



Community Connect

ISSUE 28

MAR / APR 2023

Helping to
connect
Church and
Community
Groups to-
gether for the
wellbeing of all

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Revd Mandy Writes...

March is a busy time in our family for birthdays and anniversaries. Of course it is always good to celebrate such occasions with parties and treats. I remember when my nephew Stephen was born, on the 13th March 1996. However, that day turned out to be a very bitter/sweet occasion...

Our family rejoiced as we learnt that Stephen had come into the world, a healthy little boy. Mum and baby doing well.

But then events outside our family began to press home as we saw on our television screens the horrific news that sixteen children and their teacher had been brutally murdered in a school in Dunblane.

Many of you will perhaps remember the absolute shock and horror of this tragedy.

For us as a family it felt very strange to want to celebrate a new life and yet also to mourn the loss of so much life.

On the one hand joy, and on the other hand sorrow, wanting to laugh and yet to cry, experiencing light and dark together, inseparable as they were that day.

Most of us, I think, understand that life presents that mixture of light and dark, of joy and sorrow, of life and death, and somehow they become inseparable and part of each other.

Nowhere is this more clearly demonstrated than in the Easter story.

Jesus, on the day we now call Good Friday was crucified. The Son of God was nailed to a wooden cross and left to die.

We are told that at that point 'darkness covered the whole earth.' On the cross Jesus entered into our suffering. He gave up the right to be God and experienced humanity.

That Friday afternoon, he was where you will always find him, alongside the outcasts, with the suffering and the dying; and even in this extremity he was ready to offer them compassion and comfort and hope. He himself was almost overwhelmed by suffering, and so he can share all our pain, understand all our hurt, is alongside us in any need.

But Good Friday and the death of Jesus is not the end

of the story. Easter is waiting, the Day of Resurrection, the day of new life, of hope, and new beginnings.

Jesus did not conquer death: he was dead, really dead and God raised him to a new life. This is an entirely new thing which God has done; the beginning of a new creation. It is not limited to Jesus or what happens when you die; More than his promise of life beyond death; He offers life of eternal quality, here and now. This is what God is doing all the time. He is loving people to life, not only at the end of days, but every day.

Easter means he offers you a new beginning, a new world for you, and a new you for the world, new peace, new light and new perspectives, a new lease of life, today.

Words in italics by Ken Taylor

There would be no Easter without Good Friday. They are inseparable, dark and light, death and life.

So, remember that God not only stands alongside us in our suffering, but takes us beyond the darkness to a new life.

God Bless
Mandy.



Service Rota for Mar & Apr

Sun 5th Mar 8,30am St Luke's, 10am St Francis

Thu 9th Mar 10am St Luke's

Sun 12th Mar 10am St Luke's

Tue 14th Mar 10am St Francis

Sun 19th Mar 10am St Francis

Thu 23rd Mar 10am St Luke's

Sun 26th Mar 10am St Luke's

Tue 28th Mar 10am St Francis

**Sun 2nd Apr Palm Sunday 8.30am
St Luke's, 10am St Francis**

**Maundy Thursday 6th Apr 10am St
Luke's & 7pm at St Francis**

Good Friday 7th Apr 2pm at St Luke's

**Sun 9th Apr Easter Day 10am St
Luke's**

Tue 11th Apr 10am St Francis

Sun 16th Apr 10am St Francis

Thu 20th Apr 10am St Luke's

Sun 23rd Apr 10am St Luke's APCM

Tue 25th Apr 10am St Francis

Sun 30th Apr 10am St Francis

Human Kindness with a smile

One Thursday lunchtime, I was waiting in Sainsbury's Café for a friend. She had a short journey but as weather was very wintry, and she was over due, I decided to get my lunch.

I made my choice, and the assistant, a nice young man totalled my request. The lady behind me did an amazing

thing. She looked at the assistant saying, 'I'll pay for that along with mine.' I turned and said, 'You can't do that. Do I know you?'

Her reply. 'Yes, I can. I don't know you, but you are all on your own and I felt like doing something nice.' What could I say except 'Thank you.' (She wasn't alone). We smiled.

Other customers looked surprised to say the least. Meanwhile the assistant, with a smile, looked at us and said, 'Well, who's paying?'

Just a little kindness, given or accepted makes the world a better place.

Carol Kirk.

Response to earthquake in Turkey and Syria from June Draper:

Like so many people I feel a real concern for all those who have lost loved ones, their homes or been injured themselves in Turkey and Syria. It's impossible to imagine what they are going through at this time and what the months and years ahead will bring.

So, as explained to the congregation at St Francis Church on Sunday, 12th February, I thought I'd ask everyone if

they would like to make a donation which I will be pleased to collect at the Sunday services in February and March.

I will also be asking friends in the groups I belong to if they too would like to contribute, and have already received a generous amount. I will be sending off the first donation at the end of February and another towards the end of March.

The money will be transferred via the Red Cross who have connections to the Disasters Emergency Committee involved. Anyone is welcome to get in touch with me to discuss giving a donation or come and see me at the Church services over the next few weeks..

T: 01604 753038

E: j.draper1133@gmail.com

DUSTON UNITED REFORMED CHURCH

MAIN ROAD www.dustonurc.org.uk

FLOWER FESTIVAL

“HAPPY AND GLORIOUS”

(CORONATION AND COMMONWEALTH REALMS)

SATURDAY 4 MARCH 2023

AND SUNDAY 5 MARCH 2023

Saturday 10.00 a.m. - 4.00 p.m.

Coffee morning, lunches, teas,

Sunday 2.00 p.m. - 4.00 p.m. Teas served

Morning Worship 10.30. a.m.



Free Admission

Disabled Access

26-29 APRIL

ARSENIC

AND OLD LACE

 **DUSTON PLAYERS**

BY JOSEPH KESSELRING

**DON'T BE SO INQUISITIVE.
THE GENTLEMAN DIED BECAUSE HE
DRANK SOME WINE**

WED-SAT EVENING 7:30PM
SATURDAY MATINÉE 2:30PM
DUSTON COMMUNITY CENTRE,
NORTHAMPTON

WITH POISON IN IT.



BOOK NOW: 07916 011375

WWW.TICKETSOURCE.CO.UK/DUSTON-PLAYERS

£10

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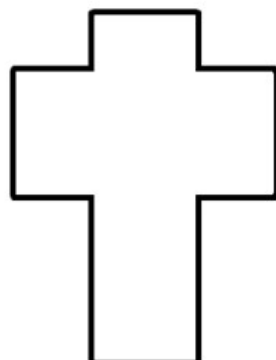
Easter Word Search

T H O R N S W Y S M L A P N G
 K R I S E N Y C E N O T S E C
 R E T S O O R D R K H O T V R
 B E L I E V E S E O N H B I U
 Y T P M E Z D X S Y S O C G C
 E C I F I R C A S E A S D R I
 E V I L A L N B M O T R B O F
 S I N U I N N A I L S C T F Y
 W V G F A E N P I L A T E E S
 B R E A D E Y A R P D I E D B

ALIVE
 BELIEVE
 BETRAYED
 BREAD
 CROSS
 CRUCIFY
 DIED
 DONKEY
 EMPTY
 FORGIVEN



GETHSEMANE
 GUARDS
 HOSANNA
 LIFE
 NAILS
 PALMS
 PILATE
 PRAYED
 RISEN
 ROOSTER



SACRIFICE
 SIN
 SON
 STONE
 THORNS
 TOMB



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



NLive Radio

The station that loves Northampton

Managing your inner pleaser

Perhaps we were taught by our parents that we needed to "fit in" and therefore just do "the right thing"; perhaps we were taught we had to be "nice" ; or perhaps we were always praised for being so eg "Oh that's Peter, he's so responsible"; or "Yes that's

Kaiya, she's always so nice to everyone."

People pleasers will have experienced some degree of conditional regard. In a healthy upbringing, love is offered unconditionally – in other words, when we succeed, we are loved just as much as when we have failed...in a conditional love

relationship, a child is shown love on condition of:

- Being pretty
- Being good
- Being successful
- Being a fighter
- Being quiet
- Looking after mummy/daddy
- Doing what they are told without argument

----- and so we learn what pleases! -----

While not all caregivers will behave in narcissistic ways or have needs which are unfairly imposed on children, the very nature of fitting into society, especially as we are exposed to more and more of it eg. through school, clubs, work... requires an element of adaptation – and indeed people pleasing. Not only that but as we adapt, we might find we are very good at the behaviours we adopt and thus continue to do them more, getting to a point where we're living a great life...it's just not the one we would authentically have chosen.

People pleasing can lead to a disconnect within ourselves, and if we do not address our need for approval, it can be very difficult to start to reframe our thinking or our approach to life. Why? Because this risks not only people being displeased as we experiment (sometimes at an "older" age where social mistakes are less "cute" or even "forgivable") and all the people we did please once suddenly become displeased and are likely to say things like "That's not like you..." which, if we are already feeling insecure, does not help.

----- The negative effects of People Pleasing -----

You're always anxious about:

- Whether you've done enough
- Whether you're good enough
- Whether people like you
- Whether they'll move on to someone else...and how you can make sure they still hold onto you (and I used to use one of the biggest tricks of the pleaser...give them stuff!)...I now see that people actually worth "pleasing" can't be bought!

Worse than the anxiety however, is the lack of empowerment...you forget who you are, save in relation to being validated by others.

So try these tips:

1. Wait to be asked directly for something.

Then answer honestly although politely.

If I don't want to, I will often just say what I had already planned to do. If a hint has been dropped I now say – "Great idea, what will you do to let me know when you've organised that".

2. If on the receiving end of a rant ask "What is most helpful to you for me to do?" – kindly.

I don't mind offering solutions if that's what's wanted, neither do I mind being a sounding board – but I've realised it's better for both of us to know what is best in the situation. That way I also don't interrupt being a good listener with problem solving.

3. If advice is not wanted, even when it was sought, wish them well and get on with your life.

I no longer spend time and energy fretting over persuading them to my approach. It's never our right to control other's behaviour anyway. AND I think twice before I offer anything again, now asking "Do you want my advice or my validation?"

4. Buy time before responding, and a "yes" doesn't always mean "it's nothing".

Rather than agreeing to something I'm not sure about, I will always say "I need to check my calendar, I'll let you know." (Often this is true, but sometimes it buys me time to think of a reason why I can't do something). And if I do end up helping I no longer make it look easy with "it's nothing", I will say "I can do it this time, but I also have xxxx to do."



THE GROW TOGETHER ALLOTMENT

Duston Parish Council's award winning Community Allotment is situated on the Berrywood Road site.

We invite all residents to help grow our plot; whatever your age or gardening ability. Come and join our volunteer sessions as we plant, weed and harvest, learn new skills and improve wellbeing in our community.

Monthly sessions on the first Tuesday 10-2pm

MARCH	APRIL	MAY	JUNE	JULY	AUGUST	SEPTEMBER	OCTOBER
7	4	2	6	4	1	5	3

Join us for a full or part session; email tgta@duston-pc.gov.uk or call us to book your place.

www.duston-pc.gov.uk/the-grow-together-allotment1



DUSTON PARISH COUNCIL



01604 583626



Duston PC



tgta@duston-pc.gov.uk



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

Thursday 16th March 2023 | 1.15 - 2.30 pm

**Debt & Benefits -
A Brief Overview**

**with Paul Shepherd
Debt Advice Manager for
Community Law Service**

**A FREE, informative presentation giving advice on debt
management, working age and retiring benefits and
general advice**

Duston Community Centre
Pendle Road, NN5 6DT

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

**For more info & to book your FREE place, please
email events@duston-pc.gov.uk**

***Duston Parish Council working in partnership with Community
Law Service & St Luke's PPG***

**T: 01604 583626 | E: events@duston-pc.gov.uk
www.duston-pc.gov.uk/health-and-wellbeing**



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

Thursday 20th April 2023 | 1.15 - 2.30 pm

**Arthritis - Self Management and
 You**

**with Marc Williams
 from
 Arthritis Action**

**A FREE, informative presentation giving help and advice
 on the self management of Arthritis**

Duston Community Centre
 Pendle Road, NN5 6DT

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

**For more info & to book your FREE place, please
 email events@duston-pc.gov.uk**

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

**T: 01604 583626 | E: events@duston-pc.gov.uk
www.duston-pc.gov.uk/health-and-wellbeing**



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Follow me on:



Running Through My Mind

The Spelling Test

Each week at School, my daughter is given 10 spellings to learn ahead of a test on Friday. One weekend, I asked her how she did. Dejected, and a little angry at herself she told me she had "ONLY" got 9 out of 10. She chose to focus on the one she had got wrong, and gave no credit at all to herself for the 9 she had got right.

This is not uncommon when we reflect on something, whether it's a spelling test, job performance, a meal we've made, fitness goals and so on. We have a habit of focusing on the negative and admonishing ourselves far too harshly for it. We rarely give ourselves sufficient credit for what we've done well.

There are a number of running targets I set myself last year. I succeeded in some, I failed in others. I set out to beat my personal best time for a 10k race. I smashed my target. I wanted to enter a half marathon. I did that too. I set myself a tar-

get of 1000 miles. I didn't reach it. I wanted to train for a marathon. I also didn't achieve that. But I did have to contend with covid - twice, plus a couple of minor running injuries, and a few other things besides.

Set-backs happen. They're an unavoidable part of life. But that's all the more reason to treat ourselves with kindness and positivity whenever we can.

So next time you feel like you've "failed", don't tell yourself off and don't dwell on the negative. Instead, use it as an opportunity to refocus in a positive way and try the following two things:

1) **Note down the things that you HAVE achieved**, whether big or small. And keep it simple. You don't have to have climbed Mount Everest, or walked the length of the Great Wall of China. It's personal, subjective and based on our own set of circumstances. In the current climate,

with all the challenges we face on a daily basis, simply juggling a job and a home life is an achievement. Make sure you give yourself plenty of credit for as much as possible.

2) **Some degree of reflection CAN be a good thing**, but when you do so, frame it with a focus towards the future. What changes can you make for the better? How could you improve next time? Set yourself new targets to aim for, and make sure they are realistic of course.

As for me, I'm currently on week 3 of a 20 week marathon training plan. I'll let you know how it goes.

Until next time... Be kind to yourselves.

Tim.

Fig Sunday

From Northampton County Magazine May 1933.

In Northamptonshire, Palm Sunday, the Sunday before Easter, has long been popularly known as Fig Sunday. It is the custom with both rich and poor, writes Miss Baker in her Northamptonshire glossary (1854), to eat figs on this day.. On the preceding Saturday the market at Northampton is abundantly supplied with figs, and there are more purchased at this time than throughout the rest of the year, even the charity children, in some places, are regaled with them.

The observance of the custom is far from being universal, and Miss Baker qualifies her statement by quickly adding that it appears to be very local. No conjecture is offered as to the origin or purpose of this singular custom.

Letters from readers of the time on Fig Sunday. Vol.VI., page 136

Your note ends "No conjecture is offered as to the origin or purpose of this singular custom." When a boy (many years since) the eating of figs on Palm Sunday was regarded as a semi-religious

duty, the purpose being to put one in mind of, and celebrate the entry of our Lord into Jerusalem on that day. G.R. IRCHESTER.

Fig Sunday is still observed by thousands in Northampton. The ceremony seems to be merely buying figs in the week-end and eating them on Sunday, nobody knows why. GROCER.

Has not the custom of eating figs on Palm Sunday some relation to our Lord's cursing the barren fig tree on the morning after the triumphal entry into Jerusalem? A.J. NORTHAMPTON.

Jane Stagg

Please donate if you can!



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 donations 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.

on Sat and Mon a.m. from 10:00 until 12:00 and if anyone knows someone in need, please tell them about us. They can come to us on Saturday mornings, 10:00 to 12:00 for help.

Donations can be brought to our church

DONATIONS

URC—Sat & Mon (10:00—12:00)

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

TOP ITEMS TO DONATE

The Foodbank continues to be very busy and are so grateful for all the donations given. Requirements continue to the usual plus:

- Women's sanitary products
- Deodorants for men & women
- Children's toothpaste
- Sugar

Thank you.



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

Keep Running

DUSTON FUN DAY!

SAVE THE DATE

**SUNDAY
25TH
JUNE
2023**

**ST LUKE'S PLAYING FIELD, MELBOURNE
LANE, NN5 6HS**

**CONTACT US OR VISIT OUR WEBSITE
FOR MORE INFORMATION**



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

www.duston-pc.gov.uk/duston-fun-day

 Duston PC  @duston_pc



PLEASE JOIN US FOR OUR

COMMUNITY INFO & WELLNESS FAIR

11th March 2023



FIND OUT WHAT'S ON LOCALLY!

Visit our marketplace of stalls offering info & services to support independent living and help improve wellbeing

plus

- MONEY SAVING ADVICE
- WELLBEING STALLS
- HEALTH SERVICES
- LOCAL ACTIVITIES INFO
- DONATE TO DUSTON
- FOODBANK
- GJ CAFE & BISTRO OPEN
- PLUS MUCH MORE

DUSTON COMMUNITY CENTRE, PENDLE ROAD,
10am - 2pm **DUSTON, NN5 6DT** **FREE ENTRY**



DUSTON PARISH COUNCIL

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

www.duston-pc.gov.uk/community-info-wellness-fair



Duston PC



@duston_pc

On Mindfulness by Roy Worthington

You may all have come across this word in a wellbeing context, but perhaps without knowing what it means.

In a full state of Mindfulness, a person will be focusing purely in the present, and in the moment. Nothing else will matter, and the mind will have given up any repetitive thinking on problems of the moment, issues of the past or fears for the future.

We can't all step straight into this state of peace. It will take time, and practice. You can attend a course, study mindfulness online, read self-help books.

But we can all give it a try very simply, and understand how it might benefit us.

And we can do this just by taking a walk. And, yes, the dog can go with us!

On your walk, become aware of the gentle, repetitive, sound of your feet onto the ground. Note the nature of the surface, be it pavement, grass, gravel. Just tune in to the regular rhythm of your footfall.

Then look around you, and become fully aware of what you see. If urban, note the type of houses and con-

struction, the colours and materials.

Discover what type of cars people are driving, how many vehicles per household.

Listen, and distinguish, all the sounds and smells.

You will begin to find that, as you are doing this, other concerns will lessen in your thinking. And you will start to feel more relaxed, and happy.

But make sure you are still watchful for any danger, e.g. when crossing the road, bikes or electric scooters on

the pavement etc.

And if you are following a mindfulness approach whilst carrying out tasks in the home, operate to the usual standard of care and attention.

As I know from my own treatment for Obsessive Compulsive Disorder, mindfulness (and meditation practices) can now form a valuable part of the programme of therapy for anxiety disorders.

So why not give it a try, and see how it might help you.

Diocese of Peterborough
- Magazine Resource -
February 2023

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Billy

One hundred years ago this year, a famous sporting event took place in London. On 28th April 1923, the Empire Stadium, Wembley, was opened to the public for the first time and hosted the FA Cup Final between Bolton Wanderers and West Ham United. The final was preceded by totally chaotic scenes as vast crowds surged into the stadium. In those days, with most spectators standing, the capacity was a staggering 125,000.

However, an estimated 300,000 gained entrance and the terraces overflowed onto the pitch. Mounted policemen, including one on a white horse were brought in to clear the crowds from the pitch and enable the match to start. The match began 45 minutes late with thousands of spectators still standing around the perimeter. Bolton won 2-0. The pre-match overcrowding

prompted discussion in the House of Commons and led to the introduction of safety measures for future finals. Not surprisingly, the match is often referred to as the "White Horse Final" and is commemorated by the White Horse Bridge at the new Wembley Stadium. An added piece of trivia is that the horse's name was Billy.

Out of the 300,000 people who attended the final, the only name people tend to remember 100 years on is Billy, the police horse. Since when has a horse played the starring role at a football match? Billy wasn't even meant to be there. Once Billy arrived, it was only meant to be a walk-on role. He was just doing his job. One horse amongst many, surrounded by 300,000 people.

But we still remember his name. Ever felt anonymous? Ever felt invisible? (I was talking to a Big Issue seller who told me that it is soul-destroying being 'invisible', as people rush past and

even avoid eye contact. Ever felt that you simply don't matter? Ever felt like you're just another brick in the wall, to quote Pink Floyd? The Bible tells us that God knows us by name. He has our name written on the palm of his hand. At every Confirmation Service, the bishop lays hands on the candidate and says, "God has called you by name and made you his own." By name. He knows you and loves you. He always has and he always will.



Richard Ormston
Archdeacon of Northampton



Indoor Car Boot Sales

22nd April & 16th September



Duston Community Centre, Pendle Road NN5 6DT
09:00 – 12:00 Free Entry
Tables £10 Pre – Booking Essential



T: 01604 583626 | E: facilities@duston-pc.gov.uk
www.duston-pc.gov.uk/indoor-car-boot-sales
 Duston PC  @duston_pc

Sunday Church

Everyone of every age welcome 10:15-11:30 at Upton Meadows Primary School.

Anyone welcome, come as you are. Tea, coffee and cake before and after.

We meet at Upton Meadows Primary school, there's lots of parking (the school car park is free as well as on-street parking), a creche, and all ages are welcome.

Grace Church: Upton

Easter Church

Good Friday April 7th 10:15am at Upton Meadows.

Easter Sunday April 9th 10:15am at Upton Meadows

We love questions about the Christian Faith

We love to answer questions, and we run a short course to help explore the Christian faith each term. We have just had had 3-week course - Hope Explored at Squirrels Pub

Contact us

01604 242026

gracechurchupton@gmail.com

www.gracechurchupton.com

Address Upton Meadows Primary School, The Square, Upton, Northampton NN5 4EZ



church
upton

LAMPS

presents

THE PASSION

**A moving and memorable
retelling of the Easter story**

7pm, Sun 2nd April, Tickets £8.50

St Francis Church, Eastfield Road, Duston, NN5 6TQ

<https://thepassion.eventbrite.com>

T: 07432 881576 or E: info@kucc.co.uk

LAMPS*presents*

THE PASSION

The life, death and resurrection of Jesus are recreated in this moving, memorable and ultimately joyful retelling of the Easter events.

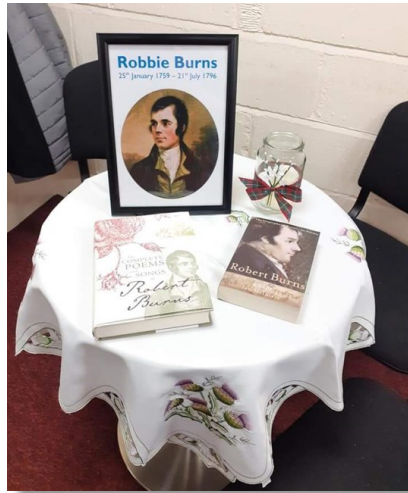
Told from the perspectives of Peter, Mary Magdalene and a Roman centurion named Marcus,

The Passion leads up to and through the events of Holy Week, to the cross and beyond.

Performed by a small talented cast, this original and inspiring theatre production has been toured all over the UK.

This arts event is being hosted by
Duston & Upton Parish and
Kislingbury & Upton Community Church

Burns' Supper 2023



On Saturday 4th February we held our 5th annual Burns' Supper (it would have been our 7th, but we had a two year break because of Covid).

The evening consisted of piping in and addressing the haggis, a hot and cold Scottish savoury buffet and desserts, toasts to Robbie Burns, his majesty King Charles III, the Lassies and the Laddies, a quiz and poems; and finished with the vote of thanks and Auld Lang Syne.



Pipers Peter and Iain entertained us with various tunes including Highland Cathedral and Amazing Grace during the evening. A great night was had by all and £250 was raised for church funds.

A huge thank you to Liz and Scott for organising it, Peter and Iain for addressing the haggis and piping,

to all who provided the delicious puddings, to all who donated raffle prizes, to all who helped to set up and clear away, to those who entertained us and to everyone who came and supported the evening.

All being well, we'll see you all again next year and thank you again for everyone's support. Xx



- TRADITIONAL HAGGIS
- HAGGIS (VEGAN)
- SMOKED SALMON
- HADDOCK KEDGEREE
- LORNE STEAK SAUSAGE
- LOCKERBIE CHEDDAR CHEESE (VEGETARIAN)
- ORKNEY CHEDDAR CHEESE (VEGETARIAN)
- OATCAKES (VEGETARIAN)
- MACKEREL PATE
- RUMBLEDETHUMPS (VEGETARIAN)
- TATTY SALAD (VEGAN) & COLESLAW (VEGAN)
- TOMATOES, CELERY & CUCUMBER
- HAGGIS & PEPPERCORN CRISPS (VEGAN)
- SEA SALT CRISPS (VEGAN)
- CRANACHAN (VEGETARIAN)
- ECCLEFECHAN TARTS (VEGETARIAN)
- DUNDEE CAKE (VEGETARIAN)
- CHOCOLATE WHISKY BROWNIES (VEGAN)
- TRIO OF SCOTTISH BERRIES MERINGUES (VEGETARIAN)
- FRUIT TRIFLE

Bargain Shop

Times of Opening

Monday Afternoon – 1:30pm – 3:30pm

Tuesday – Closed

Wednesday Morning – 10:00am – 12:00pm

Wednesday Afternoon – 1:30pm – 3:30pm

Thursday Afternoon – 1:30pm – 3:30pm

Friday All Day – 10:00 – 3:30pm



DUSTON PARISH COUNCIL

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As we approach Easter, let's prepare by spending a...

Quiet Time With God

You are welcome to attend our Quiet Day at St Francis' Church Eastfield Road Duston on Sat 25th March from 10am – 3pm. Please bring a packed lunch. Hot drinks will be provided.

For more information contact Revd Mandy Marriott on 07898 364827

Email: aj.marriott123@gmail.com

The Rectory
3 Main Road
Duston
NN5 6JB



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 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

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Thank you.

Community connect
ISSUE 27 JAN / FEB 2023

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

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Rev'd Mandy Writes...

Having been brought up in Scotland, New Year or Hogmanay was a time for ritual, parties and New Year resolutions. Hogmanay was also a time for putting everything in order before the New Year arrived. In times past, the whole house had to be swept, and all the dishes paid. Anything that had been borrowed had to be returned, clothes mended, clocks wound up, musical instruments tuned, pictures straightened, silver and brass polished. Special Hogmanay food was to be prepared: cakes, stovies, shortbread, black bun, which was a rich cake made with dried fruit, almonds, spices and brandy baked in pastry.

On the stroke of midnight, the head of the house opened the door wide and the last stroke of the church clock's bell had died away. The old year had been let out and the new year had been let in.

Then came the custom of first footing. In the first few minutes of the New Year, a loach would come at the door, and upon opening the door there would stand a tall, dark and preferably handsome stranger with mistletoe in one hand, and bread, salt and coal in the other, symbolising life, hospitality and warmth. The first loach is to bring luck and prosperity to the household in the coming year.

We may smile at quaint old Scottish customs, but perhaps from them we can see that it is important for us to get our spiritual houses in order from time to time. Friend broken relationships, tune up our prayer life, ask God to put straight our crooked ways.

And as we welcome the New Year in, let us also welcome, not a stranger, but an unseen guest in the person of Jesus Christ. Let us bring him into our homes and hearts this New Year, for he will bring peace, blessing and guidance to us as we step out into the future.

New Year is often a time for reflecting, for looking back over the past months. Sometimes we look back with regret or sadness. Sometimes we look back with fondness and joy. But perhaps we should look back with thanksgiving, and take time to thank God for opportunities given, friendships made and blessings received as well as asking God to help and heal past hurts or present fears.

New Year is also a time for resolutions. But so often we fail at the first hurdle. So here instead, are twelve suggestions for 2023, and even if we only achieve a few of them, we will have shown a little more love to the world.

1. Treat strangers and friends to an abundance of goodness.
2. Give away many smiles and words of kindness.
3. Give thanks again and again.
4. Give with openness and good regards.
5. Listen, laugh, and encourage more.
6. Take greater delight in the beauty and wonder of the earth.
7. Do good turns to people in need without being found out.
8. Give generously to the poor and starving.
9. Give your presence to the lonely.
10. At home speak your love each day.
11. Make time for worship.
12. Light many candles and give them to the darkness.

Here are also some words from the Bible to encourage us. (1 Peter 4: 10 - 11)

"Each one should use whatever gift he has received to serve others, faithfully administering God's grace in its various forms. If anyone speaks, he should do so as one speaking the very words of God. If anyone serves, he should do it with the strength God provides, so that in all things God may be praised through Jesus Christ. To him be the glory and the power for ever and ever. Amen."

Wishing you all a very happy new year. God Bless.
Mandy.