

Sunrise

A monthly magazine for the Parish of the Resurrection, Alton



May 2024
A donation
will be appreciated



The Parish of the Resurrection, Alton
Vicar: Reverend Canon 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 01420 513881 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 (9am - 12noon)

Philippa Penfold (Mon-Wed) **07453 590569**
Ellie Elder (Thurs & Friday) **07865 292401**

PCC Secretary

Philippa Penfold 01420 513881

PCC Minute Secretary

Sue Hubbard 01420 513881
office@potr-alton.co.uk

Treasurer

Craig Stolton treasurer@potr-alton.co.uk

Parish Office: Tel. 01420 513881

Email: office@potr-alton.co.uk

All Saints Church Hall

Open Monday to Friday

9.00am-12.00 noon

Parish Web Site:

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

Associate Vicar

Revd David Chattell 07775 462029
David@potr-alton.co.uk

Assistant Priests

Jon Rooke 07519 046593
Revd Martin East 549595
Revd Lynn Power 07850 232995
Revd Bruce Nicole 07974 021764
Revd Peter Brown 549943
Wendy Burnhams 07514 280362

Licensed Lay Minister

Elaine Brown 549943

Anna Chaplain Pioneer

Debbie Thrower 07865 292401

Anna Chaplain

Kate Powell 07484 026546

Churchwardens

Matthew Bayliss 07920 002328
Helen Walters 07766 076899
Clive Muller 86064
Angie Briggs 544138
John Vivian 07535 188475
Sarah Neish 565696

Deanery Synod Representatives

Derek Gurney Tori Hewitt
Keith Arrowsmith Oliver

PCC Special Interest Members

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

Parish Donations Coordinator

Tori Hewitt 07554 428100

Pastoral Visiting

c/o The Ministry Team via the Office

Youth, Children & Family Worker

Vacant

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 . . .

During May we hit several important Christian days and themes. First on Thursday 9th we have Ascension Day which is always celebrated 40 days after Easter Day. Then 10 days after that we celebrate Pentecost, that being Sunday 19th and the week after that on 26th May is Trinity Sunday when we remember God as Father, Son and Holy Spirit.

Many people, when they think about it all, struggle to understand the concept of a God that is Three in One. Here is one way to begin to unpick this theological nightmare! So, question - why is your television like the Trinity? And a trick question - how many colours does your television set use?

Answer: Just three: red, green and blue. And in that order, just like a rainbow (where reds are at one side, blues at the opposite side, green in the middle).

This is known as "RGB". I only hope that our new technologies still use this as my illustration might be void!!

These are TV's three primary colours which, when their luminescence is fired at your eyes, give all the colours of the visible spectrum. These are all "additive" colours. In fact, mix these three together in different proportions, and your screen can offer you 16 million + colours.

You'll soon call out the repair man if your television loses one of its three colours and all the presenters look as though they came from Mars. But change the intensity of any one colour (red, green or blue) even slightly and you change the overall colour.

Switch them all off, and you are left with black. Let all three of them shine at full brightness, at the same point – and then as if by magic you have a totally different colour: WHITE!

It's a parable which illustrates the Holy Trinity. Three completely distinct persons (Father, Son and Holy Spirit), just as your TV set has three quite separate colours: red, green, blue. If you take away any one member of the Trinity, you slip into theological error; take away any one of the three colours, and you call out the TV repair engineer!

So -

It DOES matter that God is our Creator and Father - otherwise our whole life is merely a meaningless illusion.

It DOES matter that Jesus is God the Son, for otherwise his death is simply a human tragedy, with no promise of salvation or eternal life.

It DOES matter that the Holy Spirit is with us here and now, otherwise we are disconnected from God.

Yes it really does matter! Just as it is essential that a TV set can produce white by the equal intensity of all of its three colours. In fact, the more you think about it, the more it seems that the doctrine of the Trinity is far from being a

complicated bit of theological nonsense, but is a sort of theological test-card, to make sure that we've got the right picture of God, without distortion. Do come and worship with us as celebrate all that God brings to our lives and community.

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.



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.

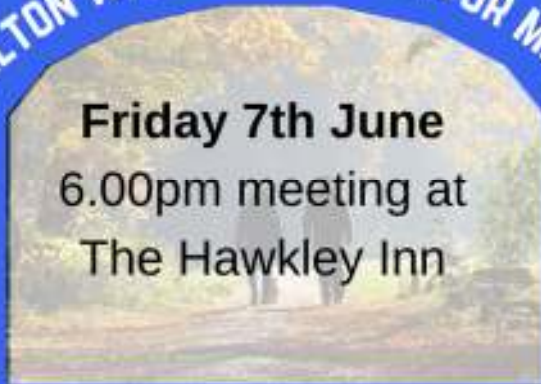
**Church
@ 4**

3rd Sunday of the month at 4pm in the Parish Centre, next to St Lawrence Church.

www.potr-alton.co.uk



ALTON WALKING CHURCH FOR MEN



Friday 7th June

**6.00pm meeting at
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A gentle 90 minute walk with time to
pause and reflect. Refreshments
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Eco Church Prayer for May

**We remember with sorrow the waste of
war:**

**the waste of human and animal life,
the waste of resources, and the
devastation of the environment.**

**Help us to find better ways of resolving
conflict,
and to work together for the peace and
wellbeing of all living things.**

Amen

Bible Readings for the month of May 2024

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

Wednesday 1 st	Psalm 138 or 55	Proverbs 4: 10 - 18	James 1: 1 - 12
Thursday 2 nd	Psalm 146 or 76	Numbers 13: 1 - 3, 17 - end	Luke 5: 27 - end
Friday 3 rd	Psalm 115	Numbers 14: 1 - 25	Luke 6: 1 - 11
Saturday 4 th	Psalm 116	Numbers 14: 26 - end	Luke 6: 12 - 26
Sunday 5th Easter 6	Conquering the world 1 John 5.1-6 John 15.9-17		
Monday 6 th	Psalm 65 or 80	Numbers 16: 1 - 35	Luke 6: 27 - 38
Tuesday 7 th	Psalm 126 or 89: 1 - 18	Numbers 16: 36 - end	Luke 6: 39 - end
Wednesday 8 th	Psalm 132 or 119: 105 - 128	Numbers 17: 1 - 11	Luke 7: 1 - 10
Thursday 9 th	Psalm 110 or 150	Isaiah 52: 7 - end	Hebrews 7: [11 - 25] 26 - end
Friday 10 th	Psalm 81 or 88	Numbers 20: 1 - 13	Luke 7: 11 - 17
Saturday 11 th	Psalm 47 or 97	Numbers 21: 4 - 9	Luke 7: 18 - 35
Sunday 12th Easter 7	Living life eternal 1 John 5.9-13 John 17.6-19		
Monday 13 th	Psalm 93 or 98	Numbers 22: 1 - 35	Luke 7: 36 - end
Tuesday 14 th	Psalm 16	1 Samuel 2: 27 - 35	Acts 2: 37 - end
Wednesday 15 th	Psalm 29 or 111	Numbers 23: 13 - end	Luke 8: 16 - 25
Thursday 16 th	Psalm 24 or 115	Numbers 24	Luke 8: 26 - 39
Friday 17 th	Psalm 28 or 139	Numbers 27: 12 - end	Luke 8: 40 - end
Saturday 18 th	Psalm 43 or 121	Numbers 32: 1 - 27	Luke 9: 1 - 17
Sunday 19th Pentecost	Pentecost Acts 2: 1-21 John 15: 26-27 & 16: 4b-15		
Monday 20 th	Psalm 126	Joshua 1	Luke 9: 18 - 27
Tuesday 21 st	Psalm 132	Joshua 2	Luke 9: 28 - 36
Wednesday 22 nd	Psalm 119: 153 - end	Joshua 3	Luke 9: 37 - 50
Thursday 23 rd	Psalm 143	Joshua 4: 1 - 5: 1	Luke 9: 51 - end
Friday 24 th	Psalm 144	Joshua 5: 2 - end	Luke 10: 1 - 16
Saturday 25 th	Psalm 147	Joshua 6: 1 - 20	Luke 10: 17 - 24
Sunday 26th Trinity Sunday	Trinity Isaiah 6: 1-8 John 3: 1-17		
Monday 27 th	Psalm 1	Joshua 7: 1 - 15	Luke 10: 25 - 37
Tuesday 28 th	Psalm 5	Joshua 7: 16 - end	Luke 10: 38 - end
Wednesday 29 th	Psalm 119: 1 - 32	Joshua 8: 1 - 29	Luke 11: 1 - 13
Thursday 30 th	Psalms 147	Deuteronomy 8: 2 - 16	1 Corinthians 10: 1 - 17
Friday 31 st	Psalms 85 and 150	1 Samuel 2: 1 - 10	Mark 3: 31 - end



GL^{OW}

Year 3 to year 6
Thursdays 3:15pm-4:30pm
St Lawrence Church, Galilee
Chapel

Games | Toast | Bible Study |
Crafts | Fun

Contact the Parish Office on
office@potr-alton.co.uk

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.

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References available

Tel Carol 07753178468

Email c.may981@btinternet.com

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of our Advertisers.
Thank you***



Alton Methodist Church

May Market

Saturday 11th May
10 am – 12 noon

Plants



Books

Crafts & Gifts



Home Baking



Refreshments

News from Alton Methodist Church

We look forward to welcoming our friends from the Parish of the Resurrection for a **GAP service on Sunday 5th May**, starting at 10.00am. Revd Andrew Micklefield will lead the worship and the Revd David Hinchliffe, Chairman of the Methodist South-East District, will preach.

The Boys' Brigade Annual Display will be on Friday 10th May, starting at 7pm in Alton Methodist Church. This is an opportunity to see a small part of Boys' Brigade weekly activities.

Our springtime event, **the May Market, will be on Saturday 11th May**. Doors open at 10am and close at 12 noon. Come and browse the varied stalls, including plants, books, home-baking, art and bric-a-brac, then take a break with coffee and cake.

Sunday Services start at 10.00am.

Sunday 5th May: Gap Service with Revd Andrew Micklefield and Revd David Hinchliffe

Sunday 12th May: Morning Worship led by Mrs Liz George

Sunday 19th May: Holy Communion led by Revd Philip Simpkins

Sunday 26th May: Morning Worship led by Revd David Ashby



10th Anniversary

christians
against
poverty

CAP

**IS A NATIONAL CHARITY WITH A VISION
TO SEE TRANSFORMED LIVES AND AN
END TO UK POVERTY.**

In June 2014 Harvest Church partnered with CAP to start the free Debt Help Service in Alton and the surrounding area. People with unmanageable debt contact us, and we visit clients in their homes to provide a personal debt help service and offer to pray with them.



OUR TEAM

Our first Debt Centre team. Manager Mark Rumsby was succeeded by Steve Hannington in 2022. Today we have a team of 20-30 volunteers.

OUR IMPACT

In the last 10 years, the Alton Debt Centre has received 280 enquiries, and has significantly helped half of them, enabling 99 households (600 adults and children) to become debt-free and transforming their lives!

Book your free appointment - 0800 328 0006

10th Anniversary



"CAP are unsurpassed when it comes to the debt help they give people across the country."

Martin Lewis

Money Saving Expert

MILESTONES IN OUR CAP DEBT HELP JOURNEY -

June 2014	First client visit.
March 2018	100 clients supported; 25 debt free
Oct 2018	Fresh Start Course launched
Sept 2021	Alton CAP Job Club starts
Nov 2021	200 clients supported; 62 debt-free
March 2024	CAP Money Coaching Course launched.

WHAT OUR CLIENTS SAY -

"You saved my life!"

- Jenna (Alton)

*"I am debt free; I do not drink;
my depression is getting
better...thanks to CAP"*

- Olly (Alton)

On Sunday 2nd June, we will be celebrating **10 YEARS** of CAP in Alton with a special **Harvest Church** morning gathering at 10:30am.



**Could you
join our
team?**

Contact 07501 914563

News from Resurrection Furniture

Resurrection Furniture are pleased to announce that we have awarded CAP (Christians against poverty) £11,000 (payable in 2 parts over 2 years) to help to fund the CAP Team Administrator Post

This will make a significant difference to the whole team set-up and help release the front line workers to deliver more Social Action support services in the Alton Community.

This means that a new piloted CAP Money Coaching can be rolled out
The programme will help across the following areas:

- Foodbank Clients
- CAP Debt & Job Club Clients
- Social Prescriber GP Surgery Contacts
- Social Housing Residents via Abri Partnership
- Young Families and Single Parent Groups

Poverty is so much more than going without. Poverty destroys lives. It robs people of joy, hope, and opportunities. It tears families apart, isolates those most in need of support, and leads many to believe there is no way out.

Natasha Perrin, Resurrection Furniture Manager, said that we are thrilled to be able to award CAP's this grant, as they support so many local people in these difficult times. Natasha would also like to thank all the kind people that donate to the shop, and our loyal customers, without them, we wouldn't be able to help other local good causes in the Alton and surrounding area.



Repair Café goes from strength to strength

So far this year we have undertaken well over 50 repairs and it's only 4 months into the new year. We have repaired Toasters, a projector, headphones, bikes, ornaments, jackets, hoovers, indeed so many different household items that may otherwise have been thrown away.

Our experienced and talented repairers who give their time are happy to give anything a go, whilst at the same time explaining what they are doing and helping people to think that they might have a go themselves next time.



Here's Hilary repairing a bike and Lynn putting in a zip!

Our next date is Saturday 5th May from 10.30 to 12.30 in the Alton Community Centre.

Here's the main thing: This is a free service to the Community (although we do encourage donations to cover our costs), it helps to reduce items being simply thrown away and replaced and of course this will go a long way to helping household costs and of course doing what we can for the environment.

So it's WIN WIN.

Next time—REUSE, REDUCE, RECYCLE

Sue Hubbard, Alton Repair Café. altonrepaircafe21@gmail.com

Alton and Alresford Deaneries

Those eagle-eyed amongst you will have realised that in the service we had to welcome Revd David and Ruth Chattell I was also licensed as Acting Area Dean of Alresford. This came about because we took David away from this role when we appointed him as Associate Vicar. Bishop David, in his wisdom, approached me to hold both deaneries in plurality. It was decided that both Deanery Chapters (that is the regular meetings of clergy) and the Deanery Synods would meet together for the next year. We have already had one Chapter meeting which was totally positive experience with much good conversation and excitement for the future. We have a Synod meeting planned for the end of June. Both deaneries have much in common and we are dedicated to working together for a good future. You never know, it might be decided to make this permanent!

Sunday 5th May

We will look forward to a service together with our Alton Methodist friends at 10am on Sunday 5th May. The only other service that day will be a 8am Book of Common Prayer Service at St Lawrence Church. The 10am service (and please note the time) will be led by Revd Canon Andrew Micklefield and the preacher will be Revd David Hinchliffe. David Hinchliffe is Chair of the South East District for the Methodist Church - a bit like a Bishop in C of E terms. With over 20 years ministerial experience before coming back to the South East District, David was Chair of the Channel Islands District and Superintendent Minister of the Bailiwick of Guernsey. We look forward to being with him. There will be children's groups as part of this service. It is always good to be together.

Alton Stroke Support Group

We have recently formed an Alton Stroke Support Group. According to information from our three local medical practices, there are more than 400 stroke victims in Alton and the surrounding area, so a support network is badly needed.

The Alton Stroke Support Group provides support for all stroke survivors, their families and supporters in Alton and the surrounding villages.

We have monthly meetings at Alton Cardiac Rehab Centre (next to Alton Sports Centre) where we provide information, support, social gatherings and health activities, and opportunities to share experiences and make connections. We invite expert speakers on health and related topics of interest to stroke victims, and also arrange monthly activities and visits - for example to garden centres, and in June we are visiting Lasham Glider Heritage Museum.

We meet on the first Tuesday of every month, from 2pm to 3.30pm and ALL stroke survivors, supporters and families ARE WELCOME.

The attached photo shows 4 of our members enjoying dominos, cake, tea and good conversation at a recent meeting.

For more information, call 07340 739251, or email: amin@altonstrokesupportersgroup.org.uk.



What's On . . .

Friday Coffee Morning

Friday 3rd May

St Lawrence Church

Monthly Coffee Mornings (first Friday in month), at St. Lawrence Church, from 10.30am until 12.00am.

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.

POTR St Lawrence Monthly Market

Saturday 4th May 9.00 to 12.30

In the Parish Centre

Books, Puzzles, Produce & Cakes and much more!

We are looking for new items to boost our tables and give our customers a good shopping experience. If you have any unwanted items you wish to donate we are at the Parish Centre from 5pm - 6pm on the Friday evening before the sale or anytime after 8am on the morning of the sale. Your help would be much appreciated

St Lawrence Organ Concert

Tuesday 7th May at 8.00pm

Tom Winpenney - Albans Cathedral



GAP Ladies Lunch

Wednesday 29th May at 12.15 for 12.30pm Swan Hotel

If you have not already booked and ordered your main course, please contact Norma Duke on 01420 84722. 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.

Men's Breakfast

We will be meeting again at the White Hart public house, Holybourne at 8.30am on **Saturday 29th May** for our usual delicious 'full English' breakfast, all for just £10. Come and enjoy some lively banter and listen to our excellent speaker. 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 22nd May**.

Church of the Holy Rood Holybourne Every Tuesday 10am until 12noon

Please join us and perhaps bring along a friend, for our time of coffee, tea, cake and chat from 10am, followed by a short time of prayer from 11:45 am to 12:00 noon. You will be assured of a warm welcome.

All Saints Coffee and Conversation (2nd & 4th Wednesdays 11am to 11.30am after Communion at 10am) 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 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 Anne Mason"

GAP Traidcraft Coffee Morning Every Tuesday from 10-12 noon Alton Methodist Church.

All profits to local charities. Come and catch up with friends over coffee.

Anna Chaplaincy Spring Event - Wednesday 22 May

I hope you are all pleased to see the snowdrops and daffodils arriving as it means spring is around the corner and, with that in mind, we would like to invite you to our Anna Chaplaincy Spring Event. We look forward to seeing you there!

Meanwhile, please don't hesitate to contact us if you feel you would like an Anna Chaplaincy visit or know someone who does.

With many thanks,

Kate & The Anna Chaplaincy Team

Email : annachaplainalton@gmail.com

Phone : 07539 026546





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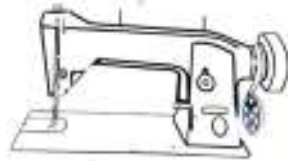
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Hard of Hearing Group



Lip reading

The next meeting of this very helpful group is on Tuesday 7th May in All Saints Church hall. Why not come along to find out more about this useful skill that is so helpful to the hearing impaired. Led by Maggie Short, qualified lip Reading Tutor, followed by light refreshments, there is time to continue to practice skills learned during the session in relaxed surroundings. You will be made most welcome!



kaddando@gmail.com

Knitters Anonymous



Over the last month there have been many generous donations, from both known and anonymous knitters. Thank you all! These donations are now bagged up and ready to go to the Chernobyl Children's charity and to Bliss, the charity for tiny babies. The next meeting of the group is on Tuesday 21st May from 2.30pm in All Saints Church Hall. Why not come along to pick up some wool, find a new pattern or have a cup of tea and a chat. All welcome! For further details contact Kate 83514 kaddando@gmail.com

All Saints Hard Of Hearing Group - Main Monthly Meeting

Please do come along if you have a hearing impairment and would like to find out what happens on the 4th Tuesday of the month. The Speaker booked for our meeting on 28th May is Sarah Slater with "Tales of the Ghosts of Hampton Court" – sounds creepy! We also have tea and biscuits, a raffle and lots of chat. Come along and make new friends! The afternoon starts at 2pm and finishes around 4pm. We are still in need of a volunteer or two to help making teas etc. Could that be you? If you are able to help or wish to know more about our friendly meetings do let me know.

Contact: Annette Blackman 01420 543219 ablackman4@googlemail.com

All Saints Hard of Hearing Group **All Saints Church Hall**

Please do come along if you have a hearing impairment and would like an 'experience' on the 4th Tuesday of the month! On 28th May for your entertainment, Sarah Slater, a guide/lecturer at Hampton Court Palace will be returning to tell us about ghosts at the palace. Sarah gave us a talk last year and it was so well received we are inviting her back for another of her exciting talks.

As well as entertainment we serve tea and biscuits, run a raffle and have lots of chat. Come along and make new friends! The afternoon starts at 2pm and finishes around 4pm. A small charge of £2 per meeting is made to cover costs.

We also have need of a volunteer or two to help make and serve the teas. If you are able to help or wish to know more about our meetings do let me know.

Annette Blackman 01420 543219
Email: ablackman4@googlemail.com

OPEN SIGHT

Open Sight is a club for those with visual impairment. It meets on the 3rd Monday of the month at All Saints Church Hall at 2.30pm The next meeting will be held on 20th May when our local historian, Jane Hurst, will be giving us one of her fascinating talks.

The meetings provide an opportunity to make new friends. We also enjoy refreshments of tea and biscuits and usually end with being told a joke or two! The group comes under the umbrella of Open Sight Hampshire where there are staff who can provide support and advice regarding equipment to assist with daily living. Several of our members have made use of this service and have found it invaluable.

We would welcome anyone with a visual impairment, who feels that they would like to join us. No commitment, just come along one Monday and see what happens! Anyone with a few hours spare who would like to help would also be more than welcome.

If you would like further information regarding the group please contact:
Malcolm Cooper on 01420 549525

Notes from an “Ageing” Choir



I've been a member of St Lawrence choir since about 1986, when my friend Jan and I popped our heads round the vestry door to ask the then choirmaster, Cyril Diplock, if he needed any new choir members. Jan and I had sung in our respective church choirs on the Isle of Wight and in Wells, Somerset since we were teenagers and we wanted to return to choral singing, even with young families at home at the time. Cyril, who had only ever had boys in his choir, could see that he needed some more enthusiastic choristers even if they were female and I suspect he reluctantly agreed to let us join. Elspeth was already a member so she had indeed paved the way for us and forty years later we are both still here. I feel some kind of presentation of a golden chalice full of merlot should be forthcoming at some point...

Andrew feels that as a choir we should “grow younger” and I assured him that indeed that is what we are aiming to do, God willing, hence our often child-ish behaviour. However, Andrew means by attracting new, younger members that will reduce the average age quite considerably. Hence his “Come and Sing Evensong” initiative which I wholeheartedly agree is a smashing idea. As I'm writing this before the event, I can't say whether it will be a success or not but I really hope it is. We do need younger folks to carry on where we will eventually leave off. If I ever start to warble then I will expect to be politely shown the door! Last week I brought my 8-year-old granddaughter who was staying with us to choir practice and Tony's eyes just lit up when he saw her! Such a beautiful, effortless little voice in the ranks. You can see Andrew's point.

Our wonderful choir director Tony has a birthday with a zero at the end in May and he still succeeds (well, most times) in calling us to order on Friday nights and Sunday mornings, having spent a good deal of time in the week researching and preparing the music for morning services and choral evensongs with as much enthusiasm and energy as he has always done. However, he may just decide to hang up his cassock and spend more time going on holiday with Joyce. It's such a big commitment giving up most Sundays year in, year out and we can't expect him to carry on forever.

And so, here we all are, getting older, maybe getting a little more tired than we used to but trying to keep fit, volunteering our time to various worthy causes, helping with grandchildren and going on holiday until the insurance gets too expensive to go abroad hence sometimes absent on Sundays. Life is busy and yes, moving apace. But one thing that will never change and we will never be weary of is our love of choral singing and the joy it brings us. Singing has been proven to improve mental health and increase longevity due to the socialising it

creates. We are all still essentially that youngster who timidly turned up at a choir practice hoping we would be accepted. We are still growing younger; such is the power of music and singing together. So, anyone fancy joining the church choir? Under retirement age preferred, apparently!

Elaine Cook

*One wonderful thing about May is that it has not one, but two Bank Holidays!
Some complain that they are too close together, but you know, May's a lovely month for some time off!*

May Bank Holidays

Who doesn't enjoy the fair month of May?
Not one day but two we can spend time away;
With workbags and satchels left under the bed
We sing as we pack up a picnic instead!

The sun in the sky and the wind in our hair
As we eat our lunch in the fresh open air;
The river chants secrets to daisies nearby
And birds sing their anthems beneath the blue sky.

Replete, we can take to our feet, or a bike
Instead of a schedule we can do what we like!
Catch up on a novel, or stroll 'neath the trees
Our laughter transported on warm summer breeze.

From two days of duty we are thus relieved
And so we should judge them a blessing received;
A pause in life's rhythm, a gift from above
To substitute stresses with laughter and love.

By Nigel Beeton

Spring-Clean your habits !

If you have a life-controlling habit such as **smoking, gambling, drinking, over-eating, internet addiction, shopping compulsions, drugs, etc.** – in fact any habit which once might have brought you comfort or fun, but is now spoiling your daily living - why not try a course called **Fresh Start** ?

Fresh Start is a 9-week course run by Harvest Church, Alton. It's based on principles from the Bible and the 12-steps-of-recovery process, backed by 1-to-1 coaching and a support group of others wanting to tackle their habits. And it's free and completely confidential. See <https://harvestchurch.uk/fresh-start>

After previous local courses, a man tackling a porn addiction said "I'd like to thank you...for putting on the Fresh Start course and helping me achieve my goals...I am very grateful for the work you did with us." Another, tackling a gambling addiction, said: "I was gambling to excess and constantly worried and anxious over money. I am now happier and am getting my priorities right... I can never say THANK YOU enough times as I never thought I could beat this addiction". A woman now in recovery from alcohol addiction said "I wouldn't be where I am today, if I hadn't come on Fresh Start".

The next course will start with an Introduction session **on Tuesday 30th April 2024**, 10:30am-12:00, at Alton Maltings, led by Trevor and Ann.

So if you, or anyone you know, needs a fresh start, register for the course by calling Mark Rumsby on 07769 030913 or freshstart@harvestchurch.uk.



Eco Corner - Shipping

Overall, world-wide shipping ranks among the top-10 largest emitters of Carbon Dioxide and other atmospheric pollutants.

I recently had the opportunity to interview the Officers of a 1000 passenger Cruise Ship, It became clear that they are concerned that all of their operations are as Eco-friendly as possible. For example, the Head Chef was asked about how much food was wasted. From experience, he can look at the menus for the six restaurants he manages and assess the number of servings likely to be ordered for each dish. This is just the sort of thing where Artificial Intelligence could help, but human intelligence is doing pretty well and keeps wastage to around five percent.

The Chief Engineer is responsible for a large empire occupying half the space below the passenger decks. As well as the main engines, fuel tanks and generators supplying electricity for propulsion and all the Hotel services, he is responsible for desalination plant to create drinking water, refrigeration, ventilation and air conditioning and waste water purification to three times more stringent levels than required internationally. The list just goes on.

The main engines, which burn heavy oil, run generators supplying electricity to the rest of the all-electric ship. The ship does about 0.03 miles per gallon. Any change from burning oil would involve major redesign of all large ships for the future.

All credit to the Chief Engineer, he is taking interest in all the possibilities we have talked about on Eco Corner. These include natural gas, hydrogen, ammonia, batteries storing clean electricity, methanol and sustainable diesel fuel.

Globally, the International Maritime Organisation (IMO) has set a target that shipping should be over 90% net zero emission by 2050.

Whichever solutions are chosen, all require massive changes in infrastructure to deliver the necessary quantities of affordable fuel. Sadly, we are far from making progress at the rate required to meet the IMO target.

Another case of 'watch this space'.

Nigel Hughes

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POTR Eco Church

For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do. Ephesians 2: 10



By the time this edition of Sunrise is published, the 4th session on the development of a legally binding **plastics treaty** will have concluded. The UN has set a deadline of the end of 2024 for this treaty to be completed – the 5th & final session will be held in South Korea later this year.

The need for this treaty is urgent – plastic pollution affects us all; we are increasingly aware of microplastics that are released into the environment and end up in what we eat and drink. Plastic causes injury and death in our rivers and oceans & no one can be ignorant of plastic waste dumped by the roadside, on public paths and in public spaces.

Where does plastic go when we have finished using it? Globally, only 10 % of plastic is recycled; plastic that goes to landfill takes in excess of 450 years to breakdown (& it then forms part of the earth in which it decomposes). Plastic waste that is burned contributes to CO2 emissions. Plastic waste is exported to low-income countries which then suffer the life & eco system changing effects. So, what you may ask, has this got to do with the Church & with our Christian faith? The answer is everything – we are commanded by God to care for all Creation and to love our neighbour as ourselves.

How can we follow these commands in relation to plastic?

- Take simple steps in our own lives to **reduce our consumption of single use plastic** - carry a refillable water bottle, refuse plastic carrier bags when shopping, where there is a choice, buy products in glass or aluminium containers which are recyclable.
- **Speak truth to power** -lobby our local & national governments, urging them to do the right thing
- And most importantly **pray** – pray for decision makers & influencers, for large corporations, for government & for environmental activists, like Tearfund who work tirelessly on this issue.

Elsbeth Mackeggie Gurney – Eco Church Team

Eco Church Prayer for May

We remember with sorrow the waste of war:

**the waste of human and animal life,
the waste of resources, and the
devastation of the environment.**

**Help us to find better ways of resolving
conflict,
and to work together for the peace and
wellbeing of all living things.**

Amen



A note for your diary

Alton Victorian Cricket

Sunday 23 June

On the Butts Green

Our nominated charity for 2024 is:





Changing the name from 'St Mark's Parish Church', resulted in a big increase in the number of men attending services

Sunrise
THE VOICE OF THE GREAT BRITAIN PARISH

**The June Copy Deadline is Noon
Sunday 19 May - Please no late articles**

Articles can be emailed to the editor sunrise.alton@gmail.com
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Organist

Will Nisbet

Head Server

Clive Muller 86064

Captain of the Bell Tower

Matthew Watts 543886

Teddy Bears

Lynn Power 07850 232995

The Lighthouse

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All Saints Church

Organist & Choir Leader

Ken Jackson

Bellringing

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Gloria Wills 542683

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Sarah Neish 565696

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Sacristan

Alan Armstrong

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

Annett Blackman 01420 543219

or Julia Poole 07840 066211

Children's Society

Judy Brown 82289

St Lawrence (CE) Primary School

Headteacher

Fiona Micklefield 84400

Chair of Governors

Paul Susans 84400

Andrews' Endowed CE Primary School

Headteacher

Mrs Gemma Gundry 83094

Chair of Governors

Caroline Wallis 83094

Other Organisations

Busy Bees @ St Lawrence (Pre-school)

Debbie Morgan 07561 346521

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

May Services for POTR & BLS

5th May Easter 6

8am	BCP Communion Service	St Lawrence Church
10am	GAP Altogether Service	Alton Methodist Church
10am	Communion Service	St Mary's Church, Lasham
10am	Communion Service	St Peter & St Paul, Shalden
10.30am	Butts Church Service	All Saints Church

Thursday 9th May

7.30pm	Ascension Day Service	St Lawrence Church
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12th May Easter 7

9.15am	Communion Service	St Peter's Church
9.30am	Communion Service	Holy Rood Church
10.30am	Communion Service	St Lawrence Church
3pm	Afternoon Worship	All Saints Church
6pm	A Time of Prayer	St Lawrence Church
10am	Communion Service	St Mary's Church, Bentworth
10.30am	Butts Church Service	All Saints Church

19th May Pentecost

9.30am	Communion Service	Holy Rood Church
10.30am	Communion Service	All Saints Church
10.30am	Morning Worship	St Lawrence Church
4pm	Church@4	Parish Centre
6pm	Choral Evensong	St Lawrence Church
10am	Communion Service	St Mary's Church, Lasham
6pm	Evensong	St Peter & St Paul, Shalden
6.30pm	Butts Church Service	All Saints Church

26th May Trinity

9.15am	Communion Service	St Peter's Church
10.30am	Communion Service	St Lawrence Church
4pm	Afternoon Worship	Holy Rood Church
6pm	Informal Evening Worship	St Lawrence Church
10am	Communion Service	St Mary's Church, Bentworth
10.30am	Butts Church Service	All Saints Church
6.30pm	Butts Church Service	All Saints Church

Every Wednesday:

10.00am	Said Holy Communion	All Saints Church
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