



Community Connect

Nov / Dec 2022
Issue 26

Inside this issue:

Revd Mandy writes	1
The Scouts	2
Service rota	3
A partridge in a pear tree	4
Soarin' through the universe	5
Running through my mind	6
Bell ringing news	7
The invisible man	8
Christmas cards & Christmas	11
Dr Audrey Tang	12
DPC Connect	14
Duston Food Bank	16
Duston Dashers	16
Wellbeing café	17
Further info	18

Revd Mandy writes

I want to tell you about John, a homeless man I met who sits outside the Asda supermarket in Rushden. He is there every week, head bowed and graciously accepting gifts of food and money, waiting and waiting to go further up the list in order to be housed. Winter is almost upon us and he is grey with the cold. I once had a conversation with someone who was homeless in Leeds. She told me that the worst thing was the way in which people walked past her in the street avoiding her and not even looking at her, almost as if she were invisible. It made her feel unwanted and unloved.

In London, near Trafalgar square, stands the Church of St Martin in the Fields. This Church has for many years worked with homeless and vulnerable people in central London and also individuals and families in need all over the UK, many threatened by homelessness or with experience of being homeless.

The Church bears the name of St Martin who as a saint is remembered on 11th November each year. It is Martin's story which inspires the work of this famous London Church.

St. Martin of Tours (A.D. 316-397) was born as the son of a senior military officer of the Roman army. Attracted by the Christian doctrines, he went to the church as a candidate for baptism (catechumen) at the age of ten, even against the wishes of his pagan parents. At the age of fifteen he had to join the military and became a soldier.

On a bitterly cold winter day, he was passing through the city gates of Amiens. He saw a scantily dressed poor beggar, shivering in the snow storm. No one cared for him. Out of compassion, Martin cut his fine military cloak into two pieces with his sword. He gave one piece to the poor man who thankfully wrapped himself with it as a shawl. Martin covered himself with the other half.

That night, Martin had a dream. Jesus appeared before him, dressed in the half-cloak which he had gifted to the beggar. Jesus showed the mantle and said to the surrounding saints and angels "Martin, as yet only a catechumen, has covered me with this cloak."

Martin remembered the words of Jesus:

"I tell you, whenever you did this for one of the least important of these brothers of mine, you did this for me"

{Matthew 25: 40}.

He got baptized soon. He renounced the army and announced that he would be a soldier of Christ. He spent the rest of his life as a zealous missionary, preaching the word of God and suffering humiliation and punishment to uphold his faith. He lived as a monk and formed the first monastery in France. Later he was ordained as the Bishop of Tours. He led the fight against heresy. He is a patron saint of soldiers and of France.

Martin's story reminds us that 'no man is an island entire of itself' that we all are connected to each other as part of the human family here on earth and we have a duty to care for our fellow human beings wherever they are.

Even in this climate of rising prices, may we never overlook those who go hungry and are without the basic necessities of life.



What have the Scouts been up to?

Fourteen Scouts met at St. Luke's Community Centre on Monday 10th October for the short walk over to the church of St. Luke in Duston where we met Liz and Karen who were going to show us 'the ropes' and guide us around.

First on the agenda was a walk around the churchyard where we paid respect at some of the war graves and were shocked at how young they were when they died.

We viewed one of the larger memorials of an industrialist with an anchor on it before looking for a much older headstone with a skull and crossbones.

We looked at old sundials scratched into the outside wall of the church before finally putting our hand in the spidery leper hole. Jesse was the first to try and it was his first week with us. I think he'll be back!



Inside the church we had some paper and crayons to do some rubbings. There was a metal grate that James took a very good impression of and memorials on the floor and walls. Saoirse had a very readable one from a plaque quite high on a pillar.

Finally we were all quiet as we listened to how we should ring the bells. Everyone had a go at chiming and it went very

well with no-one disappearing up into the bell tower!!

Finally back to the Community Centre for parents to collect.

Many thanks to Liz and Karen for a very interesting and entertaining evening.

16th Northampton (Duston) Scouts



PLEASE NOTE...

For the months of January and February only in 2023 our 10am Sunday services will be held at St Francis Church. This is to limit rising heating costs. More details to follow in our January/February edition.

Service rota for November / December

Tue 1st Nov 10am St Francis
 Sun 6th Nov 8.30am St Luke's
 10am St Francis
 Thu 10th Nov 10am St Luke's

Remembrance Sun 13th Nov
 8.30am St Luke's
 10am RBL service St Luke's

Tue 15th Nov 10am srvc St Francis
 Sun 20th Nov 10am St Francis
 Thu 24th Nov 10am srvc St Luke's
 Sun 27th Nov 10am St Luke's
 Tue 29th Nov 10am srvc St Francis

**No Midweek services between
 Christmas and New Year.**

Sun 4th Dec 8.30am St Luke's
 10am St Francis

Thu 8th Dec 10am St Luke's

Sun 11th Dec 10am St Luke's

**Sun 11th Dec 6pm Carol service St
 Luke's**

Tue 13th Dec 10am St Francis

Sun 18th Dec 10am St Francis

**Sun 18th Dec 6pm Community Carol
 singing outside Duston Community Cntr**

Thu 22nd Dec 10am srvc St Luke's

Sat 24th Dec Christmas Eve

4pm Family srvc St Luke's

11.30pm Midnight srvc St Luke's

Sun 25th Dec Christmas Day

10am St Francis



At St Luke's Church Duston 4pm Christmas Eve

And a partridge in a pear tree...



Amidst the preparations for Christmas you may well find yourself singing 'The twelve Days of Christmas'. But do you know the history to this fun carol?

For almost 300 years after the Reformation, Roman Catholics in Britain were forbidden by law to practice their faith openly. The only way they could pass on their faith without arousing the fury or suspicions of their Protestant neighbours, was to put their teachings into a sort of code which would sound harmless to those who chanced to overhear it. The best example of this is the song 'The twelve days of Christmas.'

The twelve days extend from the 25th December to the 6th January, the date the church chose to mark the visit of the wise men to Bethlehem. The speaker in the song is an ordinary Christian and God is the 'true love' who keeps sending gifts.

The first gift, a **partridge in a pear tree**, being Jesus Himself.

Two turtle doves reminds us of the sacrifice Mary and Joseph made when they presented Jesus at the Temple after his birth. They were not able to afford the usual sacrifice of a lamb.

Three French hens, valued for their beauty and cost symbolised the three costly gifts of the wise men.

Four calling birds suggest the four Gospels which tell of the life of Jesus.

Five Gold rings - representing the first five books of the Old Testament - the Torah or Law.

Six geese a laying, represents the six days of creation.

Seven swans a swimming - representing the seven works of mercy as found in Romans 12: prophesying, serving, teaching, encouraging, giving, leading, showing kindness.

Eight maids a milking - These maids provide nourishment for everyday life and so suggest the eight beatitudes: Blessed are the poor in spirit, those who mourn, the meek, those who hunger and thirst for righteousness, the merciful, the pure in heart, the peacemakers and the persecuted.

Nine ladies dancing, represent the fruits of the Spirit: love, joy, peace, patience, kind-

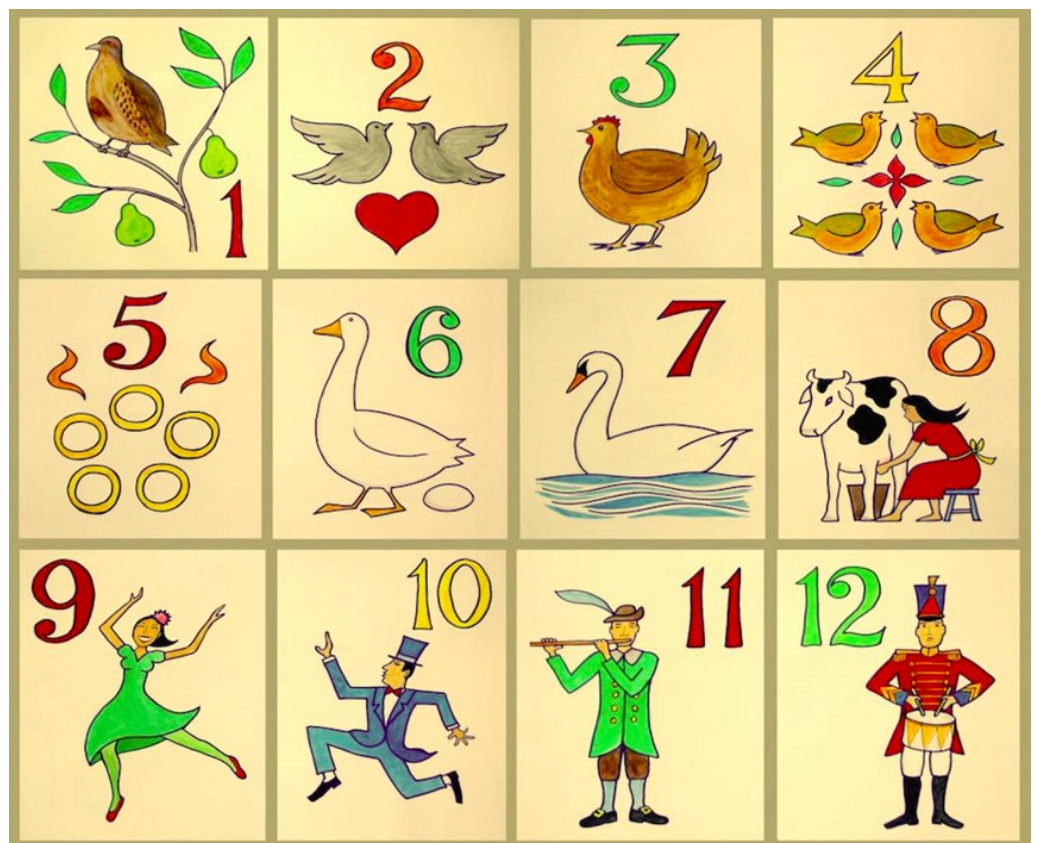
ness, goodness, faithfulness, gentleness and self control.

Ten Lords a leaping - the ten commandments.

Eleven pipers piping - suggests the eleven disciples, left after Judas hung himself.

Twelve drummers drumming - the 12 points of the Apostles creed.

The accumulative pattern to the song, each verse adding some new gift, and then working its way back through those gifts already mentioned, serve as a reminder of the way in which God bestows fresh gifts on us and keeps renewing gifts previously given.



Soarin' through the universe

Anonymous

Swimming thru galaxies in a dark cosmic pool, you plunge thru the blackness that spirals and spools

Across the chasm of space like a giant you breach, any sparkling new firmament you want to reach

Upwards then downwards as far as you go, in this sky realm of diamonds, no low is too low

In fact each direction's irrelevant here, as you swoosh through the stardust so resplendent and clear

Then a kick filled with joy leaves you trailing your hand, etching lines into galaxies, like celestial sand

The obsidian sky iridescent and sparse, is your personal cocktail of luminous stars

From a pale blue dot and a bright yellow sun, you dove into nothingness looking for fun

Eyes drunk with eternity begin to be filled with a feeling of joy as your excitement grows shrill

You're surfing the universe on your own wondrous terms and the galaxies swarm to your whimsical squirms

Across the gulf of space your euphoria booms, then slowed from your rush a chance bright, blue world blooms

You alight on a planet a distant, strange world, yet you feel so at peace as its warm breezes swirl

And as you curl up to sleep on a plant soft as cream, the universe hosts your most beautiful dreams

COMMUNITY CAROL SING!!



Come along and get in the festive mood and join in singing some Christmas Carols to celebrate the reason for the season!

Sunday 18th December 6pm

Outside Duston Community Centre, Pendle Road . NN5 6DT

More details from Revd Mandy Marriott—07898 364827

Running Through my mind

Tim Dwelly



Kicking off in a kickabout

Follow me on:



Temper tantrums!

Recently, I watched my children playing football: Sam, my 13 year old football-mad son against Beth, my (almost as) football mad 8 year old daughter. The age, size, & skill difference quickly became evident. No matter how hard she tried to score, she couldn't. Her reaction? "Why am I no good?". It wasn't long before things escalated: tears of frustration were followed by cries of "I'm rubbish!", and "I can't even kick it straight....[kicks ball deliberately into the flower bed]...see?". Beth's wails of raw emotion were so loud, I was half expecting a visit from environmental health.

Two observations:

Firstly, Beth was playing one-v-one. Any comparison will therefore produce a binary/opposite result. Win or lose.

Secondly, playing with a larger group (weekly football training with 15+ other girls) Beth's ability ranks somewhere in the middle. But against Sam, she only had someone bigger, faster and more skilled to compare herself to.

The result? A shrieking foot-stamping 7 year old with a tear-stained face.

Comparison is the thief of joy

Comparison is a common social behaviour. I'm guilty of it. I use Strava to track my running. It's like Facebook but for athletes. Your "posts" (ie runs, walks, cycle rides, etc) are tracked, mapped, timed, dis-

sected, analysed, and published for all your friends to see. In turn, you can see theirs. There are other athletes that run further, and faster than I do. At times it will negatively impact my mood.

Have you done something similar? Scrolled through social media, seen someone else's achievements, and turned this to self criticism? Perhaps you've seen someone earn promotion at work and felt jealous. Maybe friends are enjoying a glorious holiday that you can't afford. Or simply, someone else has a bigger house, newer car, nicer garden. See what I mean? More common than you think.

So...why do we compare ourselves to others?

A social psychologist called Leon Festinger explored this in the 1950's. He argued that it's human nature to strive for self-evaluation but to understand our own value, we must know our position in relation to others. Using a running analogy, we recognise Mo Farrah as an elite athlete because he races AND BEATS his competitors. Beth was able to evaluate her own footballing ability by comparing herself to Sam (with almost apocalyptic results).

Time to push back

If any of this feels familiar, here are some of the things I do; strategies that help me remain positive.

Recognise when you are doing it, then it becomes easier to address & rectify. Be reassured

that it's very common – you are not alone

Your mind will compare your "worst" with someone else's "best".

Move focus onto yourself, and make sure it's in a POSITIVE way. Recently cooked a delicious meal? Give yourself credit. Celebrate your own achievements big or small.

Focus on something you're good at and recognise your progress. Learnt a new language? Give yourself a pat on the back for the progress you've made.

Imagine yourself as a friend. How would you talk to your "friend" about their achievements? You'd give praise and encouragement. So do this for yourself too.

If it doesn't come easily, don't give up. You're attempting to rewire some well-established neural habits – it can take time.

So what of Beth and her football?

You'll be pleased to hear she hasn't given up football. She's getting better, and she still (mostly) plays with a smile on her face. No temper tantrums since! And that's what it's all about. Young or old, we all deserve to have a smile on our faces. Make sure you do too. Until next time...

Be kind to yourselves, Tim.



CHRISTMAS IS THE CELEBRATION OF THE BIRTH OF JESUS, THE SAVIOUR OF MANKIND

Come and join us for our Carol Service with seasonal readings for Christmas at St Luke's Church Duston

Sunday 11th December at 6pm

Bell Ringing News

Peals and Quarters for Cecil Swann

Two full peals and two quarter peals have been rung or are being attempted, in memory of our late Tower Captain and stalwart of this parish Cecil Swann, at several towers where he had connections with.

On Wednesday 21st September a peal of 5040 changes of Treble Dodging Minor (7 methods) was rung at St. Luke's in 2 hours 37 minutes by visiting ringers in memory of Cecil and her Majesty the Queen.

Our bell ringers and a few of Cecil's ringing friends rang on Tuesday 18th October for him and St. Luke's Patronal

Festival, this consisted of 1260 changes of Grandsire Doubles and took 47 minutes.

- 1) Elizabeth Leaman (Cecil's daughter and present Tower Captain)
- 2) Jane Bloomfield
- 3) Martin Bull
- 4) Giles Willson (Northampton Branch Ringing Master)
- 5) Alistair Donaldson (Conductor) (Guild President)
- 6) Geoffrey Brown

When Cecil was younger he regularly visited Barnack, near Stamford, to see his maternal grandparents and other family members including his cousin Kenneth, who sadly passed away in August this year a few days before his 90th birthday. A quarter peal will be attempted for Cecil and Ken on Wednesday 2nd November at St. John the Baptist Church, where they were Baptised.

A full peal will be attempted on Sunday 4th December at St. Helen's Church, Great Oxendon, near Market Harborough, where Cecil learnt to ring. He was born and bred at the station cottages until just before he married Jean in 1963, after which

they set up home in Duston.

A peal consists of over 5000 changes and usually takes approximately 3 hours non-stop ringing.

A quarter peal is at least 1260 changes and takes about 45 minutes of nonstop ringing.

Peals and quarters are rung for many reasons including special occasions, birthdays, weddings, anniversaries and in remembrance of someone.

We practice on Thursdays 7.30-9.00pm at St. Luke's, please come along if you'd like to learn (occasionally if there's not enough ringers we cancel, so please ring Liz on 07980 853917 to check that we are ringing). Come along and have a go! We would also like experienced ringers to join us too. We are a friendly and welcoming team! There's parking at the Rectory (3 Main Road, Duston) or next door at Wallace Hind. Enter the church via the priest's door at the back of the church to the left of the tower. (The main door will be locked.) Thank you.



Duston Remembers

1st - 14th November 2022

Please join us:

Poppy Cascade on St Luke's bank

Dedicate a poppy

Remembrance Services Sunday 13th November:

St Luke's Church 10am

Followed by laying of wreaths at the War Memorial

DURC 10.30am

Boys' and Girls' Brigade Parade



Full details on our website



www.duston-pc.gov.uk/duston-remembers



Duston PC



events@duston-pc.gov.uk



01604 583626



The Invisible Man

From the howling maw of winter's bitterest blizzard, a stranger appeared at their door. Crying piteously for shelter, Mr and Mrs Hall took him in. But in the light of the fireside, they began to wonder who, or what, they had let into their home.

Local police fight among themselves as a thieving, murderous, and frankly rude figure stalks the village. Meanwhile, a hopeful young scientist finds herself an unlikely mentor. However, will the terms of this collaboration cost Miss Kemp her life?

HG Wells' **THE INVISIBLE MAN** is Duston Players' first ever Winter Thriller, coming to **Duston Community Centre 30 Nov - 03 Dec**. James Burgess helms the production, and has been developing the script for three years. The cast features a range of new talent, starring Masque Theatre alumni Will Brown as the nefarious Dr Griffin, Helena Enright-King (Annelie in Click Arts' Steel Magnolias) and a host of character actors you'll be rooting for, to capture the sinister Invisible Man.

This production is supporting the Lewis Foundation, who

provide care and comfort for cancer patients in hospitals. Cancer is a terrifying, uncertain, and often lonely time for all affected. The Lewis Foundation focus on boosting the wellbeing of patients, with puzzle books, hydration packs, radios, etc. They deliver over 2,500 gift packs per

month across the Midlands. Tickets can be purchased either at www.Ticketsource.co.uk/Duston-Players, or by calling **07916 011375**. Some will, as always, be available on the door, but once they're gone, they're gone!

DUSTON PLAYERS www.dustonplayers.org.uk

HG WELLS'
THE INVISIBLE MAN

The best idea... Just the IDEA of a man.

30 NOV - 3 DEC 07916 011375 7.45PM
www.ticketsource.co.uk/Duston-Players
TICKETS £10
(Discounts available)

30 NOV - 3 DEC 07916 011375 7.45PM

www.ticketsource.co.uk/Duston-Players

TICKETS £10

(Discounts available)

THE INVISIBLE MAN

**DUSTON
PLAYERS**

What will you do when

THE INVISIBLE MAN

comes tap-tap-tapping
on your door?

The spine-chilling
stage show!

30 NOV - 3 DEC
7.45PM £10

Duston Community Centre,
NNS 6DT

Proudly supporting The Lewis Foundation.

The Lewis Foundation

Charity No. 1066405

Comfort and happiness for cancer patients in hospital.

NEW **FREE***

YOUTH CLUB



Duston Sports Centre

10-13 years 5-6pm

14-16 years 6-7pm

Every Monday during Term Time



*Please note these sessions are only available for children and young people residing within the Duston Parish. You will be asked to supply an eligible postcode to attend.



Duston Sports Centre
Cotswold Avenue
Northampton
NN5 6EX



SCAN ME

Book 8 days in advance

Christmas Cards

Ian Hanlon

During the coming weeks people will be starting to think about Christmas, especially as Christmas cards and confectionary are already appearing in our shops.

Christmas cards give a lot of pleasure both to the sender, who carefully chooses the card to suit the recipient and to the recipient, who looks forward to receiving them. People often include messages and family news with the card.

Following the introduction of the world's first postal service in the UK in 1840, the world's first Christmas card was pro-

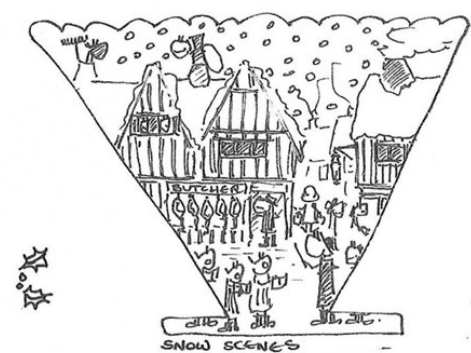
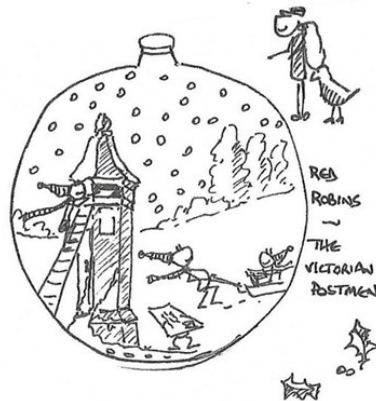
duced in 1843, the same year that Charles Dickens wrote "A Christmas Carol".

The first card depicted a rich family celebrating Christmas, flanked by their staff giving food and clothing to the poor. It was printed on cardboard and sent using the new Penny Post.

Early cards were made in different shapes – crescents, bells, fans, candles, etc. Initially they depicted evergreen flowers and plants (to remind the recipient of the forthcoming season) or sentimental pictures of children.

Later, religious themes of the Madonna and Child, angels, cherubs, and scenes from the Nativity were depicted and, later still, the influences of Prince Albert and Charles Dickens lead to Christmas trees, holly, snow scenes, Christmas puddings, carol singers, Father Christmas, doves, and robins appearing, the latter because Victorian postmen wore red uniforms and were nicknamed "robins".

More recently, humorous cards and, with the onset of modern technology, e-cards are becoming more popular.



Christmas

Share with me at Christmas
The tinsel and the tree
The singing of a carol
In candle-lit company

Share with me at Christmas
The story and the song
Strange and yet familiar
To everyone in the throng

Share with me at Christmas
A silent prayer for those
Gone far away; or those here today
That we love and know

Share with me at Christmas
A happy cup of wine
And remember every day
One birth in Palestine

Jane Stagg

Dr Audrey Tang is a chartered psychologist, she hosts The Wellbeing Lounge on NLive Radio, Tuesdays 9pm packed with practical tips and tools for good mental health, her books *The Leader's Guide to Mindfulness* and *The Leader's Guide to Resilience* are available on Amazon, and catch her "1 minute tips" each morning on Twitter, TikTok or Instagram Reels

@draudreyt

Three quick tips to boost your mood as the nights draw in

From Dr Audrey Tang



Seasonal Affective Disorder can affect many people who wouldn't normally experience depression.

With darker mornings and earlier nights, we have less chance of getting Vitamin D, and boosting our serotonin levels which help us "rest and digest" better, we might be exercising less, and we're producing more melatonin (which encourages sleep). So here are 3 quick ways you can boost your mood.

Do one thing to make someone else smile

While engaging in things that WE enjoy definitely raises our positivity, research shows that even just seeing the act of kindness towards others makes us feel even better. It doesn't have to be expensive:

Just dropping a text, or

sharing something funny – even stroking your pet can make them feel good

And you'll feel great too!

Speak kindly to yourself

When you plant a seed, you don't say things like "I'll give you 10 minutes and you'd better grow", so although you might want something, treat that desire like a seed – plant it, do all the things to nurture it, and be patient. (...and don't forget, sometimes, you might grow more than you thought – so take a moment to reflect on that!!)

CHALLENGE:

For every negative statement you catch yourself saying about yourself or someone else:

Give 2 positives (and if you struggle, one solution is to

not offer the negative in the first place!)

Don't sweat the small stuff

Yes, there's a big decision to be made if you're going to buy one house over another, BUT if you're trying to decide between having Indian or Chinese takeout tonight and both places are great, why waste time on the choice... ask yourself instead – if (select one) were the only choice, would I be happy with that? And then go spend your time and energy on something more important!!

Boosting our positive energy regularly not only can rebalance the brain chemistry positively, but makes it more likely that we will continue with whatever healthy goals we have set for ourselves.

The Wellbeing Lounge
9 - 10pm

with Dr Audrey Tang



NLive Radio

The station that loves Northampton



CHRISTMAS CONCERT

CANTARE CHRISTMAS CONCERT AT ST FRANCIS CHURCH DUSTON FRIDAY
16TH DECEMBER AT 7PM. COME ALONG AND ENJOY SOME LOVELY MUSIC
SUNG BY THIS POPULAR AND TALENTED GROUP OF SINGERS.



Hello from Grace Church Upton!

Since July 2021 we've been meeting every Sunday at Upton Meadows Primary School 10:15-11:30am. Everyone's welcome whatever age, whether you have a faith or not. We'd love to meet you!

At time of writing it's 63 sleeps to Christmas! We'd love to invite you to our Christmas events.

- Christmas Carols - Saturday 17th December, 7:30pm at Upton Meadows Primary School.
- Christmas Nativity - Christmas Eve Saturday 24th December in the Square directly outside the primary school.

Check out our website <https://www.gracechurchduston.com> or email any enquiries to gracechurchduston@gmail.com. (In the process of changing our name from Grace Church Duston to Grace Church Upton on our social media).

We are living in uncertain times. Yet there is one man who, leaving the glory of heaven, shared our humanity. His was a life lived to the full even though he had no home and suffered death on a Roman cross. His resurrection, 3 days later, brings us certain hope and he offers anyone life, life to the full.

'Jesus said I have come that you may have life, life to the full.' John 10:10



DUSTON PARISH COUNCIL

HELLO

We hope you are all well and enjoying some rather fabulous skies over Duston lately. We still have lots for you to enjoy for the rest of this year. Here's how you can connect with us during November and December;

DUSTON REMEMBERS

By now our fabulous poppy cascade will be up for the 5th year running. Thanks to those of you that have helped us with remedial work on the display, we think you will agree that it still looks amazing. With events and services throughout Duston, we will remember them.

www.duston-pc.gov.uk/duston-remembers

THE GROW TOGETHER ALLOTMENT

We will be harvesting the last of the veg and manuring the plot. An end of season clear out of the shed, greenhouse and potting shed and clean-up of the tools will make sure we can put the plot to bed ready to work on our exciting plans for 2023.

THU 17 NOV | 11-2pm | SHED CLEAR & TOOL CLEANING

www.duston-pc.gov.uk/the-grow-together-allotment

WELLBEING TALK—Thu 17th November UROLOGY

DPC and St Luke's PPG welcome you to our last talk of this year. Check our webpage for confirmation of times and to book your FREE place. We would love to hear from you if there is a particular subject you think we should cover in our programme for 2023: www.duston-pc.gov.uk/health-and-wellbeing-2022.html

CHRISTMAS AT ST LUKE'S—Saturday 26th November 11-4pm

We are looking forward to welcoming you all to our annual Christmas Market. We have 2 rooms bursting with handcrafted and festive items for you to get a head start on the Christmas shopping. There will also be festive music, food and drink and free craft activities for the children:

www.duston-pc.gov.uk/christmas-at-st-lukes



DUSTON YOUTH CLUB

Duston Parish Council are supporting a weekly Youth Club in Duston. Our friends at Trilogy run 2 sessions on a Monday during term time. Session 1 is 5-6pm for 10-13 years and Session 2 is 6-7pm for 14-16 years. A variety of activities including arts & crafts, team games and racket sports is available and the club is free to children with a Duston postcode.

www.trilogyleisure.co.uk/duston-youth-club

01604 583626

www.duston-pc.gov.uk

Facebook@DustonPC

Join us for
CHRISTMAS
at St Luke's



Saturday November 26th

11am - 4pm

St Luke's Centre, Main Road, NN5 6JB

Local Makers ★ **Craft Activities**

Gift & Food Stalls

Festive Music

Free Entry



DUSTON PARISH COUNCIL

Contact us for more info or to book a stall
T: 01604 583626 | E: events@duston-pc.gov.uk
www.duston-pc.gov.uk/christmas-at-st-lukes



Duston PC



@duston_pc

Please donate if you can!



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 Foodbank at Duston URC is becoming increasingly busy, only to be expected in the current economic situation. We would be very grateful for any dona-

tions of the following foodstuffs or we are also very grateful for financial contributions. We are spending some £200, every other week and we know that we shall need

to continue to purchase food as well as receiving the very welcome donations of food. The food we need is as follows

- TOP ITEMS TO DONATE**
- * Long-life milk
 - * Tinned plate pies/tinned meat
 - * Tinned veggies (large & small)
 - * Large packets of cereal
 - * Tinned fruit/tinned rice puddings
 - * Household products
 - * Personal hygiene items
 - * Nappies/wipes & Baby food

Thank you for your help!

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

Duston Dashers - One year on! Back in September we celebrated our first year with...a run! It's been a great year meeting new runners of all levels! If you're not doing anything on a Sunday morning, then come and join us to blow the cobwebs out! We meet at Errington Park (car park entrance) just before 0830, we embrace all runners, and we're all done by 0915/30 so you have the rest of the day with family!

Keep Running

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 every other month, so articles for the following issue need to be submitted by the beginning of the last week of alternate months. 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 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.



CHRISTMAS TEAS At ST. LUKE'S CHURCH Sunday 6th November: 1.30-4.30pm

Please join us for soup, cake & a cuppa
**Raffle, General Tombola, Children's Tombola,
Cake and Produce Stall, Crafts, Cards, Books,
Jigsaws and Quality Bric-a-Brac**

A warm welcome awaits you!
In aid of both our churches