

Edition 47 • February 2020

# Local News



**MIXING BUSINESS WITH PLEASURE**

**PAGE 4**



# LONELY BRITAIN

With 4 million Brits—that is, Wembley Stadium packed to capacity 44 times—admitting to feeling desolate, could this little island be one of the loneliest places on earth? **PAGES 8&9**



**Pushy parents!**

**PAGE 5**



**UNBREAKABLE**

**PAGE 7**



**until hate do us part**

**PAGE 10**

## Do you feel like you're facing your problems alone?



Here at the Universal Church we can provide you with guidance and assistance to help you overcome your battles.

In this newspaper you will find testimonies from people who were facing problems in different areas of their lives but shared their burden with us. On coming to the Universal Church they were able to establish a relationship with God. Through practical advice, they were able to develop a positive mindset and turn their lives around.

If you're in a lonely place with your troubles, our door is open for you. With us you will find a place to share your worries. With a number of meetings for different areas of your life and one-to-one sessions, the Universal Church is a place of comfort and faith. Please go to page 15 for our timetable and your local branch. Keep reading to find out more.



Can you relate to Sharon'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) or access UCKG.ORG

# My right to FREEDOM

'I had a void in my life – one that I didn't know how to fill. A void that made me deeply sad, mentally tired and physically weak. However, in order to look after my children, I got up, went to work, cooked, cleaned and continued to get on with my life... for the sake of them.'

Over time everyone around me could see that something was not right with me. I, however, did not acknowledge this till I realised just how much weight I had lost due to my stress. I hadn't been eating or sleeping well, I was constantly in pain and the thought of ending my life kept crossing my mind – in reality my life was falling apart.

A friend of mine had spoken to me very highly about the Universal Church, and she had also invited me to go with her multiple times but I would always kindly refuse her invitations. However, one day I came to the realisation that I had nothing to lose so I decided to go with her... I am so grateful for that day because there I learnt how to enact a real transformation into my life.

At the Church I listened to the Word of God and the advice that was shared in the meetings and when I decided to apply it, I started seeing changes within myself. One of the lesson from the meeting that I took on board and understood well was that I had to work on myself first to be able to also change the circumstances around me. In order to apply this, I took part in church activities and continuous chains of prayer (consecutive attendance of a particular church service.) After applying the lessons, the void I had lived with for so long, no longer existed.



For anyone going through what I went through, my biggest piece of advice would be to be patient and to stick through with the solutions that give you positive outcomes – for me it was the practical teachings I received at the Universal Church. As you already know, nothing good in life comes easy, but the strength needed to persist for what is good for your life can certainly be found here. So, come and speak to one of the advisers. If I was able to find help, why wouldn't you?

Today, I have happiness that comes from the inside and I have God. Not only does this make life more exciting but it also drives me to help others. Once you understand and accept the Word of God, you will see that His promises truly do come to pass.'

Sharon Tilbury

# 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

LAST DECEMBER, WE COLLECTED 300KG OF WINTER WARMERS AND DISTRIBUTED TO THOSE IN NEED

# Warming our hearts by warming others last winter

The Universal Church is well-known for helping individuals in different aspects of their lives. We have services aimed at different areas, from your finances and love life to your health and overall well-being (please check page 15 for our timetable).

However, apart from all of that, we are also dedicated to supporting the local communities where we are based. Our community outreach activities call on our volunteers to give their time and effort to help those less fortunate. On this page, every month we will focus on a specific group that works tirelessly in a targeted way, providing a holistic approach to supporting our local communities across London.



In this edition, we will talk about our outreach activities done in December 2019: the winter Give Warmth Appeal and our Soup Kitchen based in South London.

During the cold winter months, and leading up to Christmas, our aim was to reach out into the communities across London in which our branches are located in order to provide some



respite to those in fuel and food poverty, as well as rough sleepers.

In light of this, we organised our annual Give Warmth Appeal where, with the support of generous members of the public, we collected over 300kg of donated coats, blankets, scarves, hats and gloves, and with the support of our dedicated volunteers, we distributed these items among rough sleepers and local charity partners.

Along with our annual Give Warmth Appeal, we also held a Christmas Day Dinner celebration at our Soup Kitchen based in Catford, which has been running since 2017. We opened our doors on Christmas Day last year not only to feed those in need but to also provide a family atmosphere and an ear to listen during what to many, can be a challenging time of the year.

Our Soup Kitchen remains opened every Saturday between 11am and 3pm and has over 15 volunteers who work tirelessly to support the local community in Lewisham, in which



In 2019 we received the 'Community Groups' Mayor's Award for Volunteering', recognising our dedication and passion towards helping others.



we feed roughly between 45 to 90 people every weekend.

In 2019 our work won recognition from Lewisham Council. We received the 'Community Groups' Mayor's Award for Volunteering', recognising our dedication and passion towards helping others.

Last year we collected nearly 8,000kg of food from Lidl, Aldi, Waitrose, Tesco and Greggs as well as FareShare, a company that redistributes surplus food to charities.

**If you would like to know more about future Community Outreach events, you can contact us on [groups@uckg.org](mailto:groups@uckg.org) or call 020 7686 6020.**

**'THE IMPACT WE HAVE IS FAR-REACHING. WE HELP PEOPLE WHO ARE HOMELESS, THOSE ON LOW INCOMES, PEOPLE WHO ARE IN WORK BUT ARE STILL UNDER THE POVERTY LINE, FAMILIES WITH SMALL CHILDREN AND THE ELDERLY WHO STRUGGLE ON ONLY THEIR PENSION.'** KIM POWELL, UCKG COMMUNITY OUTREACH MANAGER



# Mixing BUSINESS with PLEASURE



**Yasmin and Tapiwa didn't have ideal childhoods and faced different issues. Now happily married, they tell us about what it was like and how the decision to start a business together was the best decision they could have ever made.**

'Yasmin and I met more than 12 years ago in a small town after my family had moved there from a rough area of London. In this place, my parents, two of my four siblings and I lived in a room.

Once we were married, we decided to begin our business together with a determination to never to go back to that level of misery ever again. Growing up and especially in my career path I was the kind of person who had a fear of failing to be successful. I would always procrastinate. Although as a young boy I would envision myself as someone successful, I didn't quite know how to go about it.'

Yasmin says that she grew up feeling unhappy and lonely in general, but she was under the impression that this was something everyone suffered. She also says that the relationship with Tapiwa was very 'up and down' due to her upbringing. Betrayals would occur, which made her feel insecure.

Tapiwa says: 'I was a womaniser, I had a big problem with being honest with myself and with Yasmin. I suffered with issues from an abuse I suffered early in my life and this caused me to be internally angry and constantly have mood swings. However, at the Universal Church, I learnt about removing "the root" of my problem in order to be free - by attending the Spiritual Cleansing meetings on Fridays

***'When one is low, the other picks them up.'***

- to clean my inside. I knew that if I did not face what happened to me and fight it, it would continue to affect my life.'

Although nowadays they have a happy marriage and a comfortable life, they also faced financial hardships that would put their faith to the test; to the point that they faced homelessness on two occasions. The internal fixes that they had dealt with first played a major part in having the strength of mind to overcome this tough period in their finances.

'We were scammed by a bogus landlady just weeks before we were due to be married. We were very confused about why it was all happening because we had given our lives to God and yet all of this was happening. It really tested our faith. But God gave us many signs for us to know that we must keep going and to trust that He has a plan.'

Three years ago, they decided to start a business together, and while some people - including their family members - thought it was a bad idea to go into

business as a couple, Tapiwa and Yasmin describe it as 'one of the best decisions' they have made; God-inspired.

'Our business is a Retail Technology company. We build brands and use technology to enhance the brand's performance. Today we have evolved into a company that builds as well as invests in brands. Individually, we further evolved into entrepreneurs. Therefore, we now have multiple projects which we are involved in.'

Speaking about their day-to-day and how they act when they have differences of opinion, the couple say: 'We get to make all important decisions of our lives together. When we disagree on something, we talk it through. Sometimes they are not very easy conversations, but we know that we cannot move forward if we do not agree. We know that God does not answer us if we are not in agreement and that is a massive factor of our success story. Because we fixed ourselves inside first with the help of God, we found that we are more prepared to deal with what the

challenges of entrepreneurship throw at us. In terms of us, we always know that we have to compromise at times when we cannot agree. When one is low, the other picks them up.

We have to be very spiritually strong because where we are can be a blessing but also very dangerous territory. Material things like business or money sometimes separate spouses. When the tough times come, I always tell my wife we have to be tougher. She teaches me a lot, and I have to be there for her in tough times.'

Yasmin says: 'Today I have peace. Our lives are not perfect and we still face challenges but we no longer look at problems and see no way out. Today our problems don't overcome us, but with God we overcome them.'

**Tapiwa & Yasmin Senah**

Here at the Universal Church we have Financial Meetings every Monday at 7.30pm (also at 7am, 10am and 3pm) to provide you guidance, examples and teachings from the Word of God to succeed in your line of work. For your love life, we also have the Love Therapy, every Thursday (for more info, please check page 10).



# PUSHY PARENTS!

## ARE YOUR UNFULFILLED DREAMS AFFECTING YOUR CHILD?

Many parents set the realisation of their dreams and ideals upon their children, whether that is to engage in a particular profession, attain a certain academic standard or position, date or marry a particular person profile, live in a certain place, etc...



Parents can be well-intentioned in doing this, but without realising, they put a weight of expectations on their children's shoulders that they either don't want to, or can't always carry.

'Expectations can be double-edged swords. They can be a tremendous benefit to your children's development or they can be crushing burdens that hamper their growth, depending on what type of expectations you set for them.'- says Jim Taylor, Ph.D. from the University of San Francisco.

As parents, you may have excellent plans for your child, but instead of imposing them, you should help your child find their own dreams and goals. What is

important is not whether it is your plan or your child's plan that gets accepted, but rather what is best for his/her well-being.

When parents are balanced and give wise advice, their children have confidence in opening up to them because they know that they will be helped to make excellent and right choices.

**At the School for Mothers you will receive great tips and advice to help you deal with your children in the right way. Join us every second Sunday of the month at 4pm at the Rainbow Theatre in London.**

**For more info and location outside London, call our 24h Helpline: 020 7686 6000.**



# I NEVER GAVE UP ON MY SON

Beverley Butler was in a very abusive marriage which affected her in every aspect of her life. Witnessing everything that was happening at home, her son suffered badly from that experience.

'I couldn't take care of my son as I wanted. The health problems and severe stress from the physical abuse I was suffering impeded me from giving him the time and consideration a child needs from his mother. I loved my son so much but did not have the physical capability to give him the best care as I wanted at the time. This brought a huge sense of inner guilt, frustration and helplessness inside of me.

My worst moment came when I saw my son change for the worse. He entered the lifestyle that no parent wants their child to enter - he became addicted to drugs, alcohol and pornography. I was heartbroken and knew that I needed to do something. Thankfully, I found out about the Universal Church and decided to visit the Rainbow Theatre (its headquarters - please find more addresses on page 15).

From the very first day I arrived there, I remember already feeling better; I left the first church service feeling free and strengthened. I began attending their weekly meetings and although it didn't happen overnight, there was a complete change not only on the outside but inside of me as well. After I had been helped, I developed

an inner strength and the fighting spirit that I needed to fight for him. No matter how bad things were, I would tell him that I love him... he was always sure of that.

I prayed for him and determined that he would come out of the wrong lifestyle he was living. In my prayers, I would always picture him praying to God and taking part in the church services. I didn't see a change straight away, it took a lot of perseverance, but I never gave up on him and kept believing that this change would happen, just as how God had changed me.

In our conversations, I would advise my son and also invite him to come to church with me. With time, he finally decided to accept my invitation.

At the church, he was also able to receive help and gained strength to come out of that lifestyle. Today, he no longer has those negative habits, complexes and past hurt. He is now striving every day to please God with his life. I cannot thank God enough for what He has done.'



Beverley Butler

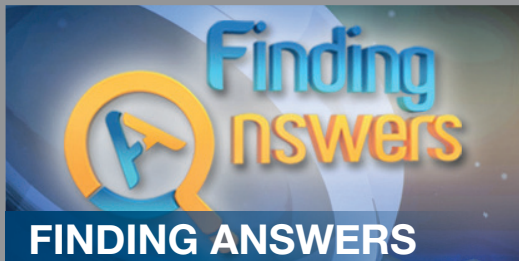
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MON, WED, FRI AT 10PM  
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The Chrissy B Show is the UK's ONLY TV show dedicated to mental health and wellbeing. Tune in for lots of useful tips on every show for all areas of life.

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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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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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# Prevention is better than cure

According to research commissioned by AbbVie, a huge publicly traded American biopharmaceutical company, two-thirds of UK adults would put off going to the doctors over fear of receiving bad news.

The study made with 2,400 adults revealed that 61% would consider delaying a doctor's appointment for fear of being told they have a serious illness. Davina Nunez could have faced life-threatening consequences if she delayed her medical check-up any longer. Davina was already a member of the Universal Church when she started receiving letters from her doctor to attend a cervical screening (also known as Smear test). The NHS explains that cervical screenings check the health of your cervix. It's a test to help prevent cancer and all women from the age of 25 onwards should look into getting themselves checked.



The problem is that not everyone sees the importance of these cervical screenings and the same could be said for Davina. She ignored the letters out of fear of how the appointment would go, even though she would always hear in the church about using your faith intelligently; meaning seeking both spiritual and physical guidance in whatever situation you may be facing and especially not neglecting the physical, even if you are working on the spiritual.

Attending medical check-ups and taking medication prescribed by the doctor, etc. are physical aspects that should not be omitted because of spiritual activities such as praying; they should compliment each other. Unfortunately, many times Davina's fear spoke louder and she ignored the letters, until she decided one day at the third or fourth letter to finally book an appointment. She explains: 'I ignored the letters until the 3rd or 4th one but it was at the last letter that I had the urge to go. It was as if God was

telling me to go, as it was urgent. After the test, I received the news of having abnormal cells (which could develop into cancer) and as a result, my faith was a bit shaken. Remembering the teachings I had received in the church meetings, I knew that I had no other choice but keep on using my faith to go through all my appointments, biopsy and examinations.

These pushed me to the limit physically and mentally but my faith kept me through. I invested in my relationship with God, I made sure to tell Him all my fears and anxieties. It was not an easy process as negative thoughts would bombard my mind during and after the appointments and especially as my father passed away with cancer - I thought I could be next. He didn't go to the doctors until his symptoms were really bad and then it was too late, as the cancer spread. This was always playing in my mind.

However, thank God I went the time I finally did. It was not too late for the doctors to help me and God gave me courage for every appointment I went to and made me focus on all His promises of health mentioned in the Bible. Using the water blessed at the church also gave me the faith that everything would be ok. At first, I didn't want to have surgery, but I decided to do it.

The surgery went great and I am grateful to the doctors for their care and help. Today I no longer have abnormal cells and I believe that my faith kept me going in one of the hardest moments of my life. My advice to everyone reading this is: don't ignore the letters. Prevention is better than cure.'

Davina Nunez

**Regular health exams and tests can help detect health problems early, when your chances for treatment and cure are better. By getting the right**

health services, screenings and treatments, you are taking steps that help your chances of living a longer, healthier life. As a complement to your health routine, come and put your faith into action by attending our health and well-being services, every Tuesday at 7.30pm (also at 7am, 10am and 3pm).

Sources: nhs.uk/conditions/cervical-screening/cdc.gov/family/checkup/index.htm independent.co.uk/news/health/britons-avoid-doctor-fear-bad-news-receive-a8211791.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.



*Nicole Daly was raised by her loving mother, who despite wrapping her in cotton wool was unable to control what her daughter was exposed to outside of their home.*

# UNBREAKABLE

'I knew my father but I had never lived with both my parents growing up. I would see my father from time to time and eventually his absence became confusing. There were other family members and friends around me, but that did not stop me from often feeling lonely. As a young girl and later as a young woman, I craved the need to be noticed and acknowledged. I always wanted to make others happy, whether it was through making my parents proud or impressing popular kids – in order to become one of them.

Even when it came to the toxic men I dated, I did things for them that could have landed me in trouble, all in pursuit of making them happy. Needless to say that back then, I was a complete mess!

It was as if life tried to break me. I went through some terrible moments – from being exposed to sexual harassment at a very young age to finding myself in bad, multiple and eventually toxic relationships.

Talking of relationships, it was in this area of my life that my vulnerability would be laid bare. I fell in love and got abused by my partner and that broke me. There was a deep sadness inside of me—a void and loneliness—but the last thing I wanted was to let another person come close to me and hurt me again.

In the midst of all this, I would rave excessively, smoke and drink all in hopes of erasing the loneliness I felt inside. I didn't care if I inflicted harm on myself and at my worst, I felt so low that I wanted to die.

As I said earlier, life had a good go at trying to break me and it almost succeeded; at that time, I had been in and out of abusive relationships over many years so, the last time I was ill-treated, I attempted to kill myself by taking a concoction of over 60 tablets.

The vulnerability, the loneliness and the drugs left me feeling like I was deteriorating both mentally and physically. I didn't feel strong enough to fight for myself anymore.

I had many internal issues which together with the suicide attempt, landed me in hospital – broken, empty and lifeless. I used to go to church with my Nan and Mum as a child, but didn't really take it seriously.

When I ended up in hospital, I was visited by my aunt's friend who was from the Universal Church and she prayed for me. The prayer was so touching that it raised up my faith and gave me the motivation to come out of my mentally unhealthy and depressive state so much so that I was out of the hospital within 2 days after the prayer. However, that motivation soon died down after I came out of hospital as I became inconsistent in doing what needed to be done to maintain this faith i.e. going to church, etc.

It wasn't until a Pastor from the Universal Church, along with his wife, visited me at home, that I decided to go there in order to help myself. Once I began attending their meetings consistently, I simultaneously began seeing positive changes in my life.

I became a member of the church's youth group, I took part in faith related tasks and challenges, I would listen to the church radio, attend meetings and services – this is how the loneliness started to disappear.

The guidance and teachings at the Universal Church allowed me to establish and build my relationship with God.

It taught me how to replace that emptiness and loneliness not with men, parties or drugs but with God's Spirit. My chains of prayer (consecutive attendance of a particular church service without breaking) on Wednesdays

and Fridays helped but it was the Sunday of Empowerment morning services that really helped me to heal.

My life has changed completely and life did not win at breaking me after all. I found an UNBREAKABLE Spirit that helped me stand tall and gave me a blessed life.

For anyone going through anything similar, my biggest advice would be to allow God to do His work in your life, listen to His Word and let go of everything that is holding you back.

Whatever is trying to break you is not stronger than the God who rebuilds broken lives. Come to the Universal Church and see for yourself what God is doing. God set me free and I truly believe He can do the same for you too.'

Nicole Daly



**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.

IN ENGLAND, ALMOST 4 MILLION PEOPLE FEEL LONELY. THEY COULD FILL WEMBLEY

# LONELY BRITAIN

We live in a world where we are connected with a device that fits in the palm of our hand, we're a phone call away or a message from any corner of the planet... but at the same time did you know that this ability to connect to more people in more places is still not disconnecting loneliness from many people's lives?

Forgive the oxymoron, but it seems that the more we're connected, the more disconnected we feel. On Valentine's Day in 2018, the BBC launched the Loneliness Experiment – a total of 55,000 people from around the world completed the survey. The results found that around 40% of 16 to 24-year olds said that they feel lonely often.

The BBC does state that because this was an online survey, it may have deterred older people, who are usually the ones linked to feeling lonely, however a survey for the Office for National Statistics (ONS) also conducted a study which highlighted that in 2016 to 2017, the same age group (16 to 24-year olds) reported feeling lonely more often than those in older age groups.



The same study said there were 5% of adults – almost four million people – in England who reported feeling lonely 'often' or 'always.' The second group with the highest percentage was the elderly. To put this into perspective, you could fill Wembley Stadium nearly 44 times with people who feel lonely in the UK.

The rest of the ONS study concluded the common beliefs about loneliness, the people who said they felt lonely more often were single or widowed people, people with poor health, people who didn't feel they belonged to their neighbourhood and those who had little trust in others in their local area.

One of the profiles of people at particular risk from loneliness were identified as younger renters with little trust and sense of belonging to their area.

But why are young people feeling so lonely? Evidence that young people are now having deep difficulty in making friends comes at a time when social media appear to have had a major impact on the lives and behaviour of teenagers.

According to an article published in the Daily Mail newspaper, a new analysis of the rise of loneliness throughout the population estimated that around 13% of the UK population have no close friends. It also found that youngsters in their late teens and early 20s are now three times more likely than people of retirement age to spend most of their time alone and isolated. Social media is a big factor in why young people feel this isolation. Some experts believe that this is due to the way we build relationship skills.

In the same article, counsellor Barbara Bloomfield said: 'Social media is a great way for keeping in touch with friends, but it shouldn't be used as a replacement



Sources:  
[aconsciousrethink.com](http://aconsciousrethink.com)  
[goodmenproject.com](http://goodmenproject.com)  
[psychologytoday.com](http://psychologytoday.com)  
[health.com](http://health.com)  
[theguardian.com](http://theguardian.com)  
[sanctus.io](http://sanctus.io)

Join us this **Sunday, 10am** a

# KEY STADIUM 44 TIMES.

for face-to-face contact. In the counselling room, young people often tell me of the friends they have made on social media, but equally they can be devastated by the betrayals that can occur such as when an unwanted image is shared. There is so much heartache that goes on.'

She added: 'It can feel isolating to watch friends having fun and posting selfies without you and the temptation to compare your own life to the perfectly curated life that friends portray online is huge.'

Older people are more commonly seen as lonely, as mentioned above, especially those with no family or the widowed. However, this is proving to be more and more of a stigma rather than a fact because of the rising amount of young people experiencing loneliness.

On the elderly however, a report on ITV news said that 200,000 older people have no regular social contact. A woman interviewed, known only as Janet, admitted that she sometimes goes to the supermarket to have some sort of interaction with people, otherwise she can go for days without speaking to anybody. The news piece also highlights that loneliness can be as bad for health as smoking.

Loneliness is becoming such a problem that a Minister for Loneliness was appointed by the Government in June last year. This ministry, which was proposed by murdered MP Jo Cox, will launch campaigns to help tackle the stigma of feeling alone. The very first one is called 'Let's Talk Loneliness'. The campaign hopes to create a culture in which people feel comfortable to talk about feeling alone and in which recognising feelings of loneliness in ourselves and others becomes second nature.

If you, or anyone around you ever feel lonely, here at the Universal Church there is someone who is willing to listen, whether it be our 24-hour helpline or even popping in. We invite you to our Sunday service, which takes place every Sunday at 10am. We are here for you.

## 5 FACTS ABOUT LONELINESS IN THE UK

40% of 16 to 24-year olds said that they feel lonely often



75%



of people with loneliness avoid reaching out to seek help, as they don't want to burden others

200,000

older people have no regular social contact



Loneliness

is becoming such a problem that a Minister for Loneliness was appointed by the Government



Loneliness

is as bad for the health as smoking

## 5 THINGS PEOPLE SAY LONELINESS IS...



Having nobody to talk to



Feeling disconnected from the world



Feeling left out



Sadness



Not feeling understood

## WHAT WE SAY ABOUT LONELINESS

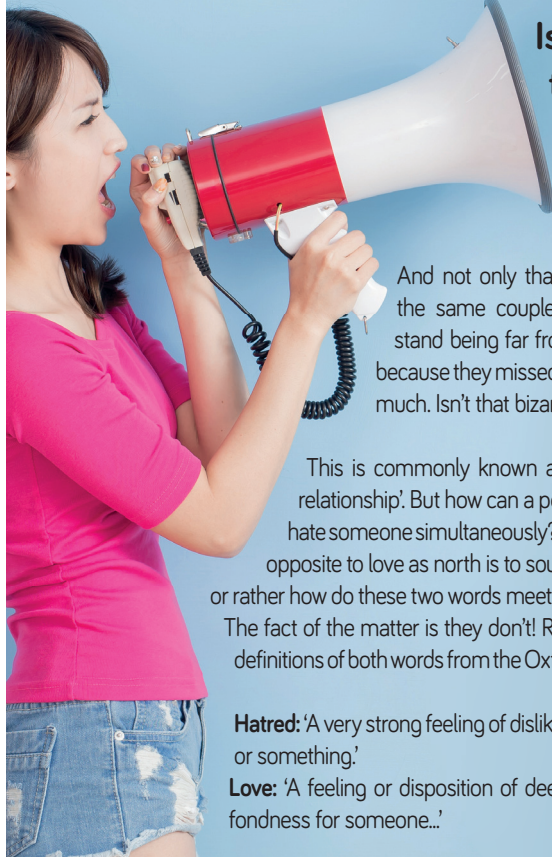
Loneliness is not something you should go through alone. That's why we're here. TALK TO US!

24-HR HELPLINE: 020 7686 6000

# at your local Universal church

Check page 15 for more addresses

# Until Hate Do Us Part



Is it not strange that sometimes the same couple who climb the altar together and vow to love and cherish each other until death do them part, are the same couple who later have their hands around each other's necks screaming 'I hate you!'?

And not only that but they are the same couple that couldn't stand being far from each other because they missed each other so much. Isn't that bizarre?

This is commonly known as a 'love-hate relationship'. But how can a person love and hate someone simultaneously? Is hate not the opposite to love as north is to south? So, where, or rather how do these two words meet in the middle? The fact of the matter is they don't! Read below the definitions of both words from the Oxford dictionary:

**Hatred:** 'A very strong feeling of dislike for someone or something.'

**Love:** 'A feeling or disposition of deep affection or fondness for someone...'

These two words are the complete opposite! This shows that love isn't supposed to be cold, nor is it supposed to bring you any sort of pain or hatred. Yet sadly, many people get married in order to no longer be alone but still end up feeling lonely within their marriage.

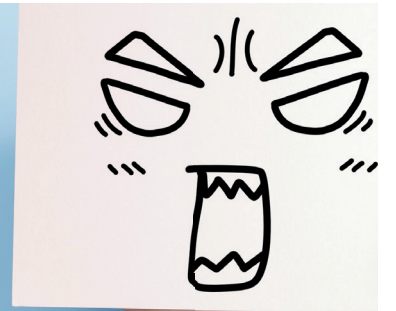
No one is saying that marriage is a walk in the park, but even when you do encounter problems, instead of fighting each other there should be a coming together to fight against the problem. If you do not know how or you want to take steps to avoid a love-hate relationship, this is where the Marriage Course comes in. The Universal Church has been helping many couples through this program that is broken up into 7 sections – one per week. In these sections, you learn the following and much more:

- The key to problem-solving
- The real root of divorce & unhappy marriages
- How to bulletproof your marriage

## •How to maintain your marriage after the course

If you find yourself in a 'love-hate marriage' or you're planning on getting married and you would like to shield your relationship so your love does not turn into hate, join our next course starting on 18 February in Finsbury Park, London, N4 3NX to learn how. You can enrol online by visiting [lovetherapy.co.uk](http://lovetherapy.co.uk) or calling our 24h-Helpline on 020 7686 6000. At the Universal Church, we also have the Love Therapy meetings, every Thursday at 8pm, where you can learn valuable tips for your love life, be you engaged, single or married.

Sources: <https://www.oed.com/viewdictionaryentry/Entry/110566>  
[https://www.oxfordlearnersdictionaries.com/definition/american\\_english/hatred](https://www.oxfordlearnersdictionaries.com/definition/american_english/hatred)



**LEARN TO BULLETPROOF YOUR RELATIONSHIP IN 7-WEEKS. JOIN THE MARRIAGE COURSE!**



## Finding my worth

Being a single mother sometimes isn't easy. Unfortunately, many women get trapped in bad relationships due to the fear of being alone. That was the case for Dian Hardley. Read her story below.

'I met my son's father aged 17, through a mutual friend. He was very kind and loving and showered me with attention. However, he changed when I fell pregnant at 19. He started cheating on me and was extremely abusive and controlling. I had to get his approval or explain my whereabouts whenever I would go out – at times he wouldn't even allow me to go out. As a result, I would just shut myself in.

Despite the abuse, I still loved him and I wanted our relationship to work out, especially for our son. I didn't want to be a single mother because I didn't believe I would be able to cope on my own. At times, he would even apologise for his behaviour but never changed. I eventually left him and moved on to another relationship but it wasn't any better because I only ended up heartbroken again. This made me so

low that I no longer believed in love. Seeing my misery, a friend invited me to the Universal Church. I decided to go, not for my love life but because I heard that I could change my life in general, and I wasn't happy with the life I was living. I understood that I needed God's help and that He was willing to help me; I just needed to take the first step. Therefore, I began working on building a relationship with Him. In this journey, I realised that God did not create me to be miserable but rather happy. So, I went on to seeing myself through His eyes. As the Bible speaks about us being God's treasure I understood that I had value.

Consequently, I decided to give love another chance. I started attending the Love Therapy meetings where I learnt how to be intelligent with the choices I make in my love life. I saw myself as a precious gem and in the same way

that you wouldn't give a diamond to just anyone, I couldn't just give my love to anyone.

When I met my husband, I took time to first get to know him well; his character, his goals and plans in life. I observed the way he would react to certain situations to make sure I was marrying someone who would add to my life and not disappoint me in the future.

When I was sure that he was the one, I agreed to marry him. When we were introduced to the Marriage Course, we both decided to join. We wanted to be well equipped to ensure that our marriage would be a happy one. We still apply today everything that we learnt through the course. There is true happiness in our marriage and I no longer feel lonely. I am fulfilled.'

Dian Hardley



# Why the blame game doesn't work

Many men blame their circumstances for their problems: some blame their past, some the lack of opportunities, the family they came from and so it goes. However, did you stop to think that maybe our life conditions depend on our attitudes, not the contrary?

Regardless of any negative experience or failure we may have faced, we still have a whole future ahead to do things differently. Sometimes we indeed go through things that are out of our control, but even these things can be used for our benefit, if we learn from our experiences and mistakes. According to research from U.C.L.A. (University of California, Los Angeles), students are more prone to keeping information and learning after making unsuccessful attempts to retrieve information before receiving an answer.



On the other hand, if we keep just complaining and blaming people or things for our problems, it's unlikely that things will ever change. We cannot expect to have better results doing the same things. Instead, we should look deeply into ourselves to see what we need to change to be a better person, and act upon it.

A recent article from Forbes explains that 'effective leaders typically have a routine with key habits and processes practiced daily' and that is what makes them figures that others look up to. Therefore, to be able to make a positive difference we need to identify the habits and behaviours that

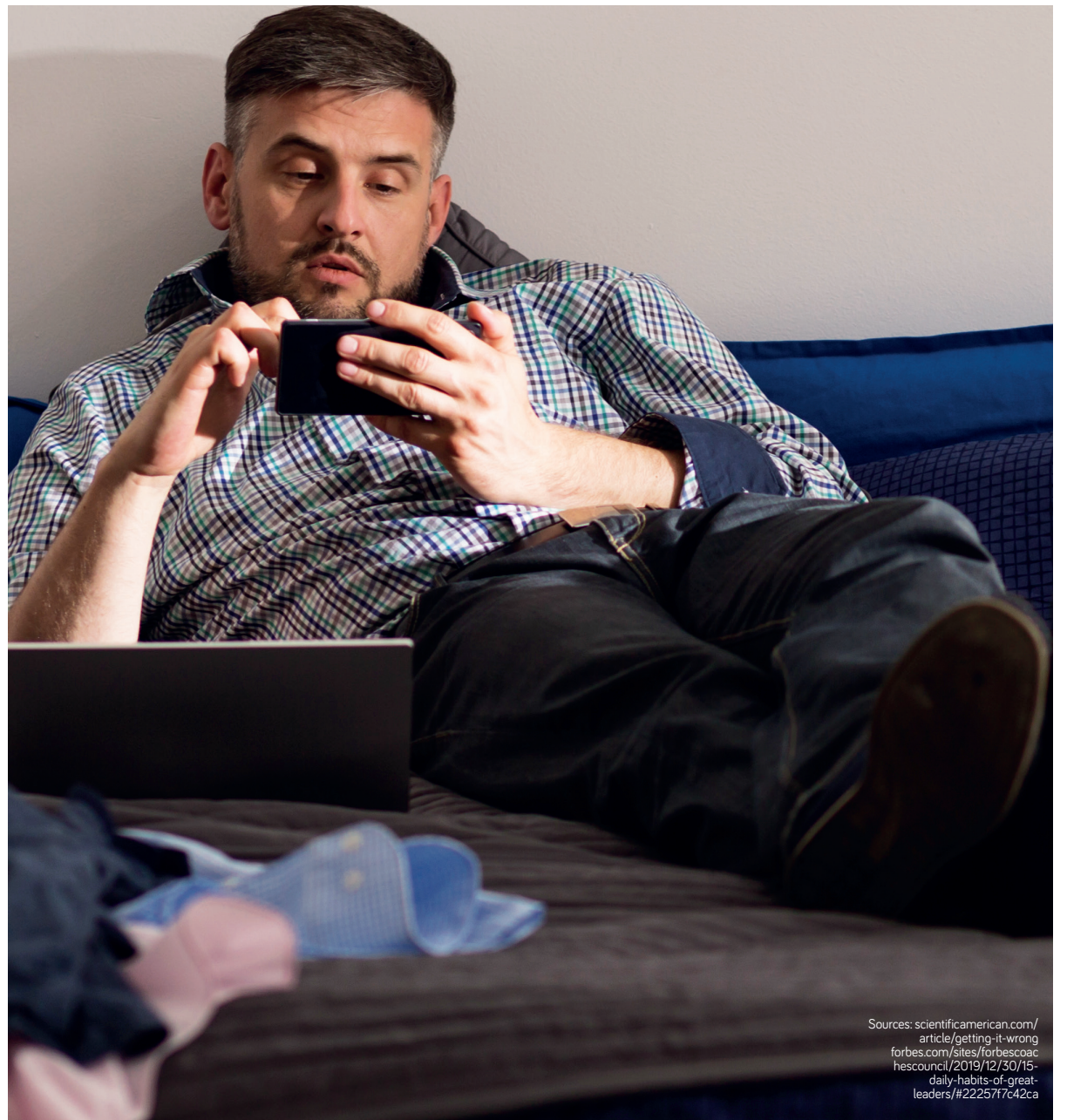
are not bringing us positive results and replace them with new ones.

The good news is that you don't have to do it alone. That's why here at the Universal Church we have the IntelliMen Project: to guide men step-by-step on how to improve and achieve excellence.

#### What is the IntelliMen project?

You may already have guessed that the project name is a combination of the words intelligent and men. We chose this name because besides sounding like a superhero, which every man secretly aspires to be since he was kid, it perfectly embodies the project's aims: to build up intelligent and better men in everything. It is a group exclusively for men who want to be better in all areas of their lives. Men helping men, sharing what is good, working hard to improve every day — and having fun while doing it.

In addition to our monthly gatherings, where you can learn valuable lessons on how to become a better version of yourself, we have 52 weekly challenges focused on different areas of your life that will help you to identify what needs to be improved and know how to do it. But you must be warned: this is not for the faint-hearted. You need to be determined, courageous, and ready to change. **Are you ready to take this challenge? Please access [uckg.org/intellimen](http://uckg.org/intellimen) or call our 24h Helpline: 020 7686 6000.**



Sources: [scientificamerican.com/article/getting-it-wrong](http://scientificamerican.com/article/getting-it-wrong)  
[forbes.com/sites/forbescoac/hescouncil/2019/12/30/15-daily-habits-of-great-leaders/#222577c42ca](http://forbes.com/sites/forbescoac/hescouncil/2019/12/30/15-daily-habits-of-great-leaders/#222577c42ca)



## The way to EXCELLENCE

'The first time I started doing the IntelliMen project, unfortunately I did not apply myself 100% to it. However, I saw several examples of men who took it seriously and benefited from the project, so I decided to start it again – this time, taking it seriously. That was the best decision I could make.

One of the first areas I noticed positive changes in, was in my finances. I never had the habit of saving; by the end of the month I would always run out of money and I didn't know what to do. But there was a challenge in the project where I had to learn how to create a budget and that really helped me to organise myself financially. Now I have control over my money and consequently, I am able to

do things that I couldn't do before. I also learned to be more focused with the things I wanted to achieve and persist in order to achieve them. I really wanted to do my theory driving test for example but I would always procrastinate, as with other things. But through the project, I learned to prioritise my goals, so I booked the test and studied hard. My effort paid off because I was able to complete the test in less than 30 minutes and I passed.

Even my family can notice my improvements. They never saw me as an example, but today things are completely different. They don't need to worry about me anymore, as they know now I'm a responsible man. When they know someone is facing problems they even recommend that person to talk with me.'

**Abraham Adjei Koodom**

**TO KNOW MORE ABOUT THE INTELLIMEN PROJECT, PLEASE CALL 020 7686 6000**

# What do you do when you've had enough?

When faced with problems, many stop believing in God and even blame Him for the state their lives are in. But is He really the One to blame? Monica Da Silva doubted God for the problems she faced, but today she thanks Him for transforming her life.



'Home felt more like a warzone than a safe haven. There were constant arguments and this brought many conflicting feelings inside of me. I was overwhelmed and stressed. Inside I felt like I was suffocating, but to the world outside my home, I was always up for a good time.

No one would have ever guessed that my smile was a mask to hide my suffering. No one cared if I lived or died so, what was the point of anything? Oh, so I thought...

God cared and He wanted to change my life! When I heard these words on a TV programme by the Universal Church, I didn't believe it. People were sharing what to me seemed like too-good-to-be-true-stories of transformation of lives. Despite this scepticism, I was intrigued. It took a while but we visited the church and soon after, we became regular



church goers. We always left feeling differently; there was something about being there that was doing us good.

However, I struggled to accept that change could happen just like that. My mind was full of insecurities and doubts about God—why did He make all these bad things happen? I struggled to open up to the Spiritual Advisers. I felt helpless and I just couldn't trust anyone. It was during this period that I had enough

of just coming to church, hearing other people's life transformation and that God could also change my life, but still feeling the same way inside. I finally decided to open up about everything and speaking to someone felt like a heavy load was lifted off my shoulders. I didn't feel judged, which surprised me.

The Spiritual Cleansing meetings, on Fridays, really helped me. Taking part in them felt like having my mind and heart washed, clean from every

lot during the meetings but it never really clicked until then. It means using faith with intelligence instead of emotions. Intelligent faith made me understand that by holding grudges, I was only hurting myself, so I had to let go of the negative memories I had from my past. This was definitely a big challenge for me, but I'm glad I persevered because eventually, my mindset changed and I was able to do it. So many internal changes took place along this journey of finding myself and today, talking about my

*'Today I have a strong mindset, peace, vision for my future and the confidence I didn't have before'*

dark thought and feeling that I'd kept inside. That's the only way I can think to explain it.

The prayers and teachings were exactly what I needed. I learnt to fight bad thoughts; put my emotions to the side and deal with facts. I understood that emotions are often unpredictable and fuelled by whatever is happening there and then. When we make impulsive decisions based on our emotions we end up in a mess. Coming to this realisation made me see that it's not God who makes bad things happen to us—often, it's our own misjudgements and bad decisions that gets us into problems. This also made me understand what 'intelligent faith' means. I'd heard it a

past doesn't bring me down anymore. I have a strong mindset, peace, vision for my future and the confidence I didn't have before, and I believe that I wouldn't have been able to achieve this without God.

I guess those too-good-to-be-true stories I watched those years ago were true after all, because today I am one of them.'

Monica Da Silva

**Are you feeling overloaded? Why not join our Spiritual Cleansing meetings on Fridays, to be guided on how to fight and overcome negativity? Alternatively, you can call our 24-Hour helpline on 020 7686 6000.**

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

**RECEIVE SPIRITUAL  
 ADVICE AND SUPPORT**

**FRIDAYS 12PM**

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

# A decision that cost me many years!

Andre Mabiala took to drinking at the age of 12. What started off as a bid to impress the older kids and be in with the crowd ultimately became the start of a serious habit. Now at 42 years old, he shares his amazing story of how he managed to break this destructive cycle through the power of faith.

'Curiosity, hanging out with the wrong crowd, young people's culture and the place where I lived – all contributed to my drinking habits, and although I had dreams of perhaps being an athlete someday, these dreams slowly dwindled as I became more and more reliant on alcohol. As time passed I not only drank excessively, but also started smoking cigarettes, weed and experimenting with Class A drugs.

Initially older friends would supply me with alcohol, but as I got older I would buy it myself, as I already knew the places to go. I made sure to be sober coming home, but then I lost control and couldn't hide it from my mum and siblings any longer. I would drink at friends' houses, parks, night clubs etc., and I used my pocket money to buy it until I eventually started working at an early age, and was able to support my bad habits.

With each year that passed, I was going from bad to worse. When I got a bit older,

prayer. How could these things that seemed so far-fetched possibly help me get back control of my life? Naturally, I declined every invite my mother made for me to come with her to the Universal Church. However, I realised I had nothing to lose so one day I decided to give it a chance.

It's been a tough journey to sobriety but the meetings brought out in me a strength and determination that I didn't even know I had. I refused to give up on myself. I continued attending the Universal Church and saw that session by session, I was able to find the willpower to overcome my bad habits.

*'Today, I am free from the destructive habits I had. I've been clean for over a decade now!'*

Looking back, I would say that this was the beginning of me getting my power back. Up until then, my negative habits dictated my life. I was constantly moved to act or react based on the urges I felt. Now, I'd found myself in a place where I was told that I could not only overcome but that the power to do so was already inside of me.

Over time, the uncontrollable urge for alcohol, smoking and taking drugs left and I stopped consuming excessive amounts of it. The lessons were viable and my determination was now unbreakable. God truly blessed me with new found hope and motivation.

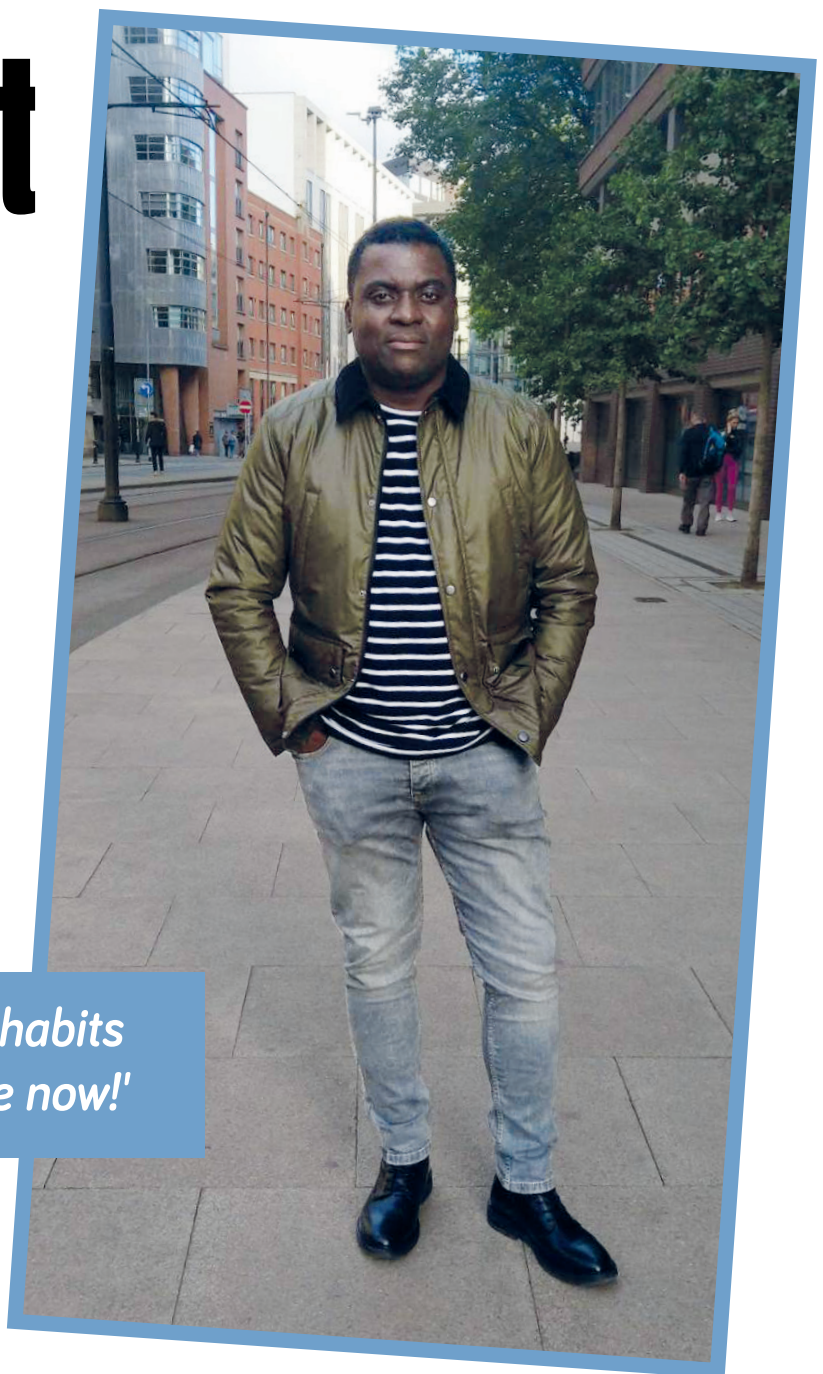
Today, I am free from the destructive habits I had—I've been clean for over a decade now. I am truly a new person on the inside and out. I was not only able to start dreaming again but I'm currently actively striving to achieve my personal goals. I am more than happy with the outcome of involving God in this fight and grateful for the support that I received every step of the way.'

Andre Mabiala

A self-destructive lifestyle can lead anyone into a downwards spiral, just like Andre Mabiala. This is where meetings such as 'Breaking the Habit' come in.

**Every Sunday at 4pm, at the Rainbow Theatre in Finsbury Park, London, the Universal Church provides prayerful support and guidance for those who may be struggling with a bad habit. These meetings have inspired many people to make a positive change in their life. So, if you or a loved one are struggling to break free, why not see if you too could benefit from the help provided in these meetings?**

**For more information or for a one-to-one, call our 24-hour helpline on 020 7686 6000.**

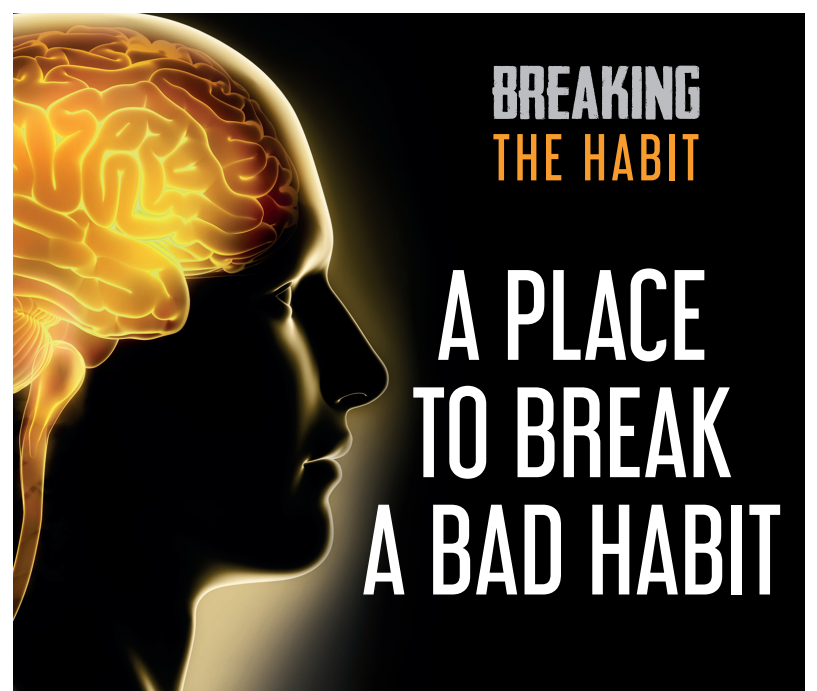


I tried to get my life together by going to Uni but I couldn't stick to it. In fact, I tried this three times but dropped out every time. I was all about clubbing, drinking and getting high.

My long-suffering mother tried her hardest to make me see sense, but all her warning and advice fell on deaf ears. This went on for many years! But despite the downward spiral I found myself in, something seemed to always hold me back from totally giving in to this destructive lifestyle; urging me to demand better for myself – I believe this was God. Deep down I knew that I needed help but I never equated it to God, faith or

I couldn't believe it at first but I admit that it did spark hope inside me. I guess that's why I started attending meetings at the church on a weekly basis. I felt good coming there. A particular teaching that stuck with me was: all that mattered was that I came to God – the state in which I came was irrelevant: who I was, what I had been doing and the choices I had made did not matter because God would help me if I was willing to receive this help.

A Pastor reassured me and explained that God was ready and willing to change my life but I'd need to also do my part. I needed to act based on His Word.



**BREAKING  
THE HABIT**

**A PLACE  
TO BREAK  
A BAD HABIT**

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

✉ 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

**PART-TIME BRANCHES**


<p><b>BASILDON</b> Pitsea Leisure Centre, 13 Northlands Pavement Pitsea, Essex, SS13 3DU • <b>Tuesday 7.30pm</b></p> <p><b>BRADFORD</b> Bradford Hotel, Hall Ings, BD1 5SH • <b>Tuesday 7pm</b></p> <p><b>BRISTOL</b> Future Inn Bristol - 6th Floor, Bond Street South, BS1 3EN • <b>Tuesday 7pm</b> • <b>Sunday 3pm</b></p> <p><b>CRAWLEY</b> Crowne Plaza Hotel Langley Drive, RH11 7SX • <b>Sunday 10am</b></p> <p><b>GLASGOW</b> Jury's Inn Hotel, 1st floor, 80 Jamaica Street, G1 4QG • <b>Friday 7pm</b> • <b>Sunday 10am</b></p> <p><b>GREAT YARMOUTH</b> 8/9 Regent Street, Norfolk, NR30 1RN • <b>Sunday 5pm</b> <small>*Only in Portuguese</small></p> <p><b>HOUNSLOW</b> Hounslow Community Centre 9 Montague Road, TW3 1JY • <b>Tuesday 7pm</b></p> <p><b>ILFORD</b> Ilford Conservative Club, 42 Ilford Hill, IG1 2AT (Rear entrance: Off Read Close) • <b>Monday 7.30pm</b> • <b>Wednesday 7.30pm</b> • <b>Friday 10am and 7.30pm</b> • <b>Sunday 10am</b></p> <p><b>LIVERPOOL</b> Adelphi Hotel, Ranelagh St, L3 5UL • <b>Monday and Thursday 7pm</b></p>	<p><b>MILTON KEYNES</b> Knowles Primary School Hall, Queensway, Bletchley, MK2 2HB (Close to NatWest) • <b>Tuesday 6pm</b></p> <p><b>OXFORD</b> Asian Cultural Centre Manzil Way, OX4 1GH (Off Cowley Road) • <b>Wednesday 7.30pm</b> • <b>Friday 7.30pm</b> • <b>Sunday 10am</b></p> <p><b>PORTADOWN (NORTHERN IRELAND)</b> Ashgrove Community Centre 156 Garvaghy Rd, Craigavon BT62 1ED • <b>Saturday 6pm</b></p> <p><b>READING</b> The Oddfellows Hall, 118b Oxford Rd, RG1 7NQ • <b>Sunday 10am</b></p> <p><b>ROMFORD</b> Carrie's Hall, Rush Green Road, RM7 0PJ (Between YMCA and Shurgard storage) • <b>Friday 7.30pm</b></p> <p><b>SOUTHAMPTON</b> Jurys Inn, 1st Floor, Charlotte Pl, SO14 0TB • <b>Friday 7pm</b> • <b>Sunday 3pm</b></p> <p><b>ST HELIER (JERSEY)</b> Springfield Stadium-Blue Room, Janvrin Road, JE2 4LF • <b>Monday, Tuesday 7.30pm</b> • <b>Wednesday 3.30pm and 8pm</b> • <b>Friday 12pm and 7.30pm</b> • <b>Sunday 9am and 12pm</b> <small>*Only in Portuguese</small></p>	<p><b>THETFORD</b> Thetford Town Council, The Carnegie, Cage Lane, Norfolk, IP24 2DS • <b>Sunday 10am</b> <small>*Only in Portuguese</small></p> <p><b>WALTHAMSTOW</b> Harmony hall, (studio room) 10 Truro Road, E17 7BY • <b>Friday 7pm</b></p> <p><b>WATFORD</b> Parlour Room Beechen Grove, Baptist Church, Clarendon Road, WD17 1JJ (Opposite Jurys Inn) • <b>Tuesday 7.30pm</b></p> <p><b>WEMBLEY</b> BSNL Community Centre, 128 East Lane, North Wembley, HA0 3NL • <b>Tuesday 7.30pm</b></p> <p><b>WOLVERHAMPTON</b> Bob Jones Community Centre, Bromley Street, Blakenhall, WV2 3AS • <b>Tuesday 7pm</b></p> <p><b>WOOLWICH</b> Glyndon Community Centre, 75 Raglan Road, Lower Hall, SE18 7LB • <b>Monday, Wednesday and Friday: 12pm and 7.30pm</b> • <b>VYG: Wednesday 6pm and Sunday 12.30pm</b> • <b>Sunday 10am</b></p> <p><b>WREXHAM</b> Hightown Community Centre, 51-61 Kingsmills Rd, LL13 8NL • <b>Tuesday 6pm</b> <small>*Only in Portuguese</small></p>
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**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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There is a light  
at the end of the  
**TUNNEL!**

Don't give up.  
Talk to us!

📞 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)

📞 24-HR HELPLINE:  
**020 7686 6000**

🌐 WEB:  
[uckg.org](http://uckg.org)

✉ E-MAIL:  
[info@uckg.org](mailto:info@uckg.org)

📘 FACEBOOK:  
[facebook/uckguk](https://facebook/uckguk)

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# LONELINESS IS **NOT** SOMETHING YOU SHOULD FACE **ALONE**

THAT'S WHY WE OPEN 365 DAYS A YEAR  
AND ARE AVAILABLE 24/7, DAY OR NIGHT

**TALK TO US**  
**020 7686 6000**

OR POP IN THIS SUNDAY, 10AM: RAINBOW THEATRE,  
**232 SEVEN SISTERS ROAD, N4 3NX**




*Check page 15 for more addresses*

 24-HR HELPLINE:  
020 7686 6000

 WEB:  
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