



**St Michael's...**

# **Beer Parish News**



*A sketch made in 1853 of the old Beer Church*

**October 2020**

*...and* **Village**



# CHURCH DIRECTORY

<b>VICAR</b>	<b>Rev. JEREMY TREW</b>	20391
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<b>ST MICHAEL'S ---</b>		
<b>Churchwarden:</b>	Mrs G. Chapple, Sunnymead, Higher Meadows	20756
<b>Ass. Priest:</b>	Rev Simon Hitchcock <a href="mailto:sihitchcock@icloud.com">sihitchcock@icloud.com</a>	075759 56899
<b>Treasurer:</b>	Mr K. Izzard, Sunningdale, Common Hill, Beer	625181
<b>Secretary:</b>	Mrs Jean Smith	07412 010245
<b>Sacristan</b>		
<b>&amp; Head Server:</b>	Mrs L. Bees	21723
<b>Altar Guild:</b>	Mrs P. Bewick	21954
	Mrs Y. Hawker	22191
<b>Choir:</b>	Dr G. Butler (Practice Wed 6-7pm)	21375
<b>Organist:</b>	Dr G. Butler, Mullions, New Road, Beer	21375
<b>Children's Society:</b>	Mrs P. Edmunds, West Ebb, Common Hill, Beer EX12 3AQ	23659
<b>Families Worker</b>	Linda Dowling <a href="mailto:beerchurchfamilies@yahoo.co.uk">beerchurchfamilies@yahoo.co.uk</a>	
<b>Children's Team:</b>	Mrs Jean Smith	07412 010245
	Mrs J. Ross	
	Mrs L. Molony	
<b>Worship Team:</b>		
	Mrs G. Chapple, Ms M. Hirons, Mrs L. Molony, Mrs L. Bees	
<b>Pastoral Team:</b>	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 Jaggars, Green Bank, 9 Clinton Rise, 20858  
**Editor:** Beer. Email: [henryjaggars@btinternet.com](mailto:henryjaggars@btinternet.com)

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 - OCTOBER 2020

*The Church under Coronavirus restrictions*



## **FACE MASKS IN CHURCH PLEASE!**

We are asking all who enter our church buildings to please wear a face-mask. This is not a substitute for social distancing and other good health practices.

***St Michael's Church is now opened for a few hours a week for you to come in; shelter from the weather; enjoy the peace and calm; and pray if you wish to: Wednesdays & Sundays – 10.00am to 12.00noon.***

***In addition, resources for prayer remain available on the website and we will continue to produce and share services online -***

***Coastal Church website. [www.coastalchurch.org.uk](http://www.coastalchurch.org.uk)***

## ***Weekly Services in Church***

***9:30am St Michaels, Beer; 11:00am St Gregory's, Seaton***

**Sunday 4th Oct - St Michaels's - Holy Communion  
St Gregory's - Morning Prayer**

**Sunday 11th Oct - St Michaels's - Morning Prayer  
St Gregory's - Holy Communion**

**Sunday 18th Oct - St Michaels's - Holy Communion  
St Gregory's - Morning Prayer**

**Sunday 25th Oct - St Michaels's - Morning Prayer  
St Gregory's - Holy Communion**

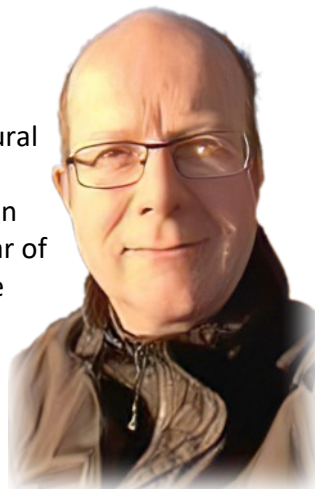
***You're also welcome to join in our telephone service at 11.00am on Sundays, see page 5 for details.***

## ***STAY SAFE - COVID HAS NOT GONE AWAY!***

Currently Church services are restricted to an attendance of 30, or the socially-distanced number we are able to fit into the building, depending on the event. And, currently, no churches are allowed to have congregational singing.

## *Jeremy writes...*

This is the one where I write about Harvest Festivals. Did you know that whilst the agricultural year has always been celebrated in this country the modern Harvest Festival was only invented in Victorian times? The Rev'd Robert Hawker, Vicar of Morwenstow in this Diocese, came up with the idea in a time when vast numbers of people were moving away from rural life to work in the ever-expanding cities, and the links with agriculture and the provision of food were being broken. It was a great idea: to remember that food does not just magically appear on the shelves of shops, but has to be grown and caught, sometimes with great effort, even danger, and then transported, and processed ready for us to consume.



So, we will be celebrating our Harvest Festivals on Sunday 4<sup>th</sup> October. Collections will be for the work of St Petroc's in Exeter, working with homeless people from this region. There are lists of what they can make use of on our church notice boards.

From there we will move to the marking of All Souls at the beginning of November. Whilst the appropriateness of celebrating Halloween with trick-or-treating and parties has been questioned we shall maintain our service where we remember those who have died in recent years, and those we miss, even from many years ago. I have helped with many funerals this year where attendance has been necessarily restricted. We had hoped that by the Autumn we might be able to offer larger gatherings, and memorial services to help those who had not been able to say their proper goodbye's earlier in the year. This is clearly not going to happen, and even this special service will have to be restricted in attendance.

A short while later and we will gather again for Remembrance Sunday. This sad-happy-proud time will also be marked by Covid's heavy footprint. It is not likely there will be any mass gathering, and many will have to remember privately.

...And then we reach Advent and Christmas. Now, some national newspapers have got into a twist that Christmas will need to be cancelled. This is, of course, absolute nonsense. Christmas will go ahead. People will mark it in a variety of ways. Churches will celebrate. And, maybe, we will all be better off having to take the occasion slightly slower and from a more reflective angle.

So, here's the thing: Your local Parish Church will mark all of these events appropriately. Inevitably we shall not be able to do so in the manner we might have wished to. Currently Church services are restricted to an attendance of 30, or the socially-distanced number we are able to fit into the building, depending on the event. And, currently, no churches are allowed to have congregational singing. Where we would have expected a greater attendance, we shall aim to live-stream services via Facebook, and some services may have to be ticketed. We shall do what we can to include everyone. 2020 will have been a very difficult year for many, and for many different reasons. We can help address the stress and anxiety this causes by using those points of reflection and remembrance the year affords to rebalance our perspective on the meaning and value of our own lives. From a Christian perspective, each of these events mentioned above is a reminder that all life is cherished by God and therefore significant. I invite you to join with these events as best as you are able; to reflect; and, to draw strength.

Best wishes, *Jeremy*

Information about the life of our churches, resources for those in need and in lockdown, and access to services can be found at:

- [www.coastalchurch.org.uk](http://www.coastalchurch.org.uk)
- Facebook "St Gregory's Church, Seaton", and "St Michael's Church, Beer"
- A national telephone line with recorder readings, prayers and hymns can be reached on 0800 804 8044
- A weekly service can be joined by telephone. Call 0333 011 0616 between 10.45 and 10.55am on a Sunday morning to join in. You will need the access code 327 1900 #. The call should cost no more than a normal call on your line. The service starts at 11.00am and lasts about 25 minutes.



## Beer Community Land Trust Ltd

Building homes for the community

### Up-date on the Social Club site

We are now making the final preparations before demolition and then construction can start.

We received conditional planning permission in July and having now finalised the S106 agreement we have now been granted full planning permission. This has enabled us to apply for our licence from Natural England to work in the vicinity of a bat roost and relocate bats if necessary.

We have also now received our CIL exemption certificate recognising that we are providing 100% affordable housing. †

With the full planning and CIL exemption we can now start “soft” demolition and work at the skittle ally end. Full demolition will have to wait until we have the bat licence.

The S106 agreement specifies the number of affordable houses and the allocation rules. We will develop 3 affordable rental units: 2 houses and 1 flat. There will also be 2 houses and 1 flat offered on a shared equity basis. All units will be offered on a priority basis to people with a local connection. Full allocation conditions will be put on the clt web site in the near future, homes should be available in October 2021 with allocation proceeding in July 2021.

Another mile stone is the naming of the houses. We had to decide on a name so we could progress the utility applications. The board considered several options.

- 1- The Old Club 1-6
- 2- The Old Club 1-4 for the upper site and Jack Burrough House 1-2
- 3- Clinton House 1-2 for first block, The Old Club 1-2 for middle block, Jack Burrough House 1-2 for the two flats

Option 2 was the majority choice.

“The Old Club “ is obvious but many people may not know that the land for the skittle ally was given to the club by Jack Burrough in the 1970’s

We have also has interviews with potential contractors following a tendering process and have awarded the contract to Whitaker’s of Honiton who showed capability, resource and experience in projects of a similar size and complexity. They will now work closely with our architects NDM Collins, to finalise the detailed design.

You should see action start on site in the very near future.

With support from



Beer  
Parish Council

# BEER WOMEN'S INSTITUTE



## WI Report September 2020

Like everyone else this has been a limited month of activities, but good weather has enabled us to meet outside. The day before the Rule of Six came into being we made our way to the Football Club spaced ourselves safely in the sunshine and had a happy outdoor meeting. In the immediate future it will be back to Zoom gatherings.

We were able to have a Book Group meeting on the beach and a creative writing session in a back garden. There is a hope of a walk of up to six people, but we await the latest information on staying safe.

All future plans are on hold, but it seems unlikely that we will be able to meet before sometime in 2021

If you wish to have contact with us or would like to know more about our group, please contact our President, Jackie Goddard, tel 01297 21864 or email, [jackiegod@live.com](mailto:jackiegod@live.com)

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## BEER HORTICULTURAL SOCIETY

Regretably we have cancelled this year's  
**AUTUMN SHOW**

because of the difficulties caused by the  
Covid-19 situation.

We hope to hold both our Shows next year but it will, of  
course, depend on the situation then.

† CIL (Community Infrastructure Levy) is a charge which can be levied by local authorities on new development in their area. Together with the S106 levy, it is a tool for local authorities to use to help them deliver the infrastructure needed.

*Editor*





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### Welcome!

Welcome to this special Garden Gate Flower Show edition of Beer Talks.

As scheduled and despite the fog and intermittent drizzle, we held the Beer Garden Gate Flower Show on 6<sup>th</sup> August 2020. The number and quality of entries was very impressive indeed and we thought you would like to share some of the photos that we took at the event.

The show took about 2 hours to judge as we drove around the village stopping at all the tables groaning with beautiful fruit, vegetables, crafts and, of course, flowers. Our thanks go

to all those who took part and made such a huge effort with their entries.

The event was “just for fun”, as Annie kept reminding us on the day(!), and so there are no prizes as such but we really hope that you enjoyed taking part. We all thought it was lovely!

Finally, just a quick reminder that the next Beer Sale Trail is taking place on Sunday 6<sup>th</sup> September from 11am – 4pm and so if you have anything you want to sell or you would like to pick up a bargain, then this is the perfect way to do so.

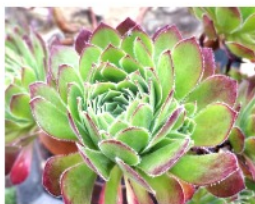
Please note that Ruth Bullock is the contact for this event and she will be adding gates to a map this time to help sales so if you would like to take part, then just let her know on 07811 988338.

Finally, feel free to send this newsletter to anyone on your email list.

***As always, keep safe and thank you!***

Here's the latest from BAG with photos of the Garden Gate Show. Well done to all those who managed to enter! Although Beer Action Group is rested for the time being don't forget





support is still out there if you have any problems due to the Covid crisis.  
Please don't hesitate to get in touch through Leona Reeve  
email [leona\\_reeve@hotmail.com](mailto:leona_reeve@hotmail.com)



As was said a month or so ago **WELL DONE BEER ACTION GROUP!**  
We know you and all the volunteers are still there with tried and tested...





...ways to help our community should we ever need you again, and sadly it's looking increasingly likely that we will: but let's hope not!

*Editor*



## Seaton Beer and District Branch RNLI

Seaton Beer and District Branch are sad to announce that our lovely Shop at Jubilee Gardens won't be opening this year due to the Covid-19 restrictions. Our Shop is small inside so it isn't suitable for opening at the moment. It is 40 years since our first RNLI Shop was installed at Jubilee Gardens so we hope to celebrate and are aiming to open as soon as possible in 2021. We are planning to take the Christmas Cards out and to have stalls. Please look at the local Facebook pages for further information when details become available.

The RNLI Shops at Lyme Regis and Exmouth are now open. Please check for their days and opening times. This year they have been very busy and any support to us and them will be greatly appreciated.

We will be reviewing our attendance at Christmas Fairs at Beer and Colyton and our Christmas Collection at Tesco Seaton plus our SOS Table Top Sale at the end of January 2021. We now have permission to service collection boxes and do limited fundraising.

John, Shirley and Adrian joined me at my parking during the Beer Sale Trail on Sunday 6th September. We raised £45.90 from our Card Tombola and donations. Thank you goes to those who came along and supported us as they went around Beer. We aim to take part again on Sunday 4th October.

We will be having our Annual Autumn Sponsored Walk on Sunday 18th October. (reserve date Sunday 25th October) We also walked the route in 2007 and 2014. The walk is from the junction of the road to Honiton and Blackberry Camp and goes via Colyton to Colyford (approximately 7 miles) or onward to Seaton (approximately 9 miles). Registration is at 9.45. The walk to start at 10am. People can walk with people in their "bubble", socially distanced, or on a date suitable for them. Donations can be given through [Justgiving.com](https://www.justgiving.com), sponsorship

or forwarded to 3 Belmont Terrace, Causeway, Beer, Devon,  
EX12 3LE. Further details and route instructions will be  
available nearer the time from the above address or email  
[wac500@hotmail.co.uk](mailto:wac500@hotmail.co.uk)

Take care and best wishes  
from Wendy (Secretary)  
and all at Seaton Beer and District Branch RNLI

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RNLI Ted at the Beer Sale Trail on 6th September

## Fine Foundation Centre

### Beer Village Heritage

Reg. Charity No.1087162

Now that the autumn equinox is behind us, Autumn is beginning to make herself felt, with the temperature dropping quickly as the sun goes down. The majority of the

swallows have left for warmer climes. However, a glow worm was still looking for a mate a couple of weeks ago. We have cut and raked the “wild-flower “ part of the garden which has been alive with insects all summer. I don’t think I’ve ever seen so many grasshoppers and crickets. Hopefully they will overwinter in the various piles of wood or hollow stems. The bug hotel hasn’t been used much so far this year, so we have to assume that there are sufficient natural alternatives.

The Bat Friendly Beer group will meet in October, on-line. The Greater Horseshoe Bat Project culminated with an on-line conference. The speakers looked at a wide variety of subjects, many of which relate to bats in general and ranged from in-depth work examining bat poo (to find out what they eat) to looking at different field management regimes in relation to bats. We heard how some of the mitigation work which is put in place during housing development isn’t used by the local bats, usually because the builder hasn’t followed guidance and built something which may look nice but isn’t bat friendly! We also heard about the plight of the Grey Long-eared bats, which have been known to hibernate in the caves. Their population is down to about 1000, so we’ll find out if there are some ways in which you can help them. Your support for the Greater Horseshoe bats has had a really positive effect over the past 6 years, with numbers now over 10000. So Thank You all. If you’d like to find out more about the bats which you’ll see in your garden in the evenings at the moment, go to <http://devonbatproject.org/devon-bat-survey/> for information about borrowing a detector.

Hopefully you’ve all voted for the Jurassic Coast Collection ‘Big Five’ which plans to find out which prehistoric creature is the favourite. The Ichthyosaur was the favourite Marine Predator. The current category is Terrestrial Predators. Everyone taking part will have the chance to win a beautifully presented “sea bed” fossil. So, do have a go by visiting the Jurassic Coast Trust website to register your votes.

Lyme Regis Museum has now opened, with limited hours and limited numbers of visitors. They advise booking in advance. Several other attractions have used timed entry systems and are reporting that these have worked well. Visitors have a more relaxed visit and it has



created a positive working environment for the staff and volunteers. Obviously the drawback is that the sites have fewer visitors than usual, and that isn't sustainable in the long term.

As the Fine Foundation Centre hasn't been open, and we have not felt able to lead any rock-pool safaris, our income from donations has suffered. Our Garden Gate Table-top sales have helped a little bit! One more on October 4<sup>th</sup> (other charities are also benefitting).

With this lovely weather, why not explore our area on foot? You can use the walks described on our website

[beervillageheritage@yahoo.co.uk](mailto:beervillageheritage@yahoo.co.uk), all of which can be downloaded.

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

The litter-pickers are still outside the centre and available for you to borrow. Thank you to all of you who "do your bit" on a regular basis. I'm sure that visitors, on seeing a litter-free area, respond by keeping it clean. Our colleagues in Lulworth have had a horrid summer, and have put litter-picking teams in place, bringing in between 50 and 100 bags of rubbish every day. I understand that they don't usually have litter bins etc. in place as they expect their normal visitors to respect the countryside. This year their visitors appear to have come from a different demographic and they are looking at ways of communicating with them.

Ruth is continuing to add to the "Blow-ins" folder, so do send your thoughts to her at: [ruthtoohoots@gmail.com](mailto: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](mailto:rscottbeer@outlook.com).

Don't forget to recycle your crisp packets by making use of the collection bag outside of the centre and if your cat has food from pouches, these can be re-cycled at Wagg N Purr, Unit 2, Dolphin Street, Colyton which is open at weekends.

*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](mailto:beervillageheritage@yahoo.co.uk)



## POPPY APPEAL 2020.

I do not suppose many of you are confused with all the rules and regulations heaped upon us but who would want to be in charge of the situation we find ourselves in!

So what will be the arrangements for this year's Appeal? Discussions have been held with the Church, Scouts and Cubs and various members of the local Branch Royal British Legion. This is where we are at the moment but things may change.

1. Sale of Poppies. We plan that they will be available in the usual places ie Post Office, Top Shop, Steamers, Osbornes, Anchor. Dolphin and mobile stalls in the main street on certain days. We plan to put them individually in small envelopes thereby avoiding mass handling in the sale boxes. The poppies will be sanitized.

2. We will offer the normal school packs to Beer P.S.

3. The War Memorial Parade will go ahead on Remembrance Sunday and Nigel Groves is keen that the Scouts and Cubs will parade as normal. Of course, we all need to remember the social distancing rules for those attending to watch the parade and the memorial ceremony outside the Church. I just think that the reading out of the names is most important. Mandy will close off the roads as before so there will be plenty of room. To help us socially distance in a proper manner, Mandy has asked a number of people to act as Marshalls to show that as a Village we can do things properly whatever the problems.

4. Discussions have been held with the Church and the Vicar is keen that the service inside the church will go ahead as normal. We are not clear at this stage whether the 30 maximum rule will apply and it seems strange that with such a large space inside the church more attendees cannot be let in. If more people can be let in then maybe we will have to have a complimentary ticket arrangement to show our commitment to a form of social distancing. One problem will arise if it is wet on the day. Only once in the last 10 years have we had to abandon outside and go into the Church. With the 30 rule limit ( if it is still in force ) that will cause a problem as to who from the Parade and the Royal British Legion need to go inside to complete the Commemoration. Maybe, just maybe, a few of us will just have to get wet!

5. We are unsure at the moment whether we can go ahead with the usual Coffee morning in the Mariner's Hall. Cleaning the kitchen, chairs, tables

and toilets presents a problem. Further discussions will go ahead to see if these problems can be overcome.

6. Apologies for being vague at this moment. Once things become more clear we will endeavour to publicize the arrangements via this Magazine and the village website. Most importantly this is to let you know we will definitely be on parade on Remembrance Sunday 8th November 10.45am onwards.

7. You may be interested to know that there are seven war graves in the old cemetery. An additional one came to light following a visit from an Officer of the War Graves Commission. That name will be added to our list read out on Remembrance Sunday. It was also arranged to have a notice placed on the gates to say that there were war graves in the cemetery. The Royal British Legion Beer Branch will now undertake to keep the graves in good order and some of you will know that the old cemetery is not looked after very well, cut only once a year and home to a large number of badgers busily digging away in and around graves.

Finally, many thanks to all in the village who have responded so magnificently and generously helping those in need during the current pandemic crisis. It really shows public spirit exists in this very kind village. We, The Royal British Legion salute you!

*Peter Anderson*

Poppy Appeal Organizer, Royal British Legion, Beer Branch.

The RBL Beer Branch will be creating a small Garden of Remembrance on Jubilee Gardens. This will be for anyone to place our small wooden crosses in memory of those who lost their lives during conflicts. We will let you know where you can collect the crosses, and if you wish to donate to the Poppy Appeal a box will be made available. The garden will be sectioned off and poppy and cornflower seeds will be sown ready for next year.

Grateful thanks to Peter Anderson for discovering the War Graves in the cemetery and for contacting the CWGC. As Peter states these will now be cared for by the Beer Branch.

Any queries please phone Carole on 07710 809 765 or [Beer.Memsecretary@rbl.community](mailto:Beer.Memsecretary@rbl.community)

*Carole Arnold*

Secretary, RBL Beer Branch



## **Covid-19 Update**

29<sup>th</sup> September 2020

**Beer Fine Foundation Centre is closed for this year**

The Bomb Shelter is open on Sundays

**Beer Quarry Caves are open**

**Beer Beach is “Open for Business”**

**Seaton Jurassic is open with timed entry**

Pecorama will not open to the public this year

**Seaton Tramway is open**

**Charmouth Centre is open**

**Lyme Regis Museum is open**

**The Donkey Sanctuary is open**

**Exmouth Museum is open**

**Fairlynch, Sidmouth and Seaton Museums  
are all closed**

**Bridport Museum is closed**

**West Bay Discovery Centre is open**

**Thelma Hulbert Gallery, Honiton, is open**

**Watch this space and our website for updates,**

<http://www.beervillageheritage.org.uk/>





## **MARINERS' HALL, BEER MANAGEMENT COMMITTEE**

**The Mariners' Hall Management is now available for hire. The Management Committee has used Government guidelines to make the Hall Covid-19 secure.**

**The Committee has additional expectations of hirers in terms of managing their activity in a Covid-19 safe fashion. All users have been asked to consider how they can meet any new requirements and complete the necessary paperwork.**

**Events for large groups are still not permitted and the number of people who can be in the Hall at any one time is limited. All hirers will be given the relevant information to enable them to complete their own risk assessments. At the moment, the “rule of six” applies to any social activity.**

**The situation continues to be fluid, with frequent updates. We plan to post information as and when appropriate. In the mean-time, please do not remove any of the tables and chairs from the Hall as this could compromise our up-graded hygiene regime.**



Beer Action Group a BARGAIN

BEER  
SALE TRAIL

At Gates and Driveways on the 1st Sunday of the month

*Set up your goods  
& join the trail for October  
- your last chance this year! -*

**October 4th**

Some for sale, some for free, some for sale in aid of local groups,

**Check out the length and breadth of Beer!**

**From Clinton Rise to Common Hill**  
**Underleys to Quarry Lane**  
**Fore Street to Park Road**  
**11am - 4pm**

**This month's cover** shows a sketch made in 1853 of the old Beer Chapel which dated from about 1600 but was demolished to make way for the present St Michael's in the 1870s. St Michael's originally had a spire, but this was removed in 1964 for safety reasons leaving just the current tower. The old Chapel may itself have replaced an earlier religious building built around 1122.

*Editor*





BEER ANNUAL PUMPKIN  
SHOW- WEIGH IN  
MARINERS HALL, BEER  
Saturday 26<sup>th</sup> September

...and the winners were -

Mike Hawkins from Exmouth with a Pumpkin of 235lbs and  
Steve Somers won the Beer Pumpkin with 73.5 lbs.



Thank you to everyone that supported the event and helped.  
£100 was raised.

*Jayne Aplin*



## **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	
Martin Richards	01297 23422	
Maureen Westlake	01297 23850	

*Clerk to the Council:* Annie Dallaway 07593 405161  
[clerk.beerparishcouncil@googlemail.com](mailto: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](mailto: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](mailto:neil.parish.mp@parliament.uk)

*Constituency matters -* Tel: 01884 841497

## *Today can you*

- Send a kind thought to someone you do not like
- Sit in a chair for five minutes with nothing in your hands, look into space and be still. Can you enjoy the moment? Breathe. Feel the 'nowness'. This is the only moment you ever have. Can you accept it and honour it?
- Be grateful towards this body of yours: it's done well, carrying you this far through your life. The little blood-pump under the ribs, still running. Those hidden organs working together as a team. This body has served you well. Thank it.
- If you are living with a 'situation' - hold your mind still for a moment, take a deep breath, drop the story of what happened, be in the space of Presence and ask yourself do you have a problem right now at this moment (you don't), and hold the moment. You cannot be both 'Present' and entangled in unhappiness at the same time.
- Give yourself more moments of Presence in your life. They will build a dimension of inner peace in you.
- Count your blessings. Acknowledge the good in your life.
- If there are regrets in your life then think this: whatever happened or didn't happen, those occasions have brought you to Now, this moment of insight, lessons learnt. You happened to slip and stumble in some places along the path of your life; now you hold your balance more carefully, more wisely.
- Make time for the evening sky. Look at the colour of the atmosphere. Notice when the wind drops how everything reverts to total stillness. Join in the stillness.



**Coronavirus**

## **SUPPORT OUR LOCAL SHOPS AND BUSINESSES**

**Many businesses, amenities, and attractions are now open in one form or another, but not all. If you are able to, it's best to check online or by 'phone what goods and services they are currently able to offer.**

### **QUALIFIED FOOT HEALTH PROFESSIONAL**

**Peter Mellor MCFHP MAFHP**

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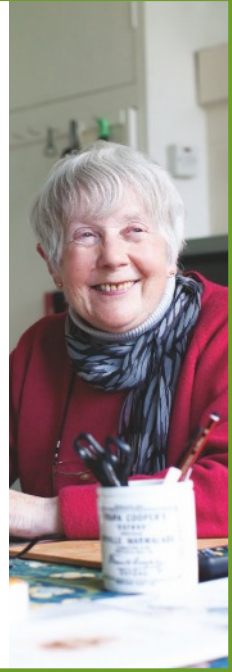
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**Steamers Restaurant, New Cut, Beer, Seaton, Devon EX12 3DU**

**Tel: 01297 22922 Email: [info@steamersrestaurant.co.uk](mailto:info@steamersrestaurant.co.uk)**

**Website: [www.steamersrestaurant.co.uk](http://www.steamersrestaurant.co.uk)**

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# Beer Parish News

Copy for November to be with the Editor

by **Friday 23rd October**, please

[henryjaggers@btinternet.com](mailto: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.

**Please keep your contributions coming!**

Last, but by no means least, the other...

## **BAGS** - Beer Arts Group(s)

In this "new normal", BAGs is adapting to Covid-19 safe activities.

### **BAGS Anthology**

This involves a glorious mix of writings, which range from an award-winning poem to the thoughts of members expressed in some 20 pieces of poetry, ditties and riddles. Carry on wordsmithing.

### **Short films**

Several short films are being produced involving individual pieces and some 'zoom type' comic creations.

### **BAGs Walks**



*The first walk was hot and sunny - the  
second walk was not as wet as it looks!*

We have had two very successful walks brilliantly led by Jackie Sitters. Each starting in the village and of 6 people. Further walks are being planned.

Contact:- [mcoxbeer@gmail.com](mailto:mcoxbeer@gmail.com) If you want to:

- add a piece to our anthology
- contribute a short film that you've shot in these Covid times.
- hear about our upcoming walks.

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