KLIFE

Kingdom-Life Magazine

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K-Life Magazine

This Issue

K-Life Magazine is published by the International Congregation of Yahweh (ICY). ICY is an association of national Congregations that are being restored to the Hebraic roots of the Christian faith and are committed to sharing fellowship, ministers, resources and a vision for the expansion of Yahweh's Kingdom.

K-Life focuses on what it means to live in the Kingdom of Yahweh and what it looks like in reality. It's packed with compelling life stories, transformational teaching, and a variety of inspirational stuff to help believers live their lives successfully as Heaven's children.

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NEWS

EDITORIAL



PASTOR LYNVAL HENRY, JAMAICA

Pastor Lynval Henry lives and ministers in Jamaica and is a widower with four grown daughters. He's the General Overseer of the Congregation of Yahweh International Fellowship there and works in his community as a Justice of the Peace, and Lay Magistrate.

PRACTICAL CITIZENSHIP

In our consideration of the rights and responsibilities of citizens of the kingdom of Yahweh, the kingdom that transcends every other, we'll constantly have to refer to the guidebook, the 'Naturalisation Document', which is our Bible. This teaches us there are no second, middle, or upper-class persons in this kingdom; we're all one in Yahshua.



We've had our hearts renewed by the Spirit of Yahweh, but there's a need for the constant renewal of our minds to readjust our thinking and attitudes, preparing us for kingdom life.



This is a process that takes time because when we first came to Yahshua, we came in faith, trusting in Yahweh's mercy. We received forgiveness, peace, and acceptance in His family. Our past lifestyle, sometimes sinful cultural practices, and even our past religious perceptions need to be adjusted, and the guidebook tells us:

"…be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of [Yahweh]" (Romans 12:2, KJV).

At the outset of our walk, we rarely appreciate the extent and depth of the inward transformation which will be needed to conform us to the image of Messiah. To some, the process can seem discouraging and the goal unattainable.
The words below are a helpful reminder that can greatly assist us and give us encouragement to conform to the requirements of citizenship.

"And they sung a new song, saying, Thou art worthy to take the book, and to open the seals thereof: for thou wast slain, and hast redeemed us to [Yahweh] by thy blood out of every kindred, and tongue, and people, and nation; and hast made us unto our [Elohim] kings and priests: and we shall reign on the earth" (Revelation 5:9-10).

The process will end with a united song of thankfulness - the joy of inclusion in a multicultural, international people, made kings and priests.

Yes! We're being transformed now to be kings and priests, to exercise a future role in the coming kingdom of Yahweh. If you're a member of His Body, you're eligible for citizenship. Begin the process now!





OUR CITIZENSHIP IS IN HEAVEN



RICHARD WILLETTS, UK

I live in Aylesbury, UK, and am the father of three adult children, an Accountant and keen musician. I love Yahshua and His gospel. I love to teach the Church, share and demonstrate the message of Yahshua on the streets, pray for people's needs, and help them in practical ways - both those who know Yahshua and those who don't.

Ciitizenship in the UK has become a major topic of contention over recent years, as migration into Europe has seen the biggest influx of new people seeking asylum in this country's history. Many of these migrants come from war-torn or impoverished nations. Over the decades, particularly since the Second World War, people have come from all over the British Commonwealth, Europe and the wider world and have made great contributions to our country and economy. In the last few years, however, the numbers entering the country are unprecedented and vastly exceed the number of new houses being built. Some have come from parts of the world, notably Islamic countries, that don't share what many consider to be the 'Judeo-Christian' values of our nation (although in truth the nation falls far short of these in many ways). For many of the Moslem faith, their loyalties lie more with others who share their beliefs around the world and their own Sharia system of law than to the country giving them a home. The question we should ask ourselves as followers of Yahshua is: 'Where do our true loyalties lie?'

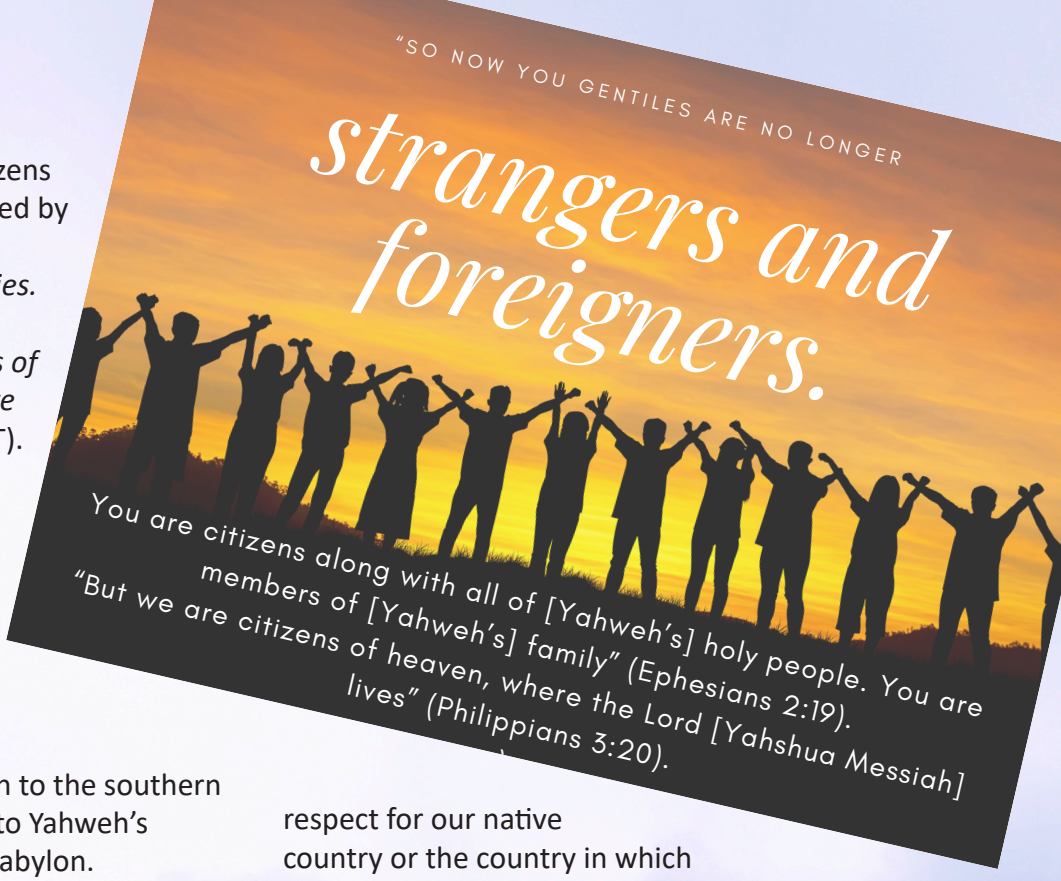


Responsibilities

As followers of Yahshua and citizens of His Kingdom, we're encouraged by the Apostle Paul to:
"...submit to governing authorities. For all authority comes from [Yahweh], and those in positions of authority have been placed there by [Yahweh]" (Romans 13:1, NLT).

"...submit to them, not only to avoid punishment, but also to keep a clear conscience" (v.5).

"Pay your taxes and government fees" (v7).



We see similar instructions given to the southern tribes of Israel when they fell into Yahweh's judgement and were exiled to Babylon.

"Build homes, and plan to stay. Plant gardens, and eat the fruit they produce. Marry and have children. Then find spouses for them so that you may have many grandchildren. Multiply! Do not dwindle away! And work for the peace and prosperity of the city where I sent you into exile. Pray to [Yahweh] for it, for its welfare will determine your welfare" (Jeremiah 29:5-7, NLT).

Thus, we should be good citizens in whatever country we live in, even though we should consider ourselves just strangers and sojourners in this world (1 Peter 1:17; 2:11). In the same way that the Jews were not destined to forever remain in Babylon - Yahweh had promised to bring them back to their own land. However, this isn't the whole story. When the Jewish authorities admonished the disciples and told them they should no longer speak to anyone in Yahshua's name (Acts 4:17), their response was:

"Do you think [Yahweh] wants us to obey you rather than him? We cannot stop telling about everything we have seen and heard" (Acts 4:19-20, NLT).

We see here that our ultimate loyalty lies with our Father in heaven and our King Yahshua.

In a sense, we, as believers, have a kind of dual citizenship. Not only should we have loyalty and respect for our native country or the country in which we currently live, but we're citizens of heaven.

"So now you Gentiles are no longer strangers and foreigners. You are citizens along with all of [Yahweh's] holy people. You are members of [Yahweh's] family" (Ephesians 2:19).

"*But we are citizens of heaven, where the Lord [Yahshua Messiah] lives"* (Philippians 3:20).

As such, we have heavenly responsibilities to represent Yahshua well whilst sojourning on this earth.

"Above all, you must live as citizens of heaven, conducting yourselves in a manner worthy of Good News about [Messiah]" (Philippians 1:27).

Privileges

Being a citizen of some countries in our world can afford us certain benefits and privileges. If I'm a UK citizen, for example, I can expect certain protections wherever I travel in the world. The apostle Paul had the great benefit of being a Roman citizen when on his missionary journeys. He was rendered an apology for being seriously beaten in Philippi and had the right towards the end of his life to appeal to Caesar and have his legal case brought before the most powerful ruler of the known world at that time.

As a UK citizen, I have access to our National

Health Service and other emergency services, such as the police and fire brigade, as well as education. I can seek justice in the courts for any crimes committed against me. If I'm struggling to make ends meet because I'm out of work or too sick to work, I can claim certain state benefits.

As citizens of heaven, we, too, share the greatest benefits that could ever be afforded, not only our eternal heavenly home but also our relationship with the creator of heaven and earth through our faith in Yahshua our Saviour. We're endowed with His Spirit, a deposit which guarantees our future inheritance (Ephesians 1:14). We serve a God who forgives all our sins and heals our diseases (Psalm 103:3). Yahshua encourages us to take no anxious thought about clothing, food, or any of life's basics. If we put His Kingdom and righteousness first, all these will be added to us (Matthew 6:25-33). The privileges our Heavenly Father provides are so much more certain than those of any nation's welfare state - assuming it even has one. As the psalmist said, "*It is better to take refuge in [Yahweh] than to trust in princes"* (Psalms 118:9).



Challenges

Our greatest challenges to being good citizens of the Kingdom of Yahweh are two-fold. In the first instance, we experience the **external challenge** of living in a world governed and influenced by the prince of this world. As citizens of Yahweh's Kingdom, we find ourselves in a place of warfare against spiritual powers and wickedness in high places (Ephesians 6:11-12). The prince of this world is opposed to all the plans of Yahweh. His powers seek to blind the hearts of men to the reality of Yahshua and His saving power. Many ideologies in our world openly persecute and attack any seeking to serve Yahshua and promote His message, either through critical words and cancel culture, or the exercising of government powers of censorship and even persecution.

We shouldn't be surprised at this. Yahshua warned us that "*In this world you will have trouble…"* but this should in no way deter us for in the same breath He declared, "*…but fear not, I have overcome the world"* (John 16:33). We're recipients of the boldness, heavenly wisdom and direction that comes from the infilling of the Holy Spirit. We must learn to take courage, share our faith and draw others to be a part of His family in the earth.

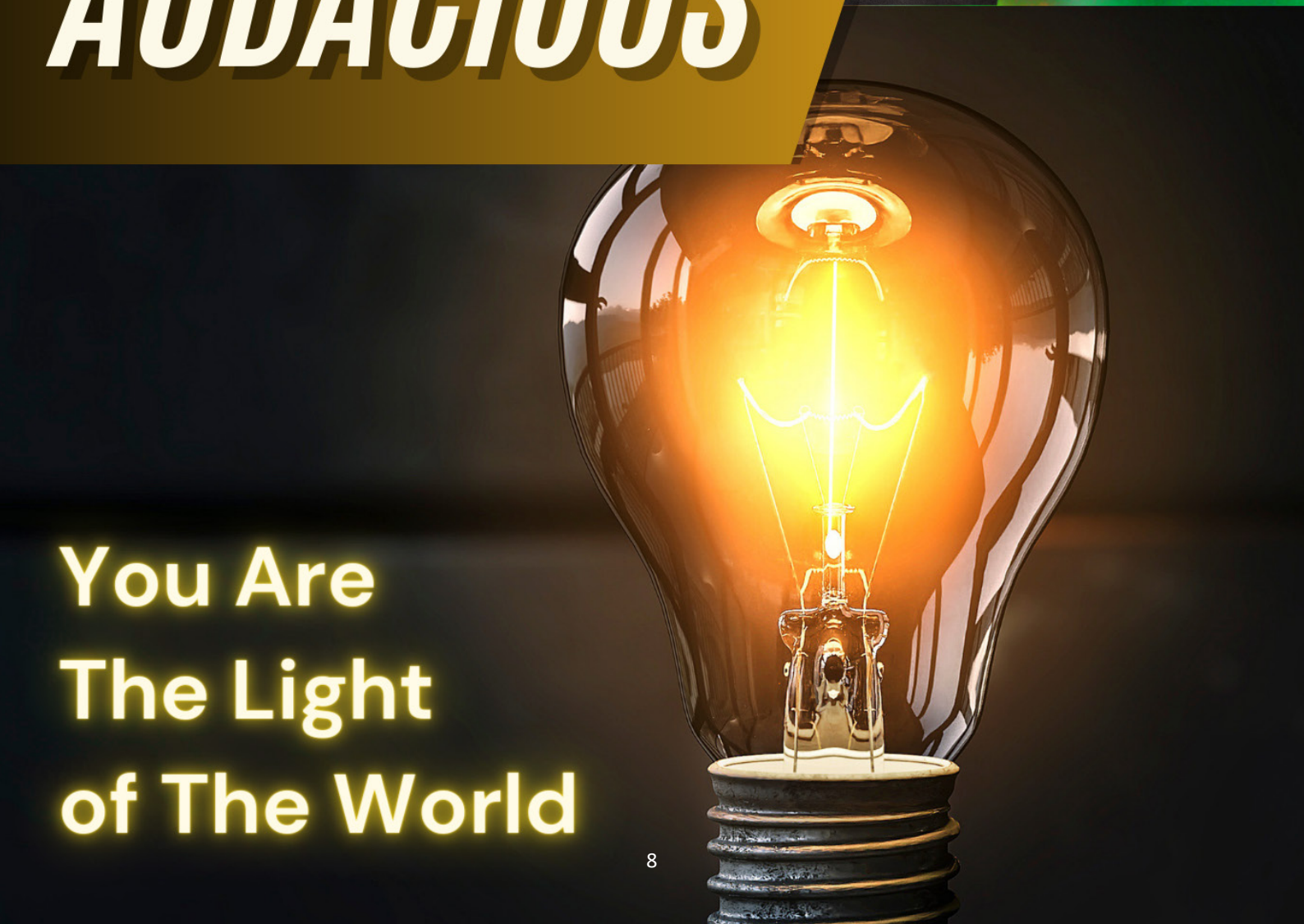
The second challenge we face in being good citizens of Heaven is the **internal challenge,** the enemy at work within us. We're born into a sinful world and are all in possession of a sinful nature that neither wishes to, nor can, please Yahweh. Paul admonishes us: "*…by the Spirit, put to death the deeds of the flesh"* (Romans 8:13), and "*…let not sin reign in your mortal bodies'* (Romans 6:12).

Hurts and failures of the past can often serve to hinder us in our quest to be good citizens of heaven. We need to repent of any sin and distraction that so easily besets us and, in faith, reach out to receive and walk in the new life of righteousness procured for us by Yahshua and His death on the cross, walking in the power of His resurrection. We need to open our hearts to the working of His Holy Spirit, who can mend the broken hearted and endue us with His gift of righteousness. By giving all our lives to Yahshua, we come to realise that it's no longer we who live, but His Spirit lives within us (Galatians 2:20). Not only does the Holy Spirit show us what's wrong with our lives, but He also empowers us to change and be transformed as we allow Him to work in us.

In conclusion, I can say that we need have no fear of the challenges that face us as citizens of Heaven because it's Yahshua in us who enables us to be His children and do His will. His love and grace are always available to those who put their trust in Him. Governments and authorities in this world can often let us down, but Yahweh NEVER will!



AUDACIOUS



You Are The Light of The World



I WAS HUNGRY, THIRSTY, A STRANGER AND IN PRISON

THE ARK COMMUNITY HUB



PAULETTE LINTON, UK

I live in Nottingham, UK, and am a mother to a fourteen year old daughter. I volunteer at The Ark Community Hub. I believe that the Heavenly Father has given me a passion to serve those in need and am trying to do that to the best of my ability.

The current generation is quite different from the one I grew up in. Things have changed rapidly from one generation to the next. The way we used to connect isn't the same as it is now. For example, when I was young, we entertained ourselves by playing at the park or in our backyard. Nowadays, in order to hold someone's attention, it seems that everything has to be fast-paced with instant food, technology, video calls, and online games. What used to work for my generation may not work for this one.

How does this compare with Yahshua, whom we say is the same yesterday, today, and forever? Should we modify our beliefs and values to adapt to the changing times? The principles that Yahshua laid down are exactly the same. How we execute them for ever-changing generations will differ.

I'm led to believe that the Church isn't a building - it's us! We carry a huge responsibility to seek after Yahshua's lifestyle.

In 2020, the concept of reaching out to our community differently began to evolve. The Church purchased the building adjacent to

Yahshua said,
". . . I was hungry and you gave me something to eat, I was thirsty and you gave me something to drink, I was a stranger and you invited me in, I needed clothes and you clothed me, I was sick and you looked after me, I was in prison and you came to visit me."
(Matthew 25:35-36, NIV)

its place of worship, and many members lovingly laboured to restore and bring us the outlet now known as "The Ark". The vision for "The Ark" was that it would be a place of refuge, safety and safe space for the community. How could this be realised? After many discussions, the 'Wednesday Projects' were born. These were to be focused on as "Souls Days" (reaching out to 'seek and save the lost') and were launched on 28th June 2023. What format could they take? The decision was made to run 3 projects within the day. (It was a tall order!)

Sip, Speak and Snack: 10am–12pm
This is a time and space for peace and tranquillity, and also to enjoy a free breakfast.

Helping Hands: 2pm–4pm
A project set up to provide the community with basic food items and toiletries for a nominal contribution of £3. A selection of fruit and veg is offered alongside this for free.

Ark Community Hub "Feed Up": 6pm–8pm
The doors open at 6pm, but anytime from 5:15pm you can hear the people gathering outside. A wholesome and hearty meal has been lovingly prepared for all. Each house church takes it in turn to help out. What started as a weekly attendance of 20-30 has now risen to 50-60. We play Christian instrumental music in the background, and there's a real buzz. The volunteers hold full-time jobs and, although tired by the time they attend, all say that by the end of the evening, they're humbled and uplifted.

Serving our community in this way brings a 21st-century slant to service without diluting the truth that Yahshua is the same yesterday, today, and forever. I believe that through this we fulfil Matthew 25:35-36. The concept was born to create a space the community could enter that wasn't viewed as a traditional Church but a place and atmosphere where the Father's presence and love could be demonstrated and felt.

If we can touch someone with the work we do, then we've reached them for Yahshua.















HELPING HANDS



BEVERLEY NEMBHARD, UK

"Reach out and touch
Somebody's hand
Make this world a better place
If you can

Take a little time out of your busy day
To give encouragement
To someone who's lost the way
(Just try)
Or would I be talking to a stone,
If I asked you
To share a problem that's not your own
(Oh no)

If you see an old friend on the street
And he's down
Remember his shoes could fit your feet
(Just try)
Try a little kindness and you'll see
It's something that comes very naturally
We can change things if we start giving"

(Songwriters Nickolas Ashford/Valerie Simpson)

The melody of this meaningful song flooded my heart as I reflected on one aspect of the outreach projects provided by the Ark, an arm of the Congregation of Yahweh. The gospel message is more than words. It's more than attending church and sitting in pews listening to sermons; it's even more than worship. While believers must gather for encouragement and learning, there are people in our community who are experiencing financial hardship, loneliness, stress and depression because of life's pressure. How can we help them? What's in our hand? What resources do we have?

'Helping Hands' is an extension of the Congregation's Food Bank that distributes from the Ark Building on Carlton Road, Nottingham every Wednesday from 2-4pm. We provide each person with a bag of groceries for a small contribution of £3.00. The bag contains basic groceries and fresh vegetables, which are given according to availability.

A team works together to ensure everyone who comes through the door is welcomed and served with dignity and respect. All members of the team are volunteers. We desire not only to give out the bags but to meet and interact with people from our community. Serving is an important opportunity to get up close, not to be judgemental, but to extend Yahshua's love through giving. In return, I've seen the appreciation expressed through smiles and 'thank yous'. There are regulars who come into that space weekly, allowing us to be well acquainted with them.

On behalf of the Helping Hands Team, we'd like to thank all the sponsors and those who provide the goods and services to continue this project. Thank you to Nicky, Joyce, Jenai, and Julie, as well as all who faithfully give their time and energy to serve in this project.

As Diana Ross sings, "Reach out and touch somebody's hand, make this world a better place if you can". The Helping Hands project isn't just a gesture of kindness, it's an effective way of helping those in need. It's a tangible way of sharing the love of Yahshua with people in our communities, and its impact is significant.



SIP SPEAK & SNACK PROJECT (SSS)



I've been attending the SSS project every week since we started a year ago, and I've seen its impact on those who attend.

We open our doors at 10 am, ready to welcome anyone who wishes to join us. We don't keep a list of attendance, but we've reached out to around 20-25 people over the past year. I'd say we have about 10-15 regulars who drop in each week and they really appreciate the warm, friendly atmosphere and a hot cup of coffee/tea and breakfast. They can meet new friends, share their cares and frustrations, and find a listening ear. Some of them are homeless, sofa-surfing, or struggling with low income, family breakup, illness, depression, etc.

The SSS project has made a real difference in the lives of those who attend. Their enthusiasm to return and the positive changes in their attitudes are clear signs of the event's success. Their faces light up as they walk in and see the variety of high quality food available. Many have expressed their appreciation of the calm, relaxed atmosphere, and their gratitude for the food. Speaking of food, there is always a good variety, well displayed and delicious! One person even felt like royalty, having strawberries for breakfast!



SUSANNA HAYES, UK



THE DIVERSITY AND MULTICULTURAL NATURE OF THE KINGDOM





JO ROBINSON, UK

"…for all of you who were baptized into [Messiah] have clothed yourselves with [Messiah]. There is neither Jew nor Gentile, neither slave nor free, nor is there male and female, for you are all one in [Messiah Yahshua]. If you belong to [Messiah], then you are Abraham's seed, and heirs according to the promise" (Galatians 3:28-29, NIV).

This passage shows us that when we belong to Messiah, we take on a new identity that transcends our cultural, social, or gender differences. We're all *"heirs according to the promise"* given to Abraham, which means everyone's included in Yahweh's family. Our primary identity is in Yahshua, not in our race, class, or gender. Yahshua's 'the' game-changer! The previous norms no longer apply.

Achieving this unity requires intentional action. The church must welcome people from all walks of life. It means creating an environment where everyone's treated equally, their holistic needs are considered, and no one feels excluded because of their background. This is achieved when people allow the Holy Spirit to take control of their lives and the image of Yahshua clothes us.

This unity's demonstrated in the church when people from different backgrounds come together to worship and serve Yahweh. Whether through singing in different languages, using various musical styles, or celebrating diverse cultures, the church reflects the Kingdom's multicultural nature by including all.

It also plays out when the church actively breaks down barriers of racism, sexism, and prejudice. This means speaking out against discrimination, supporting the rights of marginalised groups, and working for justice. The church becomes a place where equality is not just preached, but practised.

Unity in Yahshua means loving one another despite our differences. In a world where people are often divided by race, gender, or social status, the church should be a place where love and compassion overcome these divisions. Love isn't just **a factor**; it's the **essence** of all of this.

The world will only recognise Yahshua when those who are in Him display love for one another: *"A new command I give you: Love one another. As I have loved you, so you must love one another. By this everyone will know that you are my disciples, if you love one another"* (John 13:34-35). Believers model the Kingdom's unity by showing kindness, patience, and respect for one another.

To maintain this unity, the church must consistently teach that all people are created equal in the eyes of Yahweh, challenging any form of racism, misogyny, or prejudice within its own community and the wider world. Regular teaching about the depth and breadth of our identity in Yahshua should instil within believers the capacity to demonstrate love, show mercy, uphold justice, break down divisions, and be willing to sacrifice for one another.

It also means giving a voice to those silenced by discrimination or prejudice. The church must make space for everyone to contribute to be who they are. This keeps the community strong and reflects the Kingdom's inclusiveness.

The Holy Spirit's essential in helping believers live out this unity. The Spirit works in the hearts of Yahweh's people, helping them to love each other, forgive one another, and work through any conflicts. The fruit of the Spirit - love, joy, peace, patience, etc. - are qualities that help maintain unity and fight against division. A change of heart is necessary. The Galatians passage is built on the fact that we're clothed with Yahshua (v.27) – and the unity we speak of is fully demonstrated when His nature is lived out in our lives.

In a world plagued by racism, prejudice, and misogyny, the church should be a light. It should stand out as a place where all people are valued and where unity is prioritised over division. It can advocate for justice and peace, showing that Yahweh's Kingdom offers something better than the world's broken systems.

Conclusion

Galatians 3:28-29 makes it clear that the Kingdom of Yahweh is meant to be diverse and unified. In Yahshua, there's no room for discrimination or division. Achieving this unity requires intentional inclusivity, treating everyone equally, and celebrating our differences. This plays out in the church through equal treatment, breaking down barriers, and showing love across differences. Maintaining this unity takes commitment - teaching equality, empowering all voices, relying on the Holy Spirit, and standing against the divisions in the world.

In the Kingdom, we're all one, and it's up to the church to live that out in tangible, practical ways every day.





PRAYER PROJECT

Testimonials of Answered Prayer



WANGARI KUNG'U
FROM KABATI CONGREGATION, KENYA

Introduction

In the early stages of my spiritual journey, my grasp of prayer was quite superficial. To me, it was merely a tradition, a religious duty to fulfil rather than a profound and transformative practice. Consequently, my prayers yielded only minimal results. However, as I continued to walk with Yahshua, the Holy Spirit began to show me the true essence of prayer. I discovered that it's not just a ritual, but the most vital and potent tool in life. As my relationship with Yahweh deepened, I stopped seeing Him as a distant deity and started seeing Him as a loving Father with whom I could share my innermost concerns. His presence became a sanctuary where I approached Him with full confidence and trust.

Testimony 1

Paul, the son of Samuel Kirira from the Geta Congregation, faced a severe mental disorder at just 15 years old. This condition brought him constant distress and robbed him of peace and rest. His parents, deeply concerned for his safety, kept a vigilant watch over him. One evening, while Samuel and Paul were in Nairobi for a hospital visit, Paul disappeared. In desperation, Samuel prayed earnestly and enlisted others to join him in prayer for his son's safe return. The following day, Samuel found Paul wandering the streets, worn out and dishevelled. When I visited their home to offer support, they shared the profound distress they'd experienced and asked for prayer. As we prayed together, Paul was miraculously healed. This experience highlighted the immense power of our God—nothing is too difficult for Him. In Genesis 18:14 an assurance is given to Abraham and Sarah in the form of a question, *"Is anything*

too hard for [Yahweh]?" The implied answer is "no". Yahshua assured us in John 14:13-14, John 15:16, and 16:23-24 that if we ask anything in His name, He will grant it. The apostle John also tells us that *"…this is the confidence we have in approaching [Elohim]: that if we ask anything according to His will, He hears us"* (1 John 5:14). Today, Paul is thriving, married and lives in Nairobi with his family.



Paul with his children



Paul coming home after church

Testimony 2:

A few years ago, during a visit to our COY fellowship in Naivasha, I observed a pressing issue among two families: neither had a male child. In some cultures, this lack can lead to significant familial and marital conflicts, sometimes even causing separations. These two families were deeply troubled and had exhausted all possible solutions without success.

On that Sabbath, as the congregation presented their prayer needs, these families asked for peace in their homes. My spirit was stirred, and I felt a prompting that reminded me, *"Children are… a reward from [Yahweh]"* (Psalm 127:3). I prayed for them, lifting their petitions before Yahweh. To our amazement, within five months both families contacted me with news of gratitude—they'd both conceived. Moreover, they each welcomed a male child into their families. Witnessing this divine response to their prayers strengthened our faith and deepened our trust in Yahweh's power to meet our needs.

Conclusion

These testimonies illustrate that Yahweh is attentive to our prayers and capable of delivering answers that surpass our expectations. They remind us to always trust in His understanding of our situations and His ability to work out His will for our good.

One of the boys who was born through prayer with his mother

PRAYER PROJECT CONT.
Testimonials of Prayer



BEATRICE TANUI (MAMA MOSES)
FROM DAGORETTI CONGREGATION, KENYA

One of the most unforgettable experiences in my life was when Yahweh healed my son, Stephen. Many years ago, he fell gravely ill, and I rushed him to Kenyatta National Hospital (the biggest hospital in Kenya). The doctors performed several tests and scans but couldn't identify the problem, despite their best efforts. They discharged us, even though Stephen was barely alive.

When we returned home, I gave him some water which caused him to vomit and, immediately after, he stopped breathing. In those days, there were no phones to call for help and my husband was far away, only returning home on Fridays. It was a Wednesday, and I was completely alone. Neighbours came, saw Stephen's lifeless body, and left, thinking he was dead. Though devastated, I knelt down and prayed: *"Yahweh, I do not love my son more than you. The doctors have failed, but I know you can heal him".*

After the prayer, I lay beside Stephen, watching him closely. To my amazement, his eyes fluttered open. He was alive! Yahweh had answered my prayer. Today, Stephen is a married man with five children and this miracle remains a constant reminder of Yahweh's power.

Several years later, I faced another challenge when the Church of God, where I worshipped, experienced a division. Two prominent leaders had differing views and the congregation was split. Unsure of whom to follow, I prayed for guidance. Yahweh answered in a vision, showing Elijah Ngugi distressed with his bald head scorched by the sun. A voice told me, *"I am with this man".* This vision gave me clarity, and I chose to follow Elijah Ngugi, who later became the bishop of the COY. It was clear Yahweh had directed me to the right path.

In 1993, Yahweh intervened once again during the birth of my last son. With no money for hospital fees I fasted and prayed, asking Yahweh for a safe delivery. I prayed, specifically, to deliver before 1.00pm so my children wouldn't see me in pain when they came home for lunch. As labour pains began, I was alone with my young daughter, Naomi. Yahweh answered my prayer, and I delivered the baby safely, all by myself. When Naomi saw her new sibling, I told her, *"Yahweh has given us a baby".* Innocently, she asked, *"Where did Yahweh pass through? I didn't see anyone come in".* That moment still brings me joy, knowing Yahweh's hand was in my safe delivery.

Another miracle unfolded when my close friend, Mama Soni, came to me for help. Her sister, having given birth, was unable to expel the placenta, and it was late at night with no available transport to get her to the hospital. Coincidentally, I had dreamt of helping a woman deliver. I followed Mama Soni to her sister's house, prayed over her, and declared that the placenta would come out. Immediately after the prayer, it did. Everyone present was astounded by Yahweh's power and we all gave thanks for the miraculous intervention.

Most recently, in July 2024, Yahweh healed me from arthritis after six years of suffering. The pain, especially at night, was unbearable, and I'd spent much on treatments without success. But through persistent prayer, Yahweh finally healed me. I now walk pain-free and sleep peacefully.

Yahweh has done wonders in my life, and I'm forever grateful. He answers our prayers in His time and I'm a living testimony to His grace. Let's continue to trust in Him, for Yahweh never fails.



The natural world and vast universe surrounding us are brimming with beauty and wonder. It's our Father's world, a gift given to us for our homes, blessing, joy, and recreation. Let's take the time to appreciate and enjoy this wonderful gift of love and grace, venturing out to explore and engage with it as a way of worshipping our Creator, learning more about Him, and discovering more about ourselves. Through images, quotes, and short stories, we hope we'll all learn valuable lessons and be inspired to venture out to explore our Father's world. Enjoy the slide show.

WATCH VIDEO

Special Request

If you've taken any spectacular photos of the created world and would like to share them with others on this platform, please send them to the address below. Your contributions will help us all appreciate the beauty of our Father's world. We'll endeavour to show them in future editions of K-Life.
Send your photos to klifeinfo@congyah.co.uk



INSIDE YOUR FELLOWSHIP



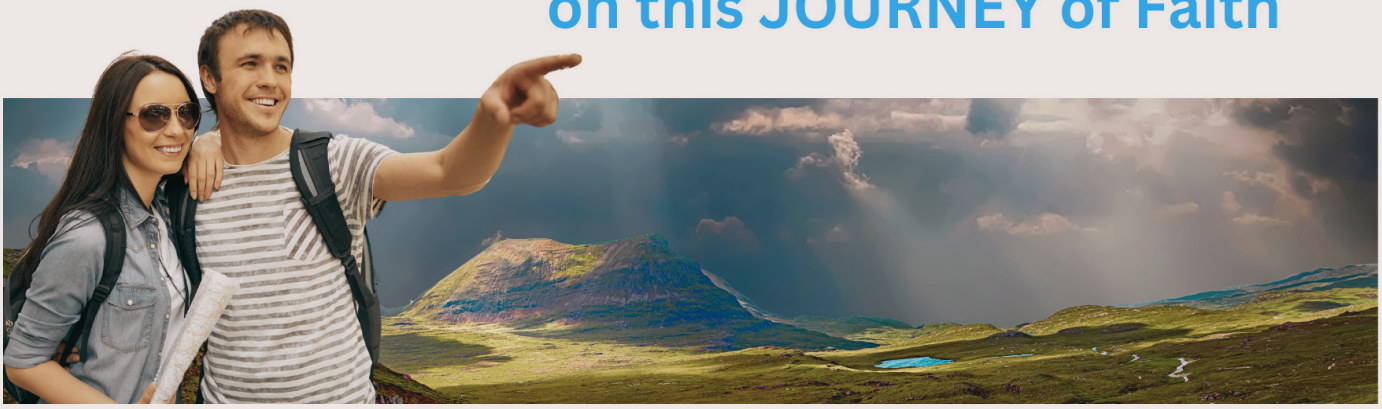
MARK & ALICE VLAD
NEW BEGINNINGS CHURCH
ILLINOIS, USA

We find fellowship for us here at New Beginnings Church (NBC) USA is through a unified and inclusive approach. We believe in the importance of saving those who are lost, equipping those who are saved, and sending out the equipped individuals to spread the message of love and salvation.

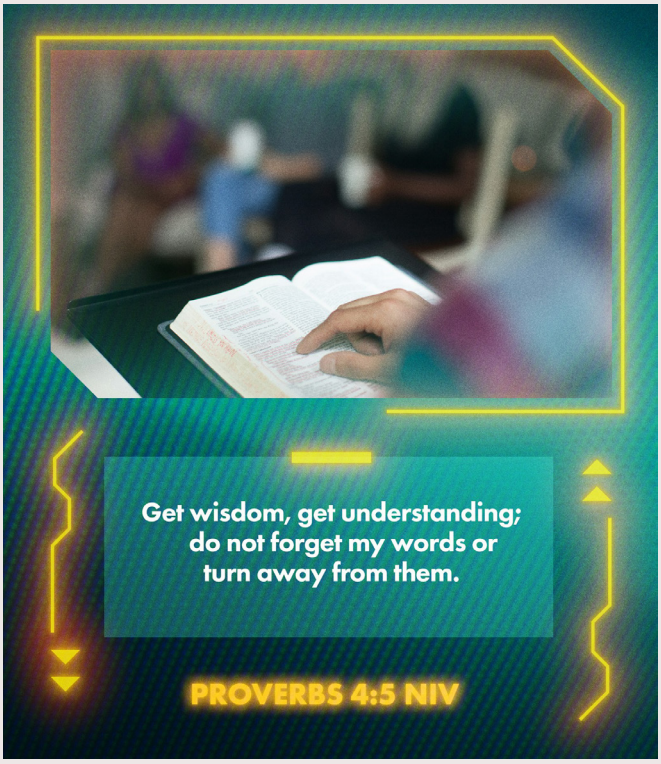
Our Pastor, Mark D. Vlad, has been serving in ministry for over 50 years and has been a faithful servant of NBC USA. Under his leadership, we've seen the need to remain focused on fellowship, not only within our congregation but also with other believers locally and around the world. We believe that finding strength in fellowship is crucial, and we value the unique contributions, practices, activities, and traditions of our diverse membership in thinking outside the box.

Our foundation's built upon Yahweh our Father, Yahshua His Son, and the Holy Spirit, which unites us as one Body. We continually seek the guidance and presence of Yahweh our Father in our lives. Along with Yahshua our Saviour's example, we strive to live according to these teachings and guidance through the Holy Spirit.

We invite you to join us on this JOURNEY of Faith



We appreciate and enjoy the fact that Yahweh has placed NBC on His map giving us worldwide fellowship to reap strength. Despite our diverse cultural, social, and economic backgrounds, we've found unity in our approach to sharing the gospel, worshipping, and fellowshipping. We believe that by embracing diversity, we can better understand and appreciate the richness of Yahweh's creation.



We invite you to join us on this journey of faith, as we strive to save the lost, equip the saved, and send out the equipped to spread the message of Yahweh's love and grace. NBC meets on Sabbath (Saturday) for service at 2:00pm. We start by giving general announcements. Pastor Mark opens with prayer requests, and we join together in agreement as we lift these up to the throne of Yahweh. He then welcomes the worship team to open our hearts in a time of worship. Time is given to an assigned member to read a portion of Yahweh's scripture to the congregation as we stand in reverence. Then the pulpit is open for our members to share in testimony, readings, special songs, instrumental specials. The children are then invited to attend a Bible class whilst the adults prepare to hear the preaching of Yahweh's word. The word is polished with yet another time of drawing our hearts together in worship. Our service ends in prayer. NBC members enjoy our time of togetherness, so we continue in friendship as we enter the fellowship hall for a time of coffee and refreshments, sitting around the table and sharing our week's events with one another. We end our sabbath with an invitation to those who'd like to meet up at a local restaurant for a meal to continue great fellowship. We always find it to be a fun time of relaxation together. Our favourite time is our "bring your favourite dish" to share at our monthly dinner after church. NBC also has a Bible study at the pastor's house on Monday nights, leadership meeting once a month, and a quarterly board meeting. We really feel the link that keeps us strong and going is that we live by the two greatest commandments. Also, in having grace, keeping in mind that we're all sinners saved by grace! We always have an open-door policy for anyone who'd love to drop in and reap from yet another part of Yahweh's many membered Body. Visit us online at New Beginnings Church (www.nbcrockcity.com).

In conclusion, I continue to encourage all who are reading this article that, till Yahshua returns, we should look for those divine appointments. May you all have a Yahshua filled day. Love and blessings, Pastor Mark D. & Alice Vlad and New Beginnings Church family.


LIFE STORIES

NATHAN BLAIR INTERVIEWED BY MICAH GREEN



Nathan Blair, UK

Micah Green, UK

WATCH VIDEO

LETTER FROM

Michael Banak, USA



MICHAEL BANAK, USA

Michael operates among believers, who are sometimes called "Sacred Namers". The use of the Holy Name in worship is important to them. There are about eleven such congregations in his network, which are formally set up with an official ministry and bible-based liturgy. In addition, there are countless informal groups in the USA, meeting in homes or community centres, some even living in the outback. They have disavowed any connection to groups that are cultish in nature. Michael's connection to CoY came through "Salem Acres" aka "The Farm" over a decade ago.

The saints called by Yah's Name in the States seek a deeper kingdom life, just like you. In pursuing that, we've explored the usual paths of Messianic fulfilment. We have men and women's retreats, marriage seminars, youth camps, missions and the like. Some people have chosen to move to rural areas and live in communities with like-minded individuals. Among flourishing fellowships, there's a growing sense that the quest for doctrinal precision and shared experiences only gets you so far. We still must confront the weightier matters of the Law.

Though I guarantee a glad conclusion in this letter, we must first walk through some valleys together.



Three Kingdom Principles have impressed me of late.

1) Pre-baptismal counselling must emphasise the need to love each other as Yahshua loved us. Imagine a system in which everyone esteems the other (including babies) greater than themselves. Yet, even with the best intentions, we often overlook the awkward, sick, and afflicted, not realising they are Yahshua in disguise.

2) Trust facilitates The Kingdom. To trust the decisions of the elders. To trust someone with your life, or even with your children for an afternoon. Lasting trust is developed over time. Invest time in building a reputation, and trust will flourish.

3) Enforcement. To experience Yahweh's Kingdom in this fallen world, we need robust systems for preventing and managing evil when it erupts. Think Matthew 18, and more, to restore the fellowship. A superficial review of revivals under Josiah, Hezekiah

and Ezra/Nehemiah might emphasise buildings and feasts. Very few have studied the correction and 'house-cleaning' they fostered as well. Many ministers in my space regret "letting things go on too long". But it's sadly common within Christianity to see action delayed or else misdirected at the whistle-blower.

We can see the Kingdom experience from afar, yet there are still areas requiring work. But I do have a high note to share, something that "ties it all together".

A fine pastor friend gave me an update on his assembly. The ministerial team decided to commit among themselves to focus, for now, on the following:

1. Humility
2. Accountability
3. Transparency
4. Approachability
5. Humility

While #1 and #5 are happily identical, #4 made my heart dance.

Once the greatest among us becomes approachable, nothing can stop us from having the Kingdom. Occasional, loving feedback would be normal and non-threatening. If you want an example of New Testament approachability, study the case in which gentile widows were neglected daily (Acts 6:1-5). They *had* to find a nice way to broach that. Someone high up had to be approachable.

I have declared to all the brethren here, my commitment to openness for correction. The wisdom that's from above is easy to be intreated and peaceable (James 3:17). And it need only happen rarely. Don't we learn the most from our failures? How about you, dear saint? Challenge yourself and challenge me. If offences hinder kingdom fellowship, approachability will get it back and keep it going. Once we govern ourselves as a kingdom of priests, we'll be forever free to love, work, play and worship strong. That has become my Kingdom vision. HalleluYah!

Yours in Yahshua always,

Bro. Michael A. Banak (Central Missouri State)



K-Life Women

Lifestyle stuff that matters to women





SALOME HENRY, JAMAICA

Salome Henry is the daughter of Overseer Lynval Henry and our beloved Avis (Rebekah) Henry, who went to sleep in 2018.

Sally, as she is affectionately known, grew up in Clark's Town, Trelawny, Jamaica, but has been living in the capital city, Kingston, for over twenty years. She is a Medical Doctor who specialises in Paediatrics and is an active member of the Congregation of Yahweh in Kingston.

THE SEASON OF MENOPAUSE

Menopause is a natural biological process marking the end of a woman's reproductive years. It occurs as result of the natural fall in the hormones produced by the ovaries.

It's often seen as a private matter and primarily has a clinical focus. This involves managing the physical and emotional changes that occur because of this transition from the reproductive to the post-reproductive years. Menopause, however, has far reaching implications for the overall wellbeing of an individual.



Menopause typically occurs between the ages of 45 to 55 and is characterised by a cessation of menstrual periods for 12 consecutive months. Between ages 40 and 45 it's considered to be early menopause and about 5% of women experience this. Roughly 1% of women go through premature menopause, which is before age 40.

Early or premature menopause can occur for unknown reasons. A family history of early menopause may increase the likelihood of this happening. Sometimes, it can be the result of medical treatments or procedures, for example, cancer treatment, surgery or certain health conditions such as autoimmune diseases, tumours affecting parts of the brain, or smoking.

If you're under 45 and have missed your period for three months or more (for no other known reason), you may be going through menopause earlier than usual and should seek medical advice.

The accompanying hormonal changes can cause a range of uncomfortable physical and emotional symptoms.

These include hot flushes, trouble sleeping, fatigue, headaches, thinning hair and dry skin, heart palpitations, weight gain, thinning bones, bone and joint pains and emotional symptoms such as moodiness/irritability, memory lapses, depression and anxiety.

As women go through the season of menopause, it's important to note that no two persons will experience the same set of symptoms with the same intensity. Variation can be due to genetics, age of onset, levels of hormones and overall health status. So, while menopause is a shared experience among aging women, it can be lonely for an individual who may think their experience is isolated. This underscores the importance of building a sense of community, where persons feel comfortable in sharing their experience and receiving support.

For the believer, faith often encompasses a holistic view of health. This includes the physical, emotional and spiritual. Menopause, with its wide range of symptoms and emotional challenges, therefore, needs a comprehensive approach.

Healthy lifestyle choices are encouraged in addition to getting regular medical check-ups. Here are a few tips that may prove to be helpful in managing the effects of menopause.

- Maintain proper nutritional intake by eating fruit, vegetables and foods rich in calcium and vitamin D.
- Eat foods that can mimic the effects of Oestrogen in the body such as soy products, tofu, flaxseeds, sesame seeds and beans.
- Avoid drinks containing caffeine or alcohol, and spicy foods as they can trigger hot flushes and mood changes.
- Reduce the intake of processed foods and sugars.
- Drink enough water.
- Exercise regularly.
- Maintain a healthy weight.





It's important for faith-based organisations to understand the varying needs of menopausal women. This includes providing comfortable spaces for fellowship, understanding how participation in activities might be affected, and offering support where needed.

Menopause is also a time when a childless woman comes face to face with her fading chances of natural conception. Her dreams of bearing a child may seem to have come to an end. This may contribute to feelings of inadequacy, depression, regret and loneliness/emptiness. This can cause significant emotional upheaval and requires understanding and community support.

While scripture doesn't specifically address menopause, it provides comforting principles of aging and wisdom. Below are a few verses that can be used to encourage and cheer the hearts of women experiencing menopause:
"Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day" (2 Corinthians 4:16, NIV).
"My flesh and my heart may fail, but [Yahweh] is the strength of my heart and my portion forever" (Psalms 73:26, NIV).
"They will still bear fruit in old age, they will stay fresh and green" (Psalms 92:14, NIV). Proverbs 31:30 serves to remind women of their continued value and purpose well beyond their reproductive years:
"Charm is deceptive, and beauty is fleeting; but a woman who fears [Yahweh] is to be praised".

The values of our faith and the emphasis on fellowship and a supportive environment, are critical in addressing the needs of women undergoing menopause. This will allow them to navigate the transition with grace, dignity and a sense of purpose.

The promise of Yahweh is for us all. *"Even to your old age and gray hairs I am he, I am he who will sustain you. I have made you and I will carry you; I will sustain you and I will rescue you"* (Isaiah 46:4, NIV).

Menopause is a significant phase in a woman's life. It represents an important transition not only for the individual but for the collective community. By embracing this natural and transformative stage, communities can help individuals to navigate this period with dignity and confidence.





TO WHICH KINGDOM DO YOU BELONG?



PAULINE MORRIS-MCLEOD, UK

I was born into the Congregation of Yahweh, and for many years have been involved with Youth and Children both within church and 'my' choice of work as a Youth Worker for our local government. I am National Youth Link Leader.

Why do people leave their native land and give up their citizenship in one country to gain it in another?

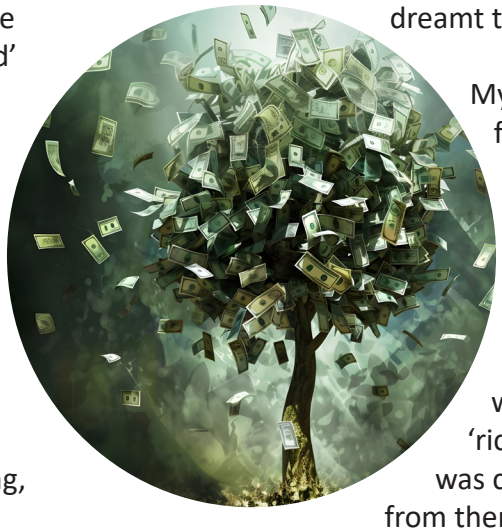


Both my parents were born on the beautiful, sunny island of Jamaica in the Caribbean. In the early 1960s, my dad decided to relocate to England. The journey was long and arduous, but he eventually arrived in March 1962.

Those of you who know the climate in England know that March can be cold and icy. Snow can be on the ground for days, even weeks. For those who've seen the film, Cool Runnings, this was my dad's experience. A few months later, he sent for my mum. To begin with, they shared accommodation with others from the Caribbean who'd also made this trip.



As children, we often asked our parents what life was like in Jamaica. They always spoke of the fresh food, varieties of fruit, the sea breeze, and, of course, the sunshine. Then would come the inevitable questions about why they'd leave such a beautiful island to come to this cold, damp and wet climate. Often, they smiled as they related the dream they'd had as children growing up and hearing stories of people coming to England, where the streets were 'paved with gold' and 'money grew on trees' (obviously not literally). They were told they'd have access to many more jobs/ careers through which they could make a lot of money and raise their families well.



Let me add a note of caution for those reading and thinking, "I'm going to do that". Yes, money can be earned, but you must work long hours through a lot of rain, snow and the occasional sunny day.

My parents settled and were eventually able to get a mortgage. During the early years, life was very tough, raising eight children with only one salary coming in. But from a young age, our parents had given their lives to Yahshua (although my dad had backslidden for a while) and their trust was in Him to help them.

I'm not sure exactly what year it was, but an offer was put out encouraging all immigrants to apply for 'their stay' citizenship. This wasn't free but, back then, you didn't have to do all the tests, etcetera, that are required now. So, they saved up for months, applied, and were successful. They were no longer citizens of Jamaica, as they had been, as they gave up that right when they became British citizens. (Please note that not everyone gives up their original citizenship.)

So, now they had access to everything that we, their children, who were born in the United Kingdom, already had the right to. Becoming British citizens opened many benefits for them, such as no longer needing visas to visit countries where they'd needed them previously. They were now free to travel and see places they'd never dreamt they'd have access to.

My parents wanted the best for the family they were about to have and decided that relocating to the UK was the best option to achieve this. There was a great deal of struggle, financial strain and hurdles, but they pushed through, going without luxury so their children could have what they needed. They were never 'rich' in this world's eyes. Every penny was counted, but we never lacked love from them and we knew the love of our Heavenly Father.



As children, our mum took us to church where we learned about another Kingdom, the Kingdom of Yahweh, of which we could become citizens. We were taught that to secure a place in this Kingdom, we needed to confess our sins, choose to follow Yahweh, and live according to His Word and commands. We had to embrace the rules and values of this new Kingdom.



Sometimes we struggle, but the King of this Kingdom shows love and compassion to His citizens. He's gracious, kind, loving, and corrects us when we do wrong.

From childhood, I gave my life over to serve in the Kingdom of Yahweh here on earth, until the day that Yahshua returns, or I close my eyes in death.

Both my parents are currently enjoying their citizenship in the Kingdom of Heaven. I look forward to being reunited with them and all those loved ones who've gone before us. We'll rejoice together and worship our King forever.
No earthly kingdom can be compared to the Kingdom of Heaven, and no earthly kingdom can offer us benefits that compare to those of the eternal Kingdom of Heaven.

No earthly Kingdom can be compared to the Kingdom of Heaven, and no earthly Kingdom can offer us benefits that compare to those of the eternal Kingdom of Heaven.

MY TESTIMONY FROM CARLENE WARD, JAMAICA



WATCH VIDEO

CITIZENSHIP



SHERYL RUSSELL

NARRATOR - SHERYL RUSSELL
ILLUSTRATOR - JO'ELLE RUSSELL
FROM JAMAICA



JO'ELLE RUSSELL





Building International Bridges

FRIENDSHIP BEYOND BORDERS



Jemrose Walker, Rwanda

I was born in Jamaica and raised in England. I'm single, saved, and secure in my heavenly Father. At the age of 17, I knew I'd end up (albeit reluctantly) on the "Mission Field". At 43, I arrived in Rwanda, East Africa, with the commission: "Go and help a few kids to make it". By Yahweh's grace and favour, and the selfless backing of family and friends, I've mothered hundreds of orphans during my 24 years in the "Land of a Thousand Hills". I'm incredibly blessed to be both 'mama' and 'grandma' to some of Africa's amazing children.

OPEN BORDER FRIENDSHIP

I had a pen-pal once, back in the day, before smartphones, emails and Facebook! The only way of communicating was if one of our pastors was going on a missionary trip. Then we'd exchange letters, small gifts, etc. Or we'd try to communicate through the postal service which, in Malawi, where my pen-pal lived, was dysfunctional and couldn't be relied on for secure delivery of letters or parcels – especially parcels; they would inevitably go missing. Considering the era and situation, we did our best for a couple of years, but slowly the communication faded until it finally stopped. I can't even remember her name now! As I was thinking about that time in my life I was wondering if there was anything else I could've done to keep the friendship alive. It's definitely not easy to maintain long-distance relationships; perhaps even impossible if what we're trying to build is across oceans and continents.



I'm curious as to how many people (if any) took up the challenge thrown out in the last **K-Life Magazine**, where readers were asked to *"take up the opportunity to find a friend within the international fellowship, but outside of their country".* Those interested were further asked to *"request more information by sending a message to **K-Life** via: **k-lifeinfo@congyah.co.uk**"*. I'm one of those who didn't take up the challenge because I know about the work involved. Sadly, I had neither the head nor the emotional space to add this to the relationships I was already trying to maintain. However, I know the rich benefits such friendships can bring into our lives, if we're willing to dedicate to them.

LOVE WILL MAKE IT WORK

These days, I have quite a number of overseas friends, some within the international church family and others through secular exchanges. Realistically, there's only one friend with whom I'm in regular contact. After many years of 'pen-palling', we've become more like sisters, growing old together! We've always tried to take a close interest in each other's lives and keep the flame of friendship and sisterhood burning bright. Nevertheless, it hasn't been easy. There were weeks, possibly months, when it almost felt like 'out of sight, out of mind'. Our lives became super busy. Deeper involvement in the local churches, ministries and families resulted in long spaces between communicating, but the secret to our remaining close friends, even after forty years, is the profound, spiritual love we have for each other. Love makes anything work!

- Forming friendships, then building and growing those friendships takes effort, willingness, desire, time, and regular appraisement, in whatever era we live.

In the 21st Century, it's a lot easier. There are so many social platforms and networks available to help us achieve all of the above. Yet, many of us find keeping up our friendships through practical communication one of the hardest things to do. I've found the main reason is 'TIME'. In this fast-moving, instant, roller coaster world, we find ourselves struggling to carve out time for meaningful connections with our closest friends in the same city, let alone with those across the seas. Oh, it's quick and easy to send a WhatsApp or text message! But what about a voice clip, doing face time or setting up a Zoom meeting, with the camera on?



> There are many social platforms and networks available to help us build and grow our friendship



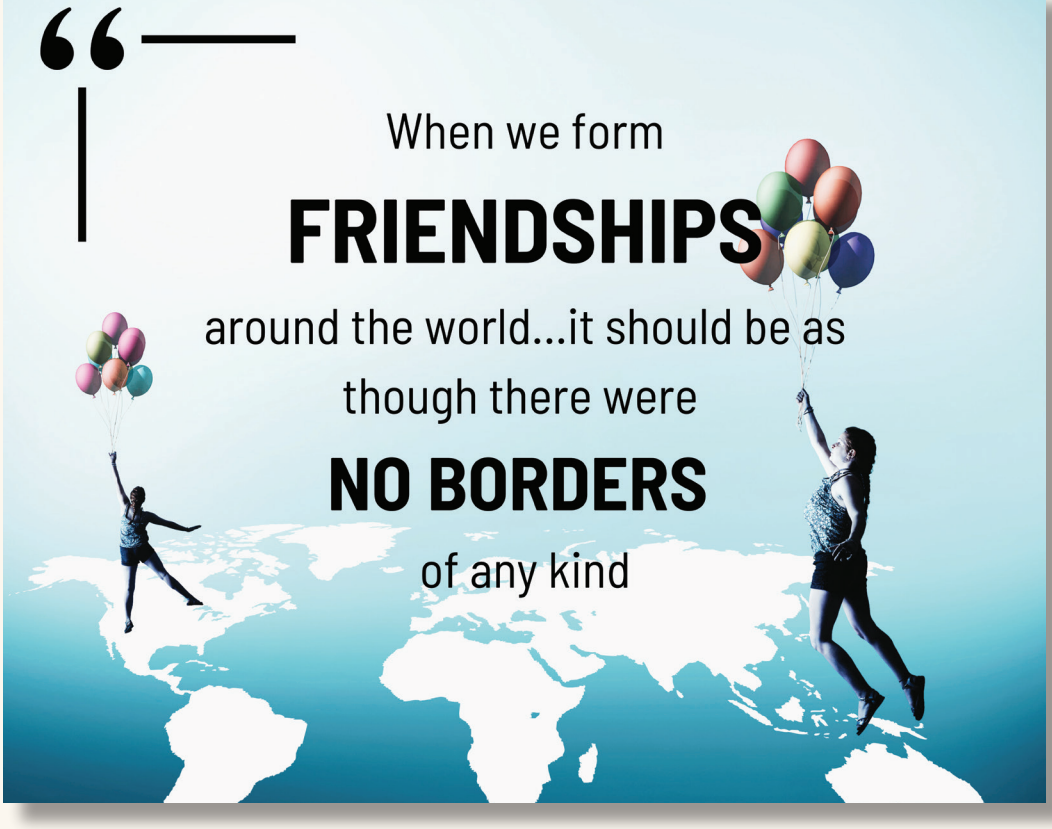
KEEP THE CONNECTION FLOWING

Research suggests that friendships can flourish even without face-to-face interactions, and this may be true in certain parts of the world. Two or three generations ago, our forebears forged alliances - fleeting or otherwise - but these had to be maintained. They used some of the most inventive ways to do this: Morse code, telegrams, long-distance all-weather trekkers, indigenous couriers, and even homing pigeons. Keeping the connection flowing, in some cases, was a matter of life or death.

TIME, MOTIVATION, SACRIFICE

There's an overabundance of advice to be found on how to maintain a long-distance relationship on the worldwide web. Most agree it takes a lot of work, energy and dedication to keep such relationships secure. One site even suggests that if you and your friend have a disagreement, then you shouldn't be afraid to show your vulnerability and try to repair the damage as quickly as possible. Also, from the start, determine the key action that will hold your friendship together. The challenges increase when you have to cross time zones, thousands of kilometres over continents and so on, but it means you then get to be inventive. How much do you want this friendship? To overcome any obstacle will most certainly take TIME, motivation and sacrifice. Miscommunication happens! Any conflict, however mild, must be resolved as soon as possible. Build your relationship by engaging in lively discussions about what's going on in your country, for example. Boldly comment on current affairs. What are your shared experiences? Send a video clip of something that has inspired, amused, or even changed you in some way.

As for me and my longstanding overseas friend, even though we're separated by more than 11,000 kilometres, it's as though there's no border between us. Very early into our friendship, we discovered what we both had in common, and for a while, that was what held us together. We're both believers in Yahshua; we hold to the same Kingdom principles; we're into youth; we love singing and listening to authentic Gospel music, and we both enjoy a good teaching sermon. Above all, we love to worship our Creator, Yahweh. We find camaraderie and a measure of comfort in the



fact that we're both women who've struggled with singleness and yet found our personal 'calling' through knowing the will of Yahweh for our lives. We're sure of our calling, even though our positions in life have changed from time to time. We're never thwarted by this. Neither of us has our own biological children, but Yahweh has used us to nurture hundreds of motherless, unwanted and uncared for children, many of whom are now strong adult disciples of Yahshua.

USE EVERY MODERN MEANS AVAILABLE

So, you've ventured out and bravely begun to form an overseas relationship. How do you keep your borders of friendship free and secure? I'm not exaggerating when I say we're constantly bombarded with terrifying news of border closures between nations and persecution of various ethnic groups around the world. People are faced with danger and insecurities at every level, and many borders remain the epicentre of deadly conflict. We're daily advised not to travel here or there or try to approach such borders; it would be putting our lives at risk. When we form friendships around the world, particularly with other believers in the global church of Yahweh, it should be as though there were no borders of any kind. We live in an amazing, high-tech age, which makes this possible.

Always maintain an open border and ensure free-flowing connection and fellowship. Allowing the border to close, even a fraction, will create tension, suspicion and, eventually, communication breakdown. Use every modern means possible to keep things going between you. It's worth it!

PUT IN THE WORK, ENJOY THE BENEFITS

My friend and I habitually nourish each other's souls. We constantly encourage one another in the faith, pray for each other, follow each other's lives and events, and enjoy those special moments together online! We have a strong bond! You see, we put in the work from the beginning and now we enjoy the benefits every day.

Try it!

Building International Bridges

If you would like to connect with someone from a different country and make a new friend, please send an email to the address below for more information.

klifeinfo@congyah.co.uk

HELP US SPREAD THE WORD

Like what you've seen and read?

Please help us spread the word by sharing the following link with your friends and family.

https://kingdomlifemag.co.uk/



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