

Duston, St Francis

Duston, St Luke

# Community connect

ISSUE 37

SEPTEMBER/OCTOBER 2024



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

## Regulars:

Revd Mandy writes:

Dr Audrey Tang

Duston Food Bank

## For Your Diary:

Service Rota

Parish Teas

Macmillan coffee morning

Health & Wellbeing Talks

## Also in this issue:

The Sunflower

Reflections of an Ethiopian Trip

September Quiz

Take a look....

...and plenty more



## — Duston & Upton Parish —



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



# Rev'd Mandy writes

Well, here we are. I can hardly believe the year has advanced so quickly and Autumn is approaching.

Thoughts are turning to harvest and a new season.

There is so much about this season which touches the senses, the glow of early morning mists, the sniff of apples freshly picked and the lingering smell of smoky bonfires; and of course the vibrant colours of the leaves still dressing the trees.

It is a season which speaks to us of harvest gathered in and 'all good gifts around us sent from heaven above.'

But it is also a season which speaks to us of things that fade, of darker days, decay, storms and turbulent winds.

And this season perhaps reflects something of the human condition.

Sometimes we experience life, full, bursting with colour and delight, but at other times we experience life fragile and cold, stormy and turbulent.

Notice, if you will, a dry Autumn leaf fallen from a tree, and see how fragile it is, so easily broken or crushed. Sometimes that's how few feel inside, fragile and at breaking point.

Sometimes we have bad days when everything seems to go wrong or when the world seems to be falling apart.

But if you were to take that dry Autumn leaf and pour a little moisturiser into the middle of it and very gently rub it in, you would find that the dry leaf becomes supple again.

You know, God can in a physical and spiritual way revive us too, through his soothing and restoring Spirit and just like the leaf we too can feel renewed.

Jesus once said, 'Come to me all you who are weary and burdened, and I will give you rest.' From Matthew chapter 11 verse 28.

Here is a prayer which you may find useful.

*Living God, Maker of all things,*

*We thank you that in Jesus we see*

*that you care for us individually,*

*and that you invite us to come to you for help and comfort.*

*We lay our lives before you.*

*You are before us, God, you are behind.*

*You are around us, God, you are within.*

*O God of life, you know the secret thoughts of every heart.*

*We bring the faith that is in us, and the doubt.*

*We bring the joy that is in us, and the sorrow.*

*O God of life, you are in the light and in the darkness.*

*We bring the knowledge that is in us, and the ignorance.*

*We bring the hope that is in us and the despair.*

*O God of life, O generous Spirit,*

*Renew us with your life,*

*Today, tomorrow and always. Amen.*



# Service Rota for September/October

September

October/November

Sun 1st 8.30am Said Holy Communion St Luke's  
10am Holy Communion St Francis  
Tues 3rd 10am Holy Communion St Francis  
Sun 8th 10am Morning Prayer St Luke's  
Thurs 12th 10am Holy Communion St Luke's  
Sun 15th 10am Holy Communion St Francis  
Tues 17th 10am Holy Communion St Francis  
Sun 22nd 10am Holy Communion St Luke's  
Thurs 26th 10am Holy Communion St Luke's  
Sun 29th 10am Holy Communion St Francis

## Harvest

Tues 1st 10am Holy Communion St Francis  
Sun 6th 8.30am Said Holy Communion St Luke's  
10am Holy Communion St Luke's  
Thurs 10th 10am Holy Communion St Luke's  
Sun 13th 10am Holy Communion St Francis  
Tues 15th 10am Holy Communion St Francis  
Sun 20th 10am Holy Communion St Luke's  
Thurs 24th 10am Holy Communion St Luke's  
Sun 27th 10am Holy Communion St Francis  
Tues 29th 10am Holy Communion St Francis  
Sun 3rd Nov 8.30am Said Holy Communion St Luke's  
10am Holy Communion St Luke's

## Prayer of an ageing woman

Lord, you know better than I know myself that I am growing older and will someday be old.

Keep me from getting talkative, particularly from the fatal habit of thinking that I must say something on every subject and on every occasion.

Release me from craving to straighten out everybody's affairs. Make me thoughtful, but not moody; helpful but not bossy.

With my vast store of wisdom, it seems a pity not to use it all, but you know Lord, that I want a few friends at the end.

Keep my mind from the recital of endless details – give me wings to come to the point.

I ask for grace enough to listen to the tales of others' pains. Seal my lips on my own aches and pains – they are increasing, and my love of rehearsing them is becoming sweeter as the years go by. Help me to endure them with patience.

I dare not ask for improved memory, but for a growing humility and a lessening cocksureness when my memory seems to clash with the memories of others. Teach me the glorious lesson that occasionally it is possible that I may be mistaken.

Keep me reasonably sweet. I do not want to be a saint – some of them are so hard to live with- but a sour old woman is one of the crowning works of the devil.

Give me ability to see good things in unexpected places, and talents in unexpected people. And give me, O Lord, the grace to tell them so. Amen.

**Anonymous seventeenth century nun.**

## Dear Friends

The heartbreaking events in Southport followed by civil unrest in many of our cities and towns has been shocking. Watching the news is often challenging, but it has become more so over the past weeks. Where is God when these terrible things happen?

Shortly after the events of 9/11, someone wrote a poem entitled "Meet Me in the Stairwell," asking "Where were You, God?" Here are just a few lines of the poem that tried to answer that question.



*Where were you, God? God replied,  
I was on the 110th floor in a smoke-filled room with a man who called his wife  
to say good-bye.  
I was at the base of the building with the Priest ministering to the injured and  
devastated souls.  
I was on all four of those planes, in every seat with every prayer.*

And one part of the poem says,

*Some met me for the first time on the 88th floor.  
Some sought me with their last breath.  
Some chose to ignore Me, but I was there.*

We continue to pray for the families who lost their children in such inexplicably appalling circumstances in Southport. As we do so, we pray for those wonderful people in our communities who seek peace, understanding and reconciliation. Jesus said: "Blessed are the peacemakers. They shall be called children of God." And as we pray, we remember that we are not trying to twist God's arm to get involved. He was already involved long before these shocking events hit the TV news.

And what about us? May the God who walks beside those in Southport and across the country who are responding to hatred with courageous bravery, give you contagious peace.

With best wishes

**The Venerable Richard Ormston**  
**Archdeacon of Northampton**

# 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!**

**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\***

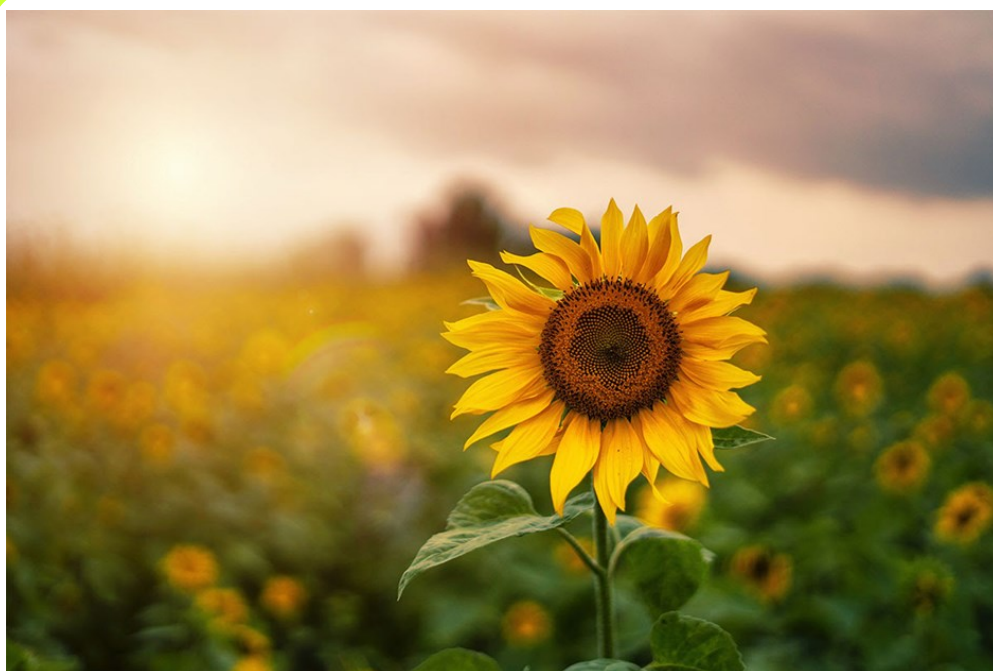
*Christmas Raffle and Tombolas*

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

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



Canon J. John



### The Sunflower

Cloudy, rainy, chilly days in the middle of our British summer do not warm the heart. Recently, on such a gloomy day, Killy and I were given some sunflowers. We immediately smiled, our spirits lifted, and since then I've been thinking a lot about sunflowers. Now don't mock pondering plants! In 1 Kings 4:33 we read that King Solomon 'spoke about plant life, from the cedar of Lebanon to the hyssop that grows out of walls' (NIV). (Incidentally, he couldn't have spoken about sunflowers because they originated in South America and were only brought to Europe in the sixteenth century.) Jesus himself took the garden mustard plant and created a parable (Matthew 13:31–32) and in Luke 12:27 Jesus said, 'Consider how the wild flowers grow. They do not labour or spin. Yet I tell you, not even Solomon in all his splendour was dressed like one of these' (NIV).

But sunflowers are especially appealing, and it didn't take me long to think of four aspects of them that spoke to me.

First, sunflowers are *cheerful*. There's something about that disc of brilliant primary colour yellow that lifts the spirits. Possibly it's because sunflowers look like the sun – or at least every child's drawing of the sun – and I suspect quite a few of us need sunlight to lift our spirits (certainly anybody with a Greek ancestry like me!). Indeed, I can quite



understand why the depressive artist Vincent van Gogh was drawn to painting them. Of course, it's not always easy being cheerful but we can choose to be cheerful, happy and optimistic instead of grumpy, gloomy, miserable and pessimistic. And I know which people I would rather spend time with: those who lift me up not those who bring me down.

Let us be sunflowers, not weeping willows!

Second, sunflowers are *conspicuous*. It's not just the colour of sunflowers that makes them so striking; it's the fact that they can easily be tall enough to tower over you. Most flowers you look down on; sunflowers you look up to. In fact if you grow sunflowers (as Killy and I are trying to do), you may end up not simply blessing your own garden but your neighbours' too. I think there's another lesson here: it's all too easy to stay concealed. We may not reach the height that some sunflowers do but, short or tall, it's important that we let our light shine. Remember: even short people can stand tall. Let's learn from the sunflower to stand up and let what we stand for be seen.

Third, sunflowers are *considerate*. You may think of sunflowers as an ornament for a garden but of course they are a major crop plant. Sunflowers provide seeds for food and vitamins, oil for cooking, and I'm told you can even make insulation out of those enormous stalks. In thinking about the use of sunflowers, let's remember it's not only humans who benefit from them but birds and insects too. Sunflowers are not just bold and big; they are also a blessing. Let us be a blessing to others as well.

Finally, sunflowers *centre on the sun*. They have the remarkable ability – absent from most other plants – of being able to move. Their flowers and upper leaves track the sun, and when the sun sets in the evening they rotate their heads back to face the east to await the warmth of the morning sun's rays. It's clever stuff! Sunflowers soak up all of the sun's rays for warmth and light. They depend on the sun to make their food so they can keep growing. But what about those cloudy days? Get this: sunflowers will turn and face another sunflower! Looking to each other for support until they can once again see the sun.

There's a lesson here for us. We should be those who, at the start of the day, are found facing towards God the Son – Jesus – and who during the course of the day continue to keep our eyes fixed on him (Hebrews 12:2). And on those cloudy days look to each other for support and encouragement but remember, as St Francis of Assisi prayed, 'In giving we receive.'

Rain or shine, may you be inspired by sunflowers and may we all continue to look at the Son.

**'The Son is the radiance of God's glory and the exact representation of his being, sustaining all things by his powerful word.'** (Hebrews 1:3 NIV)

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





*Harvest Festival  
comes around.  
Bushes of blackberries  
can be found.*



*For some the school  
days have begun.  
The summer holiday  
has been and gone.*

*September, October  
bring darker nights.*

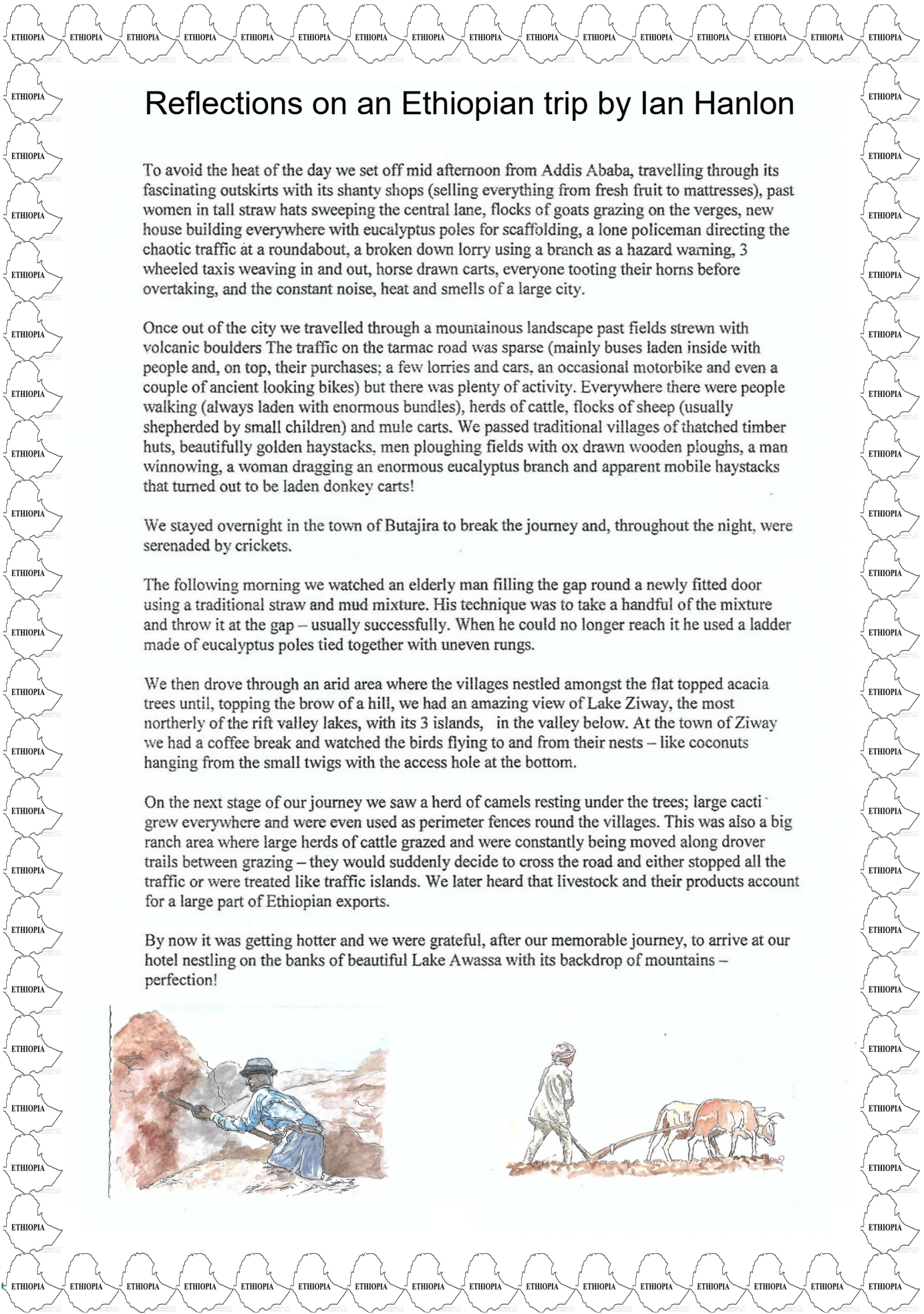
*A warmer coat to wrap up tight.*

*The insects now seem far and few,  
the trees grow bare,  
a sky less blue.*

*First came Spring,  
then Summer sun.  
Now the Autumn  
has begun.*







## Reflections on an Ethiopian trip by Ian Hanlon

To avoid the heat of the day we set off mid afternoon from Addis Ababa, travelling through its fascinating outskirts with its shanty shops (selling everything from fresh fruit to mattresses), past women in tall straw hats sweeping the central lane, flocks of goats grazing on the verges, new house building everywhere with eucalyptus poles for scaffolding, a lone policeman directing the chaotic traffic at a roundabout, a broken down lorry using a branch as a hazard warning, 3 wheeled taxis weaving in and out, horse drawn carts, everyone tooting their horns before overtaking, and the constant noise, heat and smells of a large city.

Once out of the city we travelled through a mountainous landscape past fields strewn with volcanic boulders. The traffic on the tarmac road was sparse (mainly buses laden inside with people and, on top, their purchases; a few lorries and cars, an occasional motorbike and even a couple of ancient looking bikes) but there was plenty of activity. Everywhere there were people walking (always laden with enormous bundles), herds of cattle, flocks of sheep (usually shepherded by small children) and mule carts. We passed traditional villages of thatched timber huts, beautifully golden haystacks, men ploughing fields with ox drawn wooden ploughs, a man winnowing, a woman dragging an enormous eucalyptus branch and apparent mobile haystacks that turned out to be laden donkey carts!

We stayed overnight in the town of Butajira to break the journey and, throughout the night, were serenaded by crickets.

The following morning we watched an elderly man filling the gap round a newly fitted door using a traditional straw and mud mixture. His technique was to take a handful of the mixture and throw it at the gap – usually successfully. When he could no longer reach it he used a ladder made of eucalyptus poles tied together with uneven rungs.

We then drove through an arid area where the villages nestled amongst the flat topped acacia trees until, topping the brow of a hill, we had an amazing view of Lake Ziway, the most northerly of the rift valley lakes, with its 3 islands, in the valley below. At the town of Ziway we had a coffee break and watched the birds flying to and from their nests – like coconuts hanging from the small twigs with the access hole at the bottom.

On the next stage of our journey we saw a herd of camels resting under the trees; large cacti grew everywhere and were even used as perimeter fences round the villages. This was also a big ranch area where large herds of cattle grazed and were constantly being moved along drover trails between grazing – they would suddenly decide to cross the road and either stopped all the traffic or were treated like traffic islands. We later heard that livestock and their products account for a large part of Ethiopian exports.

By now it was getting hotter and we were grateful, after our memorable journey, to arrive at our hotel nestling on the banks of beautiful Lake Awassa with its backdrop of mountains – perfection!



# Reading for Pleasure: Beyond the Book



**About the author:** Sarah Wicks GMBPSS AMBDA APC PPM is a Specialist Teacher Assessor.

“One of my greatest passions is reading, and I take great pleasure in helping others learn to read using science-based methods”.

## 1. The Pleasure of Reading



When we think of reading, our minds often conjure up images of cozy armchairs, well-worn paperbacks, and quiet afternoons spent lost in a novel. But what about those who don't find joy in traditional reading? In this post, we'll explore the idea of reading for pleasure beyond the conventional book format.

## 2. The Myth of Universality

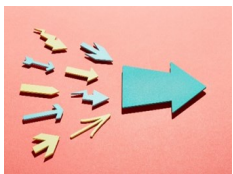
### 2.1 The Struggle with Literacy

Not all students embrace reading willingly. Many of my students, despite their diverse interests, rarely choose reading as a hobby. It's essential to recognise that literacy struggles exist and impact how individuals perceive reading.

### 2.2 The Victorian-Esque Notion

Let's challenge the outdated belief that reading is solely for those with ample free time and disposable income. Pretty bookshelves are delightful, but true enjoyment lies in engaging with the content.

## 3. Expanding Our Definition of Reading



### 3.1 Listening to Books

Audiobooks offer an alternative path to literacy. For those who struggle with traditional reading, listening can be a gateway to stories, knowledge, and vocabulary expansion.

### 3.2 Beyond the Written Word

Remember that cultural capital isn't limited to books alone. Museums, theatre, and art galleries contribute to our understanding of the world. These experiences enrich our lives and broaden our perspectives.

## 4. Stress Reduction: Not One Size Fits All

### 4.1 The Stress-Reading Connection

Yes, reading can reduce stress—but only if it's an enjoyable experience. For proficient readers, escaping into a book provides solace. However, for struggling readers, it might exacerbate stress.

### 4.2 Finding Personal Joy

Let's celebrate diverse ways to unwind. Whether it's gardening, cooking, or watching a favourite show, self-care isn't confined to reading. Encourage everyone to discover their own stress-relief methods.

## 5. A Pleasurable Path

Imagine handing someone a book and saying, “This will bring you joy.” While it works for some, let's acknowledge that reading isn't universally pleasurable. Instead, let's explore various avenues and honour individual preferences.

## Beyond Self-Care

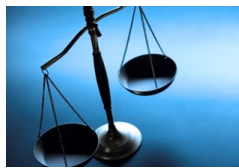
## 6. A Universal Right

When we discuss reading for pleasure, it's essential to recognise that it's not a luxury reserved for a select few. Regardless of age, class, or race, everyone should have access to the joy of reading.

Unfortunately, many recommended books tend to feature a narrow range of heroes and heroines, overlooking the rich diversity of our world.

## 7. Expanding Horizons: Beyond Books

### 7.1 Embracing Diversity



Our literary landscape should mirror the real world—a tapestry woven with people of different abilities, backgrounds, and appearances. Reading allows us to understand, empathize, and appreciate this diversity. It's not just about escapism; it's about expanding our cultural capital.

### 7.2 The Right to Read

Reading isn't merely a form of self-care; it's a fundamental right. Just as we have the right to education, we should have the right to access stories, ideas, and knowledge. But what if reading isn't easy for you?

## 8. The Myth of “Just Read More”

### 8.1 Cauliflower and Books

Telling someone to read more when they struggle with literacy is akin to insisting they eat more cauliflower to acquire a taste for it. It doesn't work that way. Reading must be a desire, not a chore.

### 8.2 Framing Matters

Instead of saying, “You just need to read more,” let's encourage curiosity. Ask about interests, motivations, and expectations. When recommending a book, avoid judgmental phrases like, “I can't believe you haven't read this.” Opt for enthusiasm: “You're in for a treat!”

## A Pleasurable Journey

Reading for pleasure isn't a one-size-fits-all experience.

Let's celebrate diverse paths—whether through traditional books, audiobooks, or other forms of storytelling. By making reading accessible and enjoyable, we create a fairer, more equal literary world.

# MACMILLAN COFFEE MORNING 2024

Hello everyone. It's that time of the year when I start thinking about organising a Macmillan Coffee Morning again. How quickly a year has gone by! As before, the coffee morning will be held at

St Francis Church, Eastfield Road, Duston, on Saturday 21st September, 10.00am -12.30pm.

There will be various stalls selling books, bits and pieces, a cushion and crafts stall, bottle tombola and, of course, a cake stall.

I would be most grateful for contributions to any of the stalls or raffle prizes and will be happy to collect.

Do come along and join us. There's always such a lovely atmosphere with lots of people sitting with their friends and enjoying themselves

See you there!

June Draper.

01604 753038



Event title/description  
21st Month 2024  
12.30pm to 1.00pm  
Room of Annual Reception  
Duston, Eastfield Road, Duston, Northampton  
01604 753038  
www.macmillan.org.uk

PUT A SMILE ON YOUR MUG!

## MACMILLAN COFFEE MORNING SATURDAY 21ST SEPTEMBER 2024



10.00am - 12.30pm AT  
ST FRANCIS CHURCH,  
EASTFIELD ROAD, DUSTON.  
RAFFLE AND VARIOUS STALLS  
COME AND JOIN US





**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**

## Hot and bothered? Try this!

If you're getting "hot and bothered" in overly warm weather – here's why and what you can do to address it.

There's no diagnosable summer seasonal affective disorder BUT being overly warm can affect our sleep patterns. We may not be able to get to sleep so easily – and if opening the window is not possible (for example: perhaps because of hayfever, or owning a cat on a high floor), then it can be difficult to regulate your body temperature to sleep comfortably. A lack of sleep can be a contributory factor to feelings of stress and an inability to concentrate – which can affect our work or day to day interactions as feelings of irritability can cause us to snap at colleagues or loved ones – which can affect our relationships; and if we feel "too warm to want to do anything", the apathy and perhaps lack of social interaction can also lead us to feel a bit down.

Our eating patterns can also be disturbed which again can lead to feelings of irritability, or perhaps we simply prefer not to eat, and if we are drinking alcoholic drinks, the alcohol may have a more pronounced effect on our behaviour than if we had a heavier meal. Similarly if it is "just too warm to exercise" – we may also begin to feel sluggish, and this too can affect our mood – and disrupt our routine.

Further, if we contrast the climate of the UK to somewhere tropical for example, Malaysia where year round the climate averages about 28 degrees C to 32 degrees C, there, air conditioning is commonplace, and in the middle of a UK heatwave our fans are just moving hot air around.

Physically too, it is possible that women (notably those in the stages of peri-menopause or menopause) may experience symptoms of anxiety in hot weather because of having hot flushes, and the weather can contribute to mood swings already being experienced; but both genders (and those identifying as nonbinary) can be affected by the heat.

Another area which might even affect mood is that in hot weather, one of the ways of keeping cool is wearing less. If anyone is already feeling insecure about their bodies – this will be another cause of anxiety, not just in choosing what to wear in the first place, but fear of the judgment of others, however unwelcome, unsolicited and unnecessary it is!

Further, while the incidence of moodiness may be greater in warmer weather, this can also be because we may be more likely to "go and enjoy the sun", and thus raise the number of interactions we have.

Continued.....

**What can we do?**

One thing which I would suggest right at the start is to not expect to be in a bad mood especially if you already associate the hot weather with being “hot and bothered” or simply “hating it” – it is likely that you will look for things to validate your view.

However, there are other practical tips to manage – with the key message being while you cannot control the weather, you can control how you behave within it:

Carry a hand held fan

Carry water to remain hydrated

Make sure you wear appropriate sun protection (sunscreen, a hat etc) if you are going to be out in warm weather for some time.

Try to keep your bedroom cooler by closing the curtains in the day – this may make it easier to sleep at night.

Avoid going out when the sun will be at its hottest (eg around midday), or perhaps when crowds are likely to grow (such as rush hour) if you can. This might mean minor tweaks to your routine such as walking your dog, or going for a run at a different time, but if this is doable, then this can make a difference to not only the action itself, but your anticipation of it and how it will go.

If you are having trouble sleeping, then get up and avoid associating the bed with anxiety or feeling uncomfortable. Consider if you will get better rest in a different room if this is an option.

Wear clothing that is easily adjustable eg: something where layers can be added should it get cold rather than wearing something too warm where rolling up sleeves will make little difference.

Recognise that mood can be affected by the heat, and try not to take things personally...and if heat does tend to make you cranky, perhaps acknowledge that in advance, or at least within conversation should the subject arise.

## It happened in September but when, where, what or who was it?

1) The Great Fire of London ended in September 1666, but how many people died?

a) 6 b) 60 c) 600

2) In September of which year did the terror group Black September take hostage and subsequently kill 11 Israeli athletes at the Munich Olympics?

3) The Pilgrims set sail for America from Plymouth on the Mayflower in which year?

a) 1610 b) 1620 c) 1630

4) Whose funeral in 1997 was watched by an estimated 2.5 billion on television as well as 1 million people who lined the streets of the funeral procession?

5) The International Criminal Police Organisation was formed in 1923. What is it better known as?

6) The Who's drummer committed suicide in 1978, what was his name?

7) The sculpture 'David' was unveiled in Florence in 1504, but who was the sculptor?

8) Which Apache leader in 1886 after 29 years of fighting finally surrendered in Arizona?

9) 44 Spanish settlers founded which place when translated to English was 'The Village of Our Lady, the Queen of the Angels' in 1781?

10) Which two students founded Google in 1998?

11) Scotland's Forth Road Bridge near Edinburgh officially opened in which year?  
a) 1952 b) 1958 c) 1964

12) In 1888, George Eastman received a patent for his camera that used roll film and registered which trademark?

13) The maiden journey of the USS Shenandoah took place in 1923. What was special about this?

14) Mark Spitz became the first competitor to win seven medals at a single Olympic Games, but which year's games were they?

15) In 1901 at the Minnesota State Fair, which then vice-president famously said - 'speak softly and carry a big stick'?

16) Which Scottish engineer and architect who died in September 1834, designed the Menai Suspension Bridge?

17) In 1189 - Richard I of England was crowned at Westminster. What was he also known as?

18) In 1650 during the Third English Civil Wars, the Royalist forces led by David Leslie, Lord Newark were defeated by the Parliamentary forces led by who?

19) On which island was Barry Gibb born on 12th September 1946?

20) American Bobby Fischer beat which opponent in Reykjavík, Iceland in 1972 to become the world chess champion.

21) In September 1952 which novelist published the Pulitzer Prize winning novel The Old Man and the Sea

22) The wreckage of RMS Titanic was located by a joint American-French expedition in September of which year

a) 1965 b) 1975 c) 1985

23) Born in 1875, this author was responsible for the novel Tarzan and the Apes.

24) "Alfie", "Walk On By", "Do You Know the Way to San Jose" and "I Say a Little Prayer" are just a few of the hits that which lyricist, who died in 2012, had in collaboration with Burt Bacharach?

25) On 1st September 1939, Germany started World War II when it invaded which country?

26) In 1715 which French king died after a reign of 72 years?

27) In September 1953 John F Kennedy married Jacqueline. What was Jacqueline's maiden name?

28) On what date was the worst terrorist atrocity carried out against the United States when 4 passenger jets were hijacked and crashed?

29) In 1893 which southern hemisphere country was the first to grant women the vote?

30) In 1829 the first British police force was established in London. They became known as 'bobbies', why?

If you are still scratching your head, the answers can be found on the last page....!!

Please join us for our next

# Health *and* Wellbeing Talk

Thursday 19th September 2024 | 1.15 pm - 2.45pm



## Get Up & Go Exercise Programme



with **Katy Downing**

programme lead from Northamptonshire Sport

Join us for an engaging overview of the Get Up & Go Exercise Programme, a key part of the county-wide falls prevention initiative. Discover the available options and learn how you can improve your balance and strength after a fall or if you have a fear of falling.

**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)**



Please join us for our next

# Health *and* Wellbeing Session

Thursday 17th October 2024 | 6.45pm - 8.30pm

## Positive Mindset - How to Get Motivated in the Winter

With CJ

from Mind & Fitness Revolution

Join us for a session on how to get motivated in the winter.

- How to create plans & Goals
- Quick exercises you can do indoors
- Keeping up your energy
- How to get in your 'Me Time'

**Duston Community Centre**  
**Pendle Road, NN5 6DT**

**6.30 pm Refreshments**  
**6.45 pm Talk**  
**7.30 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)**





September

# INDOOR CAR BOOT SALE

Duston Community Centre, Pendle Rd, NN5 6DT

GJ @ The Square  
Will be Open!



September 28th, 10:00-13:00

Tables/Pitch £10

Pre-Booking Essential



DUSTON PARISH COUNCIL

T: 01604 583626 | E: [facilities@duston-pc.gov.uk](mailto:facilities@duston-pc.gov.uk)

[www.duston-pc.gov.uk/indoor-car-boot-sales](http://www.duston-pc.gov.uk/indoor-car-boot-sales)



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# Bargain Shop

## Opening times



Monday Afternoon - 1:30pm - 3:30pm

**Tuesday - Closed**

Wednesday Morning - 10:00am - 12:00pm

Wednesday Afternoon - 1:30pm - 3:30pm

Thursday Afternoon - 1:30pm - 3:30pm

Friday - 10:00am - 13:00pm



**Duston Community Centre Pendle Road NN5 6DT**

**near Duston Library**

**FOR JUST £1.00 WE CAN SELL YOUR UNWANTED ITEMS**



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T: 01604 583626 | E: [facilities@duston-pc.gov.uk](mailto:facilities@duston-pc.gov.uk)

[www.duston-pc.gov.uk/findmynearest](http://www.duston-pc.gov.uk/findmynearest)



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# 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.

[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



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## Take a look at this picture.....

Follow me on:



**Running  
Through  
My Mind**



The athlete on the left is Eilish McColgan. A superb middle distance runner in her own right, and also daughter of Liz McColgan; Commonwealth Games' gold medalist, and winner of London, Tokyo and New York marathons.

However, I'm not writing about Eilish McColgan.... or Liz McColgan. Instead I want to tell you about the athlete on the right; Megan Keith.

On August 9<sup>th</sup> 2024 in the women's Olympic 10,000 metres final in Paris, Keith found herself at the back of the pack, thanks to an ankle injury. She went on to finish 23<sup>rd</sup> of 23 finishers. When the eventual winner (Kenya's Beatrice Chebet) crossed the finishing line in 30 minutes and 43 seconds, Keith still had another lap to complete, crossing the finishing line in 33 minutes and 20 seconds; last, alone, and clearly in great discomfort.

Why am I writing about her, then, and not Chebet the winner? Surely it's easier to write about a "winner"? Well...perhaps.

But I, along with millions of others watching on TV, thousands inside the stadium as well as McColgan (who greeted her at the finish line) saw something special:

Keith was the epitome of grit, determination, and drive. Despite the pain she must have been suffering from her ankle. Despite knowing she was trailing all the other runners. Despite finding herself lapped, she never gave up. Many others may have been tempted to stop. But not Keith. She didn't quit. She dug deep and kept going. This is the sign of a true "winner" in my book.

For those fortunate (and hardworking) enough to taste victory, (whatever the "race" ) you have my sincere congratulations. But my heartfelt admiration is reserved for those like Megan Keith, running their own race, pushing themselves to their own personal limits to overcome whatever obstacles are in their way.

What an example to set. A mindset that can help in so many situations. When the odds are against you, when others are ahead of you, when pain pulls you back, find courage, dig deep, and run your own race.

Until next time, take care of yourselves....

Tim.

## I'M FINE THANK YOU



There is nothing the matter with me,  
I'm as healthy as I can be,  
I have arthritis in both my knees  
And when I talk, I talk with a wheeze,  
My pulse is weak and my blood is thin  
But I'm awfully well for the shape I'm in.

Arch supports I have for my feet  
Or I wouldn't be able to be on the street,  
Sleep is denied me night after night  
But every morning I find I'm alright.  
My memory is failing, my head's in a spin  
But I'm awfully well for the shape I'm in.

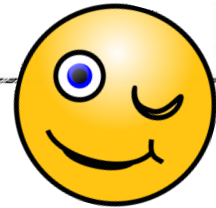
The moral is this as my tale I unfold,  
That for you and me who are growing old,  
It's better to say, "I'm fine" with a grin  
Than to let folks know the shape we are in.

How do I know my youth is all spent?  
Well my "Get Up and Go" has got up and went  
But I really don't mind when I think with a grin,  
Of all the good places my "Get Up" has bin.

Old age is golden, I've heard it said  
But sometimes I wonder as I get into bed,  
With my ears in the drawer and my teeth in a cup,  
My eyes on the table until I wake up,  
Ere sleep overtakes me, I say to myself,  
Is there anything else I could lay on the shelf?

When I was young my slippers were red  
And I could kick my heels over my head,  
When I was older my slippers were blue  
But still I could dance the whole night through,  
Now I am older my slippers are black,  
I walk to the store and puff my way back.

I get up each morning and dust off my wits,  
Pick up the paper and read the "orbits",  
If my name is still missing I know I'm not dead,  
So I have a good breakfast and go back to bed!



## Importance?

Sometimes when you're feeling important  
Sometimes when your ego's in bloom  
Sometimes when you take it for granted  
You're the best qualified in the room

Sometimes when you feel that your going  
Would leave an unfillable hole  
Just follow these simple instructions  
And see how they humble your soul

Take a bucket and fill it with water  
Put your hand in it up to the wrist

Pull it out and the hole that remains  
Is a measure of how you'll be missed

You can splash all you wish when you enter  
You may stir up the water galore  
But stop and you'll find that in no time  
It looks quite the same as before

The moral in this quaint example  
Is to do just the best that you can  
Be proud of yourself, but remember  
There is no indispensable man!



# Duston Remembers

## 31th October - 12th November 2024

Our wonderful Poppy cascade will again be on display at St Luke's Bank during the Royal British Legion's Poppy Appeal Campaign.

Stay tuned to our website for updates on church services and our plans for commemorating this significant occasion



[www.duston-pc.gov.uk/duston-remembers](http://www.duston-pc.gov.uk/duston-remembers)



01604 583626



[events@duston-pc.gov.uk](mailto:events@duston-pc.gov.uk)



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JESUS COMES NOT  
FOR THE SUPER-SPIRITUAL  
BUT FOR THE WOBBLY  
AND THE WEAK-KNEED  
WHO KNOW THEY  
DON'T HAVE IT ALL  
TOGETHER, AND  
WHO ARE NOT TOO  
PROUD TO ACCEPT  
THE HANDOUT OF  
AMAZING GRACE.

Brennan Manning

[www.ChristinDitchfield.com](http://www.ChristinDitchfield.com) ~ #LettingItGo

## God of the bended and low

Incline your ear to me and save me... Psalm 71:2

God of the bended and low:  
bowing petunias and bending tulips,  
weeping willows and sagging branches,  
hovering hens and baby chicks,  
kneeling mothers and crying children.

You descended and stooped,  
crouching with one caught in naked shame,  
squatting with one bent in suffered exclusion.  
Bend down and dip low now to listen to my  
silent screams.

I bend over,  
tangled up with decisions and motives,  
with desires and memories,  
suffocated with snarls of fear and shame.

A chasm grows.  
Bended and low God,  
pull and untangle,  
cut and untwist,  
tend and mend,  
my whispered cries.

**Becky Grisell**

**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:

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

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 two weeks 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:

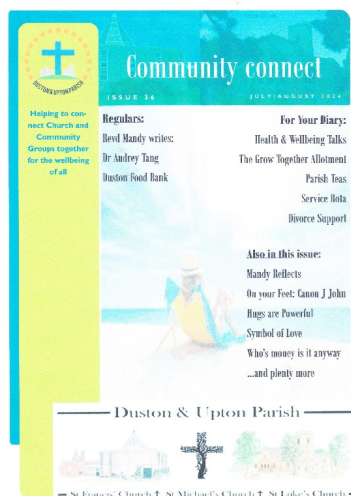
3 Main Road Duston  
NN5 6JB.

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.**



### Answers to "September Quiz"



- 22. c) 1985
- 23. Edgar Rice Burroughs
- 24. Hal David
- 25. Poland
- 26. Louis XIV
- 27. Bouvier
- 28. 11 Sept 2001
- 29. New Zealand
- 30. They took the nickname of the home Secretary Sir Robert Peel

- 12. Kodak
- 13. The first US airship
- 14. 1972
- 15. Theodore Roosevelt
- 16. Thomas Telford
- 17. Richard "The Lionheart"
- 18. Oliver Cromwell
- 19. Isle of Man
- 20. Boris Spassky
- 21. Ernst Hemingway

- 1. a) 6
- 2. 1972
- 3. b) 1620
- 4. Princess Diana
- 5. Interpol
- 6. Keith Moon
- 7. Richard 1
- 8. Geronimo
- 9. Los Angeles
- 10. Larry Page and Sergey Brin
- 11. c) 1964