



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

# Community connect

ISSUE 36

JULY/AUGUST 2024

## **Regulars:**

Revd Mandy writes:

Dr Audrey Tang

Duston Food Bank

## **For Your Diary:**

Health & Wellbeing Talks

The Grow Together Allotment

Parish Teas

Service Rota

Divorce Support



## **Also in this issue:**

Mandy Reflects

On your Feet: Canon J John

Hugs are Powerful

Symbol of Love

Who's money is it anyway

...and plenty more

## Duston & Upton Parish



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

# Rev'd Mandy writes

**Summertime.** And for some at least this is the time for getting away from it all, on holiday.

The word 'holiday' used to be two words – HOLY DAY, a special day for a religious event, like Christmas Day or Saints Days. The first holidays were these Holy Days.

In the 15<sup>th</sup> century Holy Days were marked on calendars in red ink as special days for rest, celebration and having a good time. And indeed, the phrase, 'Red Letter Day' now means a special, important day, a cause for celebration.

Holidays as we know them today were an invention of the Industrial Revolution. Before this people did not think of leaving their village and home for a week to stay else where, they had chores and animals that could not be left alone.

Instead, entertainment would travel to the people in the form of a travelling fair or troupe of players, which would set up on the village green and entertain for a few coppers or some food and drink.



In the early years of the 19<sup>th</sup> century, leisure time for factory workers meant Sunday, after church, Christmas Day and Good Friday. Holidays as we know them did not exist.

After the Factory Acts conditions slowly improved and working hours were reduced until the ten hour day was the norm, with Saturday afternoon and Sundays free.

By 1870 the idea of a week's holiday for factory workers, albeit unpaid, was beginning to be accepted. As it was more cost effective for the mill to shut down and give everyone a week off, it became usual for all the mills in one area to close together.



Reviving the old name for celebrations this became 'Wakes Week'.

With all the mills closed, other businesses found themselves redundant, and carriers found new uses for their carts by converting them to people carriers, advertising day excursions to the newly fashionable 'health resorts' by the sea.

Train companies provided special Wakes excursion trains, as each town closed for its own

Wakes Week. People began to save a small amount each week in excursion funds to pay for their yearly extravagance and soon people would go to the seaside for a whole week, to 'clear the lungs' breathing



the sea air and enjoying the entertainments provided at the new seaside resorts.

Between 1900 and the 1960's most Britons started to take a short Summer holiday for a week. Camping and holidays in caravans became popular in the 60's as people started to buy cars. British holiday camps were also popular.

In the 1970's the airline industry expanded and tour operators started to offer very cheap package holidays to Spain. Large numbers of UK residents started to go abroad for their holidays.

In more recent years people have taken to having more than one holiday especially with cheaper flights to more and more destinations.

So as you can see holidays have become much more a part of our lives.

When I was growing up I remember watching the 'Holiday' programme on television on a Sunday. One of the presenters was Cliff Michelmore. He collected a number of quotations from foreign holiday brochures. Here's a few of them to make you smile!

- *If this is your first visit to our hotel you are welcome to it.*
- *If you wish for breakfast, lift the telephone, ask for room service, and this will be enough for you to bring your food up.*
- *On gala nights the chef throws his best dishes, and all water used in cooking has been passed by the manager personally.*
- *If your wife needs something to do, she should apply to our suggestive head porter, but all our staff are courteous, and to ladies too attentive.*

Well, if you are going away on holiday this Summer, I hope that it will be a time of rest, refreshment, relaxation and enjoyment.

And remember we have a promise from God that wherever we go, whatever we do, He is there to watch over us. I'll leave you with verses from psalm 139 which promise us that whether we are flying high or somewhere with our feet on the ground or in the sea, God is there with us.

*'If I flew away beyond the east or lived in the farthest place in the West, you would be there to lead me, you would be there to help me. And when I wake up in the morning you are still with me.'*



Whether home or away, enjoy the Summer.

God Bless,

Mandy.



## Service Rota for July/ August

Sun 30th Jun	10am St Luke's	Thurs 1st Aug	10am St Luke's
Thurs 4th July	10am St Luke's	Sun 4th Aug	8.30am St Luke's 10am St Francis
Sun 7th July	8.30am St Luke's 10am St Luke's	Tues 6th Aug	10am St Francis
Tues 9th Jul	10am St Francis	Sun 11th Aug	10am St Luke's
Sun 14th July	10am St Luke's	Thurs 15th Aug	10am St Luke's
Thurs 18th July	10am St Luke's	Sun 18th Aug	10am St Francis
Sun 21st July	10am St Luke's	Tues 20th Aug	10am St Francis
Tues 23rd Jul	10am St Francis	Sun 25th Aug	10am St Luke's
Sun 28th Jul	10am St Luke's	Thurs 29th Aug	10am St Luke's
<i>Note Back to alternate church 's for Sunday 10am services from August</i>		Sun 1st Sept	8.30am St Luke's 10am St Francis

## 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)

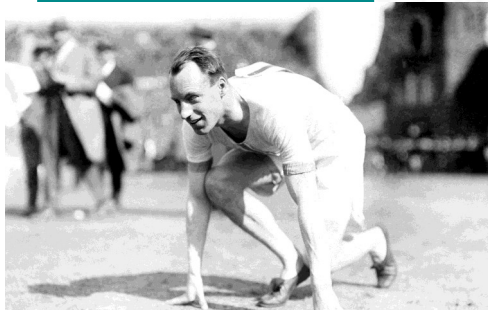
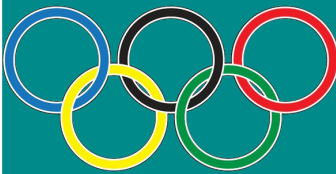
St Luke's & St Francis' churches (on days when there are services)

### Items to Donate:

**In addition to the usual items, we also need urgent donations of sanitary products and toiletries**



## Mandy reflects.....



As we draw ever nearer to the Olympic Games, I am reminded of the former Olympic champion Eric Liddell who was also a missionary in China. Eric was an incredible athlete, and a man who held strongly to what he believed to be right.

He felt that his gift on the track was a gift from God. "When I run, I feel God's pleasure," he said. Eric was born in China to missionary parents on January 16th, 1902. In his early childhood years, the Liddell family moved from China to Scotland, and then later to London. Eric's outstanding skills for running began when he was still in his teens. At sixteen, his time of 10.2 seconds broke his school record for the 100-yard race. Although running was his favourite of all sports, he also enjoyed being the captain of his school's rugby and cricket teams. Even though he always beat everyone else

in sports, the praise never went to his head. This young man always remained humble, and never became overly proud. He knew that his accomplishments were the result of a

lot of hard work. When he was twenty-two, he tried out for the Olympics and made it onto the British team for the Paris Olympics in 1924.

But when Eric heard that the first Olympic 100 meter race was to be held on a Sunday, he boldly said, "I'm not running." He believed that this day was special, and he never had run on a Sunday before. So instead of being on the track that Sunday with all of the other racers, Eric was at church. His country called him a traitor, and it seemed like the world had turned its back on him, but Eric held onto his beliefs; even to the point when the Prince of Wales begged him to change his mind! Eric's resolution not to run was so strong that he turned down the Prince's pleadings, as well as his country's. Although it seemed that Eric had let Britain down, he showed what he could do in the next competition. In the 400 meter race, Eric beat the runner-up by an amazing fifteen meters! He won the Olympic gold and the world record for the race. No one could believe it. He had won gold in the race he hadn't even trained to be in! He was an Olympic Champion.

The day of the Olympic run a man slipped a piece of paper into Eric's hand that contained a quote from the Bible, 1 Samuel 2:30, that said, "Those who honour me, I will honour." Eric ran the race with the paper in his hand.

If you carried a paper in your hand through life what would it say?

After the Olympics, Eric Liddell began his life's work as a missionary to China, following in his parents footsteps. He served in North China from 1925 until his death in 1945. When the Japanese invaded China life became precarious for Westerners, especially those like Eric Liddell who were working in Japanese held territory. In 1941 the British government strongly urged its people to leave. Sending his wife and three daughters to safety Eric Liddell decided to stay. Imprisoned in a Japanese internment camp in 1943 he developed a brain tumour under conditions where effective treatment was impossible. In spite of tremendous pain, Eric Liddell maintained his faith, courage and kindness towards others until the end – dying shortly after his 43rd birthday in January 1945. Eric Liddell chose to live a dangerous, materially unrewarding life in China serving God when fame and riches were within his grasp. His gentle but unwavering faith has been an inspiration to Christians all over the world.

I wonder who inspires you?

God Bless

Mandy Marriott

# ***DIVORCE SUPPORT***



**Have you gone through, or are you going through a divorce,  
or the break-up of a long-term partnership?  
If so, you will know how painful and life-changing an experience it can be,  
leaving you overwhelmed with many difficult emotions.**

However, meeting with others who are in a similar situation can be a source of great support and encouragement.

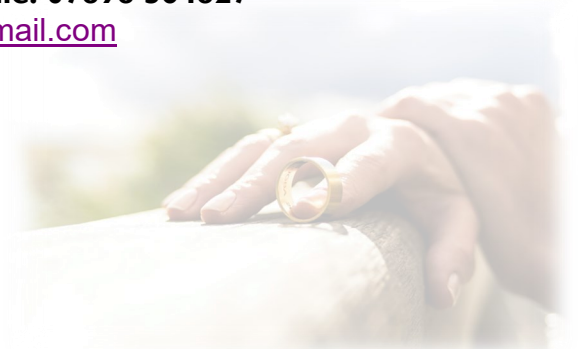
If this is relevant to you or someone you know, I would like to invite you to an informal get-together at St Francis' Church, Eastfield Road Duston on **Friday 12<sup>th</sup> July at 7 pm** for some light refreshments and an opportunity to discuss whether you would like to be part of a new support group in Northampton for those dealing with issues of divorce and separation.

During the evening there will be an opportunity to listen to Jenny Firth who has had much experience of setting up a number of 221 Divorce Support Groups and also runs a course to help people work through the challenges divorce brings and to help discover the strength to move on.

If you are interested in attending this event and would like to know more, please contact me.

**The Revd Mandy Marriott - Mobile: 07898 364827**

Email: [aj.marriott123@gmail.com](mailto:aj.marriott123@gmail.com)



# On Your Feet by Canon J. John



There are many things in life that we only notice when they fail us, such as lifts, microphones, cash dispensers and flush toilets. Recently, after plodding through airport terminals long enough to earn me air miles, I've been reminded that feet fit into that category.

Feet are vital – over an average lifetime we walk between 75,000 and 100,000 miles – and any problem with them seriously affects our life.

It's hardly surprising, then, that the Bible makes 162 references to feet in the Old Testament, and 75 in the New Testament, including 27 references to the feet of Jesus. After all, because it is our feet that take us where we go, they speak of our lives.

Let me offer five thoughts on feet.

**First, feet speak of committing our life to Christ.** In the ancient world there was no action more profound than to fall or kneel at someone's feet. It was a gesture of humility – even humiliation – in which you acknowledged that they were your master, a dramatic physical expression of the words 'you are my lord'. In the New Testament, many people fall at the feet of Jesus (for example Matthew 15:21-28, Mark 1:40-45, Luke 10:38-42, 17:16, Revelation 1:17). While we cannot physically bow at the feet of Jesus today, no true Christian life begins without us falling spiritually at his feet.

**Second, feet speak of commencing our life to Christ.** We 'get to our feet' to act. There's a practical dynamic there: feet are all about doing and going, acting and reacting. One urgent and overlooked truth about Christianity is that it demands action. The Christian life is led by faith, but it is expressed in works. Many people talk about what they would like to give and do for God and his church but, alas, are still endlessly talking when their end comes. The truth is that the ultimate issue is not using our tongue to talk, but our feet to walk. Act for God: don't let the grass grow under your feet.

**Third, feet speak of continuing our life for Christ.** John Bunyan called his famous book *The Pilgrim's Progress*, and it pictures the Christian life as just that: the progress of an individual, step by step, on the long, hard road of life. As an evangelist I often have people tell me that they've decided to follow Jesus. I'm delighted. I'm even more delighted when, years later, I hear from some pastor or friend that they are still walking with the Lord.

The Bible talks about feet in the Christian walk. Proverbs 4:26-27 (NIV) says, 'Give careful thought to the paths for your feet and be steadfast in all your ways. Do not turn to the right or the left; keep your foot from evil.' It gives encouragements: Psalm 119:105 says, 'Your word is a lamp for my feet, a light on my path,' and Psalm 119:133, 'Direct my footsteps according to your word; let no sin rule over me' (NIV). We are given the Bible to illuminate even the darkest paths we must tread. Indeed, God does more than offer wisdom, he promises to come alongside when the road gets hard: 'He will not let your foot slip – he who watches over you will not slumber' (Psalm 121:3 NIV).

Note, too, that in our treading the road of life, we must help others find their feet on it. Romans 10:15 (quoting Isaiah 52:7) says, 'How beautiful are the feet of those who bring good news!' (NIV). Here's a quote from Billy Graham: 'The highest form of worship is the worship of unselfish Christian service. The greatest form of praise is the sound of consecrated feet seeking out the lost and helpless.'

**Fourth, feet speak of the cost of our life for Christ.** Feet in the Bible are often viewed negatively. In an age of sandals, feet got sweaty, soiled and were, in every sense, unclean. At the end of the working day you or your servant (if you had one) washed your feet clean. This is the background to Jesus' washing of his disciples' feet (John 13:1-17), an action so outrageous that it lacks any precedent in the ancient world.

There's a message here about involvement that parallels our expression of 'getting your hands dirty'. It's easy today to seek to respond to others from behind the protection of a computer or phone screen. Yet our world needs reality, not cosy virtuality. We need to be present in church services, to shake hands with people, to embrace the unloved and to go to see the lonely. Our Christian faith must be not only worked out but walked out, and that comes with a cost in wounds, bruises and dirt. It's a challenge to remember that when the risen Jesus appeared to his disciples, he showed them his own pierced feet (Luke 24:39-40). Do our feet bear evidence that we have served?





On Your Feet continued.....

**Fifth**, *feet speak of the conclusion of our life for Christ*. We must commit, commence and continue the Christian life and bear its cost. But we can also look beyond the often painful and hazardous road that lies before us to its final and glorious conclusion.

In the face of trial and temptations we can be encouraged by Romans 16:20 (NIV): 'The God of peace will soon crush Satan under your feet.'

Many smartwatches alert us when we've spent too long at our desks and it's time to get to our feet and walk about. We need the spiritual equivalent. Around the Lord's banquet table in eternity there will be a time to put our feet up, but not until then. In the meantime, let's rise and walk for Jesus.

**J. John**  
Reverend Canon  
[www.canonjjohn.com](http://www.canonjjohn.com)



## "That Little Robin Red Breast"



I was out the other day, in the garden sowing seeds,  
Raking up the soil, and pulling up the weeds.  
As I went to sit down, on my bench to sip my tea,  
A little robin red breast, flew down in front of me.

He looked so very cheeky, as he sat there by my feet,  
He hopped a little closer, then he flew upon the seat.

I turned my head quite slowly, and I didn't make a sound,  
His little eyes were blinking, as he started looking round.

He really seemed contented, as he sat there in the sun,  
Then he flew upon the branch, to see what I had done.  
I slowly held my hand out, with some bird seed in my palm,  
I said "Now there you go sweet bird, I don't mean you no harm."

Then just as I was talking, he flew down on my hand,  
He really was the sweetest thing, and his colours were so grand.  
Then he turned and looked at me, as if to say hello!!  
Thank you kindly for the food, but now I have to go.

With his little head a tilt, and his little feet a spray,  
He hopped down on the ground again, and then he flew away.  
I watched him for a moment, as he flew out of sight,  
That little robin red breast, was such a sweet delight.

© Written by Tracey Curtis"



# **PARISH TEAS AND SALE** **AT ST. LUKE'S CHURCH**

*Please join us for delicious homemade cake and a cuppa*

**Books, jigsaws, games, crafts,  
cards and quality bric-a-brac.  
Seasonal jams/marmalade,  
produce and plants.**

*In aid of both our churches*

**A warm welcome awaits you!**

**July 21st - 2.00-4.30pm**

*Jigsaw Raffle*

**August 11th - 2.00-4.30pm**

**September 8th - 1.30-4.30pm\***

*Heritage Weekend with Duston Local History Group*

**October 13th - 1.30-4.30pm\***

*In aid of The Lewis Foundation*

**November 17th - 1.30-4.30pm\***

*Christmas Raffle and Tombolas*

(\*September - please note: earlier start time for Heritage Weekend.)

(\*October and November - please note: earlier start time as soup will also be served.)



*Dr Audrey Tang is a Chartered Psychologist and award-winning business author with a focus on practical tools for wellbeing. She built Wellbeing Media Studio in Bedford broadcasting two shows "Mental Health Matters" and "Skits & Quibbles" (the Arts & Wellbeing show) globally with the e360tv Network, providing a visibility opportunity for academics, performers, and to the local community and is the Founder and Chair of CLICK Arts Foundation a grant giving charity supporting grassroots performing arts projects.*

**Wellbeing  
Media  
Studio**

## Instead of a random act of kindness try a conscious act of compassion

Today I looked up my local food bank, did a deliberate shop for the things on the list BUT how often do we do this? Check what's needed that is? Aren't we all more likely to reach into our cupboard and donate something we've not eaten...?

Well that's still a donation right?

...but why didn't YOU eat it!? Is it because you didn't like it? Why would the person you donated it to appreciate it then?

### Some facts surrounding poverty (from the [Joseph Rowntree Foundation](#)) -There are 3 levels of poverty

- Income below minimum income standard (which makes it very difficult to manage the unexpected)
- Not enough income (falling short of a decent standard of living)
- Destitute (not being able to afford to eat, keep clean, stay warm and dry)

### The measurements in place can still disguise the true extent of the problem

Financial health is currently measured by a "Minimum Income Standard"; Relative Income (currently set at less than 60% contemporary median income); Absolute Income (less than 60% contemporary median income uprated by inflation); Material Deprivation (not being able to afford essential items); Destitution (not being about to afford shelter, or heating)

And recent research from the JRF has found 3.8 million people experienced the most extreme form of poverty – destitution – in 2022. That is a 61% increase since 2019. More than 1 million of those affected were children.

This is the real truth of what is going on...the help you offer is meeting a real need. SO...

### Please stay "fit for purpose" when donating:

- **Check** what resources Food Banks or Shelters need (my local food bank has an excess of beans and pasta, but requests biscuits, tinned veg, cereal as well as hygiene products)
- **Be mindful** of the needs of the service user - the elderly may not have the dexterity for tin openers; sometimes low sugar options can be helpful if a service user has diabetes
- When it comes to clothing, toys and similar, **donate NOT what you don't want...but the things you love/have loved and used yourself** if you can...because it is more likely those things will be loved and used by service users.

And before passing judgment, don't forget, taking the example of our NHS - WE are service users too.

### Useful links:

[The Trussell Trust - Stop UK Hunger](#)  
[Crisis | Together we will end homelessness](#)  
[Citizens Advice](#)  
[StepChange Debt Charity - Free Expert Debt Advice](#)  
<https://www.companydebt.com/debt-resources/>



## *D-Day Anniversary Ring at St Luke's Duston*



On the 80th Anniversary of the D-Day, on Thursday 6th June, bells all around the country were rung at 6.30pm and beacons were lit at 9.15pm. St. Luke's ringers were proud to pay their respects and "Ring Out for Peace".

On the 5th of January 1924 the Peterborough Diocesan Guild of Church Bell Ringers was founded. To mark the 100th Anniversary of the Guild various events have been and will be held and peals and quarter peals have been or will be rung throughout the year. St. Luke's bell ringers dedicated their practice night on Thursday 27th June to the 100th Anniversary of the Guild.

If anyone would like to learn how to bell ring please come along on Thursdays 7.30-9.00pm.



## WHO'S MONEY IS IT ANYWAY?

I wonder if you think about the money you put in the church plate or send via your bank?

The reason we give money is to help resource the work of the church. God's work must be resourced by God's people, you and me, as we respond to the wonderful generosity of God in his gift of Jesus Christ to the world.

Do you think about how much you give? Now generally, we get very uncomfortable when we start talking about money in the church. And yet given the amount of Biblical references on the topic of money, God certainly has something to say about it!

Indeed, there is encouragement in Paul's 1<sup>st</sup> letter to the Corinthians for Christians to work out the amount they should be giving according to their income.

'On the first day of every week, each one of you should set aside a sum of money in keeping with his income.' 1 Corinthians 16 verse 2.

Is our commitment to God and his Kingdom reflected in our giving? God is not only interested in the supposedly holy bits of our lives, our praying, and our worshipping our study of his Word; but God is passionate about us, the whole of our lives and that includes, of course, our attitude to money.

What we think about money and what we do with it.

The Bible gladly affirms that money and wealth are part of God's good creation and come to us as His blessing. Paul says with confidence in his letter to the Philippians, chapter 4 verse 19, 'And with all

his abundant wealth through Christ Jesus, my God will supply all your needs.'

God has promised to give us what we need.

We can trust God and his promises.

The wonderful truth is that God is so generous to his people and time and time again we see this in scripture. Remember in Exodus and Moses has led his people out of slavery, and they are in the wilderness and they start complaining bitterly about their lack of food.

The Lord far from being offended by the grumbings of his people shows grace and mercy and rains down manna from heaven, for the people to eat. He provides for them for forty years.

Our God is a provider;

***Great is Thy faithfulness!  
Great is Thy faithfulness!  
Morning by morning new mercies I see;  
All I have needed, Thy hand hath provided.  
Great is Thy faithfulness, Lord, unto me!'***

Look at the miracles we see coming from Jesus. The miracles were not just wonders in themselves but they pointed to God. They revealed something of who God is.

Jesus turned water into wine, not just a jug of wine, but 20 or 30 gallons. Our God is generous. In the feeding of the five thousand, Jesus miraculously provides food for all and there are basketsful left over. God does not stint his love. He is a generous God. And his blessings are full to overflowing.



## Who's money is it anyway cont...

But the question we are faced with is how do we respond to God's generosity?

We are to respond with the same generosity. We are to handle our money faithfully.

The Bible teaches us to see our money and possessions, not as our own, but as held in stewardship from God.

Listen to some words from Deuteronomy .

<sup>17</sup>When you become successful, don't say, " I'm rich, and I've earned it all myself." <sup>18</sup>Instead, remember that the LORD your God gives you the strength to make a living.

You see, it is all comes from God. Our task is simply to be the best stewards that we can be on his behalf. This means ensuring that our finances are planned, checked, controlled, and that we do not cling onto our possessions at any cost.

We need to be able to mirror God's generosity to others and with them rejoice in what we can enjoy together.

We need to value our relationship with God above all other priorities.

We need to store up treasure in heaven and find value in God's Kingdom.

We pray, 'Thy Kingdom come, on earth as it is in heaven.'

The Kingdom of God which we earnestly pray for is bringing the values and priorities of God himself to bear on the greed and anxiety of the world.

We need to learn to live by Kingdom values and not worldly values.

Here is part of St Luke's Gospel as found in Eugene Peterson's , 'The Message'. I think it says it all. .

<sup>29-32</sup> ***"What I'm trying to do here is get you to relax, not be so preoccupied with getting so you can respond to God's giving. People who don't know God and the way he works fuss over these things, but you know both God and how he works. Steep yourself in God-reality, God-initiative, God-provisions. You'll find all your everyday human concerns will be met. Don't be afraid of missing out. You're my dearest friends! The Father wants to give you the very kingdom itself.***

<sup>33-34</sup> ***"Be generous. Give to the poor. Get yourselves a bank that can't go bankrupt, a bank in heaven far from bank robbers, safe from embezzlers, a bank you can bank on. It's obvious, isn't it? The place where your treasure is, is the place you will most want to be, and end up being.'***

I hope you will take time to think about your giving to God. Many Christians seek to tithe their giving, perhaps 5% to the Church and 5% to charitable causes. It is something we all need to consider as part of our Christian faith and witness.

There are several ways you can give to God's work in this parish.

1. Cash on the plate
2. Our new card machine is available, where you just tap your bank card on the machine.
3. Parish Giving Scheme (please see Dorothy Johnson our treasurer ) if you would like to discuss this option) [rathausen@clara.co.uk](mailto:rathausen@clara.co.uk)
4. Direct giving from your bank account to :

Duston and Upton PCC  
Sort Code  
23-05-80  
Account Number 32599613

Thank you.  
Revd Mandy Marriott.



PLEASE JOIN US for our next

# Health *and* Wellbeing Talk

Thursday 18th July 2024 | 1.15 pm - 2.45 pm

**Life after an Organ Transplant -  
Living with the Gift of Life**

**with Karen Rockell**

**On behalf of NHS BT**

Join us for an inspiring and free talk by Karen, a Gold Medal Winner at the World Transplant Games. Hear her incredible story of triumph and resilience as she shares her journey and remarkable achievements following an organ transplant.

**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](mailto: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](mailto:events@duston-pc.gov.uk)  
[www.duston-pc.gov.uk](http://www.duston-pc.gov.uk)**







## Collect your Cash, and Save Our Stones

We are aware of more issues with the church walls at St Luke's which will need to be resolved before too long. Once we have obtained quotes we will be looking to raise more funds

# Our Churchyards



These jars are in each church to raise money to help pay for repairing the stone walling around St. Luke's churchyard.

Donations can also be made by Bank Transfer if preferred (Acc. No: 32599613 - Sort Code: 23-05-80) please put "St. Luke's Stone Wall" as reference.

This is an ongoing project dependent on quotes and finances. Thanking you all in advance.



## Thank you

*Many of you may not have seen them pacing up and down outside St Francis, but a huge thank you to John Orman and Rob Tavener for keeping the mower in order and the grass cut at St Francis.*



## Symbol of love

*In the Springtime there's a lot of attention to gardening. In our back garden, three metres from our kitchen window was a miniature wicket fence with a tiny gate. In the centre of the little gate was a heart shape through which you could see daylight.*

*Earlier this Spring, we dismantled the fence and gate because after many years of faithful service, it was rotten and needed replacement. The heart shape only just survived dismantling but was by now delicate to handle.*

*Since the brown bin doesn't take carpentry items, a tip visit was necessary. Before loading up, I viewed the little gate's heart shape. I felt regretful at its loss after so many years having been seen while washing dishes!*

*My wife and I decided to replace the fence and gate with an even better one. This time there are two heart shaped wooden plates, reminding us of love and affection.*

*Love is the watch word of our Christian faith, so even doing everyday jobs can be an opportunity for thought and consideration.*

*We live in a material world in which we have opportunities for the Lord's work. A gateway through which we see his guiding light for now and the future.*



**Michael Longden**



# *Hugs.....*

## Hugs are powerful

They can be the comfort you need at the end of a long frustrating day, the impetus to express your grief, a display of complete happiness.

They can communicate

“I have missed you” as much as

“you will be missed.” They can mean

the difference between feeling connected or isolated, between hope and despair.

Never underestimate the power of a hug or of your ability to ground another person long enough for them to catch their breath, and see the possibilities they may have missed.

**Hug often. Hug well.**







# 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
5	2	7	4	2	6	3	1

Join us for a full or part session; email [tgta@duston-pc.gov.uk](mailto:tgta@duston-pc.gov.uk) or call us to book your place.



DUSTON PARISH COUNCIL

[www.duston-pc.gov.uk/the-grow-together-allotment1](http://www.duston-pc.gov.uk/the-grow-together-allotment1)

[✉ tgta@duston-pc.gov.uk](mailto:tgta@duston-pc.gov.uk) [☎ 01604 583626](tel:01604583626)

[f Duston PC](https://www.facebook.com/DustonPC) [i dustonpc](https://www.instagram.com/dustonpc) [X @duston\\_pc](https://x.com/duston_pc)

Email: [aj.marriott123@gmail.com](mailto: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](mailto: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.**

