



Community connect

ISSUE 32

NOV / DEC 2023

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

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Duston & Upton Parish



— St Francis' Church † St Michael's Church † St Luke's Church —

Rev'd Mandy writes

Love. It's not surprising that love gets a big mention in The Bible. Here are just a few mentions of love in scripture.....

1 John 4:7-12

⁷ Dear friends, we should love each other, because love comes from God. Everyone who loves has become God's child and knows God. ⁸ Whoever does not love does not know God, because God is love. ⁹ This is how God showed his love to us: He sent his one and only Son into the world so that we could have life through him. ¹⁰ This is what real love is: It is not our love for God; it is God's love for us. He sent his Son to die in our place to take away our sins. ¹¹ Dear friends, if God loved us that much we also should love each other. ¹² No one has ever seen God, but if we love each other, God lives in us, and his love is made perfect in us.

Matthew 22:37-40

"Love the Lord your God with all

your heart and with all your soul and with all your mind.' This is the first and greatest commandment. And the second is like it: 'Love your neighbour as yourself.' All the Law and the Prophets hang on these two commandments."

Matthew 5: 43-44

"You have heard that it was said, 'Love your neighbour and hate your enemy.'
But I tell you, love your enemies and pray for those who persecute you.

Those words are beautiful and of course loving one another is good, but it certainly isn't always easy. Are there family members, colleagues, people among your social circle who get on your nerves?

I am sure we can all bring to mind one or two people who irritate and frustrate us.

It's easy to love people from a distance but sometimes not so easy when you rub shoulders with them day by day.

Now in our culture we think of

love primarily as an emotion, you either feel love or you don't. We often talk about falling in or out of love with someone, but Jesus gives us a completely different view of what love is. He commands us to love one another.

Jesus commands us to love. He doesn't say, I think it would be a good idea if you love people. He just says love them. So, if love is an emotion, how do you command an emotion? Surely, it's something you either feel or you don't. Well, it's one thing being in love with someone, but actually loving someone, particularly those who are not easy to love brings a whole different challenge.

But what if in Jesus' teaching, love isn't an emotion, but a decision. It's not a question of whether you feel love. It's a question of whether you decide to do it. If you like, think of love not as a thing but an act, not a noun but a verb, not something that just is, but something that is ongoing.

So, to love someone means to make a decision to act in a way that is loving towards them.

And when you do that, when you are intentionally loving towards someone, when you are caring, and thinking about other's needs, eventually your emotions catch up with your obedience to that command to love. So go on, why not decide to love someone who's getting on your nerves!

And here's a prayer for some divine assistance!

Lord God, help us to love those whom we find it difficult to love.
Give us a heart that reaches out to those we would otherwise ignore.
Give us the strength not to cross on the other side of the road, but to play the part of the Samaritan.
This will not be easy, Lord.
It is not in our nature.
We spread our love thinly among those we can relate to,

those who share our values, and those who do not threaten our comfortable lifestyle.
It's not easy, Lord, and on our own we shall fail.
But with your help all things are possible.
You led the way, and it is your example that we look to.
You turned the values of this world upside down.
Do the same with us, Lord.
Help us live the reality of your Love. Amen.



Service Rota for Nov & Dec

Thu 2nd Nov	10am St Luke's	Tue 19th Dec	10am St Francis
Sun 5th Nov	8.30am St Luke's, 10am St Francis	Sun 24th Dec	10am St Francis
Tue 7th Nov	10am St Francis	4pm Crib service St Luke's	11.30pm midnight service St Luke's
Sun 12th Nov	10am St Francis	Mon 25th Dec	10am St Francis
Thu 16th Nov	10am St Luke's	Please note that there will be no mid-week services between Christmas and New Year.	
Sun 19th Nov	10am St Luke's	Sun 31st Dec	10am St Luke's
Tue 21st Nov	10am St Francis	<p>PLEASE NOTE THAT FOR THE MONTHS OF JANUARY AND FEBRUARY ONLY IN 2024 OUR 10AM SUNDAY SERVICES WILL BE HELD AT ST FRANCIS CHURCH. THIS IS TO LIMIT HEATING COSTS. MORE DETAILS TO FOLLOW IN OUR JAN/FEB EDITION.</p>	
Sun 26th Nov	10am St Francis		
Thu 30th Nov	10am St Luke's		
Sun 3rd Dec	8.30am St Luke's, 10am St Luke's		
Tue 5th Dec	10am St Francis		
Sun 10th Dec	10am St Francis		
Thu 14th Dec	10am St Luke's		
Sun 17th Dec	10am St Luke's		
Carol service	6pm St Francis		

Duston and Upton Parish

CHRISTMAS TEAS & SALE

on Sunday 5th November 1.30-4.30pm
at St. Luke's Church, Main Road, Duston.

Please join us for delicious homemade soup, cake and a cuppa.

Raffle, Tombolas, Books, Jigsaws, Games, Crafts, Cards, Jams, Marmalades, Cakes and Quality Bric-a-Brac.

A warm welcome awaits you!

In aid of both of our churches.

PLEASE JOIN US for our
**Live HEALTH &
WELLBEING DROP IN**

Thursday 23rd November 2023 | 1.30 - 2.45 pm

West
Northants
Council
Customer Service
Team



West
Northamptonshire
Council

Fire Safety
with
Northamptonshire
Fire & Rescue
Service



@ Duston Community Centre, Pendle Road, NN5 6DT

**FREE drop in session.
Advice from Northants Fire
and
all things council related with West Northants Council**

***Duston Parish Council working in partnership with
St Luke's PPG, West Northants Council and Northamptonshire Fire & Rescue Service***

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



Duston PC



@duston_pc





Where's Elfie?

**Our Elfie has gone missing!
She has hidden herself in 15 locations across
Duston! Can you identify each one for the chance
to win?**

**THREE correct entries will be chosen at random for the chance to
win a voucher to spend in local Duston businesses**

**Entry forms are available online via our website
<https://www.duston-pc.gov.uk/duston-christmas-cheer>
or from Duston Community Centre.
Look out for our daily Facebook posts for clues!**



T: 01604 583 626 | E: events@duston-pc.gov.uk

<https://www.duston-pc.gov.uk/duston-christmas-cheer>



Duston PC



@duston_pc

Saint Francis

Ian Hanlon

You are all aware of St Francis Church, but how much do you know about Saint Francis?

Francis's father, Pietro, was an Italian silk merchant, his mother, Pica, was French and they lived in the town of Assisi. Pietro was away on business when Francis was born, in 1181, and his mother had him baptised with the name Giovanni. However, when Pietro returned from his trip, he took to calling him Francesco. Brought up in a wealthy household, Francis's early life was an easy one until he joined a military expedition in 1202 against the nearby town of Perugia and was captured, spending a year in captivity. During this time, he re-evaluated his life. On his release and return to Assisi he initially again enjoyed his privileged lifestyle but, after enlisting in the



army and having strange dreams, began to lose interest in his worldly life. He subsequently renounced his wealth and wandered about the countryside with the poor, begging, living in caves, and praying in ruined churches.

Whilst he was praying in the ruined church at San Damiano, a small town just outside Assisi, he had a vision in which he heard God asking him to "build my church." Initially he thought that this related to the church he was praying in but later realised that he was being called to build a far greater church. He went on to founding the Franciscan Order in 1210.

In 1223 he travelled on a pilgrimage to the Holy Land and was so inspired by what he saw that, on

his return to Assisi, he re-enacted the nativity of Christ in the form of a play for the local people, using live animals, paintings, and people for the various roles. This is believed to be the first nativity play as we know it today. This took place in the tranquil Franciscan sanctuary of Greccio, beautifully set on the wooded hillside overlooking the town in the valley below.

Francis received stigmata in 1224 and died, 2 years later, on 3rd October 1226. He is buried in the Lower Basilica at Assisi, set on the edge of a hill at the edge of the town and overlooking San Damiano. On 16th July 1228 he was declared a Saint by Pope Gregory IX. He is the Patron saint of animals and ecology.

The Children's Society

No child should feel alone

Children's Society boxes should now be returned to Molly or Ian Hanlon for counting. (Cheques please rather than cash). Thank you!

CELEBRATING 80 YEARS OF DUSTON COMMUNITY THEATRE!

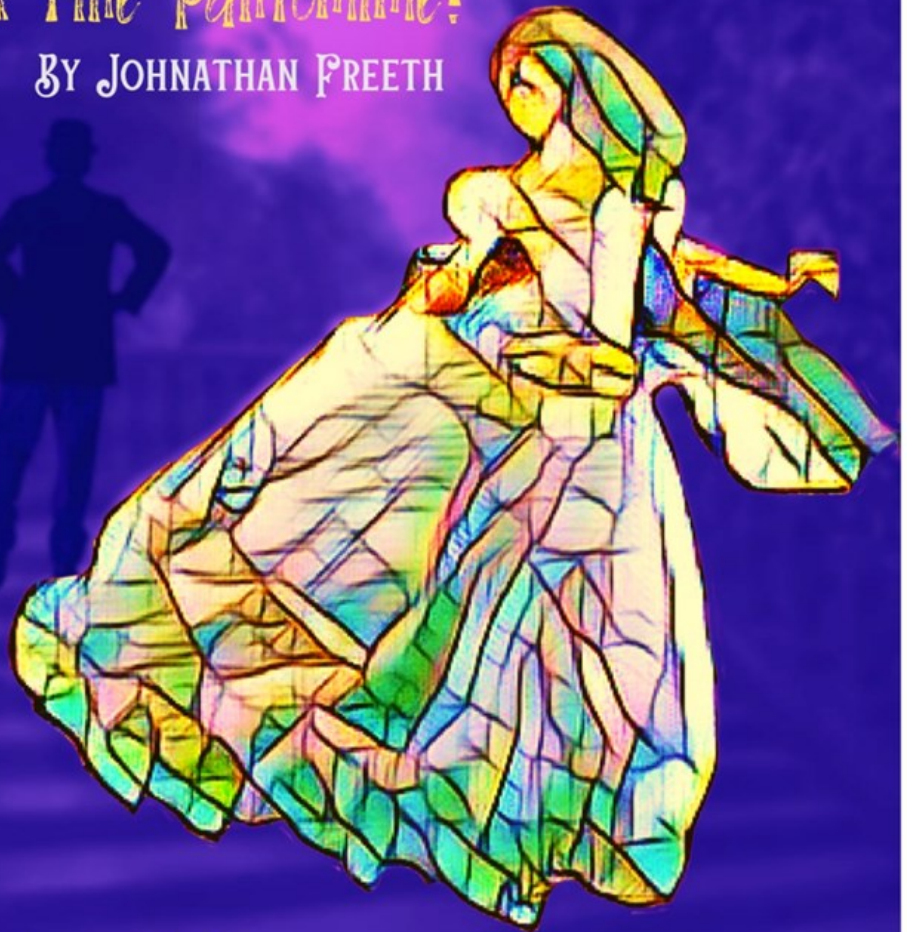
**DUSTON
PLAYERS**

Presents:

CINDERELLA

Another Fine Pantomime!

BY JOHNATHAN FREETH



£10

29 NOV - 2 DEC 7:30PM

SATURDAY MATINÉE 2:30PM

DUSTON COMMUNITY CENTRE

07916 011375 WWW.TICKETSOURCE.CO.UK/DUSTON-PLAYERS

PROUDLY SUPPORTING



The Lewis Foundation

Charity No. 1166405

A Candle of Comfort for Remembrance

I can't make the world peaceful
I can't stall tanks from roaring down roads
I can't prevent children from having to hide in bunkers
I can't convince the news to stop turning war into a video game
I can't silence the sound of bombs tearing neighbourhoods apart
I can't turn a guided missile into a bouquet of flowers
I can't make a warmonger have an ounce of empathy
I can't convince ambassadors to quit playing truth or dare
I can't deflect a sniper's bullet from turning a wife into a widow
I can't stave off a country being reduced to ash and rubble
I can't do any of that
the only thing I can do is love the next person I encounter without any conditions or strings
to love my neighbour so fearlessly that it starts a ripple that stretches from one horizon to the next
I can't force peace on the world
but I can become a force of peace in the world because
sometimes all it takes is a single lit candle in the darkness
to start a movement
"Lord, make me a candle of comfort in this world
let me burn with peace"



When World War II began, I was nearly six years old, and my little sister Barbara was almost four.

Soon many thousands of men were 'called up' to join the Armed Forces to fight and defend our country against an invasion, my father was one of these men. My mother took my sister and me to live in a small village, hopefully safe from enemy bombs. Lots of evacuee children came from London and were billeted with people in the village, so the little school was full to bursting, - at least fifty to each class.

Food rationing was quickly brought in – almost all food-stuffs apart from vegetables and fruit. Everyone had a ration book and there was a strict allowance of each food for each person, this included sweets and chocolate! Bananas disappeared completely for six years and we saw only the occasional orange. So it was 'Dig for Victory.' And so our wartime life began and became our normal life. We went to school, did our homework, caught the bus to town, and went out to play. My friend, Kathy, had an Anderson shelter in her back garden. This was a cave dug out of the ground with the dug out earth making a hump over the top, usually planted with flowers and looking, from the air, like an ordinary flower bed. The shelter was

A Wartime Childhood 1939-45

Rosemary Lester (written for children at school)

to be used for safety if bombing was threatened, but in the meantime it made a super den for us children.

There were some nights when we could hear far distant bombing going on, particularly over Coventry, which was very scary, but we only had one bomb nearby. Everyone said that the German pilot was just getting rid of his last bomb before heading home. This particular bomb was dropped in a garden near to our house and caused a huge crater, sending out enormous chunks of clay soil. Luckily no one was hit by these flying chunks, but many roofs were badly damaged, and one chunk smashed the door of our outside lavatory and ended up stuck in the toilet bowl, very inconvenient!



Anyone watching 'Dad's Army' will know the very angry warden shouting 'Put that light out!' That was because there could not be a chink of light showing, which could help enemy pilots to see where they were flying. There were no street lights lit for the duration of the war

and every window had to have black-out curtains if lights were switched on. One dark night we were sitting reading, the radio playing, doing a jigsaw, when the front door opened. We could see someone struggling with the heavy door curtain and a large man appeared. He was dressed in motorbike gear and explained in broken English, (it was likely he was Polish) that he was a dispatch rider and had important letters to deliver, but had got lost in the darkness. Also all our signposts had been taken down. Happily we were able to point him in the right direction and he went on his way, everyone much relieved.

All this time the British Forces were fighting back, now aided by reinforcements from the USA. On the 6th of June 1944 D-Day was launched and massive forces, men and vehicles crossed the English Channel to attack the German forces in Europe. Hard, but successful, fighting followed and eventually a Peace Treaty was signed. The war was over. May 8th 1945 saw huge crowds dancing in the streets, and soon Victory tea-parties for children. Our lives were changing again, but perhaps not exactly as some would have liked. One example, a lot of evacuees had grown very fond of the village and it's people, and did not want to go back to London.

A reminder that the Royal British Legion service of Remembrance will be held at St Luke's Church Duston on Sunday 12th November at 10am, culminating in the laying of wreaths at Duston War memorial.

Parish Teas at St. Luke's Church



HOW TO HELP

If you would like to make a donation to Amazing Margot for Margot's vital therapy, which sadly is not available on the NHS and has to be funded privately, then please go online:

<https://www.justgiving.com/campaign/helpamazingmargot>

On Sunday 8th October we held our monthly "Teas" in aid of Amazing Margot. Margot and her family joined us for the afternoon and church had a lovely atmosphere. We had great fun and Margot stole

everyone's hearts. She is an amazing, courageous and gorgeous little girl, who doesn't let anything hold her back. She is a true inspiration!

Margot's Auntie and Grandmother have links with our churches and we wanted to help her. Thank you to everyone who helped and supported us. We raised £260 for Amazing Margot.



HELP AMAZING MARGOT

Margot suffered a brain haemorrhage and as a result had a severe stroke in 2021 when she was 20 months old which has left her with a significant brain injury. This has caused her to have physical, cognitive and learning difficulties. In order to regain some of the skills she lost she requires regular intensive therapies that the NHS cannot provide. We want to enable her to be as independent as possible so we fundraise to provide her with these vital therapies.



All money raised goes towards Margot's therapies. We use the charity Just4Children to oversee all of the money raised to ensure it is only spent on Margot's care.



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

Keeping the Christmas Cheer

It's beginning to feel a lot like Christmas

Everywhere you go

When instead of the fun and games, you're feeling the aches and pains

Of being judged by everyone you know

One of the biggest psychological pressures of Christmas is that it comes "but once a year" – and somehow, that means it needs to be "perfect". This is not helped by reruns of "White Christmas",

and the Christmas morning finals scenes of all the Winter favourites, "Miracle on 34th Street", "Elf" and "A Christmas Carol" – God bless us, every one!

So here are my tips:

1. It's not for social media – it's for YOU!

Remember, you don't have to prove anything to anyone...you could even put an embargo on all social media – because even if you're leaning towards Christmas being for your family – it's still NOT for others to comment on or compare to!

And just to hammer that final point home: **Forget the need for an "insta-worthy" Christmas:** Regarding any social media accounts which are driving you to post pictures of the "#bestchristmasever" – put them on your "unfollow"/"mute" list!

2. Navigating Family gatherings:

If you really struggle at Christmas also try these to help your family help you (can help people with depression) – or might help if the busy parent needs help from guests with a child who might struggle:

- Create a "coping" checklist and show those you are spending Christmas with.
- Have things that make you feel better easily accessible eg. Music that calms you; or photos that make you smile; or smells that evoke positive memories.

Think about being honest about any diagnosis or additional needs to friends and family (or those with whom you'll be spending Christmas). If they don't know much about it, signpost them to websites or books you've found helpful.

3. Discussing politics or other "dinner table taboos"

Open lines of communication are always important – so if there are topics you do not wish brought up, perhaps have that conversation before the event, AND even (if you can do this with the family or friends that you trust who will be there) – perhaps you can work out an "escape clause" or "safe word" so that if the conversation gets awkward, someone will know to change the subject. (And have a list of subjects you could jump onto at the ready – eg. TV, films, what they children are up to (depending on the family), or suggest a game to distract.

4. Cooking

You are likely to be super-busy so consider if you want the kitchen off limits except for those helping out. Arrange people to help – one person doesn't need to do everything, but little chores can be divided amongst a few.

Have a timed to-do list – this way you know when the potatoes need to be in and when the turkey* needs to be basted.

**Don't feel you have to have turkey!!*

5. Gifts

We know there is a cost of living crisis, so perhaps set a limit on the amount everyone will spend, OR even decide to MAKE presents this year. Perhaps instead each person can bring a dish, or perhaps think of/create/bring one thing to entertain others.

By making the expectations clear at the outset, people know what they need to do, and if anyone does go "overboard" – they know (as do you) that you have been clear and this was THEIR CHOICE. AND if you do notice that one set of grandparents gives many gifts and the other set do not, or you know there is favouritism, perhaps have a quiet word with the "givers" and explain that while you are grateful for their generosity, you want to teach your children to look after one thing well – or perhaps see if instead they might wish to spend the money on an experience for all of you.

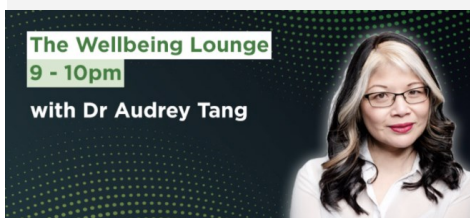
You might also consider donating the excess gifts – with children – which could give an opportunity to talk about sharing (let them choose the gifts they wish to give other children less fortunate).

6. Managing other expectations

In Psychologies Today, Sinnot said "Expectations are premeditated resentments", and I love that phrase. **Expectations can add unnecessary pressure. (as I said previously - unfollow any social media accounts, and mute accounts of friends that make you feel less than you are!!)**

- **Aim for "excellence" rather than perfection.** Of course we can always learn and improve, but we need to remember that perfection is subjective and even if we reach it for ourselves, we will not meet others' expectation of "perfection" because of said subjectivity. What's more, in fussing over it, or perhaps bugging people for extra support, or in our need to be appreciated afterwards, we might have even annoyed them. **What is better is to aim for excellence. This looks not just at the product, but at the whole experience, including your enjoyment of it**
- **Be clear on your own boundaries or limitations so you do not over promise and underdeliver!** It is very easy to promise something when we are in a good mood, so always be conscious of what you can realistically do. It is better to say "no" at a time when others can find an alternative rather than agree and let people down at the last minute.

As I said at the start – Christmas comes but once a year...**but it comes every year...**so a little forward preparation can keep that Christmas spirit a little higher.



Join us for
CHRISTMAS
at St Luke's



Saturday November 18th

11 am - 3 pm

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

Local Makers ★ **Craft Activities**

★ **Gift & Food Stalls** **Visit Santa** ★

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

Christmas Eve Crib Service



Come and celebrate Christmas at our Crib service 4pm on Christmas Eve St Luke's Church Duston

What does Christmas mean to you?

Presents? Cards? Turkey? Tinsel? Christmas trees? And perhaps those familiar traditional Christmas carols?

In some shops Christmas carols have been sounding out for weeks and children in schools and choirs all over the country

are rehearsing carols ready for the festive season. Perhaps it is the carols which communicate so clearly to us the real meaning of Christmas, and so it is to those familiar words I turn.

For me, 'Joy to the world' is a good place to start.

Joy to the world, the Lord has come. Let earth receive her King.

This carol reminds us of the miracle that God himself, the Almighty Creator of the world came to earth as a child, Jesus, to live a human life with all its limitations.

Christmas celebrates God with us, not remote and lofty, but present now each moment of every day; and although Jesus is physically no longer amongst us he promised that by his Spirit we can know and experience his love, joy and peace.

The carol, 'Away in a manger' will be sung in many a nativity play at church and school in the coming weeks. Perhaps especially in this carol which we associate with children, there is a message for all of us whom God counts as his children. The last verse is a prayer asking that Jesus would come close to us and love us and care for us and prepare us for not just life in the present but for all eternity.

Be near me Lord Jesus; I ask thee to stay

Close by me for ever, and love me I pray.

Bless all the dear children in Thy tender care,

And fit us for heaven to live with Thee there.

At the first Christmas over 2000 years ago God sent his messengers to earth to proclaim the wonderful news of his Son's birth. The carol 'Hark the herald angels sing' reminds us of when the angels appeared with the good news that a new King had come to bring peace, healing and the opportunity of a new relationship with God that would go on for ever.

Hark! The herald angels sing

Glory to the new born King,

Peace on earth and mercy mild

God and sinners reconciled ...

And then of course there is the carol 'O Come all ye faithful'.

Whether you consider yourself one of the 'faithful' or not makes no difference to God.

He sent his Son Jesus so absolutely everyone – whoever we are and what ever we've done – has the opportunity to know his love and forgiveness.

So I encourage you to think afresh

about those old familiar carols and the tale they tell.

Come and celebrate the birth of Jesus Christ which after all is the reason for the Season!

Good Christians all rejoice,

With heart and soul and voice.

Now ye need not fear the grave;

Peace! Peace!

Jesus Christ was born to save!

Calls you one and calls you all

To gain his everlasting hall.

Christ was born to save!

Christ was born to save!

God Bless you with His peace at Christmas and the New Year.

Mandy Marriott

Team Rector of Duston and Upton Parish.

Duston and Upton Parish invite you to our annual



*Gracious God, be with
all those struggling
today with symptoms
of dementia in its
many forms; mood
changes, memory
lapses,
confusion and
helplessness.
May they know in
their hearts your
comforting embrace
amid their daily
frustrations, and
continue to realise,
as names and
memories fade,
that they are still
loved by family,
friends, and especially
by you. Amen*

This year at our Carol service we are raising funds for 'Do it for Dementia' at Northampton General Hospital, a fund which goes towards projects and supplies which aim to improve the experience of those with dementia. Funds

raised have already gone towards a dementia friendly garden space, the provision of activity boxes for wards and recliner chairs for 4 wards, so that carers can have a more comfortable place to sit and rest if spending prolonged

periods of time with their loved one. There will be a retiring collection at the end of the carol service for this charity. With this in mind, here is a poem written about someone with Dementia.

A Poem About My Wife, by Phil Sharman

Where have you gone?
Why did you leave?
You could not tell me

I watched you leaving
In your mind always with me
In my mind you slipping away
Little things
Forgotten skills
Confusing words

Once you dressed yourself
Used a knife and a fork
Then dignity slipped away

Once we slept together
Then you slept by day
And I worried by night

You Walked into town alone
Enjoying your independence
But friends found you and re-
turned you

We planned to tour the world
Each able to play our part
Now those dreams are gone
Others your family now

Many share your condition
Some care for you as I wish I
could
When I visit Your face lights up
But words do not come

Your eyes ask how I am
Your touch compassionate
Your lips still passionate
We sit together

Words from me
Smiles from you
Cruel dementia
Stealing your memories
But leaving mine

WHERE & WHEN

At St Francis' Church
Eastfield Road Duston
Sunday 17th December
6pm

An opportunity to sing
traditional carols and
hear readings that tell the
Christmas story.

This year we shall be
asking for donations for

'Do it for Dementia'



**Refreshments will be
served after the
service**

Duston's Christmas Cheer

1st to 25th December 2023

We are once again encouraging pubs, businesses, shops and churches throughout Duston to decorate their windows for Christmas and submit photos

The initiative will begin on 1st December when Duston Parish Council's Christmas Tree lights will be switched on, on the bank of St Luke's

COMPETITION TIME!
Where's Elfie?
Elfie has gone missing! Can you identify where she is hiding?

Check out our Website and Facebook page where we will be featuring the windows

We hope you enjoy seeing Duston in full twinkle



DUSTON PARISH COUNCIL

T: 01604 583 626 | E: events@duston-pc.gov.uk

<https://www.duston-pc.gov.uk/duston-christmas-cheer>



Duston PC



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Follow me on:



Running Through My Mind

Challenging Prejudice

Hands up if you've ever heard of the name

Bobbi Gibb

Chances are you haven't, and that's ok. Unless you're a keen runner, why would you? But hopefully after reading this, you'll remember the name, what she did, and maybe even use it as inspiration for any challenges in your life, now or in the future.

The Boston Marathon

In February 1966, aged 23 Roberta Louise Gibb received a reply to her Boston Marathon application telling her that women were not permitted to enter as they were physiologically unable to run the 26.2 mile required. Gibb was already an experienced runner and knew she could cover the distance, despite the race authorities telling her that women could not safely run further than one and a half miles.

Like any pioneer worth their salt, Gibb challenged this prejudice in the most glorious way imaginable. Disguising herself in a hoodie and some shorts borrowed from her brother, she hid in a bush at the start line. After the race began, she emerged from her hiding place and joined her fellow runners. She kept her disguise on as

she ran, fearful that if discovered, she would be ratted out and her race would be over. But she needn't have worried. Before long the runners around her caught on. But rather than blow her cover and get her removed from the race, they welcomed her, encouraged her to remove the hoodie (after all, it was probably pretty warm running in a jumper). and even reassured her that they'd thwart any attempt by over-eager race marshals to remove her from the race.

She crossed the finish line in 3 hours, 21 minutes, ahead of two thirds of the men, to a great deal of support from the runners around her, and the crowds too, who of course by this time had also realised what was happening.

Challenge to Change

So did anything change? Well yes, eventually. Six years later, in 1972 women were officially allowed to enter the Boston

marathon. Eight women entered, And all eight finished.

This is one of my favourite running stories. Primarily for its ultimately successful fight against gender prejudice. But there's more besides:

To me running, as with everything in life, should be fully inclusive. Regardless of your gender, your age, sexuality, race, religion, whether you're able bodied or not, tall, short, big or small. If you want to run, if you enjoy it, then do it.

There's also a clear message that your best path to success is to surround yourself with like-minded people, who will support and encourage you, celebrating in your triumphs.

So, remember the name:

Bobbi Gibb,

And next time someone tells you there's something you can't do, put your hoodie on, hide in a bush and do it anyway.

Until next time, be kind to yourselves.

Tim.



Duston Food Bank Needs You

Please donate if you can!



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.

Donations can be brought to our church...

opposite the bakery on Sat and Mon a.m. from 10:00

until 12:00.

We are open for food distribution on Saturday mornings, 10:00 to 12:00.

If you, or anyone you know needs a helping hand, PLEASE come and see us.

DONATIONS

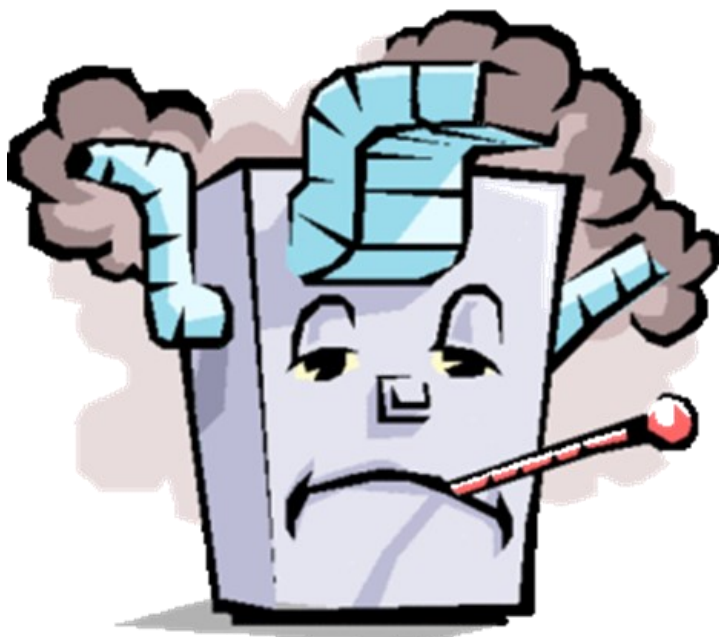
URC—Sat & Mon
(10:00—12:00)

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

Items to Donate:

Usual Items: Long-life milk, tinned fruit, packet soups (4 pack), tinned meats, tinned fish, shampoo, washing up liquid, adults' and children's toothpaste & brushes, shower gel, coffee

Christmas: Advent calendars, selection boxes, small gifts for men, women and children - we have a gift table from which clients can chose, Christmas puddings,



Help!!

Winter is just around the corner and St Luke's Church boiler is in need of repair and will cost upwards of £2,000 to put right. Any donations gratefully received. Thank you!

Cheques should be made payable to **Duston and Upton PCC** or bank transfer to:

Duston and Upton PCC

Acc No: 32599613 Sort Code 23-05-80

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.

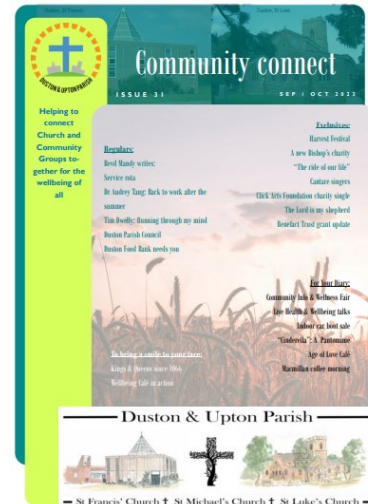
This is your community newsletter, so keep your articles coming in. We love to hear from you.

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

Acc number 32599613

Sort Code 23-05-80.

Thank you.



Duston Remembers

30th October - 12th November 2023

Please join us:

Poppy Cascade on St Luke's Bank
Dedicate a poppy

Remembrance Services Sunday 12th November:

St Luke's Church 10 am

Followed by the laying of wreaths at the War Memorial

DURC 10.30am

Boys' and Girls' Brigade Parade

Full details on our website



DUSTON PARISH COUNCIL



01604 583626



events@duston-pc.gov.uk



@Duston_PC



Duston PC

