

Sunrise

A monthly magazine for the Parish of the Resurrection, Alton

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April 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.

Parish Administrator

Philippa Penfold 83234
Ellie Elder

Secretary to PCC

Philippa Penfold

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PCC Special Interest Members

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Wendy Burnhams (All S)
Robin Kemp (SL)

Parish Donations Coordinator

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Pastoral Visiting

c/o The Ministry Team via the Office

Youth, Children & Family Worker

Martha Lloyd Martha@potr-alton.co.uk

Parish Office: Tel. 83234

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
Somewhere in Holybourne
Thanks to Ruth**

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 . . .

"Raised from the dead? Sure. Right."

That's how Thomas might have responded if he had lived in our day.



"Unless I see the nail marks in his hands, and put my finger where the nails were, and put my hand into his side, I will not believe it."

He'd seen dead people before. And Jesus was dead. He sounds like a sophisticated rationalist to me - someone who might just live in the 21st Century. "It isn't plausible, it didn't happen." - that's what we might hear.

Caravaggio "The incredulity of Saint Thomas"

But what if it did happen?

Thomas was convinced when Jesus appeared to him, reached out his hands to Thomas, and said, "Put your finger here." Thomas dropped to his knees. "My Lord and my God!"

It was self-hypnosis, you may respond. The disciples wanted to believe that their Lord was not dead, so they just invented it out a need to be seen as not having lost their mind.

Really? Let's look at some of the evidence.

Jesus' body was missing. If the Jews could have found it, they could have stilled the preaching of Jesus' resurrection that filled Jerusalem. But they could not.

The body wasn't stolen. The Romans had no motive. The Jews had no motive. Ah-ha, you say, the disciples stole it. There is the matter of the Roman guards, and the disciples' initial disbelief when the women brought them the news early that Easter morning. This brings me to my third point.

If the disciples had stolen the body, you wouldn't expect them to risk their lives. People don't die for what they know is not true. But the disciples put their lives on the line, and nearly all were eventually martyred for their faith. They certainly believed it.

The church grew in size in Jerusalem, the very place he was crucified. Followers of Jesus in the city of Jerusalem grew from a few dozen to thousands upon thousands soon after Jesus' resurrection. They believed it was true.

Contemporary documents refer to the event. Thallus the Samaritan, Suetonius, Tacitus, Pliny contain references to Jesus. Jewish historian Josephus writes about Jesus' crucifixion and resurrection. They knew something had happened.

Jesus' resurrection from the dead is actually more plausible than any other explanation. That's why we Christians make such a big deal about Easter. That's why we celebrate.

Jesus' resurrection means that death is not the end. That though my body may lie mouldering in the ground, Jesus, whom the Father raised from the dead, gives me eternal life. Ultimately, we Christians believe, we too, will be raised from the dead.

And since Jesus is not dead, people can encounter him today. You can know him through a personal relationship. I could point to lots of people who can testify what Jesus has done in their lives to bring them from the brink of disaster to peace and meaning and joy. He changes people for good.

If you're not sure can't really say you've met this risen Jesus, this Easter Sunday why don't you seek him - join in with some of our worship. And perhaps in the midst of our celebration, you'll find him for yourself.

He's alive, you know. That's what Easter is all about!

I could have written about a year of lockdown and the government's roadmap out of it. I could have written about church buildings being open or not. I could have written about the vaccine rollout. I could have written about the devastation and confusion around the world not just because of Covid 19. But I chose not to because the hope in everything is Jesus whom God has raised from the dead. And that is the most important news, life changing news, Good News. Thanks be to God who loved the world so much gave his one and only Son that whoever believed in Him will have everlasting life.

With love and prayers

Andrew

Parish of the Resurrection Holy Week & Easter Services

You are very welcome to join the journey and celebration
This is the Good News of Jesus Christ - suffered, died and risen

Palm Sunday

Service Online

Church@4 via Zoom

6pm - Evening Service via Zoom

Tuesday (30th) 7pm - Communion at St Lawrence Church, Alton

Wednesday (31st) 9.30am - Communion at All Saints Church, Alton

Mauandy Thursday 2pm - Communion at St Peter's Church, Beech

Good Friday

Service Online

9.30am - Service at Church of the Holy Rood, Holybourne

12pm - Service at All Saints Church, Alton

2.15pm - Service at St Lawrence Church, Alton

Easter Day

Easter Family Service Online

9.15am - Easter Communion at St Peter's Church, Beech

9.30am - Easter Communion at Church of the Holy Rood

10.30am - Easter Communion at All Saints Church, Alton

10.30am - Easter Communion at St Lawrence Church, Alton

You must book to attend any service being held in
the church buildings - potr.alton@btinternet.com



Bible Readings for the month of April

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

Thursday 1 st Maundy Thursday	Psalm 42, 43	Leviticus 16: 2-24	Luke 23: 1-25
Friday 2 nd Good Friday	Psalm 69	Genesis 22: 1-18	Hebrews 10: 1-10
Saturday 3 rd	Psalm 142	Hosea 6: 1-6	John 2: 18-22
Sunday 4th Easter Day			
Monday 5 th	Psalm 111	Song of Solomon 1: 9-2: 7	Mark 16: 1-8
Tuesday 6 th	Psalm 112	Song of Solomon 2: 8 - end	Luke 24: 1-12
Wednesday 7 th	Psalm 113	Song of Solomon 3	Matthew 28: 16- end
Thursday 8 th	Psalm 114	Song of Solomon 5: 2- 6: 3	Luke 7: 11-17
Friday 9 th	Psalm 115	Song of Solomon 7: 10- 8: 4	Luke 8: 41- end
Saturday 10 th	Psalm 116	Song of Solomon 8: 5-7	John 11: 17-44
Sunday 11th Easter 2			
Monday 12 th	Psalm 19	Deuteronomy 1: 3-18	John 20: 1-10
Tuesday 13 th	Psalm 8	Deuteronomy 1: 19-40	John 20: 11-18
Wednesday 14 th	Psalm 30	Deuteronomy 3: 18- end	John 20: 19- end
Thursday 15 th	Psalm 28	Deuteronomy 4: 1-14	John 21: 1-14
Friday 16 th	Psalm 61	Deuteronomy 4: 15-31	John 21: 15-19
Saturday 17 th	Psalm 84	Deuteronomy 4: 32-40	John 21: 20- end

**Sunday 18th
Easter 3**

Monday 19 th	Psalm 96	Deuteronomy 5: 1-22	Ephesians 1: 1-14
Tuesday 20 th	Psalm 98	Deuteronomy 5: 22 – end	Ephesians 1: 15- end
Wednesday 21 st	Psalm 105	Deuteronomy 6	Ephesians 2: 1-10
Thursday 22 nd	Psalm 136	Deuteronomy 7: 1-11	Ephesians 2: 11- end
Friday 23 rd	Psalm 5, 146	Joshua 1: 1-9	Ephesians 6: 10-20
Saturday 24 th	Psalm 110	Deuteronomy 8	Ephesians 3: 14- end

**Sunday 25th
Easter 4**

Monday 26 th	Psalm 37: 23- end	Isaiah 62: 6-10	Acts 12: 25- 13: 13
Tuesday 27 th	Psalm 139	Deuteronomy 9: 23-10: 5	Ephesians 4: 17- end
Wednesday 28 th	Psalm 135	Deuteronomy 10: 12- end	Ephesians 5: 1-14
Thursday 29 th	Psalm 118	Deuteronomy 11: 8 - end	Ephesians 5: 15- end
Friday 30 th	Psalm 33	Deuteronomy 12: 1-14	Ephesians 6: 1-9



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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.**

Traidcraft Exchange Regenerators Appeal

As we finally tread the path out of lockdown I'm looking forward to being back in church. I'm not sure when our regular church stall will return but am still very happy to deliver Traidcraft orders across the Parish of the Resurrection.

The Spring range is now available to browse online, or call me for a paper copy. The catalogue is full of fair trade food and crafts as well as some interesting stories of the products and producers. At the heart of every product sold by Traidcraft are three themes: Trade, Social and Environmental Justice.

This month I'd like to focus on the theme of Environmental Justice and tell you about the Regenerators Appeal, launched by Traidcraft's sister charity Traidcraft Exchange.

This appeal aims to support over 2,000 producers in Tanzania and Bangladesh who are living with the devastating effects of climate change.

Traidcraft Exchange helps communities to regenerate their land with climate-resilient crops and renewable technologies, so that they can protect the earth for generations to come and earn more for the hard work they do every day.

Every pound donated to the appeal between 8th March and 7 June 2021 will be doubled by the UK government so that more people can be helped to stand strong in the face of climate change, people like Monira.

Monira lives in Bangladesh - home to 160 million people, and among the countries most vulnerable to the effects of climate change.

Morina and others like her are working with Traidcraft Exchange to fight back. They are the Regenerators – people on the frontline of the climate crisis who are taking action to protect their land and livelihoods. Alongside this, they can come together to find new ways to earn a decent living, and save collectively – meaning that when disaster strikes, communities are better prepared.

Monira says, "We learn and understand something new from this project in every meeting. This project is changing our lives and making us aware about climate change. We are trying to plant trees. We are trying to build our houses stronger and on a higher place. We no longer want to be dependent on agricultural work only. We are trying to learn different skills of income. Together when we stand side by side, we are able to deal with many problems. We can help each other with wisdom; we are able to deal with many problems."

If you'd like to support this appeal helping communities regenerate their land you can donate online at

www.traidcraftexchange.org/regenerators

Remember the UK government will match all donations made before 7 June 2021.

If you'd like more information on this appeal, or would like to order from the Spring Traidcraft range, contact jo@mcgregorfamily.org.uk, 07980 371034.



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Teddies are zooming!

The youngest members of our church family have really been missing coming in to St Lawrence on a Monday morning for Teddies. Teddies is a group set up for Mums, Dads, Grandparents and carers of pre-school children. The format, in pre-covid times, was coffee and a chat for the adults whilst their children played and took part in simple activities. This was followed by music, songs and dancing and then a simple Bible story and prayer (accompanied with bubbles!) This was followed by the much anticipated and joyous hunt for the laminated Teddies around the church. Inevitably one got lost but was usually found by the lovely cleaning ladies who followed us into St Lawrence's.

Obviously covid restrictions have put this on hold and at the beginning of November we decided to try a zoom version. Whilst obviously not the same as meeting 'in the flesh' this has meant that we have been able to keep in touch with our precious Teddies and even make some new friends. We still dance to our favourite songs, hear stories, demonstrate simple activities, pray and of course hunt the hidden laminated teddies that we have sent out, each in their individual homes.

It was lovely to have some of our older Teddies join us for a few weeks during the third lockdown when they were home-schooling and we can't wait to meet the new 'baby' Teddies that have been born during this year.

If you would like to join us on Monday mornings at 10.00 for half an hour please contact the parish office on potr.alton@btinternet.com or revlynnpower@outlook.com for details.

Please pray for this group of God's precious children.

Lynn Power and Sarah Broadbent.



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

First Saturday of every month 9.30 to 12.30

Subject to government restrictions

Books, Puzzles, Tombola, 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

Memories

To many of us St Peter's Church, apart from its religious significance in our lives, is a hall of memories. Sitting in the building on a recent Thursday afternoon, either praying or thinking of suitable prayers, the memory wanders and the characters who have populated our small sanctum return. Over recent years some very special people have moved on and they will not be returning to warm the oft-repaired wooden seats. This month I shall be writing about one of them who died this year together with others in his life.

Harry Arman, just seeing his name one can picture him as he moves around this realm and the memories are happy ones. When asked to describe Harry several words immediately spring to mind: reliable, capable, honest, dependable, thoughtful, loving, especially with regard to his family and a true Christian. One never thought of him in the singular because in everything that he did, said and was involved in, he was always coupled with the love of his life, Jean. When we first met him, in St Peter's at the Sunday morning service each week, over forty years ago, they were together as a trio. Jane, who was then a small child, complemented the pair of them. Latterly of course Simon added another dimension and seemingly very quickly, the four became six when Josh and Francesca arrived.

Going back in time, to 1977, the Reverend Robert Eke was looking for church wardens to help him look after people in our little Church. He chose Harry to be the main lay 'minder' and I had the privilege of being invited to play a supporting role. I really hadn't a clue what was involved in this role but when Harry became a real Church Warden everything became much clearer. He seemed to cover and remember every area of the responsibilities. He was marvellous and he also made notes about the duties and shared his writings with us lesser mortals. Seemingly inevitably we were invited, again by the Reverend Robert Eke, to organize and run a Stewardship Campaign for the Parish. We had a super team and once more Harry's abilities with notes and record-keeping stood us in good stead. I remember those as very happy, fulfilled days.

We then fast forward to other areas, into the eighties and nineties. St Peter's always had a lively congregation, with, in those days, a dozen attendees at the 8.00am service and 40 to 50 at the 9.30am service and there were regular social events at which food played a major part. Eventually these two services merged as numbers fell, developing into our one 9.15am Sunday Eucharist. There were services and lunches or suppers at the end of June for St Peter's Day and in October for Harvest Thanksgiving and there was always a celebration before Christmas. At each of these, hearty, home-cooked meals were served, mostly supplied by Jean, with salads and special sweets provided by other regulars but always with Harry overseeing proceedings and organizing the washing-up rotas. These were sometimes held in our Church but quite often in Beech Village Hall.

Now I'll finish off with the height of our relatively recent happy memories of this

lovely couple. It was a God-send when J and H elected to join up with Jane and her family near Woking and it was truly miraculous how they melded together and became as one. However, they were not selfish and they invited friends from St Peter's us to join them for meals and celebrations at Three Bees, with the best part being invitations to the annual Spring Gang Shows, where we too could join in the plaudits for two special children who displayed their obvious talents and showed evidence of the ways that their lives would almost inevitably progress in the acting world. Nowadays one can find mementoes of his time throughout St Peter's in the small figurines used in our Christmas nativity scene, in the electricity saving light bulbs throughout our chapel and other smaller memories. We'll always remember Harry and his wonderful family with gratitude and joy – thank you all and God Bless you.

Paddy & Annis Mendham

In 1869 this poem was written, fifty years later, in the great flu pandemic it resurfaced. It has now been re-born.

And people stayed at home and read books
And listened and they rested
And did exercises and made art and played
And found new ways of being
And stopped and listened more deeply
Some meditated, someone prayed
And some met their own shadows
And people began to think differently and they healed
And in the absence of people who lived in ignorant ways
Dangerous, meaningless and heartless ways
The earth also began to heal
And when the danger ended and
People found themselves and grieved for the dead
And made new choices and dreamed of new visions
And created new ways of living
And completely healed the earth,
Just as they had been healed.

Coping With Anxiety

A lot of the concern around Covid has centred on not only how it will affect people's physical health and finances, but also the impact on mental health. This article will focus on anxiety which, perhaps not surprisingly, has increased during the past year.

As restrictions are gradually eased, we can expect an improvement in anxiety levels. However, some people may have got into a cycle of feeling very anxious, experiencing strong physical symptoms that can make everyday tasks such as going to the shops seem overwhelming and so avoiding these activities, which only worsens the problem. Fortunately, there is quite a lot that individuals can do to help themselves. Physical symptoms of anxiety vary but commonly sufferers experience racing heart rate, clamminess, rapid breathing and/or feeling as if they can't breathe and racing thoughts. It is always a good idea to check with a GP that there is no physical cause of such symptoms. These symptoms are a natural result of adrenaline pumping but are a problem when they become a frequent response to everyday situations. Sufferers can often help themselves by learning to notice the early warning signs of heightened anxiety and starting some calming breathing exercises. There are many exercises available online such as at www.anxietyuk.org.uk/get-help/free-anxiety-resources/. Alternatively, there are now many apps, both free and for a charge, that can take you through breathing exercises and meditations. Some such as Headspace (which has a free trial) have meditations especially for dealing with anxiety. There are also Bible based meditations such Pray As You Go if you prefer.

If you feel that these self-help measures are not enough you may need professional help. Your GP may refer you for counselling although there is often quite a long wait. If finances allow, you can self-refer to a private counsellor.

Counselling provides a private, confidential space for you to be heard by an accepting, objective person. It can help you to verbalise things that are internal and connect things that appeared disconnected. It can also help you to name experiences and emotions, bring clarity to situations and alter unhelpful thoughts or behaviour. Anyone can legally call themselves a counsellor but it is essential that you choose someone who has had sufficient training or they may do more harm than good. If a counsellor is a registered member of a professional organisation such as the BACP, ACC or UKCP it shows that they have attained a good standard of training and experience and they have committed to follow the ethical code of the organisation. <https://www.psychologytoday.com/gb> is a good place to start looking, as all the counsellors on their directory have been independently verified.

Rachel Sheridan

www.rachelsheridancounselling.com

Alton Organ Society - 2021 Organ Concert date changes

There have been changes to the dates of the remaining 2020/2021 organ concerts in light of the Government's Covid-19 policies. Please note the changes which are as follows:

Tuesday 6 April 2021 - Andrew Lumsden - Cancelled.

Tuesday 4 May 2021 - Martin Baker - likely to be cancelled

Tuesday 8 June 2021 at 8.00 pm - Claudia Grinnell (Winchester Cathedral) - postponed from 5 Jan 2021

Tuesday 6 July 2021 at 8.00 pm - Gordon Stewart (International Concert Organist) - postponed from 2 Feb 2021

Tuesday 7 September at 8.00 pm - Andrew Millington (Formerly Exeter Cathedral) - postponed from 2 Mar 2021

The new 2021/2020 Season of Organ Concerts starts on Tuesday 5 October with a performance by Peter King (Organist Emeritus Bath Abbey).

For further details do please visit the Society's website - altonorgansociety.co.uk



News from Alton Methodist Church

On Sunday April 4th we will hold an Easter Day Service in the Methodist Church at 10am (socially distanced/covid safe etc). Numbers allowed in the church will be limited so it is essential to book a place via email to - altonmethodist@hotmail.com.

We then aim to resume Sunday Worship in the church from May 16th (step 3 of Lockdown) - recognizing that congregational singing is not yet allowed.

Our on-line Sunday service can be accessed weekly (including Easter Day) on www.altonmethodist.org.uk as can a Wednesday 'Pause for Thought'. You can also find our weekly newsheet there.

Notes from a still locked down Choir



This month my castaway is that trumpeting troubadour David Budd. David is another of our "back row bandits" with a sense of humour and level of naughtiness at choir practices as befits the son of a preacher man. He is the Daddy of an extremely talented musical family and, as a choir, we score a hat trick when, on high days and holidays, les enfants are in town. Here is his selection of tunes...

Knowing how much a fan Elaine is of anything with the word 'Shine' in the title, my first choice is **'Shine on you crazy diamond' by Pink Floyd**. I first heard it properly in France, in my teens, sitting in a dark room with egg cartons stuck to the walls and sheets draped across the ceiling in an effort to enhance the acoustics. I grew up believing that rock was just noise, but this had melody, surprising key changes, amazing stereo and great lyrics. I had discovered something new.

While this broadened my taste in music, I never really came to terms with the incomprehensible modern classical music my father listened to on Radio 3, often until 3am while writing his sermons. My classical preferences have hovered around mid-19th to mid-20th century and my second choice is **'Toward the unknown region' by Vaughan Williams**, which I first sang aged 10 in the Albert Hall in a concert involving Hertfordshire youth choirs and Youth Orchestra. I'd take the piece in its own right, but it is extra special as it reminds me of the thrill of seeing the Albert Hall from the inside for the first time.

My next choice is **Verdi Requiem**, the entire work, please. I think I love every single bar in this piece and, similar to my last choice, I have performed it in the Albert Hall.. twice. It was a major motivation for joining the Waverley Singers a couple of years ago (well that and Elaine, of course) and the performance in Guildford Cathedral was a real treat. It contains, in my humble opinion, the finest 2 bars of music ever written (bars 6 & 7 of rehearsal figure 18), five glorious, uplifting, rising chords played, of course, by the brass section.

Talking of brass, I had to include a trumpet piece and my choice is **Hummel's Trumpet Concerto in Eb**. I am particularly fond of the slow second movement, which was the only thing I ever nailed in performance. I'd quite like to take two recordings, if possible. One of Maurice André and I'd need to get my son, Nick, to record the other one. Unlike me, he can actually play the last movement.

I'm going a bit sentimental for my next two choices. I'm including **Vienna by Billy Joel**, as much for its tune as for the opening line 'Slow down you crazy child', which I had a habit of saying to my daughter, Amélie, when she was very little. It took her a number of years to realise the connection to the song and now, like me, she's a big Billy Joel fan.

To that I add **Toccata in F by Widor**. Sophie and I would have loved to process out to this on our wedding day. However, we were married in a lovely, but tiny, church in Cublac, France, with no organ other than the electrical one we supplied ourselves. Our first stop on honeymoon was Ascain in the French Basque country. We visited the local church and as we sat down to take in the surroundings, to our great surprise, the Toccata started up. It was quite emotional! I'll leave it at that.

My next choice is to remind me of happy times conducting the Alton Concert Orchestra. I'll take the **Spitfire Prelude and Fugue by Walton**, which we performed at two of the summer prom concerts. The prelude is tremendous, but the fugue is terrifying. I inadvertently switched into super fast gear when I conducted it the second time around, inducing panic amongst the orchestra, but producing a uniquely special result. They honestly did me proud.

Lastly, my highbrow choice would have been Parry's 'I was glad' but I see that Sue Hubbard removed it from the library in February. So I'm going lowbrow and slightly quirky with '**Rosie had everything planned**' by **Supertramp**, as my final choice. The lyrics are rather dark, but it's a tune I could listen to time and time again, so what better for being stranded on a desert island.

If I had to choose one of the above, it would have to be the Verdi, and quite honestly, I'd be satisfied with just the two magnificent bars by the brass.

My luxury item is, unsurprisingly, my trumpet. I could practise it in total privacy and make up tunes if I got bored of my record collection. Plus, it might be useful to summon help from passing shipping.

For my book, I'd like to take Voltaire's 'Candide' in the hope of one day making sense of it. It would remind me that the island would need looking after and would not be mine. Voltaire sums it up perfectly in the final sentence of the book: 'Il faut cultiver notre jardin'.

What a great choice with such great stories surrounding them.(I shall forgive the reference to "Shine" - I can take it !) David is just a thoroughly great bloke that I'm so looking forward to standing next to on some magical Sunday when this current pandemonium is over. The trumpet shall indeed sound!

Elaine Cook

Something Scrumptious

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

Monday March 1st. Sarah Main from Mill Cottage Farm Experience in Holybourne gave the group an insight into her and her family’s life on their small holding. People thought they were like The Good Life when they first moved to the small holding in 2005! Sarah is a qualified teacher who specialises in science and maths and she is passionate about hands-on science education. Tom is a qualified accountant specialising in agriculture business. Tom is now responsible for the care and welfare of the animals and an expert in DEFRA paperwork.

They gave up full time teaching and accountancy once the Mobile Educational Farm took off in 2008, taking the animals to schools, care homes, and other outside events. Some children in inner city schools have never seen a farm animal or know where their food comes from. The experience is very hands on! They then had to cut back when they were blessed with children. They now balance the Mobile Farm work with home educating their children.

Then in March 2020, life changed beyond recognition for them as it did for millions of people. The diary emptied overnight, Sarah found this very hard. She remembered the verse Be Strong – Joshua. They employ lovely Hollie who has been with them for many years, she was furloughed in April. Hollie and Tom found jobs at Absolute aromas during the first lockdown.

Sarah decided to make trails along the footpath which included Birds, Wild Animals, Easter and Easter egg trails. With animals to find and encouraging Bible verses, thank you Sarah they were wonderful. They took the alpacas for walks and the donkeys were used in the Christmas walkabout around Holybourne. The family also visited people in their gardens to brighten their day.

They set up the small holding to be self-sufficient, but have learnt it isn’t possible to become fully self sufficient when there is a mortgage to pay. During the first lockdown their goat produced milk so they made goats cheese and their brilliant neighbour Erin made yogurt, this was the first time they were fully self-sufficient in dairy products.

The Community Cupboard was set up by local people, and Sarah would take the surplus bread, fruit and vegetables that was going into landfill to feed to their pigs. It has become so helpful for the family over the past year with surplus food being enjoyed by the family and the rest fed to the pigs. It has saved on spending in the supermarket and enabled them to set aside more for other things they have needed, for example, the vet bills, fencing materials. Sarah puts a table at the front of the cottage when there is a glut of certain foods for people to help themselves.

The family filled their time during lockdowns with farm life, lots of walks including St. Swithun’s Way, Itchen Way, Hangers Way and the Six Hills of Alton, you may have well seen the family on your daily walk! They found Home Educating easier than some have found the Pandemic Learning as they were used to learning at home but it meant they couldn’t visit their usual venues and groups which they

found hard. However, it was great that the weather was amazing.

EHDC gave them a grant in August which they used to pay for a barn for the donkeys, hay and straw storage and at the moment the lambs are in it too - a busy, well used barn. The grant paid for the materials, the labour came from volunteers in Holybourne village, who were given meat in exchange for labour.

After the first lockdown they were able to take the farm to schools following the new guidance. They are hoping to set up another pop up farm later this year and return to school visits by mid March. You can follow Sarah and life at the farm on Facebook MCFE Facebook page, there are some lovely videos of lambing.

Our next Meet and Eat is on Easter Monday April 5th from 7.30pm, 'Bring and Share'!

A chance for you to share a good book you would recommend, a poem, something you have made, a piece of music that inspires you or just come for a natter!

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 Lyn Baines at meetandeat@btinternet.com Hope to see you soon, look out for Zoom details in Parish Matters.

Unfortunately this photo was left out of the Eco Church article in the February edition of Sunrise so here it is in case anyone else would like to solve the puzzle... Thank you to everyone who saw the picture online and who has responded. The answer will be in the next edition of Sunrise!

Going back to the friend who returned his Christmas card all those years ago, here is a photo of the card I made for his birthday last year. Can you guess what his name is?? Email me at ruthmaryrandall@gmail.com or call me on 01420 549567. There will be a small surprise for the first person whose name is pulled out of my 'hat' ... perhaps even a card, homemade of course!!

Ruth Randall



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News from Holy Rood, Holybourne

We are so looking forward to being able to reopen the church building again at Easter! Our plans for 'something special' in the churchyard are continuing apace thanks particularly to Clive Muller and Tim Codling, and will now be duplicated at St Lawrence and also All Saints. Do watch out in Parish Matters, Facebook and so on and join in as you are able. And, if you live in Holybourne, do watch out for the donkeys from Mill Cottage Farm Experience as we walk around the village on the Saturday before Easter day to wish everyone a 'Happy Easter'.

Following the lead from St Lawrence, we are making plans along with parish Eco team to install bike racks at Holy Rood. Already a number of people cycle to church services and we are hoping that the bike racks will encourage more to do so. Not only is it environmentally friendly, it does help as parking, as you know, is not easy in Holybourne and it is good to be able to leave those spaces for people who need to drive. Also, as the church is on the Pilgrim's Way, we get a lot of visitors both walking and cycling.

By the time this magazine has been issued our first Zoom 'Teddies' will have taken place just before Palm Sunday. It will be so good to get the 'team' (Sarah Ebbutt along with Alan and Corinne Armstrong) together again with the addition of Martha Lloyd too. Roll on when we can meet in the church building again!

More thanks, this time to Jean Marchant who made some of the posies that we gave out on Mothering Sunday. Wow, we remember leaving posies on doorsteps last year just at the beginning of the first lockdown...



Wishing everyone a blessed and happy Easter, from everyone at Holy Rood,

Ruth Randall

What is a nature reserve?

If you've ever visited a nature reserve, you'll know how special they can be. Nature reserves are treasure troves of wildlife wonders, often hosting exciting rarities which have sadly become uncommon in the wider landscape. They enrich our lives, are essential for wildlife, and form part of our natural heritage.

The Wildlife Trusts collectively put a great deal of time and resource into protecting the rich and diverse habitats in our nature reserves – part of our effort to create a thriving natural world. By caring for these unique, ecologically valuable sites we safeguard them, and the wildlife that depends on these places, for the future.

The Wildlife Trusts manage around 2,300 nature reserves across the UK, ranging from an entire mountain in Scotland to a single ancient hawthorn tree in Norfolk. Locally, Hampshire & Isle of Wight Wildlife Trust manage over 50 nature reserves, including expansive moorlands, ancient forests, stretches of coastline, wildflower meadows, and small patches of wildness in urban areas.

In our nature reserves wildlife is the top priority. You may notice that they differ from your standard country park, in some cases certain areas may be closed to the public, or dogs might not be allowed or have to be kept on leads. Some species are highly sensitive to disturbance – if you see a 'no entry' sign, it could be because ground nesting birds, vulnerable to trampling, are just beyond. If we ask for dogs to be kept on leads, it might be that wetland birds are roosting nearby, or cattle are grazing.

Our Reserves Officers are responsible for looking after the sites in the Trust's care. They are experts in their field, and they manage their reserves sensitively to benefit specific species or improve habitats. Sometimes, old-fashioned methods like coppicing and hay cutting are employed, or conservation grazing takes place to encourage certain plants. This will often be explained in signage as you enter the nature reserve.

We want all our nature reserves to reach their full potential, so while you're walking in them and enjoying the wildlife, take note of any signs you see, and encourage those you're with to behave responsibly. With the cooperation and support of local communities, our nature reserves can create invaluable opportunities for wildlife, and people, to flourish.

To find out more about our nature reserves visit our website: hiwwt.org.uk/nature-reserves



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Barton Meadows Nature Reserve in flower © Martin de Retuerto

Can it be Easter Already?

Can it be Easter already?
Can that be really so?
The carols and the Christmas tree
Don't seem that long ago!

Can it be Easter already?
Do April showers splash?
The weeks gone by since Christmas day
Have gone in just a flash!

Can it be Easter already?
The time of Lent has passed
The forty days and forty nights
Went by so very fast.

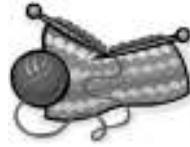
If it is Easter already,
That time has sped away.
Perhaps it's time to ponder, pause
And savour every day!

By Nigel Beeton

Knitters Anonymous

Knitters Anonymous

Another month and more donations. Thank you to all who rose to the Spring Challenge which resulted in 51 knitted hats of various styles, colours and sizes being collected ready for despatch. Along with 15 blankets assembled from the donated knitted squares (see photo) and 5 crochet blankets along with many scarves, jumpers of all sizes, mittens, gloves and small hand sized toys it resulted in 11 big bags of our beautiful Knits being despatched, via AltonAid, to Calais and then on to various the refugee camps on the continent where such items are much needed. Please continue the good work, being assured that every donation means so much to the recipients. I know, by talking to you that all of your work is, as it says on our logo, 'handmade – with love'. Thank you.



Handmade – with love

Please note that the Bliss Charity for prem babies is not accepting donations during the pandemic until requested by hospitals, so please keep your knitted items safely until they can be collected.

Please keep in touch and above all – please keep knitting!
Thank you . Kate 83514



A Thought for the Month

We are not in the same boat

We are in the same storm

Some of us are in yachts

Some of us are in canoes

And others are drowning

So help each other and do a good deed everyday!

Kath Pomeroy

Have you had your jab yet?

'*Have you had your jab yet?*' is the question on everyone's lips at the moment. When I speak to older people on the phone, or conduct zoom services, this topic causes great excitement. I have recently resumed my nursing role, something I thought I had left behind for ever, in order to give Covid vaccinations at the Farnham Centre for Health. I find it embarrassing to admit that this is great fun; greeting old colleagues, meeting new people, some of whom have not left home for a year, and talking to *real people* all day. The patients are fulsome with compliments; '*God bless you dear!*', '*three cheers for the NHS!*' etc. And instead of rushing for the door, they want to stay and chat far longer than the allotted time. Some even dress smartly for the occasion, no doubt glad to get out and go somewhere, even if it is only for an injection.

The last thirteen months have been tough for almost all of us. Care homes have lost residents, many older people have been indescribably lonely and even the heroic efforts of kind people to phone and deliver goodies have been no substitute for real contact. One eighty year-old who I phoned recently said; '*I just want someone to give me a big hug!*'

But whilst there are losses, there have also been gains. I have been thrilled that the 'congregation' at the services I take on zoom to Brendoncare are so popular that they have to have two sittings to fit them all into the room. Boroverye have also had a growth in numbers. The other homes have managed to conduct their own services. The older generation have been faithful in regular prayer and giving, and I am humbled by the support that the All Saints congregation have given each other.

Rev Rachel Sturt (Anna Chaplain)



Lot's wife

A father was reading Bible stories to his young son. 'The man named Lot was warned to take his wife and flee out of the city, but his wife looked back and was turned into a pillar of salt.'

His son looked up, concerned. 'What happened to the flea?'

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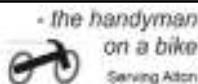


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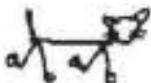
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Red light

A woman was found guilty in traffic court and when asked for her occupation she said she was a schoolteacher. The judge rose from the bench. 'Madam, I have waited years for a schoolteacher to appear before this court.' He then smiled with delight. 'Now sit down at that table and write "I will not run a red light" one hundred times.'

Expensive boat

A vicar was planning an Easter pilgrimage to the Holy Land, and was aghast when she found it would cost her £50 an hour to rent a boat on the Sea of Galilee. She protested to the travel agent that the cost was ridiculous. 'That might be true,' replied the travel agent, 'but you have to take into account that the Sea of Galilee is water on which our Lord himself walked.'

'Well, at £50 an hour for a boat,' she replied, 'I am not surprised!'

Nice

The nice thing about becoming forgetful is that you can hide your own Easter eggs.

A Notice found in church newsletter

This being Easter Sunday, we will ask Mrs Brown, our church warden, to come forward and lay an egg on the altar.



"It's not quite as bad as it looks – they're only withholding payment until we publish our expenses."

St Lawrence Organisations

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

David Allan 84739

St Lawrence Church

Director of Music

Tony Willman 543628

Organist

Will Nisbet

Head Server

Clive Muller 86064

Captain of the Bell Tower

Matthew Watts 543886

Teddy Bears

Sarah Broadbent 85247

The Lighthouse

Fiona Micklefield 88794

All Saints Church

Organist & Choir Leader

Ken Jackson

Bellringing

Matthew Watts 543886

Sacristan

Priscilla Inkpen 768941

St Peter's Church Beech

Organist

Gloria Wills 542683

Sacristan

Annis Mendham 83501

Church of the Holy Rood

Organist & Musical Director

Andrew Hinde 84056

Bellringing

Rob Law 544865

Flowers

Ruth Randall 549567

Sacristan

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