

CITY CHANGER LIFE



EQUIPPING YOU TO LIVE A LIFE OF **FAITH, LOVE AND HOPE**

LOVE WITH A SHAPE

Grace, truth and justice in action. Discover how God's transforming love is shaping lives and communities across our city.

FORMED FOR EVERYDAY LIFE

From soul health to Sabbath rhythms, explore how faith is lived beyond Sundays in ordinary moments and meaningful change.

FOR THE GOOD OF THE CITY

Stories of hope and transformation across Kingston and London, and how you can be part of building a healthier future together.



Love starts here

A MESSAGE FROM IOANNIS AND CHERAY

Dear Doxa Deo Community Church family,

This magazine is not simply something to read. It is something we hope you experience. Whether you are part of Doxa Deo Community Church, serving in City Changer Projects, volunteering from another church, or picking this up in a waiting room somewhere in our borough, you are part of the same story.

A story that begins with love.

Not sentimental love. Not abstract love. But a love strong enough to build families, restore dignity, sustain volunteers, challenge injustice and heal communities. For us, this love is not self generated. It is rooted in the conviction that God has loved us first, and that in Jesus we see what that love looks like in human form.

We believe love has a shape.

Love is grace.
Love is truth.
Love is justice.

Grace is where love begins. Grace says you are not a problem to be solved but a person to be valued. Grace creates safety, and nothing healthy grows without safety. In a city that can be hurried and demanding, grace slows us down enough to see one another properly. It reminds us that our worth is received before it is achieved.

Truth is what love protects. Truth names what is real. It refuses to pretend. It does not shame, but it does not hide. In our projects, in our relationships and in our leadership, we are committed to honest conversations. Without truth, love becomes vague. With truth, love becomes transformative. Jesus spoke truth not to condemn, but to set people free, and we want to reflect that same spirit.

Justice is where love moves. Justice asks, what kind of city are we building for the next generation? Justice turns compassion into action. It interrupts cycles of harm and refuses to let disadvantage become destiny. Justice is love that refuses to abandon the future, trusting that God cares about the flourishing of whole communities, not only private lives.

This is the heartbeat of City Changer.

Every week across Kingston and beyond, volunteers give their time. Food is distributed. Conversations are held. Advice is given. People are listened to. Most of it is unseen. None of it is insignificant. We believe God sees what is done in quiet faithfulness.

London does not only need better systems. It needs people shaped by grace, truth and justice. Doctors. Teachers. Students. Business owners. Retirees. Volunteers. People who carry a steady centre of gravity that does not shift with every headline, but is anchored in hope.

Doxa Deo means glory to God. For us, that glory begins when someone discovers faith in Jesus Christ, when a heart turns toward Him and finds forgiveness, belonging and new life. Everything else flows from there. As lives are anchored in Christ, people begin to flourish. The hungry are fed. The isolated are known. Truth is spoken with kindness. Justice is pursued without hatred. Personal faith becomes public good, and the transforming love of Jesus is seen not only in words, but in the renewal of a whole community.

Love starts here.

Here in our own hearts.
Here in our teams.
Here in our borough.



Ioannis and Cheray Dekas

CELEBRATE

Coming up...



SUNDAY CELEBRATIONS

Gathered Around Christ and Each Other

EVERY SUNDAY | 10am | TOLWORTH RECREATION CENTRE

Have you ever paused to ask why we gather as a church on a Sunday?

Is it habit? Is it tradition? Or is something deeper happening?

One of the things we value most at Doxa Deo is simply being together. Every week, people from different backgrounds, different stories, different questions about faith, walk into the same space. And yet, in all that diversity, there is a shared hunger. We are not gathering around a personality or a programme. We are gathering around Jesus.

When we worship, pray and open Scripture together, we are not going through motions. We are turning our attention towards the living God. And when we do that, something shifts. Hearts soften. Perspective changes. Hope rises. We are reminded who we are and whose we are.

Hebrews encourages us not to give up meeting together. Not as pressure, but as wisdom. We need this rhythm. We need the reorientation. We need moments where our week is interrupted by the presence of God and the people of God.

Sunday is not the end goal. It is the reset point. We gather to encounter Christ, and then we scatter to reflect Him. What we receive in worship, we carry into workplaces, homes, classrooms and streets across our city.

Our hope is simple. That you would not attend out of obligation, but arrive with expectation. That you would come ready to meet with God. And that you would become someone who invites friends, family, co-workers, and neighbours to come along on the journey.

SABBATH WEEK PRAYER NIGHTS

We live in a world that rarely slows down — always moving, always distracted, always demanding more. Every seventh week, as part of our Sabbath rhythm, we intentionally pause for an extended evening of worship and prayer on the final Thursday of our Sabbath Week.

These moments are not about doing more; they're about becoming still — creating space to RESET from the rush, REST in God's peace, REJOICE in His goodness, and REALIGN in His presence. They remind us that true life flows not from striving but from abiding.

Our Prayer Nights give us time to pause together in God's presence — to listen, intercede, and realign our hearts with His. When we pray, we make space for heaven to shape what happens on earth.

All Prayer Nights are held at The Abbey Coffee Shop, Tolworth Recreation Centre, beginning at 7:30pm.

Dates for 2026

- 9 April
- 28 May
- 16 July
- 3 September
- 10 December

THE BLESSED LIFE SERMON SERIES MARCH

If you've ever wondered whether there's more to life than pressure and performance, this series is for you. The blessed life isn't about having more — it's about seeing differently. As you learn to live from your position in Christ, generosity grows and freedom increases. True wealth isn't measured by what you hold on to, but by what flows through you. Come and be reminded: God's abundance is available.

BRINGING HEAVEN HOME | MOTHER'S DAY MARCH

This March, we celebrate women — mothers, daughters, sisters, leaders and friends — who shape homes and communities every day. When God's presence fills ordinary life, heaven becomes visible through courage, kindness and resilience.

Join us as we honour the strength, faith and quiet influence of women across our city. A moment to give thanks, be inspired and celebrate the dignity God has placed within them.

Bring someone with you. Invite the women who've shaped you, stand with those you value, and let's celebrate together.

EASTER WEEKEND GOOD FRIDAY CELEBRATION

Good Friday matters because it shows us the cost of love. At the cross, Jesus carried our sin and suffering, reconciling us to the Father. Grace was given, forgiveness secured and hope anchored. Not tragedy — redemption.

RESURRECTION SUNDAY CELEBRATION

Resurrection Sunday reveals love's triumph. Love rose. Christ's victory becomes ours — new life, new identity, living hope. Fear is defeated, eternity breaks in, and everything changes.

We're honoured to welcome Jean Symons, global leader of Doxa Deo, as we celebrate together.

TELL THE WORLD! BAPTISM ON RESURRECTION SUNDAY

Baptism is a public declaration of following Jesus — a symbol of old life washed away and new life begun. We host several Baptism Sundays each year, each celebrating life change and faith in action.

Register or find out more: www.ddcc.org.uk/kingston/baptism

SUNDAY, 5TH APRIL

MOMENTS TO WORSHIP AND PRAY TOGETHER

- Campus Worship Night
Friday 27th February, 7.30pm (all invited)
- FUSION Worship Night
Friday 27th March, 7.30pm (teens only)
- Sabbath Week Prayer Night
7.30pm at The Abbey Coffee Shop (select Thursdays in 2026)
- Sundays
Weekly at 10am, Tolworth Recreation Centre
- Reimagine Worship Night
Friday 15th May (more info coming soon)

PENTECOST SUNDAY CELEBRATION

Pentecost Sunday reminds us we're not alone. The Father sent His Spirit to fill, empower and unite us. Heaven came near, barriers fell, and many became one.

We'll share a Heritage Lunch — a bring-and-share celebrating our cultures. Just like the first Pentecost, we honour many nations gathered as one family.

REIMAGINE WORSHIP SUMMIT & ROAD-SHOW 2026

REIMAGINE is travelling across Europe this year — including London.

Join us Friday 15th May for a Praise and Worship Evening, followed by the REIMAGINE Conference on Saturday 16th May. For worship teams, creatives and worshippers passionate about The Sound of the City.

Expect guests from music, transformation in London and the wider Doxa Deo family. More details coming soon.



SABBATH WEEKS

A REFOCUSING WEEK FOR A HEALTHY, HOLY & HUMBLE LIFE

Every seventh week in 2026, we pause together as a church family. Not to step away from life, but to step towards it — more intentionally, more prayerfully, more aware of God’s presence shaping who we are becoming. These Sabbath Weeks are our way of resisting a hurried, distracted, self-reliant life. They are not an escape from responsibility, but a refocusing of the heart. A relational reorientation. A deliberate return to the truth that life with God shapes us into people who love well, live wisely, and walk humbly.

Look carefully then how you walk! Live purposefully and worthily and accurately... making the very most of the time... understanding and firmly grasping what the will of the Lord is... Be ever filled and stimulated with the Holy Spirit... Speak to one another in psalms and hymns and spiritual songs... At all times and for everything give thanks.

Ephesians 5:15–20 (AMP)

This is the heart behind our Sabbath Weeks: to live with purpose, clarity, humility, gratitude, and love — not accidentally, but intentionally.

Sabbath Week Dates 2026

5–11 April | 24–30 May | 12–18 July | 30 August–5 September
18–24 October | 5–12 December

Throughout each Sabbath Week, you’re invited to practise the R-SET — four simple, shaping rhythms that help you slow down, trust deeply, worship honestly, and respond faithfully.

1. RESET

Intentionally Create Space to Slow Down

Sabbath begins with intention.

A conscious decision to step out of the pace that pulls you away from God and into a rhythm that makes room for Him. To reset is to say: “I refuse to let hurry shape me. I choose the pace of the Spirit.” This is where a healthy, holy, humble life begins — with space. With margin. With a willingness to recognise what crowds your soul and intentionally slow your steps so you can hear God again.

2. REST

Live from a Place of Trust

Rest is not inactivity. It is trust. A declaration that God is God, and you are not carrying life alone. When you rest, you remind your soul: “I don’t have to keep everything moving. God is faithful.” This is holy rest — the kind that restores perspective, relieves pressure, and makes space for healthier rhythms to take root.

3. REJOICE

Root Yourself in Worship

Worship is the re-centring force of a holy life. It lifts your eyes, strengthens humility, and restores joy. When you rejoice, you make a bold, shaping declaration: “My life is anchored in God’s goodness, not my circumstances.”

Worship grounds your soul. It forms gratitude. It reminds you that joy is not fragile — it is a gift that grows when acknowledged.

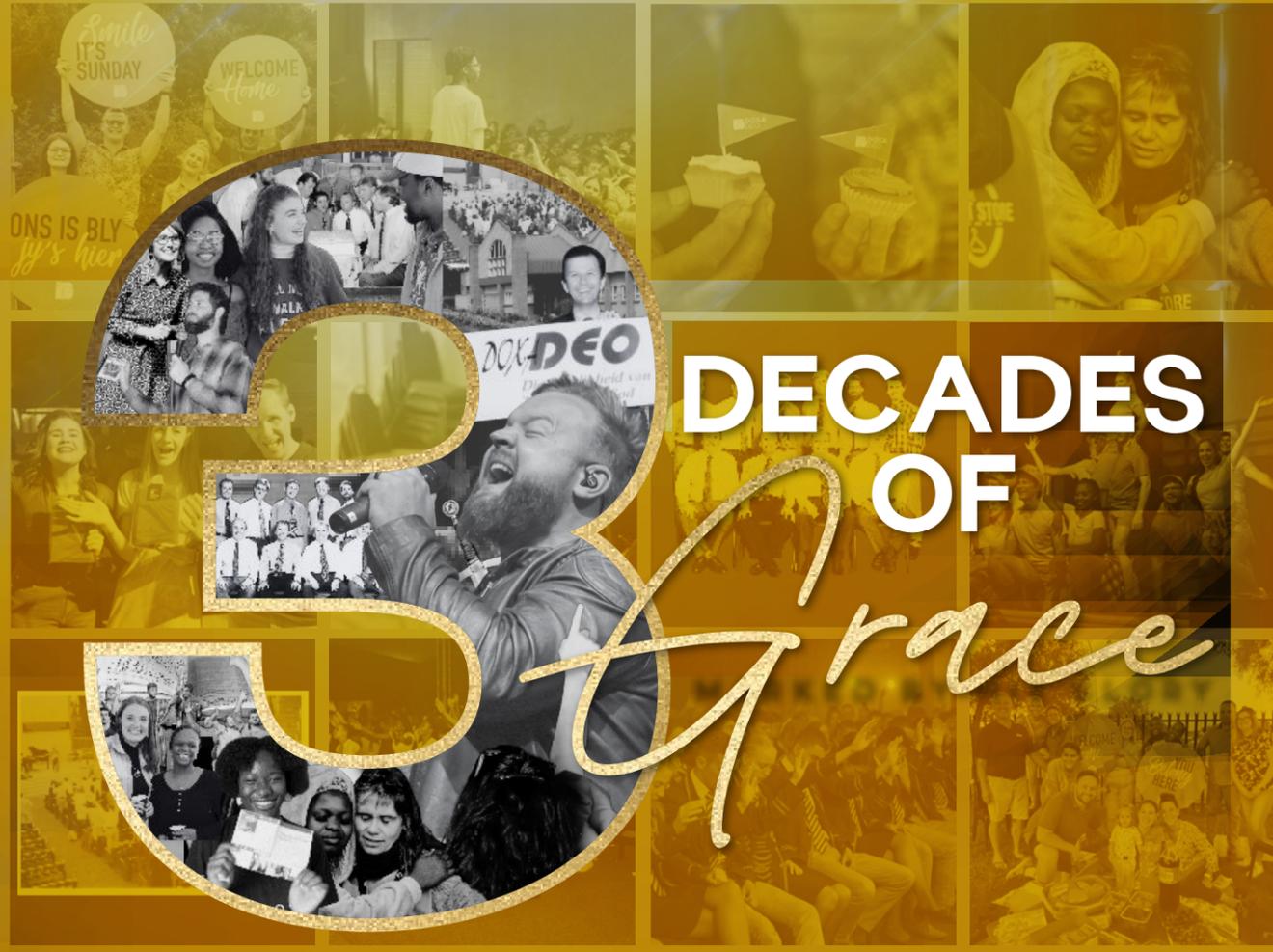
4. RESPOND

Re-centre Your Life on His Purposes

Sabbath always leads somewhere. It does not end with slowing down; it leads to realignment. To respond is to say: “Lord, shape my desires, my calendar, my thoughts, my priorities. Lead me into Your purposes.” This is where healthy, holy, humble living takes root. This is where loving people becomes natural rather than forced.

May each Sabbath Week in 2026 draw you into a more intentional pace, a more trusting heart, a more worship-soaked life, and a clearer sense of God’s purposes.

NEXT GEN



DECADES OF Grace

CELEBRATING THIRTY YEARS OF GOD'S TRANSFORMING PRESENCE IN GLOBAL CITIES!

JOIN US IN PRETORIA, SOUTH AFRICA, 26-29 OCTOBER 2026, AS WE GATHER TO MARK THIS MILESTONE, AND STEP BOLDLY INTO THE NEXT CHAPTER TOGETHER.



FUSION TEENS A GENERATION LEARNING TO LET LOVE LAND

Fusion has been full of life as our teenagers step into deeper conversations about faith, identity and following Jesus in everyday life. Instead of running a separate teaching track, we've been unpacking Sunday sermons together — giving space to question, reflect and apply what they're hearing. It's been encouraging to see them recognise that these messages are just as relevant for them.

The Love Starts Here series has opened honest conversations about loving themselves through belonging, truth and grace — not performance or perfection. As we talked about letting go of lies, many recognised patterns of self-criticism and carrying things alone. Jesus' question at Bethesda, "Do you truly long to be well?", prompted real reflection. One teen shared, "I didn't know how much I brace myself, even with God."

Each week brings thoughtful discussion about purpose, friendships and courage. Worship and prayer have deepened, with young people praying for one another and realising they are not the church of tomorrow, but the church of today.

They're beginning to see themselves as City Changers — carrying compassion and truth into their world.

What's Coming Up

- DTI Roadshow — 7 March
- Fusion Worship Night — 27 March
- DTI Summer Camp — 29 July to 3 August



DOXA DEO KIDS SHARING JESUS' LOVE IN REAL, EVERYDAY WAYS

The past couple of months in Doxa Deo Kids have been full of energy and curiosity as children discover what Jesus' love looks like in everyday life. Through Like and Subscribe and Upside Down, they explored how His love is meant to be shared generously, even when it feels different to the world.

They've been learning that God's love is wide enough for everyone. Stories of Nicodemus, Zacchaeus and Jesus healing others showed them that Jesus notices every person. One child said, "Jesus loves the people no one else sees," beautifully capturing the heart of our time together.

In Upside Down, they discovered that real strength looks like humility — putting others first and choosing kindness. Moments of serving sparked thoughtful conversations, including one child saying, "If Jesus can wash feet, I can help my sister."

It's been encouraging to see how naturally they connect faith to real life. They're beginning to see themselves as City Changers — praying for friends, sharing kindness at school, and realising they can make a difference right where they are.

Doxa Deo Kids continues to be a place where children feel safe, valued, and excited to grow in faith.

Litza Joubert
Next Gen



LIVING WELL

A RHYTHM THAT BEGINS WITH GRACE AND ENDS WITH JOY

Many women today are busy, capable and committed — yet quietly running on empty. Living Well is a four-week formation journey designed to help you grow strong in body, mind, soul and spirit, not through pressure or performance, but through grace.

Living Well is not a self-help course. It's about alignment — learning to live from wholeness rather than hustle, from identity rather than insecurity, and from joy rather than comparison.

WHAT YOU'LL GAIN

Over four weeks, you will:

- Get greater clarity on your calling — see your everyday life through God's purpose.
- Strengthen your inner world — build resilience and confidence rooted in Christ.
- Care for your body wisely — with evidence-based, practical tools.
- Renew your thinking — develop rhythms that protect peace and focus.
- Connect with like-hearted women who want to live deeply, not just busily.

You'll receive a digital notebook with session notes, scriptures and guided prayers so the journey continues beyond the room.

WHY LIVING WELL MATTERS

You influence a family. You shape a workplace. You impact a city. But you cannot pour from an empty soul. Living Well helps you build strength that lasts — spiritually grounded, emotionally resilient and physically sustainable.

"Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers." — 3 John 1:2

If your soul prospers, everything else aligns.

Register now. Bring a friend! Start your journey to Living Well.

It's about living lives that are Healthy, Holy and Humble.

Dates: 4, 11, 18 & 25 March 2026, 7:30pm - 9:30pm

Location: The Abbey, Tolworth



4 MARCH | Healthy Spirit

Learn how to build habits that keep your spirit anchored and your faith alive in everyday life.

Reflect and Renew *Cheray Dekas*

Living with a Renewed Mind *Michelle Corin*



Cheray Dekas has over 30 years' ministry experience and, alongside her husband Ioannis, leads Doxa Deo Community Church in London. She is passionate about helping people grow in their identity in Christ and flourish, bringing warmth and wisdom to her mentoring and teaching.



Michelle Corin is an integrative counsellor and facilitator who leads the Discover Well Life Centre, with experience in both private practice and the NHS. She is passionate about creating safe, supportive spaces where people can grow and explore meaningful change.

18 MARCH | Healthy Body

Cut through the noise of food trends and quick fixes. Learn what actually supports your mental and physical wellbeing.

Nutrition and Nourishment that Supports Wellness *Dr Christle Coxon*

Movement for Women *Janine Pilot*



Dr Christle Coxon is a Senior Lecturer, Registered Associate Nutritionist and fitness professional with over 30 years' experience in health and wellbeing research.



Janine Pilot (Enoch) is a physiotherapist and founder of Vitality Physiotherapy, with over 25 years' experience helping women grow stronger through thoughtful training. Her work focuses on helping women move well at every stage of life. Grounded in her Christian faith, Janine sees strength training as a way to honour the body and live out God's purpose.

THE LIVING WELL JOURNEY

11 MARCH | Healthy Soul

Break free from the inner critic and step into confidence rooted in truth.

Overcoming Comparison & Perfection *Sharon Olivier*

Confidence in Christ to Love Your World Boldly *Sharon Olivier*



Sharon Olivier is Professor of Practice in Leadership and Management at Hult International Business School and an organisational psychologist specialising in leadership agility, resilience and emotional health.

25 MARCH | Healthy Mind

Develop emotional and spiritual strength to navigate change with confidence and trust.

Resilience & Navigating Seasons of Change *Leana Platt*

Rhythms of Rest *Liezel Jacobs*



Leana Platt helps lead the Doxa Deo campus in Charlotte, North Carolina, and carries a deep passion to see women thrive in spirit, soul and body.



Liezel Jacobs is a primary teacher and oracy specialist passionate about helping people find their voice and flourish. She builds confident communicators through purposeful talk and high expectations. As a wife and mum, she understands everyday pressures and longs to see others thrive, anchored in their identity and rest in Christ.

NEXT STEP

WHY IS WATER BAPTISM SUCH AN IMPORTANT NEXT STEP FOR YOU?

Water baptism is one of the most significant steps you can take after putting your faith in Jesus Christ. It is not an optional extra or a church tradition. It is a clear and biblical response to the gospel.

When someone believes in Jesus, the New Testament pattern is simple: they believe and they are baptised. Baptism is the outward expression of an inward transformation. It is the moment where private faith becomes public declaration.

In baptism, you identify with the death, burial and resurrection of Jesus. As you are immersed in the water, it symbolises the end of the old life. As you rise again, it declares that you are alive in Christ. You are not just turning over a new leaf. You are stepping into a new identity.

Baptism does not save you. Salvation comes through faith in Jesus alone. But baptism is your agreement with what He has done. It is your way of saying, "His death counts for me. His resurrection is now my hope. My life belongs to Him."

It is also a step of obedience. Jesus was baptised. Jesus commanded His followers to be baptised. And throughout the early church, those who came to faith did not delay this step. It marked a clear break with the past and a bold alignment with Christ and His people.

Water baptism is important because it anchors your faith in action. It draws a line in the sand. It declares that you are no longer defined by your past, but by your union with Jesus.

It is a powerful beginning to a life lived openly and confidently in Him.

Upcoming Baptism Dates for 2026 5 April
12 July
29 November



WORSHIP THAT SHAPES A CITY!

In the quiet evenings, as I lie beside my son Lloyd and read the next story from his Kids Bible, I often wonder: Is God speaking just to him in these moments—which is, of course, my deepest longing—or is He also speaking to me?

Recently as we sat under the glow of his bedside lamp, tucked beneath his duvet, I read a kids-classic about a guy called Joshua. He was chosen to lead God's people of God into the promised land. They faced the battle-ready, defensively impregnable, unbreachable fortress city of Jericho, designed to defy any enemy.

As Lloyd watched me turn the pages and looked at the cartoon drawings, my eyes were drawn to the army.

They carried no battering rams, no swords, no siege engines.

They carried trumpets.

They carried voices raised in passionate song.

God had commanded Joshua and the people to march silently around those walls once a day for six days—then, on the seventh, to circle seven times, shouting and blowing the trumpets.

What??

Has there ever been a more absurd military strategy?

For us today, Jericho stands as every immovable obstacle—the terrifying, obstructive, seemingly impossible thing in our path. Perhaps the very one that rose in your mind just now.

Yet everyone who knows this story remembers what happened next: despite the odds and this bizarre approach, the walls collapsed. No blade was drawn, no ladder raised, no arrow loosed. The impossible simply fell.

Here's the breathtaking truth: God's first words to Joshua were, "See, I have given Jericho into your hand..." [Joshua 6: 2]

What???

Before a single step, before one note sounded or one shout rose, victory was already declared?

Yes. And so it is for us.

We live on the far side of the cross and the empty tomb — already in the light of Jesus' ultimate victory. God secured the triumph; He simply asks for our obedience.

When we gather to worship, we don't come so that something

will happen. We come because of Someone who has already happened—Jesus Christ. And in that obedience, the miraculous happens: strongholds crumble, victory breaks into view, and the impossible fades into yesterday's memory.

Lloyd and I keep sharing bedtime adventures together like this one.

The Church keeps stepping into its greatest adventures on this road called Victory.

Worship and praise still change the scenery.

Matt France
Worship at Doxa Deo Community Church



WHAT'S NEXT?

- **Campus Worship Night**
Friday 27 February, 7:30pm
- **FUSION Worship Night - Teens only**
Friday 27 March, 7:30pm
- **EVERY Sabbath Week Prayer Night**
Select Thursdays in 2026, 7:30pm
At The Abbey Coffee shop
- **EVERY Sunday**
Weekly, 10am
At Tolworth Recreation Centre
- **Reimagine Worship Night**
Friday 15 May, more information to come!

WHERE FAITH MEETS MONDAY

On 31 January we hosted our first LIFEWORK Journey event of 2026 — and it was our largest gathering since launching in June 2025.

Twenty-one people joined us, representing at least seven nationalities and four different churches across the borough. The room was full of energy. There was laughter, honest conversation, and rich discussion around the theme of Integrity — with plenty to take away and reflect on.

What's most encouraging isn't just the growth in numbers, but the depth of engagement. One first-time guest left asking, "How have I never heard about this before?" That question says a lot. There is a genuine hunger among Christians to connect their everyday work to real Kingdom value.

Conversations are already leading to new possibilities. We are currently exploring the launch of a midweek businesspersons' breakfast in the London financial district — creating space to engage leaders of influence and potentially seed a LIFEWORK Journey in another borough.

As the current cohort approaches the end of the programme in June, we are asking two key questions:

1. How do we keep this community engaged beyond the course?
2. And how do we reach more potential City Changers across our city?

What LIFEWORK Is Really About

LIFEWORK exists to:

- Clarify your calling — helping you see your work as vocation, not just occupation.
- Captivate your heart for the city — awakening responsibility for the place God has positioned you.
- Connect you with like-minded leaders — building relationships that strengthen courage and conviction.

WHY LIFEWORK MATTERS — ESPECIALLY IN BUSINESS

For anyone involved in business, LIFEWORK is not optional extra spirituality. It is alignment. Business shapes culture. It influences families. It determines opportunity. It forms cities.

Without intentional discipleship, work easily becomes driven by profit, pressure or personal ambition. LIFEWORK reframes the conversation:

- What if your leadership is stewardship?
- What if your influence is mission?
- What if your workplace is one of the most strategic spaces for Kingdom impact?

LIFEWORK helps leaders integrate faith and work in a way that is authentic, courageous and transformational — not just for personal growth, but for the flourishing of the city.

And that's where real change begins.

Dates for 2026

- 28 March
- 9 May
- 13 June
- 18 July
- 26 September
- 17 October
- 28 November

For more information or to register for any of the Lifework Journey breakfasts:



www.ddcc.org.uk/kingston/lifework

MOTHER'S DAY

Honouring every woman who brings Heaven home.

15th March 2026



LIVING HUMBLE, HEALTHY AND HOLY

by Alan Platt
Father of the Doxa Deo and City Changers Movement

3 John 1:2

Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers.

Christians should be among the most fulfilled people on earth. Living with deep contentment, joy, fulfillment and confidence should mark our lives. When we neglect our interior life, we run the risk of becoming destructive rather than productive. A godly life is always lived from the inside out. We want to become people who are humble, healthy and holy.

True spiritual influence flows from a healthy soul. It is breathtaking to consider that the Great Commission could be completed in

our generation. We have unprecedented opportunity, technology, capacity and resources. Never before has the Church been so poised for global impact. However, human ingenuity and innovation alone will not fulfil this God-sized task. Only Spirit-filled, spiritually healthy people and communities will. And communities will not be healthy unless individuals are healthy.

Our focus on output, skill, technique and strategy has often led to neglecting the interior life. The result is an increasing number of men and women who appear strong outwardly but feel emotionally empty and spiritually dry. As life becomes busier and expectations grow, many of us learn how to manage responsibilities, build careers, raise families, handle finances and navigate constant change. All of this matters. But alongside it, we must ask deeper questions that rarely get enough airtime.

When the early Wesleyan small groups met, the first question they asked was, "How is it with your soul?" That is a question worth recovering.

We all have a front-stage life and a backstage life.

Front stage is the public world. It is where we are seen, where we perform, where we are affirmed. Everything appears orderly and under control. Front stage is about doing.

Backstage is the private world. It is unseen and often messy. There is no spotlight there. What happens backstage sustains what happens on the front stage. Backstage is about being.

Ruth Barton writes in *Strengthening the Soul of Your Leadership*:

"It is possible to gain the world of ministry success and lose your own soul in the midst of it all... There is a real tension between what the human soul needs in order to be truly well and what life encourages and even requires. It's sobering to realise that the path to external success and internal emptiness can be the same road."

Jesus offers a different way.

Matthew 11:28–30 (MSG)

"Are you tired? Worn out? Burned out on religion? Come to me... Learn the unforced rhythms of grace... You'll learn to live freely and lightly."

There is hope. Despite the pressures of life, it is possible to have a healthy soul and a meaningful, impactful life. I would suggest a simple three-part approach.

1. REALISE

Take time to reflect honestly on what may be draining your soul. Identify what is putting holes in your bucket. Approval addiction. Pride. Comparison. Adrenaline dependency. Isolation. Fatigue. Destructive habits. Awareness is the beginning of freedom.

We must detox our souls. We cannot effectively engage the world while neglecting our inner life. We must stop, behold and reset. When emotions run high and life feels turbulent, vigilance is essential. David poured out his soul in the Psalms; we can do the same.

Psalm 26:2

Test my heart and my mind.

“

A humble, healthy and holy life does not happen by chance. It grows from tending the soul, protecting rhythm and living from the inside out.

”

If the heart is divided, everything becomes misaligned. Clear your heart from its clutter — daily.

2. REPAIR

Once you identify the holes, begin repairing them. After acknowledging what threatens your soul, focus on refilling your bucket. Learn to live and serve from a healthy place.

Take practical steps:

- Retreat – Create space. Cultivate rhythms of rest and Sabbath.
- Recalibrate – Break negative cycles. Pause and reflect.
- Replenish – Identify what restores you spiritually, intellectually, emotionally and physically.
- Refocus your eyes – Choose where you direct your attention.

Psalm 119:37

Turn my eyes from worthless things; give me life in your ways.

Like a compass that needs recalibration, we drift when our gaze is fixed on the wrong things.

2 Corinthians 3:18

As we behold the glory of the Lord, we are being transformed.

The word glory (doxa) carries the idea of worth and value. Live from the conviction that you are already richly blessed, highly favoured and deeply loved. This is the foundation of wholeness.

3. RHYTHM

Take responsibility for your life by stewarding your time.

Ephesians 5:15–17

Live carefully and wisely, making the most of every opportunity.

Develop habits that sustain spiritual, intellectual, emotional and physical health over the long term. Health is not accidental; it is cultivated.

Mother Teresa said, "To keep a lamp burning, we have to put oil in it."

A humble, healthy and holy life does not happen by chance. It grows from tending the soul, protecting rhythm and living from the inside out.

And that is a life worth building.





FOR I WAS HUNGRY...

STARTING POINT

At Doxa Deo, our church is full of passionate followers of Jesus — people who gather faithfully on Sundays, serve with heart, and find community in groups. But what makes a Partner different from someone who simply attends and participates?

Membership says you belong. Partnership says you build.

Partnership means you've chosen Doxa Deo as your spiritual home and are formally committing to its vision — to bring God's transforming presence to our city — and its mission: to know God, love people, and impact our world. It's a declaration of shared ownership and mutual accountability between you and the leadership as, together, we live out God's purpose for our city.

Becoming a Partner begins with completing the Starting Point Journey — a simple two-session experience that helps you discover what it means to belong to the Doxa Deo family and live out your faith with purpose. It includes attending both Sunday sessions, meeting with Ioannis, Cheray, and the team, and being commissioned and prayed for during a Sunday celebration as you step into partnership.

The Starting Point Journey is designed to help you understand your place in God's story and discover how to live as a City Changer in everyday life.

Session 1: Partner with a Family on Mission unpacks the heart and vision of Doxa Deo — who we are, what we believe, and how we live out our calling together.

Session 2: Partnership with Purpose focuses on discovering your unique gifts, purpose, and influence, and how to use them to make a difference in your world.

Discover what it means to belong to the Doxa Deo family and live out your faith with purpose

Starting Point runs during our Sunday Celebration. You'll begin with us in The Croft for worship, and when the kids head out for Doxa Deo Kids, you'll join our team in The Abbey Coffee Shop for the Starting Point sessions.

- Starting Point Dates for 2026**
- 12 April** – Session 1: Partner with a Family on Mission
 - 19 April** – Session 2: Partnership with Purpose
 - 20 September** – Session 1: Partner with a Family on Mission
 - 27 September** – Session 2: Partnership with Purpose

www.ddcc.org.uk/kingston/startingpoint



A Journey from Desperation to Hope: How a Simple Offer of Food at the Impact Centre Sparked Transformation for an Iranian Asylum Seeker

What do you do when you find yourself on the wrong side of the law in Iran and are faced with having to seek asylum in the UK?

There were a myriad of questions to be asked and situations to be overcome for this young woman; at times it felt impossible for her. However, one of our fundamental needs is food, and that was where our relationship began.

A visit to our Impact Centre to use the foodbank met that basic need and opened up an opportunity that led to advocacy, faith, and community. A relationship that became a two-way transaction — as we gave, we also received.

When a person is in the asylum system, they live on £7 a day and are cut off from the life they knew, with limited options. In this case, a life as a teacher, a daughter, and an activist had been replaced with uncertainty, no routine, and a loss of autonomy.

The Grace Advocacy team, alongside Employment Worx, set a course of support: from providing correspondence and evidence to navigating the asylum system, to putting purpose back into her life with volunteering at the foodbank, training as a volunteer barista, acting as a translator, and serving as a trainee advocate on our team.

When, after a long wait, asylum was granted, the advocacy skills she had gained led to her taking charge of her own financial affairs. We were able to assist in getting her academic qualifications verified and funded a Teaching Assistant course. With an opportunity to set up a home, she moves forward with life bound in faith. While still dreaming of a free Iran, her resilience and commitment to her new community is a gift — which all started with the offer of food in her time of need.



THE LORD'S PRAYER FOR LONDON

Pray these words with bold faith: "Your Kingdom come here—in every postcode, every system, every soul."

OUR FATHER IN HEAVEN

Father, thank You for being a present and loving Father to London.

This city is not an orphan—it is seen by You, known by You, and held by You.

From the banks of the Thames to the outer boroughs, awaken hearts to know they are not alone.

Father the fatherless in our tower blocks, walk beside the lonely on our high streets, and remind our leaders they are not ultimate—you are.

YOUR KINGDOM COME, YOUR WILL BE DONE, ON EARTH AS IT IS IN HEAVEN

Jesus, reign in London.

Break in with heaven's justice where injustice reigns.

Let Your will shape our housing policies, our healthcare systems, our education, and the use of wealth and power.

Let Your Kingdom come in the prisons and palaces, in immigrant homes and aristocratic halls.

Establish mercy where there's been judgment, light where there's been darkness, and hope where despair hangs heavy.

As it is in heaven, so let it be in London.

HALLOWED BE YOUR NAME

Lord, let Your name be honoured across London.

Be glorified in Parliament and City Hall, in art galleries and underground music scenes, in university lecture halls and corner cafés.

Let reverence rise—not religion, but a true awakening to Your beauty and holiness.

May London be a place where Your name is not mocked or forgotten, but worshipped in spirit and truth.

GIVE US TODAY OUR DAILY BREAD

Provide for the people of London today.

For the mum choosing between heating and eating.

For the student drowning in debt.

For the refugee navigating a new land.

For the artist hustling to make ends meet.

Open doors of opportunity and restore dignity through provision.

Let churches rise as safe harbours of generosity, showing the city Your heart.

LEAD US NOT INTO TEMPTATION, BUT DELIVER US FROM EVIL

Lord, protect London from the grip of evil.

Shield our children from grooming and violence.

Guard our city from terrorism, exploitation, and spiritual blindness.

Lead our influencers, educators, and artists away from compromise and into courage.

Break the hold of addiction, fear, and false identity.

Deliver London from the schemes of darkness, and lead us into the light of Your truth.

AND FORGIVE US OUR SINS, AS WE FORGIVE THOSE WHO SIN AGAINST US

God, forgive us for when we've worshipped wealth, idolised self, and ignored the cries of the poor.

Have mercy on our political pride, social prejudice, and spiritual apathy.

Cleanse London of its wounds and grudges—racial divides, postcode rivalries, historic injustices.

Teach us to forgive like You do.

Let reconciliation roll down like the Thames, healing our streets.

FOR YOURS IS THE KINGDOM, THE POWER, AND THE GLORY, FOREVER AND EVER

This city doesn't belong to powerbrokers or politicians—it belongs to You.

Jesus, You are King of London.

You reign over Brick Lane, Kingston Upon Thames and Buckingham Palace, Shoreditch and Streatham, Soho and Southall.

Show Your power in signs of renewal—transformed lives, united churches, restored streets.

Let London be known not just for commerce and culture, but for Christ.

Yours is the Kingdom.

Yours is the power.

Yours is the glory.

Forever and ever. Amen.

The Abbey Sessions

Dekas Does... Chamber



19.03.26
7:30pm

Dekas Does... is a small series within The Abbey Sessions, curated by the Dekas trio, exploring classical, jazz and modern instrumental music in an intimate setting.

For Dekas Does... Chamber, the trio — piano, violin and cello — will perform music by, among others, J.S. Bach, J. Haydn, W.A. Mozart and Samuel Barber – music composed for rooms and spaces like this!

Each ticket includes a sharing platter and a glass of wine per person. Please book these when purchasing your ticket. Additional wine, artisan coffees and hot drinks will also be available on the evening.

The Abbey
Tolworth Recreation Centre
Fullers Way North
KT6 7LQ

Thursday 19 March
7:30pm
Booking essential
Limited spaces available



Booking essential
Limited spaces available



City Changer Projects Kingston

Impact Report 2025



Ian Jacobs

Lead – City Changer Projects, Kingston

This report tells the story of a year marked by compassion in action. Through City Changer Projects, we have stepped in where crisis met people at their most vulnerable, stood with individuals and families as they navigated complex challenges, and strengthened lives through practical support, advocacy, and community. Every figure in this report represents a person, a household, or a moment where hope was restored and dignity upheld.

Over
13,000
people supported
across our projects

Across our four focus areas—food and essentials, families, financial and social stability, and flourishing communities—we have seen tangible impact at scale. From food provision and digital inclusion to advocacy, employment pathways, and early years support, our work has been rooted in meeting immediate need while building longer-term resilience. We are encouraged not only by the reach of these projects, but by the stories of progress, stability, and renewed confidence behind them.

£1,058,282
total financial gain
delivered to individuals
and households

This year also marked an important milestone with the opening of the Discover Well Life Centre. Discover Well reflects our commitment to holistic wellbeing, offering accessible counselling support that strengthens emotional and mental health alongside practical provision. It represents a significant step forward in how we walk with people toward recovery, restoration, and long-term flourishing.

More than
180
active volunteers
serving across
our Projects

None of this would be possible without the dedication of our staff, the generosity of our volunteers, and the trust and partnership of our stakeholders. Your time, expertise, prayer, funding, and collaboration enable us to serve with integrity and consistency. Together, you help create spaces where people are seen, supported, and empowered to move forward with hope.



Download the full report



TAKE YOUR NEXT STEP

ddcc.org.uk