ingredients

20 oz. dark chocolate (72% cacao or higher), very finely chopped



3/4 c. unsweetened coconut milk (well stirred)



Toasted coconut flakes for decorating



Directions

Step 1

Place half of the chocolate in a medium bowl. Heat coconut milk until hot to the touch, then pour over chocolate. Cover bowl loosely with a towel and let stand for 5 minutes, then stir until melted and smooth.

Step 2

Chill bowl until chocolate is firm enough to scoop but not rock hard (about 30 minutes). Scoop and roll tablespoon-size balls onto one piece of parchment paper; refrigerate.

Step 3

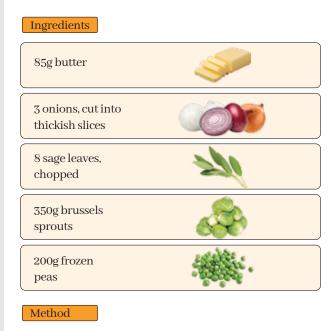
Meanwhile, place the remaining chocolate in a bowl; microwave on high in 30-second increments, stirring until melted and smooth.

Step 4

Working one at a time, dip balls in chocolate, tapping off excess. Before the chocolate has set, sprinkle with toasted coconut flakes if desired.

(By Kate Merker Curled from Good Housekeeping)

Try this delicious twist to the traditional Brussels sprouts.



Step 1

Heat half the butter in a large frying pan and soften the onions over low heat for about 15 minutes until they're really soft — but don't let it brown. Add most of the sage.

Meanwhile, cook the sprouts in a pan of boiling water for about 4 minutes; add the peas and cook for 1 minute more until just tender.

Step 2

Drain, reserving a splash of the water, then add the Brussels sprouts and peas to the onions, along with the rest of the butter, stirring well so that all the veg gets coated in the butter. Add the reserved cooking water if it looks a bit dry.

Step 3

Season with lots of black pepper and some salt. Serve with the reserved sage on top.

(Recipe curled from Good Food magazine, January 2013)

Don't forget to keep active! The cold weather might be a deterrent to stepping outside, but with appropriate layering, one can take brisk walks on a cold day. However, we can also keep active indoors, climbing up and down the stairs, doing star jumps, squats, planks, yoga, and so on, which are all good ideas. But the easier exercise to follow is dance... So, dance, dance and dance some more! Be intentional with your movements; get dance exercise tips from YouTube. And dance, dance, dance; after all its Christmas anyways!!!.... So, celebrate!







Joyke, s



NON-BELIEVER

Q: What do you call a kid who doesn't believe in Santa? A: A rebel without a Claus.

CONFESSIONS OF A STORE SANTA

While I was working as a store Santa, a boy asked me for an electric train set. "If you get your train," I told him, "Your dad is going to want to play with it too. Is that all right?" The boy became very quiet. So, moving the conversation along, I asked, "What else would you like Santa to bring you?" He promptly replied, "Another train."

MELTED SNOWMAN

Q: What do you call a snowman in July? A: A puddle.

NEW YEARS'S RESOLUTION

A New Year's resolution is something that goes in one year and out the other.

Do you need to talk to somebody? Please text or call 078 4823 7072 You can also email us at info@kingsborough.org.uk Please visit kingsborough.org.uk Please visit kingsborough.org.uk



s you read this, the year 2023 will either be rounding up or gone. In that case, Happy New Year 2024!

If I was to ask, how was the year 2023? You would probably say it was okay, challenging, terrible, awful, good riddance, etc. Most of us overlook or forget the good things and bring up the not-so-good events or experiences to mind. It's common for us to dwell on the negative aspects of a year when reflecting back on it. We say the negative words very quickly.

But what if I were to ask - Did your career grow? Did you get a bonus? Did you get a promotion or a new job? Did your child start a new class or school? Did you grow spirituality? Did your business do well or expand? Were you and your family in good health or illness-free for most of the year? Did you celebrate another birthday? Were you able to spend time with your family? Did you have a place to live and sleep? Did you eat all year round?

Without knowing your answers, I know that most of those answers would be YES or at least optimistic.

I hope that has made you realise that 2023 wasn't such a bad year after all, and hopefully, you have celebrated your achievements.

As we begin 2024, two questions will help us:

What should I do in 2024?

This is best answered by seeking a higher source, who is God. God made us, and He knows everything about our lives and where we should be headed so that our lives can be successful. The Bible says in Jeremiah 29:11, "...For I know the plans I have for you," says the Lord. "They are plans for good and not for disaster, to give you a future and a hope..." (NLT).

What did I learn in 2023?

This question is best answered by recognising that life is like a pendulum, swinging back and forth, and we can benefit from the lessons it teaches if we are willing to look, learn, and accept them. The idea is that our cumulative learning should shed some light on what to do and what not to do in this new year.

In this new year, we need a Robust Plan. You are probably good at planning by now, so I will skip dwelling on that. But do your plans work for you? If so, sit down in an inspiring place, with a clear mind and no distractions and make a 2024 plan. Use a calendar in monthly and weekly form to break down your big goals. If you're not so good at making plans for your

year, then ask for help from a friend or mentor to put a plan together. Please don't be embarrassed about it. It is better not to hide this so you can get started on the right footing for achieving your best in this new year.

Strengths and Weaknesses

These should inform not just the goals we choose to aim for but also the parameters we put in place to support us to achieve them. We must play to our strengths and put checks in place so that our weaknesses don't catch us out.

Buddies. Allies and Motivators

Once you get started, make sure you have a support network, as we all thrive on compliments and need a little encouragement occasionally. Make sure you lean into your encouragers, tap strength from them, and listen to them when the chips are down. The other side is to be accountable to them to keep you on track when you sway from the plan or check your progress.

Celebrate your Wins

Celebrating achievements triggers a cascade of psychological responses that contribute to an individual's emotional well-being, motivation, and overall sense of accomplishment. We celebrate because it reminds us of the milestones in our lives, successes, or traditions. When our mindset is in celebration and gratitude mode, our bodies prepare for the next win and feel confident to achieve the next goal. Success begets success.

Rest and Recharge

Put in some time to replenish your physical, spiritual and personal resources. Do something unrelated to your growth plan to recharge yourself, such as prayer, exercise, going on holiday or reading. Do what works for you to keep your emotional tank full and revive your self-worth.

Keep the Momentum

Apply all your resources of time and money with some priority on the results you would like to see and keep your eyes on the light at the end of the tunnel. Expect mistakes and setbacks, as they are our greatest teachers, but it's imperative that you keep moving forward.

Brilliant Results

By the time you've done all this, you will attain the reality of achievements that were once a figment of your imagination. Then it's time to clap for yourself, have a dance, jump for joy, celebrate wisely and keep shining brightly in 2024!

CONNECT ADVENT DEVOTIONAL

The advent season is a short four-week period (Dec 3 – Dec 25). It draws attention to the significance of the birth of Jesus Christ which hinges around faith, hope, peace, love and joy. Historically, it was a time of preparation and anticipation awaiting the predicted saviour and king. Christians worldwide now mark this season with reflections, preparations, and celebrations.

Consequently, in the face of the challenges of today's world, it is intended that this short devotional will change your mindset, ignite hope in your mind, and empower you to live life in full, sharing God's love with the world.

Day 1

Only I can change my life. No one can do it for me. - Carol Burnett

Take away:

Effective change can only happen for us by us. Take steps towards your goal with determination, regardless of the speed. Be focused. Our main help comes from God.

Scripture Support:

Psalm 146:3, Isaiah 2:22

Day 4

Share our similarities and celebrate our differences. - M. Scott Peck

Take away:

Even in a family, we all bring different values to the table. It enriches us and fortifies our weaknesses. In this festive season, enjoy, appreciate and celebrate the diversity even in your community.

Scripture Support:

Romans 12:16, 1 Corinthians 12: 12-30

Day 2

The more you praise and celebrate your life, the more there is in life to celebrate. - Oprah Winfrey

Take away:

Effective change can only happen for us by us. Take steps towards your goal with determination, regardless of the speed. Be focused. Our main help comes from God.

Scripture Support:

Psalm 9:1,

1 Thessalonians 5:16-18

Day 5

Christmas waves a magic wand over this world, and behold, everything isvsofter and more beautiful. - w.t. Ellis

Take away:

The Christmas festivities carry an air of warmth, peace and joy. Be a spread agent of this warmth, peace and joy.

Scripture Support:

John 13:34-35,

1 Thessalonians 5:11

Day 3

The most beautiful things are not associated with money; they are memories and moments. If you don't celebrate those, they can pass you by. - Alek Wek

Take away:

The memories and moments we make or share with others are irreplaceable; they outlive money or wealth. Be intentional to spend time with loved ones.

Scripture Support:

Hebrews 13:5, Romans 12:10

Day 6

Love the giver more than the gift.
- Brigham Young

Take away:

As the old saying goes, "It's the thought that counts". Generosity is a valuable quality. Appreciate the people who show this quality more than the gift itself.

Scripture Support:

Proverbs 11:25, Ephesians 5:19

Day 7

If you can dream it, you can do it. - Walt Disney

Take away:

Your mind is the first foundation of your dreams, goals and desires. Stay focused, slow and steady wins the race.

Scripture Support:

Habakkuk 2:2-3, Ecclesiastes 9:11

Day 8

"Don't wait. The time will never be just right. - Napoleon Hill

Take away:

The famous sports brand Nike has its slogan as 'Just do it'. Procrastination is a destiny killer. Take that step, try that idea, make that decision as long as its for a progressive goal there's no harm in trying. Don't be lazy.

Scripture Support:

Proverbs 6: 10-12, Ecclesiastes 11:4

CONNECT ADVENT DEVOTIONAL

Day 9

Take away:

If you adjust your mindset, you'll notice how full the cup is and not how empty it is. What you call a problem might be a stepping onto greater achievements.

Scripture Support:

Philippians 4:8, Romans 12:2

Day 10

Every sunset is an opportunity to reset. Every sunrise begins with new eyes. - Richie Norton

Take away:

Don't dwell in your mistakes, learn from them and move forward. Every new day gives you a new slate to write on.

Scripture Support:

Lamentations 3:22-23, Isaiah 43:18-19

Day 11

The first step towards getting somewhere is to decide you're not going to stay where you are.

- J. P. Morgan

Take away:

Making a change or getting things done is a process but making a start is always the most challenging part. Decide to take that forward step. Each step is a change to your previous position.

Scripture Support:

Philippians 3: 13-14, Isaiah 41:10

Day 12

Do not wait until the conditions are perfect to begin. Beginning makes the condition perfect. - Alan Cohen

Take away:

If you look intently, your current circumstances might hold within it the starting keys to your future success. Change is intentional.

Scripture Support:

Ecclesiastes 9: 10, Hebrews 12:11

Day 13

The greatest happiness of life is the conviction that we are loved; loved for ourselves, or rather, loved in spite of ourselves. - Victor Hugo

Take away:

The Christmas season creates an atmosphere that allows for togetherness. Time to spend with those who love us and those we love regardless of who, what or where we are.

Scripture Support:

John 3:16, Romans 5: 8-9

Day 14

Have enough courage to trust love one more time and always one more time. - Maya Angelou

Take away:

Let us trust that the show and demonstration of love would always break wall and barriers in relationships allowing for peace and joy especially in this festive season.

Scripture Support:

1 John 4:19, 1 Peter 4:8

Day 15

Joy is a net of love, by which you can catch souls. - Mother Theresa

Take away:

When love settles in us we naturally exude joy. Joy attracts, affects and causes a change in anyone who comes in contact with it. So lets embrace the joy of the season and use it to touch others positively.

Scripture Support:

John 15:12-13, Jeremiah 31:3

Day 16

Happiness is the only thing that multiplies when you share it.

- Albert Schweitzer

Take away:

Happiness is like lit fire, the more it is shared the greater the inferno. Be intentional and put a smile on someone's face today, the world is bitter enough without added stress.

Scripture Support:

* * * *

Proverbs 15:13, Philippians 4:4

Day 17

Nothing is impossible, the word itself says I'm possible

- Audrey Hepburn

Take away:

Most times our greatest enemy is ourselves. Befriend yourself afresh. Look at the ending year as a time to refuel and re-strategize. Nothing is stopping you from achieving greatness.

${\bf Scripture\ Support:}$

Philippians 4: 11, Mark 11:23

CONNECT ADVENT DEVOTIONAL

Day 18

You're braver than you believe, stronger than you seem, smarter than you think. - A. A. Milne

Take away:

You are more than you think and deeper than you imagine. Place your hands in Gods hands and life's walk is made easier.

Scripture Support:

Isaiah 41:10, Ephesians 6:10-11

Day 19

It is often the small steps not the giant leaps that bring about the most lasting change.

- HRM Queen Elizabeth II

Take away:

'I am sorry' three little words that can effect great changes. In this season let's build back broken bridges in our relationships.

Scripture Support:

Mathew 13: 31-32, Galatians 5:9

Day 20

Attitude is the 'little' thing that makes a big difference.

- Winston Churchill

Take away:

No matter what challenges life throws at us, a positive attitude is essential for a better outcome. Stay positive, Act positive and See positive.

Scripture Support:

James 3:13, 1 Peter 2:15

Day 21

Joy is the holy fire that keeps our purpose warm and our intelligence aglow - Helen Keller

Take away:

This is the season to share joy. Christians all over the world celebrate with great joy the true significance of the festivities, which is the gift of Jesus. That joy should burn brightly in and through us all year round.

Scripture Support:

Mathew 1: 18-25, Psalm 32:11

Day 22

Blessed is the season which engages the whole world in a conspiracy of love. - Hamilton Wright Mabie

Take away:

Christmas is, without a doubt, the season that reminds the world of the expression of love. For Christians all over the world, that expression of love is from God by giving us the gift of Jesus.

Scripture Support:

Isaiah 9:6, John 15:12

Day 23

He who has not Christmas in his heart will never find it under a tree. - Roy L. Smith

Take away:

Despite the commercialisation of Christmas, the true meaning lies in the season's significance. The true Christmas meaning is to show and share the love of Christ. This is the season when hope is born in the birth of Jesus Christ, faith is rekindled for the redemption of mankind and love is established to reunite man with God

Scripture Support:

1 Corinthians 16: 14, Ephesians 3:17

As we enjoy the lights, the sights and the wonderful bites let's not forget that the celebration of Christmas is intended to remind us of the perfect love showered on us by God embodied in the gift of Christ so that we all have a hope for salvation.

"Christmas is not a time nor a season, but a state of mind. To cherish peace and goodwill, to be plenteous in mercy, is to have the real spirit of Christmas." - Calvin Coolidge.

Disclaimer: All referenced quotes have been sourced from various public domains online.



I have struggled with my place in the communities I find myself in and am always trying to figure out how to contribute or if I need to volunteer at all. What would be your recommendations?

This is a unique and critical question to discuss here. Each one of us belongs to one or more communities in our lifetime, and it's crucial that these communities thrive and cater to the needs of those who live or work in those spaces. We set out to create communities that strive with shared common goals and interests, and sometimes, these communities are born out of personal stories that grow, which benefits generations of people who come into these spaces.

As human beings, we will face adversities, tragedies and joys

that weave the tapestry of our lives as we sojourn on Earth. Problems arise that need solutions, and someone has to spot them and bring people on board who can scope and proffer the solutions. The end product becomes each community's story as they map the journey to their destination.

Volunteers will come alongside to sustain these communities; without intentional human capital, communities will die off. The initial custodians of the community may be long gone, but the role of the volunteers is to sustain and continue the story for generations to come.

Communities are like families; everyone has a part to play to make the family grow. You don't decide to leave because you can't find your purpose or are not getting along with others at home. You depend on one another and bring in your strengths, support others' weaknesses and build a stable home. People crave for stability in their lives as it anchors their daily living, but this is not always the case. When life issues come our way, disruption occurs, solutions must be found, and we must adapt. Disruption cannot cripple life;

where there is a will, there is a way.

I will encourage you to find where your interests lie and what you enjoy doing and are passionate about. Do your research to discover which communities catch your fancy and where you can contribute your skills and experiences. Or start your own community and pull in people to help you. Can you relate to the stories behind the communities, whether at work or where you live? Do a test run to find suitable communities and ones that align with your values and beliefs. Please don't join the bandwagon of those showing off the number of initiatives they have joined; instead, go in and give your best to support your community.

I know it is a cliché, but giving back to the community does wonders for our health and wellbeing. You get to meet new people, expand your skillsets, leave your comfort zone and personal worries and collectively make the world a better place for the present and future generations.

As winter closes in, people are anxious and dealing with mental health issues. If you are in the habit of making New Year resolutions, it could be an excellent place to start volunteering in any capacity to support people who are lonely, isolated and hurting. As the axiom goes, pay forward in your community; you never know who may

need it.

...but giving back to the

community does

wonders for our health

and wellbeing

I hope the recommendations will help you decide to volunteer in your communities or set up your own community. You never know; it may be the best thing that has ever happened to you.

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

The Kingsborough Church is excited to present "The Kings Borough," a memoir chronicling our incredible journey spanning over the past two decades. We are grateful for the unwavering support of God that has brought us this far and the profound impact our vision has had on our community, enriching countless lives. We extend our sincere gratitude to all those who have joined us on this journey, a true testament to the power of faith.



