

CONNECT

ADDING VALUE TO LIVES

SUMMER EDITION 2025

FREE



EVERYTHING
Summer



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STARTERS WITH PT

Momentum For Change

BY TUNDE BALOGUN

The desire for change alone does not bring change!

It is the willingness to change, go through the required process and exhibit the prerequisites that allows change to become an absolute reality.

In the same way, taking the first step to start a pursuit in life is always a welcoming life experience, but not everyone who starts off finishes the pursuit! That sounds scary but several reasons could be responsible for this.

The initial boost of energy derived from doing a new thing, often dissipates quickly, and morale begins to wane. At that point, you must be willing to generate momentum to keep driving your desire for change alive! You must find a way to continue craving for the goal you set out to accomplish in the first place.

Your willingness to see change should withstand the obstacles you encounter along the way and those obstacles should not stop you from making progress.

Every day, we face opposition and resistance in everything we do, which is more certain when we approach the halfway mark. For example, unfavourable half time statistics will cause panic to a football team and a midterm review for a ruling Democratic Party may cause it to strive to make remarkable achievements, so that it ensures a better chance of being re-elected.

In the same way, as we are ushered in to the summer months of 2025, most people have had several

predicaments that have pushed them near the tipping point of sustaining their own daily welfare.

For such people, the natural reaction is fear and uncertainty which, if allowed, can soon catapult into self-doubt, loss of confidence, confusion, missing opportunities and can gradually lead to total failure.

Remember, not all who start a race win it, but those who persist to the end wear the crown. You have gone too far, to give up. As the saying goes - where there is a will, there is always a way. Don't let the will for success and the hunger to win die within you.

Make sure your will of endurance to forebear the present pain does not succumb or fall below the worthwhile reward.

Instead, take your chance to build up momentum for your future. Your dream is worth living for, and no price is too much to pay to see your dream come to fruition.

Live your dream!



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.



J o k e s *Apart*



Why are frogs always so happy?

They eat whatever bugs them

Q: Why can you never trust an atom?

A: Because they make up everything.

I couldn't figure out why the baseball kept getting larger.

Then it hit me.

I just read a book about Helium.

It was so good that I can't put it down.

Jokes are culled from laughfactory.com/jokes

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to somebody?**

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brainteaser

I have a big mouth, and I am also quite loud! I am NOT a gossip but I do get involved with everyone's dirty business. What am I?

Credit: parade.com

Let's Play SUDOKU

"There seem to be two main types of people in the world, crosswords and sudokus."

- Rebecca McKinsey

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

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

MEDIUM

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

HARD

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



Foodly Neighbour

Jane's Essentials
BY JANE DOMIKE

It is fast becoming common place that fences, walls or gates make good neighbours. Whereas there is some element of truth but the core human nature is most often stripped away and a good neighbourly act becomes a classic sign of societal breakdown.

In this episode, we would explore one of the core uniting elements in society – food. It is an unsung hero that has pulled together cultures, communities and countries together effortlessly. We would highlight on how we can use food to make good neighbours.

In a world marked by diversity, ethnic and cultural differences food remains a powerful and universal connector. It goes beyond simply sharing meals—it is about using food as a bridge to build understanding, harmony, and unity among people and communities. Across cultures, food fosters relationships, preserves traditions, and offers a common language that brings people together.

Let us be practical, when last did you share a cup of tea or a glass of water with your neighbour ?. Like many people across the UK, that question could be me with a confused look. Somehow we have become a society that feels that keeping our neighbours at arm's length shows we respect their space and they should respect ours.

Unfortunately, in the UK the advancement of science has proved that the country now has an increase in the aging population. That generation is fast becoming isolated when neighbours do not see the need to check in on them especially when they live alone. Admittedly, the diversity of the modern society can sometimes prove to be a challenge or the lack of a common ground for a relationship. Food however, speaks all languages and transcends all cultures and communities. We could reach out to that lonely elderly neighbour with the gesture of offering to share a cup of tea with them. That simple gesture could open the door for a deeper relationship which enhances community cohesion and promotes a

feeling of safety and togetherness with a society.

Food is a storyteller that preserves a people and their heritage hence a perfect tool in the demystifying of neighbours from differing ethnicity or racial backgrounds. A plate of food can surprisingly tell much more about a people than originally assumed, it also allows each person to tell their own personal story creating a continuous learning of food and people.

Food can bind perceived enemies, a prime example of this is in the Levantine region, where countries like Lebanon, Syria, Jordan, and Palestine are all linked by their love for dishes such as hummus, falafel, tabbouleh, and baba ghanoush. Despite political tensions, the culinary traditions of these nations demonstrate a shared cultural fabric that predates modern borders.

Similarly, in East Africa, the dish ugali—a cornmeal staple—is eaten in Kenya, Uganda, Tanzania, and parts of Rwanda and Malawi. Though prepared slightly differently across borders, it remains a symbol of common heritage. It's not just food—it's a reminder of community and continuity. When people from these countries gather, sharing ugali instantly sparks stories, laughter, and a sense of belonging.

So in a modern multicultural society as today, being a food neighbour is really about being open. It's asking your coworker about the dish they brought for lunch, or inviting your new neighbour over for a meal. It's about being curious, respectful, and willing to learn through flavours and shared experiences.

So next time you're enjoying your favourite dish, think about where it came from—and who else around the world might be eating something just like it. Food might not solve all the world's problems, but it's a pretty good place to start, so use that powerful tool to connect to your neighbours.

Try being a foodly neighbour today.



WOMAN {AND MARRIAGE} VERIFIED



A Return to Clarity

EDITORIAL FOCUS BY TUNDE BALOGUN

A recent court decision in the United Kingdom reinstated the traditional definition of a woman. For centuries, a woman had been clearly understood as defined by her biological sex at birth. In more recent times, however, this definition had been expanded to include individuals who identified with womanhood through personal feelings, perception, or emotional experience.

This broader interpretation, though well-intentioned in its pursuit of inclusion, led to complex and often divisive debates. The resulting framework became contentious, contributing to tensions in relationships, workplaces, schools, and faith communities. Advocates emerged on all sides, each seeking to champion their understanding of identity. As legal and social landscapes shifted, some hard-won positions were reversed, reopening deep questions about societal values and mutual acceptance. Global leaders and policymakers entered the conversation, sparking further debate over whether to preserve traditional definitions or continue evolving them.

These recent rulings—such as in the UK and in policy directions from the U.S.—suggest a shift back toward longstanding definitions of gender and marriage, seen by many as essential to social stability and moral clarity.

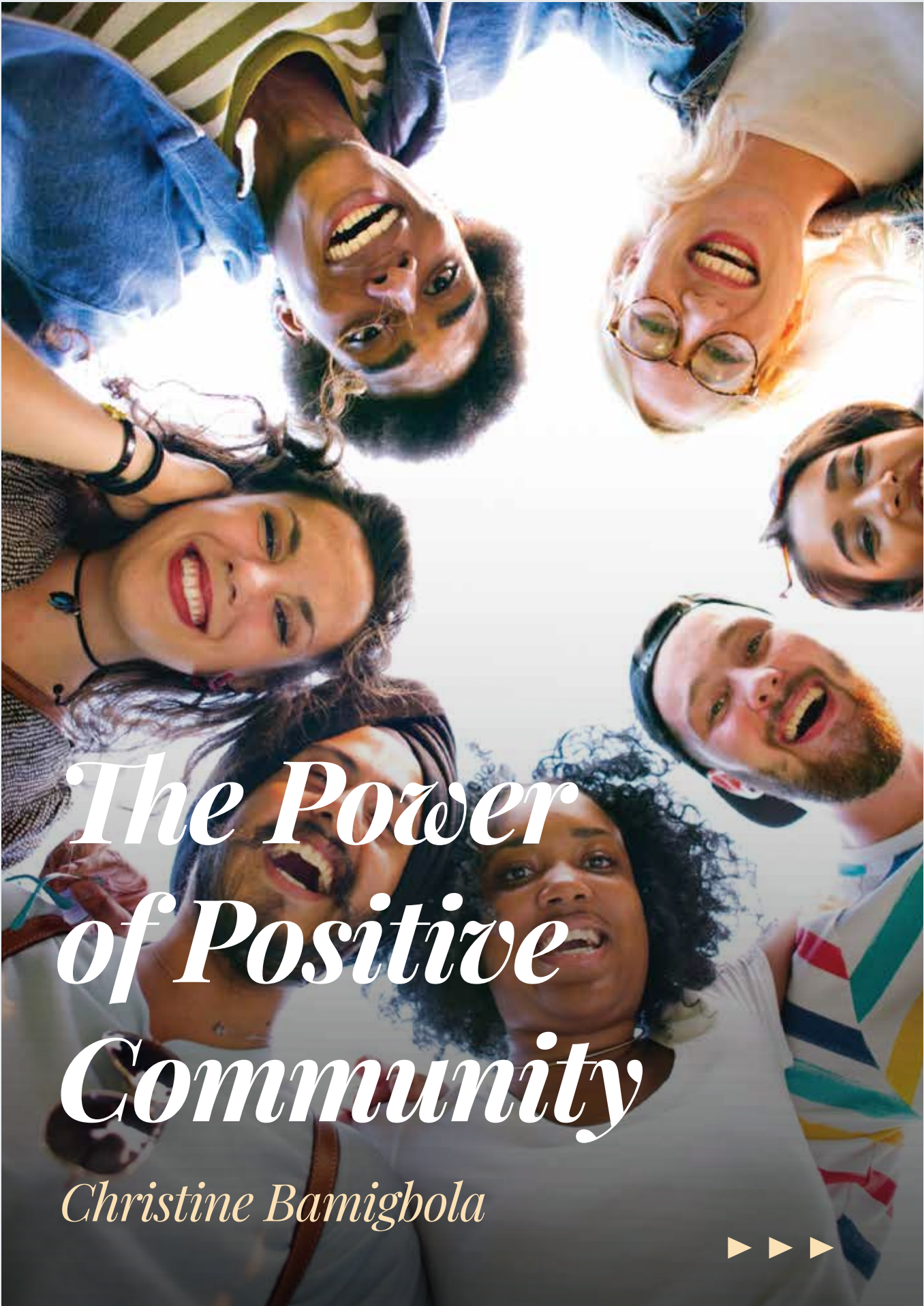
Historically, marriage has also been rooted in the understanding of a covenant between a man and a woman—a sacred bond upheld in many religious and

cultural traditions. As society explored broader definitions of relationships, new forms of unions and expressions emerged. While these have been met with both support and resistance, the central concern for many has been how such changes impact long-held values, legal rights, and religious freedoms.

In November 2024, a pivotal election in the United States brought in a new presidential administration that reaffirmed male and female as foundational categories for federal recognition. Across the Atlantic, the Supreme Court in Scotland also upheld the biological definition of a woman, offering legal clarity that many found reassuring.

These actions were soon echoed by spiritual leadership. Pope Leo XIV, the new pontiff, publicly affirmed the Catholic Church's position on gender and marriage—defining marriage as between a man and a woman and cautioning against what he called “gender ideology.” Yet he also emphasised compassion and respect for those who hold differing beliefs.

As this season of renewed clarity unfolds, the challenge before us is not only about definitions, but also about dignity—ensuring that our societies foster spaces where truth and grace coexist. In this cultural moment, we are invited to balance conviction with compassion, and to engage one another not as opponents, but as neighbours.



The Power of Positive Community

Christine Bamigbola



While most of us know intuitively what is meant by the word 'Community,' the term has been used to refer to a wide range of different phenomena throughout time. For instance, the word is often used to refer to co-location in a neighbourhood, or social organization at a state or national level. It is also a synthesis of definitions from sociology that a community is a social unit (or group of living things) that share something in common, such as customs, identifying characteristics, values, beliefs, or norms, (Mah & Carpenter, 2016).

The quality of a community is often dictated by the degree of engagement and happiness individuals can draw from community interactions. Positive communities are groups that inspire their residents in ways that promote a sense of self-discovery and group connection, encourage all residents to express their beliefs, values and build relationships with others. Indeed, the power of community involvement is well-recognized by scholars and can help combat the sense of isolation, a place of healing, feeling loved and fulfilled.

Traits of Positive Communities

1. Common goals

Positive communities often share similar vision, values and belief systems. Individuals and families can come up with a vision for their community and this can be a motivation to accomplish mutually held goals. For example, one community may value environmental goals, such as promoting recycling and making forest areas more habitable for wildlife. In contrast, another community may place value on an adult education, employment skills, or supporting parents.

2. Care and Compassion

Positive communities prioritize their residents' wellbeing and address concerns in a timely and sensitive manner when they arise. Not only is it important to create a community that encourages the voicing of concerns, but it is also important to ensure that residents feel their concerns are adequately addressed. For community leaders, this means taking the time to listen carefully to any concerns raised and taking the necessary steps to assess risks and conduct further investigations when necessary. Marz Carver said *Empathy is the starting point for creating a community and taking action, it is the impetus for creating change.*

3. Celebrate Heritage and Traditions

Positive communities embrace their culture by reminding residents of the long way the community has come. There are many ways to celebrate a community's heritage and traditions. One way is through its artifacts—observable symbols and signs of a community's culture, heritage and traditions that have arisen during the community's development.

4. Promote interaction among residents

Positive communities work to foster a feeling of genuine connection among residents by providing plenty of interaction opportunities which fosters better understanding of each other's culture. More specifically, for residents to experience emotional contagion in their interactions is key. Emotional contagion occurs when two or more people focus on a common activity and emotional experience, generating feelings of group solidarity. Examples of activities that may induce emotional contagion feelings include singing along to songs together at a karaoke night. Mark Hyman said,

The power of community to create health is far greater than any physician, clinic or hospital.

5. Good Leadership

Individuals elected to leadership positions within positive communities should be fair and just in their focus. Their shared values should inform the decisions they make on behalf of the community. Where possible, leaders should be diverse and represent the full scope of views and identities present within the community, such as electing an equal balance of people to a board.

6. Prioritize Effective Communication

Communication is essential for any effective community. Not only does this mean clearly communicating policies, rules, and expectations, but it also means keeping residents up to date about ongoing events, projects, changes to policies, and upcoming events.

Positive Communities can achieve amazing things - share goals and achievements, show care and compassion for each other, celebrate together, connect and support each other.

It is a place where your age, status, ethnicity and faith doesn't matter, the bond of Community does.

References: Nicole Celestine - Positive Psychology and Steve Skinner -Strong Communities.

Summer Food Drive

Long-life milk | Sugar | Jam | Tea/Coffee
 Juice | Toiletries | Tinned spaghetti | Tinned potatoes
 Treats | Condiments | Noodles | Tinned fruit | Biscuits



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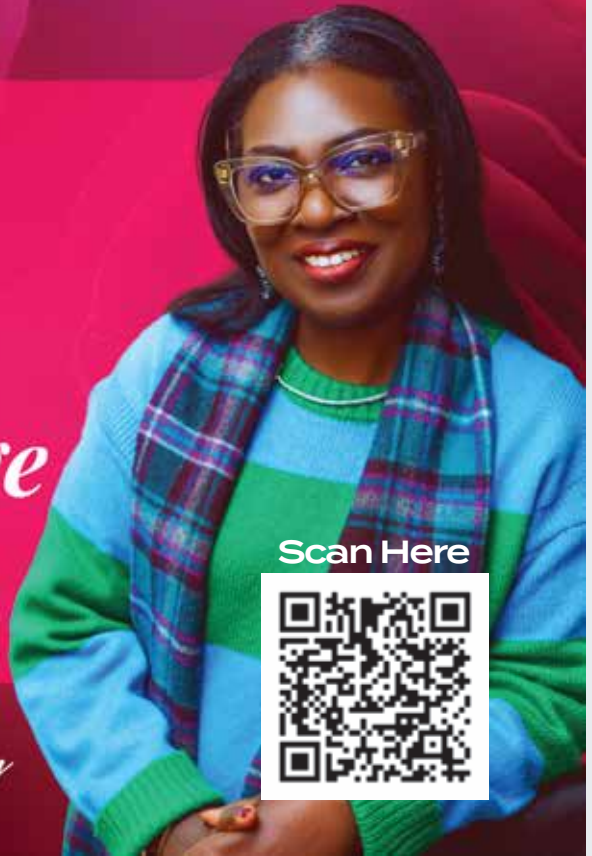


Life Ever After Marriage Talk

With Toyin Balogun

Every Friday from the 4th of July

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VICTORY VOICE

with
APOSTLE TUNDE

YOUR WEEKLY PROPHETIC DECLARATION

Scan Here



The Kingsborough Centre A Monthly Experience of Faith, Family & Fresh Encounter

Building Faith • Strengthening Community • Encountering God



At The Kingsborough Church, every month is an opportunity to grow deeper in faith, build stronger relationships, and encounter the living God. Our services are more than calendar events; they are intentional gatherings designed to meet you right where you are and propel you into all God has for you.

Here's a look at our monthly Sunday service rhythm, each uniquely crafted to inspire, empower, and unite us as a family of faith.



1st Sunday: Thanksgiving, Testimony & Communion Service

We begin each month with hearts full of gratitude. This service is a sacred time to thank God for His faithfulness, share testimonies of His goodness, and partake in the Lord's Table.

Highlights:

- Celebrate answered prayers and personal breakthroughs.
- Renew your covenant with God through Holy Communion.

- Be uplifted by powerful testimonies and joyful worship.

What to Expect:

Bring a thankful heart, come prepared to share a testimony, and gather with us in unity as we celebrate God's faithfulness together.

2nd Sunday: Special Anointing Service

This is a time of empowerment, consecration, and spiritual refreshing. Through anointing and prophetic declarations, we position ourselves to walk victoriously through the month ahead.

Highlights:

- Receive fresh oil for your journey.
- Be strengthened through prophetic prayer and

impartation.

- Prepare for the challenges and victories ahead.

What to Expect:

Bring a bottle of anointing oil and a heart full of expectation. This is your moment of divine equipping for purposeful living.

3rd Sunday: Family & Friends Service

A warm, welcoming, and engaging service where we celebrate the gift of community. This is a perfect opportunity to invite loved ones and build new relationships in a joyful, relaxed atmosphere.

Highlights:

- Connect with others in a friendly and faith-filled setting.
- Enjoy interactive games, inspiring worship, and a

soul-stirring message.

- Share a delicious meal and meaningful conversations after service.

What to Expect:

Extend an invitation to someone new—your neighbour, colleague, or relative. Come ready to experience authentic fellowship, fun, and the love of Christ.

Last Sunday: Just Worship

We close the month with unfiltered worship. No schedule, no sermon—just time in God's presence. "Just Worship" is a time to reset, refocus, and realign your heart with God through adoration.

Highlights:

- Extended moments of personal and corporate worship.
- Prophetic expressions, spontaneous songs, and

freedom in the Spirit.

- A sacred space to encounter God in simplicity and sincerity.

What to Expect:

Come as you are. Whether you kneel, dance, weep, or sit silently—this is your moment to respond to God in your own way and receive a fresh outpouring of His presence.

You're Invited to More Than a Service—You're Invited to a Move of God

Every Sunday at The Kingsborough Church offers a fresh opportunity to experience God in a new and personal way. From gratitude to impartation, from fellowship to deep worship, our monthly rhythm is designed to nourish your soul and grow your faith.

So mark your calendar, bring your loved ones, and come expectant. No matter what season you're in, there's something here for you. Because at Kingsborough, you're not just attending a service, you're stepping into purpose, presence, and family.

The Kingsborough Church "A Place of Impact, Restoration, and Kingdom Expression"

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www.kingsborough.org.uk



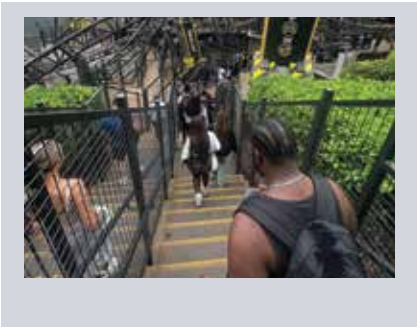
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Last year’s church youth trip to Alton Towers was an unforgettable five-day adventure filled with fun, friendship, and faith. Our group had the exciting opportunity to not only enjoy the theme park’s thrilling rides and beautiful surroundings, but also to deepen relationships through group activities, evening devotionals, and plenty of laughter. One of the most rewarding parts of the trip was being able to invite friends who wouldn’t normally come to church, creating a relaxed and welcoming space where

everyone felt included and valued.

We’re thrilled to announce that we’ll be heading out again for our fourth annual trip to Alton Towers this year! These trips have become a special tradition for our youth group, offering a unique chance to build community, explore faith in everyday moments, and make lasting memories. We can’t wait to see both familiar faces and new ones join us for what promises to be another amazing experience.





Whispering Winds

We are all ears!

Q *I recently encountered a group of people bemoaning the state of our nation and the world. Your spring edition touched on this issue and it is disheartening to see so many in dire need and feeling hopeless.*

A Thank you for writing in and taking time to read our magazine. Your support is heartwarming and encourages us to continue delivering meaningful content.

You asked for any insights on the state of hopelessness and any solutions, and indeed these are very troubling times affecting everyone in various ways that is unimaginable. When the situation is dire, we need to uplift each other. Human suffering has worsened and, in the UK, we are seeing record number of homeless people; some on the streets, others hidden experiencing homelessness. Food poverty is on the increase affecting a large proportion of the society. Some people are too ashamed to visit the food banks and they have resorted to cutting down on meals, especially when cooking from scratch.

So, who is your neighbour? Have you identified them? If your neighbour walked past you in the streets, would you recognise them? Too many questions you may say and you are not far off but they are important questions to ask. The helping hand we need must come from us. Look around and observe, be still and tune in to the frequency around you. Recognition and conviction will follow. Your neighbour may have walked past you, brushed by you in a hurry and perhaps, angered you a little or immensely in a state of mind. The government is overwhelmed and its resources stretched that the

barest minimum is the expectation.

Historically, George Müller, an evangelist, provided orphanages for street children during a time when similar questions were asked: who is your neighbour? He took the reins of ownership to provide homes, food and education to the children he encountered on the streets of the UK. He made a difference where the government could not, and where individuals were powerless to help. In faith and boldness, Mr Müller stepped up to meet his neighbours. His focus was on children—the future leaders—who were ignored, abandoned, and starving.

So, who is your niche neighbour? Is it the drug addict trapped in a cycle, the lonely hidden in plain sight, the bully masking their inadequacies, the youth seeking direction and love, the rundown neighbourhood breathing crime and despair, the elderly, the friendless soul, the defunded community projects, the list is endless. George Müller's niche neighbour were children.

**The helping hand
we need must
come from us.**

The holy bible states in Proverbs 19:17 "Whoever is kind to the poor lends to the Lord, and he will reward them for what they have done".

Your niche neighbour could be any of these: the single parent, the refugee, the elderly, unemployed, the new immigrant, the student or the disable. Therefore, you can help in various ways such as volunteering at your local charities, donating, offering a listening ear, advocacy and raise awareness of issues that would get more people involved. This summer start a neighbourly campaign.

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



HALLE NIGHT LOADING!!!

A Community Musical Celebration and Entertainment to promote Unity,
Cohesion, Inclusion and Healing from Fear and Mental Health

Watchout!!!

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Dayo Bello | Muiyiwa Olanrewaju (**Host**)
Bidemi | Arinola Natuayan | Danny Oates | HOP Choir

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