

Sunrise



A monthly magazine for the Parish of the Resurrection, Alton



July 2022
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: office@potr-alton.co.uk

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 07865 292 401
Ellie Elder

Secretary to PCC

Sue Hubbard 877009
sue@aspiretoperform.co.uk

Treasurer

Colin Aiken treasurer@potr-alton.co.uk

Parish Office: Tel. 07865 292 401

Email: office@potr-alton.co.uk

Open Monday to Friday

9.30am-11.30am

Parish Web Site:

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

Associate Vicar

Revd Gordon Randall 549567
gordon.randall@sky.com

Assistant Priests

Revd Martin East	549595
Revd Lynn Power	07850 232995
Revd Bruce Nicole	07974 021764
Revd Peter Brown	549943

Assistant Curate

Wendy Burnhams 07514 280362

Anna Chaplain to Older People

Debbie Thrower	07865 292401
Kate Powell	07484 026546
annachaplainalton@gmail.com	

Churchwardens

Alan Armstrong	88971
Helen Walters	07766 076899
Clive Muller	86064
Angie Briggs	544138
John Vivian	07535 188475
Sarah Neish	565696

Deanery Synod Representatives

Derek Gurney	Matthew Bayliss
Tori Hewitt	Elspeth Gurney

PCC Special Interest Members

Sarah Neish (St.P)
Wendy Burnhams (All S)
Robin Kemp (SL)
Lisa Hillan (HR)

Parish Donations Coordinator

Tori Hewitt 07554 428100

Pastoral Visiting

c/o The Ministry Team via the Office

Youth, Children & Family Worker

Martha Lloyd Martha@potr-alton.co.uk

**This month's cover picture is
Inside All Saints**

First Thoughts . . .

I hope you all enjoyed The Platinum Jubilee Celebrations. Her Majesty the Queen is such an inspiration. At the age of 96 she is still resolute to keep her promise of service and commitment to the nation and the commonwealth. There was much to watch on the television but also there were many community events from the large gatherings in the Public Gardens and in Beech and Holybourne, to street parties and to family gatherings. It is testament to our communities that we want to gather with young and old and to celebrate. There was also a great feeling that we were all being cared for and included.

When one reads the first chapters of the Book of Acts it describes the early church forming and finding its role. If you think about it, we, the church, spend remarkably little time actually in church, worshipping - perhaps just 1 or 2 hours per week. The early church was no different. At one point Peter and the disciples decide to go back to fishing, as if they had nothing else to do. You also quickly find a ministry of gathered care for older people (actually it says widows). It sounds like many got involved in such Christian service because a whole team of disciples are appointed as deacons - deacons are ones who serve.

Within the local church such work is usually known as 'pastoral ministry'. The term comes from farming - caring for sheep on the land. You can see the obvious connection. Visiting people, giving time, drinking tea and providing company is a transformative thing to do. It's one of those simple ministries which achieves so much, for no other reason than being ordinary and normal. Age is not a definition of pastoral ministry, but don't be surprised when I tell you that much of it falls towards the elderly. But, please do not let us be bound by that.

Saying that I am really grateful to the ministry of our Anna Chaplain, Kate Powell and am in awe of how she has settled into her ministry with us. Kate is here to offer that pastoral ministry to older people. Kate, thank you!

I am so pleased also that we have many times across a week and a month to offer pastoral ministry. I am bound to miss something out, so please accept my apology now.

- The Alton Bereavement Cafe is now in operation
- Teddies Toddler Groups on Monday at St Lawrence and Wednesday at The Church of the Holy Rood
- Ladies Meet & Eat group
- Tuesday Fairtrade Coffee Morning at Alton Methodist Church
- Tuesday Coffee and Cake at The Church of the Holy Rood
- After Communion on a Wednesday at All Saints there is Coffee and Conversation
- In Beech Village Hall during the day on a Friday there's the chance for getting together over drinks and cakes

- Beech Lunch Club - which is a delicious full meal once a month
- What about the Monthly Community Market at The Parish Centre? - much to buy but also great bacon butties and coffee/tea
- Men's Breakfast is a hearty time on the last Saturday of every month
- And on the first Friday of every month starting in July a new coffee morning at St Lawrence Church
- Have you thought about joining one of the small groups - all listed on the website.

Many people are lonely and may have little company or social activities to go to. It is easy for anyone to become isolated or fearful. Most of these activities are not complicated. It's a sit-and-chat and sharing stories, and making people feel valued and giving company. What makes them work so well is the people who come to share. If you are aware of those who would benefit from an hour or two of social time and nice chat, then do bring them along or if you feel the need just bring yourselves. There will always be a great welcome.

These are all listed on the website www.potr-alton.co.uk or information available in the churches or in Sunrise, Parish Matters or weekly emails.

Ours is an all-age parish: from all people, and for all people. We seek to serve Jesus across the spectrum of ages and stages of life. The most important place in our churches is not the altar, nor the pulpit, it's the door and we hope to see many come through them and find a good welcome, support, love and a place of worship and prayer.

*With best wishes
Andrew*



Proclaiming the Risen Jesus Steadfast in faith Active in service

Come and worship with us or find out about the 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.

Bible Readings for the month of July 2022

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

Friday 1 st	Psalm 51	Judges 6: 25 - end	Luke 14: 12 - 24
Saturday 2 nd	Psalm 68	Judges 7	Luke 14: 25 - end
Sunday 3rd Trinity 3 Stewarding God's Creation			
Monday 4 th	Psalm 71	Judges 8: 22 - end	Luke 15: 1 - 10
Tuesday 5 th	Psalm 73	Judges 9: 1 - 21	Luke 15: 11 - end
Wednesday 6 th	Psalm 77	Judges 9: 22 - end	Luke 16: 1 - 18
Thursday 7 th	Psalm 78: 1 - 39	Judges 11: 1 - 11	Luke 16: 19 - end
Friday 8 th	Psalm 55	Judges 11: 29 - end	Luke 17: 1 - 10
Saturday 9 th	Psalm 76	Judges 12: 1 - 7	Luke 17: 11 - 19
Sunday 10th Trinity 4 Stewarding God's Creation God is the Creator of all things Genesis 1 - 2:3 Luke 10.25-37			
Monday 11 th	Psalm 80	Judges 13: 1 - 24	Luke 17: 20 - end
Tuesday 12 th	Psalm 89: 1 - 18	Judges 14	Luke 18: 1 - 14
Wednesday 13 th	Psalm 119: 105 - 128	Judges 15: 1 - 16: 3	Luke 18: 15 - 30
Thursday 14 th	Psalm 92	Judges 16: 4 - end	Luke 18: 31 - end
Friday 15 th	Psalm 88	Judges 17	Luke 19: 1 - 10
Saturday 16 th	Psalm 97	Judges 18: 1 - 20, 27 - end	Luke 19: 11 - 27
Sunday 17th Trinity 5 Stewarding God's Creation Faithful stewards of God's creation Matthew 25: 14-30			
Monday 18 th	Psalm 98	1 Samuel 1: 1 - 20	Luke 19: 28 - 40
Tuesday 19 th	Psalm 106	1 Samuel 1: 21 - 2: 11	Luke 19: 41 - end
Wednesday 20 th	Psalm 111	1 Samuel 2: 12 - 26	Luke 20: 1 - 8
Thursday 21 st	Psalm 115	1 Samuel 2: 27 - end	Luke 20: 9 - 19
Friday 22 nd	Psalm 30	1 Samuel 16: 14 - end	Luke 8: 1 - 3
Saturday 23 rd	Psalm 121	1 Samuel 4.1b - end	Luke 20: 27 - 40
Sunday 24th Trinity 6 Stewarding God's Creation Suffering yet hopeful Romans 8: 18-25 Luke 11.1-13			
Monday 25 th	Psalm 29	2 Kings 1: 9 - 15	Luke 9: 46 - 56
Tuesday 26 th	Psalm 132	1 Samuel 6: 1 - 16	Luke 21: 5 - 19
Wednesday 27 th	Psalm 119: 153 - end	1 Samuel 7	Luke 21: 20 - 28
Thursday 28 th	Psalm 143	1 Samuel 8	Luke 21: 29 - end
Friday 29 th	Psalm 144	1 Samuel 9: 1 - 14	Luke 22: 1 - 13
Saturday 30 th	Psalm 147	1 Samuel 9: 15 - 10: 1	Luke 22: 14 - 23
Sunday 31st Trinity 7 Stewarding God's Creation Signpost of the coming Kingdom Revelation 21: 1-4 & 22: 1-5 Luke 12.13-21			

LET YOUR LIGHT SHINE



THE LIGHTHOUSE

10.30am - 11.30am at the Parish
Centre, next to St Lawrence Church.

Whilst you worship in church,
we invite your children to worship with us at The
Lighthouse.

We welcome all children aged between 0 - 11 years to join us every
Sunday of the month in term time.

At the end of the session, the children will be brought back to church to
enjoy the last part of the service.



All our leaders are DBS checked.

www.potr-alton.co.uk



Church@4 is an all-age
family service where
parents and children come
together to learn about
God, sing songs and enjoy
crafts together.
Tea and cake are served
before the service.

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**References available
Tel Carol 07753178468
Email c.may981@btinternet.com**

Service Pattern Review

In the Parish of the Resurrection and across Bentworth, Lasham and Shalden we established a service pattern from January 2022. Conversation, prayer and discernment was undertaken and the Churchwardens and PCC agreed to its implementation and also that it would be reviewed.

We would like to undertake this review carefully and prayerfully. It would be good to remind ourselves the reasons underlying the establishment of this pattern. Back in 2021 we produced our 'Looking to the Future' plan and this said that in précis:

- ◆ That there would be a varied and sustainable pattern of services across the parish
- ◆ That we were having to include Bentworth, Lasham and Shalden into the pattern with little addition to our existing Ministry Team
- ◆ That we would train and equip more people to be involved in the leadership of services
- ◆ That there would be a reduction in the number of communion services across the parish
- ◆ That there would be a mixed ecology - a range of liturgy, music, timings - chosen for accessibility and appropriateness
- ◆ That there would be a use of sermon themes with use of more discussion, interviews, video clips etc
- ◆ That there would be an intentional focus toward contemporary styles of worship without losing the best of traditional liturgy, music and prayers.
- ◆ That the wellbeing of our Ministry Team is always considered

The PCC would like to receive your constructive feedback and questions. Please would you let your church PCC representative in the first instance have these in a written form (email is fine). These will be collated and reviewed at a PCC meeting in early September and responses made available. There will then be a Parish Conversation to talk together about any further tweaks and changes. September dates for last submissions and the conversation will be made available nearer the time.

I hope this will be a good review process and the PCC looks forward to your contributions.

Andrew

Update from Karamoja, Uganda

St Andrew's Diocese Training College, Lotome

Introduction:

This report highlights some of our college news, students and staff figures from the previous academic term, and some reports from community events.

News

This past year has been a difficult one for the region. There have been cattle raiders and security threats causing many people to flee their homes. There have also been droughts, particularly in the Lotome and Karamoja region. As a result many people are suffering from starvation, with 6 reported deaths. The rains are now coming but harvest is not for three months.

Many people are now living in Refugee camps and raids continue. It is a very unsettling time.

College News

Our January to April 2022 term has just finished and the students have been very busy with morning devotion, examinations, assignments and group discussions. Our second year students have been trained in preaching and leading services whilst our first year students have been learning about intercessions, roles of Churchwardens and Church cleaning.

The college organised an induction for the first years which was led by the retired Archdeacon Mark Angella Longirapus. (He has since sadly passed away.) He spent time with the students preparing them for the theme in Acts 6: 1 -7, "Servant leaders with obedience" and was asked and answered lots of questions. The students were really excited to be part of this special event.

We were also really pleased to have conducted the wedding for one of our students on 26th March.

The renovations at Lotome are coming along brilliantly. The refurbishment of the classroom is finished with the water tank fixed so we can harvest the rainwater. The furniture project is a work in progress and the arm chairs and mattresses have been delivered to the college. The Rural Electrification Project means we now have electric poles at the college. Our next task is to put power Cable (wiring) to the class room blocks. Our new term begins on 9th May.

Sponsorship

Our college is blessed with the partnership that the Diocese has with the Alton Deanery. This allows us to offer a bursary to our students so they do not have to pay to attend.

Following the DTC committee board meeting that sat on 20th February 2020, the committee decided to cost-share the burden of transporting students to the college. Therefore, beginning from the academic year in January 2022 the local parishes are taking on the responsibility of transporting their students to the college and the college pay for their return ticket.

Commissioned pastors

A total of 12 students from last year's course have now been commission to serve as pastors in their respective Dioceses. One student was ordained in a service on 24th April in Kiru Archdeaconry and two students were commissioned in the same service.

Here is a list of our students and staff

S/N	Name	Marital status	Archdeaconry	Diocese	Year
1	Ayen Jonny Abel	Wedded	Kiru	North Karamoja	II
2	Ojok Ronald Alex	Single	Abim	North Karamoja	II
3	Kizito Lokong	Single	Kaabong	North Karamoja	II
4	Sandra Akullu Enou	wedded	Central	Karamoja	II
5	Hellen Alex Angom	Single	Kiru	North Karamoja	I
6	Simon peter Lorot	Single	Kaabong	North Karamoja	I
7	Richard Elamu	wedded	Lotukei	North Karamoja	I
8	Martine Ariebi	wedded	Lotukei	North Karamoja	I
9	William Okodu	wedded	Kiru	North Karamoja	I
10	Joseph Lodim	wedded	Lotome	Karamoja	I

The DTC staff

S/N	Name	Salary U Sh	Position	Education
1	Rev. Julius Okalany	650,000	Principal Fulltime	Master in Theology UCU
2	Rev. Paul Lotukei	400,000	Tutor Fulltime	Diploma in theology Uganda Martyrs seminary
3	Rev. Amos Lochoro	300,000	Bursar Full Time	Diploma in Theology Baptist School of Theology, Jinja
4	Rev. William Iko	200,000	Tutor Part Time	Diploma in theology Uganda Martyrs seminary
5	Rev. Godfrey Omukat	120,000	Tutor Part Time	Bachelor in Divinity Uganda Christian University, Diploma in Education
6	Agnes Naroo	80,000	Cook Support staff	Certificate in bakery and cookery
7	Emmanuel Lokiru	80,000	Watchman Support staff	-
8	Peter Kinei	80,000	Watchman Support staff	-
9	Mariko Korobe	60,000	Helper Support staff	-

Our Prayer Considerations

We pray for the building work on the administration block, staff houses, the female and male students' dormitories, kitchen and dining hall.

We pray for the purchase of a Public Address sound system for enhancing missions.

We pray for office equipment such as computers, photocopier/scanners, office chair etc.

We pray for the building of a fence and gate at the college

We pray for a solar water pump that needs to be put in place.

May God Bless You

(The original report has been condensed but the essence has been retained. Ed)



Dementia-friendly
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The Queen's Award
for Voluntary Service



Forget-me-not Service

Tuesday 2nd August

2.00 pm in All Saints Church

to remember and support families with Dementia

The service will be led by Rev Wendy Burnhams
and afterwards at 2.45pm approx. in the Church Hall join us for a

Fundraising Afternoon Tea, Music & Grand Raffle

ALL WELCOME



Refugee Tales

Tuesday 5 July 7.00pm

St Lawrence Church

Host - Ridy Wasolua

The Prisoner's Tale by Christy Lefteri

The Chef's Tale by Simon Smith

Music - Pollito Boogaloo

Quiz Night

Saturday 16 July

Alton Maltings 7 to 10pm

- ❖ £15 per person, teams of 6-8 people
- ❖ Main meal (Greek mezze) and dessert provided, BYOB
- ❖ All proceeds to go to King's Royals Primary School, Uganda
- ❖ Contact Lydia to register your team and pay your entry fee:
lydia@burnhamsfamily.co.uk

Coffee and Conversation - All Saints Home Group

Each Wednesday at All Saints church there is a spoken communion service at 10am.

Following this service on the 2nd and 4th Wednesdays in the month, there is coffee followed by conversation, which lasts till 11.45.

The recent seven sessions of conversation have focused on Mary, the mother of Jesus, who has a chapel named after her in All Saints church. Mary was 'spiritually well educated' and the group commented on the depth of feeling and spirituality in The Magnificat, The song of Mary.

We had plenty of discussion about the way Mary willingly and thoughtfully accepted God's unexpected destiny for her life, becoming pregnant and giving birth in a strange, overcrowded town. As a fugitive with Joseph and her baby, fleeing the murderous intentions of Herod, it brought to mind the present plight of the Ukrainian refugees. Thinking of Mary as a 'fiesty' worshipper made us ponder the enthusiasm and energy of our own worship. As Jesus grew, we followed Mary's changing role as a mother, knowing her obedient faith brought Jesus into the world and changed history. Her grief at his death and joy at his resurrection enabled us to share times of grief and joy in our lives and the support we found from friends, family and God.

Mary continued to be a disciple and was with the first witnesses on the day of Pentecost.

This series of sessions gave us plenty of opportunities to think about our faith and relate these thoughts to issues of today.

The next series of sessions will look more closely at the gospel reading for that day.



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a place to talk

initiated and supported by local churches

**2pm - 4pm every 1st and 3rd Thursday
of the month at the Alton Methodist
Church Hall**

**7.30pm - 9.30pm every 2nd and 4th
Monday of the month at the Alton
Maltings Centre.**

For more information see our Facebook page or
email bereavementcafe@potr-alton.co.uk

What's On . . .

Friday Coffee Morning

Friday 1st July

St Lawrence Church

From Friday 1st July we will be starting monthly Coffee Mornings (first Friday in month), at St.Lawrence Church, from 1030am until 1200am.

The informal sessions are open to everyone, with plenty of cake and conversation.

Please come along, and meet-up with old friends, and make new ones.

Maureen, Jane, and Carol.

St Lawrence CE Primary School Summer Fair

Friday 1 July from 5pm

Please come along and support the St Lawrence CE Primary School Summer Fair on 1st July from 5pm. There will be many stalls, games, tombola, raffle and BBQ. Entry is free and all are welcome!

POTR St Lawrence Monthly Market

Saturday 2 July 9.00 to 12.30

In the Parish Centre

Books, Puzzles, Produce, Cakes



Lunchtime Organ Concerts

Thursday 21 July at 1.10pm

St Lawrence Church

Mark Penfold

Parish Picnic

Sunday 14th August

Following the morning service (which will be at 10.30am) and will be a GAP service with our friends of Alton Methodist Church, there will be a Parish Picnic in the churchyard of The Church of the Holy Rood, Holybourne. Please come along with your picnics, chairs, rugs and outdoor games!

More details next month.

GAP Ladies Lunch

29th June, 12.15 for 12.30pm

The next **GAP Ladies Lunch** will take place on **Wednesday, 29 June, 2022**, at the usual time, **12.15 for 12.30pm**, and place, **the Swan Hotel**. If you have not already booked and ordered your main course, please contact Norma Duke on 01420 84722. (Let me know if you need sight of a menu - 01420 89062.) This is an excellent way of getting to know more people. You are very welcome to join us and to invite a friend to come long too. But don't forget to book the friend and their main course!

Alton Repair Cafe

Saturday 30 July 10.30 to 12.30

Alton Community Centre

Our volunteers offer free help with repairs to clothes & textiles, electronics, mechanical, small electrical, furniture and bikes

Men's Breakfast

Saturday 30th July

We will be meeting again at the White Hart public house, Holybourne, at 8.30am on **Saturday 30th July** for our usual delicious 'full English' breakfast, all for just £9. Come and enjoy some lively banter and listen to our excellent speaker, Tony Nelson, who will be talking about 'The Roof of the World Regatta'. If you have not attended the breakfast for a while, we would love to see you again. Please reply to Tim Codling by email: tim.codling@hotmail.co.uk or telephone him on 01420 80388 by **Wednesday 27th July**.

All Saints Coffee and Conversation

Wednesdays 10.15am to 11.15am

for friendship and sharing faith.

All welcome at any time, come and just enjoy the company and join in the sharing if you wish. Our sharing includes at the moment an overview of Jesus life and also people sharing their own delights, difficulties and questions.

Anything is allowed, it is very informal and open to anyone to just come and see." No experience necessary ! " led by Rev. Peter Brown and Anne Mason"

News from Holy Rood Church, Holybourne

Hello friends!

What fun we had over the Jubilee weekend! Holybourne, as a village community, had a range of events from Thursday to Sunday, starting with an Auction of Promises at Holy Rood Church on the Thursday evening when over £2300 was raised for Ukraine. ‘Lots’ included ironing, a scuba diving lesson, a week in Spain and tea in the Vicarage garden...

As a church, we took part in the village Scarecrow competition which had a ‘royal’ theme. Perhaps you saw ‘Jesus is King’ in the churchyard or the Queen reading her Bible at the end of the Vicarage driveway? The Bowyer and the Marchant families, both regulars at Holy Rood, won prizes for their wonderful scarecrows. Very well done!

On the Sunday afternoon there was a village picnic with games, music, food and drink. Holy Rood had a church ‘stall’ with crafts and games; it was amazing how many people managed to ‘splat the rat’, and congratulations go to all the winners of the colouring competition. Huge thanks to all those who helped on the stall and especially to Helen Walters for planning our ‘Beer and Hymns’ style singing which rounded off the afternoon as we sang some of the Queen’s favourite hymns and, of course, the National Anthem (in full!).

We had a very special ‘visitor’ at our Tuesday Coffee Morning that week (look carefully at the photograph) with Jubilee themed treats and a quiz; she also joined in the fun at Teddies on the Wednesday when we had our very own ‘street party’.





The 'Meet and Eat' ladies recently enjoyed a walk around Holybourne looking at some of the Jubilee scarecrows and having a tour of Sarah and David's lovely garden followed by a picnic in the Vicarage garden.

The second 'Shine' event at Andrews' Endowed School focussed on 'love' and we learnt John 3:16, "For God so loved the World that He gave His one and only son, that whoever believes in Him shall not perish but have eternal life".

Gordon led a service for the Guild of Churches Bell Ringers from across both Winchester and Portsmouth Dioceses at the end of June; the service included the hymn "Ring Out, Glad Bells!".

Recently, now allowed back into Borovere Care Home, it was an honour to be able to celebrate Penny Carmichael's 100th birthday with a service of Holy Communion on that very day. We sang one of her favourite hymns "Dear Lord and Father of Mankind".

On a personal note, Gordon and I have just returned from a lovely week in Cyprus. It was good to get some time of rest and relaxation; highlights include a trip to the north on an open top London bus, swimming in the sea and a Sunday service at an English speaking church where we found a warm welcome and got to sing Gordon's favourite song "Father God, I wonder".

With best wishes from everyone at Holy Rood, Ruth Randall

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News from the Methodist Church

We will be celebrating our Church Anniversary on the weekend of 16th and 17th July. There will be a **Coffee Morning on Saturday 16th July**, 10am to 12 noon, and the **Anniversary Service on Sunday 17th July at 10am**. Members and friends are invited to make a Gift Day donation of which 25% will go to the Anna Chaplaincy Fund.

Sunday Services

Sunday 3rd July, 10am: Morning Worship led by Mrs Jennie Marlow.

Sunday 10th July, 10am: Morning Worship led by Rev Philip Simpkins.

Sunday 17th July, 10am: Anniversary Service led by Mr Phil Smith.

Sunday 24th July: Morning Worship led by Mrs Liz George.

Sunday 31st July, 10am: Communion Service led by Rev Philip Simpkins.

The Lighthouse group for children will meet on Sundays 3rd and 17th July during the morning service. New children always welcome.

A Night at the Opera

Saturday 2nd July, 7.30pm at Alton Methodist Church

Please come and join us for this concert in aid of Naomi House featuring Alton Choral Society and soloists. Tickets (£10 adults, £5 children) can be obtained at Alton Secondhand Books, 43 Normandy Street GU34 1DQ (Tues-Sat, 10-5), from Debby at the Tuesday GAP Coffee Mornings at Alton Methodist Church or at the door. For further information visit www.altonchoral.org.uk or phone Nancy on 01420 85994.

Resurrection Furniture is moving! - LATE NEWS

After five years at 24 High Street we are moving across the road to 21B. When Sunrise goes to print we hope to have all the main tasks finished so we can open for business on 12th July. The shop will be bigger, hold more stock, offer household items other than furniture, have a workshop for repairs, space for volunteers and rear access for the van. Later in the month we will have an official opening – date to be confirmed.

So tell your friends, especially those who don't know about the shop. If you have a bit of time to spare we would love some help with this challenge. And come along to see us and what we can now offer.

Celebrating the Platinum Jubilee of Queen Elizabeth

Thursday afternoon on 2nd of June saw a special gathering of All Saints worshippers meet in the Church Hall for a splendid afternoon tea. Organised by Arthur Wright, Judy Philipps and Angie Briggs a group of 40 people enjoyed a special time with chat, music from the last 70 years and a rousing chorus of Rule Britannia plus the National Anthem accompanied by Yoko Hitches.

After tea there was a time of quiet reflection in All Saints church followed by prayers of thanks for the 70 years of faithful service of her Majesty the Queen.



GAP Travelling Meal Afternoon Tea, 21st May at AMC.

Thanks to everyone who made this event such a success: those who made the food; those who came to enjoy the delicious sandwiches and cakes; and those who served them. Donations to the Anna Chaplaincy Fund amounted to £302.



*Handmade - with love*

Many thanks, once more, for the brightly coloured, beautifully made donations that regularly appear ready to be collected from the box in All Saints church; the warm weather certainly has not slowed down the knitting needles and crochet hooks! So - How is the Summer Challenge going? For those of you who missed it, as so few knitted woollen gloves are made by all you anonymous friends for our charities, and they are so needed we are challenging ourselves to make as many pairs of medium or large adult gloves as possible ready for when the September consignment is collected. I have made two pairs so far – it would have been three pairs but unfortunately on the second pair I ran out of wool with two more fingers to go!! This wool is now being recycled to make a child's warm woolly hat; nothing is ever wasted! I am determined to make at least ten pairs!! I will keep you informed as to my progress. Will anyone manage to make more? Many thanks also to those of you who continue to make beautiful tiny clothes and teddies for JBliss, the charity for premature babies. A recent newsletter tells me that we are part of 489 knitters in this area who have produced 661 blankets, 1084 cardi/hats/boots sets, 486 hat/boots sets and 397 hats which have been delivered to 44 neonatal units so far this year, amazing! Please also continue to make the tiny teddies (I have patterns should you require them). To those who no longer knit we would be only too pleased to take unwanted wool off your hands and any unusual large buttons, ribbons and scraps which could be used to decorate the Fiddlemuffs, which are donated to our local Care homes and dementia units.

For further information please contact *Kate* 01420 kaddando@gmail.com

Little 'n Large!

The photograph shows Jean and Kate (aka Little 'n Large!) resting on a park bench after completing the Sponsored Walk in aid of Dementia Friendly – Alton, in Alton Public Gardens on Jubilee Sunday. Very many thanks to you all for your generous sponsorship. It added just over £500 to the local charity's work. At the time of printing the final amount raised is not yet known



Sweet potato pizziola

Ingredients

8 oz sweet potato thinly sliced

7oz cherry tomatoes

Small tub mascarpone cheese

Half jar roasted peppers

2 Tbs oil

Half teaspoon dried oregano

Small pack fresh basil

2Tbs white wine

Method

Layer potatoes on 9" ovenproof dish. Top with tomatoes. Drizzle with oil and roast in oven until cooked.

Add wine, roasted peppers, oregano and basil.

Melt cheese on saucepan to make sauce. Pour over potato mixture.

Cover with foil. Bake for further 10 minutes. Remove foil and bake until golden brown.

Michele Mylward



***IT IS WELL* by Troi Penwell**

(the story behind the hymn 'It is Well with my Soul') ISBN 9781726183512

Set during the latter half of the nineteenth century in America during the time of the American Civil War the story retells how the faith of a family of Christians helped them to overcome tragedy, misfortune and adversity leading them to an even greater trust in God.

St Peters Church News

Beech, like the rest of Alton and the surrounding villages celebrated the Queen's Jubilee with Fish & Chips and Fizz on the Thursday night and a Summer Picnic with the Farnham Band on the Sunday. All the village came together to make, bake, set up and clear up two wonderful celebratory events.

We continue to have a very supportive and welcoming congregation at St Peters with a number of new faces joining the services. You will always be assured of a warm welcome. We were also delighted to welcome back Revd. Rachel Sturt to lead Stan's Fletcher's Memorial Service. As always I cannot write without thanking the faithful crowd of readers, intercessors, musicians and groundsmen all doing their bit .

Beech Coffee and Cake continues to reach out into the Village with info about St P's on the screen please come if you can.

The Repair Fund continues to grow and we look forward to starting work as soon as a contractor can be secured. A huge thank you to everyone who has helped in any way with this fundraising project.

I cannot finish without mentioning a very special day for Ed and I on 11 th June when our daughter Hettie was married. Hetty and Toto just looked so happy and joyous with a very special and personal service, thank you, Andrew. This together with the support from Family, Friends, Friends from the Church who know Hetty, the St Lawrence Choir and Will the organist, all gathered in St L to witness this very happy event.... a "Flowery Heaven" was created, the service poignant, the music rousing and the "Love shone all around".

With love and prayers

Sarah



Thank You

Thank you to all St. Lawrence Children's Society box holders who raised £160 for the Society at the recent box opening.

Carol Williams.

Anna Chaplaincy Update

I have been very busy attending a variety of different groups, visiting people at home and leading services in the care and residential homes around Alton. Since the covid restrictions have eased, we have been asked to go into 10 of the care and residential homes. We are sharing these services between The Parish of the Resurrection, The Methodist Church, The Harvest Church and The Butts which demonstrates the united church fellowship in Alton.

I am also delighted to announce that the Anna Chaplaincy Team is growing. I am being supported by 10 amazing Anna Friends and, between us, we hope to alongside many older people as they face the joys and challenges that life brings.

Attached is a photo of a jubilee service I led at The Lawn in Holybourne which includes two residents, two Anna Friends and one very special guest. Can you spot her?!

Kate Powell

Anna Chaplain Alton



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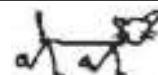
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Eco Church Count on Nature in Holy Rood churchyard

'But ask the animals, and they will teach you, or the birds in the sky, and they will tell you; or speak to the earth, and it will teach you, or let the fish in the sea inform you. Which of all these does not know that the hand of the Lord has done this? In his hand is the life of every creature and the breath of all mankind.'
Job 12: 7-10

Churches Count on Nature, which is a Citizen Science event, was a unique opportunity for those who love their churchyards and church spaces to take part in the largest ever nature count, carried out over one week in June. A joint initiative promoted by the conservation charities A Rocha UK, Caring for God's Acre, the Church of England and the Church in Wales, it aimed to record the wildlife species found. The results will be collated on the Beautiful Burial Ground portal within the National Biodiversity Network (NBN), a nationwide database of wildlife in the UK. So on Sunday 12th June members of the Eco Church team and about a dozen others from Holy Rood and St Lawrence, including a couple of young families, and Jenny Griffiths of Alton Climate Action & Network (ACAN) and Alton & Villages Local Action for Nature (AVLAN), were able to spend a fascinating afternoon in Holy Rood churchyard with Cathy Wilson and Isobel (Izzy) Girvan from Alton Natural History Group, counting as many species of wildlife as we could find.



As Cathy and Izzy are both Botanists, we concentrated our efforts mainly on searching for flowers, though we also looked at trees and shrubs, birds, insects, mosses, lichen and fungi. I have always felt that my knowledge of wild flowers is pretty good thanks to the encouragement of my father when I was young, but I discovered that there was a lot I didn't know - for example, that there are more than one species of Speedwell, not just the one with the pretty little blue flower that decorates my lawn, and we identified three different ones, and also found a gall on a Germander Speedwell! We learned the Latin names for some of the flowers, but also some quaint English names, such as the one we found by the perimeter wall of the churchyard, poetically named Pellitory of the Wall. Although we were concentrating mainly on wild flowers, we also counted birds, including a greenfinch which was sitting at the top of a conifer singing his heart out (see photo below), a large fungus at the base of a tree, and insects, including a vast quantity of bees which are permanent residents of Holy Rood Church, and it was felt that it would be wonderful to be able to increase the quantity of flowers for them to collect nectar from.



Holy Rood church have already taken steps to increase the biodiversity in the churchyard, and already, for example, mown grass is placed under the hedges in the churchyard, in the hope of attracting hedgehogs, and Cathy and Izzy told us that if the mower blade could be just two inches higher when the churchyard is mown, we would soon find that the quantity of different flower species would multiply.

Our findings from the afternoon will be used as a benchmark by the Eco Church team, so we can work on improving the amount of wildlife in the churchyard. Cathy and Izzy will collate all the results, and will send us a list of everything we identified. By my reckoning, the number of wild flowers alone amounted to over 50 different species!

Over a cup of tea afterwards, Elspeth McKeggie Gurney, Chair of the Eco Church team, thanked Cathy and Izzy for all their help, and it was agreed that it had been a very worthwhile and fascinating afternoon, and that next year we shall carry out a count in St Lawrence churchyard and the other churchyards in the parish and hopefully in Bentworth, Lasham and Shalden too. I can't wait, and I hope many more people will be encouraged to join the Eco Church team when we carry out these counts.

Jenny Thompson (on behalf of Eco Church)

Electric heating.

I am on a 'green' energy tariff, so I can feel good about that. However, my house is all electric and even before the major price rises, the electric heating costs were much higher than they would have been with gas, so I don't feel too good about that.

I had a smart meter installed so that I could keep an eye on electricity use and costs.

Nationally, only 3% of people have only electric heating. However, as with a number of Alton residents, I live in a retirement development with Night Storage Heaters on an 'Economy 7' tariff. With an eye on electricity costs, I replaced the old inefficient storage heaters with higher efficiency modern ones which do not leak much heat over night and retain enough heat to keep me warm in the evenings.

My house switches over to the night rate of Economy 7 from midnight to 7 am and my heaters are timed to charge themselves up during the same period. My Smart Meter display sets itself to zero at midnight so when I read it at 8 o'clock in the morning it tells me how much I have paid for the stored heat that day. In the winter, the heating cost exceeds the cost of electricity used during the rest of the day by about eight times. The effect of reducing the number of heaters switched on, or lowering of temperature settings, is very obvious from the changes in the Smart Meter reading each morning.

Cooking is the biggest element in daytime cost. Kettles, toasters and ovens are heavy users of electricity. Microwave ovens use far less energy than conventional ovens and induction hobs are probably more efficient than conventional electric hobs. (They are also much easier to keep clean!)

Keen 'Masterchefs' will hate me for saying this, but microwaved food will save you energy. Only boiling the water you need, rather than a full kettle can also help.

Nigel Hughes

The August Copy Deadline is Noon Sunday 10 July - 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.

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Jo McGregor	87680
Children's Society	
Carol Williams	588565

All Saints Organisations

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Annett Blackman	01420 543219
or Julia Poole	07840 066211
Children's Society	
Judy Brown	82289

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Fiona Micklefield	84400
Chair of Governors	
Paul Susans	84400

Andrews' Endowed CE Primary School

Headteacher	
Mrs Gemma Gundry	83094
Chair of Governors	
Shirley Nellthorpe	83094

Other Organisations

Busy Bees @ St Lawrence (Pre-school)	
Alison	549831
Rainbows, Brownies & Guides	
Catherine Morgan	cathmorg@outlook.com
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Tony Willman	543628
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Kym Burgess	01252 334814
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St Lawrence Church

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Will Nisbet	
Head Server	
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Captain of the Bell Tower	
Matthew Watts	543886
Teddy Bears	
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The Lighthouse	
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Ken Jackson	
Bellringing	
Matthew Watts	543886

St Peter's Church Beech

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Gloria Wills	84056
Flowers	
Sheila Sorby	88924
Sacristan	
Sarah Neish	565696

Church of the Holy Rood

Organist & Musical Director

Bellringing	
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Flowers	
Ruth Randall	549567
Sacristan	
Vacant	

July Services for POTR & BLS

Sunday 3rd July

Trinity 3

Eco Church Sunday

8am	BCP Holy Communion	St Lawrence Church
10.30am	POTR Eco Church Service	St Lawrence Church
10am	Communion Service	St Mary's Bentworth
10am	Communion Service	St Mary's, Lasham
10am	Communion Service	St Peter & St Paul

Sunday 10th July

Trinity 4

Stewarding God's Creation - God is the Creator of all things

9.15am	Communion Service	St Peter's Church
9.30am	Communion Service	Holy Rood Church
10.30am	Communion Service	St Lawrence Church
4pm	Afternoon Worship	All Saints Church
4pm	Church@4	St Lawrence School
6pm	Evening Worship	St Lawrence Church
10am	Communion Service	St Mary's, Bentworth

Every Wednesday:

10.00am Said Holy Communion All Saints

Sunday 17th July

Trinity 5

Stewarding God's Creation - Faithful stewards of God's creation

9.30am	Communion Service	Holy Rood Church
10.30am	Communion Service	All Saints Church
10.30am	Morning Worship	St Lawrence Church
6pm	Choral Evensong	St Lawrence Church
10am	Communion Service	St Mary's, Lasham
6pm	Evensong	St Peter & Paul, Shalden

Sunday 24th July

Trinity 6

Stewarding God's Creation - Suffering yet hopeful

9.15am	Communion Service	St Peter's Church
10.30am	Communion Service	St Lawrence Church
4pm	Afternoon Worship	Holy Rood Church
4pm	Church@4	St Lawrence School
6pm	Evening Worship	St Lawrence Church
6pm	BLS Together Service	St Mary's Church, Lasham

Sunday 31st July

Trinity 7

Stewarding God's Creation - Signpost of the coming Kingdom

10.30am	Communion Service for POTR & BLS	St Lawrence Church
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