

### CHURCH DIRECTORY

VICAR Rev. JEREMY TREW 20391

The Vicarage, Colyford Rd, Seaton, EX12 2DF

jeremytrew@hotmail.com

St Gregory's Office seatonchurch@hotmail.co.uk 23656

ST MICHAEL'S ---

Churchwarden: Mrs G. Chapple, Sunnymead, Higher Meadows 20756

Curate: Rev. Simon Hitchcock <a href="mailto:sihitchcock@icloud.com">sihitchcock@icloud.com</a> 075759 56899

Treasurer: Mr K. Izzard, Sunningdale, Common Hill, Beer 625181

Secretary: Mrs Jean Smith 07412 010245

Sacristan

& Head Server: Mrs L. Bees 21723

Altar Guild: Mrs P. Bewick 21954
Mrs Y. Hawker 22191

Choir: Dr G. Butler (Practice Wed 6-7pm) 21375

Organist: Dr G. Butler, Mullions, New Road, Beer 21375
Children's Society: Mrs P. Edmunds, West Ebb, Common Hill, 23659

Beer EX12 3AQ

Families Worker Linda Dowling <a href="mailto:beerchurchfamilies@yahoo.co.uk">beerchurchfamilies@yahoo.co.uk</a>

Children's Team: Mrs Jean Smith 07412 010245

Mrs J. Ross Mrs L. Molony

**Worship Team:** 

Mrs G. Chapple, Ms M. Hirons,

Mrs L. Molony, Mrs L. Bees

Pastoral Team: Mrs G. Chapple (sec) 20756

Mrs Y. Hawker, Mrs S. Aplin, Mrs P. Bewick, Mrs E. Singleton, Mrs A. Vaughan, Mrs S. Anderson

Beer Parish News Dr Henry Jaggers, Green Bank, 9 Clinton Rise, 20858

Editor: Beer. Email: <a href="mailto:henryjaggers@btinternet.com">henryjaggers@btinternet.com</a>

Area code for all phone numbers above is 01297 unless shown otherwise

In an emergency, parishioners should contact the Churchwarden (see above for address and phone number).

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www.coastalchurch.org.uk

### St MICHAEL'S - APRIL 2020

### Coronavirus

Regular services and church events are cancelled, but the church building is still open for private prayer.

Resources have been left in the building and on the website: www.coastalchurch.org.uk



Please read notices on the church notice boards for further information. Note that nearly all events previously on the church notice board or elsewhere will now have been cancelled or postponed regardless of whether posters advertising them have been revised, removed, or are still in place.

#### Front cover:

A detail from a painting by Jim Whitelock who I am sure many of you will remember with affection.

I make no excuse for choosing this image for this month's cover. I see it as evocative of happier times: be that long ago when luggers really were working boats and life, though hard, was much simpler than it is today; or maybe of a fine sunny day just last summer with luggers getting ready to launch and join the race. Either way, to me it represents a great deal of what makes our village and its inhabitants so special - self reliance, getting on with the job, a spirit of adventure - still abundantly evident today. Take note that I have overprinted "postponed", not "cancelled". The qualities that have seen Beer through many crises over the ages, and which the spirit of the village inculcates in all its inhabitants, will, I have no doubt, see us through these uncertain and difficult times. We must get on with the job as best we can and plan for the better times ahead.

### Jeremy writes...

Well, I intended giving up one or two things for Lent, but not toilet rolls and cleaning products.

We'll be well into Coronavirus restrictions by the time this is printed, and hopefully beginning to adapt. I

suspect the period of boredom and frustration will develop once what would have been an Easter break is over, particularly if the weather is good. So, how are you coping?

For some of us the change in rhythm is the difficult thing to manage: those ordinary events which punctuate our lives are no longer there, and we realise we actually miss them. Or, it may be those special moments, now cancelled, that throw us.

Going through my diary, deleting events now postponed or cancelled, I realised we will not be able to gather together as



hoped and mark the 75<sup>th</sup> anniversary of the end of the war in Europe. That may need to be deferred until August when we mark the end of the war on all fronts. Much has been made in the press of the Blitz Spirit that supported the nation through darker days of that war. Truth be told, the whole idea of the "Blitz Spirit" was a propagandist's invention, largely written after the event. Government studies at the time showed how people and communities actually reacted, and it wasn't pretty. We've seen squabbles over hand-gel at the checkouts, but we've got a long way to go to match our ancestors. And, when the war was ended, uncertainty continues. British troops in the far-East often found the fighting continued, this time with the Japanese as their allies. Rationing not just continued but got worse. Tired industry saw strikes and a significant drop in productivity. And, to cap it all there was a new fear: that of atomic war. The Oxford Don and spiritual writer C. S. Lewis wrote, offering advice for how Christian people should live in the light of these testing times. He suggested that they should live as

they had in earlier testing times: when plague swept the country; when Vikings ravaged the shores; when harvest were uncertain. To just carry on. Carry on with as much normality as they could manage: The civility and kindness which characterises our society is so easily cast aside when we are placed under stress. Our challenge and our hope are in maintaining those things as best we can. So, there is a shortage: Do I act to seize as much as I can for myself, or do I ensure those whose need is greatest have their need met first, and that my own need is only met from what is left? Wanting to protect ourselves and those we care for is a natural response to scarcity, but it is an animal response and not a civilised one, not when there is a sufficiency if only it is shared well.

Our abundant and beautiful world is presenting us with a challenge: one that we are more than able to meet. It is wonderful to see the dedication of health care and social care workers, as well as those who staff the supply lines, and also those volunteering within their communities to ensure the housebound stay supplied. May those who have let greed rule their hearts see the beauty of this offering and find the humanity to respond.

Whilst regular services and church events are cancelled, our church buildings are open for private prayer. Resources have been left in the buildings and on the website: <a href="https://www.coastalchurch.org.uk">www.coastalchurch.org.uk</a>

Simon and I will do our best to offer support, either by phone, email (<a href="mailto:jeremytrew@hotmail.com">jeremytrew@hotmail.com</a>) or in person if possible. Please do not contact our retired clergy as they fall into the "vulnerable" category.

Best wishes, Jeremy

# From the Registers Funerals: 20th February Mr David Graham 65 24th February Mr Michael O'Donnell 3rd March Mrs Mary Barratt 102

### BEER VILLAGE HERITAGE

Thursday 2<sup>nd</sup> April

Mariners' Hall Balcony Room 1900hrs, AGM

The business meeting will be brief and will be brief by a talk on Celestial Navigation by Ark Green.



### St. Michael's Bookshop

**VARIED SELECTION** of secondhand books

at our bookstall in St Michael's

Please bring us any books and DVDs which you wish to donate.

GOOD paper backs and good small hard back books only please! - No Readers Digest volumes, no large hard

backs, and no magazines as we do not have room to store them.

### **Altar Guild News**

At the AGM held on 3<sup>rd</sup> March the committee was re-elected en bloc. Pat Bewick Chair, Yvonne Hawker Vice Chair, Jenny Ross Treasurer and Pat Edmunds Secretary. Pat Bewick thanked everybody for their hard work and support during the year and Jenny presented the audited accounts which showed a closing balance of £1630. Membership stands at 14.

April looks to be rather uncertain as Church services have been cancelled due to the corona virus.

We are due to serve "Soup for the Soul" in Church 12.30pm Monday to Thursday in Holy Week and decorate the Church for Easter on Saturday 11<sup>th</sup> April. Donations for Easter flowers in memory of loved ones may be given to Jenny. The book for names will at the back of Church.

Our Spring Coffee Morning planned for Saturday 25<sup>th</sup> April has been cancelled.

Date of next meeting: Tuesday 5<sup>th</sup> May 10am.

New members most welcome.



Spring has arrived, forget your troubles for a while and enjoy!



### **Beer Film Society**

www.beerfilmsocietv.org.uk

### **Monday 20th April at Steamers** "The Good Liar"

(2019 - Drama, Thriller)

Cert. 15



Career con artist Roy Courtnay can hardly believe his luck when he meets well-to-do widow Betty McLeish online. As Betty opens her life and home to him, Roy is surprised to find himself caring about her, turning what should be a cut-and-dry swindle into the most treacherous tightrope walk of his life.

Starring Helen Mirren and Ian McKellen, Director Bill Condon.

"...a silly breeze of a movie starring two of Britain's finest actors, each having a blast playing cat-and-mouse with the other."

Doors open 7pm, film will start at 7:30pm Members £4 and non-members £6. All welcome.

Bar, coffee, raffle, and ice cream available.



Coronavirus DATE PROVISIONAL

### Fine Foundation Centre

Beer Village Heritage Reg. Charity No.1087162 Well, the best laid plans of mice and men..... This time last month we were looking forward to the new tourism season, school holidays, rock-pool

safaris, talks and all of our other activities. Covid -19 has put paid to all of our immediate plans, including our Annual General Meeting and Mike Green's talk on Celestial Navigation. We will reschedule both as soon as possible. Hopefully our Coffee Morning on May 16<sup>th</sup> will be possible. Watch this space.

We were pleased to have a table at the Mariners' Hall Coffee Morning earlier this month. David Morling was able to talk about some of the stories which he has uncovered in his research in the old churchyard. Carol and Mike Green brought some locally found fossils as well as a variety of old photographs of the village, and we showed some more pieces of Axe Vale pottery which have been donated by Liz Asbury.

Once again we helped to run a water station for the Grizzly runners. As always it was good fun, even if it felt different because we were told not to hand out the water, which meant that the runners had to help themselves to the cups. We soon found out that we'd put the cups too close together for the front runners, who tended to swipe several over. Sadly we were told not to hand out jelly-babies. I fear that you may be seeing jelly-baby related tombola prizes during the year as I bought 3 kg in anticipation of the run!

We are keen to know of any ideas which you may have for future displays and investigations. In the meantime, look out for posters giving details of how you can help with our preseason tasks, including cleaning the beach in readiness for the new tourism season. Hopefully we'll have the help of other litter pickers along the coast through the "Clean Jurassic Coast" (<a href="https://www.cleanjurassiccoast.uk">www.cleanjurassiccoast.uk</a>) initiative.

The talks at Marshlands and for the Branscombe Project have been cancelled for the rest of this season. The organisers are hoping to re-book the speakers for next winter's series. The Branscombe Project has asked people to make a record of, or comment on, their experiences of the current situation. Perhaps we could so something similar in Beer. It could be a piece of prose or a poem. It could be a song or a picture. It could be a photograph or a diary. Just send your contribution to: <a href="mailto:beervillageheritage@yahoo.co.uk">beervillageheritage@yahoo.co.uk</a>. Here's a very bad limerick to get you started:

There was an old woman in Beer Who said "Oh dear I feel queer.

If it's Covid-19
I must not be seen".

And vanished until the All-Clear

Please keep on re-cycling your crisp packets at the Fine Foundation Centre. The collection bag is hanging outside so it is available all the time. We're aware that you can now recycle the pouches which contain pet-food. Have a look at <a href="https://www.terracycle.com">www.terracycle.com</a>.

Don't forget that Beer Village Heritage is supporting the campaign for signposted links between the SW Coast Path/ Jurassic Coast and the East Devon Way. I suspect that many of you will be taking long walks during the purdah period, so try the routes which Mike Green has identified and report back to him, noting anything relevant, from the state of the path and hazards along the way to amenities and way-marking. Have a look at,

https://www.gpsies.com/mapUser.do?username=MikeGreen
Mike is working closely with the East Devon Area of
Outstanding Natural Beauty team, and Devon County Council,
to ensure that the routes are safe to use.

If you'd like to know more, just ask one of our regular helpers such as Nick Jones, Mike Green, Chris Jones, Carol Green, Trevor Wood, Jean Wood, Henry or Norah Jaggers, or contact us on 01297 20858 or at beervillageheritage@yahoo.co.uk

### Seaton Beer and District Branch RNLI

Our Seaton Beer and District Branch Annual General Meeting on Tuesday 3rd March was very

good. Nick Marks the Lifeboat Operations Manager from Lyme Regis Lifeboat Station showed the rescue of two teenagers at Axmouth Harbour in the summer that was on Saving Lives At Sea on BBC2. He explained how the rescues are filmed on the crew head cameras then the introductions and additional information etc is filmed and edited. Paul Carey one of the Deputy Launching Authorities talked of the procedures when the their lifeboat "Spirit of Loch Fyne" is launched for a rescue. Once again we had an excellent year or sales



at our Shop at Jubilee Gardens and from our fundraising collections, donations and our events and events that we attend. Additional volunteers ae still needed and welcome to join us. We thank the Dolphin Hotel for hosting our meeting and for their continuing support.

We had a stall displaying information of our

branch of the RNLI and RNLI at the Coffee Morning on Saturday 7th March at the Mariners Hall plus had a great time manning the Grizzly Race Day Drink Station at Beer Head Caravan Site with Beer Village Heritage on Sunday 8th March. This year the weather was warmer than the past two years with some sunshine. At times it was cooler when there were some very heavy rain showers. Congratulations to the Axe Valley Runners for another great weekend and to all our local runners plus runners from all over the country and overseas. Thank you to everyone who helped on the day.

Sadly we have to announce that due to the Coronavirus our Shop at Beer is closed until we are advised by the RNLI. We hope that maybe we can combine our own Mayday Welly Walk with our Beer Lifeboat Week in July. All RNLI Shops, lifeboat stations and museums etc in the country are closed to the public but our



wonderful lifeboat crews and lifeboats will be on call twenty fours hours a day to rescue anyone at sea who is in need of help.

Stay say well and safe everyone plus thank you to all our Volunteers and Supporters.

Wendy Cummins, Secretary Seaton Beer and District Branch RNLI





### Clinton Estates to trial ideas for future UK farming and environment policy.

Our rural landscape and its managers will face significant changes over the coming years, not least of which is the uncertainty around the scale and targeting of future farming and wildlife support, post Brexit. Challenges include the phased reduction of the Basic Payment Scheme (BPS); which have supported agriculture for many decades. These payments will be reduced from existing levels today to zero by 2028. The publication of the government's 25 Year Environment Plan and policy changes in the forthcoming Agriculture Bill suggests that future financial support for farming from government will be based on a clear demonstration of public benefit, described as "public money for public goods".

In 2018 Defra announced that they were looking to trial and test new ideas for an Environmental Land Management Scheme (ELMS) between 2019-2021. These ELMS trials will help shape the replacement for existing farming and environmental support. *Clinton Devon Estates* was keen to influence thinking on this and we submitted a proposal to use parts of the Estate, the first based around the River Otter and the other at Beer, to co-design alongside stakeholders and farmers what a future ELMS might look like.

With support from the Westcountry Rivers Trust and the Centre for Rural Policy Research, Exeter University with a broad array of civic and environmental partners including Beer Parish Council, East Devon AONB, the National Trust and the Environment Agency, we have now begun a two-year project to design bespoke schemes for these two local catchments. We hope this work will show how it is possible to support the local farming industry and economy whilst enhancing what is currently most cherished about our local landscapes and wildlife.

Key features of the trial include: ensuring management plans for individual farms compliment others in the catchment whilst supporting agricultural productivity and innovation; reducing environmental risk; maximising wildlife, supporting habitats and other 'ecosystem services'; increasing local understanding and support for agriculture and farmers whilst adequately rewarding farmers for the many public benefits they provide.

Kate Ponting, Countryside Learning Officer <a href="mailto:kate.ponting@clintondevon.com">kate.ponting@clintondevon.com</a> 01395 443 881



### Official Opening of the Beer Memorial Avenue

The Beer 2014 Group is proud to announce that the Beer Memorial Avenue in the Beer Head car park will be officially opened by Lord Clinton at 3pm on Thursday 23<sup>rd</sup> April, St. George's Day.

Organisations which will be represented at the ceremony include the Royal British Legion, the Royal Naval pociation and the Merchant Navy Association, and all pupils of Beer Primary School will also be present. In subject of the Rifles will sound the Last pupils of an all all provided by the Rifles will sound the Last pupils of the Rifles will sound the Rifles will sound

The names of all in Bel residents what is ved in the First World War will be read, bein those who died and those who survived If a monner of a for the original families would like out of the name mames of family members, please contact. Richard Scott on 07870 891581 or on rscottbee conduction.

An exhibition recording the First World War experiences of Beer residents will be held in St. Michael's church on 23<sup>rd</sup> and 24<sup>th</sup> April.

St. George's Day this year will also be the 100<sup>th</sup> birthday of George Bastone, who served in the Devonshire Regiment in Burma in the Second World War. It is also the anniversary of the Zeebrugge Raid in 1918 in which Walter Harner from Beer won the Conspicuous Gallantry Medal, the highest decoration for bravery awarded to a Beer resident in the First World War.

Everyone is welcome to attend the opening ceremony, and we also hope that all the village organisations will wish to be part of what we hope will be a truly memorable event.



Please contact your local community coordinator if you need help.

Please contact
your local
community
coordinator if
you want to
volunteer to help
others.

All are welcome!

### Beer Community: Coronavirus Support

#### Hellol

Are you self-isolating because of COVID-19 and if so, are you ok? Across the village there will soon be coordinators in each road who will be able to help you with things such as:

- ✓ Picking up your shopping;
- ✓ Having a chat on the phone;
- ✓ Picking up prescriptions;
- ✓ Collecting urgent supplies...

Postcards are now being distributed to every household in Beer with information about who the local community coordinator is for each road and how they can help. If your area does not have a coordinator yet, please let **Lee Reeve** know on **07890 948262**.

If you would like to **volunteer** to help please also contact your local coordinator or Lee.

Coronavirus is contagious. Please take every precaution not to spread it. Wash your hands regularly. Avoid physical contact.



MARINERS' HALL, BEER

MANAGEMENT COMMITTEE

Covid-19 update

The Mariners' Hall will be closed until further notice

All activities are therefore suspended.

The Management Committee plans to rearrange the dance planned for VE Day and hold it on VJ Day, August 15th

Our apologies for having to cancel the Abba tribute band which was to have performed on April 4th

Registered Charity 300760

### APRIL 2020 - Dates in Beer - THE NEW BEER VILLAGE DIARY -

Please do your bit to help keep this up to date and accurate by notifying Chris Pickles: <a href="mailto:chris@picklesnet.com">chris@picklesnet.com</a>, Tel.: 07775 768172 of ALL events & meetings and ALL changes, amendments, & CANCELLATIONS.

### There is no Village Diary for April...because there is no Village Diary for April!

You may still find that the diary is online but sadly the great majority of events and activities listed have been cancelled or postponed, or will have been by the time you read this. We can only do our best to keep you updated when things return to normality.

Mariners' Hall is closed until further notice, restaurants, pubs, and bars are closed until further notice except for the provision of take-away foods.



### **Branscombe Project talk**

Rose Ferraby - can find aeology and imaging through the calculations of interpreting



#### BEER ACTION GROUP: CORONAVIRUS SUPPORT UPDATE 19/03/20

**Hello!** As you know things are now moving fast with the COVID-19 outbreak and this is a quick update to let you know what support is available for all members of the community and to reassure you that you are not alone during this testing time:

#### **General information:**

- We have set up the **Beer Action Group (BAG)** to help coordinate our community response to the COVID-19 outbreak. Everyone is welcome to join!
- Every household in the village will have received a postcard by the end of today 19th March. If you haven't received one, please let Lee Reeve know on 07890 948262;
- Every household in every road across the village will be covered by a local community coordinator and their contact details will be available on the postcards as well as in a number of prominent places around the village;
- We are opening a **Beer Emergency Hub** in the old newsagents on Fore Street. A variety of services and initiatives will operate from the **Hub** and more will follow on this over the coming days and weeks. Opening hours will initially be **10.00-12.00**;
- Everyone is welcome to **volunteer** in any way they can to help us all get through this situation. We all have different skills and abilities and so please get in touch with one of our coordinators if you can help or have ideas about things we can do.

#### Initiatives currently in development:

- Arrangements with our **local shops** are being finalised to help ensure continuity of supplies etc as well as to support to those who cannot leave the village to shop;
- Contacting local restaurants who might be offering **home delivery services**;
- Setting up a **Tech Support Team** to help us all improve our ability to Skype, FaceTime, make conference calls and so on. We might even have an online Beer TV station just watch this space!
- Wendy Egerton will be starting a Beer Crafting Project which everyone is welcome to join. Projects for all abilities, young and old will be available online as well as support
  - from our local crafting team. One of the first projects could be making "Beer Bags" and "Beer Bunting" so if you have any resources that might help let us know.
- Book lending service a wide variety of novels will be available to loan...

  More to follow in the coming days and weeks but we really hope you find this information useful and that it helps reassure you that help is at hand, no matter what.

Take care!

### BEER PARISH COUNCIL NEWSLETTER MARCH 2020

**New Speed Limits -** Beer Parish Council agreed to join Seaton and Colyton in looking at the viability of introducing a 20mph speed limit throughout the village. Martin Shaw, our Devon County Councillor is working on formulating a procedure for implementing the new speed limits in our local villages.

**Fly-tipping** - New legislation is being brought in to help tackle the problem of fly-tipping in Devon. On the spot fines will be given to anyone caught fly-tipping. The fines range from £200 to £400 depending on the severity and amount of rubbish dumped. In extreme cases, where truck loads of rubbish are dumped the fines could be as much as £50k.

**Memorial Play Park** - As you are aware suggestions to redevelop and improve this area are being debated. The original plans produced by James Absalom were widely approved, but technical problems concerning the underground pumping station and water pipes, may make it impossible to carry out those plans. This is mostly due to the installation of the play equipment requiring a depth of ground which is unattainable due to the underground water system. South West Water is currently carrying out surveys of all the underground pipes.

Cliffs - You will have noticed that the footpath leading from The Jubilee to the east side of the beach has sometimes been closed over the last month.
This has been necessary so that work could be carried out to add further netting to the cliffs to help prevent small rocks from falling onto the path and the beach. EDDC have also carried out a survey of the cliff face to check for stability.

Annual Parish Meeting for Beer - The Annual Parish Meeting will be held in The Balcony Room at the Mariners' Hall on Tuesday, 7<sup>th</sup> April 2020, 7.15pm. The Annual Parish Meeting is not a formal Council meeting (although it is chaired by the Parish Council Chairman). The purpose of the meeting is so that the Parish Council can explain what it has been doing over the last year and it enables the electors to have their say on anything they consider is important to the people of the parish. THIS IS YOUR MEETING – PLEASE COME ALONG! We are hoping to have Climate Change as the theme for the meeting so we look forward to hearing ideas and suggestions for how the community can work together to reduce CO2 emissions. The Annual Parish Meeting will be followed by the monthly Parish Council meeting.

**New Road -** The gullies at the side of New Road have finally been cleared of silt and weeds by DCC Highways.

**New Cut** - Please note the new Double Yellow Lines in New Cut, restricting parking for safety reasons.

### YOUR "LOCAL" CONTACTS

### **Parish Council**

Geoff Pook	01297	24649	Chair
Louise Vine	07974	528540	Vice Chair
Darren Clinch	07790	211242	
Wendy Dodd	07434	948406	
Rick Dormor	07970	217267	
Mandy Graham	01297	20369	
Helen Follett	07817	934903	
Martin Richards	01297	23422	
Maureen Westlake	01297	23850	
Trevor Wood	01297	24660	

Clerk to the Council: Annie Dallaway 07593 405161 clerk.beerparishcouncil@googlemail.com

Internal Auditor. To be appointed

### East Devon District Councillor Geoff Pook

Brereworde House, New Road, Beer, EX12 3HS

Mobile: 07966 490429

Home: 01297 24649 gpook@eastdevon.gov.uk

**Devon County Councillor** Martin Shaw 07972760254

### Member of Parliament Neil Parish

Parliamentary matters -

House of Commons, London, SW1A 0AA

Tel: 02072197172 neil.parish.mp@parliament.uk

Constituency matters - Tel: 01884 841497



The Royal British Legion Beer Branch realise that we will not be able to get together as a village to mark this year's commemorations and celebrations, but we still wish to mark these very important events. With the Coronavirus now in full swing events such as VE Day and possibly VJ

Day- 75 years will be cancelled across the Nation.

In order for us to remember and celebrate this special year, the Legion would like to ask residents with a flagpole or bracket (Christmas tree bracket) to erect a Union Flag around about  $6^{th}/7^{th}$  May in readiness for the VE Weekend ( $8^{th}-10^{th}$  May). It would be Beer's recognition of this major part of our history and would also perhaps make all of us feel less isolated with the flags flying. These could stay in place until VJ Day  $-15^{th}$  August.

The Legion will purchase flags and charge a nominal fee in order to recoup costs. Please feel free to phone me or talk to any member of our Committee who will be delighted to advise you.

Beer Branch will also be erecting bunting in readiness for the weekend.

Carole Arnold

07710 809 765 / beer.secretary@rbl.community

Facebook: @rblbeerbranch

Don't forget to visit Beer Village webpage and Facebook page more often during these trying times to keep abreast of developments -

https://beervillage.co.uk/ https://www.facebook.com/Beervillageuk/

You will find many local businesses are being forced to close their doors but they are rallying round to offer us what help they can!

#### Conversation

**Voice 1**: Have you noticed how human beings enjoy liking and disliking things? And not just things but people too! All the loves and all the hates! We so enjoy being opinionated. We divide the world: on one side all those things we love, like music, food, people, books; on the other side all the things we hate, like music, food, people, books. The loves and hates. But then what happens? Because these opinions strengthen our sense of self, we grow to identify with those ideas. We think that's who we are. "You want to know who I am? Well just look at all the things I love and hate, all my ideas about politics and religion. That's me. That's who I am!"

**Voice 2**: Yes. Exactly! That's my world you're talking about. Who would I be without all my preferences? Without my approvals and disapprovals, who am I? I would be a nobody, wouldn't I? Wouldn't I? I'd be a non-person, just a name and a face ... and what? A nothing.

**Voice 1**: No, you wouldn't be a nothing. But just look at the rocky bumpy life you lead, full of emotional reactions to everything. All those likes and dislikes, approvals and disapprovals. It's such a disruptive way to live. And you sow division and discord all around you. This is what plagues the world, opinionated egos. They cause all the strife. Wouldn't you rather live a calm life?

**Voice 2**: A calm life? How would I do that?

**Voice 1**: Let's say a sad thing happens? Leave it alone. Let it be what it is. Absorb it, allow it to be. It doesn't need your approval or judgement. Accept the reality of it. And say something beautiful happens in your life? Accept that too, allow it to bless you. You still <u>feel</u> the sad thing. You still <u>feel</u> gratitude for the joyful thing. But you don't identify with them, they are not you.

**Voice 2**: But if my reactions are not me, who am I? I mean, if I was to just let things happen, if I was to allow and accept events without me passing a judgement, then where would I be?

**Voice 1**: You are the one who sees it all. You are conscious awareness. All the rest is mental luggage. Dump it. Be happy to be the observer. Endure the highs and lows that Life throws at you, but don't identify with them, they are transient, they all pass. How can anything that comes and goes be you? Events are fleeting, but you aren't. You are the consciousness that sees this.

**Voice 2**: You are saying I am not my mind? I'm not all the stuff I think about?

**Voice 1**: You are something infinitely deeper than passing thoughts. You are never closer to the essence of who you are than when you are quietly still and accepting of Life. That is when you have gone beyond mind.

### Do you need to borrow a mobility scooter?



St. Michael's church has been given a mobility scooter. It is in the church near to the wheel chairs and is available for use by anyone who needs it.

The key can be accessed by ringing Gayle on 20756 or Jenny on 23343.

### Stuart's Sweeping Service

Support your local trades - use a local Chimney Sweep

### A clean chimney is a safe chimney

Chimney, woodburner and range cooker sweeping.

Bird's nest removal. Camera inspections. Power sweeping.

Woodburners and liners installed. Cowls and bird spikes fitted.



### 07432 118318 or 01404 831288

Evening and weekend appointments available.



Member of The Guild of Master Sweeps,

HETAS Approved Chimney Sweep, HETAS Registered Installer, Sweep Safe appreciated, NEU Insured, thatch approved

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**Editor** 

Advertisements [ page 25 ]

### QUALIFIED FOOT HEALTH PROFESSIONAL

Peter Mellor MCFHP MAFHP

Registered Member of The British Association of Foot Health Professionals



I provide a friendly and professional service, in the comfort of your own home.

Flexible hours from a visiting practice.

FOR APPOINTMENTS, PLEASE CALL

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Finishers

### Renovate your wrought iron gates, railings, tables, etc!

We provide a variety of services ranging from Powder Coating to Hot Zinc Spray and Shot Blasting. We keep a range of about 100 colours in stock. Most are exterior polyesters, which provide excellent durability and colour retention on gates, railings and garden furniture.

Phone: 01884 34506

email: coatingsupplies@aol.com

www.industrialcoatingsupplies.co.uk

Opening Times:

Monday - Thursday 8am - 5pm

Friday 7am - 1pm

Units 1+2 Simmons Place, Kingsmill Industrial Estate, Cullompton EX15 1BH

Advertisement(s) [ page 26 ]



### **Enabling and Home Support**

Our Enabling and Home Support Service offers:

- Cleaning and housework
- Companionship
- Support with attending appointments
- Shopping
- · Household management
- Meal planning and preparation

For more information please call

0333 241 2340

email info@ageukdevon.co.uk or visit www.ageukdevon.co.uk



### HANSFORDS FUNERAL SERVICE

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Tel. 01297 22538 (24 Hour Service)

Office and Chapel of Rest at Bay View, Trevelyan Rd, Seaton, EX12 2NL www.hansfords-funeral.co.uk



Advertisement(s) [ page 27 ]

### **Beer Pharmacy**

### REPEAT PRESCRIPTION SERVICE

**COLLECTION & HOME DELIVERY** 

FREE Express Prescription
Collection & Delivery Service
FREE Weekly Medicine Tray
All Types of Prescriptions Dispensed



Your local independent Pharmacy

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fund a

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for homeowners and landlords\*. We understand the expense of maintaining your home. We want to help you to take the stress out of funding repairs, improvements or adaptations to your home.

We see you as an individual, not a credit score.

For a free, no obligation home visit or more information:

Contact Wessex Resolutions
CIC on 01823 461099 or visit
www.wessexresolutions.org.uk
\*Subject to eligibility

Advertisement(s) [ page 28 ]

### **East Devon Chimney Sweeps Ltd.**

Please call Chris on **01395 642023** 

for a professional, clean sweep.



Fully insured

NACS certificates issued

### **Beer Village Stores**

Fore Street, Beer

Groceries & Household Goods - Frozen Goods Cold Drinks & Snacks - Fresh Bread Beer, Wine & Spirits - Sweets & Confectionery Dry Cleaning & Laundry Agent - DIY



### THE DOLPHIN HOTEL

FORE STREET, BEER TELEPHONE: (01297)20068

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Full À La Carte Menu
Fresh Seafoods a Speciality
Private Parking
Functions & Conferences
Wedding Receptions
Fishing Parties Catered for—Own Trawler
OPEN ALL YEAR

### THE ANCHOR INN AT BEER

#### Welcome to The Anchor!

Fully licensed restaurant and bars Ensuite bedrooms with sea views Famous for our fresh Beer crab sandwiches, seafood and shellfish!

Cliff top beer garden with panoramic views of the bay Hog roast most Sundays throughout the summer Tel 01297 20386 for reservations Children welcome



[Charity Advertisement]



[Charity Advertisement]

Advertisement(s) [ page 29 ]

## ARCHITECTS

- Experienced, friendly and local RIBA chartered architecture practice based in Exeter.
- Specialising in the adaptation of listed buildings, residential extensions, renovations and low energy new builds.
- For a FREE consultation with med architectar please contact Luke McAdam:

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A VARIETY OF SAVOURY PASTIES,
PIES & FLANS.

Try: OUR LOCAL CHEESES, EXOTIC SUNDRIED TOMATOES & OLIVES

Also available: FRESH BREAD, HOME-MADE TREACLE TARTS & APPLE PIES, Etc

### **Beer Post Office**

is now part of

### **Rock Villa Off-Licence**

and general store Fore Street, Beer 07752 113854

Service available seven days a week during the store's opening hours -

Mon - Sat 10am-1pm, 2pm-6pm Sunday: 12 - 4pm Advertisement(s) [ page 30 ]

### THE BEST SELECTION

Of South West Arts and Crafts -Anywhere

MARINE HOUSE AT BEER 01297 625257 STEAM GALLERY AT BEER 01297 625144

E-mail: info@marinehouse-at-beer.co.uk

### STEHMFRS

RESTAURANT 01297 22922

Steamers is open throughout the year Tuesday to Saturday For Morning coffee from 10.30am to 12pm

Lunch reservations - 12pm to 1.45pm

Dinner reservations -

6.30pm to 8.45pm (Tues to Thu) until 9pm (Fri & Sat)

Sundays - On selected dates

Mondays - Closed except for special events



Like our page on Facebook and receive regular posts including offers, photos, news and the odd recipe



Steamers Restaurant, New Cut, Beer, Seaton, Devon EX12 3DU Email: info@steamersrestaurant.co.uk Tel: 01297 22922 Website: www.steamersrestaurant.co.uk

**EVER THOUGHT ABOUT** 

INDOOR SHORT MAT BOWLS? - MARINERS HALL, BEER. TUESDAY EVENINGS ALL YEAR.

**EQUIPMENT AND TUITION PROVIDED FREE. OPEN TO ALL.** 

COME AND HAVE SOME FUN!!



contact: COLIN TIMS 01297 23565



Advertisement(s) [ page 31 ]





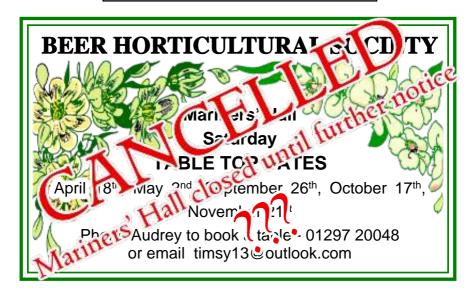
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### Beer Parish News



This edition of Beer Parish News has been a difficult one. I seem to have been putting postponed or cancelled on so many items we were all looking forward to and things are moving so fast that many others, and our advertisers, will need to rethink or will have already done so by the time you read this.

Let us all hope and pray that it will not be too long before we can get back to some form of normality: and while we're all waiting with little to do why not write a letter or article to share.

Look after yourselves and your loved ones, stay safe.

Editor

Copy for May to be with the Editor by Wednesday 22nd April, please.

henryjaggers@btinternet.com

01297 20858 Green Bank, 9 Clinton Rise; or put in pigeon hole at back of Church, or leave at Beer Post Office.

**April 2020**