

Dear friends, Revd Mandy here.



As we reach November, we notice that the days seem shorter and darker with the onset of Winter. Many people miss the brightness of the Summer sunshine and it is well documented that the lack of light over the winter months can cause people to feel depressed.

As well as living with longer hours of darkness we are also aware that our world can seem a very dark place in other ways too not least with the Covid 19 Pandemic and the sense of fear and uncertainty that pervades our communities.

Circumstances may change but history tells us that the world has often experienced dark and dangerous times. This month again we shall be remembering those dark periods in our history when the world went to war, and those people who gave their lives during the First and Second World Wars and many other conflicts since.

There is no doubt that the wars of history have highlighted extreme evil and suffering. But in the midst of the darkness of war there have been many beacons of light which have given hope. I am reminded of a saying 'It is better to light a candle than curse the darkness.'

There are many stories of hope and examples of light shining in the darkness and this month I want to share with you one such story from the battlefields of World War One.....

William Gooderham from Mellis in Suffolk joined The Royal Navy Volunteer Reserve. At 17 years old he was sent to the front. He found himself lying in a shell hole in no man's land, injured, alone and terrified. For three days he lay there unable to get back to his line.

In the end two German soldiers rescued him. They were horrified by his wounds. One of the Germans took his own helmet and got water to bathe his wounded ankle, and bound it as best he could. They took it in turns to carry him back to a German field hospital, piggyback, for three miles. The German surgeon operated straight away, and it saved his ankle and his foot. He always said

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that they were his guardian angels. 'They weren't my enemy', he said 'they saved me from deformity.'

'For him' his sister said, 'it was a miraculous experience. He felt that God was with him.'

It is clear, that by their actions, those German soldiers chose to shine a light in the darkness. They chose love and compassion in the midst of horror and pain. They made a difference.

The Bible teaches 'Do not be overcome by evil, but overcome evil with good.'
Romans 12: 21

When faced with darkness perhaps we too can choose light. I believe one way to do that is to pray and our prayers can act as beacons of light in the darkness and when one light is joined by others the darkness is soon overcome.

May God Bless you and bring you His light and peace.

Be **P**roud of those who help and serve

Think of **O**thers in need

Remember **P**eople who suffer because of war

Reflect how **P**eace is important

And that it begins with **Y**ou

Wellbeing Café News

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

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

Remembrance – 'The Every Brothers – Their Story.'

As we approach the Remembrance Day commemorations, we remember the sacrifices made by those who died during conflict and war, but we also remember the sacrifices made by those who survived.

Many lost loved ones, their homes and their way of life too.

Apart from what became known as "Thankful Villages," those all-too-rare places where every serviceman and woman returned home safe, each city, town, village and hamlet in the land lost men, boys, women and girls, few could match the sadness recorded on the war memorial in the village of Roade, Northamptonshire.

Among the list of names of lives lost, the war memorial bears silent testament to three brothers from one family; William, Jack and Tom Every, who were killed in various theatres of war during World War Two.

William was 23, and died in the Central Mediterranean Theatre of War, and is buried at Cassino Military Cemetery, Italy.

Jack, holder of the Military Medal, was 22 and died in Tunisia and is buried in Sfax War Cemetery in Tunisia.

Tom, aged 25, was killed whilst a Prisoner of War at Heydebreck, and is buried in Krakow, Poland. They left behind them their father, Thomas, their Mother, Winifred, and their youngest brother, Frank Every.

Letters sent home by the brothers, and other contemporary documents, were kept by the late Mr Frank Every, who at the time was too young to go to war. These papers were later deposited with the Roade Local History Society, and from them we can get a glimpse into their family life, their thoughts and feelings at the time, and ultimately the stories of the three brothers' demise.

Roade Local History Society has had the foresight, by way of tribute, to turn these documents into a play which charts the brothers' lives, and those of their family during this period.

cont . .

The play was performed, to much acclaim, at Roade's Elizabeth Woodville School on Saturday 9th November 2019, and is set to be performed again, national situation permitting, at the Deco theatre in Northampton on Sunday 16 May 2021.

The Every Brothers were more than mere names on a cold memorial to be read out annually. They had lives, loves, hopes and dreams and they gave their today so that we could have our tomorrow. They will be remembered and we will remember them.

There is a gentle irony, and accidental symbolism in the title 'The Every Brothers – Their Story.' It could be said that they represent 'every' brother who has died in arms, as well as the sacrifices made by them and their families.

For William Every, Tom Every, and Jack Every...



Church services in November and December at St Luke's and St Francis.

Sunday 1st November St Luke's

Tuesday 3rd November St Francis

Sunday 8th November 10am St Francis

Sunday 8th November 11am War Memorial

Thursday 12th November St Luke's

Sunday 15th November St Luke's

Tuesday 17th November St Francis

Sunday 22nd November St Francis

Thursday 26th November St Luke's

Sunday 29th November St Luke's

Tuesday 1st December St Francis

Sunday 6th December St Francis

Thursday 10th December St Luke's

Sunday 13th December St Luke's

Tuesday 15th December St Francis

Sunday 20th December St Francis

Thursday 24th December – Christmas Eve- 10am St Luke's

Friday 25th December – Christmas Day – 10 am St Francis

Sunday 27th December St Luke's

Duston Remembers

October 23rd - November 8th 2020



Our poppy cascade will be on display between October 23rd and November 8th on the bank of St Luke's Centre, Main Road, NN5 6JB. It will be floodlit at night. There will be a short Act of Remembrance and wreath laying at the war memorial.

We hope you can join us in remembering the fallen. Please observe the latest Covid-19 advice when visiting the cascade.



Go to our website for more ways you can join in | www.duston-pc.gov.uk



In Lockdown

Soap, Sunflowers and Spider Plants

Three things that would not normally feature in my list of top priorities.

Not soap, because while necessary, is always there, like the sky.

Not sunflowers, because when I see a field of their tall nodding heads it's just a striking sight.

Not Spider plants, because they've always been around, and could be considered fairly mundane.

Bars of soap I have a whole new respect for and pleasure in using them. Like gold bars, they crouch in my bathroom cupboard, waiting to be released for the wonderful lathering of hands under hot running water. If they were gold bars they would be useless if there were no soap to buy. Although not to be sniffed at. (Joke somewhere?)

Taking up a bit of gardening, I planted sunflower seeds in pots, and faithfully watered them and hardened them off, taking them outside and inside morning and evening. I don't think that was strictly necessary but it couldn't hurt, could it? The result was a number of sunflowers, supposed to be giant, and all fairly tall, the tallest 3 metres high (I measured it). Another one was a weedy specimen so I put it at the bottom of the garden, but it has surprised me and grown to be one of the strongest plants with a lovely flower. Joyous, made me think the way to go in a small plot is up.

Indoors, the spider plants are thriving, from two being given to me by one of my sisters-in-law. I split them and now there are now five, two of which have lots of "babies" which are destined for pots of their own around the house. It's a nice memory of Marjorie.

Also, I read they purify the air, which I think would always need doing, what with the handwashing, pots of seeds growing, coffee drinking and spring cleaning (well, some), that goes on in lockdown. I'll wind up now and go and spread dust sheets around, as the chimney sweep will be here at ten o'clock.

When he's gone the spider plants will come into their own.

Jane Stagg

Recipe for Cereal Fruit Loaf

shared by Rosemary Ellis

2 ozs of crumbled Weetabix

6ozs soft brown sugar

8. ozs. Raisins

Half a pint of milk

1 large egg

7 ozs of S R Flour

Method

1 Soak Weetabix , sugar & Raisins in milk for 6- 12 hours

2. Add the egg & S R Flour & mix together.

3. Turn mixture into a greased loaf tin & bake for 60 - 75 mins at 160 c .

When cool , slice & serve buttered . ENJOY .

I found this recipe in a free Co -op recipe book nearly 50 years ago & have been making it ever since . I must admit I reduced the sugar by 2 ozs down to 6ozs & it is just as nice .

Children's Society boxes – annual opening and count

At this time of the year we usually collect your boxes, count and bank the cash and return the empty boxes to you with a receipt showing your donations for the year.

This year the arrangements are different as a result of the impact of the Coronavirus.

We are asking all box holders if they will pay their donation by cheque (payable to **The Children's Society**) and either forward it to us or we can collect it from you.

We will then summarise and forward them to The Children's Society and let you have a receipt. If you would prefer to pay by a bank transfer direct to the Society, please let us know and we will give you the details.

Thank you for your co-operation in this matter. Keep safe and well.

Ian and Molly :Phone - 757157

Some thoughts from Shirley Wills

Sitting quietly as I guess most of us are doing during these difficult and strange times, these words came to me reminding me of Jesus' promise never to leave us. We are not alone. He is always near.

The touch of His hand
Just the touch of His hand
Frees me from pain
Within and without
Just the touch of His hand.

The touch of His hand
Just the touch of His hand
Causes me to surrender
To His peace, so tender
Just the touch of His hand.

The touch of His hand
Just the touch of His hand
Brings tears overflowing,
Cleansing, healing, knowing
The touch of His hand
Just the touch of His hand

TACKLING LONELINESS TOGETHER

ple to combat loneliness and inactivity.

Northampton Town FC Community Trust are one of 32 EFL clubs to take part in the tackling loneliness programme in order to try and help the older generation who may be lonely, especially with current circumstances.

A recent study from the Office National Statistics (ONS) showed that 2.6 million adults reported that they felt lonely "often" or "always" whilst 7.4 million adults reported their well-being had been affected through their having felt lonely in the past seven days.

Last year Northampton Town FC Community Trust were one of 11 clubs to launch the Extra Time Hubs movement, to engage retired and semi-retired peo-

The new programme will allow expanded activities across the county under the campaign 'Let's Tackle Loneliness Together', including befriending phone calls, online social groups, pen-pal schemes and socially distanced 'garden gate' conversations for those who need this vital support the most.

For more information on this project please contact our Tackling Loneliness Project Officer, Bob Allen on Bob.Allen@ntfc.co.uk

Mental health and well-being at St Luke's CE Primary School

Since September, as a school we have been focussing on supporting our pupils and their mental health. We are fortunate enough to have a trained mental health first aider on site who provides lessons to pupils regarding their wellbeing and also has provided resources and training for all staff to support the school community at this current time.

On Saturday 10th October it was world Mental Health Day. As a school we have been celebrating World Mental Health Day in lots of different ways.

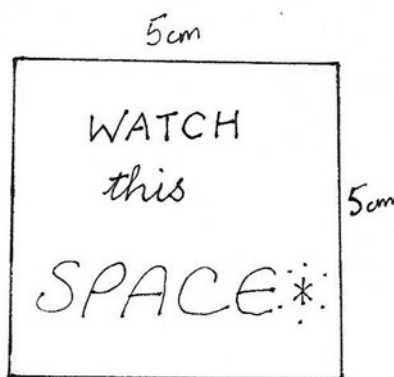
Year 6 have created a 'Five ways to well-being' monthly calendars with actions children can take for better mental health. The children had an opportunity to think of activities that make a difference to them, an example of a calendar designed by a Year 6 pupil is below. The children have adapted so well to a new way of working in school and it is lovely to hear the school alive again.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Write a letter	Ask someone about their weekend	Do some exercise	Be positive and smile	Climb a tree	Go to Park with friends	Have a tea with mum.
Make a new friend	Talk to someone you don't normally talk to	Ask about someone's day	Learn new things	Condition for 5 minutes	Start a new book	Smile
Thank someone	Don't argue	Be positive	Talk to mum & Dad	Bake something	Relax	Be happy & chill

Projects from Jane . . .

let's LÔÔK

A FIVE MINUTE FUN CREATIVE PROJECT I LIKE, IS TO DRAW A SQUARE ABOUT 5CM X 5CM (2" X 2"). THEN I FILL IT WITH A DOODLE OR SKETCH OF SOMETHING I HAVE NOTICED, INDOORS OR OUT. THE DRAWINGS COULD MAKE A PICTURE DIARY. JUST NEED ANY PAPER, PENCIL, BALLPOINT, FELT TIP OR CRAYON AND LOOK FOR A SUBJECT.



examples:



garden



morning tea

Happy Looking.

YOUR **ADVENT** ART



☞ draw your own calendar each day. * : † * : * †

D
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C
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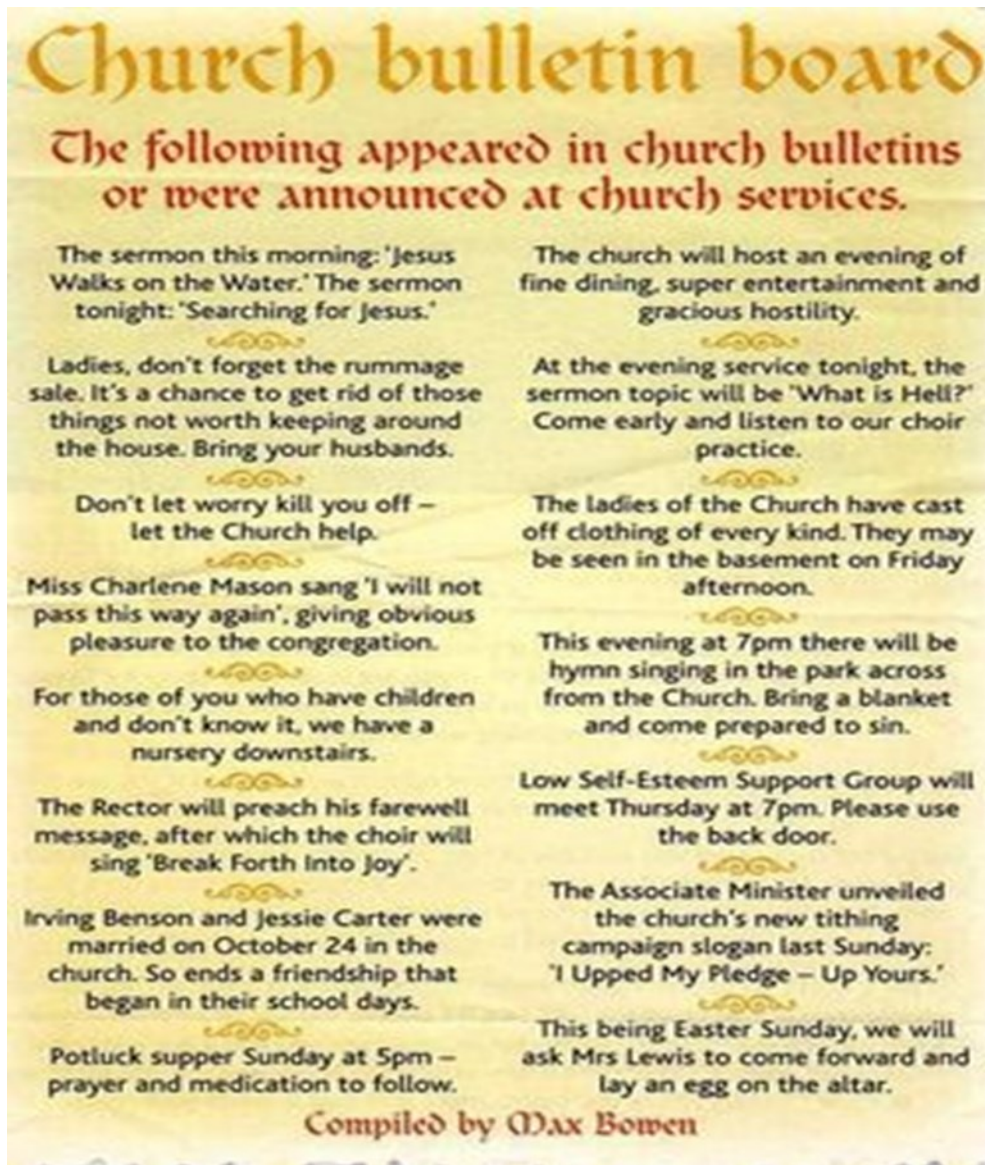


1 st	2 nd	3 rd	4 th
5 th	6 th	7 th	8 th
9 th	10 th	11 th	12 th
13 th	14 th	15 th	16 th
17 th	18 th	19 th	20 th
21 st	22 nd	23 rd	christmas 24 th EVE

2020

25th christmas day

Some thing to make you smile . . .



Any budding jam makers out there?

Jam jars available. Please contact Lyn at lynmason100@aol.com

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.