

# Beer Parish News

## February 2021



*2007 - 2021*

*FAREWELL, THANKS, & GOOD LUCK!*

**St Michael's.....and Village**

# CHURCH DIRECTORY

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<b>Altar Guild:</b>	Mrs P. Bewick	21954
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<b>Choir:</b>	Dr G. Butler (Practice Wed 6-7pm)	21375
<b>Organist:</b>	Dr G. Butler, Mullions, New Road, Beer	21375
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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 - FEBRUARY 2021

## *The Church under Coronavirus restrictions*



[www.coastalchurch.org.uk](http://www.coastalchurch.org.uk)

To play our part in reducing transmission of the more virulent form of the virus now around, and with tighter lockdown now imposed on the wider community, our churches have currently ceased gathering for

Sunday Services but are offering one online service each Sunday at about 10am. It can be viewed live or at any time after the event. Visit the above website for details.

***St Michael's Church will be open on Wednesdays, 10am to 12noon, for you to come in; shelter from the weather; enjoy the peace and calm; and pray if you wish to. Please wear a mask.***

### ***A Church calendar for February***

**Saturday 6<sup>th</sup> - Accession on Queen Elizabeth II (1952)**

**Sunday 7<sup>th</sup> - 2<sup>nd</sup> Sunday before Lent**

**Sunday 14<sup>th</sup> - Sunday next before Lent**

**Tuesday 16<sup>th</sup> - Shrove Tuesday**

**Wednesday 17<sup>th</sup> - Ash Wednesday**

**Sunday 21<sup>st</sup> - 1<sup>st</sup> Sunday of Lent**

**Wednesday 24<sup>th</sup> - *Ember Day***

**Friday 26<sup>th</sup> - *Ember Day***

**Saturday 27<sup>th</sup> - *Ember Day***

**Sunday 28<sup>th</sup> - Second Sunday of Lent**

***Ember Days*** are clusters of three days four times a year, roughly around the start of the four seasons. They are set aside by the Church as a way to mark the passage of seasons through prayer and fasting. Traditionally, ordination of clergy takes place on Ember Days.

***Turn to page 5 for further help and other resources for worship.***

**With vaccinations being rolled out, we have hope!  
*BUT STAY SAFE - COVID IS STILL WITH US!***

## *Jeremy writes...* (for the last time?)

This is my one-hundred-and-sixty-sixth, and final, “Jeremy writes”. I thought of finishing with a summary of the best bits from those articles but find I have already exceeded that word count. Instead, I would like to finish with a thank-you.

Being a Vicar is the strangest role I have ever inhabited. You are both an honorary local and someone held slightly at arms-length. You have the privilege of getting to know many wonderful people, but forming deep friendships is not without its

difficulties. You invest in understanding and growing to love a community but are aware you must finally withdraw from it.

However, there are good reasons clergy should not remain for ever. A previous Parish of mine had a succession of four clergy who together spanned well over a hundred years of ministry. They were four successive generations of the same family and all shared the same first name. Not confusing at all, and evidently not healthy for the life of that Church. Any Parish and any Church community need fresh leadership and direction once in a while. It’s healthy. It is also a reminder that the local Church is just that: local, and made up of the faithful people who have come and gone over the years. Clergy merely arrive to contribute their thing, and then should go. In its early days, Ministers of the Methodist Church would spend just one month with each congregation, contributing their particular gift to the life of the local Church before moving elsewhere to repeat the process. It reminded folk that the life of the church locally was firstly their responsibility; it kept power locally rather than being imposed by the Minister; and, it stopped the Ministers from putting themselves first and at the centre of all things – they were simply a resource to strengthen and build up. There are good reasons why



clergy should move on and even better reasons why they should never retire and not continue to serve in parishes they have been with before.

So, I'm moving on to pastures new. That will be good for me, and also for you. It will allow things to emerge which I had neither the talent nor the vision to enable, and it will allow me to take my particular talents and vision to somewhere else that has need of them. I hope to stay considerably longer than a month though!

Services, ministry, Church will continue through a period of vacancy, and in time a new Vicar will be appointed. Please hold those who will manage this process locally in your prayers. And, if the life and health of the local Church is of concern to you, please consider how you can support it.

My thanks, love and best wishes,

*Jeremy*

### **Church life at St Gregory's & St Michaels:**

Currently our Church Buildings are closed for public worship. Both are open on Wednesdays from 10.00am to 12.00noon for private prayer, or a chance to simply sit and contemplate. We share a service at 10.00am on Facebook. This can be viewed live or at any time after.

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 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.





## **We invite you to pray for our nation**

In response to reaching the terrible milestone of 100,000 deaths from COVID-19, the Archbishops invite all to call on God in Prayer. Starting on 1 February we invite you to set aside time every evening to pray, particularly at 6pm each day. More than ever, this is a time when we need to love each other. Prayer is an expression of love.

**We remember before God those who have died and we pray that God's love will surround all who mourn them, now and always.**

Gracious God,  
as we remember before you the  
thousands  
who have died,  
surround us and all who mourn  
with your  
strong compassion.  
Be gentle with us in our grief,  
protect us from despair,  
and give us grace to persevere  
and face the future with hope  
in Jesus Christ our risen Lord.  
**Amen.**

Watch, O Lord, with those who  
wake, or watch, or weep tonight,  
and give Your angels and saints  
charge over those who sleep.  
Tend Your sick ones, O Lord  
Christ.  
Rest Your weary ones.  
Bless Your dying ones.  
Soothe Your suffering ones.  
Pity Your afflicted ones.  
Shield Your joyous ones, and all  
for Your love's sake.

**Amen.**

*Attributed to St. Augustine*

# BEER WOMEN'S INSTITUTE

## Beer WI January Report



Welcome to 2021, with yet another covid lockdown surely things can only get better with the vaccinations taking place locally since before Christmas.

Beer WI continues to be active, involving members in a variety of online activities and Zoom meetings.

Our January Zoom meeting was held with 17 members attending. It was very entertaining with some members showing their lockdown projects. The group then enjoyed a discussion on a wide variety of subjects. One member (an NHS physiotherapist) gave us interesting ideas for simple exercises in the home to keep us active. Others suggested online videos with Joe Wicks and Mr Motivator.

In addition to our full members meeting we are currently running 2 book clubs and a writing group. Future activities include a gardening group and a monthly jigsaw swap amongst members.

The Devon Federation for WIs sends regular newsletters to all members with information of activities, free talks and demonstrations available on line. The National Federation also has a large website available to members with many online courses.

Wishing everyone a safe and healthy 2021.

If you wish to know more about Beer WI please contact Jackie on 01297 21864 or Penny on 01297 599157.



## BEER BEACH IN WINTER

Shafts of winter sunlight  
Descend brightly to the shore,  
Their twinkling paths lead to the sea,  
Like many times before.

Distant echoes from a memory  
Travel forth from summer days,  
Of children squealing with delight  
As at the seaside they do play.

Now once lost jelly shoes and toys  
Returned upon the tide,  
Are scattered with the driftwood  
For the beachcombers to find.

The tea huts closed for winter,  
Tightly battened from each storm,  
Stand guard against the crashing  
Of each mighty new wave form.

The fishing boats are resting,  
Safe and high from the sea's might,  
Crab pots, nets and lines are mended,  
Ready for the fishes' bite.

Seagulls soar upon the thermals,  
The air echoes with their call,  
The cliffs stand silent, watching  
Natures' movements one and all.

Recording and observing,  
On a cold and winters day,  
An oasis from the busy world,  
A unique and special bay.

*Wendy Cummins, c.1986*



## Leaving gift for Jeremy Trew

You may know that Rev. Jeremy Trew is sadly leaving us in February. He will be licensed as Team Rector of the Saffron Walden and Villages Team and Rural Dean of Saffron Walden in March.

With no Sunday services now due to COVID it is difficult to organise a local collection.

If you would like to contribute towards a leaving gift for Jeremy and Alison, please give cash or cheque to Gayle Chapple, who lives at **Sunnymead in Higher Meadows** - just pop it through her door, or by post to me at

**Brierley, 9 Millford Road, Sidmouth, EX10 8DR.**

Gayle is also in St Michael's every Wednesday 10am until 12noon when the church is open for private prayer, so it is possible to give her donations then.

Cheques should be made payable to St Michael's Church.

We would be grateful if you could pass this information on to any one in the Beer community who you think might like to contribute and may not read this Parish magazine.

With grateful thanks,  
*Jean Smith*, Secretary to the PCC

**Appearing in church bulletins or announced at church services:**

*...yes, really!*

**"The Fasting & Prayer Conference includes meals."**

**"Ladies, don't forget the rummage sale. It's a chance to get rid of those things not worth keeping around the house. Bring your husbands."**

**"Scouts are saving aluminum cans, bottles and other items to be recycled. Proceeds will be used to cripple children."**

**"The sermon this morning: 'Jesus Walks on the Water.'  
The sermon tonight: 'Searching for Jesus.'"**

**...and many more. Everyone needs a laugh!**

# Beer Parish Council Newsletter

An online Remote Council Meeting was held on the 12<sup>th</sup> January 2021

- There was no Police Report submitted.
- The County Councillor, Martin Shaw, submitted his report to the Council. It was noted that new grants have been made to The Gateway, Beer Men's Shed and Branscombe Parish Council.
- Councillors received reports from the Environment and Community Portfolio, the Assets and Property Portfolio and an update regarding the EDDC Asset Transfer. The Council has received 223 responses from the public both hard copies and online responses, this was felt to be very pleasing.
- An update on the S106 play and sports funding:- The children at the Primary School will be given the opportunity to give their preferences as to how they wish the money to be spent.
- The bank reconciliation was approved to the end of December 2020.
- The amendments to the principles of commercial letting for the Mariners Hall and to approve the redraft of the Delegation of Authority document were approved.
- The new events co-ordinator, Kayleigh Westlake, submitted her report to the council.

Kayleigh has lived in Beer all her life and became a part of Beer Parish Council in August 2020 and then in September she became part of the CCT as Beer Parish Council's Events Co-ordinator. Her job is to promote the village and in time

advertise that " Beer is open for Business" and to organise other events in the calendar.

The next meeting will be held on 2<sup>nd</sup> February 2021 at 7pm

If you wish to contact the Council please do this in the usual way to the Clerk of the Council: Annie Dallaway 07593 405161

[clerk.beerparishcouncil@googlemail.com](mailto:clerk.beerparishcouncil@googlemail.com)

### **A New Local Plan for East Devon – Issues and Options Report Consultation**

We are advised that East Devon are producing a new local plan for East Devon. To commence the process they have produced an Issues and Options consultation report. This report highlights some of the major planning issues and challenges that we see for East Devon over the years ahead and some of the potential responses. We would welcome your views on the matters we raise or any additional considerations.

The Issues and Options report can be viewed at [www.eastdevon.gov.uk/newlocalplan](http://www.eastdevon.gov.uk/newlocalplan) and there is an online questionnaire if you wish to contribute. They need to receive any comments by [12:00 noon on Monday 15 March 2021](#).

Responses received to the consultation will be used to help EDDC produce a draft version of the local plan that they hope will go out for consultation in early 2022.

It is envisaged that a new local plan will guide future development and contain the full range of planning policies needed for Beer Parish Council to undertake its development management functions and determine planning applications.

#### **Matt Dickins MRTPI**

Planning Policy Manager

East Devon District Council

[mdickins@eastdevon.gov.uk](mailto:mdickins@eastdevon.gov.uk)

Direct: [01395 571540](tel:01395571540)

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## Seaton Beer and District Branch RNLI

As so for many charities, due to the on-going Covid-19 restrictions the start of 2021 has put our Seaton Beer and District Branch fundraising on pause once again. Our Shop at Jubilee Gardens, Beer is closed until we receive advice that we can re-open again. We will be advertising for additional Volunteers during the coming months and for new Shop Managers. The Shop Manager position can be shared and includes ordering stock, rotas, health and safety and other duties. Our Shop is very important and as well as raising funds for the RNLI we give information to people in our area and tourist information, sea safety plus information about the RNLI. Further details can be obtained by emailing [volunteering@rnli.org.uk](mailto:volunteering@rnli.org.uk) or emailing our branch of the RNLI at [wac500@hotmail.co.uk](mailto:wac500@hotmail.co.uk) or speak to any of our Volunteers.



We hope that the Covid-19 restrictions will have eased by the summer and we will be able to have our Beer Lifeboat Weekend in July with our Street Collection and Table Top Sale on Saturday 3rd July and 15th Annual Duck Race Day on Sunday 4th July.

During 2020 the Crew and Atlantic 85 Class Lifeboat "Spirit of Loch Fyne "at Lyme Regis Lifeboat Station had a busy year and went out on service 46 times. (thirty times in 2019) The Exmouth lifeboats D Class "George Bearman 2 and Shannon Class lifeboat "R and J Welburn" were also busy. Both lifeboats had a wide variety of call outs to people including swimmers, people on inflatables, walkers cut off by tides, kayakers, power boats and fishing vessels. They are part of 238 lifeboat stations and 240 lifeguard units around the coast of Great Britain.

We send our best wishes to everyone and look forward to being out and about again as soon as possible.

**Wendy Cummins**

Secretary Seaton Beer and District Branch RNLI

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Good wishes go to Rev. Barry Wood who is retiring from parish ministry.

He writes:

*"It has been a privilege to serve the Anglican Church and parish of Beer for the past ten years. My wife and I intend to continue residing in Seaton.*

*God Bless,*

*Fr. Barry Wood."*

# Fine Foundation Centre

## Beer Village Heritage

Reg. Charity No.1087162

Those of you who have ventured onto the beach will have noticed that the Fine Foundation Centre has a new look. Chris Bright is busy replacing timber which has succumbed to the effect of the

salty atmosphere, and the larch lap will give the building a new lease of life. Once the building renovations have been completed, the Trustees plan to update some of the exhibits in the hope that they will be able to open the centre to the public in the Spring. A recent discussion with those who manage other centres along the coast indicated that most are planning to open in time for the Easter holidays but expect that they may have to delay until some time after then. One of the constraints on working in our centre is social distancing. The centres which rely on volunteers indicated that the time scale for vaccinations will be a factor in when they are able to open. Covid-19 continues to affect our lives in a variety of ways.

We took the decision to organise the Beach Clean on New Year's Day as this has become something of a tradition. We set up a system to ensure social distancing. Each person took one of our rock-pooling buckets which they returned once it was full. We then emptied it into a black sack thereby limiting contact with one another. Over 30 people came to help, and it was good to see a number of youngsters. Apart from the usual pieces of plastic, odd sandals and fishing line, the haul included a BBQ, a pair of insoles, a nail brush and... a bottle of urine.

The webcam in Beer Quarry Caves has been turned off for the time being. It was trained on one of the usual roosting wires for the Greater Horseshoe bats, but none have taken up residence. So, the assumption is that they must be reacting to the camera! My understanding had been that bats reacted to the clicking sound made by a camera rather than the light, so this is new territory!

The annual bat count on the 20<sup>th</sup> January found 441 bats, 304 being Greater Horseshoes.

Chris Pickles is working on a new website which will hold a collection of archive material about the village, drawing on Beer Village Heritage resources as well as the content of the Beer Memories website. The new site will work alongside the BVH website which will continue to keep you up-to-date with current activities. The Mariners' Hall management committee has agreed to "own" the new website.

Last month we pointed out some spectacular sights in the night sky. Such a pity that the weather was really unhelpful, and clouds made it very difficult to so see the Jupiter-Saturn conjunction at its best. I didn't see many shooting stars either. Earlier this month some of you may have witnessed the Jupiter-



Saturn-Mercury configuration.

We may be having some cold weather at the moment, but there are signs of Spring in the garden. The snowdrops are making a brave show, and the primroses are continuing to give us some colour. The frost has finally killed off the nasturtiums, which were still flowering into early January! The birds are grateful for the offerings on the bird table, and do make sure that there is water available for them to drink, and to bathe in.

Ruth is continuing with her “Blow-in” project, asking the question “why did you move to Beer?” You can contact her on: [ruthtoohoots@gmail.com](mailto:ruthtoohoots@gmail.com). You can send your contributions for Richard Scott’s “Tales of Old Beer” project to: [rscottbeer@outlook.com](mailto:rscottbeer@outlook.com). The “Lockdown in Beer” exhibition can be seen in the Bomb Shelter which is open when possible.

You can still 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.

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)

*Repairs and smart new cladding to the front and side of the Fine Foundation Centre.*





## **Beer Talks!**

21st Edition, 22nd January 2021



### **Welcome!**

Welcome to the 21<sup>st</sup> edition of the BAG newsletter. As well as having our usual notices slot and Craft Corner, we also have a great article by Debs Gildersleeves on good mental health and also a feature on the Beer Men's Shed group by Chris Pickles. We hope you enjoy them!

We also wanted to take the opportunity to say that we are thinking about everyone who is coping with bereavement, illness and sadness at this time. If there is anything at all that BAG can do to help, please do ask. We are here to support you.

### ***A very fond farewell to Wendy and Bramble...***

*It is with deep sadness that we will be saying "goodbye" to Wendy and Bramble next week. Founder members of BAG, Head of Fun and Police Liaison and general all round fabulous person (and dog!), Wendy and Bramble have been at the heart of everything that we have done at BAG over the last year. It is actually because of Wendy that the seeds of BAG were sown, as a group of us got together to try and support Wendy after the tragic death of her lovely husband, Robert.*

*From all of us at BAG, good luck Wendy and Bramble, and we hope you enjoy the frozen north and your new life there!*

*Lots of love and come back and see us soon, BAG xxx*

## Notices

- **Food vouchers** are available from Lee if anyone needs them. They are redeemable at the Top Shop.
- There is a huge amount of practical help available from the local **Action for Children** centres. This includes food bank referrals, baby bank referrals, speech and language development support, parenting programmes and mental health support. For more information, please contact Amanda Partridge on 01395 226789 or go directly to the Action for Children website at [actionforchildren.org.uk](http://actionforchildren.org.uk).
- For those who love **jigsaws** we now have a fairly big supply of a variety of them to lend out to the community. They can be a great way to relax so they say, so ask your coordinator for one today.

- **Beer Buddies** -just a reminder that if you are feeling a little bit low and could do with a chat with someone, **BAG** can put you in touch with a local telephone buddy. For more information, please contact your street coordinator or call Lee on 07890 948262 or Annie on 07968 157136.
- **Ink cartridges** - please keep collecting your used printer ink cartridges as the school has great plans for them. More to follow!
- Why not join in the **RSPB Big Garden Bird Watch from 29-31 January** - for more information go [www.rspb.org](http://www.rspb.org) - a soothing way to spend an hour or so! If you need a hard copy of the submission form to complete and post to the **RSPB** and don't have access to a printer, just let your coordinator know and we can get one printed for you.

## **Craft Corner**

*Our latest craft project is to knit or crochet shawls for care home residents in Seaton. They can be any yarn, any stitch and any design. Bramble and I are currently knitting a double rib design in chunky (whilst watching Bridgerton, surprised I haven't dropped any stitches!). You could also knit or crochet 12-inch squares that could then be sewn together. Finished articles to go to Helen Turberville, please, or to your street coordinator. Helen's contact number is 07817 078004.*

*Also, if you have any spare yarn or fabric that you would like to donate, then please leave it with Helen or your coordinator. We have got a small supply of donated yarn already if anyone would like some, again ask your coordinator.*

*For those who have a sewing machine that is ready to be dusted off and put to good use, how about making some Beer Bags for our local shops to help reduce the use of plastic bags in our lovely village?*

*And, of course, there still is a need for fabric masks, so please crack on with these too!*

*Happy crafting everyone!*

*Wendy (& Bramble) x x x*



## Beer Men's Shed

### Keeping busy In a COVID world...

When you get into a lockdown situation like the current COVID one, you've got a choice. You can slow down and stop doing anything, or you can get busy and start doing something new! Usually, we're all too busy doing day-to-day stuff to even think of



starting something new: it's hard enough keeping up with the old stuff! But a lot of *us* have been picking up new skills during the lockdowns, almost without trying. For example, most of us hadn't used Zoom before COVID came, and most of *us* have learned something more about the technology that we've got because we had to if we want to join in things.

Beer Men's Shed isn't just about doing woodwork. Most of our members have each got around 45 years of work-experience behind them. Multiply that by around 30 members and you've got over 1,300 man-years of knowledge, capability, brainpower, dynamism and initiative on tap. Each of the members has taken a different approach to lockdown - learning a foreign language, building a website, raising donations for our new workshop, and so on. We've been taking projects home instead of being in our workshop together - fixing computer software, sorting out people's broadband and wifi problems, mending vacuum cleaners and so on.

*...to keep us informed, and to provide all the help...*

We've also started to get ready for Spring on our allotment that was given to us last year by Clinton Devon Estates. Onions and turnips were planted in December to overwinter, and a new delivery of seed potatoes, onion sets and carrot seeds have just arrived ready to be planted before the end of February. That will be part of the outdoor exercise that we're all allowed.

Beer Men's Shed is not, unfortunately, like 'The Repair Shop' on television. We aren't master craftsmen that can make magic happen to any old broken heirloom. The Shed is there as a Male Mental Health initiative - to help men who might be feeling lonely or isolated, or even excluded. When we're working in the Shed and look around, I'm sure that each of us thinks that none of that applies to me: we think that we're OK and we're just there to do jobs and to help other fellers who need the company. "I don't need to be here, but some of the other chaps do", we think. 'Typical men!', you might say.



But we're a "support group" - we're there to help each other and any other men who want to join in from any of the surrounding towns or villages.

Luckily for us, the Government has made a special rule for "support groups" during the COVID pandemic. We're allowed to keep our doors open as long as no more than 15 people are inside the workshop (our own rules are that we

*...and assistance we might need during these difficult times...*



don't allow more than 6 during COVID) and as long as we're all wearing masks. The Government guidelines also say that people are allowed to leave home to attend support groups, so the members are OK to come along to the workshop. The vast majority of them have decided to self-isolate - but we still open up for our formal workshop sessions each week in case anybody needs us.

With all that energy from Beer Men's Shed being baffled up indoors, it's got to burst out somewhere! You may have seen in the media that we've just been given £10,000 by the National Lottery, £6,500 by EDDC, £2,000 by Devon County Council. We broke through our first goal of raising £20,000 in only eight weeks. But then another COVID lockdown started, so, we started raising more money.



The next bit of good news is that the Exeter Chiefs' Foundation has just agreed to donate £4,000 to Beer Men's Shed to help towards building our new and larger second workshop.

We're getting ready for the end of this COVID lockdown and planning ahead for our new workshop, so that we can welcome more men from our area to join in the Shed's work. We're being positive and looking forward to a better tomorrow. How does that song go? - "Ain't no stopping us now...!"

*Chris Pickles*

*...Thank you Beer Action Group...*

## Surviving the Winter Lockdown

I don't know about you, but it felt to me as if the whole world was being told that we'd wake up on 1st January 2021 and the sky would be blue, the birds would be singing and everything that was wrong with 2020 would have simply gone away? Is it any wonder then, that people are feeling ever more anxious and panicked by the current lockdown?

First of all, we need to be reassured that we will get through it. It might be taking a little longer than we had all hoped, but if we think how far we've come already, we can get through this. We just need to keep being kind to ourselves and those around us. The really important thing is to focus on the now. It's a case of trying hard not to constantly think about what you can't do, but finding the joy in the things you can.

Create rituals; as many of you already know, my favourite piece of advice comes from a 92-years young lady, who had mastered the art of incorporating ritual into her every day. Each evening at 5:30pm, she cuts a piece of lemon, reaches for ice and mixes herself a long gin & tonic. She then lights a candle and spends time just gazing into the flame to count her blessings. Rituals don't have to be complicated or taxing - forget about forcing yourselves outside in the cold and rain for that "daily walk" or even reading ten pages of War and Peace nightly just because those things seem to be what is expected by others. Do whatever makes YOU feel good, it's not selfish; it's essential!

*...you all deserve a medal (one each). ...*

Limit exposure to the news media; it can easily become addictive and anxiety-provoking. Set boundaries around it, ensuring that you have something nice to do to switch off after observing the headlines. Above all, give yourself permission to pull up the drawbridge, cosy up, reach out to friends who let you be you and be gentle with yourself.

No one is an expert when it comes to getting through these strange and constantly changing times so, now that I've finished writing this, I'm going to attempt to practice what I preach, dig out my favourite Ealing comedy DVD & open the popcorn!

Take care and stay safe!

Debs xx

PS If you would like to talk to someone, please contact Lee on 07890 948262 or Annie on 07968 157136 and they can put you in touch with someone suitable.

*Don't forget, if you or anyone you know would like to receive a printed copy of Beer Talks then just let your coordinator know.*

*...the only problem is your newsletter is getting longer...*

**INFORMATION ON LOCAL SHOPS AND TAKEAWAYS DURING LOCKDOWN 3 -  
UPDATE 21st JANUARY 2021**

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**BEER VILLAGE STORES**

**TEL: 01297 21782**

Food, drink, household items, greetings cards, cigarettes, lottery and dry cleaning. Happy to deliver. Card payment over the phone or cash on delivery. Open 7 days per week, but orders Monday to Friday only please.

**ROCK VILLA**

**TEL: 07752 113854**

Post Office, Off license, gifts, day to day household items, greetings cards. Shop 7 days per week, no post office on Sundays.

**BEER FISHERIES**

**TEL: 01297 20297**

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**BEER PHARMACY**

**TEL: 01297 21823**

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**WOOZIES**

**TEL: 01297 20707**

Open as usual, closed Tuesdays

**CHOCOLATE AND MORE**

**TEL: 01297 625999**

Shop currently closed. Telephone orders welcome - leave a message on 625999. Free local door step delivery, collection by appointment, postal service.

**STEAMERS**

**TEL: 07900 036231**

Order and collect take away meals, currently two to three times per week. Details on Facebook.

**BEER FISH AND CHIPS**

**TEL: 01297 625774**

Open Thursday to Saturday for takeaways between 1200 -1430 and 1700 - 2000. Orders can be called through in advance.

## How is Lockdown affecting you and your life?

For some people there is fear, for others boredom, for others ideas and intentions are curtailed. Some people feel grief. And for some people there is peace.

Whatever you are experiencing, pain or peace, it originates in your own head. Your response to what happens to you in life determines whether you suffer or whether you are calm.

You can choose. Acceptance? Or Resistance? Shakespeare saw this.

*"Nothing is either good or bad but thinking makes it so."*

(Hamlet)

There are positive responses to Lockdown. Here are a few:

- All things pass. Life is fleeting. All experiences are transient. What is not transient? The present moment.
- Whenever you stop thinking and come to a standstill in your mind, whenever you become aware of yourself here and now, the whole of your life collapses into the present moment. Past and future evaporate. The one is memory, the other is mental projection. Neither exist outside your thoughts. So, here is a beautiful and a simple observation: *the whole of your life is always simply now.*
- Isn't that a thing of great depth to absorb? *What's the time?* It's now. Always. It deserves some attention then, wouldn't you say?
- Time is an invention of the mind. Time is what the clock says. Time is the sun moving across the sky. Reality, though, is the ever-present now. Wherever you are in the world, life happens now.
- Your life and the present moment are inseparable.
- If you are suffering in some way, then realise this: you don't have to be imprisoned by your suffering. You can choose. Observe yourself in Now. Allow inner stillness to arise. With it comes peace.



## **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](mailto:clerk.beerparishcouncil@googlemail.com)

*Internal Auditor:* Trudie Jenkins (Blue Chip Accountancy)

**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*





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Our support services are also available by phone, email and video call.

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**Oncology physiotherapist** ☎ 01392 403094

✉ [support@forcecancercharity.co.uk](mailto:support@forcecancercharity.co.uk)

**For psychological and emotional support**

☎ 01392 406168 / 406169

✉ [help@forcecancercharity.co.uk](mailto:help@forcecancercharity.co.uk)

[www.forcecancercharity.co.uk](http://www.forcecancercharity.co.uk)

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Online services are still available but we are delighted that our Support Centre is now open again, with strict COVID-safe measures in place to protect staff and visitors.

The nurses we fund at the Royal Devon & Exeter Hospital are also still able to deliver vital chemotherapy and we have worked closely with the RD&E to develop a new cancer hub in Ottery St Mary.

What has been considerably affected is our income. So many events have been cancelled or postponed and we have had to close our charity shop for significant periods.

**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 means they may be again out of action. Covid restrictions can change rapidly, so check online or by 'phone what goods and services businesses are currently able to offer.

*Editor*

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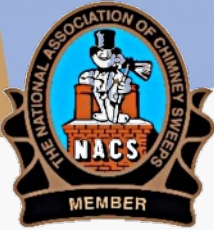


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# Beer Parish News

## EDITORIAL

So we've gone into Lockdown yet again. And it's tighter than ever with stricter regulations on travel and the other 'everyday things' we used to take for granted.

But don't despair! "Normality" may be some time off yet but with vaccinations being rolled out apace and better coping strategies in place there really is hope.

We have food in the shops. Our local businesses and tradesfolk have adapted and found new ways to keep going and to provide us with the services we need. We have friends and family around us - even if the closest we can get to them at present is a phone call or perhaps a 'Zoom' or 'Skype' session. Above all we live in a truly wonderful community in a truly wonderful part of this worn old world - a world that has suffered so much abuse at the hands of humanity. But throughout history, Beer folk have pulled together and weathered many a worse storm than this.

So be patient, enjoy each day as it comes, take pleasure in the little things of life and in the joys of the countryside around us. We will survive and once again be able to welcome visitors back to this "little piece of heaven" we call Beer!

---

We have a couple of really good items that I had hoped to put in this edition but sadly we ran out of space. Look out for next month's where you can read more on the Men's Shed and one of their recent projects and also interesting news from the Greater Horseshoe Bat Project which has just come to its end.

**Copy for March to be with the Editor**  
by **Monday 22nd February, please**  
**henryjaggers@btinternet.com**  
**01297 20858 Green Bank, 9 Clinton Rise.**  
**Please keep your contributions coming!**