

St Michael's *and* Village

Beer Parish News



Nature is
NOT
POSTPONED

in fact it seems early this year!

May
2020

CHURCH DIRECTORY

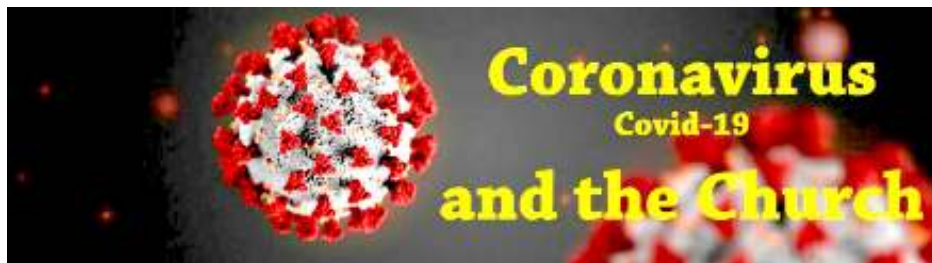
| | | |
|----------------------------|---|--------------|
| VICAR | Rev. JEREMY TREW | 20391 |
| | The Vicarage, Colyford Rd, Seaton, EX12 2DF jeremytrew@hotmail.com | |
| St Gregory's Office | seatonchurch@hotmail.co.uk | 23656 |
| ST MICHAEL'S --- | | |
| Churchwarden: | Mrs G. Chapple, Sunnymead, Higher Meadows | 20756 |
| Curate: | Rev. Simon Hitchcock sihitchcock@icloud.com | 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, Beer EX12 3AQ | 23659 |
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| 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 |
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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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St MICHAEL'S - MAY 2020



Following advice from the Church of England, the following applies to all activities relating to St Michael's, Beer, and St Gregory's, Seaton, for the time being:

All church services and related activities are cancelled.

Our Church buildings are no longer open for any activity.

There are resources for prayer available on the Coastal Church website.

Clergy will be available to contact as usual, and will do their best to visit and provide pastoral care.

Jeremy and Simon will do their best to offer support, either by phone, email (jeremytrew@hotmail.com) or in person if possible. Please do not contact our retired clergy as they fall into the "vulnerable" category.



Regular services and church events are cancelled,
and the church buildings are closed.

Prayer resources and other help can be found online at:
www.coastalchurch.org.uk

Prayer time.

Part of Jeremy's Sunday Service for 26th April at
<http://www.coastalchurch.org.uk>

In Jesus, God is revealed as one who listens to those in distress. Thankful for such a blessing, let us share with God any situations that trouble us, and pray for people in any kind of need.

We pray for those who struggle to recognise Christ in their lives today, and in this world we find ourselves in, and that God's people will always be ready to welcome strangers.

Lord, hear us.

Lord, graciously hear us.

We pray for people in positions of authority throughout the world, that all governments may hear their people's cries of those in need.

Lord, hear us.

Lord, graciously hear us.

We pray for those who exercise a ministry of listening, and that all who are lonely, afraid, grieving or depressed may discover that sharing their troubles can bring healing.

Lord, hear us.

Lord, graciously hear us.

We pray for our families and friends, our colleagues and our neighbours, all who walk beside us on our daily path, that Christ will walk with them.

Lord, hear us.

Lord, graciously hear us.

Goodbye....

During the past few weeks the village has said farewell to several much loved members of our community. With the restrictions imposed on gatherings because of Covid-19 their passings have not all been marked in traditional Beer style.

Pam South was a stalwart member of our church choir, and also a member of Beer WI. We will miss her beautiful voice.

Steve will be much missed. He has been a stalwart of the Football Club for ever, and, in more recent years, has been so well known for driving his coach, particularly on the school run.

Cath has been a supportive Mum to her family over the years and will be much missed by them as well as by the wider community. At least one little dog will also miss her as he enjoyed his holidays in her company.

Carol and Brian Hales have a special place in the hearts of many people in the village. Their deaths, so close together, will mean the end of an era, and our thoughts are with their children and friends.

Glen Ellis has been a colourful character in the village for many years. He was involved in many aspects of village life, including in running the Mariners' Hall. He has been in residential care for a little while after his health deteriorated. Our thoughts are with Suzanne at this time.

Ken and Margaret Ward brought a wealth of experience to the village. Ken's expeditions to places like Nepal, sounding so exotic, were balanced by Margaret's charm, elegance and kindness. We will miss Ken's red beret on Armistice Day! Perhaps now is the time to re-read his last book – "Six Feet to Land's End".

Thank you all for being you, and for all that you brought to our lives and to our village.

May you all rest in peace.

Front cover:

Apple blossom in our garden. When I took this photo the sun was shining, a myriad of bees were seeking nectar, and all seemed right with the World: if a week or two early. Next day it was horribly wet and windy. Isn't that just like life? The World has weathered many storms and I'm sure we will, too.

Yet we are very lucky to be here in Beer, somewhat isolated from so much of what troubles the modern world. In fact our village community continues with renewed vigour despite, or perhaps because of, lock-down. We will weather the storm.

Editor

Many of you will have been spending your time reading, maybe searching through your bookshelves and cupboards for new books to read or finding old treasures to re-read. Similarly I'm sure you are grateful if you have a DVD collection.

When our period of lock-down is finally over, please remember St. Michael's Bookshop and donate us your best so that others can experience the pleasures you enjoy.

St. Michael's Bookshop

VARIED SELECTION of secondhand books

at our bookstall in St Michael's



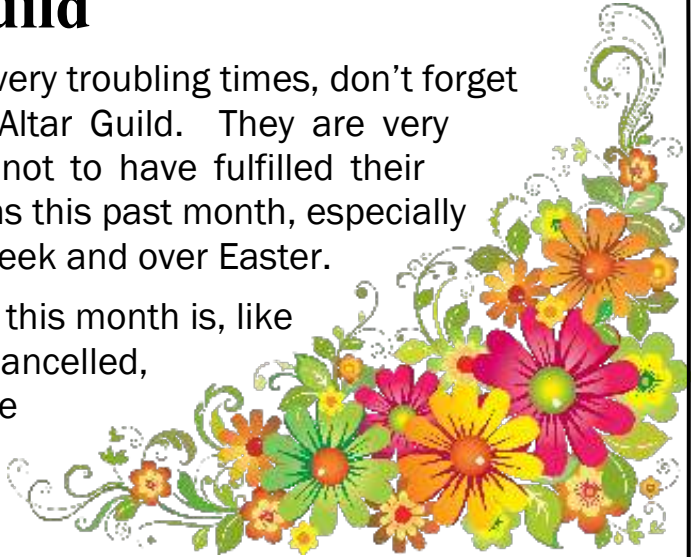
Please bring us any books and DVDs which you wish to donate.

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

During these very troubling times, don't forget St Michael's Altar Guild. They are very disappointed not to have fulfilled their usual functions this past month, especially during Holy Week and over Easter.

Their meeting this month is, like most things, cancelled, and they have nothing to report.



BEER WOMEN'S INSTITUTE

Likewise, don't forget Beer WI. They, too, are disappointed not to be able to hold their regular monthly meetings. Their notices are on the corner of "The Hub" (next to the Mariners' Hall) as usual.

Let's hope their Birthday Dinner on 19th March was a great success. Beer WI is now 95 years old!



Beer Action Group.....

is working hard to ensure that everyone who is unable to go out because of the Covid-19 restrictions is not isolated. Their volunteers are busy delivering grocery orders, posting letters and checking that folk are kept in touch with village life.

Each week the group publishes a very informative newsletter which is emailed out to people in the village. If you haven't received a copy, please ask your Co-ordinator to either email it to you or print a copy for you. You'll find the contact details for your Co-ordinator on the card which was delivered to your house at the beginning of the restrictions.

BAG has realised that there are a number of people from Beer who are now living in care-homes. Their families are currently unable to visit them, and although some of the establishments are making arrangements for electronic communications, this isn't appropriate for everyone. So, please would you send a letter or a card to someone who is in residential care. Even a postcard with a picture of Beer could help to reconnect them with the village. Annie Boalch has the names of people who are living in care. She can be contacted on: 01297 21315 or 07968 157136. Annie can arrange for you to have access to headed notepaper, or you can pick up Beer postcards from Lee's Emporium – her garage at Haddon, Barline.



A reminder that the Mariners' Hall is closed. All activities and events scheduled to use the premises are therefore cancelled or postponed until further notice.

Beer Film Society

www.beerfilmsociety.org.uk

Due to the coronavirus pandemic, the film programme has been suspended until further notice.



However, we have placed some weekly suggestions for television viewing on our website: www.beerfilmsociety.org.uk

We hope you enjoy them. Stay safe!

April 2020 might go down in history as “the month when nothing happened”. But is that true? Covid -19 has put paid to lots of our usual activities, but has given us so many other things. We have been given

the opportunity to re-think our lives. For some it may have been to reorganise our daily menus so that we go shopping once a week rather than more often. For some it has encouraged us to trust friends and neighbours, or even a volunteer from Beer Action Group, to do our shopping and perhaps use our debit card. For many of us it has prompted us to contact friends, new and old, near and far, to check how they are, and to reassure them that we’re well. Lots of us are still working every day, some at their usual place of work, some at home. Those going to their usual workplace – our shop assistants, health care staff, care workers, refuse collectors, policemen, and many others – are having to take additional precautions to protect themselves from this virus while the importance of their role has, at long last, been recognised. Those working at home are having to adapt to creating a work atmosphere where they do not have the companionship and bustle of their usual environment.

A lot of us will say that our houses and gardens have never looked smarter, and a number of people have taken the opportunity to take up a new hobby or pursue an interest. As Rowland has encouraged us, we are all learning to live in the moment rather than constantly looking towards something else. Hopefully these benefits of Covid-19 will last a long time.

Beer has responded to the situation in a familiar way. Beer Action Group was set up immediately and is doing a superb job in keeping people connected through their system of co-ordinators and volunteers as well as their regular newsletters and posts on social media. The local shops are offering a fantastic service to everyone in the village. Beer may be a small community, but no one living here needs to feel isolated, be unable to access money, or run out of food. Thank you to everyone who is offering support in whatever way, however small.

It was lovely to hear the applause on St.George’s Day as George Bastone was taken on a lap of honour around the village, in a taxi, to celebrate his 100th birthday. Happy Birthday George! Hopefully you will be able to open the avenue of trees, planted to commemorate the

men of Beer who served in the 1st World War, at a later date.

We plan to have an exhibition in the Fine Foundation Centre on our Covid-19 Experience in due course. It'll follow the same format as the "Blow-ins" and "Memories of the Coronation" with a loose-leaf folder holding your thoughts and memories. 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: beervillageheritage@yahoo.co.uk or to norahbeer@btinternet.com .

Ruth is continuing to add to the "Blow-ins" folder, so do send your thoughts to her at ruthtoohoots@gmail.com . Richard Scott is asking for stories about the village and the inhabitants for his Tales of Old Beer project. You can send your contributions to him on: rscottbeer@outlook.com .

Thank you to Axe Valley Runners for their generous donation following the Grizzly. This year we'll be using the money to help with our running costs because our main source of income – donations – is nonexistent at the moment, and for the foreseeable future.

Please hang on to your crisp packets for now. Emptying the collection bag hanging outside of the centre is seen as an unnecessary journey at present. Normal service will be resumed as soon as possible!

You'll have noticed that I haven't mentioned any of the usual things, like opening the centre, rock pooling or the AGM. It seemed irrelevant at the moment when we do not have a plan for coming out of purdah. Those of you who are taking their daily exercise on the beach may like to linger by the centre and have a look at the renewed display of fossils in the area below the balcony. Some of the other innovations mooted for this season have been put on hold, at least for the duration.

Keep well.

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 Jagers, or contact us on 01297 20858 or at beervillageheritage@yahoo.co.uk

STOP PRESS! Mike Green's latest book, talking about the coast of East Devon, is on the website Enjoy the I-Spy!





Seaton Beer and District Branch RNLI

Hello from Seaton Beer and District Branch RNLI. We hope that everyone at Beer and in our area is keeping safe and well.

Due to the Coronavirus we have cancelled out Mayday Appeal Welly Walk due to be held on Sunday 24th May at Seaton.

Our fundraising events that were to be held over the coming months including our Beer Lifeboat Week in July are under review as the months progress regarding them taking place. Some of our events may be held later in the year or combined.

Our lovely RNLI crews and lifeboats at Lyme Regis and Exmouth have had call outs in recent weeks and all our crews and lifeboats in the UK are rescuing people and on call twenty four hours a day too.

We look forward to fundraising again as soon as possible and send everyone our best wishes.

Take care.

From,

All at Seaton Beer and District Branch RNLI



The Promise of His Presence even in our Problems, by Nobin Samson

"I will be with him in trouble" Psalms 91:15. God is with you in trouble and out of trouble, so rejoice! "When you pass through the waters, I will be with you" Isaiah 43:2. Notice it says when you pass through the waters, not if! You do not need to be afraid of the waters of adversity that may be encompassing you right now because God has promised to be with you through it.

And a great windstorm arose, and the waves beat into the boat, so that it was already filling. But He was in the stern, asleep on a pillow. And they awoke Him and said to Him, "Teacher, do You not care that we are perishing?"

Then He arose and rebuked the wind, and said to the sea, "Peace, be still!" And the wind ceased and there was a great calm". Mark 4:37-39.

What storm of life are you going through today? Maybe you feel as the disciples did that Jesus does not care about your predicament? Are you afraid that you might perish because of the storm you are facing right now?

Be at peace! Why? Two things. Even though the disciples were going through a terrible storm, Almighty Jesus was with them in the boat while they were suffering. In the boat of your life God is with you through still waters and turbulent waters because He cares for you. Secondly, just as in the above account, know that God can and will do something about the problem you are in right now, so instead of complaining and being fearful, turn to the Lord in faith.

Jesus the prince of peace had perfect peace even in the midst of a problem that is why he could peacefully sleep through the storm. God can give you so much peace in life that you can be at peace through every problem knowing that God is in control and will not leave you. God is the answer! The provision for your problem is assured because of His abiding presence in your life.

The answer to the problem that the disciples were in was already in the boat - Jesus. One word from God changed the problematic situation that the disciples were in, therefore turn to God in faith to receive your answer. One word from God can turn your Calamity into Calm!

Even while the children of Israel were in the midst of the wilderness God was with them. He was a pillar of fire by night and a cloud of covering by day. His presence would manifest upon the mountain and then in the tabernacle.

God's minister, Moses would deliver God's current word to them even while they were in the midst of troublesome dry land. They saw the demonstration of God's power, provision and protection in the wilderness. You may not be in your promised land yet and the circumstances that you are facing may be like a harsh wilderness, but you do have the overwhelming promise of His presence even in your trials and troubles.

When Shadrach, Meshach and Abednego were thrown into a fiery furnace for not compromising their faith The Son of God was with them. His presence in their problem preserved them. You may be going through a fiery trial but the presence of God in your life will preserve you through your problems in life!

Prayer:

I BELIEVE YOU ARE JEHOVAH-SHAMMAH, THE LORD WHO IS THERE! THANK YOU THAT ACCORDING TO YOUR PROMISE YOU NEVER LEAVE ME NOR FORSAKE ME. LORD YOU ARE AN EVER PRESENT HELP IN THE TIME OF TROUBLE THEREFORE I WILL NEVER FEAR BECAUSE YOU ARE NEAR. IN JESUS NAME. AMEN.

BRILLIANT BEER.....

We all know how lucky we are to live in our village however here's ten reasons why we think Beer is brilliant during the lockdown –

1. The village is super quiet with everyone following the lockdown rules of “Stay at Home, Protect Lives and Save our NHS”.
2. The BAG (Beer Action Group) have a virtual meeting every morning discussing ways in which the group can support people – at the last count the group has over 135 co-ordinators and volunteers.
3. Many of the volunteers are getting shopping for people, cooking meals for their neighbours, collecting prescriptions and generally checking that they are staying well. Our community spirit is alive and kicking!
4. Andy from Steamers is making bread and cooking great value meals for everyone. To order call him on 07900 036231. Beer Fisheries is also open for business as usual.
5. The Smugglers Kitchen are preparing takeaway pizzas, salad and fries every Friday evening for collection. Best way to order is to message them on Facebook or call 01297 22104.
6. Well done to Rock Villa, Beer Village Stores and the Chemist who are all open and serving our community.
7. There is an army of volunteers making bags and comforters for facemasks for our care workers. At the time of writing 232 bags had been made and 85 comforters. These have been delivered with lovely toiletries to NHS workers and carers in our local area.
8. We're keeping the binmen happy with 'thank you' notes so these keyworkers know we appreciate them for their hard work.
9. The village website www.beervillage.co.uk has a dedicated Covid-19 section with lots of info to help you during this period – from keeping fit, to local recipes and well-being tips.
10. Every Thursday the clap for our key workers gets louder and louder with gongs and cowbells being heard. Also what other village has held a karaoke....?!

Beer truly is a piece of heaven in Devon.



Grateful recipients of our bags at a local care home.

Notices:

- You can access the **Beer church services** at coastalchurch.org.uk;

- **Squirrel** are now delivering to Beer on Mondays;

- Just a reminder that we are looking for **stories** about growing up in Beer and also where the **Blow-Ins** have come from – and why!

- Date for your diary - **Saturday May 2nd** at 17.59 - **clap** for our magnificent Beer village volunteers, coordinators and sewers followed at 18.00 by Beer village **karaoke**, with the first song being dedicated to those whom we have recently lost – Cath, Brian and Glen...

Beer sews up a storm!

This week has seen unprecedented levels of sewing activity in our lovely village of Beer! More than 700 bags have now been distributed – incredible!

A massive **“thank you!”** goes to the huge Beer village team who have made this possible.

Newcomers to the production line are always welcome - just contact Wendy on 07760 781695. If you can't sew and would still to get involved, how about donating some much needed toiletries for the bags - all gifts will be gratefully received.

Getting Beer online – join the BAG Hangout today!

The BAG Hangout is now officially up and running and ready for Beer residents to log in and get chatting 24/7.

We are also putting on a couple of hosted chats as well, starting with the following:

- **From 1pm on Tuesdays – Wendy's Sewers;**

- **From 1-2pm on Wednesdays – Gayle Chapple hosts;**
- **From 2pm Thursdays – Beer Men's Shed.**

If you have any suggestions for a chat, please let us know.

Many thanks to Matt Prichard and Ryan Carroll for setting up this fantastic facility for us.



Some of the items we are putting into the care bag for frontline workers...

Support available from BAG

We are living in uncertain times and none of us know what is going to happen next. To all of us, this is uncharted territory and it can be quite frightening sometimes.

Beer Action Group was set up as a resource to support our community during this crisis. If you are struggling for whatever reason, including food issues, please do get in touch with Lee Reeve on 07890 948262. You are not in this alone.

**"Good things
come to
those who
sew!"**

Best wishes to everyone in Beer

We would like to take this opportunity to send our best wishes to those in our community who are feeling unwell at this time. We wish you a speedy recovery.



The people at work were so happy with the last lot of laundry bags and mask attachers, one of them cried!!! The nurses are so grateful, really means a lot that people are doing this, really it does.

I did one shift without a comforter and I had sores on my ears! They have now healed due to them, can't imagine working full time without one!

Please tell everyone how much it's appreciated. Without having them there would be a lot of unhappy nurses, doctors, physios, pharmacists and all the other health care professionals using them. So lucky to have an amazing community xx

Sarah Coates (nee Brewer), Nurse at RD&E

...troubled times. I hope you have been able to see all the previous editions, either online or delivered to you by your local coordinator.

BEER PARISH COUNCIL NEWSLETTER

APRIL 2020

These are strange times; I doubt if any of us have experienced anything like this before. Along with all the restrictions and changes we have all had to make to our daily routines it is important to appreciate that the underlying organisations and facilities are still there being managed and maintained so that when we do come out of this, life will be able to return to normal.

The Parish Council would like to thank all those involved in village community projects, primarily BAG for providing support and help to everyone but especially the vulnerable in Beer. They are doing a fantastic, caring and professional job and the Council offers them every support and encouragement should they need it.

The Parish Council has not met since our Extraordinary Meeting of 23rd of March when we agreed a delegation process for decision making during the public health crisis. However, all Councillors are in regular email communication and any matters that need debate and decision can and are being addressed. Having said that there have not been any critical or significant decisions to make, save for the more mundane daily management issues.

There has been legalisation enacted to allow Councils to meet remotely using systems such as Zoom. If any issues arise where we feel a “normal” council meeting is required, then we will attempt to set up a remote meeting. This will have to have controls and security to protect the Council and the public from abuse of meetings - you may have read about recent incidents of this nature on the internet. In the meantime, any issues are debated via email and any decisions recorded.

Planning discussions are still being held and recommendations passed to EDDC as required. EDDC planning is still operating with delegated decisions being made as appropriate and the first full online planning meeting is programmed for June.

The Annual Council Meeting has been postponed and can if necessary be deferred to next year. The primary impact of this is the confirmation of Chair and committee structures however there are mechanisms enabling all this to be carried forward.

The Council took the decision very early on, regarding the continuance of street cleaning and associated duties. EDDC are continuing to empty bins and carry out some grass cutting. We decided, in consultation with Kevin Hale, to continue the Workman’s duties as near normally as possible having

risk assessed the jobs and ensured they could be done with social distancing applied. The main reason for this is to safeguard health and safety of the streets and open spaces, keeping them clean and well kept. The Council considers that providing a clean and attractive outlook for the village, helps to promote a positive and upbeat attitude for the community and also ensures that the village is ready to open again, hopefully in the near future.

If you have any concerns or questions whether as an individual, business or group please do not hesitate to contact the Parish Council and we will look into the matter as quickly as possible

clerk.beerparishcouncil@googlemail.com The EDDC Corona page gives all up to date information of services etc available to business and residents. EDDC has reacted particularly quickly in administering grants and support so please visit the site for information.

<https://eastdevon.gov.uk/coronavirus-covid-19>

In the meantime, I hope you are all coping with the lock down and while I know it is very hard for some, try and enjoy the positive, the coming together and helping neighbours and the quiet and stillness to appreciate the nature around us.

Geoff Pook, Chair Beer Parish Council

www.beerparishcouncil.org.uk

The Parish Council is also sharing official information 'real time' on it's Facebook page. Local residents may find this helpful - recent posts have been shared from East Devon District Council, Devon County Council, the Doctors surgery, UK Government helpful links and Devon & Cornwall police.

www.facebook.com/BeerPCouncil

MAY 2020 - Dates in Beer
- THE NEW BEER VILLAGE DIARY -

There is no Village Diary for May just as there was none for April.

The Mariners' Hall is closed until further notice; except in some cases for the provision of take-away foods, all restaurants, pubs, and bars are closed; local attractions are also closed.

Coronavirus



VE Day 75th Anniversary Celebrations

PARTY IN YOUR GARDEN

*Friday 8th May 2020
at 3pm*

**Decorate your house
red, white and blue
and enjoy a picnic
in your garden**

**Please observe the government's
restrictions on social distancing**



YOUR “LOCAL” CONTACTS

Parish Council

| | | |
|------------------|--------------|-------------------|
| Geoff Pook | 01297 24649 | <i>Chair</i> |
| Louise Vine | 07974 528540 | <i>Vice Chair</i> |
| 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 07972 760254

Member of Parliament Neil Parish

Parliamentary matters -

House of Commons, London, SW1A 0AA

Tel: 020 7219 7172 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 6th/7th May in readiness for the VE Weekend (8th – 10th 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 – 15th 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.

Carole Arnold

07710 809 765 / beer.secretary@rbl.community

Facebook: @rblbeerbranch



Don't forget to visit Beer Village webpage and facebook page, and also Beer Memories facebook group, during these trying times to keep abreast of developments and village news and gossip -

<https://beervillage.co.uk/>

<https://www.facebook.com/Beervillageuk/>

<https://www.facebook.com/groups/249663682406640/>



Beer
Devon's best kept secret

Identifying with your Thoughts

Thoughts go through your mind. Where do they come from? You pick up thoughts from the collective mind of the culture you live in, from humanity as a whole, -- most of them are not your own thoughts. You pick them up from the collective, and you identify with your thinking and the thinking becomes ego, so that you believe every thought that arises; you derive your sense of who you are from what your mind is telling you: opinions, viewpoints, “That’s me.”

Some people talk to themselves. A common thought is, “You’re so talented, why doesn’t the world recognise you?” Or the mind says, “You’re no good.” Same thing. “You’re no good at all, you fail at everything.” And you believe it, and so you have a low view of yourself because you believe your thoughts. Why are you thinking those thoughts? Maybe you picked them up in childhood. Maybe your Mother was so stressed she said, “You are no good!” Maybe a stressed teacher told you, “You are a failure, you can’t succeed.” And that got stuck in your head. Thoughts are an energy force and they stick in your mind and refuse to go, and the more you believe in it the more deeply lodged they become in your mind. And so some people are stuck with very hostile entities – entities not in some spooky way, but in the sense that every thought is an energy form. There are very many people in this world who are stuck with hostile, life-denying, continually critical entities that they carry in their head. They are continually attacking others, when really they are attacking themselves.

This is what happens when you identify with your thinking. This is the arising of ego. You find who you are in your thoughts – thoughts which are frequently repetitive, shallow, negative, unhappy and painful. It’s a deeply dysfunctional way to live.

What is the way out? Dis-identify with your thinking. Thoughts pass, they are not you. They are temporary. Often they are energy-entities that pass around the culture you live in. Don’t find yourself in your thoughts. They are transient. They are not you. You are conscious awareness. Be the consciousness that notices this. You are the still space of consciousness. Simply be in that space as often as you can. It will underlie your life with a deep dimension of acceptance and peace.

(Transcribed from a talk by Eckhart Tolle on 23.3.20)

Coronavirus

Adverts for all the businesses whose premises I know to be currently closed are marked with a **X**

However, some of these may still be offering goods and services online or by 'phone.

Editor

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Editor

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Beer Parish News

“**May Day** is traditionally held on a Monday but this year the Bank Holiday is on **Friday 8 May** to coincide with the **75th anniversary of VE Day** (Victory in Europe Day) marking the day towards the end of World War Two when fighting came to an end in Europe. The holiday will form part of a three-day weekend of commemorative events.”



A Street Party was on the books but sadly events have overtaken such plans. Nevertheless, we will celebrate as best we can and try to forget our present problems.

Let's see Union Flags flying over Beer - and any other flags and bunting you may have - and raise a glass or two with your neighbours* in memory of those who lived and served during WWII, and in hope for our own future whatever that may bring.

Editor

* maintaining social distancing, of course.

...see page 20

Copy for June to be with the Editor
by **Wednesday 20th May, 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.**

* No promises, but we will do our best to publish for June,
So please keep your contributions coming!