



# Community Connect

Issue 11

May 2021

Helping to connect Church and Community groups together for the wellbeing of all

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## Rev'd Mandy writes...

I'm sure you are aware of epic films that have been made over the years which portray the life of Jesus. The Greatest Story Ever Told, Jesus Christ Superstar, The Passion and many others. However, there is a new multi film series called 'The Chosen' which I highly recommend to you.

The Chosen is a television drama based on the life of Jesus Christ. It is the first multi-season series about the life of Christ, and season one was the highest crowd-funded TV series or film project of all time. The series' creators stated that they had hoped to distinguish the new series from previous portrayals of Jesus by crafting a multi-season, episode-based story. The series portrays Jesus "through the eyes of those who met him". [It traces the story of Jesus and colours in the background to his life and ministry and shows

the context of the history of the time, the Roman occupation of Israel. It digs deeper into the people mentioned in the Gospels, particularly the disciples. Series one is already out and can be viewed on You Tube. And series 2 is gradually being released, so why not give it a go and do a bit of spiritual binge watching!

What amazes me about the person of Jesus Christ is that in the Bible we see just how much he challenged people and changed people. Crowds came to listen to his stories. They saw in him an authority, a healing, a touch, a forgiveness that had never been known before. He turned the world upside down and I believe he still does.

I would like to share this poem called 'The stranger' written by Mike Hollow which perhaps echoes a sense of the wondering of those who met and still meet the man from Galilee.

Who is this chippy  
This hippy  
This lippy young man from the sticks?

Who is this creature  
This preacher  
This teacher who's so full of tricks?

Who is this wheeler  
This dealer  
This healer who raises the dead?

Who is this stranger  
This danger  
This manger-born breaker of bread?

Who is this leader  
This feeder  
This pleader for justice and grace?

Who is this singer  
This Covenant bringer  
This flinger of stars into space?

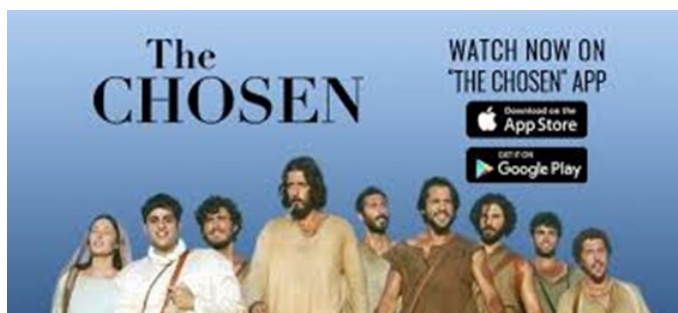
Who is this sower  
This grower  
This knower of all that I am?

Who is this mender  
This sender  
This tender Redeemer, the Lamb?

Who is this Maker  
The shaker  
This breaker of death's final sting?

Who is this pastor  
This forty day faster  
This Pharisee blaster  
This demon outcaster-

My Master  
My God  
And my King.



## Service Rota May / June

**All services start at 10am.  
Face masks must be worn and  
social distancing adhered to.  
Thank you.**

	Thursday 20th May St Luke's	Tuesday 8th June St Francis'
Sunday 2nd May St Francis'	Sunday 23rd May St Luke's	Sunday 13th June St Francis'
Thursday 6th May St Luke's	Tuesday 25th May St Francis'	Thursday 17th June St Luke's
Sunday 9th May St Luke's	Sunday 30th May St Francis'	Sunday 20th June St Luke's
Tuesday 11th May St Francis'	Thursday 3rd June St Luke's	Tuesday 22nd June St Francis'
Sunday 16th May St Francis'	Sunday 6th June St Luke's	Sunday 27th June St Francis'

### My gran's old recipe books – Ian Hanlon

One of my Gran's books is a bound, printed book, entitled "The Midland Counties Cookery Book" and cost "1/3 Net" which I assume to be one shilling and one penny!



It includes sections about "Weights and measures" and "Household requirements".

Weights and measures - 1lb rice = 3 small teacupfuls, 2ozs butter = 1 tablespoonful, 4 saltspoonfuls = 1 tablespoonful, 4 small breakfastcupfuls = 1 quart, 3 pennies weigh 1 ounce and 1 half-penny measures 1 inch.

Household requirements - 3 thick single blankets for each bed plus 1 single blanket as binder, 1 marcella quilt for summer and 1 heavy quilt for winter, 3 Turkish towels for each washstand and 3 towels for each roller, 1 dozen glass cloths, 1 dozen pantry cloths, 1 dozen rubbers and 6 pudding cloths.

The book also includes examples of laundry tips.

To remove spots and stains from all kinds of cloth garments – boil ordinary ivy leaves with just enough water to cover them for 10 minutes, and when the liquor is strained rub it well upon the portion of the garment to be cleaned with a piece of flannel (Mrs, James Jackson, The Drive, Northampton).

To clean old carpets – shred 1/4lb curd soap, mix with 3 ozs of salts of tartar. Boil in a quart of water and rub over the carpet with a woollen cloth. (Mrs D H Sherwell, Holly Road, Northampton).

## Revd Heather reminds us that Easter is still a reality.....

Members of the Church are post Easter people. The annual celebration of the great festival may already be consigned to the depths of your memory until next year but that's not how it is meant to be. We are also Resurrection people looking to a promise both fulfilled yet still to come. The promise of eternal life in the Kingdom of God.

In Jerusalem there are two Easter sites that stand out in my mind. The first is the Church of the Holy Sepulchre, bustling with tourists and pilgrims. Centuries of overzealous attempts to possess and preserve the site of the resurrection have led to bitter disputes and divisions amongst Christians. They have encased it within a building where the smell of incense replaces that of flowers and sunlight is restricted. It is often noisy, seldom peaceful because of the constant hum of humanity within its walls. Contested by Roman Catholic, Orthodox, Coptic, Armenian and Ethiopian Christians it is the Moslems who hold the key, opening the building each morning and locking it at dusk as the Christians resident there cannot be trusted not to fight amongst themselves. This vast basilica is built over what is thought by scholars and archaeologists to be the authentic site of the Crucifixion and Resurrection of Jesus. Once outside the precincts of the Jerusalem Jesus would have known it is now well within the walls of the Old City.

By contrast the Garden Tomb is a site outside the Old City walls today as it probably

was in the first century AD. Discovered by General Gordon in the 19th century it stands next to a rock face shaped like a skull possibly an ancient quarry and probable site of executions outside the city wall. There is an empty tomb and the track for a very large but long since disappeared rolling stone. There is an air of peacefulness even though it is located next to a busy bus station in the midst of the main shopping area of East Jerusalem. For anyone who has read the gospel narratives this has all the appearance of the garden of the resurrection, yet scholars and historians dispute the authenticity of this site.

Quite perplexing until you realise that our God is the God of miracles. If human beings in their sinful misguidedness have spoilt the place where the greatest of all miracles happened God has given us a reminder of what the resurrection was all about. It points us to a place not restricted by the physical confines of time and space that we are familiar with in this world. It reminds us of a new creation with everything restored to the perfection which God intended for us from the beginning. If the Church of the Holy Sepulchre offends the senses and speaks of the corruption of the world the Garden Tomb speaks to us of birdsong and sunlight, peace and the promise of eternity in the presence of God. The God who makes all things new.



*The Garden Tomb  
Jerusalem*

## THE GOSPEL ACCORDING TO THE ROLYPOLYS



For all owners of fur and feather babies, past and present

### Chapter 2

The really good news about the Rainbow Bridge is that it is not all one way traffic. Coming across as babies we met old, worn out fur and feather babies travelling in the opposite direction. It was sad for us to say goodbye to the Maker but he promised he would never be far away. He warned us that not all humans are kind. All are broken and sad but most are made happy by fur and feather babies. He told us

we should share his love and affection with everyone we meet, but told us to be careful of the Black Dog who roams the world. He was sad to let us go but promised we could make the journey back to him one day. Then the Maker sent us over into the care of our fur and feather mummies and daddies who taught us all we needed to know to be ourselves in this world. We were a little bit worried about the Black Dog, especially when they told us that

he wasn't always black in colour and could shape shift to appear as any living creature, but that we shouldn't worry as long as we remembered that the love of the Maker would always be with us.

Then we came to you, our human mummies and daddies and that's when things really started to become complicated....!

But next time we will tell you how the Rainbow Bridge came about.



## BELONGING BY SHIRLEY WILLS

There'll be times in your life when I seem far away  
Just draw closer and whisper My name.  
I am there by your side, place your hand in My hand.  
I am always and ever the same.

Never falter or fall, keep your eyes on My eyes  
I will steer you and guide you along.  
Ever close, ever near, in the joy and the pain.  
Trust in Me, I'll not leave you alone.

So be wrapped in my arms, let My light shine within.  
On the cross the victory I won  
Learn from Me precious child and the things I have done.  
I am Light, I am Life, I am Love.



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

**Thursday 20th MAY | 2pm - 3pm**

**'Live Well for Longer'**



**Public Health  
Northamptonshire**

**with Supporting  
Independence  
Programme**

**A FREE, informative presentation giving help and advice**

**Hosted via  
Zoom**

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

**For more info and to register :  
<https://live-well-for-longer.eventbrite.co.uk>**

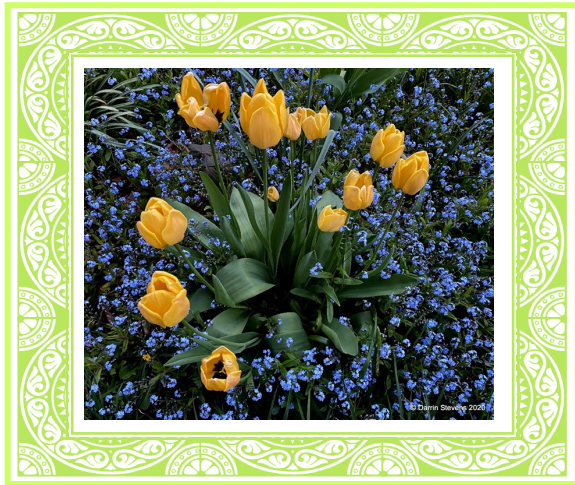
***Duston Parish Council working in partnership with St Luke's PPG***



**T: 01604 583626  
E: [bcdm@duston-pc.gov.uk](mailto:bcdm@duston-pc.gov.uk)  
[www.duston-pc.gov.uk](http://www.duston-pc.gov.uk)**



# Darrin's photos of St Luke's churchyard.





DUSTON PARISH COUNCIL

We hope you are all well and enjoying the Spring weather. Here's how you can connect with us and each other during the month of May.

More info on our Facebook and Website or contact us by phone if you are not online.

01604 583626

events@duston-pc.gov.uk

www.duston-pc.gov.uk



## DUSTON PARISH COUNCIL: Connect with us

### EASTER TRAIL WINNER

We hope you enjoyed joining in with our Easter Trail. We had some terrific feedback from residents who had walked miles to find the locations of our eggs and in doing so enjoyed time with their families and friends, got plenty of fresh air and exercise, learned facts about the history of Duston and discovered parts of the village for the first time! Our winner was 6-year-old Otto who will receive a fabulous Easter hamper to share with his family. Well done Otto. We thank every one of you that took part and already have our thinking caps on for next year's event.

### VIRTUAL WELLBEING TALK – LIVE WELL FOR LONGER —THURS 20th MAY 2-3PM

DPC and St Luke's PPG welcome you to our next health talk via Zoom. The wonderful Supporting Independence Team will cover aspects of health/mobility/wellbeing/ isolation and motivation as well as giving you lots of info about this free service available to all ages who wish to maintain independence in their own home. Trained wellbeing advisors will be on hand for the Q&A session. Pre-submit questions to [bcdm@duston-pc.gov.uk](mailto:bcdm@duston-pc.gov.uk) Register your FREE place at <https://live-well-for-longer.eventbrite.co.uk>

### THE GROW TOGETHER ALLOTMENT – 13th MAY 10-4pm

Sorting compost bins and planting. All ages and abilities are welcome to join our band of volunteers. You choose for how long. Fresh air, friendship and fun. Social distancing rules apply. Call to register so that we can let you in. [jenny@cypn.org](mailto:jenny@cypn.org) or call **01604 583626**

### KNITTING! THANK YOU NHS

And thank you to all you knitters. We were able to create 3 rainbows which can be seen on the bank and the edge of the spinney at St Luke's Centre and on Main Road just past Woodley Chase. Once again, thanks for taking up the challenge.

### DUSTON PARISH COUNCIL IS 30 YEARS OLD

May 1991 saw the first meeting of the newly reformed Duston Parish Council since being absorbed into the Borough Council in 1965. We would like to thank all councillors past and present for the contribution they have made over the years.

### TIMKEN ART

We hope you are enjoying the new bulbs at the Timken Art installation. Why not rest a while on the seat when you are passing by? There is lots more info on our Facebook@DustonPC and Website or you can contact us by phone if you are not online.

**01604 583626**

[events@duston-pc.gov.uk](mailto:events@duston-pc.gov.uk)

[www.duston-pc.gov.uk](http://www.duston-pc.gov.uk)

# Holistic Health



## Complementary Therapies and Wellbeing

Hi, my name is Heather and I have been a Complementary Therapist for 16 years. My treatment room is in Wootton where I enjoy treating people with all sorts, be it pain management or just escaping for an hour for pure relaxation. There is a wide range of fantastic treatments that come under the heading Complementary Therapies that help manage physical problems that you are experiencing, but also emotional wellbeing. Google it, I think you will be amazed at how many different types of therapies there are out there out there.

Northamptonshire has lots of therapists waiting to help you. If there is ever a time to have a look at 'what's going on' with you and talk about it, it's now. It might be a bad back and neck from having to work at home or you might be feeling a bit anxious and overwhelmed by the changes that have happened and are continuing as society starts to open up again after the last year.

Have you got a neck ache that just won't go away, or a band of tightness across your back that just sits there?

A Massage is a wonderful way of loosening off tight muscles and start you off on your way to feeling better physically and emotionally.

Reflexology, stimulates points on the feet which relate to other areas of the body and moves energy through the

body.....and it just a lovely treatment to have. I hear some of you saying, 'ugh feet! I hate my feet!', so let someone else like me who doesn't hate feet give them a treat, they work very hard for you.

Structural realignment/KORE Therapy is great for those who feel their right leg doesn't quite belong to them or they feel like their foot isn't as straight as the right.....and it's relaxing too. Your hips or neck can be out of line.

Emotional Transformation Coaching is based on Neuro-Linguistic Programming and helps you move forward if you feel stuck emotionally, can help with anxiety and offers a way of helping to find that root emotion that is responsible for your current thought process and facilitating change.

These are just some of the treatments I offer, but there are also other treatments available out there for physical and emotional support, it's just finding something that suits you. If you would like to try a treatment I offer please don't hesitate to contact me to find out more.

**Heather Goram, A Touch of Heather,  
Berry Lane, Wootton 07977 521214**



# Ian Hanlon reflects on... God's Acre

Churchyards are also sometimes known as "God's Acre", taken from the German "Gottesacker", meaning Field of God. There are about 20,000 churchyards in England and Wales, some on cliff edges, some in lush green valleys, some on the sides of hills, some in villages, some in towns and some in cities.

Here, where the dead have been buried for centuries, poets (Thomas Gray's "Elegy Written in a Country Churchyard"), composers and artists can find inspiration whilst all can find peace and sanctuary. In addition, for many species of wildflowers, trees, grasses, lichens, insects, birds and animals, the churchyard is their haven. Many plants found in churchyards have been given religious names over the centuries - examples are given below.

.....

Abraham, Isaac and Jacob - comfrey and lungwort given this name because you find flowers of different colours on the same plant.

Angel's Eyes - germander speedwell because the flowers are as blue as the sky.

Bats-in-the-belfry - nettle leaved bellflower.

Candlemas caps - wood anemone because of the time of flowering in February.

Church broom - teasel.

Easter lily - daffodil

Eve's tears - snowdrop.

God's stinking tree - elder as it was supposed to have been used for the cross.

Keys of heaven - cowslip from the resemblance of the flowers to old-fashioned keys.

Priest-in-the pulpit - lords and ladies.

Weeping widow - snakeshead fritillary because its flowerheads hang as if in grief.

.....

So, next time you wander through St. Luke's (or any other) churchyard, stop for a few moments and reflect on the importance, and the beauty, of what is around you.

**Ian Hanlon**



## PLANT AND CRAFT SALES

### Plant, Craft & Cake Sale at St Luke's Car Park

(In aid of Church Funds)



SAT 15th May 2021 10.30am - 2pm St Lukes Car Park (weather permitting)

Cakes, Plants, Crafts, Facemasks, Bric-a-Brac

Please abide by the 2 mtr social distance rule

If you have any cakes for us to sell, can they all be labelled for dietary reasons, Also please label the plants - they can be dropped off at St Luke's Friday 14th 4.30-6pm or 9.30am on Saturday in the car park

Looking forward to Seeing you all!

# The Royal British Legion

In the Royal British Legion's centenary year, we are firmly focused on the future. Our proud heritage and 100 years of experience supporting the Armed Forces community have built the strong foundations for the next 100 years.

The RBL's work has left a deep-rooted legacy for future generations and we remain dedicated to our mission of creating better futures for all those who serve with the British Armed Forces.

The RBL was formed in the aftermath of the First World War to fight for the rights of those who had given so much and come back to so little. Today, we continue to stand with the Armed Forces community and challenge injustices to ensure all those who have served and sacrificed on our behalf get the fair treatment and recognition they deserve.

The RBL has always been supported by a network of volunteers, members, fundraisers and partner organisations who share our passion for bringing people together to support, commemorate and celebrate our Armed Forces community.

The RBL has evolved and adapted over time, responding to the changing needs of the Armed Forces community and reflecting the modern-day society. As we face our next chapter, we are inviting a new generation



to be part of our future and continue our vital work.

Duston & District branch of the Royal British Legion was formed in 1947 and the Duston & District Women's section was formed in 1969. 130 members continue to work within the local community and now, having recently started a branch military history group, we are looking for volunteers who can capture historic details of those who had fallen during the world wars and other conflicts.

## **We will Remember Them.**

### **Contact us for more info;**

Branch mob: 07464 333509

Email: [hello@dustonrbl.co.uk](mailto:hello@dustonrbl.co.uk)

Email: Membership.  
[secretary@dustonrbl.co.uk](mailto:secretary@dustonrbl.co.uk)

Visit facebook: <https://www.facebook.com/dustonrbl>

# The FOOD BANK Needs you!

**We just want to say a huge 'Thank you' for your donations!**

**Keep them coming.**

Duston United Reformed Church works with Re:store to offer a food bank.

Situated opposite the Bakery in Main Road

Duston, we are open on Saturday mornings from 10.00 until noon to provide ready packed groceries, we also have household products, personal hygiene items, nappies/wipes, baby food and a treats box from which you may choose additional items. PLEASE if you need some help, come and see us. You will be assured of a confidential, warm and friendly welcome. If you know of anyone who could do with a helping hand, please tell them about us. During the current pandemic, we follow COVID guide-

lines, please wear a mask. One person at a time, unless you have children with you, in which case you may bring them in with you. A one way system is in place.

Donations may be brought to Church on Saturday and Monday mornings between 10 and noon. We currently need long life milk, tinned plate pies/tinned meat, tinned vegetables (large and small). large packets of cereal, tinned fruit/tinned rice puddings. We cannot accept fresh produce.

Thank you so much.



Remember  
YOU may  
also need the  
Food Bank!

## Top 5 Items to donate this month

**All in date please...**

- ◆ Small jars of coffee
- ◆ Plate Pie (ie Fray Bentos or like)
- ◆ Self bake bread rolls
- ◆ Tinned Fruit & rice Pudding
- ◆ Tinned Spaghetti



The good news is that donations can now be dropped off at St Luke's and St Francis' churches on the days when there are services.

See service rota in this

newsletter. Or drop them at the Rectory 3 Main Road Duston or **call Revd Mandy On 07898 364827** if you would like Suzi or Liz to pick up donations from your home.

**Thank you.**

### Donations

St Luke's & St Francis' churches (on days when there are services)

St Luke's Rectory – 3 Main Road

Liz & Suzi can Pick up on their walks

## Something to make you smile...



I was in Tesco's on Guernsey and asked where the new potatoes were.

'On the next aisle' I was told.

So I popped over to Jersey.....

A store manager heard his clerk tell a customer, "No, we haven't had any for a while, and it doesn't look as if we'll be getting any soon."

Horrified, the manager came running over to the customer and said, "Of course we'll have some soon. We placed an order last week."

Then the manager drew the clerk aside. "Never," he snarled, "Never, never, never say we're out of anything—say we've got it on order and it's coming. Now, what was it she wanted?"

"Rain," said the clerk.

Taken into hospital this afternoon with possible food poisoning.

What I thought were Spring Onions were in fact daffodil bulbs.

I'll probably be out by the Spring.





## Helping to connect Church and Community groups together for the wellbeing of all

### Community Connect

The Rectory  
3 Main Road  
Duston  
NN5 6JB

Email: [aj.marriott123@gmail.com](mailto:aj.marriott123@gmail.com)

We aim to get Community Connect out by the first week of each month, so articles for the following month need to be submitted by the beginning of the last week of each month. They can be emailed to Rev'd Mandy Marriott at [aj.marriott123@gmail.com](mailto:aj.marriott123@gmail.com) or put through the Rectory door 3 Main Road Duston NN5 6JB.

This is your community newsletter so keep your articles coming in.

**We love to hear from you.**

*We currently don't charge for Community Connect but if you would like to make a donation towards printing costs then we would be very grateful. Donations can be made by cheque to Duston and Upton PCC or by BACS transfer to Duston and Upton PCC Acc number 32599613 Sort Code 23-05-80. **Thank you.***

## In your next issue of Community Connect...

Look out for our next edition where Rob Tavener takes us on a scenic walk around Berrywood and St Crispin's!

Also, if you are out and about why not take a picture of something interesting and send it in so we can share it?

If you are part of a local Community Group, or share a hobby with others perhaps through sport, music, art, etc, we would love to hear about it. So do let us have your news. Thank you.

All contributions to Community Connect to Revd Mandy on  
**[aj.marriott123@gmail.com](mailto:aj.marriott123@gmail.com)**