

# Local News

Edition 46 • January 2020



## What is a WOMAN'S GREATEST FEAR?

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# It's the 2020'S!

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## New year, new plans... where do you start?

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## Does pretending really pay off?

*'In my search to find my  
identity, I pretended to be  
someone I was not.'*

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# It's the 2020's!



If you're looking for inspiration and motivation for this new year, you have come to the right place.

Within the pages of this newspaper, you will find examples of people who used their faith to better their lives. You'll be amazed by these transformation stories, and if you're intrigued enough, you too can come and find out how you can bring about positive change in your life.

You can learn how to strengthen your already-existing relationship with God, or you can learn what it takes to build a new one with Him - here at the Universal Church. Let's make this decade the best one of our lives!

# My drug-dealing bf got me locked up for 5-years

Many young girls are unfortunately getting themselves involved in criminality. Sadly, dating a 'top boy' - gang member, drug dealer etc. - has been sold to these innocent and naive girls as a 'must have', when in actual fact it is the beginning of destruction in their lives. Have a read of what happened to Prima Kazooba when she found herself in this predicament.



'I met my then boyfriend when I was 18. He made me feel special and my naive mind saw this as reason enough to stay with him although he was a drug dealer. I rationalised that helping him was an opportunity for me to make money to help my mum, who was struggling financially at the time.

I'd be bored to death there but what happened was the opposite: the meetings actually made me think. What the pastor said challenged me to see myself differently. I never imagined faith to be something that you could actually use daily to overcome problems.

I followed my boyfriend everywhere and did all he told me. We flew from country to country smuggling drugs, until I was eventually caught in a foreign country.

But what was my problem? When I looked deep inside, I realised that all those years ago I was acting up because I had never dealt with the hurt caused by the attention I lacked as a child. It was hard but I dealt with this by opening up for the first time about how I felt to my mum. Once I did, I felt lighter; I let go of the hatred I had towards her and we have since been able to rebuild our relationship.

It all happened so fast! My boyfriend set me up; he gave me over to the police to divert their attention so that he could get away. I spent a total of 5 years in prison and once I came out, my mother who didn't know what else to do with me, invited me to the Universal Church.




Today, I no longer need the attention of others because in God, I've found the love I longed for. The same faith that I used to win my inner battles, is also the one I used to overcome in life. Today, I can say that I am truly happy and I believe the same can happen to anyone who chooses to receive help.'

**Prima Kazooba**

I wasn't too keen at first but when reality hit - I had a criminal record, no money and no future - I had nothing to lose by trying it out. I thought



Can you relate to Prima's story? See if you or someone you know could benefit from the help and support she received at the UCKG. Talk to us: 020 7686 6000 (24H)



# BE INSPIRED

Join Bishop Alvaro as he shares his pearls of wisdom every night at 10pm on Be Inspired at [libertyradio.co.uk](http://libertyradio.co.uk)

Check page 6 to know how to download the Liberty Radio App

# WELCOME TO THE FAMILY

**We are more than just a church group; we are a family, and family look out for one another. This is exactly what the Caleb Group is all about: making sure that seniors receive the love, care and attention they deserve. We dedicate our time to helping them overcome their problems and having a better perspective on life.**

Sadly, many seniors around the world have been abandoned, left by their families. Some are placed in care or nursing homes, while others are left at home to fend for themselves and are rarely visited by their loved ones.

Many become depressed due to loneliness and get to the stage where they no longer see any light at the end of the tunnel and so start believing that the best is behind them.

This is where the Caleb Group and its volunteers want to help. We believe that no matter what your age is, you can do anything you put your mind to. We reach out to seniors, showing that we care and that they are never alone.

Our volunteers, as well as our members, are always available to motivate and uplift those we are in contact with. We visit care and nursing homes, in addition to also offering house visits,

spending time with those who are lonely and just want to talk to someone.

There are also different activities on offer throughout the year, including 'Caleb's Pampering Day', outings to the seaside, restaurants and Caleb's Christmas dinner; anyone is welcome to come along and join in the different activities.

In addition to all of the above, seniors of the Caleb Group are also taught how to use their faith to rebuild their lives and overcome their problems by getting together every Sunday morning for prayer, as well as socialising over tea, coffee and fruit.

***The Caleb Group is open to anyone aged 50 and above. For more information on joining, please call our 24hr helpline on 020 7686 6000 or visit our Community Outreach website: [uckgoutreach.org](http://uckgoutreach.org)***



Did you know...



The name of the group comes from Caleb, a biblical character well-known for his resilience and for not allowing his age to wear him out.



## I received the strength I needed to keep going

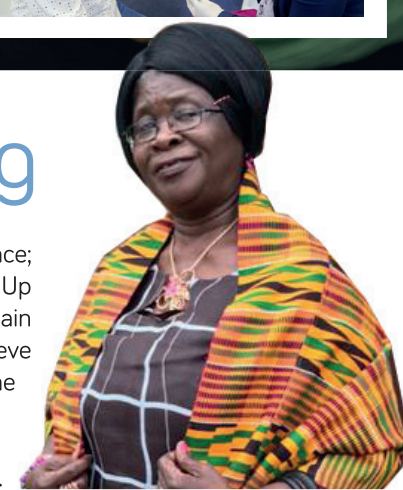
'I have been attending the Universal Church for many years now, even before the Caleb group was formed. Through coming to the church, I was able to overcome many problems in my life. For example, I confronted an all-time low when my mother passed away. She was my best friend and

I couldn't imagine life without her. However, being in the Caleb group really helped me through this period of anguish. They were there for me.

They never allowed me to feel alone and would constantly give me words of encouragement and pray for me.

The group members were extremely supportive and I found the strength not to give up. Although I had just lost my mother, I found a family in them. I found brothers, sisters and even mothers and fathers that would pray for me and help me every step of the way. In short, they helped me find

God and in God I found true peace; and nothing is greater than that! Up to today, they still help me to remain in the presence of God. I believe that every senior should join the Caleb group!



Mercy Castel

# adJUSTIN your inside



Justin Williams was placed in care at two months old and stayed in the care system until he was 15. Although he was very proud of himself because he did extremely well in school, that was not enough to fill the hole he had inside due to the lack of parental love and affection.

‘When I grew up I decided to move from Canada to the UK, hoping that maybe living in a different country would fill my void. Not long after moving to the U.K., a friend invited me to the Universal Church. At first, I only went because it gave me a reason to leave my house and forget my problems, but as I heard messages that inspired me, I decided to get to know God for myself.

My biggest battle was internal, due to me not having experienced family love, so I first had to overcome my pride, arrogance and selfishness and ask for help. I understood that to win that battle I first had to change my mindset – the way I thought and went about doing things. It wasn’t easy, but as I asked for God’s help and put all my strength into this change, a new mentality started to develop in me.

After overcoming my inner battle, I then had to face an exterior battle: I was jobless. This consequently led me to become homeless and just before my final year of university, I was sleeping in a cramped garage.

However, this time, with my new-found mindset, I started to see things differently. I thought, “I have the option to use my faith in God and in myself to take the necessary steps to turn my situation around or to cave in.” I did the former and began to see each day as a new opportunity to fight for the life I wanted.’

With the guidance from the financial meetings in the church, Justin began to plan how he would be successful. He took the first step of looking for a good job. ‘It wasn’t easy.

My applications were rejected more times than I could count and some people didn’t even reply at all. Sometimes I felt discouraged, but I held on to my faith and the encouraging words I heard at the Monday meetings.

Although I never studied Software Engineering at any academic level, I saw it as a field I could go into for the future so I invested in it along the years, watching YouTube videos, reading books, attending conferences and asking questions. This led me to someone who pointed me in the right direction, and this is the field I am working in now.

I started at a level that wasn’t even software-related. I was just a simple IT Advisor, answering phone calls and helping people with basic computer needs over the phone. However, while I was in that position, I observed the Software Engineers with such intent that it drove me to become one. I thought like a Software Engineer and behaved like one.

Fast-forward to today, it’s been 4 years that I am no longer homeless and I have a very good job as a Software Engineer in a managerial role. God has blessed me in such a way that despite being the youngest in my department, I manage 4 floors in my building and receive a very high salary to go with it. I am excelling in whatever I put my mind to and in areas I never thought I would be because I know God is guiding me.

Nevertheless, my biggest achievement has been my inner transformation. When I think about the Justin then to the Justin now, all I can do is smile. I have peace, I believe in myself and I have faith to conquer anything.’

Justin Williams



## PERFECT PLANNING PREVENTS POOR PERFORMANCES!

It’s not only a new year, but a new decade has begun! Everyone is looking forward to this new chapter in their lives.

Reality check: despite it being a new decade, it will not feel like a fresh start if you are still in the same position as last year. In fact, the optimism you once had can be cut short when you realise that your problems have followed you from one decade into the beginning of another. Annoying, right?

Well, each day is an opportunity to steer your life in the direction you want. Here are four steps to get you on your way to doing just that:

1. Know what you don't want (when you know what you don't want, it's easier to define what you want).
2. Write down a plan ONLY for January relating to step 1 (5P Rule: Perfect Planning Prevents Pathetic Performance).
3. Take action on them NOW and do not compromise.
4. Make sure 31 January ends with a



**THE FINANCIAL SUCCESS MEETINGS TAKE PLACE EVERY MONDAY AT 7.30PM AT ALL UCKGS ACROSS THE UK**

Also at 7am, 10am and 3pm. For more details and addresses turn to page 15.

# The power of FORGIVENESS

'My husband and I had been together for 12 years when I found out I was pregnant. We were not expecting this news and it got my husband very worried due to us not having the financial stability to take care of a child. As a result of this, my marriage went into crisis.



I managed to lose 10kg but inside I still felt empty.

When the effect of the medication would wear off, I would become sad and agitated, which would cause me to shout at my daughter a lot. Later on, when I was already back in the UK, my sister came to visit us. She and my husband were not on good terms due to the family disagreements, and so this was something very unexpected.

When she arrived, she seemed different. We all sat together and to my surprise, they were able to solve their issues. She told us that she had started attending the Universal Church in Brazil and that she was really determined to change, so she came to the UK to ask for forgiveness.

My husband was able to see God in my sister's life and we made the

He began to reject me and ignored me throughout the entire pregnancy. This led me into a deep sadness, and after our daughter was born, I became worse. I was very anxious and ate excessively to the extent that I gained 20kg. This was my life for 3 years straight. My marriage was broken and my finances were a disaster. The restaurant where I worked closed down, and it was then that I decided to

visit my family in Brazil, whom I hadn't seen for 10 years.

I was at a low point and so I took the opportunity to seek help. As I visited my family, I went to the doctors where I was prescribed different medications; one to help me fall asleep, another to help me wake up, another to stop me from eating so much and one more to help me concentrate. With all of this,



decision to start attending the church here and surrender our life to God too.

At the weekly meetings, we learnt how to use our faith intelligently to turn all the areas of our lives around, starting from our inside. I was able to let go of all the hurt and deep sadness that had taken over me.

My husband asked me for forgiveness and our marriage has since been restored. We are much happier than before because we have God in our life. Our home, which was sad and empty, is now full of God's presence.

I also used my faith and asked God for direction in my finances. I had been offered a partnership in a food business and although I was afraid of the risk at first, I decided to trust God and left my job to start working on the business.

We are now developing step-by-step. I know that this is only the beginning for us. I am forever grateful for the work of the church because their teachings are very enlightening and we are taught a living faith.'

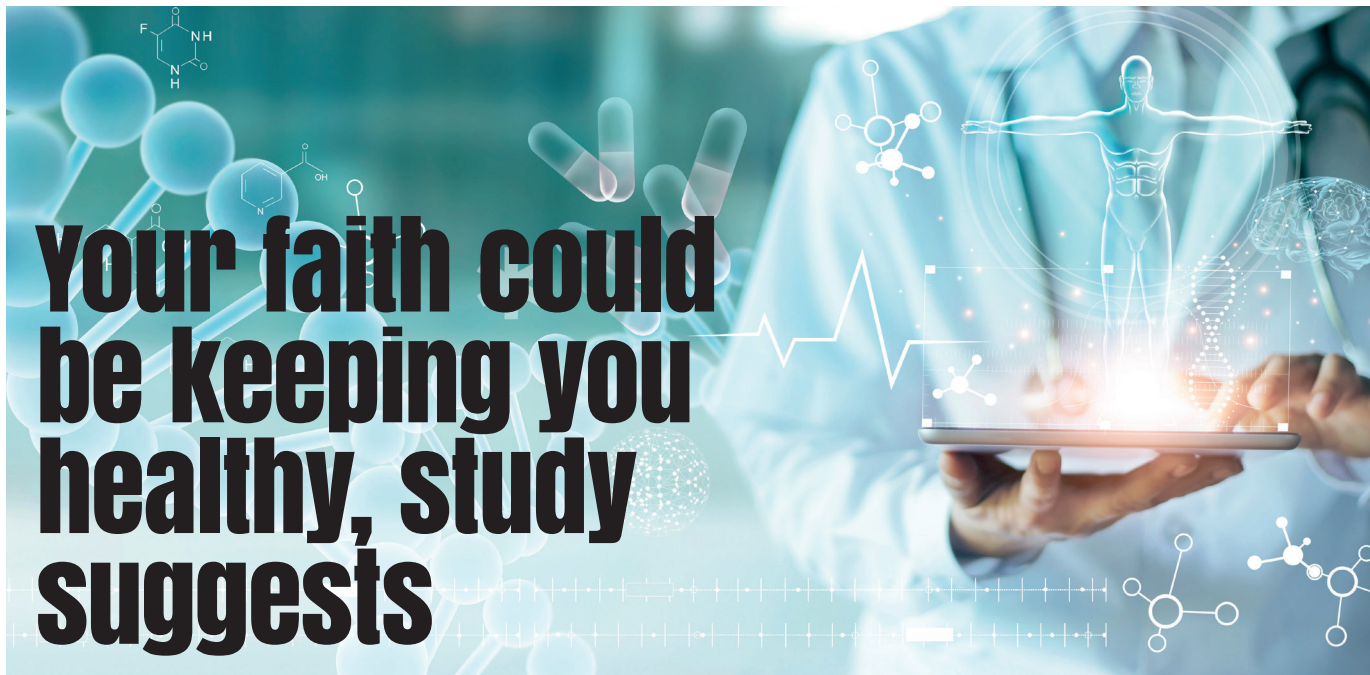
Ludmilla Moretti

THE  
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# Your faith could be keeping you healthy, study suggests

It may seem like a cliché, but faith is a powerful tool. It has been known to help through the toughest of moments. The complete trust and confidence that better days are ahead is a natural hope to all and in case you did not know, that is a type of faith; it is a hope that encourages us to keep on going. When faith is put in God, even in the most extreme of circumstances, it becomes a source of strength that can help you win half the battle already.

In 2016, research was published in the prestigious JAMA Internal Medicine journal (a monthly peer-reviewed medical journal published by the American Medical Association) which concluded that faith could also have a number of additional benefits that could improve longevity.

Cancer! That is a scary word. Those who have it know the fear it brings; the uncertainty and the negative connotations that surround it. The chances are that you know someone who has or is fighting it or, sadly, someone who has lost the battle. In April 2017, Yuriy Dobrev heard that word – CANCER. He was diagnosed with urachal bladder cancer and his prognosis wasn't good. He was even told it was something incurable.

Though faced with this grim reality, Yuriy and his wife were not going to take this lying down. His wife said that they had two options: 'either to give up or keep on fighting' and they chose the latter. They decided to fight, relying on their faith as a complement to the medical treatment Yuriy was receiving.

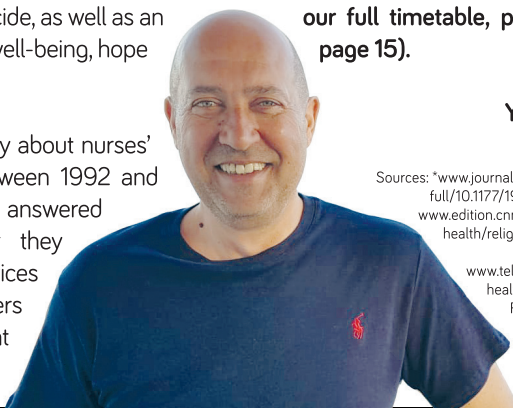
After months of gruelling chemotherapy sessions, but never doubting their faith, a new scan in 2018 revealed that he was free. Last month he went for another check-up and all his tests came up normal. Yuriy strongly believes that faith played a fundamental part in the whole process. 'Today I'm here, alive and strong!', he said.

It may seem odd that faith had anything to do with his recovery, but over 1,200 scientific studies and reviews from different sources\* highlight the positive health benefits of faith, including faster recovery from illness, lower rates of depression and suicide, as well as an overall increased sense of well-being, hope and optimism.

In the United States, a study about nurses' health was conducted between 1992 and 2012. The participants answered questions about whether they attended faith-related services regularly and the researchers found that those who went to church more than once a

week had a 33% lower risk of dying during the study period. According to the study, attending church could promote self-discipline and a sense of meaning and purpose in life. Another study, led by the Ohio State University in the summer of 2018, concluded that churchgoers can expect to live up to nine years longer than their non-church-going peers.

**Are you facing health problems? Are you struggling to see any positives? Are you lacking or losing faith? See if our health and well-being services can be of benefit to you - every Tuesday (for addresses and our full timetable, please check page 15).**



Yuriy Dobrev

Sources: \*[www.journals.sagepub.com/doi/full/10.1177/1948550618779820](http://www.journals.sagepub.com/doi/full/10.1177/1948550618779820)  
[www.edition.cnn.com/2016/05/16/health/religion-lifespan-health/index.html](http://www.edition.cnn.com/2016/05/16/health/religion-lifespan-health/index.html)  
[www.telegraph.co.uk/news/health/news/8480505/Faith-good-for-your-health.html](http://www.telegraph.co.uk/news/health/news/8480505/Faith-good-for-your-health.html)

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The UCKG HelpCentre's spiritual advice is to be seen as a complement to the scientifically-proven treatment you may be receiving. The UCKG HelpCentre does not claim to heal people but believes that God can through the power of faith. Always follow your doctor's instructions.

# mytv

it's your channel

## FINDING ANSWERS

EVERY NIGHT AT 11PM  
REPEATS: EVERY DAY AT 7AM

Are you looking for answers? If your answer is 'yes', then this show is for you. 60 minutes of real issues, real debates, real people and real answers.

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## THE CHRISSY B SHOW

MON, WED, FRI AT 10PM  
REPEATS: TUE, THU, SAT, SUN AT 3AM

The Chrissy B Show is the UK's ONLY TV show dedicated to mental health and wellbeing. Tune in for lots of useful tips on every show for all areas of life.

[chrissybshow.tv](http://chrissybshow.tv) | [f thechrissybshow](#) | [t Chrissybshow](#) | [ytv ChrissyBShow](#) | [@chrissybshow](#) | [MYTV \(Sky Channel 191\)](#) | [mytv.co.uk](http://mytv.co.uk)

## LOVE TALK SHOW

SAT AT 11AM  
REPEAT: SUN AT 11AM

There is always something to say when it comes to matters of the heart. The presenters, Edward and Ana, are not afraid to delve into them. Join the chat!

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## All About You

## ALL ABOUT YOU

MON AT 5PM

With brand-new topics every week, this programme explores interesting and controversial subjects that occur in the lives of all women. This is to help them achieve their full potential. Subscribe to our Youtube Channel!

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# Does pretending really pay off?

**Joseph Louis-Xavier tells us that as a young man he was confused, frustrated and felt empty.**

'I resented my father. I felt like he wasn't there for me and I did not feel like I got the attention I needed from him when I was young, so I blamed him for a lot of my issues. I always craved some sort of attention, whether amongst my friends or on social media - I longed for attention wherever I went. I was insecure and confused.

Since I did not get it from my father especially, the majority of my attention-seeking was done on social media, through the pictures I would post of me at parties, with friends and of my new clothes. It got to a point where I lived just to pay for designer clothes and trainers so I could show it off. For further attention, I changed my look.

victoryyouthgroup.co.uk) and there I heard messages and testimonies from people who were able to change their lives. I could perceive that they had received something real and strong and I wanted the same.

One day, I made a decision to cut off all the toxic things I had come to learn were not helping me and to face and deal with all the inner complexes I was carrying. I decided to make God my Father; my everything. I decided to apply His Words to my life and turn to Him with every difficulty that I had. I no longer tried to live my life based on my own understanding or for others but instead to live as God intended me to live. This is what brought about the positive change in me.

I learnt that everything that you are looking for is in God. Sometimes we think that what will fulfil us is in the tangible things or a person, i.e. a father. However, that satisfaction only lasts for a while - when they're gone, you'll still feel the same way. Building yourself and your life with God, however, allows you to see that truly everything you were looking for was with and in Him all along!

I did face many challenges in my journey, and a lot of them were internal battles as I was filled with self-doubt and frustration. However, my personal moments with God; my Father, are what strengthened me. My perseverance and decision to continue also helped me on the road to change and I certainly have His attention.

Today I no longer hate my biological father and I have a much better relationship with him that also includes attention. I no longer need to seek attention from other people because I value who I have become, so I don't define my worth based on other people's opinions about me.

My self-assurance and confidence come from my relationship with God. What currently keeps me going through my journey is the inner change that I received from God, as well as knowing that there is so much more that He wants to do for me in my life.

At the Universal Church, I heard and saw real examples of people who were able to conquer the change that I was looking for. I was inspired by the examples of the advisers who helped me and I could see the sincerity and truth in what they taught. Today, I am one of those encouraging examples for other people.'

**Joseph Louis-Xavier**



I grew my hair out, I pierced my ears multiple times, and all of these I would post on social media. I wasn't doing any of this because I wanted to, but instead, I thought it would impress the people around me. I would tag along with people who were not my friends just to be a part of a crowd and to "look cool." I went to parties where I didn't feel comfortable being in, finding myself constantly pretending to be someone I was not.

In my search for finding my identity, I grew more and more rebellious and was often sucked in by negative influences. There was an anger in me that kept growing, causing me to do and say things that were out of character for me. However, deep down there was that question - "Father where is my attention?"

I was first invited to the Universal Church by a classmate and later decided to attend when my mother invited me some years later. I started participating in the youth meetings they have at the church (for more info please, access:



**THE PERSONAL GROWTH MEETINGS TAKE PLACE EVERY WEDNESDAY AT 7.30PM AT ALL UCKGS ACROSS THE UK**

Also at 7am, 10am and 3pm. For more details and addresses turn to page 15.



Sources:  
 aconsciousrethink.com  
 goodmenproject.com  
 psychologytoday.com  
 health.com  
 theguardian.com  
 sanctus.io

**Practically everyone goes through periods of craving attention – usually during a rough patch in their lives. Others search continuously for validation through attention-seeking behaviour.**

Things such as always looking for compliments, only talking about yourself in a conversation, exaggerating and complaining can be considered examples of seeking attention. Reasons behind such behaviour could be anything, from peer pressure to being emotionally abandoned by your parents. There could also be some underlying insecurities and self-esteem issues that have not been dealt with.



Many people also turn to social media in need of attention. However, in this quest for validation, some of them only share the best parts of their lives – or worse, they show that they are happy when in reality they are not. An increasing number of people are seemingly living what could be considered a 'fake lifestyle'

be it in front of their friends or their social media platforms – as you are able to see through Joseph's testimony (page 7).

They seem happy to be living a glamorous and fulfilling life when in reality, they also experience insecurities and sadness. There is nothing wrong with wanting to

live a glamorous lifestyle (if you can afford it) but what is worrying is when people don't share the entire or genuine picture of their lives, consequently creating false hope amongst their followers.

An example of someone who has spoken about their journey with social media is American fashion blogger Aimee Song, who has more than 5.4 million followers. She recently opened up about feeling 'sad, and so broken inside.'

By illuminating her private battles, the blogger wanted to highlight that what you see on social media is not necessarily the complete picture. 'Nothing's perfect' she says. Another example is Alexandra Mondalek, a fashion reporter who found herself obsessing over social media.

'I would worry about how a post was performing instead of making important calls. I felt a certain pressure to make a brand of myself, and there was so much anxiety in that.'

what you do; to put thought into your social media usage instead of blindly following trends.

On the flip side, if used correctly, social media does also have its benefits, e.g., it builds an entire industry that people can benefit from. Many people have made genuine friends through it and some people have been able to quit their day jobs and make a living from social media instead. Certain social media platforms recently started providing users with usage stats – showing the average amount of time they



*To influence someone else, we first need to be well ourselves*



*Aimee Song, fashion blogger with 5.4m followers who recently opened up about feeling 'sad and broke inside'*

**Join us this SUNDAY, 10AM at**

# SOCIAL MEDIA

# VS REALITY:

# The battle for likes



spend on the platform every day and even allowing them to set reminders to disconnect.

Despite the positives, it seems increasingly that social media platforms are being used by many to seek some sort of fulfilment in life. However, more often than not, people are left seemingly forever chasing something that is unattainable.

This is mainly because true fulfilment starts from within. Until we all come to realise this, there will possibly always be an external battle for validation. In order to be able to positively influence someone else, we first need to be well ourselves on the inside.

The long-term effects of social media use amongst users is still unknown, but when online content does not represent an average lifestyle, the consequences can be negative. Social media has been linked with rates of anxiety and poor sleep, all of which reduce the quality of life.

We are here to tell you that it does not have to be this way. **Come and join us this Sunday, 10am, at your local Universal Church (for addresses, please check page 15),** to be uplifted and to learn how to become fulfilled, without needing outside validation. Change your interior and most certainly, your exterior will reflect that!

## About Sunday 10am...



*'SUNDAY MORNING SERVICES ARE MY "TOP-UP" FOR THE NEW WEEK. THE MESSAGES ARE ALWAYS NEW AND REFRESHING, FULL OF GUIDANCE AND PURPOSE TO BUILD ME UP SPIRITUALLY. AFTER THE SERVICE, I AM ENERGISED AND READY FOR THE CHALLENGES OF THE NEW WEEK.'*

CHARLES AJORGBOR



*'IT WAS ONLY WHEN I STARTED ATTENDING THE SUNDAY MORNING SERVICES THAT I TRULY LEARNT HOW SPECIAL IT IS. I LOVE THE MEETINGS; THEY HELP ME DEVELOP MY COMMUNION WITH GOD AND RENEW ME SPIRITUALLY.'*

YEN NGUYEN



*'THIS MEETING IS THE ONLY PLACE I WANT TO BE AT ON A SUNDAY MORNING. IT'S LIKE A "SCHOOL" OF FAITH WHERE I LEARN VALUABLE TEACHINGS THAT NOT ONLY STRENGTHEN ME BUT CAN BE APPLIED IN MY DAILY LIFE.'*

GUSTAVO WORNUNK



*'FOR ME, THE SUNDAY SERVICES ARE UNMISSABLE AND I WOULDN'T TRADE THEM FOR ANYTHING. I ALWAYS TAKE SOMETHING FROM THE MESSAGE FOR ME TO FOCUS ON THAT WEEK AND IT REMAINS WITH ME. THERE'S NO WAY I WOULD BE ABLE TO MAINTAIN MY FAITH WITHOUT THIS BOOST!'*

ANEKA SMITH

## Welcome to the UCKG...



*A place to find peace!*



**The Universal Church is a registered charity that is dedicated to helping people change their lives.**

It works to guide you as well as to be there for you during difficult times and to celebrate your successes. No matter what hardship you may be going through right now, we want you to know that change is possible. That's why we've packed this newspaper full of real-life stories from ordinary people who came to us in time of need and found a solution when they needed it the most.

We will welcome you with open arms – free from any judgement – because helping people is what drives us. We believe that everyone has the power within them to instigate change. The problem arises when that core belief is snuffed out and the person is tossed back and forth between two opinions, never arriving at the definitive conclusion that with a little intelligent faith all things are possible!

To have intelligent faith is to believe that you will achieve your goal and overcome barriers, while being aware that you must do what is within your reach, in order for God to do what you cannot. But the question is, what is within your reach? That's where we come in. The spiritual support and guidance we offer will help you not only identify what is often right under your nose, but also nudge you in the right direction to pin-point the root of your problems and empower you to overcome them.

From your love life to your spiritual wellbeing, we are here to encourage you through your bad days and support you through your better days. So, drop in at your Universal Church: our doors are always open for you.



**RAINBOW THEATRE:**  
232 Seven Sisters Road, N4 3NX

Check page 15 for more addresses



# Finding **YOURSELF** before finding your **OTHER HALF**

Love comes along when you least expect it. If you don't believe us, then take a look at Bianca and Isaac's testimony. They met at the Universal Church and despite their individual problems, they have managed to pull through as a team.

Bianca had a long-term relationship as a teenager. When it ended badly, she felt resentment towards men and became cautious about getting into another relationship. 'I was very insecure about myself and would burst into tears for no reason at all. I just felt sad and empty. I used to feel like my life had no real value and that I couldn't do anything about the issues I was facing.'

Although Bianca was invited to the church often, she always declined, until she reached breaking point. 'One day I decided to go and see for myself, as I knew I needed a change in my life.'

At the Universal Church, she learnt that there is a solution to every problem, which starts with having a sincere relationship with God. 'I trusted God with my life and didn't look back. I had tried to do things my own way before and put all my trust and faith in others, but this didn't work.'

In 2014, Bianca met Isaac through the Victory Youth Group (VYG) - the youth group of the church.

'We worked together in our team and would also help design banners and graphics for the youth group. Working closely together on those projects, we got to know each other well.'

Before coming to the Universal Church, Isaac had internal battles. He was fearful of being alone, but at the same time, due to internal struggles, it led him to become an introvert. It was like a vicious cycle that he did not know how to break.

'I was invited by one of the advisers of the church for a youth meeting (the Real Talk meeting), and from attending the session, I came to hear about the church and the services they provide. As I started attending the meetings, I was able to learn about intelligent faith, which is faith that uses reason - rather than feelings - to understand the things of God.'

From learning this, I was able to then analyse my life to see where I was going wrong, mainly by getting to the root of my issues and using my faith

to overcome them.' After a few years knowing, working and eventually volunteering together, they went from being friends to more than that. They began dating and recently tied the knot. Bianca says: 'I'm happily married to a man of God, who loves and supports me. Now I have peace and an assurance that God is with me and no matter what obstacles I face, I will overcome each one of them.'

Isaac says he's now the complete opposite of his former self. 'Now I am completely free. I'm not managing my problems or containing them but I've overcome them. I'm at peace within myself and I know who I am.'

Are you struggling to find that special someone? Do you feel like you have to fix yourself first in order to bring true happiness? Then come along to our Love Therapy seminars, every Thursday 8pm (for addresses, please check page 15).

Isaac & Bianca Frimpong

## Has Christmas brought extra strain to your relationship?



According to a recent article from the Evening Standard, the first working Monday back after Christmas break is ironically dubbed 'Divorce Day' by lawyers. This information is underscored by data collected from Google Trends in 2012 and 2016, which shows that January is the month with the highest rate of divorce searches on Google.

The same article also mentions that according to legal experts, the pressures of trying to plan the perfect Christmas, coupled with the stress of how to split your time between one partner's family to another, are just some of the factors that can create an extra strain on people's relationships during the last months of the year and into a new year.

Divorce lawyer James Gross told HuffPost, 'The holidays are also a time when emotions run high, and if you are unhappy or angry in your marriage, the holidays may push those feelings to breaking point.' If this sounds like something you have experienced, do not fret about it. This does not mean you have no

solution. Although the last festive period has already passed, it's never too early to start planning for the hurdles that may come around this year and lessen the extra stress of the holiday season.

One simple plan is to invest now in making your relationship healthy. A healthy relationship consists of compromise, empathy and communication. If something bothers you, tell your partner, and try to understand their point of view. You will probably find that the differences of opinion are minimal and by time the first Monday after Christmas break comes for you, it will not be ironically dubbed 'Divorce Day' for you.

Since this relationship should be taken care of and nurtured throughout the year, we have the Love Therapy seminars, every Thursday at 8pm, to help you tackle different problems that may arise in a relationship. We also give advice on how to overcome obstacles together and help you to have the happy love life that you deserve.



Sources: <https://www.worthy.com/blog/divorce/legal/divorce-in-january/>  
<https://www.thesun.co.uk/fabulous/5182720/stress-relationship-advice-christmas-2017/>



# What is a WOMAN'S GREATEST FEAR?

During a street interview, different women were asked: what is a woman's greatest fear? Some replied: 'being robbed', 'becoming vulnerable', 'losing my child', 'being rejected', 'being cheated on', 'not being accepted by society', 'dying and leaving my child behind on their own', etc. Out of all those who took part in the interview, the majority mentioned getting old and losing their young physical appearance as the top fear.

Indeed, all the things mentioned by the public can be extremely nerve-racking and many women are afraid of them. However, through our experience in talking to and advising women from different backgrounds and walks of life, we noticed the majority of a woman's fears are actually triggered by the greatest of fears, which is 'looking within.'

Many of us are able to see our external achievements and virtues, but normally we avoid digging deep and seeing what is truly within us.

## But why is it so hard for us to look within?

Many of us are afraid to find something about ourselves that we may not like. We want to be empowered and not be seen as weak, therefore we don't want our weaknesses to be exposed.

Think about it though, how much



*Normally we avoid digging deep and seeing what is truly within us*

to see exactly who we are by the way we react. That is what happened with Irena Jarkova, who attends the Self-Help meetings – one of the many initiatives the Universal Church has for women.



stronger would we be if we were to confront our weaknesses and overcome them, instead of hiding from them? It's understandable that vulnerability can be a scary thought. However, in the same way that avoiding a trip to the doctor will not better your health, avoiding your inner issues will not help you overcome them. In fact, the longer you avoid the problem, the greater it grows. Many times, we go through certain situations that allow us

'The Godlywood Self-Help meeting was extremely eye-opening. I could relate to all that was being spoken of and personally, God also showed me some truths that I need to face head-on about myself', says Irena.

It is not always easy to see or admit that you may be hypocritical, that you are insecure or maybe even needy, etc. However, instead of being in denial, accept that the problem is there and work to find a solution for that problem before it grows into something worse. Let us not hide away, but rather fight to be better women!

**The Self-Help meetings happen once every three months at our headquarters, 232 Seven Sisters Rd, Finsbury Park, London, N4 3NX. For more information, call our 24-hour helpline now on 020 7686 6000. I hope to see you at our next Self-Help meeting!**

## My eyes were OPENED

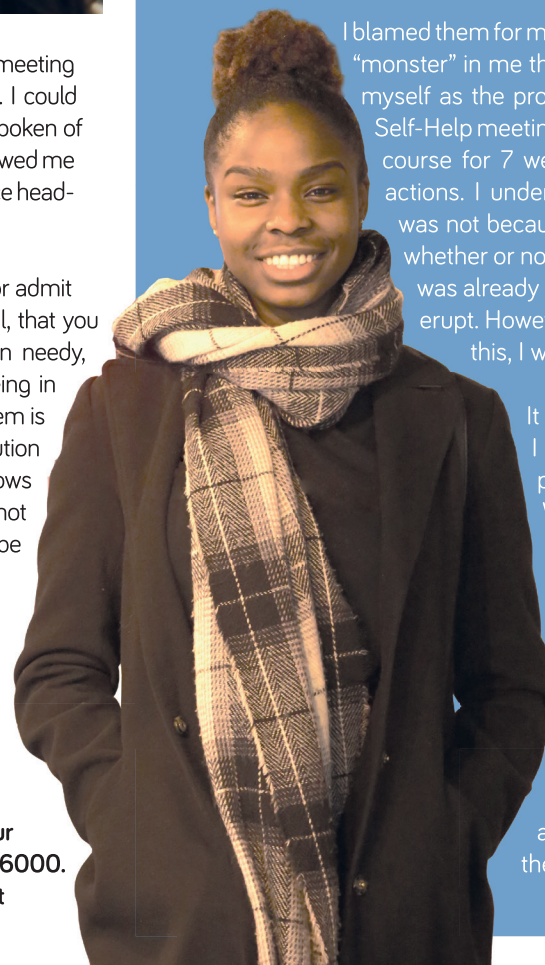
'The Godlywood Self-Help meetings helped me in many ways, especially when it came to overcoming my inner problems. The meetings are exclusively for women, which is great. I also find the atmosphere there extremely peaceful. What I love the most about the meetings is how deep they go with the topics.

They are not based on sugar-coated messages that make you feel good for the moment but changes nothing in your life. These meetings helped me face what was inside of me instead of constantly hiding or deny its existence. I used to constantly find myself losing my temper towards my family members. "They always knew how to push my buttons and make me lose control", I would say.

I blamed them for my actions. They would bring out the "monster" in me that I could not control. I never saw myself as the problem, but through coming to the Self-Help meetings and joining the Self-Awareness course for 7 weeks, I learnt how to analyse my actions. I understood that the way I was acting was not because of my family. Regardless as to whether or not they would irritate me, this anger was already within me like a volcano waiting to erupt. However, once my eyes were opened to this, I was able to work on overcoming it.

It was literally a fight against myself. I began watching my actions and praying for God's help to overcome. Whenever I was about to slip up, I would stop myself and think of the prayer I made to God. I continued doing this until it became natural to me. I was no longer out of control. Even when people got on my nerves, I would have self-control. However, in order for me to overcome this, I first had to acknowledge its existence and that was due to what I learnt at the meetings.'

Elizabeth Sokan



**TO KNOW MORE ABOUT OUR SELF-HELP MEETINGS, PLEASE CALL 020 7686 6000**



# How well can you **HIDE** your pain?

Feeling down and hating life; that's how Jean-Pierre lived before attending the Universal Church. His Inner issues led him to live a life full of deceit and frustration. Continue reading to find out how he was able to breakthrough from this cycle.

'I grew up in a broken household, where witnessing fights every day was the norm. Without much of a role model, my brothers would be in and out of jail. Our finances were poor and as a consequence, I grew to hate my family and my life. I was always known as the calm one, the more put-together one, but that was only on the outside. On the outside, I was the funniest person, I would be the life of the party. I was also well known, but in reality, I was a people pleaser. I would follow the latest fashion trends just to fit in. I had no identity as I didn't know who I was. However, no one knew that I would hide my pain very well.

My inner issues (anger, frustration, insecurities) led me to be a very deceitful person. I became a thief - I would steal things every day - and a womaniser. I became numb to life. Until I found out that my family and I were going to be

evicted. I immediately panicked and that threw me completely off. A deep sadness settled over me. I just wanted to disappear, I couldn't take it anymore!

#### What did you do to change your situation, Jean-Pierre?

'I got invited by my friend to attend the VYG, the youth group of the Universal Church. I thought to myself that I might as well see what it was all about. So, I went to church and I liked it. It was very different, people were genuinely happy and I felt welcome there. I was still heavily involved with the wrong things, but the more I attended the church the more I wanted to change. I just didn't know how to. I finally got a reality check when, in one of the meetings, they were talking about analysing our lives and it hit me. "My life is a mess", that was the thought that came to me. From there, I decided to change, so I started taking the meetings seriously. I would come regularly - Wednesdays, Fridays and Sundays. I was not only attending the meetings, but I was taking in everything that was being passed on to me. I took actions. I cut off the bad friends that

would influence me, social media, and everything that was hindering my change.

It wasn't easy, I had to be strong-minded and stick to my decision but with the right support system, I was able to change completely. I forgave my family and we now have a good relationship. I let go of that wrong lifestyle and most importantly, I was transformed on the inside. I don't have sadness within me anymore. Instead, I have peace. The emptiness within me was filled and nothing can compare to what I have today. It made it all worth it.'

#### What advice would you give to others who are experiencing the same problems?

'My advice would be to trust and do what is necessary to change. It's easy to say you want to change but many times people don't act upon it. The more you delay, the more your life won't change. Give yourself fully to God because He wants to transform your life; you just need to be willing.'

Jean-Pierre Shako



DO YOU KNOW ANYONE SUFFERING FROM  
**DEPRESSION?**

**RECEIVE SPIRITUAL  
ADVICE AND SUPPORT**

**FRIDAYS 12PM**

**RAINBOW THEATRE: 232 SEVEN SISTERS ROAD, N4 3NX**

# The battle of the mind

**'My gambling habit started as something small. It was with school friends and we would stay out until late gambling with coins. As I got older, I started to go to the casino, where I started to bet a lot of money. Sometimes I would get a really big turnover and I once made almost £1000.**

This motivated me to bet even more and without realising, the money that I was gaining would disappear. What I was putting in was more than I was getting back in return. It got so bad that I started to steal from my mum's purse because I wanted – in fact, I needed – more money to "try my luck" again. It seemed impossible to ever come out of that cycle.

It was during this time that I found out about the "Breaking the Habit" sessions at the Universal Church. Although I didn't know what to expect, I went there in the hope of finding help.

There, I was taught how to fight back against what I was facing. I learnt that in order to fight, you must see your situation as an enemy and understand what kind of enemy it is, before fighting against it. You cannot fight against something

you do not see is against you. From the first session, I left assured that I would overcome my problem.

It wasn't easy, there would be times where I would try to stop but then I would go back into it again. However, continuous attendance to the sessions gave me the confidence and strength of will to keep fighting against the problem.

Of course, it was a mental battle, because thoughts would come for me to gamble. Anyone facing any bad habit will know what kind of mental battle I'm talking about. However, through this new-found persistence which I received by attending the sessions, I went against those thoughts and eventually broke free from that habit I had for 4 years. My mind is now free and I do not see the need to gamble anymore. Consequently, I have

*My mind is now free and I do not see the need to gamble anymore. Consequently, I have been able to better myself as a person*

been able to better myself as a person and control my finances better. Today, I am an example to people who are currently going through the same problem. This is so important because these things are real issues in today's society. To whomever is reading this and facing or have a loved one facing a bad habit, there is help. I received help.' **Ryan Addy**



## Playing a dangerous game

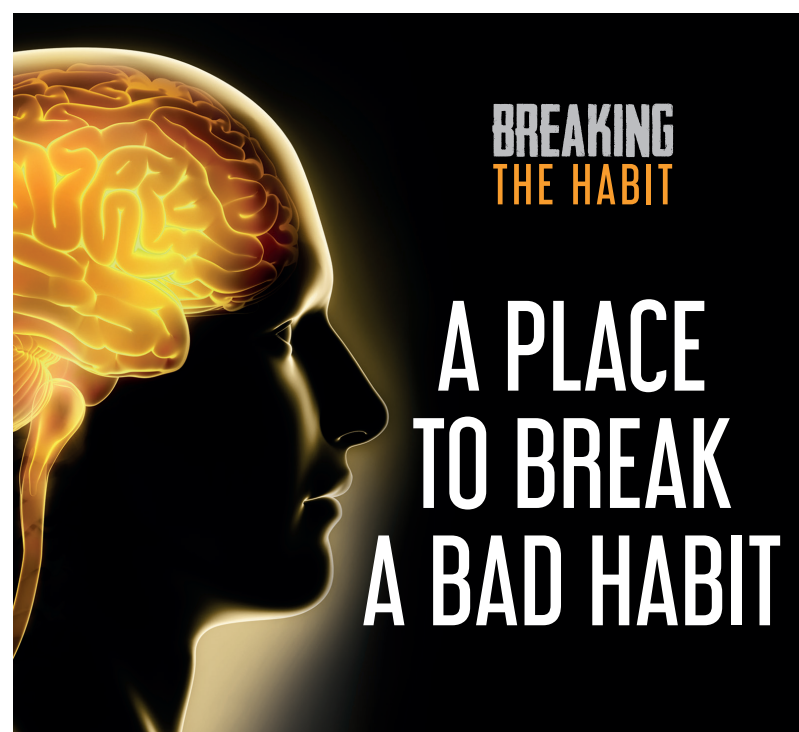
**For many people, gambling begins as a bit of harmless entertainment. However, it can later develop into THAT bad habit that leads to a number of problems. According to medicalnewstoday.com, people who live with the habit of excessive gambling may experience depression, migraines, distress and anxiety-related problems, and due to its damaging results, gambling has become somewhat of a concern in several countries.**

The same report tells us that for some people, the sensation they receive from gambling in some instances can be equivalent to the sensation a person gets when taking a drug or having a drink, and that gambling behaviour is known to modify a person's attitude or feelings. As the person becomes used to the emotions attached to gambling, they keep replicating the behaviour, attempting to achieve the same effect over and over again.

As mentioned on the same site, as the craving grows and gets stronger, the ability to control an urge to gamble gets much weaker. This can have a psychological, personal, physical, social or professional impact on a person's life.

Medical News Today also explains that neither the frequency of gambling nor the amount lost can determine whether this is a problem for a particular individual. Some people carry out or engage in episodic gambling sprees rather than regularly gambling. However, regardless of the frequency or motive, the emotional and financial consequences can be dire. So, if you or someone you know has a gambling problem – or any other negative habit that may be affecting your lives – come and join us every Sunday, 4pm, for the 'Breaking The Habit' meetings. It will empower you to fight against these habits with the right weapons.

Source: [www.medicalnewstoday.com](http://www.medicalnewstoday.com)



**RAINBOW THEATRE**  
232 SEVEN SISTERS RD, N4 3NX

✉ [act@uckg.org](mailto:act@uckg.org) | ☎ 020 7686 6000 | 📞 07857 956941

## FOR THE PORTUGUESE AND SPANISH COMMUNITY - FALA PORTUGUÊS?

# FAÇA UMA VISITA À SUA UNIVERSAL LOCAL



A Igreja Universal do Reino de Deus é uma instituição de caridade no Reino Unido, e dedica-se a ajudar as pessoas a viver a vida da melhor forma possível, física, emocionalmente e espiritualmente. Qualquer pessoa é bem-vinda, independentemente de sua raça, idade, origem ou status.

Ao longo dos anos, alcançamos um grupo tão grande e diversificado de indivíduos, que nossa crescente família inclui atualmente mais de 12 milhões de pessoas de todas as classes sociais ao redor de 170 países.



Estamos prontamente disponíveis para qualquer pessoa que queira ter uma vida melhor, mas ainda não descobriu como fazer isso acontecer. Entendemos que a ajuda mais completa e permanente que podemos dar a alguém é capacitá-lo, o ensinando como ajudar a si mesmo. É este objetivo que norteia tudo o que nós fazemos.

Em termos práticos, nosso trabalho é centrado em sessões diárias e grupos comunitários que oferecem suporte, atividades e eventos para engajar as pessoas e guiá-las na direção certa. Nossas sessões diárias e grupos comunitários ajudam as pessoas a dividir grandes metas em pequenos passos que tornam aquela meta algo possível de se alcançar.

**NÓS TAMBÉM TEMOS REUNIÕES DIÁRIAS EM PORTUGUÊS.  
PARA MAIS INFORMAÇÕES OU ENDEREÇOS, LIGUE PARA 020 7272 1010.**

## ¿HABLAS ESPAÑOL?



**VEN A TU CENTRO DE AYUDA UCKG MÁS CERCANO**

La Iglesia Universal del Reino de Dios (UCKG) es una organización benéfica del Reino Unido dedicada a ayudar a las personas a vivir la vida al máximo, física, emocional y espiritualmente. Damos la bienvenida a todos,

independientemente de su raza, edad, orígenes o posición social.

A lo largo de los años, hemos llegado a ser un grupo tan grande y diverso de personas que nuestra creciente familia ahora incluye más de 12 millones de personas de todos los ámbitos de la vida, en 170 países.

Estamos a disposición de cualquiera y de todos los que saben que su vida puede ser mejor, pero no han descubierto cómo hacer que esto suceda todavía. Somos conscientes de que la mejor y más permanente ayuda que podemos brindar a cualquier persona es fortaleciéndoles, y lo hacemos enseñándoles cómo ayudarse a



sí mismos. Este objetivo subraya todo lo que hacemos. En términos prácticos, el núcleo de nuestra obra son las sesiones diarias y los grupos comunitarios que ofrecen apoyo práctico, actividades y eventos para involucrar a las personas y orientarlas en la dirección correcta. Las sesiones diarias y los grupos comunitarios trabajan para ayudar a dividir las grandes metas en pasos manejables que ayuden a las personas a alcanzar su objetivo.

**TAMBIÉN TENEMOS REUNIONES DIARIAS EN ESPAÑOL.**

**PARA MÁS INFORMACIÓN, LLÁMANOS AL 020 7686 6048**

## WE ALSO HAVE DAILY MEETINGS ON THE FOLLOWING ADDRESSES:



**HEADQUARTERS:**  
**RAINBOW THEATRE**  
232 Seven Sisters Rd, N4 3NX

**LONDON BRANCHES**

<p><b>BRIXTON</b> 386-388 Brixton Road, SW9 7AW (Next to Creams)</p> <p><b>CATFORD</b> 1 Bromley Road, SE6 2TS</p> <p><b>CROYDON</b> 12-14 London Road, West Croydon, CRO 2TA (Opposite KFC)</p> <p><b>EDMONTON</b> 6a Sterling Way, N18 2XZ (Above Lidl)</p> <p><b>HACKNEY</b> 20 Brenthouse Road, E9 6QG (Off Mare Street)</p>	<p><b>HAMMERSMITH</b> Unit 39, Broadway Shopping Centre, W6 9YD</p> <p><b>KILBURN</b> 234 Kilburn High Road, NW6 4JR</p> <p><b>PECKHAM</b> 176-178 Rye Ln, SE15 4NF (Next to ASDA)</p> <p><b>PLAISTOW</b> St. Andrews Church, St. Andrews Road, E13 8QD</p> <p><b>SOUTHALL</b> 71-73 Broadway, UB1 1LA (Above the NHS. Car park at UB1 1LG)</p>	<p><b>STAMFORD HILL</b> 70 High Road, N15 6JU</p> <p><b>STRATFORD</b> 7 The Grove, E15 1EL</p> <p><b>TOOTING</b> 145 Upper Tooting Rd, SW17 7TJ (Entrance in Lessingham Avenue)</p> <p><b>WILLESDEN GREEN</b> 17 Heathfield Park, NW2 5JE <small>*Only in Portuguese</small></p> <p><b>WOOD GREEN</b> 54a High Road, N22 6BX</p>
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**OUTSIDE LONDON BRANCHES**

<p><b>BELFAST (NORTHERN IRELAND)</b> 2a Templemore Street, BT5 4SA (Avonniel Bus Stop)</p> <p><b>BIRMINGHAM (BULLRING)</b> 128 Suffolk St, Queensway, B1 1LX (Opposite Alexander Theatre)</p> <p><b>BIRMINGHAM (LOZELLS)</b> 99 Lozells Road, B19 2TR</p> <p><b>CARDIFF</b> West Grove, bus stop 5, CF24 3AN (off Newport Rd)</p> <p><b>IPSWICH</b> 12 Tacket Street, 1st Floor, IP4 1AY</p>	<p><b>GRAVESEND</b> 8/9 High Street, Kent, DA11 0BQ</p> <p><b>LEEDS</b> 12 Regent St, LS2 7QA</p> <p><b>LEICESTER</b> 27 Abbey Street, City Centre, LE1 3TE</p> <p><b>LUTON</b> 46-48 George Street, 1st floor, Luton Mall, LU1 2AZ (Next to McDonalds)</p> <p><b>MANCHESTER</b> 44 Oxford Street, M1 5EJ</p>	<p><b>NEWCASTLE</b> 1 Thornton Street, NE1 4AT</p> <p><b>NOTTINGHAM</b> 11 Thurland Street, NG1 3DR</p> <p><b>PETERBOROUGH</b> 70 Westgate, PE1 1RG</p> <p><b>SHEFFIELD</b> 12 Hartshead Square, S1 2EL</p> <p><b>SWINDON</b> 21 Fleet Street, SN1 1RQ</p>
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**PART-TIME BRANCHES**

<p><b>BASILDON</b> Pitsea Leisure Centre, 13 Northlands Pavement Pitsea, Essex, SS13 3DU • Tuesday 7pm</p> <p><b>BRADFORD</b> Bradford Hotel, Hall Ings, BD1 5SH • Tuesday 7pm</p> <p><b>BRISTOL</b> Future Inn Bristol - 6th Floor, Bond Street South, BS1 3EN • Tuesday 7pm • Sunday 3pm</p> <p><b>CRAWLEY</b> Crowne Plaza Hotel Langley Drive, RH11 7SX • Sunday 10am</p> <p><b>GLASGOW</b> Jury's Inn Hotel, 1st floor, 80 Jamaica Street, G1 4QG • Friday 7pm • Sunday 10am</p> <p><b>GREAT YARMOUTH</b> 8/9 Regent Street, Norfolk, NR30 1RN • Sunday 5pm <small>*Only in Portuguese</small></p> <p><b>HOUNSLOW</b> Hounslow Community Centre 9 Montague Road, TW3 1JY • Tuesday 7pm</p> <p><b>ILFORD</b> Ilford Conservative Club, 42 Ilford Hill, IG1 2AT (Rear entrance: Off Read Close) • Monday 7.30pm • Wednesday, Friday 10am and 7.30pm • Sunday 10am</p> <p><b>LIVERPOOL</b> Adelphi Hotel, Ranelagh St, L3 5UL • Monday, Thursday 7pm</p>	<p><b>MILTON KEYNES</b> Knowles Primary School Hall, Queensway, Bletchley, MK2 2HB (Close to NatWest) • Tuesday 6pm</p> <p><b>OXFORD</b> Asian Cultural Centre Manzil Way, OX4 1GH (Off Cowley Road) • Wednesday 7.30pm • Friday 7.30pm • Sunday 10am</p> <p><b>PORTADOWN (NORTHERN IRELAND)</b> Ashgrove Community Centre 156 Garvaghy Rd, Craigavon BT62 1ED • Saturday 6pm</p> <p><b>READING</b> The Oddfellows Hall 118b, Oxford Rd, RG1 7NQ • Sunday 10am</p> <p><b>ROMFORD</b> Carrie's Hall, Rush Green Road, RM7 0PJ (Between YMCA and Shurgard storage) • Friday 7.30pm</p> <p><b>SOUTHAMPTON</b> Jurys Inn, 1st Floor, Charlotte Pl, SO14 0TB • Friday 7pm • Sunday 3pm</p> <p><b>ST HELIER (JERSEY)</b> Springfield Stadium-Blue Room, Janvrin Road, JE2 4LF • Monday, Tuesday 7.30pm • Wednesday 3.30pm and 8pm • Friday 3.30pm and 7.30pm • Sunday 9am and 12pm <small>*Only in Portuguese</small></p>	<p><b>THETFORD</b> Thetford Town Council, The Carnegie, Cage Lane, Norfolk, IP24 2DS • Sunday 10am <small>*Only in Portuguese</small></p> <p><b>WALTHAMSTOW</b> Harmony hall, 10 Truro Road, E17 7BY • Friday 7pm</p> <p><b>WATFORD</b> Parlour Room Beechen Grove, Baptist Church, Clarendon Road, WD17 1JJ (Opposite Jurys Inn) • Tuesday 7.30pm</p> <p><b>WEMBLEY</b> BSNL Community Centre, 128 East Lane, North Wembley, HA0 3N • Tuesday 7.30pm</p> <p><b>WOOLWICH</b> Glyndon Community Centre, 75 Raglan Road, Lower Hall, SE18 7LB • Monday and Wednesday 7.30pm • Friday 12pm and 7.30pm • Sunday 10am</p> <p><b>WOLVERHAMPTON</b> Bob Jones Community Centre, Bromley Street, Blakenhall, WV2 3AS • Tuesday 7pm</p> <p><b>WREXHAM</b> Hightown Community Centre, 51-61 Kingsmills Rd, LL13 8NL • Tuesday 6pm <small>*Only in Portuguese</small></p>
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You don't need to  
**PRETEND**  
that everything is ok

Let us help you!

 24-HR HELPLINE:  
**020 7686 6000**

# WEEKLY SCHEDULE

Help is at hand 24 hours a day, 7 days a week, 365 days a year

## SUN

EMPOWERMENT - Weekly spiritual boost, be strengthened | 7.30am, 10am (main service)  
VYG Sunday Live - Competitions and excitement for youths | 1.30pm  
BREAKING THE HABIT - Support for those who want to break a habit | 4pm

**MON**  
NATION OF THE 318

Guidance for financial growth and success

**TUE**  
HEALTH DAY

Promote good health and general well-being

**WED**  
PERSONAL GROWTH

Spiritual growth and development

**THU**  
FAMILY DAY

Guidance for families  
LOVE THERAPY SEMINAR \*8pm  
Strengthen your relationship

**FRI**  
SPIRITUAL CLEANSING

Freedom and protection from negativity

**SAT**  
IMPOSSIBLE CASES \*7am

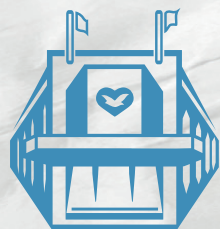
Make your impossible become possible

MON - FRI at 7.30pm (also at 7am, 10am & 3pm)

# If there was one thing you could work on this January, what would it be?



No matter the area of your life you want to work on, join us this Sunday to receive the internal boost that you need to achieve it.



**Join us on Sunday • 10AM**

Rainbow Theatre, 232 Seven Sisters Rd, Finsbury Park, London N4 3NX

24-HR HELPLINE:  
020 7686 6000

WEB:  
uckg.org

E-MAIL:  
info@uckg.org

FACEBOOK:  
facebook/uckguk

INSTAGRAM:  
uckguk

TWITTER:  
@thehelpcentre