



Sunrise

A monthly magazine for the Parish of the Resurrection, Alton



May 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 07865 292 401 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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Philippa Penfold

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Parish Donations Coordinator

Tim Sturt 01252 710968

Pastoral Visiting

c/o The Ministry Team via the Office

Youth, Children & Family Worker

Martha Lloyd Martha@potr-alton.co.uk

Parish Office: Tel. 07865 292 401

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
Magnolia Blossom
at the Vicarage**

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 . . .

The blessing of colour!

Friends, since Ruth and I moved to POTR back in June 2019 we've felt blessed to live so close to the countryside. Walking through the local countryside and woods close to Holybourne is always a real joy. And it is particularly uplifting at this time of the year. As we approach the month of May we suddenly find so much of the various wooded areas engulfed in vast number of beautiful bluebells. I don't know how you feel about bluebells but I love them! So.... are they blue or purple? Actually I don't think it matters! They are part of God's creation and it's a joy to walk through them.

Apart from the bluebells I am consistently struck by the green of the leaves on the trees as we move through Spring towards the summer. Is it just me or do the leaves in early spring seem a softer shade of green than later on in the summer? Anyway the greens were exquisite and it set me thinking about the importance of colour in our lives. Just a walk through the woods with the early spring flowers and the colours being enhanced by sunlight coming through the trees really gives me a lift.

It set me wondering about how colour is such a big part of our lives and affects our lives. We use colours to describe how we are feeling. So we may be feeling blue or be red with rage or green with envy, though I'm not sure why – what has green got to do with envy? Then there is the suggestion that the colours we wear indicate something of our personality. So, I understand, red indicates you are extroverted and optimistic, blue conservative, reliable trustworthy, purple sensitive and compassionate and so on.

Then there is the whole thing of which colours “suit” us and whether we wear bright colours or whether we wear more muted colours. Colour it seems is a big part of life in so many ways. I might even suggest that colour adds the ‘sparkle’ or the ‘colour’ to life in general.

So these spring days with the richness of fresh greens create in us a better feel than the days of winter which can seem grey and dull. However, I am aware that, whatever the time of year, for some people each day is grey. There may be many reasons for that, illness, physical or mental, loneliness, the inability to get out, the loss of a loved one and so on.

When things are grey in the winter (especially when we are living with the magnitude of a worldwide pandemic) we long for the coming of spring and its colours and when things are grey in life we benefit from the coming of colour.

So if we know people around us for whom things are tough and for whom life is grey even on the nicest spring day then perhaps we could be used to bring a little colour into their lives – it's another way of saying, 'let's be active in service'. We might take them a bunch of flowers, or pop a card through their door or just pay a visit and sit and chat in their for a while (in the garden socially distanced).

Recognising the blessing of colour, in simple ways we can be the colour in people's lives. I'm sure many of us are familiar with the song "you are my sunshine". Well sunshine has in it the rainbow of colour and we have the opportunity to be sunshine to others for whom life lacks colour.

Rich blessings and wishing you lots of spring colour.

Gordon



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In the Parish of the Resurrection we will be running this course starting on Thursday 13th April at 7.30pm. It will all be online via Zoom so you can settle down at home and join in.

To get more details and to book in contact us via email biblecourse.potr@gmail.com or the Parish Office can forward your details - give them a phone call 07865 292401. Please book in by Friday 7th May.

We look forward to welcoming lots of people onto the course.

Andrew

News from Traidcraft

I write this in the week we will celebrate Earth Day 2021. So I thought I would share with you some of the changes we can make in our day to day lives, encouraged by Traidcraft. If you read my article last month you will know that Traidcraft is now about much more than fair trade. They are on a mission to create real sustainable change in the world of trade, believing that the key to buying less is buying right....investing in what is good, rather than chasing what is cheap.

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- ❖ Create a compost heap
- ❖ Choose products with recyclable or compostable packaging
- ❖ Invest in sustainable clothing
- ❖ Walk, cycle or use public transport rather than cars
- ❖ Plant trees
- ❖ Use renewable energy
- ❖ Waste less food

For more information on how Traidcraft can help us reduce and counteract our carbon footprint get in touch (jo@mcgregorfamily.org.uk, 07980 371034) and I can drop off a copy of the latest catalogue. In there you can read about the Thought clothing range, made from materials that have a low impact on the environment, including Seacell, an innovative fabric made from seaweed. There's a feature on the inspirational women of Malawi who create beautiful products such as wallets out of recycled bicycle inner tubes. There is also information on how to recycle the packaging from your Traidcraft chocolate bars and sweet packets. If you're focusing on reducing packaging I offer a refill service on the Bio D washing up liquid and am looking to extend this service to other products in the Bio D range.

If as part of your contribution to investing in a brighter, greener future you'd like to empower others it's not too late to make a donation to Traidcraft Exchange's Regenerators Appeal. This appeal aims to help some of Traidcraft's most vulnerable producers regenerate their land and protect the earth for generations to come. Until 7th June the UK government will match donations. You can donate online at www.traidcraftexchange.org/regenerators or by calling 0191 4976445.

I am happy to delivery Traidcraft orders around the Parish, just give me a call on 07980 371034 or email jo@mcgregorfamily.org.uk

Bible Readings for the month of May

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

Saturday 1 st	Psalm 139	Proverbs 4: 10-18	James 1: 1-12
†			
Sunday 2nd 5th Sunday of Easter	John 15.1-8		
Monday 3 rd	Psalm 145	Deuteronomy 16: 1 - 20	1 Peter 1: 1 - 12
Tuesday 4 th	Psalm 19	Deuteronomy 17: 8 - end	1 Peter 1: 13 - end
Wednesday 5 th	Psalm 30	Deuteronomy 18: 9 - end	1 Peter 2: 1-10
Thursday 6 th	Psalm 57	Deuteronomy 19	1 Peter 2: 11 – end
Friday 7 th	Psalm 138	Deuteronomy 21: 22 – 22: 8	1 Peter 3: 1-12
Saturday 8 th	Psalm 146	Deuteronomy 24: 5 - end	1 Peter 3: 13 - end
†			
Sunday 9th 6th Sunday of Easter	John 15.9-17		
Monday 10 th	Psalm 65	Deuteronomy 26	1 Peter 4: 1 - 11
Tuesday 11 th	Psalm 126	Deuteronomy 28: 1 - 14	1 Peter 4: 12 - end
Wednesday 12 th	Psalm 132	Deuteronomy 28: 58 - end	1 Peter 5
Thursday 13 th	Psalm 110	Isaiah 52: 7 - end	Hebrews 7:[11-25] 26-end
Friday 14 th	Psalm 16	1 Samuel 2: 27 - 35	Acts 2: 37 - end
Saturday 15 th	Psalm 47	Deuteronomy 30	1 John 2: 7 - 17
†			
Sunday 16th 7th Sunday of Easter	John 17.6-19		
Monday 17 th	Psalms 93	Deuteronomy 31: 1 - 13	1 John 2: 18 - end
Tuesday 18 th	Psalm 99	Deuteronomy 31: 14 - 29	1 John 3: 1 - 10
Wednesday 19 th	Psalm 29	Deuteronomy 31: 30 -32:14	1 John 3: 11 - end
Thursday 20 th	Psalm 24	Deuteronomy 32: 15 - 47	1 John 4: 1 - 6
Friday 21 st	Psalm 28	Deuteronomy 33	1 John 4: 7 - end
Saturday 22 nd	Psalm 43	Deuteronomy 32: 48 – end, 34	1 John 5

Bible Readings for the month of May

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

Sunday 23rd Pentecost	John 15.26-27; 16.4b-15		
Monday 24 th	Psalm 126	Job 1	Romans 1: 1 - 17
Tuesday 25 th	Psalm 132	Job 2	Romans 1: 18 - end
Wednesday 26 th	Psalm 119: 153 - end	Job 3	Romans 2: 1 - 16
Thursday 27 th	Psalm 143	Job 4	Romans 2: 17 - end
Friday 28 th	Psalm 144	Job 5	Romans 3: 1 - 20
Saturday 29 th	Psalm 147	Job 6	Romans 3: 21 - end
†			
Sunday 30th Trinity Sunday	John 3.1-17		
Monday 31 st	Psalm 85	1 Samuel 2: 1 - 10	Mark 3: 31 - end



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In the Parish Centre**

Saturday 1st May 9.30 to 12.30

**Books, Puzzles, Tombola, Produce, Cakes
(On Saturday 5th June Tomato and
perennial plants will also be available)**

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

Anna Chaplaincy News

On Saturday April 17th, many of us watched the televised funeral of Prince Philip. The following day the preacher at the Eucharist service at Winchester cathedral reminded the congregation that Jesus died when he was only a third of the of the age of Prince Philip. Jesus didn't meet nearly as many people, nor travelled the world, but lived in a small area.

In the week after Prince Philip's death, I took services via Zoom in care homes. In each service we had a time of remembrance and there was genuine sorrow for the passing of someone many feel that they knew, and who had always been there. Very few people could remember a time when he was not in the public eye, although some in the care homes took great delight in telling me that they had outlived him! Many people of similar age had much in common, such as military record and a long faithful marriage. I think that many grieving families will relate to having limited numbers at the funeral, and many were moved by the Queen sitting alone.

Perhaps those who have suffered bereavement during the pandemic will sympathise with the Royal family having the same restrictions as everyone else, by being 'like us'. (Although I don't suppose anyone in Alton will have so many splendid bands at their funeral).

Rachel Sturt

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News and Views from St Peter's Church Beech

Moving on...

At last we are beginning to see a positive future, one that does not include hiding away in our own caves and one that may presage an honest, truthful way ahead. Many of our regulars have had their second vaccination and the rest of us should have doubled up our original dose in the next week or two. In the weeks leading up to Easter we were unable to go into St Peter's, although those of us on the outside had been kept up to date by our own little Angel, Sarah. She will feel embarrassed to read that in this month's Sunrise but it is true. She must have a very large store cupboard and she probably has utilised all her spare time over recent months supplying goodies to many of us. The lemon drizzle cakes and the chocolate brownies are but two from her voluminous collection of delicious sweetmeats. This hiding away and coming back out at a more auspicious moment, is something that we have to bear in mind at this time.

This has been exemplified by our tortoise, Bert. He has been part of our family for over thirty-five years, since we actually overtook him on the M27 slip road on the way to the A32 and home. Most of my friends think that it is unlikely that I passed anything that was actually moving whilst I was driving. However, to get back to the timetable nub of this story, Bert hibernates each winter, normally going to sleep on October 26th and re-awakening each April 26th. Until recently he seemed invariably to follow that timetable. Climate change has altered his timing, each end of his six months sojourn being brought forward to allow for a warmer planet. This year he actually awoke in March, escaped from his Winter quarters and began to perambulate inside our very untidy garage. So he was brought out from there and moved to his summer residence, in another cat-box of hay, in the back garden. Last week he found the cold too much and he went back to sleep. He really worried us and I remembered Julie Hinks, one of two tortoise experts that we know, saying that once they wake up after hibernation they should not be allowed to go back to sleep. However, I could not do the deed and waken him, so he was left in peace. I felt that this might be the end of him but today the sun re-appeared and Bert returned to our back garden and even began to munch a slice of cucumber and a lettuce leaf. The link between the life-cycle of our tortoise and Beech residents and Altonians emerging from lockdown is self-evident to my simple mind. So as you pursue your summer activities please remember Bert and thank him for his good example.

My Internet contribution for this month:

The Same Boat

by Julie Sheldon

'We're all in the same boat' they say
But I would disagree
So many different sailing crafts
Upon this stormy sea
Some sail on ocean liners
In comfort, style, and ease
Relaxing on their balconies
Sipping their G & Ts
Some speed along in motor boats
As if it's all ok.....
With little care for smaller crafts
Which may get in their way
Some struggle on their battleships
Where nothing's going right
Endlessly preparing.
For the next relentless fight
Some huddle in their lifeboats...
And pray that they'll be saved
Hoping for a calmer sea...
And fearing every wave
Some drift around upon their rafts....
They barely stay afloat
They're praying for a change of luck...
And chance to board a boat
Some haven't found their sea legs yet....
And dread each wave and swell
They're struggling to stay upright
And don't feel very well,
So whilst you're on your journey
To a safe and calmer port
Look out for fellow sailors
Who may need some support
Could you throw them a life belt?
Or a paddle or an oar?
Perhaps you'd help guide them
Safely, nearer to the shore!

Paddy Mendham

Alton Foodbank Shopping List

Please buy an item from this list of items for the foodbank

- * Sponge puddings (long life)
- * Potatoes (tinned & instant)
- * Tea
- * Coffee
- * Rice (dry)
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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

Alton Methodist Church will resume 'live' services in Church from Sunday 23rd May at 10am. Booking is required via altonmethodist@hotmail.com as numbers able to attend are limited. The online weekly services and news sheets continue to be accessible through www.altonmethodist.org.uk.

We are also delighted that the Boys' and Girls' Brigades began their programme in person during April, following COVID safe procedures.

Notes from a still locked down Choir



My castaway this month is a guy with a voice like silky hot chocolate, the kind you get in Italian cafes. Meet Rob Handley, another of our back row basses who has earned his place on the choristers' naughty step. I could listen to Rob all day and you will have heard his sonorous tones in many a solo spot in St Lawrence choir. For someone who came to choral singing in his "middle age" his talent for melting sopranos in many a choir has fortunately been discovered and we are lucky to count him as one of us. Here is his selection of discs in the order he came to hear them.

My first choice is **"Come Prima" as performed by Quartetto Marino Marini** and first heard by me from my parents' 78 RPM record. In my pre-teenage years I loved singing (with no-one listening) and this was the record I enjoyed singing to the most. I made sure I recorded it to tape for posterity and much later sampled it. Later still I bought it as a download, to avoid all the crackles and pops.

My second choice is **"Mama" by Genesis**. This track, which came out just before I entered my first year of University is the one that 'got me into' Genesis - my favourite band of all time. (Amongst other aspects of music) I love drums, bass and a piece that maintains interest by building - and this has all three. This track was played at a party we held in our shared kitchen in my final year at University. Me 'getting into it' broke the ice between me and my flat mates. Up until then I was just the geeky guy studying Maths.

Third is **"Only of a Lonely Heart"** (specifically the Extended mix if it's allowed) **by Yes**. This came out in the same year as Mama. I bought the 12" single (they were all the rage in those days), partly because I was a HiFi geek by then and bigger discs generally meant the grooves were further apart and so a higher quality pressing. I really like the track itself. The mix is longer, constantly changing and has lots of 80s synthesiser effects which I thought was really cool at the time (and still do - call me sad).

Fourth is a 90's track: **"Go" by Moby** (and specifically the Rainforest Mix). Yes, it's highly repetitive (like a lot of rave) but I can't listen to this and not move energetically to the beat.

Fifth represents the start of my choral appreciation. In 2000 my wife's elder nephew died (aged 14). He had been a chorister at Guildford Cathedral. At the end of his funeral service, which was at the Cathedral, they played a recording of him singing **Panis Angelicus**. I nearly cried (not like me at all) but the piece didn't stick in my mind. In 2009 I asked my wife Anneliese (St Lawrence Alto) to buy me a singing lesson for my birthday as I'd always wondered what my voice type was and whether I had any kind of a voice at all. The singing teacher was Rebekah Abbott and she quickly got me singing Panis Angelicus, which I then realised that I loved.

Sixth, if I'm allowed a whole work (as it's on a disc) is **Faure's Requiem**. After my singing lesson Rebekah encouraged me to join the (then) Holybourne Singers.

As we were a choir mostly of complete choral newbies, we started with easier works. Faure's Requiem was one of the first and I was given the opportunity to make my solo debut singing **Libera Me**.

Seventh and strictly out of chronological order as I'm sure I heard it in the 70s but never owned a recording, is **Bach's Toccata and Fugue**. I've always loved powerful organ pieces and this is my favourite.

I discovered my final choice through being a member of the St. Lawrence church choir. One Christmas, we sang **In Dulci Jubilo** and, for me, that has become the Christmas piece. I unashamedly nag Tony every year for us to sing it.

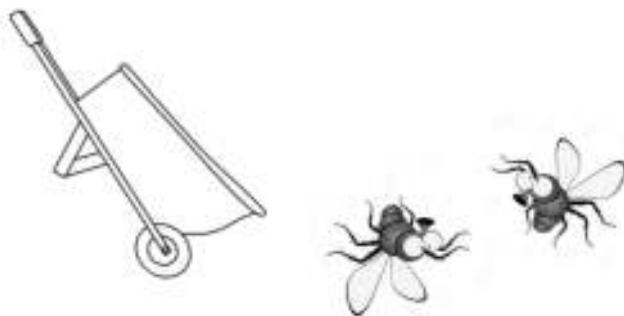
The good side to missing out on choral music well into middle-age is that I keep encountering new (to me) wonderful pieces. Choosing just one disc to save from the above is too hard, so I'm going to do it on pure practical grounds - the Faure because it's longer than all the others!

My luxury item would be a computer because they are another massive part of my life and with one I would never be bored on the island. For my book I'd probably choose *The Lord Of The Rings*. I read it at University - so probably much later than most.

So you have moved from one Genesis to another then Rob with a great choice of music. You may need to have a word with John Hubbard to set up some solar power for your computer. And we may have to remove email from it to stick to the rules. Otherwise the Lord of the Rings will take you long enough to read to keep you occupied!

Thank you Rob for letting us hear your Desert Island Discs.

*Elaine Cook
(who has probably melted!)*



Fly tipping is reported to be on the increase.
What a confusing language English must be for
foreigners.
(William Blake - All Saints)

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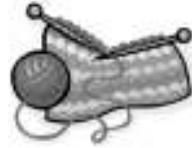

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Knitters Anonymous

Knitters Anonymous

And so it continues so many beautifully made woollen garments and blankets are being donated through our group and sent to the refugee charities via AltonAid. Thank you all! The blanket squares are being made into multi coloured blankets of various sizes then added to the collection. I would be grateful if you could keep your donations until I contact you directly or that you leave them in All Saints Church for collection. This will be when I have the date for the next shipment being collected by the group. Thank you also to those who have donated wool to the cause; we can never have too much!



Handmade – with love



All Saints Hard of Hearing Group

As you will know the Hard of Hearing Group (along with many other groups) has been mothballed since the start of last year. To ensure that the group can restart we are in **urgent need** of people to volunteer to enable the group to continue to support a group of older people in our parish (and beyond). It is hoped that meetings can commence again in the autumn, not necessarily in the same format as previously but with at least one meeting per month.

Please, please think if this is a way in which you could help, then contact either Rev Rachel (Anna Chaplain) or Kate Dando

'Derek'

Thank you to everyone who responded to the puzzle in previous editions of Sunrise as to who I drew this card for. The picture is my attempt of an oil rig or derrick, so the answer to the question and my friend's name is 'Derek'!

Ruth Randall



News from Holy Rood Church, Holybourne

After months of everything being online and not much else happening, suddenly it became really busy at Easter, didn't it? Highlights at Holybourne include the services on Good Friday and Easter Sunday, the scavenger hunt on Good Friday, and walking with the donkeys from Mill Cottage Farm on the Saturday. Everyone seemed to enjoy the opportunity to sing the final song in the churchyard after the Easter Sunday service and here in Holybourne a few passers by joined in with the singing, including a dog! The Easter crosses at all the churches seemed to be appreciated by so many people and gave rise to many good conversations with folk passing by. Our thanks again go to Clive Muller and Tim Codling for erecting and dismantling the crosses, as well as to Sally Kemp and Angie Briggles for being 'flower monitors'.

Unfortunately no one was able to attend the two Zoom Teddies events that were unarranged and we are now working out when we will be able to meet in person, perhaps in the churchyard. We are also looking at when we can start up the parish 'garden parties' bearing in mind the current 'rule of six'.

Rev Martin East recently gave a fascinating talk on Zoom entitled 'My Flying and My Faith' to the Pink Place, a local charity that supports people affected with a cancer diagnosis. Over the past year our very own Sue Dell has given two talks to the Pink Place about Jane Austen (who else?!), Pam Jones from the Methodist Church has talked about her painting, encouraging people to 'give it a go' and Sarah Main from Mill Cottage Farm shared stories from life on the farm. The Pink Place is constantly on the lookout for speakers so if you have an interesting story to tell and would like to share it (on Zoom) please either contact me or the Pink Place direct (www.thepinkplace.org.uk).

With best wishes from everyone at Holy Rood, Ruth Randall
(ruthmaryrandall@gmail.com / 01420 549567)



Easter cross, donkey and 'shepherds' at Holy Rood



Prince Philip 'memorial' at Holy Rood

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Have you ever laughed at a joke you did not understand?

Then you are not alone. It seems that two thirds of us have laughed at jokes we did not 'get', simply because we wanted to fit in with our friends at the time.

And more than half of us have actually gone on to repeat jokes with punchlines which we don't ourselves understand. More than half of us have even researched a joke in order to try and figure out what was supposed to be so funny about it.

In research done by a British neuroscientist, it was found that humour that relies on puns or more obscure concepts is the most likely to confuse audiences. While laughter is universal, humour is very subjective. People all over the world laugh, but what they find to be funny varies widely, depending on culture, context and language.

During the research, it was found that two of the most misunderstood jokes are:

Some Omega-3 vitamins fell on my head when I opened the cupboard. I got super fish oil injuries.

What does a dyslexic, agnostic insomniac do at night? He stays up wondering if there really is a dog.

Beware of the dog

Be careful if you are looking to buy a puppy. Make sure you know where it *really* came from. A spokesman for the RSPCA warns of a spike in the number illicit dog breeders and dealers who are conning the public.

The number of dogs imported from the EU increased by 52% from 2019 to 2020 until last year it stood at over 60,000. More than half of these puppies came from Romania and were brought in by criminal gangs. Dogs that were worth £50 in Romania have been sold for 10 times that amount in the UK, according to the Animal and Plant Health Agency.

Is there life without the BBC?

Could you live happily without the BBC? Just try it for two weeks.

That was the recent challenge of the corporation's outgoing chairman, Sir David Clementi, to a group of critics who said they resented the licence fee.

Apparently, nine days later, two thirds of the critics had changed their mind and said that the licence was worth every penny. Sir David observed that when "things that they took for granted are removed from them, they realise how valuable the BBC is."

So he encourages anyone else who thinks that the license is not worth £3 a week, to try life without the BBC. "I think that most people would find it very hard to cope."

UNMANAGEABLE DEBT ? A LIFE-CONTROLLING HABIT ?



Hello, I'm Mark Rumsby and I'm the Centre Manager of the Alton branch of the charity Christians Against Poverty, better known as CAP. We provide free help to anyone, regardless of background, in complete confidentiality.

ITV Meridian news recently featured our free **Debt Help Service**, which we've been running in the Alton area for nearly 7 years. You can find their report at www.itv.com/news/meridian/money.

Over the years we've got to know over 170 individuals or families locally who've needed help with debt. Most live in social housing and over half are single women, many of them single mums. If their main income is benefits, they may struggle to pay basic bills such as rent, council tax, or water bills – and this is often how they run up debts. We'll help anyone who has debts, whether it's £500 or £50,000 or more. And we don't judge anyone as to why they got into debt in the first place.

With CAP, our approach is to provide compassionate personal support – normally visiting people in their homes. At the same time we pray with them, and if they wish, tell them about Jesus. We achieve all that in Alton through a great team of 2 Debt Coaches and about 25 helpers - all Christians - drawn from 13 local churches. We work with CAP's national headquarters to provide a professional debt service where the charity deals with all of a person's creditors until they get free of debt. In Alton we've succeeded in getting 52 households out of debt so far, which is a huge relief to those people, and several of our client friends have opened their lives to Jesus.

Our second service is called **Fresh Start**.

Fresh Start helps people who want to change a life-controlling habit such as smoking, gambling, over-eating, internet or social media addiction, shopping compulsions, binge drinking, soft drugs, etc.



The free 8-week course, inspired by the Bible and the Twelve Steps of Recovery principles, is led by trained coaches who also offer 1-to-1 coaching. The groups provide supportive communities where people can meet regularly and work through a plan of action in order to break free from these dependencies. Our team of 5 Fresh Start Coaches has run 6 courses in Alton so far, and several people have successfully tackled habits of smoking, gambling, over-spending, alcohol and drugs.

There are various ways that you can help this work:

If there's anyone you know in financial difficulty with unmanageable debts, urge them to call CAP on 0800 328 0006. More information at www.capdebthelp.org. If you'd like a leaflet, contact me.

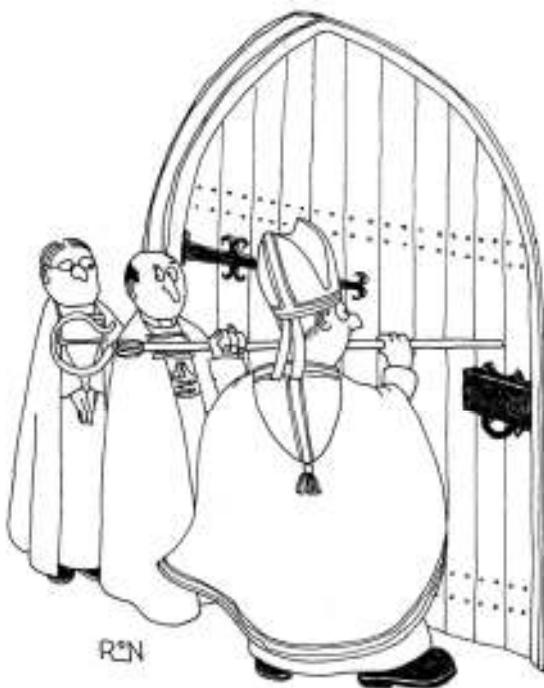
If you know anyone who wants to tackle a life-controlling habit, encourage them to call me for details of the next course. More information at www.capfreshstart.org. If you'd like a leaflet, contact me.

Pray. If you'd like to receive a monthly email with prayer points, contact me.

You might wish to join our team as a helper. If so, contact me.

Thank you and bless you all.

Mark Rumsby – 07769 030913 – alton@capuk.org



There didn't seem to be anyone in

Fillup in Alton

Our article in February 'It's a Wrap' focussed on packaging and the vast amount of waste that can be produced from packaging and postage/delivery.

Some will be aware that in Alton we now have a 'Fillup' shop (just opposite the Resurrection Furniture shop) where you take your own containers and fill them up so eliminating wasteful packaging. As well as starting to use it regularly, we thought that it would be interesting to interview its founder and owner, Louise Bagnall.

Tell us something about your personal background

I have lived in the Alton area all my life, growing up in Farnham and studying for A levels at Alton College. Having lived in both London and Cornwall, I have now been back living in Alton for the last 7 years and absolutely love being back in the area and bringing up my daughter here too. Professionally I have spent the last 10 years working in the events industry.

What inspired you to start Fillup?

When the pandemic struck, I was placed on furlough and with live events feeling particularly vulnerable I put my head to a business idea I had been working on over a couple of years. Living sustainably and being environmentally aware have always been important to me. I had visited Zero Waste Shops in other parts of the UK and realised that what they offer would give me the capability to convert my own household consumption to being as sustainable as possible, I just needed one local to me for it to make sense.

How do you decide what products to stock and how to source them?

There are so many fantastic products and initiatives out there now that starting off on a plastic free journey can be slightly overwhelming. One of my main incentives for Fillup is to take the leg work out of the process and offer a shop with tried, tested and researched products. I have started off by stocking products that I would consider household staples; everyday products and ingredients used by many. Fillup isn't a specialist health food shop, although supplying raw ingredients rather than anything processed and packaged it is in many ways by default a shop selling healthy food! By offering goods packaging free my aim is to provide a convenient alternative to a supermarket shop, giving households the ability to make a big reduction to the amount of discarded waste accumulated through everyday consumption.

What you see as the benefits for individuals/the town/wider society?

We are facing a global environmental crisis and the coronavirus pandemic has

only exacerbated the issue with disposable PPE now included in the waste washing up on our shores and adding to landfill. We are incredibly lucky to live in a very beautiful part of the world and my hope is that Fillup offers our community an opportunity to minimise our contribution to this growing concern and stand and be counted as an area committed to steering our path towards a more sustainable future.

What are your impressions after your first few months?

It has been wonderful getting to know customers over the last four months and the response to the shop has been fantastic. It was really important to me that Fillup is somewhere that anyone feels they can walk through the door, it doesn't take just one type of person to have an environmentally conscious mind. Changing consumer habits is for everybody and doesn't mean it will cost more either. I price match Sainsburys with like for like products wherever possible and although it is probably one of the main challenges I face, it is usually more possible than not.

At Fillup you can find food and drink items, cleaning products and bathroom essentials available to be dispensed into your own containers (we have produce bags and a selection of jars too if needed).

Thank you very much Louise, it has been a pleasure to talk with you and we wish you all the best for the future.

Martyn & Sue Dell

On behalf of Eco Church



Louise Bagnall and Alice Cundy

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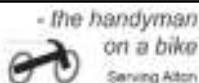


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Services for May

2nd May

9.15am	Holy Communion	St Peter's
9.30am	Morning Worship	Holy Rood
10.30am	Morning Worship	St Lawrence
10.30am	Holy Communion	All Saints

9th May Easter 6

9.15am	Morning Worship	St Peter's
9.30am	Holy Communion	Holy Rood
10.30am	Holy Communion	St Lawrence
10.30am	Morning Worship	All Saints

16th May Easter 7

9.15am	Holy Communion	St Peter's
9.30am	Morning Worship	Holy Rood
10.30am	Morning Worship	St Lawrence
10.30am	Holy Communion	All Saints

23rd May

9.15am	Morning Worship	St Peter's
9.30am	Holy Communion	Holy Rood
10.30am	Holy Communion	St Lawrence
10.30am	Morning Worship	All Saints

30th May

9.15am	Holy Communion	St Peter's
9.30am	Morning Worship	Holy Rood
10.30am	Morning Worship	St Lawrence
10.30am	Holy Communion	All Saints

Every Tuesday

7pm	Holy Communion	St Lawrence
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Every Wednesday

9.30am	Holy Communion	All Saints
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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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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