

Dear friends, Revd Mandy here.

Well, here we are in February, a month where two particular events stand out and this year happen within days of each other. The first is Valentine's Day and the second is the beginning of Lent, so I thought I would write a little bit about these two events.

The story of Valentine's Day originates from the Roman Christian martyr, St Valentine .

Valentine was a Christian priest and at the time of persecution of Christians, he angered the authorities by performing Christian marriage ceremonies, flouting a law that said young Romans should not marry, because the belief was being single made the men better soldiers, more willing to risk their lives.

Valentine was eventually caught and imprisoned awaiting execution but whilst he was in prison his prayer led to the blind daughter of one of his judges having her sight restored. The judge, on hearing the news, immediately converted to Christianity. As the day of Valentine's execution drew near, he received visits from the judge's daughter Asterias and it is said that they fell in love. On the actual day of his execution, with his last visit from the girl over, he wrote one last message, signing it; From Your Valentine, a message that is repeated on cards and letters to this day. The story is obviously about romantic love but the time of St Valentine's Day is a good opportunity to consider how we love those around us.

We are reminded by St Paul in the Bible of what genuine love looks like...1 Corinthians 13: 4-7

⁴ Love is patient and kind. Love is not jealous or boastful or proud ⁵ or rude. It does not demand its own way. It is not irritable, and it keeps no record of being wronged. ⁶ It does not rejoice about injustice but rejoices whenever the truth wins out. ⁷ Love never gives up, never loses faith, is always hopeful, and endures through every circumstance.

Jesus also spoke about love on numerous occasions and here are his words from Matthew's Gospel. 22: 37 -39

³⁷ Jesus replied, "You must love the LORD your God with all your heart, all your soul, and all your mind." ³⁸ This is the first and greatest commandment. ³⁹ A second is equally important: 'Love your neighbour as yourself.'

Loving God and loving your neighbour is also a focus for Lent. Lent starts on Ash Wednesday and lasts for 40 days and reflects the 40 days that Jesus spent in the desert, alone with his Father God, getting himself ready to do God's work through preaching, teaching and healing. The day before Lent begins is called Shrove Tuesday. 'Shrove' means being forgiven when we do something wrong.

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Another name for Shrove Tuesday is Pancake Day.

Long ago this was a day to get ready for Lent. People ate well and had a good time. Since rich foods such as eggs were forbidden during Lent, one way of using them up would be to make pancakes.

They would go to church to say sorry for the bad things they had done and would

be 'shriven' or forgiven before the start of Lent.

Today in Lent, people give up things like chocolate, biscuits, or alcohol to remind them not to be dependent on these things but to remember God who is the one who truly satisfies and provides the good things we enjoy and also to remember those who are less fortunate, and in addition perhaps give money or time or resources to help those in need.

Today Christians also use the 40 days of Lent to think about their own relationship with God and to discover how God wants them to follow him more closely.

Can you contribute ?

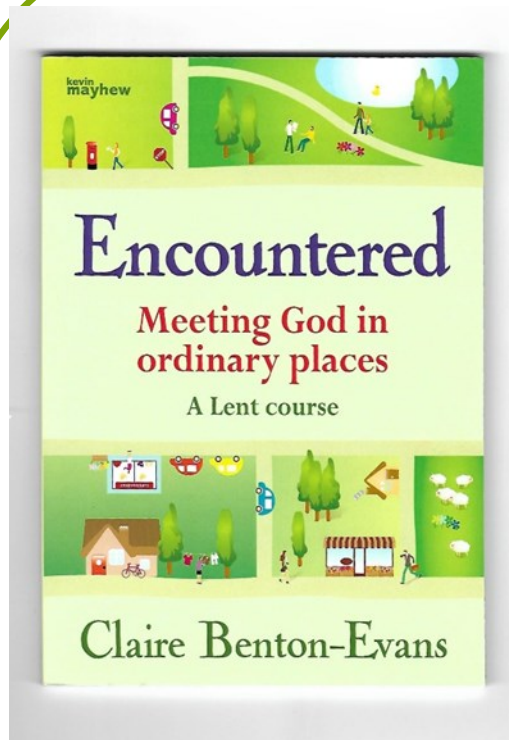
"We plan to continue sharing news and ideas every month and would love YOU to contribute too.

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.



During lockdown the decision was taken to suspend our services in church. However, you can find out our latest news by clicking on <http://dustonanduptonparish.org.uk>

If you go to 'Latest news' it will take you to our Facebook page.



Duston and Upton Parish invite you to journey towards Easter.

Lent begins with Ash Wednesday on the 17th February. This year we are offering a Lent Course written by Claire Benton-Evans who has a real creative approach to engaging with the Bible.

In her book, 'Encountered' she explores the ordinary places of the Easter story in which the extraordinary events of Jesus' life, death and resurrection occurred.

She encourages us to re-discover the ordinary places in our own lives where we may meet the living God.

Come and share a journey through the Easter story.

If you would like to share in this course please let Revd Mandy know by emailing her on aj.marriott123@gmail.com or calling on 07898 364827 or 01604 752591.

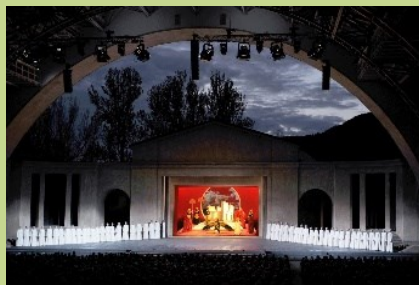
Mandy will order copies of the book for all participants. Copies cost £5 each.

The course will be shared on Zoom on the following dates. However, we understand that Zoom may not be available for everyone so copies of the book can also be purchased for those who wish to follow the course by themselves.

The course will run on Monday evenings at 7pm on Zoom (Sign in details to follow nearer the time).

Monday 22nd February
Monday 1st March
Monday 8th March
Monday 15th March
Monday 22nd March

The Oberammergau Passion Play

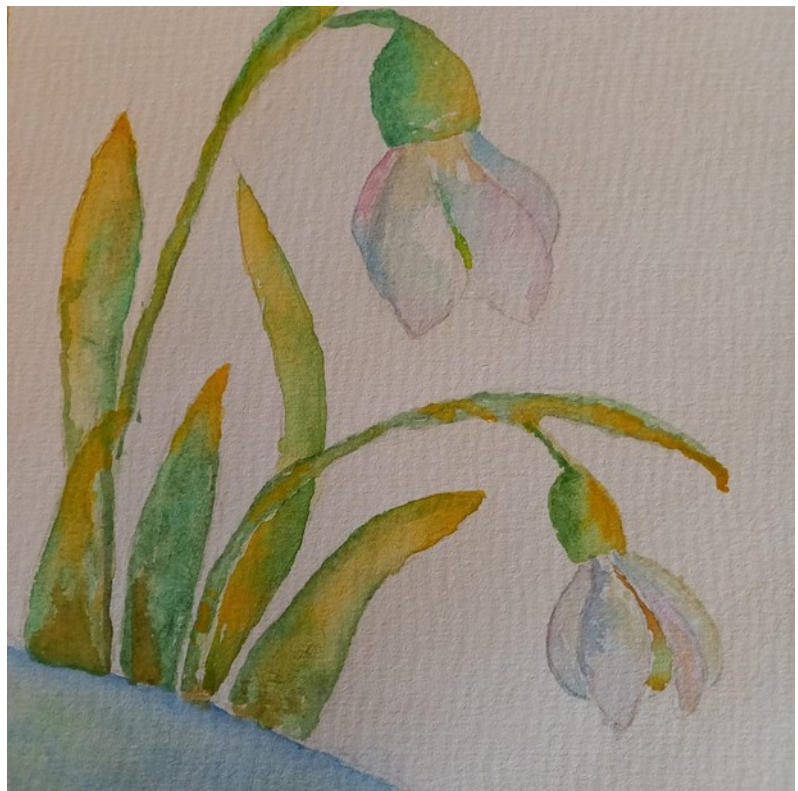


The Oberammergau Passion Play has been re-scheduled for 2022. Join Revd Heather Wilson 27 July to 3 August 2022 to spend time in Austria before attending the play. Places are limited. For more information, please contact Heather on revdheather@gmail.com or 07702 033727.

During lockdown Daniel has been showing us his talent for painting.



So beautiful!



My gran's old recipe books – Ian Hanlon

My maternal grandmother was a cook who, in the early 1900s, was in service at an Edwardian bungalow just off the Harlestone Road. A few years ago, I was given two of her recipe books – one is a printed book containing recipes and advertisements for mainly local businesses and the other one is a notebook filled with her handwritten recipes.

I have detailed below a sample of the entries in the printed book.

Advertisements –

Spoor & Son, Corner of Abington Street and Wood Hill - "Ladies Tailors, Habit & Breeches Makers"- Civil, Clerical and Military Tailors, Outfitters, Hatters, Hosiers and Shirt Makers.

Mrs Nelson, 8 George Street, Hanover Square, London – "Complexion and Hair, Sole Agents for "Madame Avis" unrivalled and guaranteed harmless cure for obesity.

W Mudd, 31 High Street, Kettering – "Fish, Game, Poultry and Ice Merchant.

Recipes –

Lobster pie (includes 1 small tin of lobster)

Brain cakes (sheep's brains)

Mock duck (made with mutton)

Nutter pastry (includes 1/4lb nutter – what is nutter?)

Almond kisses!

Russian toffee (contains vodka)

PAINTING IN LOCKDOWN

Bluetit feeding

Bluebell Wood

Thatched Cottage

By Jane Stagg





Hedge laying by Mick Stagg (who has just taken up painting)

Thank you both.

Are you inspired by these lovely paintings? Why not give it a go yourself and send them to Café Connect!



A Flight of Interest by Michael Longden

One of the interests shared with my wife is garden bird life.

Recently collecting 'bubbled' grandchildren from school, I saw a discarded wooden pallet. A request to the school resulted in my return home not only with grandchildren but also with the pallet in the car boot.

The challenge was to produce as many BTO (British Trust for Ornithology) pattern nesting boxes as possible from the pallet.

So far two boxes have been made and there is sufficient wood to produce another two nest boxes with a bug house and a bag of firewood.

The rough sawn timber produces good thickness boxes, and these blend well in the natural environment and with applied clear preservative and felt roof covering, they are likely to last well.

In return for the school's generosity, I agreed to give to the school nest boxes as an illustration of recycling and Wildlife support for the children. I hope St Francis of Assisi is pleased!

Tribute to a local lady – Maureen Basford



Maureen was a dear lady, who spoke her mind, but always with a smile. She had a heart for God's creation and had an affinity with owls. She was often known as 'the owl lady' and over the years had rescued many a barn owl. She had a deep faith and will be missed by her Church family. Rest in Peace Maureen. (Revd Mandy).

'Maureen had the command of a sergeant major but heart of an angel - I will miss her as my church buddy and as a life adviser.' (Darrin Stevens)

"Maureen was a member of the Churchyard Team, who meet on a Saturday morning to keep things tidy, and to ensure the shrubs and bushes look their best. Part of the time, she also kept the inside of the Church looking spick and span, and in her immaculate way, ensured that everything inside the Vestry had a place, and was in its place.

The time she didn't spend with us on a Saturday outside in the Churchyard, she made up for by working on her own during the week. She then took great delight, mischievously, to point out all the little piles of weeds, clippings and prunings that she had left for us to clear up.

Maureen had an extensive knowledge of gardens and their trees, shrubs and plants, and she knew how to do things at the right time and in the right way for everything to look its best. She prepared a valuable catalogue of the wide variety of trees and shrubs in the Churchyard, describing their origin, often from other parts of the world. This is kept in the Vestry to be viewed by anyone on request.

As well as being so generous with her time, she frequently donated plants for the Churchyard, and on occasions, expensive gardening equipment, to make the work easier. All in all she was a very selfless person.

Her knowledge and advice will be sadly missed, as will her, dare I say, cheeky sense of humour." (John Ellis).

Maureen Basford – Bell Ringer and Friend

Maureen was well known in local ringing circles, not as a method* ringer, but as a teacher of bell control and safety.

Her own ringing career started at Dallington, where she became Tower Captain, before she moved to Harlestone and became Captain there.

She also taught ringing at East Haddon, Ravensthorpe, Scaldwell and Church Brampton.

Maureen was made a Life Honorary Member of The Peterborough Diocesan of Church Bell Ringers for services to ringing in the Diocese.

Maureen was a good friend of St. Luke's ringers and would often ring with us. She will be very sadly missed.

**Method is the term used for change ringing. (Cecil Swann).*

87TH NORTHAMPTON BROWNIES: BEATING LOCKDOWN BLUES

The past year has been incredibly difficult in so many ways for so many people, leaving us all missing out on so many freedoms that we once took for granted.

When the first lockdown was announced back in March, and all face-to-face Brownie meetings were suspended, we had to find a way to reach out to our Brownies- we wanted to give them a small slice of normality in the face of all of the change that the lockdowns have brought. But how?

Zoom very quickly became our norm – it was certainly a learning curve for us as leaders but we soon adapted nicely, especially when we found the ‘mute all’ button! With around 20 girls attending each meeting, it’s been mad, chaotic and fun all rolled in to one! We meet every week with various activities and visitors, with lots of show and tell opportunities too!

Zoom has been a fantastic lifeline for us, allowing us to continue our meetings safely from home, doing activities that we wouldn’t normally be able to do within the meeting place and allowing the girls a platform to socialise and continue to work on their Brownie badges.

“Since Covid-19 caused lockdown in March 2020 we have managed to carry on with Brownies, but a bit differently. We do it on Zoom!”

My favourite one was when we made dens and were learning about the stars, which I love. We’ve also done cooking, brownies (of course), fajitas and we made Christmas biscuits too. It’s soooo much fun! We have also done loads of crafts and fun stuff. We’ve made firework pictures for Bonfire night and we made Christmas cards and decorations. We’ve escaped from an Escape Room, we’ve learnt how to calm down with a Yoga class and we’ve learnt some French.

We’ve played Pictionary, shared our favourite board games, done scavenger hunts, which I really enjoy. I also love playing the Bean game.

Although it’s great to still be able to interact with my Brownie friends during the Coronavirus, knowing that I’m safe in my own home and not breaking any Government guidelines, I can’t wait to get back to the meetings in person.”

Lauren Gully, aged 10

From left to right: Lauren receiving her new badges during our virtual awards evening, Lauren with her freshly made brownies after our first Brownie bake-off, Lauren enjoying our camp/den night and craft, Lauren learning to make fajitas!



Free local Advice & Support To Cut Your Monthly Bills



For past 3 years, outside my full time NHS post, I have been offering a totally free local service to help people with mortgages, homeowners & private rental tenants to save money on their monthly bills, & not just with energy. If you are already paying low bills, the advice may be not to change anything, but it is good to know if you are paying too much. There is absolutely no pressure to switch anything, however, 'knowledge is power!' During the current lock

down measures, I offer safe appointments over the phone and online. Post Covid19 times I will resume face to face contact. Reverend Mandy has introduced me to many of her church family, I look forward to resuming the meetings in person when we have become safer to do so.

For a friendly chat about how it works contact

Emma on 07976649963

Healthybalance007@gmail.com

So, you play what? Croquet!



Yes, I play croquet.

But isn't that a game just for old people?

Certainly not, more and more youngsters are taking it up, and most of the top players are under 40. But it is a game that you can play well into your 90s – our former chairman was still playing at 97!

I know it was once an Olympic sport, but surely few people play now?

No, it's really popular in Australia, New Zealand, South Africa, Egypt and the States. Over the last ten years, it's taken off in Europe – Spain, Portugal, Austria, Germany, Russia, Latvia, Norway and Sweden. You can even take a Greek island holiday and play in Corfu. There are now over 200 Clubs in the UK.

So can I play in Northampton?

Yes, we've had a Club here since 1984, first in Becketts Park and later until June last year in the grounds of St Andrews Hospital. Unfortunately the hospital had another use for the lawns so we are now in the process of developing a new site, with up to eight courts in Sywell.

Can I play it now in Lockdown?

Sadly not at the moment, but during the first Lockdown, croquet being a non-team sport was, like golf and tennis, able to continue. You play with your own mallet and your own two balls, you don't have to go near you opponent and we provided all the necessary Covid safety measures. During the Covid summer last year, sales of croquet sets and equipment from the national Croquet Shop rose by 120% as many people took up garden croquet.



Isn't it a bit slow and boring?

The great thing about croquet is that it exercises both the mind and the body. Like other sports such as snooker or bowls, it is a game of strategy and when it's your turn to play there are usually several different options to weigh up and you need to work out what your opponent might do next. It also gets you out into the fresh air and exercises all the body. Games can take from half an hour, for a simple game, to up to three hours.

What about the social side?

We have regular club days when anyone can turn up and play, meet other members and usually share a cuppa (and if you're lucky a cake) afterwards.

Can I have a go before joining?

Definitely – you can come along a couple of times for free and use club equipment and mallets. All newcomers will have a 'buddy' to help them learn the ropes.

And is it an expensive sport?

All you need to start is a pair of flat shoes – the grass is similar to a bowling green. Until you get the Croquet bug and are ready to play more seriously you can use a club mallet, and all the playing equipment for free. Membership is about £100 a year, but there are no joining, game or lawn fees and members can normally as many times as they like, all year round.

So how can I find out more?

I am the Secretary of the Northampton Club so give me, Mike Hills, a ring on 467780 or email me at mike7hills45@gmail.com. I live in Duston, and once we are able to play again, I'm happy to give you a lift to give it a try!



Affinity Day Care CIC Social club

St Luke's Community Centre Duston Mon-Fri 10.30am -3.30pm

We provide day care for people in later life. We do this in a caring, safe environment where our clients join us for care, for friendship and for fun.

St Luke's Day Care starting from £35 per day

For more information call 01604 372744 or email info@affinitydaycare.co.uk



Some of the activities that go on.....

****TRY IT TUESDAY****

Today's try it Tuesday was about doing things we hadn't done for years.

Some played in the snow, although that soon turned into throwing snowballs at the windows 🤔 🏠

Some gents played a game of poker ♥️ ♦️ ♣️ ♠️, our lovely volunteer Chloe bought in some poker chips from home 👍

The rest of our clients enjoyed our new curling set 🏹. We were able to purchase this due to a very generous donation we received just after Christmas.

We are very grateful and pleased we were able to buy such a good activity 🤗

What haven't you tried in years?? 🤔



PLEASE JOIN US for our next
**VIRTUAL HEALTH &
WELLBEING POP UP**

Thursday 18th FEBRUARY | 2pm - 3:15pm

**'Living with the Menopause &
Endometriosis'**

by Mr Clive Aldrich

Consultant Gynaecologist at BMI Three Shires

A FREE, informative presentation giving help and advice

Hosted via
Microsoft Teams

Pre submit any questions
to [bcdm@duston-
pc.gov.uk](mailto:bcdm@duston-pc.gov.uk)

For more info and to register, go to
<https://menopause-endometriosis.eventbrite.co.uk>

Duston Parish Council working in partnership with St Luke's PPG



T: 01604 583626
E: bcdm@duston-pc.gov.uk
www.duston-pc.gov.uk





DUSTON PARISH COUNCIL



In 2018 you knitted a Poppy Cascade, in 2020 a Tree of Hope. We are guessing you like a knitting challenge? Well we have a couple for you this year! We have asked you to decorate a window with hearts to show we are all thinking of our loved ones that we cannot be with right now and we would like to continue that theme by asking you to knit/crochet/craft us some hearts in the COLOURS OF THE RAINBOW (remember the song?) to refresh our arch in support of our fabulous NHS. They can be any size but need to be flat, not stuffed. We will be bringing you more details of our second knitting challenge very soon.

Coming Up.....

Our next FREE virtual Health & Wellbeing talk is on 18th February Living with the Menopause & Endometriosis by Mr Clive Aldrich, Consultant Gynaecologist, BMI Three Shires

Look out for this year's programme to join us for fresh air and socially distanced company on The Grow Together Allotment

Join our Easter Trail around the village during March & April

MORE INFO; 01604 583626 events@duston-pc.gov.uk

www.duston-pc.gov.uk