

Café Connect

Dear friends, Revd Mandy here.



Autumn is breaking upon us.

There is so much about this season which touches the senses, the glow of early morning mists, the sniff of apples freshly picked and the lingering smell of smoky bonfires; and of course, the vibrant colours of the leaves still dressing the trees.

It is a season which speaks to us of harvest gathered in and 'all good gifts around us sent from heaven above.'

But it is also a season which speaks to us of things that fade, of darker days, decay, storms and turbulent winds.

And this season perhaps reflects something of the human condition.

Sometimes we experience life, full, bursting with colour and delight, but at other times we experience life fragile and cold, stormy and turbulent.

Notice, if you will, a dry Autumn leaf fallen from a tree, and see how fragile it is, so easily broken or crushed. Sometimes that's how few feel inside, fragile and at breaking point.

Sometimes we have bad days when everything seems to go wrong or when the world seems to be falling apart.

But if you were to take that dry Autumn leaf and pour a little moisturiser into the middle of it and very gently rub it in, you would find that the dry leaf becomes supple again.

You know, God can in a physical and spiritual way revive us too, through his soothing and restoring Spirit and just like the leaf we too can feel renewed.

Jesus once said, 'Come to me all you who are weary and burdened, and I will give you rest.' From Matthew chapter 11 verse 28.

Why not ask him to revive you. Surveys have shown that three quarters of the population of sceptical, secular Britain admit to praying at least once a week.

If you haven't prayed for a long time, or even if you have never tried it. Why not give it a go? Here is a prayer which you may find useful.

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*Living God, Maker of all things,
We thank you that in Jesus we see
that you care for us individually,
and that you invite us to come to you for help and comfort.
We lay our lives before you.
You are before us, God, you are behind.
You are around us, God, you are within.
O God of life, you know the secret thoughts of every heart.
We bring the faith that is in us, and the doubt.
We bring the joy that is in us, and the sorrow.*

*O God of life, you are in the light and in the darkness.
We bring the knowledge that is in us, and the ignorance.
We bring the hope that is in us and the despair.
O God of life, O generous Spirit,
Renew us with your life,
Today, tomorrow and always. Amen.*

Wellbeing Café News

CHANGE OF VENUE.

See article below for exciting update

For information contact
Revd Mandy on 01604
752591 or Sandie Maitland on 01604 467780



Church services at St Luke's and St Francis during October

We feel although it is important that we are able to gather for worship, we must adhere to the regulations set out by the Government and The Church of England.

- On arrival at church names and telephone numbers will be recorded
- Face coverings must be worn in church
- People will be asked to use the hand sanitisers available
- There will be designated seating set at the appropriate 2 metre distance apart

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- Those who attend will be asked to take a black service book and take it home with them and keep it and use it every time they attend a service.
- Services will last approximately 40 minutes.
- There will be no singing, although CD's may be played during the service
- For the Communion service only the wafers will be distributed and the priest will use hand sanitiser before distribution of the bread
- We ask that people receive Communion by coming forward and standing
- At St Francis' people will be asked to enter and exit via the main door one by one and services will be held in the main church and not the Chapel
- At St Luke's people will enter and exit through the main doors one by one
- Only the clergy will be responsible for setting out and putting away the communion vessels
- Envelopes will be placed in the plate provided at both churches, to be dealt with after an appropriate period of time
- The toilets will be open for emergency use only
- There will be no refreshments available

All services will commence at 10am.

We shall not be having a designated Harvest service this year but please remember to thank God for all His amazing gifts, to pray for our farmers and support those in need. We are suggesting that if you would like to bring food donations as we would normally do at Harvest time that you bring them to the churches on the first four services in October. We shall be supporting the Foodbank so the usual dry items will apply. We shall then make sure that they are sent to the Food Bank.

Thank you. It is lovely to see our church family gathering again for worship albeit at a distance and wearing masks. Continue to stay safe!

God Bless. Mandy.

October Service rota

Thursday 1st October St Luke's

Sunday 4th October St Luke's

Tuesday 6th October St Francis

Sunday 11th October St Francis

Thursday 15th October St Luke's

Sunday 18th October St Luke's

Tuesday 20th October St Francis

Sunday 25th October St Francis

Thursday 29th October St Luke's

Sunday 1st November St Luke's



WELLBEING CAFÉ RESUMES !!!

From 30th September, our Wellbeing Café will be open **EVERY WEDNESDAY** in the Hall of the Community Centre (Library building) on Pendle Road from 11.30 – 2.30.

We regret that we will ask for a contribution of £2.50 to join us, but you will **NOT BE** turned away if you are not in a position to give at the time.

What you can do:

Bring your picnic lunch and a mug with you. We can offer a hot drink, but not food.

Wear your face covering and bring sanitiser if you have some. But more than anything else, bring your chat, smiles and laughter.

What we can do:

We can accommodate 4 groups of 6 people and there will be the opportunity to take part in paper crafting if you wish. If you are a knitter or crocheter etc, please bring your work in progress with you.

What we can't do:

Unfortunately we cannot offer other activities which involve many people touching the same items as happens say with a jigsaw, or game of cards or draughts.

Flu clinic newsletter from St Luke's Surgery

www.stlukesprimarycarecentre.co.uk

Those 65 and over with no health issues can book online, slots are available from end of Sep. Those who are registered shielding need to ring reception, tell them they are registered shielding and they will go to a separate clinic.

We hope there will be a good uptake on this 1st round of flu vaccines.

.Auntie Edna's Overnight Cake.

200g/8oz Self Raising Flour

200g/8oz Mixed dried fruit

100g/4oz Caster sugar

75g/3oz Butter

1-2 tsps Mixed Spice

1 tsp Bicarb of Soda

Milk to mix (about a cupful).

Cream sugar and butter together, mix in all the other ingredients and stir in the fruit.

Leave overnight (covered).

Pour into a lined 11 inch by 7 inch tin and bake for about 30 minutes in a pre-heated oven 350 degrees F /180 degrees C/ Gas mark 4.

Auntie Edna was my great aunt and godmother. She was a beautiful, kind and caring lady and I still miss her very much. I love making and eating this cake as it brings back so many happy memories!

Please enjoy it with a nice cup of tea!

With lots of love from Liz. X

Another ditty from John Ellis

MOTHS

Moths have always been a phobia of mine.

A fear, a dread, sending shivers up my spine.

They flit and fly around the light of the lamp,

And the fear makes my neck and forehead damp.

A hit with a newspaper might do the trick,

Or a rolling pin, or other form of stick.

But no, all life should be respected,

And all creatures, great and small protected.

From Sandie Maitland

I would like to thank everyone who came to my "Smallest Craft Market in the World" on 17th September. I enjoyed chatting with you all and being able to talk to you about the craft items I make. I am hoping to run another event in the Carport in November which will focus on Christmas items such as decorations, cards and gifts.

Can you contribute ?

"We plan to continue sharing news and ideas every month and would love YOU to contribute too. If you would like to share your thoughts, ideas and pictures, then please send them to me via email aj.marriott123@gmail.com or post them through my door 3 Main Road Duston NN5 6JB. Thank you.

Hello friends!

I know I haven't seen you all for a while, but I am missing my secret biscuits and helpings of cake whilst Mummy and Grandma enjoy their cups of tea at the café. I miss climbing around the altar, stealing walking sticks from underneath the tables and also 'servicing' people's wheelchairs and walkers! Don't worry though – I've found lots more mischief to keep Mummy and Daddy entertained during lockdown!



Lockdown has been great, as I've been able to hang out with Mummy and Daddy at home a lot more – although, Daddy has very rudely installed a lock on the office door. Apparently, it's not helpful if I burst in to the room shouting his name when he's on conference calls...

I've been a very busy bee – I got some swish new wheels and have been trying to run over everyone's toes, shouting 'CRASH!' I've been playing lots with my new trains and my tea set – I make everyone cups of 'tea' to drink, including my cat. Mummy lets me wash my car in the garden, just like Daddy, as I like it to be clean. I clean the wheels, the interior and everything – I get straight in once it's all been washed and then get a wet bum! I love playing with taps too, but naughty Mummy has spoilt my fun as she locks the bathroom door from the outside now!

My favourite thing to do is to go for a drive in the 'brum brum' – sometimes, Daddy lets me sit in the driver's seat and play with the steering wheel. He never lets me drive though, and it makes me cross. We have been on lots of little trips – we have found some brilliant local walks, gone on trips to the farm, to lots of country parks and also to a dinosaur park, which was so cool!



ROAR!

Now that Mummy has to go to work, I've been keeping Nanny and Grandma on their toes. Last week, I got in to trouble for escaping through the dog flap to go and play in the garden whilst Grandma was dealing with my cousin Margot... This week, Mummy took me shopping and I saw some car toys that I liked. Mummy told me these were for big boys and that I was too small, so I suggested they might be suitable for 'Daddad'!

I've grown lots since I last saw you all, and am now sleeping in a big boy bed! I love it and can bounce super high on it! I have learnt lots of new words and Mummy says I have a brilliant sense of humour. Not too much has changed though, as I still can't sit still!

Hope you are all well and hopefully I will see you soon!



Lots of love,

Little Luke xxx



Duston Players take Lockdown in their stride to present a new stage adaptation of HG Wells' the First Men in the Moon... Entirely in Lockdown! Producer James Burgess has built a marionette theatre, with a host of Duston Players actors voicing the puppet cast. The play will premiere online in September, seeing two Victorian gentlemen build a spaceship and embark on a journey to the Moon, only to find it isn't as quiet up there as it seems. Andy Whalley and Paul Enright-King voice the lead characters, Bedford (an unsuccessful businessman) and Cavor (an eccentric old Professor). With theatres across the UK in desperate need of support, the First Men in the Moon will be asking for charitable donations for the Northampton performing arts.

James, a professional sculptor and model maker, struck upon the idea when he saw the Salzburg Marionette Theatre on YouTube. Renowned for producing large operas on a small scale, it occurred to him that it would be the ideal way to produce a 'safe' show in isolation, and that he also had the necessary skills to craft the puppets himself.

Duston Players were just 2 weeks away from opening their spring comedy, The Ladykillers, when disaster struck. The decision was hastily made to postpone it, and return when the tide turns. In the meantime, the group take on new roles in a light-hearted space adventure.

The First Men in the Moon will air in 4 parts, on the Duston Players YouTube channel. A link will be given for donations to the local arts. Announcements will be shared on Facebook, Twitter, Instagram, and www.dustonplayers.org.uk.

Shedversation 4 – Oct 20

More lively reflections from the shed. This time:

Can looking at a picture of the sun harm your eyes?

Is hyperbole overrated?

My shed, on the allotment, is quite small measuring 10ft x 6ft. It has everything I need; power from its solar panels, a roof mounted wind turbine, and a ground source heat pump. I have a comfy chair, my computer, kettle, a fridge, and hooks for the hammock that I sleep in at night. As lockdown continues it has been a worthwhile asset, and I love the fact that it has low environmental impact. There are no tools in the shed as there wouldn't be room, and as I've mentioned before, the surrounding allotment plot is covered with artificial grass. I've suggested to the parish council, the civil one, not the church one, that the churchyard might benefit from such treatment and the maintenance costs could be greatly reduced. Let me know your thoughts.

I'm still searching for a name for the shed. Thank you for the suggestions you have sent in thus far. Please send in some more and I will announce the name I have chosen from your suggestions in the next edition of 'Café Connect.'

Anyway, it's time for a little more shed history:

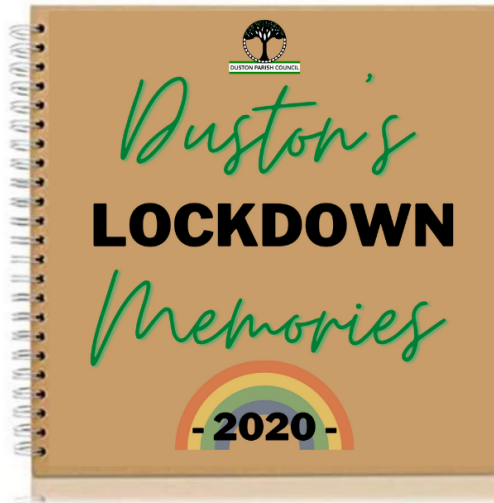
My shed is quite humble, I think, and I am not a man of major means. Wealth probably influences what kind of shed you might have though. Most can fit what they need into a basic shed, but for those with greater means a shed can be almost as grand as the home of the owner. This nation of shed lovers is the same one that gave birth to the Folly. Wimpole's folly in Cambridgeshire is typical of a building that serves no other purpose than its original storage needs. For me though the most uninteresting shed can house the most interesting of things.



Wimpole's Folly – Peter Dann, Consulting Engineers, Cambridge

As humans we all seem to have a need to store 'stuff.' Much like the roofs that protect us, we need somewhere to protect our stuff from the elements. When our houses cease to be big enough for our stuff, we make or find a store for the surplus stuff. We could of course move into the shed and leave the house to look after our possessions, but that might be a little too eccentric even for the English. When the shed becomes too small for our stuff, we move them to barns, and more recently, to those storage places where rent is payable. Does that distort the concept though, as a paid storage facility is hardly somewhere one can go to ponder or to engage in one's hobbies? For me, the concept of 'shed' is deeply personal and relates to how I connect with the world. Not only do I ponder in my shed, I also 'sheditate.'

I'll sign off now as I have to send this message to the 'sheditor.' I will leave you though with this final thought, what if dogs only lick us because they know we're full of bones?



BE A PART OF HISTORY!

DUSTON PARISH COUNCIL are currently collecting and collating the experiences of the residents of Duston during these unprecedented times. We would like to preserve these memories in a lockdown book for future generations and include a representation from all ages of our community.

Here are some of the ways you can get involved:

- Send us your lockdown stories & photos in any chosen media
- Arrange a call with us to talk about your experiences
- Draw or paint a picture that best reflects these times
- Complete the survey on our website or call us and we can do it over the phone
- Nominate YOUR hero during these challenging times

You can get in touch and find out more via;



T: 01604 583626 E: events@duston-pc.gov.uk
www.duston-pc.gov.uk  Dustonpc  Duston_PC

Pumpkin trail poster



Connecting the Community

www.duston-pc.gov.uk

You are never too old to get the crayons out. Help us create a big Duston Pumpkin Trail this Hallowe'en.

Colour in the poster and display in your front window between 26th and 31st October.

You can download more copies from our website or design your own. See how many you can spot whilst out for a walk around the village.