

Sunrise

A monthly magazine for the Parish of the Resurrection, Alton



February 2021

A donation
will be appreciated



The Parish of the Resurrection, Alton

Vicar: Reverend Andrew Micklefield, 88794

St Lawrence Vicarage, Church St, Alton GU34 2BW

Sunday Services

Details of Sunday services for the month can be found on the Back Cover. You will find that there is a variety of services intended to meet the needs of people of many different ages and backgrounds. You are welcome to worship with us.

Family Worship

The church wants to make it as easy as possible for families with children to become part of the worship life of the church. To find out more contact one of the clergy.

Marriage and Baptism Enquiries

Enquiries should be made to the Parish Office by telephone 83234 or by calling at the Parish Office or email: potr.alton@btinternet.com

Parish Centre Bookings

It is possible to book St Lawrence Parish Centre or All Saints Parish Hall for functions and other events. Bookings for all Church Buildings and Halls should be made to the Parish Office.

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Ellie Elder

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Robin Kemp (SL)

Parish Donations Coordinator

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c/o The Ministry Team via the Office

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Martha Lloyd Martha@potr-alton.co.uk

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Email: potr.alton@btinternet.com

Open Monday to Friday

9.30am-12.30am

Parish Web Site:

<http://www.potr-alton.co.uk>

**This month's cover picture is
Winter is not over yet**

The Parish of the Resurrection lies within the Winchester Diocese of the Church of England & is in covenant partnership with Alton Methodist Church in the Greater Alton Project

First thoughts . . .

You may want to read Matthew 8: 23-27.

Most of us have experienced some sort of trauma at some unexpected time which has come like a bolt from the blue and has unsettled us. We are certainly living in a particularly difficult time at the moment.

Life is so much like the Sea of Galilee on that beautiful, calm summer's afternoon, when the disciples with the best will in the world, took Jesus out for a sail to get him away from all the people who were crowding him. As they lazed away on the sea under a cloudless blue sky, Jesus fell asleep, tired out by all his exertions and by the emotional demands of huge crowds of people. But out of that clear blue sky, a storm blew up from nowhere. One moment everything was tranquil and calm and peaceful and they were having a wonderful, relaxing time, the next everything was in turmoil. Does that sound familiar?

Suddenly they'd been plunged into something terrifying. The quiet relaxation was torn from them and they found themselves plunged into the worst storm they'd ever known. And they weren't ready for it. They had no time to prepare, no time to notice that the wind was rising and perhaps they should begin to batten down the hatches. To go from clear blue sky to the middle of the worst storm you've ever known in the time it takes to blink, leads to terrible shock and panic. You can't think straight, if you can think at all. You find yourself unable to make any decisions. You feel like you're floundering, drowning, for it feels like the waters are about to close over your head and you're going to be sucked under.

The disciples did their best to handle the situation, but the impression the story gives is that like anyone in such circumstances, they were flailing around unable to cope. And unbelievably, Jesus slept through it all. Through the entire maelstrom and the mayhem, through the terrible danger and the terrifying, panicky fear, Jesus lay on his cushions blissfully asleep, completely unaware of anything that was going on around him. No wonder the disciples were furious. Shock and panic can make you feel like that. Just when they really needed him, he was absent, he was asleep. They needed all hands on deck to try to keep the boat afloat.

They shook Jesus awake. "Don't you care?" they cried. "This is an emergency! If you don't get up and pull your weight we're all going under, we'll all drown." But Jesus didn't do what they expected him to do. They expected him to leap to his feet and join the team, battling to take down the sail or bail out some of the water or grab the oars, but he ignored the boat completely.

He made no attempt to remedy the situation in the usual way of attending to the boat and making sure everything was watertight and shipshape. Instead, he ignored the boat and went straight to the heart of the matter, to the source of the problem. He commanded the storm to subside. And the disciples couldn't believe it. What sort of a man were they dealing with, who had power to still

storms?

Jesus didn't make things the same as they were before. They could never be that, for the disciples were battered and changed by their terrifying experience. But after the storm things became calm again, even if they were calm in a new sort of way.

The disciples grew spiritually, for they received new insight into who Jesus was. They also discovered they hadn't quite as much faith as they'd perhaps thought they had, for when the chips were down they shrieked and screamed and experienced the same sort of terror as everyone else. But perhaps they were stronger because of the storm. Perhaps when the next storm arose, they were better able to deal with it. And perhaps too, when the next storm arose they were able to trust Jesus to somehow or other keep their heads above water.

Storms aren't quite so bad if you're expecting them. When the sky looks cloudy or dark, you can prepare. You can either shut all the doors and windows and refuse to budge, or you can venture out wearing rain gear so that you're protected to some extent. But life isn't always like that.

Like the Sea of Galilee, human life is a mixture of beautiful, calm, sunny days and terrible storms, and all conditions in between. When the storms come, often out of the blue, it may feel as though you're on your own, as though even God has deserted you. But Jesus is always there. He may appear to be asleep, and he may not offer help the way we humans expect and want him to offer help. Yet if we ask him and trust him, he'll go straight to the heart of the matter, and calm the storm within you. And it's through life's storms that we become stronger people, better able to handle the next storm, growing spiritually, towards God, through the pain and distress and difficulties.

I hope this helps somewhat as we experience all that the present storm throws at us. Maybe use this prayer:

Calming and reliable God,

When the storms break, I break too! Especially if the storm is sudden and unexpected, panic sets in.

Calming and reliable God, give me the faith I need to hang on in times of darkness and fear and despair. Help me to understand that when you calm my storms you may not necessarily do so in the way I want or expect, but will always do so in the way that is best for me.

Thank you, God.

Amen.

Prayers for February

Gracious Lord, we thank you for people who love us. Who have cared for us and been there for us (we take a few seconds of silence to picture them.)

Thank you for their advice, their kindness and their prayers.

We thank you for your love for us that you have no favourites but you constantly love us fully and unreservedly. Help us to love others in your name.

Lord in this time of change and uncertainty, grant us wisdom and revelation. That we may make good decisions for ourselves and for others.

In Jesus' name, Amen

All mighty God, rich in love and full of tenderness. We pray for all those who feel wounded, weary and broken. For the bereaved, the anxious and the isolated.

We unite our hearts with them in tears of lament. God come in power, God have mercy, God bring healing, may the oil of your love bring peace.

In Jesus' name, Amen

Lord, we thank you for your grace and goodness, we thank you that you are our help and support.

We thank you for your compassion, you never abandon us.

Lord, we pray for those in distress today carrying a burden and under a weight of distress and sorrow.

May you answer them in their need and grant them protection and give them your peace.

In Jesus' name, Amen

Gracious God, we pray for those who are struggling emotionally and spiritually, those finding it hard to experience your presence, those who can't see you through the tears and the anguish.

Thank you that even when we are struggling to have a vision of you. You are with us. You have promised to never leave us, and you have said when we seek you we will find you.

Thank you that you enter into our sorrow and pain, you journey with us in our questions and our doubts. Bring comfort strength and hope we pray.

In Jesus' name, Amen

Bible Readings for the month of February

Taken from the Church of England lectionary – readings to use daily

Monday 1 st	Psalm 1	Hosea 9	1 Corinthians 12: 12-end
Tuesday 2 nd	Psalm 5	Hosea 10	1 Corinthians 13
Wednesday 3 rd	Psalm 119: 1-32	Hosea 11: 1-11	1 Corinthians 14: 1-19
Thursday 4 th	Psalm 15	Hosea 11: 12-end of 12	1 Corinthians 14: 20-end
Friday 5 th	Psalm 19	Hosea 13: 1-14	1 Corinthians 16: 1-9
Saturday 6 th	Psalm 23	Hosea 14	1 Corinthians 16: 10-end

Sunday 7th 2 before Lent

2 Kings 4: 8-37 John 1: 1-14

Monday 8 th	Psalm 30	Ecclesiastes 7: 1-14	John 19: 1-16
Tuesday 9 th	Psalm 36	Ecclesiastes 7: 15-end	John 19: 17-30
Wednesday 10 th	Psalm 34	Ecclesiastes 8	John 19: 31-end
Thursday 11 th	Psalm 37	Ecclesiastes 9	John 20: 1-10
Friday 12 th	Psalm 31	Ecclesiastes 11: 1-8	John 20: 11-18
Saturday 13 th	Psalm 42	Ecclesiastes 11: 9 end of 12	John 20: 19-end

Sunday 14th

Luke 7: 1-17 2 Corinthians 4: 3-6

Sunday before Lent

Monday 15 th	Psalm 44	Jeremiah 1	John 3: 1-21
Tuesday 16 th	Psalm 48	Jeremiah 2: 1-13	John 3: 22-end
Wednesday 17 th Ash Wednesday	Psalm 38	Daniel 9: 3-6, 17-19	1 Timothy 6: 6-19
Thursday 18 th	Psalm 77 or 57	Jeremiah 2: 14-32	John 4: 1-26
Friday 19 th	Psalm 3 or 51	Jeremiah 3: 6-22	John 4: 27-42
Saturday 20 th	Psalm 71 or 68	Jeremiah 4: 1-18	John 4: 43-end

**Sunday 21st
Lent 1**

Matthew 28: 1-20 1 Peter 3: 18-22

Monday 22 nd	Psalm 11 or 71	Jeremiah 4: 19-end	John 5: 1-18
Tuesday 23 rd	Psalm 44 or 73	Jeremiah 5: 1-19	John 5: 19-29
Wednesday 24 th	Psalm 6 or 77	Jeremiah 5: 20-end	John 5: 30 - end
Thursday 25 th	Psalm 42 or 78: 1-39	Jeremiah 6: 9-21	John 6: 1-15
Friday 26 th	Psalm 22 or 55	Jeremiah 6: 22- end	John 6: 16-27
Saturday 27 th	Psalm 63 or 76	Jeremiah 7: 1-20	John 6: 27-40

**Sunday 28th
Lent 2**

Acts 9: 32-43 Mark 8: 31-38



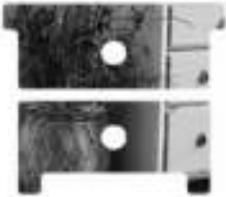
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Christian faith - we are a vibrant community of
four churches in Alton, Holybourne and Beech*

**We are part of the Church of England, Diocese of Winchester and in covenant
partnership with Alton Methodist Church.**

News from Resurrection Furniture

Obviously the shop is closed during the lockdown. However, we are actively setting up a limited on-line selling facility on Facebook and on our website. You are encouraged to look at our new and whizzy website and our latest selection of items available. Here's a few images from there;



There's also a limited deliveries and collections service for smaller items, strictly to/from the door. Email: shop@resurrectionfurniture.co.uk. If you would like to purchase something from the shop, please email us. We can take card payments by phone, arrange a time to meet you at the shop to hand you your item, or deliver it to your door.

Debbie, our supervisor, checks the laptop to keep the ship afloat so if you need to get in touch, do e-mail her.

A charity with a mission:

Before Christmas the Trustees met and agreed donating to the Womens' Refuge and Christians Against Poverty, totalling £700. RF will also join in POTR's Christmas Appeal to support the King's Arms project. Especially during lockdowns we continue to help disadvantaged families needing furniture with various amounts of support.

Can you help?

Storage space is always an issue. If you have a garage that is not in use, why not lend it to RF? We do expect lots of donations of furniture when lockdown ends. Please e-mail Tim Codling on tim.codling@hotmail.co.uk if you think you can help. Many thanks.

Sue Hubbard

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IT'S A WRAP ECO CHURCH ARTICLE FOR SUNRISE

Since the pandemic began, many of us have been doing a lot more of our shopping online which, of course, means that we are receiving many more deliveries to our homes.

We have been struck by the variety of ways in which different companies choose to wrap and package items and also the positive attempts which many are clearly making to be innovative in the way in which eg recycled or lighter material is being used.

To give a couple of examples –

One of our Christmas presents has been a monthly delivery of cheeses. These are packed and delivered using sheep's wool insulated packaging within a cardboard box provided by a company called Woolcool. (<https://www.woolcool.com/>)

The beauty of this is that the company offers many suggestions for ways in which the wool may be reused – often multiple times.

We also bought a lot of soap from Faith in Nature (obtainable from Jo McGregor on behalf of Traidcraft) and we were impressed with the fact that each individual bar of soap comes in fully recyclable cardboard and the packaging was entirely card so that there was nothing at all which went into our green bin and then onto landfill.

Perhaps inevitably some items – particularly fragile ones –are packed with a lot of plastic bubble wrap. Although, at one level, this is an environmental nightmare, we have tried to save such wrapping and use it for our own parcels which we are sending out. At least this way, the bubble wrap is being used twice – possibly more – rather than just being 'single use' plastic.

As with many aspects of becoming more 'eco conscious', there are pitfalls everywhere and it can be difficult and time-consuming to make informed choices especially when many suppliers are jumping on a bandwagon.

Although after the end of the pandemic, we will return to buying as much as possible locally and sustainably, we certainly will continue to buy online occasionally.

We have now decided that the approach to packaging taken by suppliers should become an additional consideration for us prior to placing an order. We would be interested to hear of your experience – do you have examples of good practice you could share – equally, have you come across examples of shocking waste?

If you have photos you would like to share please send them to Ellie at - potr.alton@btinternet.com

*Martyn & Sue Dell
on behalf of PotR Eco Church Group*

Anna Chaplaincy

Andrew has asked me to write about how I have been spending the last ten months in my Anna Chaplaincy role. When lockdown began in March I was put on furlough for six months. I was very worried about having so little contact with care home residents, warden controlled homes and all the organisations and lunch clubs I visit. Everything closed down and it was desperately sad.

However, two things are apparent. God is at work (of course) and the older generation are much tougher than I had realised. They have accepted contact by email and services on CDs. I have taken many funerals including one in a garden and another on the phone. This year has brought many more deaths, including dear Bob Weighton and Arthur Harvey. I keep photographs of them on my bookcase for inspiration.

Zoom has proved invaluable for services and conversations. To my surprise some congregations have increased in number and at Brendoncare they require a second sitting! Some residents have emerged as superb lesson readers and prayer improvisors.

I realise now that faith laid down in earlier years (and often honed by suffering) bears fruit later. It is also evident to me that much of the private prayer, generous giving and peer support is done by older people. (see Psalm 92:14)

Rev Rachel Sturt

**Parish of the Resurrection
St Lawrence Mini Market
In the Parish Centre**

**Saturday 6th February
9.30 to 12.30**

Books, Puzzles, Toys, etc, Produce, etc

During the past year, the Mini Market has raised over £4,200.00

(All government guidelines relating to COVID-19 will be adhered to)

News and Views from St Peter's Church Beech

It seems ages since we were all together in St Peter's. Our last service in our Church home was on Christmas Day. Unfortunately, neither Annis nor I was able to go on that occasion but Revd. Lynn sent me the poem and a few thoughts that she shared on Christmas morning. The poem is called BC:AD and was written by U.A Fanthorpe and is taken from a collection of poems by Janet Morley entitled 'Haphazard by Starlight'.

BC:AD

*This was the moment when Before
Turned into After, and the future's
Un-invented timekeepers presented arms.*

*This was the moment when nothing
Happened. Only dull peace
Sprawled boringly over the earth.*

*This was the moment when even energetic Romans
Could find nothing better to do
Than counting heads in remote provinces.*

*And this was the moment
When a few farmworkers and three
Members of an obscure Persian sect*

*Walked haphazard by starlight straight
Into the kingdom of heaven.*

By U A Fanthorpe

Reflecting on the poem and the comments that follow here are just a few ideas. The poem begins by playing with the concept of before and after and what critically lies in between. The time zero. So what was this time into which Jesus was born? This year many of us have found ourselves looking wistfully back at past times when we could do various things that we used to take for granted. We could go on holiday, we could share a meal in someone else's house or we could give someone a hug. On other occasions we've spent time wishing

ourselves into the future. A future when we will be able to resume our lives, act with spontaneity, visit friends and family, go to the pub, meet together in Church and in greater numbers – the list is endless. What we haven't done much of is live today – to live in the here and now, in the moment. This poem reminds us that Jesus was born in the moment – he may have been promised from all time and he will be there for us forever in the future but he was born in the moment. And what a glorious moment that was. We have become acutely aware of passing time and the frustrations and regrets that this year has brought. Perhaps what we can take from this, as we remember Jesus' birth is that we should try to accept, acknowledge and appreciate the here and now – the moment.

The second verse is also challenging. Particularly challenging for a doing person, a Martha not a Mary. Doers find it hard to sit and be still and yet Fanthorpe identifies the moment of Jesus' birth as the moment when nothing happened. I think that in this poem the boring, dull nothingness is not about being idly slumped on the sofa in front of the TV instead it is to be treasured. A time of peace when the world held its breath. A time when conflicts, both personal and worldwide, cease. Perhaps it's like that moment in the First World War when the guns stopped firing and the troops on both sides came out into no-man's land and exchanged goodwill. Blessed peace.

The third verse belittles the role of the cruel Roman occupation of Palestine. The appalling practice of making people travel to the place of their birth, mostly on foot, leaving their homes and work and facing the dangers that that travel brought, in order to register (so the Romans could keep tags on them and tax them) is deliberately reduced to 'counting heads in a remote province.' And yet it is this practice that brought Mary and Joseph to Bethlehem for the birth of Jesus – the saviour of the world, with much more power and influence than the Romans would ever have.

And finally, played down, we hear of those first visitors – a handful of farm workers – the shepherds, who, together with the three kings – 'members of an obscure Persian sect' (and here lies the clinch) stumbled around, haphazardly following a star, to make the biggest and most important discovery ever as they walked directly into the Kingdom of Heaven.

In the past year (2020) we have limped and stumbled around and yet as we gathered for Christmas and looked forward to 2021, despite everything, we were still very much celebrating the birth of the Christ child in our midst.

Our thanks to the Reverend Lynn Power for the message in this 'story.'

Paddy Mendham



Living Advent Calendar 2020

Do me a favour?

David Pickup, a solicitor, considers scam emails.

I just had an email from a clergyman, saying, “Hi” and asking me to do him “a favor”. I replied to say yes, of course. I then began to wonder why he had not said what sort of favour it was, and why he was asking me.

I decided to telephone him and find why he had not explained. His wife answered and said: “Is it about the fake email?” I could tell from her tone of voice that I was not the first caller.

This was a scam of some sort and probably the favour was to send money. The same day someone else in the same parish had their accounts hacked. The email addresses used were correct, but if had looked carefully I would have noticed he would not spell “favour” like that and not say “hi”.

This all makes me quite cross, because these scammers are playing on church members’ kindness. A friend of mine also got the email and was upset that someone else was in trouble. We need to be aware of the risks and look out for messages of any kind which seem strange.

Criminals target churches and pretend to send emails from people in authority such as clergy, churchwardens or treasurers. They prey on our credulity and charity.

What should we do?

If you get a telephone call or email you and you are not sure if it is genuine, use another form of communication to check.

It is a crime, so report it to the authorities. If it is connected to a church, tell your diocese or governing body.

The scammers must have got these addresses from somewhere. How easy would it be to get a list of the names and addresses of your minister, leaders and treasurer?

Lastly, carry on being generous and kind. These scammers should not stop us.

Notes from a still locked down Choir



This month my castaway is Sue Hubbard. Sue is the proud owner of an electric bicycle (which I believe she has stopped falling off of now) but to be honest, she could be her own human dynamo. If you need something done just ask Sue. Sport also plays a big part in her life and in between getting a wash on and walking the dog she even managed to fit in a run with the Olympic Torch! She let me hold it once- a magical moment for me but it was all in a day's work for Sue. She is one of life's gems, a good friend and great fun to be with. Here is her selection of discs for your delight.

I saw her standing there – The Beatles

Who knew that as teenagers we would be lucky enough to be part of that wonderful age of music? My first boyfriend with whom I went to ballroom dancing classes, bought me the vinyl *Please Please Me*, released in 1963 and when we parted, I tried to give it to him back, but he wouldn't accept it and I still have it! It was played so much that at the end of a track I knew automatically which song was coming next and playing it again just now from You Tube, I still do. They are all brilliant songs, but I have chosen *I saw her standing there* as it's first on the album and sets the tone.

I Was Glad – Parry

Soon after we were married John and I joined a Chamber Choir in Bromley and on the first evening the choir just leapt into an amazing rendition of this fabulous piece of choral music. We were amazed and felt we weren't good enough to even join them, but it turned out they had been rehearsing it for some time. I remember that evening very well and it still gives me a real lift when I hear or perform it.

Feed the World – Geldof and co (1984)

When we lived in north Wembley, we were home one evening and heard an amazing sound, opened the front door and there (we realised from the stadium) was the mind-blowing sound of the concert which had been inspired by the Ethiopian children's plight. It was so powerful. We stayed on the doorstep for ages, but really we wanted to rush down to the stadium to be part of something special.

Violin Concerto No. 2 in B Minor for violin and piano - Oskar Rieding

When Rachel played the violin it inspired me to pick up the piano again and somehow we decided that I would accompany her in the Southampton Music Festival playing this piece. I had to practise every day for a few months. On the day I was petrified, and to hear other (mostly professional) pianists making a great job of it didn't help. Somehow I got through it; it was me at my best ever playing, a really lovely piece and such a sense of achievement when we got to the end. Phew.

In Flanders Fields – Tilley

Being a parent of a Farnham Youth Choir member is special with many spine-tingling moments. I really loved the piece they sang in the Albert Hall at the Festival of Remembrance, especially when their very best singer performed the first few phrases – that single voice of a small person in a huge auditorium. You could hear a pin drop. FYC members looked like small dots, but the sound was stunning.

We are the Champions (of the world)

Perhaps better known being performed by Queen, I have a different take. The excitement of being at the Rugby World Cup Final in Sydney in 2003 was second to none and we stayed at the stadium long afterwards to watch and be part of the scenes. The team came past us a few times and this number was played quite a lot. Then Matt Dawson came past with others singing “We are the Champions” and just as they got to us they realised the “of the world” bit applied to them and open mouthed they celebrated. It was a marvellous moment and I always think of it when I hear the song.

Dido’s Lament – aria from Dido and Aeneas

If I had the 8 discs in a line, this is the one I would choose to listen to first and most frequently. (preferably by Janet Baker or Jessye Norman or someone else of that stature). Yes, it’s sad, but incredibly moving and beautiful. I organised a Concert at St. Lawrence in aid of Home Start some years ago and Rebekah sang this movingly – she remarked in the interval that she could hear me sobbing as she was singing.

Eternal Light – a Requiem – Howard Goodall

Singing with Luminosa produced some wonderful music but I especially liked this piece, little known, but complex and difficult to learn. The Chamber Choir performed it in our Church in March 2017, including two pianos by international concert pianists, a dance video on a screen above performed by students and 16 members of the choir either side of the pianos. I have never spent so much time learning such a small piece, I knew it perfectly and would love to do it again. It was such a thrill when we got to the end and to know we had pulled it off. I am not sure I will ever sing anything so thrilling.

As for my book, it has to be *Pride and Prejudice* by Jane Austen. It’s comfort reading for me. It was all brought into sharp focus when we had the televised series but much before then – perhaps even at school – I became familiar with it and all that it means. She was a wonderful writer.

The luxury is difficult. I don’t know if I am allowed a phone or tablet to keep in touch with people, but I am guessing the lack of electricity might be a problem with that. So otherwise I should like a piano or keyboard. My piano playing is definitely lacking nowadays and I could use the oceans of time to polish them up.

Thank you Sue for letting us hear your Desert island Discs.

Elaine Cook

Something Scrumptious

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**ALTONIAN CARE
CARE AT HOME**

A message from the Dean of Winchester Cathedral

Dear brothers and sisters

As we continue to celebrate the season of Epiphany, the nativity scene on the dais now includes the figures of the three Wise Men. These three men, wise and wealthy, represent the riches of humanity, and the whole world come to find the Christ-child. The thing that I really love about these particular wise men figures is that, as they kneel, the artist has shown the soles of their bare and upturned feet gilded with pure gold. The sight of these gold feet really moves me and speaks of the glory they have found through their willingness to be humble.

The cathedral is currently open each day for prayer and reflection. We are here for you. If you live locally and come into the cathedral, do look at the nativity scene and the men kneeling before the Christ child. After their long journey they have found what they were searching for.

Each one of us is on a journey through life and right now, the terrain is tough and the times are hard. Many of us are weary. Ever since the news of the death of Gerry Marsden, of Gerry and the Pacemakers, was announced last week, his best-known hit has been ringing in my ears. Coincidentally, Canon Roly read the entire words towards the end of his Sunday sermon. Here are just a few lines:

When you walk through a storm
Hold your head up high
And don't be afraid of the dark...

The words are poignant and powerful because they are honest. Life can be tough and sometimes it takes courage just to keep going. But then the song resonates with the Christian faith that we are never alone on the journey. God is our beginning and our end and we journey with Christ, who is our light and hope.

...Walk on, walk on
With hope in your heart
And you'll never walk alone
You'll never walk alone

As we adjust to living in lockdown again, the message that the Cathedral longs to share with you is 'you are not alone'. The Cathedral is here, alive and active and praying for you. You are precious to God and Christ walks with you.

Everyone is welcome to join in cathedral activities and worship online, as detailed on the website. Please share your prayer requests with

pray@winchester-cathedral.org.uk - this service is available to everyone so please let your family and friends know too.

Currently there are two weekly opportunities to share the Eucharist in person, at mid-day on Wednesday and at 10.00am on Sunday. Small congregations are safest so you are asked to use careful judgment in whether or not to attend in person. These services are both available on the live-stream as well.

I'll close with a prayer for faith for the journey from Eric Milner White and G W Briggs:

O Lord God
who called your servants
to ventures of which we cannot see the ending,
by paths as yet untrodden, through perils unknown:
give us faith to go out with a good courage,
not knowing where we are going,
but only that your hand is leading us,
and your love supporting us,
to the glory of your name.
Amen

With blessings and best wishes

A handwritten signature in cursive script, appearing to read 'Catharine Gyle'.

Tuesday 12 January 2021

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News from Alton Methodist Church

Whilst the church is closed for physical worship during this stage of the pandemic, we continue to provide an on-line recorded Sunday service each week and a mid-week 'Pause for Thought', both of which may be found on the church website www.altonmethodist.org.uk .

The Rev. Philip Simpkins has led two groups through the 'Bible Course', with on-line material provided by the Bible Society, first on Thursday afternoons and more recently on Thursday evenings. We will next be engaging via Zoom with the 'Prayer Course' through Lent (www.prayercourse.org).

Messy Church has gone online, with two sessions so far via Zoom, using craft materials delivered in advance. The Boys' and Girls' Brigades are also keeping in touch with members via Zoom meetings, phone calls and activity materials sent by email and post.

Meet and Eat – women's group for Fun and Fellowship

December's meeting - ten of us met on Zoom wearing our Christmas Jumpers, a reindeer hat, Christmas pudding earrings, an Angel headband and a Christmas pudding headband! Judy read a poem; we shared a joke or two and showed the things we had made. A very different Christmas Meet and Eat in 2020. Hopefully this year we will all be able to meet in person, meeting and eating!

February 1st from 7.30pm. We will be having a talk by Ian Dane from the Alton Food bank the talk will start at 7.45pm. Zoom details will be published in Parish Matters. Hope you can make it.

Please do chat to Kathy Norkett at All Saints, Sarah Neish at Beech, Ruth Randall at Holybourne, Elspeth Mackeggie Gurney and Alison Parr at St. Lawrence about the group.

If you would like to be added to the distribution list or need any further information just email me at lynda.baines@btinternet.com

News from Holy Rood, Holybourne

Not wanting to spoil the surprise for those who were to receive boxes of gifts at Christmas from the parish I didn't mention this in the last magazine, but would like to offer now our grateful thanks to those people living in Holybourne and across the parish who helped put together the boxes for people who would be on their own at Christmas time. It was a great community project with lots of people volunteering to make items as well as wrap and deliver the completed boxes, and I know they were much appreciated. Fantastic teamwork, thank you!

Huge thanks, too, to Clive Muller and Tim Codling for installing the nativity scene in the churchyard at Holy Rood in December. This was enjoyed by those walking through the churchyard and we were aware of lots of people taking 'selfies'. We are now thinking what we could do next, something for Easter perhaps...

Sadly the churches are now closed again owing to the pandemic; Gordon has written a prayer for Holybourne which is copied below and can be adapted for Alton and beyond. The prayer is displayed on the church noticeboards, on the Holybourne Village website and has been circulated on social media.

It's great to see Church@4 back, albeit online; a good number of folk from Holybourne joined in the fun at the first one at the beginning of January and we are sure that interest will increase. Here's to the day we can meet in person back at Andrews' Endowed School... Talking of the school, Gordon has recently prepared a couple more short online videos (with our daughter Lorna who works for the Church of the Good Shepherd in Four Marks) for the children entitled 'Do Not Worry' based on Matthew 6:23-34 and 'Judging Others' based on Matthew 7:1-6. These can be viewed on Facebook. Gordon has just become a Governor for the school.

We are very aware of how people within the church are looking out for each other, and their neighbours too, at this difficult time. Isn't it wonderful to be part of this amazing church family?

Stay safe everyone, with best wishes from Ruth and everyone at Holy Rood Church

**Anthea and Peppa with
the Christmas nativity
scene**



A prayer for Holybourne

Dear God,

Thank you for the village of Holybourne and the joy it is to live here. Thank you for places of creativity, connection and fun across our community. Thank you for the blessings of family, home, friends, food, faith, security, health and more.

We pray for all who work in this community, and ask for your strength, energy and protection to be with them. Please bless the local businesses that serve and connect our community day to day. We pray for protection on all who continue to work. We also pray for those furloughed, closed businesses, for the unemployed, those who face job loss, and those who live under financial pressure. May we be thoughtful consumers, committed to the good of this local community.

We pray for the elderly, especially those living at the Lawn, and anyone disconnected from loved ones. May they know your love, presence and comfort. We pray for those who have lost loved ones. We pray for those undergoing or waiting for healthcare during this time. We pray for anyone struggling with mental and emotional health and isolation – for those who live day to day, gripped by fear, far from laughter.

We give thanks for the healthcare we enjoy locally and call out for mercy for those with much less. We pray for the hands of NHS workers to bring healing and wholeness to body and mind.

We pray for frontline staff workers who live in Holybourne asking for protection from the virus, for wisdom as they care, and for stamina as they face new challenges.

We pray for our young people at Andrews' Endowed and Eggar's Schools, Holybourne Village Pre School, and Treloar School and College. We pray for teachers providing lessons in new ways, and all support staff. We pray for children and young people studying at home. We pray blessings over the formation of young minds and characters in this season.

We thank you and pray for our families. We pray for those living without family just now, disconnected and missing those they love. We pray for parents juggling school, work and home in a time of pressure. We pray for families that face additional challenges of disability and special needs – the many parents exhausted and children struggling. Give them your strength, your peace. We ask you to strengthen marriages amid this extra stress.

Light of the world, penetrate the darkness today. May we be quick to draw near to those who need help, to bring your comfort and your hope on a dark day. May we, in your power, offer a spirit of joy, love, peace, harmony, patience and forgiveness. Help us to see individual needs and lead us into a spirit of radical generosity in this time of crisis.

Amen

Watching for Lapwing, Hampshire & Isle of Wight Wildlife Trust



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Lapwing, green plover, peewit, tewit – this bird of many names is a spectacular sight in winter. You don't always have to go far to spot lapwings, as in winter their numbers increase in Britain as birds flock in from the colder continent. You can see them on farmland and grassy areas in wetland sites (like estuaries, lakes and reservoirs) at this time of year, roosting balanced on one leg with their heads tucked away or feeding on invertebrates.

The flight of lapwings is unusual and can be described as 'floppy'. Their large, rounded wings move slowly, feathers spread and showing flashes of the white feathers underneath; the slow wingbeats can make them appear to float and is very recognisable feature of the lapwing. Springtime flocks dart and zigzag, these amazing aerial displays confuse predators as their flight and mixed colouring make each bird hard to focus on.

At first glance their plumage may look dark and dull but look a little closer or watch it catch the light and you will see the iridescent sheen of greens and purples. Both males and females have a crest on their heads, although the male's is longer and showier.

Their other names of peewit and tewit relate to their call. Lapwings often call as they fly, the calls can sound a little robotic. Around 140,000 pairs breed in the UK, some will remain here over winter but many more arrive as their numbers more than quadruple in the winter. As they are not breeding it is a good time to look for lapwing on the coast. They may be joined in their flocks by other wading birds or starlings, taking off together as dusk settles to find a safe place to roost.

Unfortunately, these fascinating birds are declining, and they are now red listed by the RSPB. Changes in farmland practises has been a big factor in their decline as nests fail and food is increasingly scarce. Like other plover species, lapwing next on the ground, meaning their eggs and chicks are particularly vulnerable to predation and disturbance. There are some positive trends however. On nature reserves and other sites that are managed for wildlife there has been recent increases in lapwing populations, as more pairs manage to successfully raise chicks. It is hoped that with careful management of the land they may once again become a common bird of our countryside.



Image: Lapwing by Darin Smith

National Nestbox Week – time to help your garden birds

Our birds are short of nesting holes, and no wonder: gardens, parks and woodland are much neater than they used to be, and modern homes offer few crannies for nest building.

National Nestbox Week, which is celebrated from 14th February each year, aims to encourage us to put up more nestboxes, and to consider planting shrubs or trees with fruit that birds eat. These can make all the difference to birds struggling to survive, especially blue tits, great tits, house sparrows, robins and starlings.

The British Trust for Ornithology (BTO) offers a variety of ideas for building and placing nestboxes. Go to: <https://www.nestboxweek.com>

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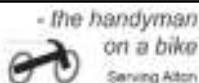


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Want to feel better? Cuddle your pet

If you think you feel better after cuddling your dog or cat, there is a good reason: you really *do* feel better.

After only three minutes of cuddling your pet, your levels of oxytocin, the 'love' hormone, increase, according to a recent study from Australia's Monash University. And just five minutes of cuddling will also raise your levels of the two wellbeing and happiness hormones, endorphin and dopamine. So says a recent report in the *Journal of Psychosomatic Research*.



In her recent book, *Your Pet, Your Pill*, vet Margit Gabriele Muller says that caressing a dog or other pet provides exactly the same health benefits as skin-on-skin contact with another human. The hormones that are released "are the same as when you're breastfeeding or cuddling a partner."

Furthermore, a study at Liverpool University last year found that dog owners are four times more likely to be fit than other people.

What happened to your New Year's resolution?

If you are already struggling to keep it, here is something that might help you.

Psychologists advise that it is useless to say you are going to quit anything. Instead, make your resolution to change into something positive. For example, instead of "I will give up sweets," say "I will eat fruit twice a day."

It seems that people with an 'approach goal' score greater success than those who see themselves quitting something they still like. As one Swedish doctor explained: "You cannot erase a behaviour, but you can replace it with something else."

The most popular resolutions regard physical health, weight loss and change of eating habits. The research was done at Stockholm University.

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Community Market

Clive Muller 86064

Traidcraft

Jo McGregor 87680

Children's Society

Carol Williams 588565

All Saints Organisations

Hard of Hearing Group

Kate Dando 83514

Children's Society

Judy Brown 82289

St Lawrence (CE) Primary School

Headteacher

Mrs. Dawn Casson 84400

Chair of Governors

Paul Susans 84400

Andrews' Endowed CE Primary School

Headteacher

Mrs Maria Lloyd 83094

Chair of Governors

Nigel Green 83094

Other Organisations

Busy Bees @ St Lawrence (Pre-school)

Alison 549831

Rainbows, Brownies & Guides

Catherine Morgan cathmorg@outlook.com

Organ Society

Tony Willman 543628

Girls' Brigade (at Alton Methodist)

Kym Burgess 01252 334814

Boys' Brigade (at Alton Methodist)

Pete Burgess 01252 334814

DofE

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Miscellaneous observations on modern life

- ◆ As any member of a church committee will tell you, after all is said and done, there's a lot more said than done.
- ◆ I used to eat a lot of natural foods until I learned that most people die of natural causes.
- ◆ Give a man a fish and he will eat for a day. Teach him how to fish, and he will sit in a boat and drink lager all day.
- ◆ If I wanted to hear the pitter-patter of little feet, I'd put shoes on my cat.
- ◆ If you tell the truth, you don't have to remember anything.
- ◆ Good judgment comes from bad experience, and a lot of that comes from bad judgment.
- ◆ A closed mouth gathers no foot.
- ◆ 'Most cars on our roads have only one occupant, usually the driver.' (*BBC reporter*)
- ◆ I really don't mind getting older, but my body is taking it badly.
- ◆ I thought getting old would take longer.
- ◆ Cleaning is just putting stuff in less obvious places.
- ◆ If I wanted to hear the pitter-patter of little feet, I'd put shoes on my cat



The March Copy Deadline is Noon Sunday 14 February - Please no late articles

Articles can be emailed to the editor **sunrise.alton@gmail.com**
left in Parish Office or taken to 31 Shipley Close.

Editor	Peter Hicks	80092	
Advertising	Louis Nyman	07901 617046	(louis.nyman@outlook.com)
Printing	TreloarPrint	547424	
Distribution	Sheila Donnelly	86315	(sheila@cdsd.co.uk)

Donations towards printing costs will be much appreciated -- Thank you