

*If you would like to share in this Bible study and would like a book, please contact Revd Mandy Marriott on **07898 364827**. The books are £5.50 and will be available from Revd Mandy. We shall be meeting on Thursday afternoons for six weeks beginning **Thursday 1st September 2pm at St Francis' Church Eastfield Road.***

IGNITE YOUR PASSION FOR GOD

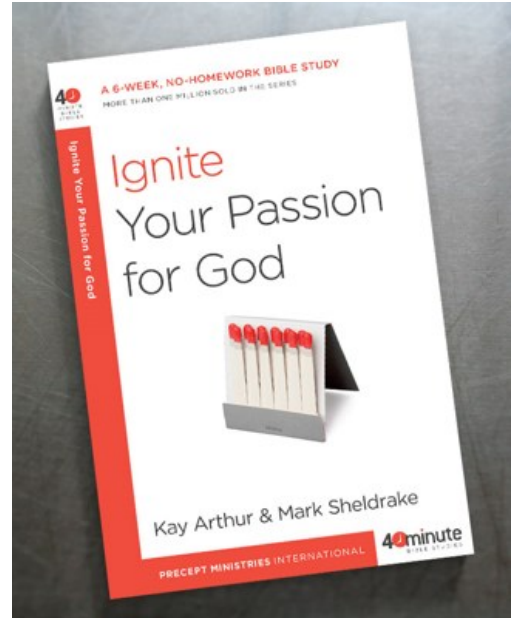
40 Minute Bible Study
by Kay Arthur & Mark Shel Drake

6 Lessons

What does it take to fuel a faith that burns bright, no matter what?

At different times in spiritual journeys, developing a lack of interest toward the things of God, is something that can often cause conflict in the lives of those who want to seek Him. Instead of being fuelled by spiritual passion, faith seems to be running on autopilot. Sputtering to a halt, forming excuses to avoid spiritual engagements are becoming noticeably more apparent in your life.

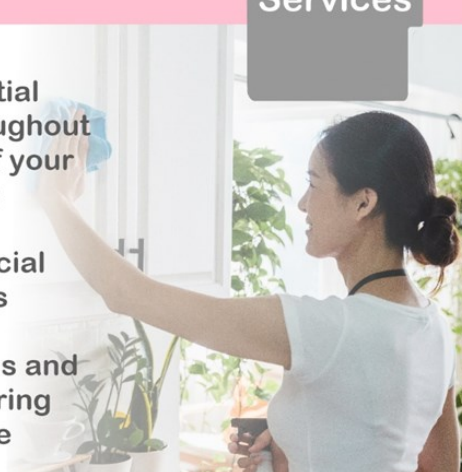
However, through this six-week "Ignite your Passion" Bible study, open your eyes to these distractions. Regain control of the things that can undermine your interest in God. You can discover practical steps to take to ignite a fire that will propel toward a deeper, more meaningful faith and ultimately grow your relationship with God.



Residential cleans throughout all areas of your home

Commercial Cleans

Deep cleans and de-cluttering service



Currently recruiting team members in the area, please contact Lisa Jayne on 07890 269607

07890 269607

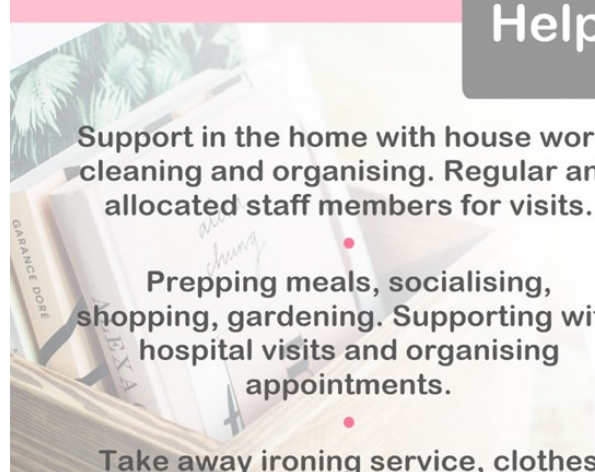
hccsolutions@outlook.com



Support in the home with house work, cleaning and organising. Regular and allocated staff members for visits.

Prepping meals, socialising, shopping, gardening. Supporting with hospital visits and organising appointments.

Take away ironing service, clothes and linen ironed and return separated and folded.



07890 269607

hccsolutions@outlook.com





Service rota for July/August

Sun 3rd Jul 8.30am St Luke's
& 10am St Francis

Thu 7th Jul 10am St Luke's

Sun 10th Jul 10am St Luke's

Tue 12th Jul 10am St Francis

Sun 17th Jul 10am St Francis

Thu 21st Jul 10am St Luke's

Sun 24th Jul 10am St Luke's

Tue 26th Jul 10am St Francis

Sun 31st Jul 10am St Francis

Thu 4th Aug 10am St Luke's

Sun 7th Aug 8.30am St Luke's

& 10am St Luke's

Tue 9th Aug 10am St Francis

Sun 14th Aug 10am St Francis

Thu 18th Aug 10am St Luke's

Sun 21st Aug 10am St Luke's

Tue 23rd Aug 10am St Francis

Sun 28th Aug 10am St Francis



Coffee Mornings

Monthly Coffee mornings to start again at St Francis' Church!

Come & join us for our first one on **Saturday 13th Aug 10am - 12 Noon.**

LEWIS BISHOP
PHOTOGRAPHY



Hello, my name is Lewis and I am a photographer based in Northamptonshire. I am an award-winning photographer renowned for my unobtrusive approach and creativity. I believe that you deserve better than a cookie-cutter approach, and I pride myself on my ability to build rapport with my clients and understand what's important to them. Capturing life's precious and memorable moments is what I do best. I cannot wait to create beautiful works of art that will enable you to relive all the joy and magic of your celebration time and time again.

**Real Lives, Real Memories,
Real Moments, Captured...**

Web:

www.LewisBishopPhotography.co.uk

Email:

Info@LewisBishopPhotography.co.uk

Phone:

07593419613

Running Through my mind

Tim Dwelly



Cross-Country Blues

Follow me on:



I've not met anyone who enjoyed their School's cross-country run. The annual compulsory hour of "torture" was dreaded by many, me included. One particular year sticks firmly in my mind. Having staged my own teenage protest by walking the entire distance chatting to a friend, I realised, at lap 3.75 of 4 laps round the school grounds, we were bringing up the rear. Everyone else had finished. Panic struck. I'd be the laughing-stock. Finishing last was not an option. My friend knew this too. And for the first time, we both ran. Sprinted as if our lives depended on it. Neither of us wanting the "loser" label that awaited one of us.

I was edging ahead. This was it. I wasn't going to be last. My lungs were bursting, my legs were screaming for me to stop. But I didn't let up. I sprinted as if my life depended on it and saw the finishing lines. Yes, that's right, "lines". It isn't a typo. There were two. One line clearly marked "Boys", and one marked "Girls". Each consisted of a 20 yard "corridor". Well, the labels were evidently NOT marked clearly enough for me. My euphoria turned to horror as I heard the few remaining spectators shouting "wrong line". By the time this devastating news had sunk in, and I had retraced my steps to head

down the correct "line" my friend had already finished. My head hung low, defeated, crushed, I shuffled over the correct line.



For the next 33 years running was less enticing than cleaning limescale out of kettles, or raking leaves in a hurricane. It took a drastic change in my personal life – a separation – to make me realise I needed to head down a new "line". I began to use running as a means of distraction. An outlet for emotion. To process hurt, sadness and anger. As the months rolled by, my mind and heart healed. I found that not only was I still running, but I was also (shock-horror!) enjoying it. So, I kept going. And here I am 3 years further down my new "line", still running and loving it.

That cross country run is of course a distant memory. An anecdote. A starting point on my path through the running map of my life. But what can I take from it?

- Well, at a metaphorical level I must keep my head up and look where I'm going. Watch out for "signs" pointing me toward the correct path
- I'm also aware I might not always be travelling in the right direction. No matter how this might feel at the time, it's NEVER too late to be rectified
- Finishing last does not signal the end of the world and does not define my worth. But it can be used as a spring-board for self-improvement

In future Community Connect issues I'd like to talk more about the importance of physical AND mental health. Although not a professional by any means, I do believe the mind has great strength that we can harness to help ourselves and others. In the meantime, if you want to get in touch, feel free to message me on Facebook, or follow my running progress on Strava!

Be kind to yourselves,
Tim.

Wellbeing Cafe celebrated the Jubilee - with food, fun, and a quiz'



Shona Thomas from St Luke's School writes

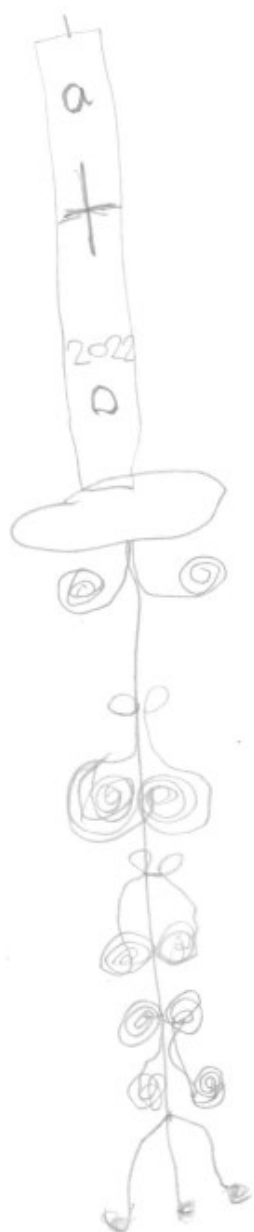
'On Thursday afternoon we took our Year 2 from St Luke's Primary School to visit the church. We are learning about why places of worship are important to believers. The children thoroughly enjoyed their visit and listened to Rev Mandy as she spoke to them about the church and all they could see. It was a unique experience for

them.

Here are some examples of art work and writing from some of the children.'

'My favourite part of the visit was looking at things I have never seen before. My favourite thing to see was the stained-glass windows.'

'I loved learning about why Christians worship God. I liked drawing what we could see. I saw an eagle, a cross, a bell and a candle and I found out that a memorial was writing about a person who has died.'



The Easter Candle





Cyber Talk

by Northants Police

Organised by the Women Section – The Royal British Legion

Monday 18th July 2022

1130 Hrs – 1300 Hrs

All Welcome: Community Room 1

If you are interested and would like to come along and attend the talk then please let us know:

Tel: 07464 333509 or email: DustonRBLWS.co.uk

BRING a friend along

FREE Tea and coffee available

Anyone who wishes to join the branch or would be interesting in supporting the Women Section, then please by all means speak to a member of the committee.

Look forward to seeing you



Registered charity



Pop along to St Luke's church for a cuppa and some cake and browse our books, jigsaws, cards and crafts.

Dates: Sundays 17th July, 14th August, 25th September, 16th October.

All in aid of Church Funds.

The Royal British Legion is the country's largest Armed Forces charity. They provide lifelong support to serving and ex-serving personnel and their families in the form of advice and guidance, practical help in rehabilitation and transitioning to civilian life as well as encouraging communities to participate in Remembrance commemorations.

If you would like to be part of the RBL at a local level and see how we work in the community then come along to

**ROYAL BRITISH LEGION
DUSTON AND DISTRICT
BRANCH**



We hold meetings at 7.30pm on the Second Thursday of each month at
St Crispin Club
Berrywood Rd, Upton, Northampton NN5 4XD

For more details contact 07464 333509 or email
secretary@dustonrbl.co.uk

CLICK
Confidence Learning Integration Creativity Knowledge

Shelby Jackson

REQUEST THE HONOR OF YOUR PRESENCE
AT THEIR MARRIAGE

Fri 21st October 7.30pm
Sat 22nd October 3.00pm

Steel Magnolias
BY ROBERT HARLING

An amateur production in association with Concord Theatricals
IN SUPPORT OF DIABETES UK

Duston Community Centre, Pendle Road, Northampton, NN5 6DT
Tickets: £8 - £12 (plus booking fee)

Booking via eventbrite: <https://www.eventbrite.co.uk/e/steel-magnolias-by-robert-harling-tickets-250124478047>
(also search "Steel Magnolias" on Eventbrite)



PLEASE JOIN US for our next
**LIVE HEALTH &
WELLBEING TALK**

THURSDAY 21st JULY 2022 | 1.15 - 2.30pm

CARERS SUPPORT & ADVICE

with Lynne Gallagher
Age Well Team Leader & GP Liaison,
Northamptonshire Carers

A FREE, informative presentation giving help and advice

1.15 pm Refreshments
1.30 pm Talk
2.15 pm Q&A Session

**Duston Community
Centre**
Pendle Road, NN5 6DT

**Info and register: events@duston-pc.gov.uk
or call 01604 583626**

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



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



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



DONATIONS

URC—Sat & Mon
(10:00—12:00)

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

Duston FOOD BANK Needs you!



Duston United Reformed Church (URC) works with Re:store to offer a food bank on Saturdays 10:00 to 12:00.

Situated opposite the Bakery in Main Road Duston, they are open on Saturday morn-

ings from 10.00 until noon to provide ready packed groceries. They 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.

- TOP ITEMS TO DONATE**
- * *Baked beans*
 - * *Instant mash*
 - * *Tinned meats*
 - * *Tinned fruit*
 - * *Tinned rice pudding*
 - * *Toiletries*

FOR YOUR DIARY.....

Saturday 24th September Macmillan Coffee Morning at St Francis 10am - 12.30pm.



Duston Dashers

We're a Social Running Group!

Sunday morning, meet at Errington Park, Ryeland Rd entrance, just before 0830!

All levels of runners are welcome for a nice chatty Sunday run, whether you're in training, want to get active or 'dust down' your trainers!

Come and join us, and we enjoy a nice well-deserved cuppa and a natter at the end.

Any questions please get in touch, DM via Duston Dashers FB page or direct on:

07485 784370

Lawrie

Come and join us. What have you got to lose?



Have a go at the Summer Quiz!



Answers found on the back page!!

Part One

1. 'The First Day of Summer' is an annual public holiday celebrated in which European country in April?

2. Can you give the first line of Grease's 'Summer Nights' lyrics?

3. Which feast day falls on July 15 every year?

4. Who was credited with saving 77 lives during seven summers working as a lifeguard at Lowell Park, Illinois, starting in 1926?

5. Which singer was known as the 'Queen of Disco'?

6. Who met and fell in love with Marge Bouvier in a 1974 summer camp?

7. Which novel is told partly by its heroine Esther Summerson?

8. The "dog days of summer" are named after the Dog Star; what is the better known name of this star?

9. What term is often given to a period of dry hot weather that occurs in the autumn?

10. 'Shall I compare thee to a summer's day' is the first line of which William Shakespeare sonnet?

11. What was the first name of Clegg in the sitcom Last of the Summer Wine?

12. The summer solstice occurs in the Southern Hemisphere during which month?

Part Two

13. 'In the Summertime' was a debut single and big hit for which British rock band?

14. Name the fictional seaside town in the Australian sitcom Home and Away?

15. By what two names is the character Puck also known in the play A Midsummer Night's Dream?

16. Who sang the song 'Summer', which received nominations for British Single of the Year at the 2015 Brit Awards?

17. One Summer, a 1983 British TV drama by Willy Russell, gave which English actor his first break as sixteen-year-old Billy Rizley?

18. Castel Gandolfo is famous for being whose summer residence?

19. London have hosted the Summer Olympic Games three times, can you name the years?

20. Name the cities which hosted the following Summer Olympics: (a)1952, (b)1960, (c) 1972, and (d)1988?

21. What is the Italian word for Summer?

22. The Summer Palace is a vast ensemble of palaces, gardens and lakes in which world city?

23. British Summer Time begins and ends on the last Sundays of which months? (two answers)

24. In the famous nursery rhyme what did the Queen of Hearts make 'all on a summer's day'?



The Grow Together Allotment Volunteering Days 2022

Duston Parish Council's community allotment on Berrywood Road was established in 2016 and is a collaboration between Duston Parish Council and local volunteers.

The project aims to engage people of all ages and abilities in gardening; we offer opportunities to meet new people, spend time outside and share and learn new skills. A great way to help improve your mental and physical wellbeing.

Date	Time	GUIDE ONLY: JOBS MAY VARY
24 th February	11 -3 pm	Digging and Seed Planting
24 th March	11- 3 pm	Potato Planting & Compost Bins
21 st April	11 – 3 pm	Celebrating Earth Day 'Invest in our Planet'
19 th May	11 – 3 pm	Weeding & Planting
23 rd June	6 – 10 pm	Mid-Summer Gardening with Refreshments
21 st July	11 – 3 pm	Crop Harvest & Tidy
18 th August	11 – 3 pm	Crop Harvest & Tidy
22 nd September	11 – 3 pm	Weeding & Planting
20 th October	11 – 3 pm	Harvest & Digging
17 th November	11 – 2 pm	Shed Clear & Tool Cleaning
15 th December	12 – 2 pm	Christmas Lunch

Whether for all or part of the session, we need to know that you are coming so please contact Alison on 01604 379495 or via email at bcdm@duston-pc.gov.uk

You can also contact us using the methods above for more information and to register



The Grow Together Allotment



@duston_pc



DustonPC

www.duston-pc.gov.uk

Northampton in Bloom Gold Winners



Every Wednesday 1pm - 4pm
At St Francis Church



Wellbeing Cafe

Recognising that many people suffer from loneliness and stress, as a church community, through the Wellbeing Cafe, we are seeking to provide a safe, warm and welcoming space for people to improve emotional wellbeing, by providing a listening ear, a cup of tea or coffee and access to board games, jigsaws, craft activities and a space for reflection if needed.

The cafe is open on Wednesday afternoons at St Francis Church, Eastfield Road, Duston, Northampton NN5 6TQ from 1pm until 4pm. Please feel free to pop along.

For more information please contact Revd Mandy Marriott on 07898 364827 or email aj.marriott123@gmail.com



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.



Summer Quiz answers

1. Iceland	9. Indian Summer	17. David Morrissey
2. Summer loving had me a blast	10. Sonnet 18	18. The Popes
3. Saint Swithins	11. Norman	19. 1908, 1948, and 1912
4. Ronald Reagan	12. December	20. (a)Helsinki, (b)Rome, (c) Munich, and (d)Seoul
5. Donna Summer	13. Mungo Jerry	21. Estate
6. Homer Simpson	14. Summer Bay	22. Beijing
7. Bleak House	15. Robin Goodfellow	23. March and October (begins last Sunday of March, ends last Sunday of October)
8. Sirius	16. Calvin Harris	24. Some tarts