



Community connect

ISSUE 33

JAN / FEB 2024

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

Regulars:

Revd Mandy writes:

Running through my mind

Dr Audrey Tang

For Your Diary:

The Elephant Man

Cinderella

Health & Wellbeing Talks

Duston Fun Day 2024

The Wellbeing Cafe

Service rota

Duston Food Bank

To lift your spirits:

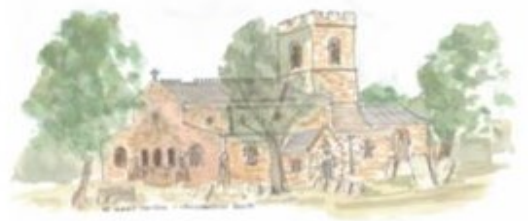
Quiz Time

Lent

Poetry



Duston & Upton Parish



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



A Happy New Year to you all!

January is not an easy month for many. It's back to work after the Christmas and New Year break. Perhaps there are bills to pay after Christmas expenses. The weather is cold and damp and Spring seems a long way off. We can all suffer from the January blues.

So, this month, I would like to offer you a bit of hope. The 25th January is a day when two very different men are remembered and celebrated. The first of those men is Saint Paul who although he persecuted Christians eventually became a follower of Jesus and a missionary and established many churches in the Mediterranean and his letters to those churches are found in the Bible.

The second man to be celebrated on 25th January, although a believer, had a bit of a reputation, especially with the ladies, and he was Robert Burns, Scotland's National poet.

Let me begin with our poet.

One of my favourite poems written by Burns is 'To a Mouse' which he wrote in 1785 when he overturned a mouse's nest while ploughing a field. Burns of course was a

farmer and he wrote about his everyday experiences, often with much humour, but always with deep reflection.

In his poem 'To a Mouse' he reflects on the now changing fortunes of the wee mouse left without a nest, and he writes 'the best laid plans o mice and men gang aft agley' meaning no matter how well we plan for our futures our plans may often go awry.

How true this is. Much as we would sometimes like to be able to plan the future the way we want it to be, the fact is, we can't. There's a saying in the Church that if you want to make God laugh, tell Him your plans!

Yet that doesn't have to mean that the future is uncertain, because if we dare to trust God, we can have confidence that God holds the future for us. God is our Creator and knows us intimately and knows what is best for us. Christians believe that God has good purposes for us in life.

Paul says in his letter to the church at Philippi

Chapter 4 verse 19

¹⁹ My God will use his wonderful riches in Christ Jesus to give you everything you need.

(Note everything we need, not everything we want)!

I believe God's plans for me are far better than any I could dream up.

Having this belief in God's provision can help us not to forge ahead in our own strength and wisdom but instead to trust in

God's guidance for our life.

Paul was convinced of God's faithfulness and love towards us. This is what he said to the Church in Rome: Chapter 8 'If God is for us, who can be against us? 32 He who did not spare his own Son, but gave him up for us all – how will he not also, along with him, graciously give us all things?'

Another passage from the Bible in the Book of Proverbs says this and I quote from the Message version.

'Trust God from the bottom of your heart;

don't try to figure out everything on your own. Listen for God's voice in everything you do, everywhere you go;

he's the one who will keep you on track.'

Well, I don't know about you but I would rather depend on God's guidance than my own, particularly when like the mouse, life is turned upside down and inside out.



So, a prayer to help us trust...

Heavenly father, when I am tempted to worry, fret, and panic and go in ever decreasing circles, trying to work it all out, help me to release my worries to you, and trust that you are God, and you love me and Your purposes for me are



Service Rota for Jan / Feb

Sun 7th Jan	8.30am St Luke's 10am St Francis	Sun 11th Feb	10am St Francis
Tue 9th Jan	10am St Francis	Wed 14th Feb	10am St Francis (Ash Wednesday)
Sun 14th Jan	10am St Francis	Thu 15th Feb	10am St Luke's
Thu 18th Jan	10am St Luke's	Sun 18th Feb	8.30 St Luke's 10am St Francis
Sun 21st Jan	8.30am St Luke's 10am St Francis	Tue 20th Feb	10am St Francis
Tue 23rd Jan	10am St Francis	Sun 25th Feb	10am St Francis
Sun 28th Jan	10am St Francis	Thu 29th Feb	10am St Luke's
Thu 1st Feb	10am St Luke's		
Sun 4th Feb	8.30am St Luke's 10am St Francis		
Tue 6th Feb	10am St Francis		

Please note that all Sunday 10am Services in January and February will take place at St Francis' Church, due to heating costs at St Luke's.

God of ever-new beginnings by Norman Shanks

God of ever-new beginnings,
God in whom past, present and future perpetually coalesce,
as a new year unfolds before us,
through the dark days of January,
through the vagaries of the weather,

though storm, flood, ice or snow may unsettle us,
though personal difficulties may beset us,

help us always to remember
that your light shines through the deepest darkness,
that your love surrounds and summons us,
that your life is stronger than death itself,

and that your grace sustains us
and is sufficient for all our needs.

'I SOMETIMES THINK MY HEAD IS SO BIG, BECAUSE IT IS
SO FULL OF DREAMS.'



THE ELEPHANT MAN

A PLAY
BY BERNARD POMERACE

20 - 23 MARCH 2024

 **DUSTON
PLAYERS**

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

THE ELEPHANT MAN

A PLAY

BY BERNARD POMERACE

His head was enormous, his spine twisted like a corkscrew.
Most importantly, he had a big heart.

From sideshow horror to Victorian celebrity, John Merrick was always in the public eye. Under the care of celebrated physician Frederick Treves, and famous actress Madge Kendall, Merrick learned to flourish in a society that wasn't ready.

Join us for a moving drama, exploring questions of identity, power structures, love, ableism, and friendship.



The Lewis Foundation

Charity No. 1166405

16+ YRS RECOMMENDED

DUSTON COMMUNITY CENTRE

WWW.DUSTONPLAYERS.ORG.UK

WED 20 – SAT 23 MARCH 7:30PM

BOX OFFICE: 07916 011375

WWW.TICKETSOURCE.CO.UK/DUSTON-PLAYERS

THIS AMATEUR PRODUCTION IS BY SPECIAL ARRANGEMENT WITH CONCORD THEATRICALS LTD

Quiz Time

Why not have a go at our little quiz? Answers on the back page. Don't cheat now!

No.	Question
1	How much does a 'stitch in time' save?
2	How many pennies are there in an old style English pound?
3	In which Scottish lake is a monster said to live?
4	How many people would normally make up a jury in England and Wales?
5	What nationality was the composer Frederick Chopin?
6	What were commuters urged to go to work on in the 1960's?
7	What is the RAF's famous aerobatic display team called?
8	Which English city is familiarly known as 'Brum'?
9	What is the plural of 'dwarf'?
10	If you had 'tinnitus' what would you be suffering from?
11	What is the world's best selling perfume?
12	Scorpions are immune to their own poison. True or False?
13	In a hit song of 1939, where was the washing going to be hung out?
14	What colour is a Harrods carrier bag?
15	Which of Henry VIII's wives was mother of Queen Elizabeth 1?
16	Where in London did 'The Wombles' live?
17	What sport are Olga Korbut and Nadia Comaneci famous?
18	Dietary deficiency of vitamin C gives rise to which disease?
19	What is the newspaper of the Salvation Army called?
20	What was the name of the frog who appeared in 'The Muppet Show'?
21	What is the most mentioned animal in the Bible?
22	What was the nickname of the German Field Marshall Erwin Rommel?
23	If an egg floats in water is it fresh or stale?
24	What number do we associate with James Bond?
25	If you don't have a napkin, is it OK to use the tablecloth?
26	A cricket umpire holds both arms straight up to indicate what?
27	The Monument in London commemorates what?
28	What country is sometimes known as 'Blighty'?
29	What product was originally marketed as 'liquid beef'?
30	What is the 19th hole of a golf course?
31	'Allegro' is a musical direction to play how?
32	How many men did the 'Grand Old Duke of York' have?
33	Who wrote 'All I need to make a comedy is a park, a policeman and a pretty girl'?
34	What is Uri Geller famous for?
35	Who or what is 'the old lady of Threadneedle Street'?
36	What does three squared equal?

ON SALE NOW



Sleeping Beauty

Celebrating 30 Years

Friday 26th January 2024 at 7.30pm
Saturday 27th January 2024 at 2pm

Cripps Hall Theatre, NN1 5RX | Adults £8 Concessions £6

To book:

ACTIN
Amateur Christian Theatre
in Northampton



crippshalltheatre.co.uk

aldermanjoanne@gmail.com

THE
CRIPPS
HALL



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

How do I find more joy at work in 2024?

“Joy” is often seen as a much bigger emotion than happiness. As a highly positive emotion experiencing joy can buffer the effects of stress for a little longer, and it can help you focus on the positive... when that happens, we often retain better clarity of thought (rather than being consumed by negativity) and this helps when it comes to making wiser choices.

HOWEVER, it is also as important to remember that too much happiness can cause just as much of an imbalance as too much sadness/negativity. Konnikova (a psychologist and professional poker player) speaks of “tilt” which is when either losing heavily or winning big can cause us to play in a more risky manner. It is reminiscent of the “Risky Shift” – researched back in the 50s – where it was found that groups of people (especially in a positive state) have a tendency to do things that were a little more reckless than they would alone.

DBT (Dialectic Behaviour Therapy) suggests that the “wise mind” – a balance between logic and emotion is the

most conducive to healthy behaviour choices.

Unfortunately however, many people think “follow your passion” (joy) is great advice. Now Forbes (2022) found people did quit to follow their passion, and “passion” was rated as most important (44%) over money (42%) in a poll by Department 26 in 2018, BUT realistically, passion without financial security will not be sustainable...and in every job, no matter how joyful there will always be elements that we do not like.

The key link is more about being self aware over what brings us joy, and how financially sustainable that will be, and what we are willing to tolerate (or not) in order to achieve more joy... And to remember we don't necessarily need “joy”. Research has shown that the state of “positive affect” (a general feeling of ok/peace/fulfilment) is highly correlated with life satisfaction. Joyful moments may increase or build on that feeling, but they are not essential to feeling “pretty good”.

How can it make a difference if we do prioritise joy at work?

Prioritising Joy is always a good thing because positive emotions go a long way to buffering the effects of stress and finding joy in the small things can make the day seem much more pleasant – and as such gratitude practice can be a great way to notice the small things to smile at.

What are five key ways we can implement more satisfaction and fulfillment into our working day?

1. Be self-aware

If you don't like work ask yourself: Do I dislike my job as a whole, or is it the people/tools/commute/money etc...

If you know what is troubling you, you have a better chance of fixing it. Like I said earlier – joy and success do not necessarily go hand in hand. This helps if you want to make changes – you know what to target. For example, there's no point leaving a job and finding it was only the commute that was getting you down!

2. Practice gratitude

Practicing gratitude reduces anxiety and even stimulates the motivation and emotion centres in the brain propelling us to positive outlook and action. Try the following 4 step gratitude process and reflect on:

- One thing you are proud of in yourself
- One thing you have learned today (personally or professionally)
- One person you love having in your life (and tell them)
- One thing in your life you appreciate

3. Set boundaries

You don't have to fix everything – and if you do, you might be depriving someone of the empowerment and growth to do it themselves. *Ask yourself before taking something on - IS THIS REALLY MY RESPONSIBILITY?*

- And then “signpost” them to others who can help
- Set limits on your time eg: I can help between x and y
- Or, if you want to get involved – ask first “What is the best thing I can do to help?” rather than make assumptions. Remember you're helping to solve a problem – you're not the solution.

4. Take a moment in nature

Humans have always been biophilic – we have an innate affinity with imagery and sensations that remind us of what we see in nature – wood, slate, curves. This also explains the popularity of “Nature sounds” on mindfulness apps eg: rain, running water, birds. So reconnect with the natural sights and sounds (rather than the man-made pings and notifications), and simply breathe – you'll boost your serotonin and Vitamin D at the same time.

We've all heard of the “mindfulness walk” (where you engage all your senses) – but I encourage you to do the “Wonder walk” – where you stop and deliberately notice things that:

BRING YOU JOY BRING YOU PEACE BRING YOU SURPRISE BRING YOU AWE BRING YOU INSPIRATION

This point really is about practicing healthy behaviours outside the point of crisis to buffer the effects of stress.

5. If you are struggling – reach out!

Never be afraid to ask for help and support – but while you are working on those things, also engage in some of the positive behaviours that make you feel joy (remember we need to remove negativity AND build joy – one doesn't preclude the other!) – so while getting support, also make sure you're eating, sleeping, exercising in a way that suits your body; spend time with friends – and they don't necessarily need to be work related friends. Do the things that make you feel good – even if you are “visiting” them in passing rather than doing them weekly at a club.

Contact Details for Duston Parish Councillors

Cllr Paul Enright-King
Councillor for New Duston East Ward
Chair of Duston Parish Council
Chair of the Environment Committee

Email: cllr.penright-king@duston-pc.gov.uk

Cllr Sandie Maitland
Councillor for Old Duston Ward
Vice Chair of Duston Parish Council
Chair of the Community Services
Committee

Email: cllr.smaotland@duston-pc.gov.uk

Cllr Miles Barnes
Councillor for Old Duston Ward

Email: cllr.mbarnes@duston-pc.gov.uk

Cllr Bill Littlewood
Councillor for Old Duston Ward

Email: cllr.blittlewood@duston-pc.gov.uk

Cllr Jan Ennis-Clark
Councillor for New Duston East Ward
Chair of the Resources and General
Purposes Committee

Email: cllr.jennis-clark@duston-pc.gov.uk

Cllr Matt Golby
Councillor for New Duston West Ward

Email: cllr.mgolby@duston-pc.gov.uk

Cllr Andrew Dickinson
Councillor for Old Duston Ward

Email: cllr.adickinson@duston-pc.gov.uk

Cllr Mike Ingram
Councillor for New Duston West Ward
Chair of the Planning Committee

Email: cllr.mingram@duston-pc.gov.uk

Cllr Iain Liddon
Councillor for New Duston West Ward

Email: cllr.iliddon@duston-pc.gov.uk

Cllr Joanne Mumford
Councillor for New Duston West Ward

Email: cllr.jmumford@duston-pc.gov.uk

Cllr Sandra Roper
Councillor for Old Duston Ward

Email: cllr.sroper@duston-pc.gov.uk

Cllr Frank Craven
Councillor for Old Duston Ward

Email: cllr.fcraaven@duston-pc.gov.uk

Office Address: Duston Community Centre,
Pendle Road, Duston,
Northampton, NN5 6DT
Office Tel. : 01604 583626
Clerks email address: clerk@duston-pc.gov.uk



PLEASE JOIN US for our next

HEALTH & WELLBEING TALK

Thursday 25th January 2023 | 1.15 - 2.45 pm

**Legacy Fortress for Generations.
Future-proofing Assets For Your Family**

with Sam

from Silvertime Legal, Estate Planning Services

**A FREE, informative presentation giving help and
advice on passing along your assets to loved ones**

**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 Silvertime
Legal Estate Planning Services & St Luke's PPG***



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



PLEASE JOIN US for our next

HEALTH & WELLBEING TALK

Thursday 25th January 2024 | 1.15 - 2.45 pm

**Supporting Those Who
Have Served Our Country**

with Laura Hopwood
Veterans Champion from St Luke's Primary Care Centre

A Free, informative presentation
to raise awareness about available healthcare services and provide useful
tips to help military veterans improve their access to healthcare.
Join us for this informative session to learn more.

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 St Luke's PPG



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



DUSTON FUN DAY!

SAVE THE DATE

**SUNDAY
30 JUNE
2024**

**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



Follow me on:



Running Through My Mind

New Year's Resolution

Time for some HUGE New Year's Resolutions... Or perhaps not

So, here we are – January already. And no doubt you have some new year's resolutions in mind. Perhaps you're aiming for a new job. Or an overhaul of your diet. Maybe you want to join a gym, lose weight, see more of friends & family.

Whatever you choose, setting goals can be a good thing: self improvement is a great habit to form. But (isn't there always a but!?) do so with caution. Because if the bar is set too high, if targets are unrealistic and out of reach, then you're setting yourself up to fail. And that can be a crushing blow to self confidence.

Here are my tips for making (and sticking to) new year's

resolutions:

Realistic Goals

If you want to change your diet and eat more healthily then that's great. But I'd recommend steering clear of a complete overhaul. Introduce change gradually. Create a couple of new habits first (and stick to them) rather than making wholesale changes. Then make further improvements when you're already on the right path.

Make it measurable

Try and find a way to measure your success. Want to take up running (I can highly recommend it!)? Enter yourself into a 5k race (they're fun and not at all scary – I promise!). This gives you something to work towards, a date when you'll do it, and, when you finish, you can give yourself a great big pat on the back.

Don't beat yourself up

Sometimes life gets in the way and that can blow us off course. A failed new year resolution can quickly become a stick with which we beat ourselves. Don't let that happen. If you fall off the wagon, don't be hard on yourself. Get up, dust yourself off, and go again. Talk to yourself KINDLY when you do, with encouragement. Don't berate yourself

Reset goals

If you find you've bitten off more than you can chew, don't worry, reset your goal to something more achievable. The important thing is to keep working and improving.

Wishing you all a happy and healthy new year.

Until next time, be kind to yourselves,

Tim.

Come to the Lord

If you're feeling overwhelmed or exhausted, come.

If you're feeling grateful or expectant, come.

If you're feeling joyful or grievous, confident or doubtful, encouraged or frustrated, come.

"Oh come, let us worship and bow down; let us kneel before the Lord, our Maker!"

Psalms 95:6

There's something about falling on our faces before the One who created us—and everything that exists—that reminds us of who He is and who we are not.

When was the last time you stopped—in your car, in

your kitchen, in your rushing, in your humanness—to simply come to God?

When you notice a gorgeous sunset, come.

When you can't see through your tears, come.

When you're captivated by a child's smile, come.

When you're overwhelmed by bad news, come.

When you're motivated to make an impact, come.

When you're deflated beyond words, come.

Come to the Lord, your Maker.

He has already come to you.

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 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.

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



THE GROW TOGETHER ALLOTMENT

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

We invite all residents, groups and organisations 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

**We are also developing our exciting new 'Grow Cook Eat project' - why not come along and learn more about that
Check back with us for our 2024 session dates
We look forward to seeing you soon**



DUSTON PARISH COUNCIL

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



01604 583626



Duston PC



tgta@duston-pc.gov.uk

Lent



No sooner, it seems, we have taken down the Christmas tree and the lights, this year that we are spun headlong into Lent in February. Lent starts on 14th February, Ash Wednesday and lasts for 40 days and reflects the 40 days that Jesus spent in the desert, alone with his Father God, getting himself ready to do God's work through preaching, teaching and healing.

In the Middle Ages everyone fasted during Lent. That meant going without all the nice things like meat and butter, eggs and cream and eating

only plain food. But before this time of Lent and fasting or doing without particular foods, there is Shrove Tuesday, a day of feasting and celebrating God's goodness.

Traditionally pancakes were eaten on Shrove Tuesday, pancakes made from the butter, cream and eggs that would be forbidden during the next six weeks of Lent.

Today in Lent, people give up things like chocolate, biscuits, or alcohol to remind them not to be selfish and greedy and to think of others who are less fortunate, and in addi-

tion perhaps give money that has been saved during Lent to a charity.

Today Christians also use the 40 days of Lent to think about their own relationship with God and to discover how God wants them to follow him more closely.

The original meaning of Lent was Holy Spring, and just as the season of Springtime brings new growth and new life into the world, so the holy spring of lent should bring us to new growth in our spiritual life and a blossoming of our faith.

In one of the readings set for Ash Wednesday, Isaiah 58, v 11 we are told:

"The Lord will guide you continually, and satisfy your needs in parched places, and make your bones strong; and you shall be like a watered garden, like a spring of water, whose waters never fail."

"You shall be like a watered garden'. What a wonderful image. Can our life be like a watered garden, green and fresh vibrant and alive with colour and beauty revealing the glory of God for all to see? Well Lent is surely a time to begin a little gardening to prepare the ground for the bearing of much spiritual fruit!

Jesus of course gives us a clue as to how we might begin to nurture our faith and help it to grow.

Jesus puts a great emphasis on prayer, which should under gird our whole life. Prayer is the soil which nurtures the seeds of faith. Put faith into prayer and great things will come,

Prayer has been described as giving one's mind to God. Too often we

wrestle alone with our thoughts and feelings. And yet how much better to share those thoughts and concerns with God who understands us and our world far more than we ever can. Nothing is too big or too small to bring before God in prayer.

The garden won't blossom if you don't plant the seeds. Faith cannot grow unless rooted in prayer.

Anyone who has done a bit of gardening will realise that in order to bring beauty, colour and order to the garden a lot of hard work has to be put in, pruning, weeding, tidying, feeding. You don't just plant the seed and hope for the best. And nurturing our faith is exactly the same. It demands hard work and commitment in order for it to grow. We don't just say we are a Christian and leave it at that, for Jesus demands more if we are to mature and blossom and become the people God wishes us to be.

Like our gardens, our lives need pruning. We need to cut back on those areas which are unhealthy, wrong attitudes and actions. We need to weed out the intrusive elements, which mar God's image in us. We need instead to feed ourselves with the word of God, and we need to strive towards the light of Christ through the darkness of the soil.

Lent is traditionally a solemn season and there is no doubt at the end of it we are brought face to face with the sheer agony of Christ's passion and death, and yet beyond Good Friday lies Easter day and the promise of new life. I hope that in allowing Christ to enter our spiritual garden this Lent, we may all arrive at Easter blossoming with the new life he promises, and Lent will become for us what the church truly intended it to be a Holy Spring, a time of prolific change and growth and we will reveal the glory of God to others.

Revd Mandy

Every Wednesday 1pm — 4pm

At St Francis Church



We return in the New Year on Wednesday 10th January

In February we will celebrate Wellbeing's 5th Anniversary

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

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.



Quiz Answers

9
240
Loch Ness
12
Polish
An egg
The Red Arrows
Birmingham
Dwarfs
A ringing in the ears
Chanel No.5
FALSE
On the Seigfried line
Green
Anne Boleyn
Wimbledon
Gymnastics
Scurvy
The War Cry

Kermit
Sheep
The desert fox
Stale
7
No!
Six runs
The place where the Great Fire of London started
England
Bovril
The bar of the club house!
Lively, fast
10,000
Charlie Chaplin
Bending spoons
The Bank of England
9