



Community Connect

ISSUE 13

JULY 2021

HELPING TO
CONNECT CHURCH
AND COMMUNITY
GROUPS
TOGETHER
FOR THE
WELLBEING
OF ALL

INSIDE THIS ISSUE:

- 1 Revd Mandy writes
- 2 Service Rota
- 2 Lemon drizzle cake
- 3 The Royal British Legion
- 4 Roly Polys
- 5 Rev'd Richard writes
- 6 Bargain Shop
- 7 The Food Bank
- 8 Weddings at St Luke's
- 9 Wellbeing Café returns
- 10 DPC Connect
- 11 Wicksteed Park
- 12 Grace Church
- 13 Gospel
- 13 Tree Quiz
- 14 Wellbeing Popup
- 15 Further Info

Rev'd Mandy writes...

When I am out and about in the car, I always have my satnav readily available in case I need it. Many people have them on their 'phones now or in-built into the car. It's a gadget that is really important to me and helps me get to where I need to go.

For Christians the Bible is a bit like a Satnav giving directions to help us on our way on the journey of life.

Here's a word from the New Testament from Jesus himself. He said.....

Matthew 6: 6

But when you pray, go into your room, and shut the door and pray to your Father, who is in secret. And your Father, who sees in secret, will reward you.

What an amazing bit of encouragement and promise from God. An exhortation to go into a room and shut the door where you are alone with God.

Despite who we are and what we have done, we are welcome to an audience with the God of the Universe, the God we made us and the God who loves us.

I don't know what meetings are in your diary this month, actual socially distanced meetings or Zoom meetings, but I can't think of a more important person to meet with than God and He has invited you to go into a room and have a meeting with just you and Him and when you go into that room he promises you, that He will reward you.

Wow! What that reward is you won't know unless you go to that meeting.

So, I encourage you to go today and tomorrow and the day after that. The most important thing you can do today is to go into that room and meet with God in prayer.

Max Lucado, American Christian author writes:

Prayer is conversation with God while driving to work or awaiting an appointment or before interacting with a client. Prayer can be the internal voice that directs the external action.

So why not give it a go and see where that conversation with God leads you.



Service Rota Jul / Aug

Thursday 1st July St Luke's
 Sunday 4th July St Luke's
 Tuesday 6th July St Francis'
 Sunday 11th July St Francis'
 Thursday 15th July St Luke's
 Sunday 18th July St Luke's

Tuesday 20th July St Francis'
 Sunday 25th July St Francis'
 Thursday 29th July St Luke's
 Sunday 1st August St Luke's
 Tuesday 3rd August St Francis'
 Sunday 8th August St Francis'

Services in Duston and Upton Parish
All services are at 10am

Thursday 12th August St Luke's
 Sunday 15th August St Luke's
 Tuesday 17th August St Francis'
 Sunday 22nd August St Francis'
 Thursday 26th August St Luke's
 Sunday 29th August St Luke's

A recipe for Lemon Drizzle cake from Ann Morris.

"Hi everyone. Now that summer is here (hopefully!) here is a simple cake recipe to use for afternoon tea or a picnic in the park. Enjoy your baking!"

INGREDIENTS

Cake:

4oz soft margarine
 6oz self raising flour
 1 teaspoon baking powder
 6 oz caster sugar
 2 eggs
 3 tablespoon milk
 Grated rind of a large lemon

Topping:

4 oz demerara sugar
 Juice of the lemon

For the cake:

Mix the cake ingredients until smooth and pour into a greased, lined 7-8" tin.

Bake at gas 4 for 30 to 40 mins.

Place tin onto a cooling rack and prick the top of the cake all over with a skewer or tip of a sharp knife.

For the drizzle:

Mix the sugar and lemon juice and pour over the cake, spreading it all over the top.

The juice will sink into the cake and the top will be crunchy.

Leave to cool in the tin
 Enjoy!!

TIPS:

If you like the crunchy top, don't mix the sugar and juice until you need it or the sugar will melt and won't be crunchy.

Any type of sugar is ok but will give different finishes, e.g. if you use icing sugar the top will be sticky.

Experiment and find the one you like best!

Have fun and enjoy the summer!



Poppy walk for generations to come.

Many years ago, former Lady chair, Tracey Fogg-Stevens, RBL Duston & District Branch, came up with an idea to bring together the community which covered the branch district. Four years ago, the first poppy walk and cream teas were initiated, with the support from Upton Parish Council.

Starting from St Michael's church, which was used for this special occasion, the 2.5 k (Blue walk) and 5 k (Blue & Red walk) began. (The Blue walk covers Upton area, the Red walk covers St Crispin's). This event brought the two communities together as an act of Remembrance.



In August 2017 and subsequent years, the Poppy walk was a success showing everyone having fun and even the Northampton Mayor could be seen joining in.

Sadly in 2020, the poppy walk was cancelled due to the COVID Pandemic. This did not stop us from developing the project further and by continuing the working partnership with Upton Parish Council two ideas came together; finger pointing signs, combining the Poppy Walk. This then becomes an integral part of the Upton day events and leaving a legacy for the future generations to carry out the walk.



Finger pointing signs went up on the 13th April 2021, this the Centenary year of the Royal British Legion. The RBL Duston & District branch would like to thank Upton Parish Councillors; Cllr Darrin Stevens (Ex PAO), Cllr Andrew Holt & Cllr Nick Alex for all their efforts for making this a 10-year ambition to come to its fruition.

Contact us for more info;

Branch mob: 07464 333509

Email: hello@dustonrbl.co.uk

Email: Membership.
secretary@dustonrbl.co.uk

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

THE GOSPEL ACCORDING TO THE ROLYPOLYS



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

Chapter 4

We Rolypolys are mainly black in colour. One of us is a tricolour, so is black and brown and white, the other is black and tan. Just because we are black does not mean that we are bad... although we may have our moments! And when we use the term Black Dog it does not imply all black dogs or even black cats are bad.

We are telling you this because the term causes problems for some people.

As fur babies we don't use your language so don't have a lot of the problems asso-

ciated with it. We understand things intuitively without the need for words. It is more likely to be our nose rather than our eyes and ears that tell us if something is bad. So a colour cannot be bad.

In writing for you we have to use words and expressions that you will understand so you must forgive us if we sometimes get things slightly wrong. We find your language can sometimes cause as many problems as it solves and so are quite happy with our limited knowledge of the spoken word.

We use your term 'Black Dog' because it suggests a darkness of the mind which comes about as humans drift away from the Maker. It's easier to use your expression rather than 'ashapeshifting entityrealor-abstractthatcomesbetweenacreatureandtheMaker'

We would encourage you to spend less time using words and more time just observing and 'being' as we do, then you will find life far less complicated. We are happy just to rest in the presence of the Maker whom we trust absolutely.

KUMON

MATHS ENGLISH



FACE-TO-FACE CLASSES RE-OPENING SOON

Develop your child's **confidence, skills** and **abilities** to **thrive at school**.
Book a **free individualised maths and English assessment today!**

Northampton North 0777 0145538

at home | in centre | online

Terms and conditions apply. Fees vary. Participating study centres only.
Please refer to your local study centre. Subject to availability.

[kumon.co.uk](https://www.kumon.co.uk)

Revd Richard writes

Faith. Sometimes our faith is sorely tested, sometimes through our own personal experiences and sometimes as we look around at a world where all is not as it should be. As I was reflecting on this recently I stumbled across a video of Charles Blondin (1824–97), French acrobat; born Jean-François Gravelet on the internet. Charles is famous for walking across a tightrope suspended over Niagara Falls on several occasions, but Blondin's finest moment came on September 14, 1860, when he became the first person to cross a tightrope stretched 11,000 feet (over a quarter of a mile) over the Falls. People from both Canada and America came from miles away to see this great feat.

He walked across, 160 feet above the falls, several times... each time with a different daring feat - once in a sack, on stilts, on a bicycle, in the dark, and blindfolded, he even carried a stove and cooked an

omelette in the middle of the rope! Unsurprisingly a large crowd gathered and the buzz of excitement was palpable. The crowd "oohed and aahed!" as Blondin carefully walked across - one dangerous step after another - pushing a wheelbarrow holding a sack of potatoes.

Then Blondin suddenly stopped and addressed his audience: "Do you believe I can carry a person across in this wheelbarrow?" The crowd enthusiastically yelled, "Yes! You are the greatest tightrope walker in the world. We believe!" "Okay," said Blondin, "Who wants to get into the wheelbarrow." So the story goes there was a hushed silence... and then his mother came forward and he successfully carried her over the tightrope to the other side. She was the only one who would actually step out and put into practice her faith in him.



In John 3, Nicodemus, a teacher of the Israel and member of the Jewish ruling council is told by Jesus that for anyone to see the Kingdom of God they must be born again. Nicodemus answers Jesus by asking how this can be so: surely someone cannot be physically born again?! Had I been there in Nicodemus' shoes I can hear myself responding in a similar way... surely of all people Nicodemus, with all of his credentials and everything he'd done would see the Kingdom of God? But, no says Jesus, human credentials and what we do, do not earn us this kind of access... it is when we step out and put our faith in Jesus alone, in his love for us that through God's grace we see his kingdom, and our loving actions towards others flow from our faith and love for him. Jesus is the master tightrope walker!



BARGAIN SHOP
DUSTON COMMUNITY CENTRE
PENDLE ROAD, DUSTON

For 20% commission we will try to sell your unwanted **CLEAN** nearly new clothes and
bric-a-brac items

(SORRY NO ELECTRICAL ITEMS, PRAMS, BICYCLES OR FURNITURE)

Only 10 articles can be accepted at any one time. Please ensure items are clearly marked with your **NAME, DESCRIPTION** including the **COLOUR OF ARTICLE AND THE PRICE YOU WANT, ALL LABELS TO BE WHITE AND SECURELY STITCHED ALL ROUND OR FIXED TO THE ITEM WITH STRING OR COTTON (NO SAFETY PINS PLEASE).**

Goods are on display for approx 4 weeks. Please collect unsold goods and your money promptly. Goods not collected within a month of due date will be given to charity.

NO FURTHER ITEMS WILL BE ACCEPTED IN THE SAME NAME UNTIL FOUR WEEKS HAVE ELAPSED. NO UNSOLD ITEMS CAN BE RE-ACCEPTED FOR SALE FOR FOUR WEEKS.

NEW OPENING TIMES

Monday afternoon	1.30pm - 4.00pm
Wednesday morning	10.00am - 12.00pm
Wednesday afternoon	1.30pm - 4.00pm
Thursday afternoon	1.30pm - 4.00pm
Friday all day	10.00am - 4.00pm

The FOOD BANK Needs you!

Duston Food Bank need your donations!

Keep them coming.

Thank you.

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 chose 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 guidelines, 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 URC on Saturday and Monday mornings between 10 and noon.

Thank you so much.



**Remember
YOU may also
need the Food
Bank!**

Top 5 Items to donate this month

All in date please...

- ◆ Bottles of squash
- ◆ Plate Pie (ie Fray Bentos or like)
- ◆ Biscuits
- ◆ Tinned meat (Hot Dogs, Meatballs, Corned Beef)
- ◆ 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

Weddings at St Luke's Church

We were delighted to see weddings taking place at St Luke's Church Duston again in June.

Our congratulations go toOliver Smith and Dwynwen Kelly who were married on 12th June



And congratulations to Alex Berry and Emma Midcalf married on 19th June



Wedding Blessing

In joining your lives may God grant you both... Love... to afford each other a special quality of time together. Joy...in the accomplishments of one another. Understanding...that your interests and desires will not always be the same. Friendship...based on mutual trust. Courage...to speak of a misunderstanding and to work on a solution before the setting of the sun. Compassion...to comfort each other in pain and sorrow. Foresight...to realize rainbows follow rainy days. Awareness...to live each day with the knowledge that there is no promise of tomorrow. May God bless you and keep you in the Palm of His hand.

The wait is nearly over...



..... Starts again on Wednesday 4th August!

We are very glad to announce that Wellbeing Café will re-open on Wednesday 4th August and every Wednesday following from 1pm -4pm at St Francis Church Eastfield Road Duston NN5 6TQ.

Measures will be in place to make your visit as safe as possible with hand sanitiser available, disposable gloves and a spacious area in order to socially distance. We shall ask you to leave your name and a contact number for track and trace purposes should it be needed.

There will be tea/coffee and cake available for a small donation and crafts and games too and you are welcome to bring along your own knitting/sewing or any other table activity.

We look forward to welcoming you back or if you haven't been before, come along!

Further details from Revd Mandy on 07898 364827.



DUSTON PARISH COUNCIL

*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

Facebook@DustonPC

DUSTON PARISH COUNCIL: Connect with us

Is it holiday time already!? Lockdown continues but we still have plenty of opportunities for you to connect with us and each other during the month of July.

THE GROW TOGETHER ALLOTMENT – 8 JULY

The allotment is in full swing and despite the deluge of rain, scorching temperatures and weather cold enough to put the heating back on the produce is romping away. Join us in July for weeding and planting and you may be rewarded with a bag of veg or a lovely bunch of sweet peas! All ages and abilities welcome. 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 or call 01604 583626

VIRTUAL WELLBEING TALK – PAIN MANAGEMENT – HEADACHES & NECKPAIN THURS 15th JULY 1-2PM

DPC and St Luke's PPG welcome you to our next FREE virtual health talk. We are delighted to welcome Dr Nofil Mulla, Consultant in Integrated Pain Services at BMI Three Shires who will talk about aspects of this common condition. This presentation will be on Microsoft Teams.

Pre-submit questions to bcdm@duston-pc.gov.uk More info & register your FREE place at <https://head-neck-pain.eventbrite.co.uk>

jenny@cypn.org or call 01604 583626

LOCAL COMMUNITY SUPPORT

Did you know we have a directory on our website where you can find out what and who is in the village; from yoga classes to churches, estate agents to opticians and so much more. We are currently updating it and have been in contact with over 150 local businesses, churches, shops etc. There is still time to get your form back to us and do let us know if you are part of something that should feature and we will do our best to include you.

Contact Sarah at: events@duston-pc.gov.uk

<https://www.duston-pc.gov.uk/findmynearest.html>

01604 583626

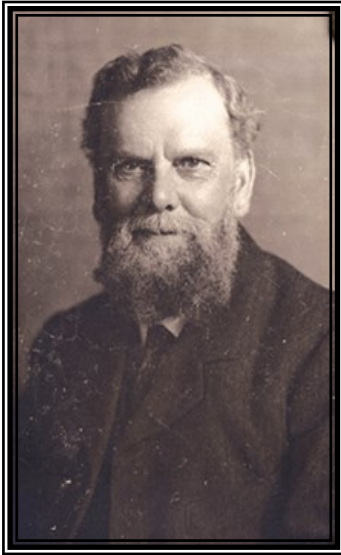
events@duston-pc.gov.uk

www.duston-pc.gov.uk

Facebook@DustonPC

Wicksteed Park, Kettering 1921-2021

The park celebrated its centenary in May this year after being closed due to Covid



Wicksteed Park in Kettering is the place of so many Sunday School Outings of both Church and Chapel; fond memories of sandwiches, cake and pop, and a wonderful water chute with so many other slides and swings for us to play on.

Charles Wicksteed (1847–1931) was a British engineer, businessman, and entrepreneur. He was best known as an inventor of playground equipment and as founder of Wicksteed Park. He purchased the land and built the park for people to have fun outdoors. The park opened officially on May 31, 1921 with a regatta on the lake.

Barbara Luke and David Carter

Sunday School Treats and Outings before WWII were, often to villages near to Duston, with activities organised by teachers and parents. But on most of the visits to Wicksteed Park, the traditional programme of sports was replaced by the amusements and rides within the Park

In 1946, the first of many visits to Wicksteed Park was arranged by the Chapel Sunday School. It may have been a shared event with the New Duston Free Church.

On 27 July 1946, the coach is ready for departure, from outside Holmleigh Farm, on the Main Road. This was a joint Duston/New Duston venture, but I'm not sure if the picture shows "Church" or "Chapel" people. I'm guessing "Church." Lady on the front right is Mrs. Shelmerdine, St Luke's Sunday School Superintendent for many years



I never felt brave enough to try the Water Chute! On at least one occasion, the tea was shared at church rooms in Kettering. Perhaps the weather was not suitable for outdoor picnics!

A new church for anyone and everyone



In 2019 Moulton Parish Church, together with the diocese, decided to plant a new church in West Northampton. Rev'd Jonnie Deja, with wife Alison and children Danny (4), Sophie (2) and Naomi (7 months), came up from London to assemble a team to launch the church. Mandy

Marriott and the team at Duston and Upton parish were eager to welcome a new church for the area. Covid, of course, has had an impact on the preparations, but we're finally ready to launch at the end of July!

Our mission is to share life in Christ – each of us (as we find new life by getting to know Jesus), with one another (as we embark on deep friendships together) and with anyone in West Northampton (as we seek to share the life-changing and life-giving gospel).

We've got 5 key values:

Truth – We believe that we can find the most important truths about reality in the Bible, and so we're committed to the Bible shaping our church, and our lives.

Transparency – The Bible doesn't only teach us the truth about God, it also teaches us the truth about ourselves – that none of us is what we ought to be – and so we're committed to acknowledging that. Church is not a place for 'sorted' people, but for people who realise they've messed up in big ways.

Transformation – One of the best things about the Christian faith is that God takes broken people and makes them whole. He does that by changing us from the inside out, as the truth about God and us we find in the Bible begins to take hold. We're committed therefore to being open and willing to change.

Church as family – Most have us have felt over the course of this pandemic how much we miss when we're isolated from other people. The biblical model of church is that of relationships so deep and committed that it's described as a family. We want to be a place where anyone who joins can expect to find the deepest sort of friendships.

Everyone needs Jesus – We aren't starting a church for ourselves, but for those who aren't yet going to church. We believe that Jesus came not just for religious types, but for everyone. And so we're going to do everything we can to make church accessible, understandable and helpful for those who wouldn't call themselves Christians.

We'll be meeting in Upton Meadows Primary School each Sunday at 10:15, it'll be fairly relaxed and informal, and there'll be a mixture of Christians and non-Christians there. We're also planning on running courses for those investigating the Christian faith to do so in groups over a meal. Perhaps you can think of someone who'd be interested – please do get in touch. Our contact details, and more information are on our website: www.gracechurchduston.com

What would we say to Jesus?

Shirley Wills

Mandy spoke a few weeks ago during her sermon at St Luke's asking, 'What would we say if someone asked us about Jesus?'

This reminded me of a poem I wrote some time ago

Gospel (Good News)

Have I told you what Jesus means to me?
Have I told you how lovely He is?
How He left His Father's throne above
To die for His sinful lambs?

Do you know your sins will be forgiven
If you trust Him and call Him your Lord?
That one day we will be with Him in Heaven
In the presence of Almighty God.

Do you know He's calling, He's calling you now?
Don't delay – He's here- Why wait?
Just surrender to Him, into His tender care
Then enter, for He is the Gate.
And one day He's returning. O yes, He'll return
To reign here, His Majesty
Then He'll take you and make you His very own
In His likeness for all time to be.

Now I've told you what Jesus means to me
And I've told you how lovely He is
He's my friend and He can be your friend too
Your Saviour, your Shepherd, your King.



Tree Quiz

- 1) Found in the grate
- 2) Hounds do this
- 3) To play on at the seaside
- 4) For closing a bottle
- 5) Was an instrument of punishment
- 6) Name for an old joke or tale
- 7) An animal's coat
- 8) Its branch is an emblem of peace
- 9) Canadian National Emblem
- 10) Colourful – of enormous proportions
- 11) To fret when away from loved ones
- 12) Take a seat in this for fast travel
- 13) Two of anything which match
- 14) Neat, smart and well groomed
- 15) Was a hiding place for a king
- 16) Blue pattern on china
- 17) Inner surface of the hand
- 18) Sounds like a female sheep
- 19) In the title of a carol
- 20) A standard paint colour
- 21) Senior of two persons
- 22) An ape problem

(Answers in next month's edition)!



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

Thursday 15th JULY 2021 | 1pm - 2pm

**'Pain Management:
Headaches & Neck Pain'**

by **Dr Nofil Mulla**

*CONSULTANT in INTEGRATED PAIN SERVICES 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**

For more info and to register go to
<https://head-neck-pain.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





Community Connect

The Rectory
3 Main Road
Duston
NN5 6JB

Email: aj.marriott123@gmail.com

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

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 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...

Next month – Why not send in pictures of your gardens, or unusual holiday or day trip pics?

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

