

St Michael's...

Beer Parish News



December 2020

...and **Village**

CHURCH DIRECTORY

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ST MICHAEL'S ---		
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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
	Mrs Y. Hawker, Mrs S. Aplin, Mrs P. Bewick, Mrs E. Singleton, Mrs A. Vaughan, Mrs S. Anderson	

Beer Parish News Dr Henry Jagers, Green Bank, 9 Clinton Rise, 20858
Editor: Beer. Email: henryjagers@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 - DECEMBER 2020



The Church under Coronavirus restrictions

www.coastalchurch.org.uk

We are asking all who come into our church buildings to wear face-masks. Thank you.

St Michael's Church is open 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.

Church life this month at St Michaels & St Gregory's

proposed services - check the website above for any enforced changes

Sunday 6th December – Advent 2

9.30am Beer Morning Prayer

11.00am Seaton Holy Communion

Sunday 13th December – Advent 3

9.30am Beer Holy Communion

11.00am Seaton Morning Prayer

Sunday 20th December – Advent 4

9.30am Beer Morning Prayer

11.00am Seaton Holy Communion

6.30pm **online** Service of Nine Lessons and Carols

Thursday 24th December – CHRISTMAS EVE

6.00pm **online** Christingle

11.30pm **online** Christmas Night reflection

Friday 25th December – CHRISTMAS DAY

10.00am Beer Holy Communion

10.00am Seaton Holy Communion

Sunday 27th December - Christmas 1

9.30am Beer Holy Communion

11.00am Seaton Morning Prayer

Sunday 3rd January - Epiphany

9.30am Beer Morning Prayer

11.00am Seaton Holy Communion

Further help and other resources on page 5.

STAY SAFE - COVID HAS NOT GONE AWAY!

Jeremy writes...

“Christmas is cancelled!” “Christmas delayed for two weeks due to Covid.” Two headlines from the national press recently. Bah humbug! Christmas isn’t delayed. It’s still when it always is. It’s still special. It’s still just as rich and meaningful. If, that is, you’re prepared to put the effort in. And in that regard – may I suggest – nothing has changed.

Two thousand years ago a baby was born. I suspect a lot of babies were born that year. And, whilst each may have been special to those who became parents and grandparents, most went largely unnoticed. The birth of Jesus was one such unremarkable event. Even his name was a common name for a Jewish lad at the time. An older father and younger mother would not have drawn a second look. As for being born amongst the animals and laid in a manger, well “join the club”, that’s how it was for many an infant. It’s the story behind the story, and the stories that came after, that were remarkable. And, to understand those you have to look a little harder, and a little further, than the manger of Bethlehem.

Children are still being born today, mostly in unremarkable circumstances. Many – too many – share the risks that were present at a birth two thousand years ago, which means that for a great portion of humanity Covid is simply not the greatest of their worries or the main threat to life. The wonder of that first Christmas, and the scandal for many, is that in that child God chose to take human form. God’s aren’t meant to do that – to get down into reality and dirty their hands with the wonder and banality of human existence. Yet, in Jesus, that’s exactly what God did. That is what Christians believe and will be celebrating this December.

Quite what December will bring and quite how we will be able to celebrate the season is not yet known and may not be for some time. However, in this magazine are the proposed services for our churches during December. Please do refer to our website and Facebook pages as things develop. However you end up celebrating Christmas please be assured of the prayers and best wishes of St Gregory’s and St Michael’s Churches.

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
- **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 575 7045 #. The call should cost no more than a normal call on your line. The service starts at 11.00am and lasts about 25 minutes.



...AND ON A PERSONAL NOTE..

After the privilege of serving as your parish priest for thirteen years it is now time for me to move on. I will be leaving the Parishes of Seaton and Beer in February to be licensed as Team Rector of the Saffron Walden and Villages Team, and Rural Dean of Saffron Walden.

Services, and the other activities of our Churches, will continue (Covid permitting) and the PCC’s, Deanery and wider Diocese will be working together to find the best pattern for future ministry.

My thanks and best wishes to you all.

Jeremy



ALTAR GUILD

Altar Guild members have had no meetings and have been unable to do their usual church duties since March. We have missed serving refreshments after services (although not the washing up!), flower arranging, fund raising etc., and hope things will get back to normal soon.



The Children's Society boxes were collected just before the second lockdown and the brilliant sum of £822 was raised for this very worthwhile charity. Many thanks to all the box holders for their generosity.

We send our love to our dear friend Marjorie Spear who will be 101 on 10th December.

It's so good to have an actual report from the ladies of the Altar Guild after such a long break, even if they are currently prevented from fulfilling their usual duties. They really are our "Christmas Roses"!

Editor

Sorry!

**The Mariner's Hall Craft Fair planned for
Saturday December 5th**

is sadly CANCELLED

HAPPY CHRISTMAS!

BEER WOMEN'S INSTITUTE



WI Report November 2020

Despite the regular lockdowns and restrictions Beer WI has continued to try and keep in touch with its members via email and Zoom meetings.

Instead of the regular November meeting a Zoom meeting was held with Chris Pickles from Beer Men's Shed giving a talk and update on their current activities. This was very interesting as it is under 2 years since the initial fundraising began but the concept has been so well received that fund raising for a second Men's Shed has just begun. This second shed will enable more men from both Beer and surrounding villages to meet, all of which enhances everyone's mental health and friendships.

Following Chris's excellent talk Chris Jones ran a quiz entitled 'Where am I?' which exposed all the gaps in our geographical knowledge. Thanks to both.

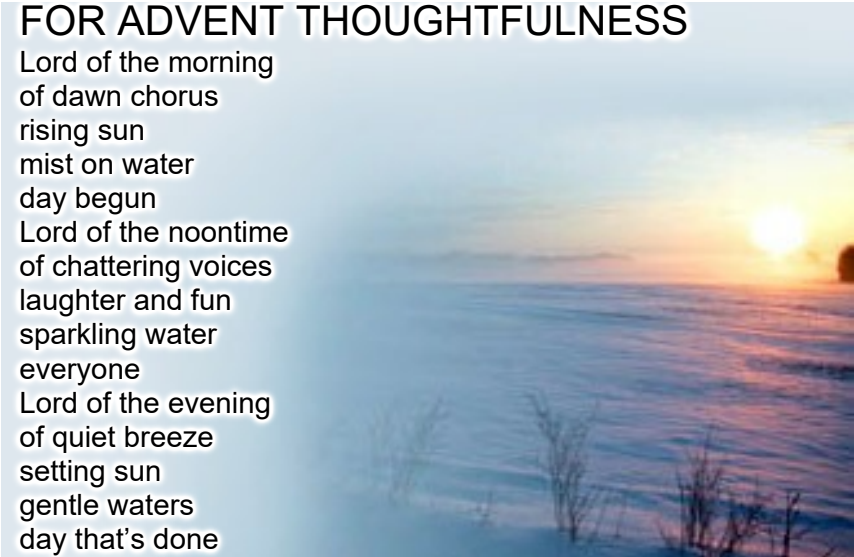
We are again holding a Zoom meeting at 7.30pm on Wednesday 2nd December so members please join in with the link emailed to you.

Finally Beer WI would like to take this opportunity to wish all Beer residents all the very best for Christmas and the New Year.

Stay safe. Stay well.

If you wish to know more about Beer WI please contact Jackie Goddard on 01297 21864 or email Jackiegod@live.com.

FOR ADVENT THOUGHTFULNESS



Lord of the morning
of dawn chorus
rising sun
mist on water
day begun
Lord of the noontime
of chattering voices
laughter and fun
sparkling water
everyone
Lord of the evening
of quiet breeze
setting sun
gentle waters
day that's done

Dark Skies Initiative:

Some great ideas for you to help protect the night from light pollution -

Light pollution is bad for humans - poor sleep patterns

Unnecessary street lighting during the night wastes money

Light pollution is bad for nature - e.g. Glow-worms

Some animals want to sleep while others are nocturnal, both are disturbed by light pollution.

Why not Inspect the lighting around your home?

Poor lighting creates glare and light pollution and wastes enormous amounts of energy and money.

Take a few moments to inspect your property for inefficient, neighbour annoying, poorly installed and unnecessary outdoor lighting.

Make sure any security lighting points downwards and is shaded -

Use dark sky friendly lighting at your home and business -

Talk to your friends, family, and neighbours -

Solving the light pollution problem involves raising awareness of the issue

Look up at night -

More info from CPRE at www.cpre.org.uk/ or www.darksky.org/

**Come and join us to
welcome the New Year with a
socially distanced**

Beach Clean

on

New Year's Day 2021

**Meet at 1100
at the
Fine Foundation Centre**

SEE YOU THERE!





CLINTON DEVON ESTATES

Nature's comfort in hard times

The latest restrictions and uncertainty may have impacted our normal seasonal preparations, inconvenienced Christmas shopping, and prevented sociable festive get-togethers.

However, nature has continued unabated in its annual readiness for wintertime.

Evergreens are symbols of life, being always green even in the depths of winter. Anyone making the most of countryside walks will have noticed the wealth of fruit including rowan, blackthorn, hawthorn or the dog rose and it's hard to miss the scarlet displays against glossy leaves on broom and holly.

Folk legends or old wives' tales claim you can tell how harsh a winter will be, by the number of berries on rowan or holly. But plants cannot predict the future and this abundance has more to do with a combination of favourable conditions, such as the wet spring and a warm summer we experienced this year. So, whilst this natural bounty cannot help us forecast with certainty how cold or bleak the winter season will be, the splash of bright berries against bare or evergreen branches can hopefully bring solace in these dark times.



Holly produces a proliferation of red berries (or drupes for any botanical purists) to sustain wildlife, especially mistle thrush and several mice species, through the colder months. Garlands of holly were hung by our pagan forebears to entice woodland spirits into their homes. Sacred to the Roman god Saturn, who was worshipped at the midwinter festival of Saturnalia, holly keeps us warm as a good firewood when seasoned and can even provide heat and a good

flame when burnt green. This evergreen with its spiked leaves and blood red berries was then adopted by Christians to represent Christ's thorny crown and sacrifice, forever securing its link to Christmas.

Mistletoe has long associations with fertility and links with Ancient Greek and Druid mythology. The Romans associated mistletoe with peace, love and understanding, hanging it over doorways to protect the household. Early Christianity retained these traditions, hanging mistletoe for love and vitality as well as protection against witches. From the 18th century references mention kissing under mistletoe, a tradition which you may continue to this day?



A parasitic plant, mistletoe takes up water and nutrients from its host tree. Although it can inhibit a trees growth, mistletoe rarely kills it and can be managed to ensure both stay healthy. The female plants bear the white, waxy berries which are favoured by thrushes and blackcaps who in turn help the future harvest by wiping the sticky seeds from their beaks into the bark of trees.

Ivy does not take from or damage trees but simply uses them, or other structures, in its climbing endeavour to reach the light. Ivy's late season flowers enable butterflies to build up reserves of energy to overwinter. The small dark berries provide a valuable source of food for hundreds of species whilst its trailing nature and dense ground cover provides a year-round refuge for small animals.



The slight toxicity of some evergreen fruits means they will be consumed in lower numbers at any one time, so supplies last well into winter. More palatable to humans are those like rose hips, rowan berries or the fruit of the blackthorn, used to colour and flavour sloe gin. If you are fond of foraging, remember, like the birds, to take only a small amount from each plant, leaving plenty behind for other creatures to gather later.

Whatever beliefs or symbolism you hold true and however you choose to decorate your homes, bring some evergreen in too, so that hope and life may enter your homes this season. We wish you a very happy Christmas and a healthy and peaceful New Year from all at Clinton Devon Estates.

Kate Ponting, Countryside Learning Officer 01395 443881
kate.ponting@clintondevon.com

A reminder that it is lambing time but sadly a few weeks ago a local farmer found one of her ewes dead and another missing after a dog attack.

This was completely avoidable, had the owner of the dog followed the Countryside Code.

Enjoy the chance to get outside this winter but help local farmers by always sticking to footpaths. We ask all dog owners to be responsible, and consider putting their animals onto a lead whenever crossing areas with grazing livestock. However reliable your pet is, remember any snapping, barking or chasing can cause stress, injuries or even death to livestock, especially when they are pregnant or with young.



Seaton Beer and District Branch RNLI

Me and my son Alastair plus Ann, Liz, Sue, and Spooky the dog had a great time this year on our Socially Distanced Annual Autumn Sponsored Walk on Sunday 25th October. We walked ten miles from the junction on the A375 Honiton road to Blackberry Camp along



lanes and footpaths to Seaton via Southleigh, Colyton and Colyford. We were very lucky with the weather with sunshine most of the walk. We

are delighted to say that by the 20th November the funds raised through our Justgiving.com page, plus sponsorship and donations are £561.50. If anyone would still like to contribute to our walk total we will be keeping our

<https://www.justgiving.com/fundraising/SeatonBeerRNLIILifesaversFund>

open until the 10th December or donations can be forwarded to 3 Belmont Terrace, Causeway, Beer, Devon, EX12 3LE.

We thank everyone who has supported us for this, only our second fundraising event of 2020.

Sadly our excellent Shop Managers Peter and Julia are retiring from our lovely Shop at Jubilee Gardens, Beer at the end of December. We are looking to recruit new managers for 2021 for this very important role. At the beginning of 2021 our Shop will have been at Jubilee

Gardens in various forms since 1980. As well as raising lots of money for the RNLI we give advice on sea safety, tourist



information and people hand lost property in to us. The role which can be shared includes ordering stock, receiving and displaying stock, health and safety and doing the rota etc.

The position is at volunteering@rnli.org.uk, see any of our Vounteers or email us at wac500@hotmail.co.uk

At the time of writing my report I have a few Christmas cards and sale items and these can be obtained by calling in to me at 3 Belmont Terrace.

We hope to do a Christmas Welly Walk on Seaton Seafront and Street Collection around the town on Saturday 19th December from 10am. The collection would be socially distanced assisted by RNLI Ted 1 and 2. Weather permitting we will dress up too. Of course, our event taking place will depend on any Covid-19 restrictions that may be in place at the time.

We also hope to have our SOS event at the Mariners Hall, Beer on Saturday 30th January. Depending on any Covid-19 restrictions at the time this may be our usual Table Top Sale or a Coffee Morning. Please see local advertising nearer the time for confirmation of our event.

A big thank you to everyone who has supported us during 2020. We wish all our Volunteers plus everyone at Beer and in our area a Happy Christmas and New Year.

From *Wendy*, Secretary and all at Seaton Beer and District Branch RNLI



Fine Foundation Centre

Beer Village Heritage

Reg. Charity No.1087162

Well, this month didn't quite go to plan, did it! Being locked down again has meant that many of us have been confined to our house and garden. It has given us the

impetus to do more in the garden, where we face the dilemma of having neat and tidy beds or leaving everything for wild life. For instance, should we take all of the ivy off the walls, or leave some as over-wintering shelter for the snails. Will leaving seed heads on the Japanese anemones and Michaelmas daisies attract birds? The solution appears to be to compromise, keeping some areas for nature. Do rake up the fallen leaves. Collect them into bags, or an old dustbin and keep them damp. They will break down over the next year, giving you some lovely leaf mould.

The birds are beginning to appreciate the feasts put out for them. Our neighbours have been watching a pair of black redstarts. The ravens have been rather vocal this week – possibly in protest at the presence of the buzzard! Steve Graham has set up a live stream so that you can watch the bats which are returning to the caves to hibernate. Beer Quarry Caves houses one of the largest hibernacula in Europe, which is one of the reasons why underground tours are not allowed during the winter months. You can watch on: <http://www.beerquarrycaves.co.uk/bats/>.

I make no apology for reminding you of the local walks in the area, including the new way-marked path linking the East Devon Way with the South West Coast Path. You can find all of the walks, which are downloadable, on:

<http://www.beervillageheritage.org.uk/leaflets-walks-maps>. The shorter days affect a lot of people, especially those who are inclined to become depressed. Being out-of-doors and keeping your body and mind active can help in combatting this debilitating illness. Our website, [beervillageheritage.org.uk](http://www.beervillageheritage.org.uk) is one way of finding out more about Beer and the local area, and have fun with a variety of activities. These include Ruth's "Blow-in" project, asking the question "why did you move to Beer?" You can contact her on: ruthtoohoots@gmail.com. Richard Scott is continuing with his Tales of Old Beer project. You can send your contributions to him on: rscottbeer@outlook.com.

One of the outcomes from the Greater Horseshoe Bat conference was a suggestion that Beer might be interested in being involved in the Dark Skies initiative. Bats follow hedgerows to find their way around, and their routes can be interrupted by street lighting as well as things like security lights. We all know how, as humans, we want to sleep at night, and how hard it is to wake up on dark and dreary mornings. Most animals have similar rhythms and suffer when sleep patterns are disturbed. We've put some information together for you and you'll find it elsewhere in this magazine.

The Jurassic Coast Collection's 'Big Five' competition continues in finding out which prehistoric creature is the favourite. The favourite Terrestrial Herbivore was the Scelidoraus.

At the end of last month we took advantage of the glorious weather to make some short videos on the beach. Mike talked about the basic geology of the World Heritage Site, flint and what you can find on the beach, while I did a bit about trace fossils and how we can use them to paint a landscape picture. The results are destined for the Jurassic Coast Trust website. We also met Tara who is on a student placement with the Trust and is going to help us by producing a take home fact sheet about rock pools. We know that children and adults alike enjoy rock-pooling, so this will be one way of enhancing and improving their experience.

Don't forget to recycle your crisp packets by making use of the collection bag outside of the Fine Foundation 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.

We've decided to celebrate the New Year with our traditional Beach Clean, so we'll see you all at 1100 outside the Fine Foundation Centre. In the meantime, have a safe and enjoyable Christmas,

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





Beer Talks!

19th Edition, 20th November 2020



Welcome and Ho! Ho! Ho!

Welcome to the first of our Christmas newsletters and whilst some of you understandably may be thinking "Bah Humbug!", BAG has decided that now is the right time to start spreading some much needed Christmas cheer to get us all through the last dregs of 2020!

We have lots of information for you in this edition including how to keep your mind and body well on these cold, dark winter days and crafty ideas to beat the winter blues. Our thanks go to all those who have sent in contributions to the newsletter as well as all of our coordinators who will be distributing it across the village. If you have something you'd like to see in the next edition, please feel free to email me at heather.morley@hotmail.co.uk.

In the meantime, we hope you enjoy this issue and keep well!

Notices

- Who needs to go and see the Christmas lights in Oxford Street or Exeter this year when we have the Great Beer Christmas Lights Festival right on our doorsteps? We all love seeing twinkly lights on a cold winter's evening and so this year we would like to encourage everyone across the village to put their Christmas lights up early ready for a synchronized village wide turn on, 2nd December 2020 at 7pm sharp! Please join in if you can and help to make our beautiful village even more lovely.
- If anyone in Fore Street or The Causeway needs help to put up their outside Christmas tree, can they put a note through Nigel Groves' front door and he will assist.
- Christmas trees will be sold on Saturday 21st November outside the Mariners' Hall between 10.00 and 12.30. Trees will then be available from Woozies.

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*It's good to see the BEER ACTION GROUP back in action!
I told you they hadn't gone away and would be here if we
needed them again...*

Financial Help Available

Are you and your family struggling financially? Perhaps you have been unable to access government support schemes which have been made available to others, through no fault of your own. There are still ways you may be able to get help quickly:

1. Financial Hardship Fund from EDDC.

East Devon has been allocated £192,100 for residents who are struggling to afford food or other essentials. This help could be by delaying Council Tax payments, financial support for housing payments, access to emergency short term support through shopping vouchers, food bank referrals, utility top ups, paying for essential travel needs, or advice about support services. To apply for this funding, the link is:

<https://eastdevon.gov.uk/coronavirus-covid-19/benefits-and-council-tax/information-financial->

Alternatively, you can send an email to hardship@eastdevon.gov.uk with your name and phone number.

If you don't have internet access, we can send an email for you and ask someone from the Council to contact you directly – please contact Lee on 07890 948262. You don't need to give any financial details, just your name and telephone number, and your call will be treated confidentially.

2. If you need immediate financial support, Beer Action Group has a voucher scheme set up with the Top Shop. Vouchers are available through the Primary School and directly from Lee – any contact will again be treated in confidence. Please use this support if you need it – we understand asking for help is often very hard, but these are unprecedented times and, as a community, it is right that we support each other through this.

Further details, including other financial support, is available on the EDDC website. They have a Coronavirus Community Support Hub and, for those not online, the team can be contacted on 01395 571500 during office hours, or on the emergency out of hours number, which is 01395 516854.

- Now is the time to get practicing your Christmas Carols as we plan to be singing them together on Christmas Eve across the village! Not necessarily in tune or in time but with great joy and gusto at least! More to follow so get practicing now!
- We would like to encourage everyone to join in with some community bell ringing on our doorsteps on Christmas Eve from 6pm onwards. This is a really lovely initiative that is spreading right across the country so let's join in!
- The 2020/2021 flu vaccination is available for 65+ years in the Beer Pharmacy with the under 65 years following soon.
- Olio is a great mobile app for food sharing. Its goal is to reduce food waste and it does this by connecting those with surplus food to those who need or wish to consume such food. Olio is the number 1 Free Sharing App – Fight waste. Help your neighbours. Save our planet.

*...of course, better still if we didn't need them.
This is their first Newsletter after coming out of hibernation
and I thought I'd better publish all 6 pages of it...*

Beer's Care Cards for Christmas initiative

After the success of our Care Cards during the last Lockdown, the lovely people of Beer are swinging into action again! The Managers of the Care Homes in Seaton have told me they can't wait to see what we do this time!

Lots of you have provided beautiful photos of Beer in the snow. Alan Back has been a star, and used them

to create our very special Beer Christmas Cards and some collages.

Lots of fabulous volunteers are busily writing cards to care home residents in Seaton, plus some former Beer

residents in care homes further afield.

Thanks also to all the children of Beer Primary School,

who are joining in by drawing and writing their Christmas greetings!

In this second period of Lockdown, with Christmas speeding towards us, it's so good to spread a little of our unique Beer spirit.

Thank you all so much!

Maddy x



Shops and restaurants' update

The information in the last newsletter is largely still current but with the following updates:

Top Shop - Now closing at 16.00 on Sundays throughout the winter rather than 17.00.

Chocolate n More - Opening hours now 10.00 – 12.30 not 14.00

Steamers restaurant - Takeaway meals being provided on Wednesday afternoons at 16.00 and Sunday lunchtime at 13.00. Details on Steamers' Facebook page or Andy can be texted on 07900 036231 for further information.

Colin

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...we all need a little help in times like these...

Beating the Winter Blues

As we enter another week of our winter lockdown, I am aware that some people may be beginning to feel an increasing sense of isolation and being 'trapped' inside their homes. The relationship between our environment and our sense of wellbeing is an important one; learning to create a warm, nurturing space engenders a feeling of caring and being cared about.

Several years ago, my job required me to spend time in a Norwegian town some 70' north of the Arctic Circle. Although by the time I arrived the days were lengthening, it was still only reaching twilight for 3-4 hours per day and extremely cold! Despite the cold, the thing that struck me most was the lovely golden glow emanating from both inside and outside spaces.

I realised that rather than dreading the dark and cold months, the Scandinavians' have learned to make the best of this time of year by finding ways to enjoy spending as much time outdoors as possible. Simple things such as threading white winter lights

everywhere in trees and bushes along with storm lanterns with lit candles to illuminate

windows, doorways and outside tables. People routinely don thick coats, wrap themselves up in cosy throws and enjoy warm drinks outside in their gardens and parks. Those who cannot be outside, wrap up warmly and sit by open windows for a while to breathe in the fresh air and pass the time of day with anyone close by.

There is no doubt that we all feel better when the Christmas lights start to appear in streets and our neighbour's windows – perhaps this year we could adopt some Scandi style and thread as many white lights around our village as possible a little earlier than usual?

Let's try to wrap up warmly and sit outside or, if we can't go out, wrap up in a blanket and sit by an open window with a warm drink for a short while as often as possible; perhaps we may even be able to have a quick catch up chat with our neighbours from the safety of our gardens or windows too!

Take good care everyone!

Debs x

...but never forget, there's always someone worse off than you...

Be(t)er Keep Moving!

It's colder, the weather is worse, and who knows what COVID will do next, but none of those

should change the simple fact that we need to keep moving in whatever way possible.

Movement, and its scarier friend exercise, are vital for a healthy life, both mind and body are

substantially influenced by how much we get ourselves shifting about. Physical activity can

improve your quality of life, help manage stress, improve your sleep, and also reduce your risk of all sorts of conditions including type II diabetes, depression, and cardiovascular disease.

Guidelines recommend accumulating 150 minutes of moderate physical activity every week. Whilst this might sound a lot there are many daily activities that can contribute, such as a brisk walk, carrying shopping, gardening, and climbing the stairs. Importantly you can build up to this guideline in 10 minute bouts, which means you don't have to set aside lots of time in one go. If you can't meet the guidelines then don't worry as some is good, and more is better.

Movement doesn't have to be complicated nor boring. Here is a simple way to keep yourself active:

- Draw the alphabet with every part of your body;
- Start with your foot, either standing on one leg or sitting, and move it as much as you can to write your ABCs;
- Don't rush, take your time and really feel the movement, working as far as you feel comfortable;
- Work through body part by body part, you are mostly looking for articulation around each joint, but do what feels right for you;
- Try and work through the following once a week:
 - Ankle
 - Knee
 - Hip (nice big wiggling movements)
 - Spine (take it easy here)
 - Shoulder
 - Elbow
 - Wrist
 - Neck (again, nice and easy)
- Pay attention to what feels tight and what feels weak
- Relish in any improvement of your movement!

Jack, Wild Balance (Personal Trainer and Soft Tissue Therapist)

...but things change so fast that by the time you read this you've probably already had a more up to date Newsletter ...

Christmas Craft Corner



Why not make fabric parcels this year for your presents! They can then be kept (and treasured) and used for a different purpose after Christmas.

Bottle bags could become peg bags, fabric envelopes could become pyjama cases and

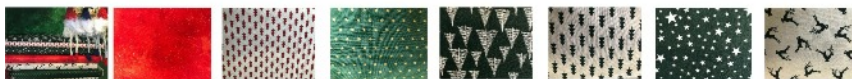


sew on. Please let us see your creations so we can share on the Beer websites.

Kim at The Cloth Shop has kindly sourced some lovely Christmas fabrics (see below for examples) that you can purchase for your crafting. If you would like to buy any, please text Kim on 07767 778248 and she will get back to you.



Happy Haberdashery!



Last but by no means least...

A very Happy Birthday to Joy Wellby who turned 100 this week. Lockdown makes it really hard to celebrate in the usual way but Joy was still able to enjoy a tour of the village and to wave to the many Beer residents who turned out to cheer her on. Thanks to everyone for making such a lovely effort and many congratulations to Joy and her family!



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...So stay safe, keep well, keep busy...and do have a Happy Christmas despite everything!

Editor



**MARINERS' HALL, BEER
MANAGEMENT COMMITTEE**

At the time of writing, the Mariners' Hall is closed to all users. Although the current restrictions are due to be lifted on December 2nd, the government has indicated that further guidelines may be imposed from then and there is no guarantee that we will be allowed to re-open the Hall.

As a result, the Management Committee has, reluctantly, decided to cancel the Craft Fair which was to have been held on Saturday 5th December.

The situation continues to be fluid, with frequent updates. We will continue to post information as and when appropriate and hirers should stay abreast of all current government guidance. The Booking Secretary will let regular users know when the Hall will be available again.

Please remember that there are additional expectations of hirers in terms of managing their activity in a Covid-19 safe fashion and with regard to the latest Government regulations for Community Halls. All users are being asked to consider how they can meet any new requirements and must complete the necessary paperwork and booking forms. These give hirers the relevant information to enable them to complete their own risk assessments.

If you would like to book the Hall, please contact the Booking Secretary on: mikefparker@me.com



ROYAL BRITISH LEGION POPPY APPEAL 2020

Thank you to all our local residents and, of course, the holiday visitors which enabled us to raise £3194.69. As we all know this year has been very difficult for obvious reasons but in typical Beer fashion we have pulled together to play our part in raising necessary funds to support our military

veterans in need of help.

Thank you to all the local businesses for allowing us to place poppy collecting tins in their shops and to a couple of street collecting teams who braved wind, rain and sometimes sun whilst selling Poppy Appeal items.

We continue to look after the seven war graves in the Old Cemetery which have had a tidy up and the headstones a good scrub.

Carol Arnold, our Branch Secretary, has planned and delivered a Remembrance Garden on the Jubilee which, with the skill and materials supplied by the Men's Shed, is a fitting memorial to The Fallen. Richard Scott's Memorial Avenue is beginning to take shape now that the benches have been installed and we look forward to opening and celebrating this very worthy village project.

Finally, I should like to thank all of those who attended both the Remembrance Sunday and Armistice Day ceremonies at the village War Memorial. To me, the reading out of the names of The Fallen who lived in the village or had strong connections with it is a very important aspect of such ceremonies and so this year we had the chance to do it twice.

So, well done Beer and Thank You.

Peter Anderson, Poppy Appeal Organizer.

Royal British Legion, Beer Branch.





**Set our hearts on fire with
love for You, O Christ,
that in that flame we may love
You and our neighbour as
ourselves.**

ADVENT

Advent is a time for reflection,
lighting of candles.

A time of preparation,
waiting,
expectancy.

A Time for thinking about our
personal journey as a human
being held in God's love, and also
a time for thinking about God's
world.

It is a time when God's Spirit, working
through our lives each day, challenges
our easy assumptions about life and belief, and allows us space to
turn away from these surface things which constantly delude our inner
life. Traditionally in the days of Advent there has been an emphasis on
the coming of **Light** –
that Light which illumines all our journeys and brings healing to the
nations.

Advent is a special time in the Christian year.

In our troubled world, which is also a world of extraordinary possibility
and creativity,
we perhaps need such times more than ever.

Times to renew our soul
so that our lives may express a deeper compassion and a more joy-
filled awareness.

Or in the beautiful words of the old Eastern Orthodox prayer:

**Set our hearts on fire with love for thee,
O Christ, that in that flame we may love thee
and our neighbour as ourselves.**

Let's hope this happens!

There are thoughts of having a "Drive In Carol Service" where we could all sit in the safety of our cars and sing carols as loudly and as out of tune as we like.

Enquiries have been made and there don't seem to be any problems in using the Central Car Park. People are getting quite enthusiastic about it.

It could perhaps be combined with Christingle as we obviously won't be having our traditional service this year! The Children's Society could provide us with "goody" bags for each family to take home and make their own Christingle.

Arrangements are under way and although nothing is finalised, it really could happen!

Look out for posters, Facebook, and any other places where it might be advertised.

**CINEMA
FOR ALL**

Beer Film Society



Well despite trying our best to re-launch the Film Society last month, we were sadly over-taken by events.

With the new lockdown coming into force the committee decided we had no option but to cancel the showing of *Parasite* planned for November but in addition we have also taken the decision to cancel the proposed film for December as well.

We will assess the situation after that and decide then whether we can go ahead with a film in January.

In the meantime we will continue with the weekly TV film guide, assiduously compiled by Ros.

You can find the weekly suggestions for films on television on our website:

www.beerfilmsociety.org.uk



YOUR “LOCAL” CONTACTS

Parish Council

Geoff Pook	01297 24649	<i>Chair</i>
Louise Vine	07974 528540	<i>Vice Chair</i>
Jessica Boulton	07580 608080	
Darren Clinch	07790 211242	
Andy Cobbold	07715 221454	
Wendy Dodd	07434 948406	
Rick Dormor	07970 217267	
Mandy Graham	01297 20369	
Leona Reeve	07890 948262	
Martin Richards	01297 23422	
Maureen Westlake	01297 23850	

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: 02072197172 neil.parish.mp@parliament.uk

Constituency matters - Tel: 01884 841497

10 Observations

- Your thoughts are not you. They're just passing through. Like clouds moving across the sky. The sky has infinite depth.
- Be alone for a little time each day. Bring your inner calm to it.
- Accept whatever happens at any moment; let it be. It's a waste of time arguing with reality. If you need to take action, act out of your acceptance. Align yourself with Life.
- You live your life in the one perpetually-renewing moment called Now. The whole of your life happens in Now. Make friends with it. Value it.
- Grief and happiness are part of the package of life. Joy and sadness, depression and elation – these accompany you all along the way. See the whole package, so that when suffering comes you know it has its place.
- Every human being on the planet (every life form on the planet) is a spark, an instance of the One Universal Consciousness. Ultimately, all life is One. Can you sense your connectedness to the whole?
- Keep reminding your ego that you're on to it. You know what it's up to. If you recognise self-centred behavior in others, that's because it's also in you.
- Healing is available at every moment. Stop thinking. Hold your attention the stillness of the present moment. Feel the depth of a still mind.
- A crisis moment arrives in your life? Breathe deeply, take your attention down to your abdomen. A deep conscious in-breath and a conscious out-breath. Calm and control are yours.
- The atoms of your body were in the stardust that made the planet. The Universe is moving through you. Do not fear death. You are consciousness. You are Life. Life cannot be extinguished.



Coronavirus

SUPPORT OUR LOCAL SHOPS AND BUSINESSES

Although many businesses, amenities, and attractions had re-opened in one form or another, the new lock-down from 5th November meant they were once more out of action. That period may have ended but new restrictions are now in force and could change rapidly. So check online or by 'phone what goods and services businesses are currently able to offer.

Editor

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Coronavirus

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Beer Parish News

*I wish everybody who has contributed to
Beer Parish News in the past year
and to all our readers*

a

*Very Happy Christmas
and may the joys of Christmas be with you!*

At 5pm on Christmas Day I intend to pause in whatever I am doing, drink a special toast to friends near and far, known and unknown, and say a prayer for those in need. Perhaps you would join me.

Editor

**Copy for January to be with the Editor
by Monday 21st December, please
henryjaggers@btinternet.com
01297 20858 Green Bank, 9 Clinton Rise.
Please keep your contributions coming!**