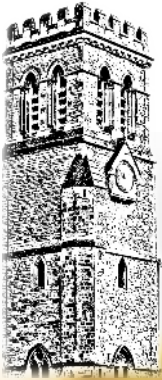


Beer Parish News



April 2021



Spring is with us,

God is with us,

things are getting better.

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

CHURCH DIRECTORY

VICAR

vacant

Coastal Church -
St Gregory's Office

seatonchurch@hotmail.co.uk

23656

ST MICHAEL'S ---

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

Ass. Priest: Rev Simon Hitchcock sihitchcock@icloud.com 075759 56899

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

Secretary: Mrs Jean Smith 07412 010245

Sacristan

& Head Server:

Mrs L. Bees

21723

Altar Guild:

Mrs P. Bewick

21954

Mrs Y. Hawker

22191

Choir:

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

21375

Organist:

Dr G. Butler, Mullions, New Road, Beer

21375

Children's Society: Mrs P. Edmunds, West Ebb, Common Hill, 23659

Beer EX12 3AQ

Families Worker

Linda Joy lindajoychildrensworker@gmail.com

Children's Team:

Mrs Jean Smith

07412 010245

Mrs J. Ross

Mrs L. Molony

Worship Team:

Mrs G. Chapple, Ms M. Hirons,

Mrs L. Molony, Mrs L. Bees

Pastoral Team:

Mrs G. Chapple (sec)

20756

Mrs Y. Hawker, Mrs S. Aplin,

Mrs P. Bewick, Mrs E. Singleton,

Mrs A. Vaughan, Mrs S. Anderson

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

Editor:

Beer. Email: henryjaggers@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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www.coastalchurch.org.uk

St MICHAEL'S - APRIL 2021



The Church under easing Coronavirus restrictions

www.coastalchurch.org.uk

Good news at last! As restrictions are slowly eased, St. Michael's is planning to restart services - still socially distanced and masked, etc. The first will be Communion on Easter Day. It is hoped we will also be able to hold midweek communion services, if only perhaps once a month, before too long.

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 April

Thursday 1st April - Maundy Thursday

Friday 2nd - Good Friday

Sunday 4^h - Easter Day

9.30am - Communion in St Michael's

Further resources still available to you:-

- 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.

At the time of writing, it is not clear whether Sunday services will continue to be streamed online. Please check on the website.

www.coastalchurch.org.uk



News & Views from St Michael's and St Gregory's Churches

ALISON (ALI) one of your Associate Priests writes.....

It's been decided by the 'ministry' team that in the absence of a Vicar, we will each take it in turn to write an article for the magazine. This month it's my turn! When I sat down to write, I thought well I'll talk about Easter, but it dawned on me that some of you won't know me, some may think they know me, and some wouldn't recognise me if they past me by on the street. So I thought I'll tell you a little bit about me, my life, and what brought me here.

I remember running into a church when I was about 3, I'd been taken there by one of the staff from the children's home, where I lived in Aberdeen. The first thing I saw was the colours coming into the church from the stained glass windows, it was beautiful, amazing and I just wanted to be part of that rainbow of colour and I ran down the aisle to get to the light. Not so fast, a hand came out, grabbed me, picked me up and took me away from the beautiful windows.

I suppose that is the story of my life, wanting to get to that light, those colourful windows and yet, there always seemed to be a barrier stopping me. My journey into Priesthood has been an eventful one, from being told I wasn't good enough, not from the right background, to having health issues, and even worse I was a woman! Yet deep down in my soul, I knew without doubt I was been called to be a Priest.

The first Bishop I met, told me, 'he didn't really want to meet me, and I had an hour to persuade him why he should ordain me'. He sent me to a Selection conference! Then during my conference, I was told I wasn't educated enough, but I fought my corner saying I was a qualified nurse!

The Chairman of the Conference was different. I met him in the bar the night before my interview with him (we were the only two in the bar) and the next day I remember it like yesterday, he said, "Alison people in the church are going to try and change you, but don't change, the church needs people like you." I passed the selection conference.

When I went to theological college as a full time student, I was asked to leave the tutorials if they were discussing 'priestly things' (I didn't, I put up a

good fight!). I was the only woman in my year, and I quickly grew a thick skin.

My curacy was in Banbury in Oxfordshire and it was during my time there that I was finally ordained Priest on the 17th April 1994. As I walked out of church to loud cheers and clapping I realised I'd finally achieved what God wanted for me, I had arrived at the stained glass windows.

The barriers didn't stop then, there were always people who made it plain what they thought of 'women priest'. I was spat at, received hate mail and I even had a brick through my window: with my girls sitting in that room. Whenever I took a service in those early days I always felt I was being judged, but I got bolder and I grew in confidence.

My ministry has seen me being a Vicar in Broadstairs to the Rector of the Orkney Isles, to being a full time Town/workplace Chaplain in Colchester. I decided to retire early when I was Vicar/Chaplain in High Wycombe, just after Richard my husband died 4 years ago.

I've now been part of St Gregory's for 3 years, I normally sit at the back, behind the Churchwardens, and take the odd service. However, it seems that God has other plans for me as last October I was Licensed as an Associate Priest in this Benefice and from 1st of April I take the reins as Manager of Christians Against Poverty (CAP) in the Axe Valley.

As I write, I thank God for the barriers, that have been put down on my path of life, I thank Him too for the bridges that I've been allowed to cross, and as I look to my future, I still see some barriers, some crossroads appearing in my life, but I journey on knowing that God is right beside me and I thank God that he's led me here.

Easter Blessings *Ali*

And from Jeremy...

Dear All,

Thank you so much for the send off and your very kind gifts. You were very generous, and your gifts will be carefully used and enjoyed. It has been very strange saying "goodbye" this way, but Alison and I are very grateful for the effort you have made.

My best wishes to you all, *Jeremy*



AXE VALLEY CHRISTIANS AGAINST POVERTY (AVCAP)

Hi. Let me introduce myself, I'm Alison Finch and I am the Axe Valley's Debt Centre Manager. I will be working 16 hours a week from the 1st of April for CAP, from my office in St Gregory's Hall. In the meanwhile I am undertaking training from CAP nationally and have many people supporting me in my role.

So what is Christians Against Poverty (CAP)?

If you are feeling weighed down by debt, then AVCAP can help. You may know people whose debt situation seems impossible, but AVCAP can help by giving you a listening ear in the privacy of your own home (when allowed, at the moment it is over the phone) and providing a real solution to people's debt. Since 1996 CAP have helped thousands of people out of debt, through the professional services we offer, through our budget and CAP account schemes. Helping many people regain control of their lives.

CAP is not just for Christians. CAP will help anyone regardless of their religious beliefs. CAP monitor their services to ensure that everyone receives the same caring service, regardless of race, nationality, religion, age, gender, marital status or disability.

Does it cost anything? No, CAP's services are completely free. We are able to provide this free service because we are a charity and we receive donations from churches and individuals who want to help other people.

Do you want to be part of it? Part of my role is to have befrienders coming with me to the family/individual to be a pastoral friend and guide. This is a role that no other debt company has, and which allows us not only to help people out of debt, but allows us to talk about Faith. If you feel you could help, please contact myself at alison.finch@ymail.com or Sharon at shardav5@aol.com. We will be getting a phone in the near future with AVCAP's number.

Many thanks, please pray for this venture, and if you feel you can help in any way. Please contact us.

Many thanks,

Alison Finch

BEER WOMEN'S INSTITUTE



BEER WI - MARCH REPORT

As the Covid lockdown number three continues our meetings are still taking place on Zoom.

The committee meeting discussed all the current problems around being unable to meet in person and the flexibility in the cost of subscription.

Our general WI meeting was very well attended with 27 people participating including some members from other local WIs. We were all entertained with very amusing stories and poetry which resulted in much laughter and repartee by James Haddow, The Taxi Driver Poet, our very first online speaker. A great success.

Our speaker in April is Jane Corry, the well-known local author of many books, who also has a monthly column in The East Devon Resident magazine, where she recommends other books currently on sale.

Our two book clubs, creative writing group and gardening forum continue successfully on Zoom, giving many members the opportunity to discuss not only their group activities but life in general. A contact lifeline for many.

In March we presented Ann and John Robinson with a card and flowers on their Diamond Wedding Anniversary. Many congratulations. On the same day some members took cards to Sheila for her 80+ birthday (shushhh).

Finally, it is with great sadness I report the death of Christine Bricknell, a long-standing and valued member of Beer WI. It was very sudden leaving everyone very shocked. She had been on the committee in numerous capacities for over 20 years and was still a committee member when she died. She will be greatly missed.

JOHN TORRANCE 1933 – 2021



John arrived quietly in Beer in 2006. A few years later he took off across the hill to live with Barbara in Branscombe. Later again, they returned to Beer.

‘Blow-ins’ rarely talk about their past, and John certainly didn’t. But he was vice-principal twice over at Hertford College Oxford, and

according to the tributes that have been arriving, saw the college through difficult times. He was, they said, ‘legendary’, and when they heard of his death, the college flag flew at half-mast.

In Branscombe he slipped seamlessly into the Branscombe Project. He and Barbara walked the landscape, trying to understand what made it so special. John researched the quarries, mills and waterways; lime-kilns and woodlands. He uncovered a Medieval landscape, wrote up a late eighteenth century farming diary and a nineteenth century recipe book. He and Barbara wrote about a village murder – or was it an accident? And before he died they were finishing a book on two eighteenth century sworn enemies – Squire Stuckey and the Reverend Puddicombe.

But that’s not all, he wrote, directed and acted in Project drama-docs, gave winter talks, and, in Beer, took part in Rowland’s plays and convivial BAGs evenings at Steamers.

And that's not all: there were jazz and poetry sessions with Chris Gradwell and Rowland at Kennaway House and the Blue Ball.

And still not all: he became more and more preoccupied with writing poetry. He published *Waterwheel*, and put the finishing touches to a collection of his poems two days before he died.

That's what he *did*, what he *was* ... in your tributes so many of you have tried to find words ... tall, gentle, courteous, super intelligent ... So choose whatever seems right to you ...

In the Autumn, when lock-down has lifted, we'd like to celebrate his life with poetry and music, drawings and photographs, with time for tributes and Mrs Sweetland's cream teas. If all goes well, at least one of the books will be ready for you to read.

Thank you all, in Beer and Branscombe, for making his life here so lovely.

Submitted by Barbara Bender, to whom we send our heartfelt condolences.

Editor

Following the article in last month's magazine about the bell and the clock which Beer Men's Shed have so magnificently made a frame for, our Parochial Church Council decided that it would be a fitting tribute to Peter Dormor to dedicate it to him.

To that end they have had a small plaque made which reads,

*"Dedicated to the memory of
PETER DORMOR
Faithful servant and much
missed friend of this church"*

Grateful thanks must go to Martin Shobbrook who arranged, crafted and mounted the plaque and to whom we are indebted.



Advice to help you avoid being hacked online

Improve your cyber security by taking six actions:

1 - Use a strong and separate password for your email

If a hacker gets into your email, they could:

* reset your other account passwords* access information you have saved about yourself or your business* Your email password should be strong and different to all your other passwords. This will make it harder to crack or guess.

2 - Create strong passwords using 3 random words

When you use different passwords for your important accounts, it can be hard to remember them all.

A good way to create strong, memorable passwords is by using 3 random words.

Do not use words that can be guessed (like your pet's name). You can include numbers and symbols if you need to. For example, "RedPantsTree4!"

3 - Save your passwords in your browser

Saving your password in your browser means letting your web browser (such as Chrome, Safari or Edge) remember your password for you.

This can help:* make sure you do not lose or forget your passwords* protect you against some cyber crime, such as fake websites
It is safer than using weak passwords, or using the same password in more than one place.

4 - Turn on two-factor authentication (2FA)

Two-factor authentication (2FA) helps to stop hackers from getting into your accounts, even if they have your password.

5 - Update your devices

Out-of-date software, apps, and operating systems contain weaknesses. This makes them easier to hack.

Companies fix the weaknesses by releasing updates. When you update your devices and software, this helps to keep hackers out.

6 - Back up your data

Backing up means creating a copy of your information and saving it to another device or to cloud storage (online).

Backing up regularly means you will always have a recent version of your information saved. This will help you recover quicker if your data is lost or stolen.

For more information, and step-by-step instructions, please visit www.cyberaware.gov.uk

What do YOU want?

We are now beginning the process of hopefully attracting a new Vicar to Beer & Seaton so please tell us – what do YOU want from your church? What do you want from a new Vicar?

We think this area has a lot to offer, and of course we all know how wonderful it is to live here, but how do we share that?

Your input is very important in this process so please, PLEASE let us know. You can email the office at

www.seatonchurch@hotmail.co.uk where our wonderful administrator Tracey will collate the comments into bullet points, or tell me Gayle Chapple, gaylechapple@aol.co.uk or 07794838219. Maybe write a note with your thoughts or speak to anyone you know who has anything to do with St Michael's or St Gregory's. We want and need our churches to be part of the wider community, so please let us know what YOU think.

Every good wish

Gayle

Ps. It doesn't matter whether you attend church or not, your opinion is important.

Annual Parochial Church Meeting - Sunday 13th June

Reports for APCM should be in by 20th April to Secretary Jean at stafford.cottage@googlemail.com and our next meeting to ratify reports is set for Monday 17th May at 2:00pm in church.

The Annual Vestry Meeting and APCM will be held after the morning service on **Sunday 13th June**.



Seaton Beer and District Branch RNLI

As we now proceed into Spring and look forward to the opening of non-essential retail shops on the 12th April our lovely Shop at Beer won't be opening for a while as it is too small under the current Covid-19 restrictions. We look forward to opening as soon as possible and additional Volunteers are needed and welcome, plus a new Shop Manager is required.(or the role can be shared) The role includes rotas, health and safety, ordering and receiving stock etc. Full support will be given from our Community Fundraising Manager plus our own Volunteers. People who would like to volunteer with us can go to volunteering@rnli.org.uk, email wac500@hotmail.co.uk or see one of our Volunteers. It is the fortieth anniversary of our Shop being at Jubilee Gardens and we are planning to celebrate. When open we also give sea safety and tourist information.

The first main fundraising campaign for the RNLI in 2021 is the Mayday Appeal. This year it is titled "Mayday, Will You Answer The Call?" and it is to be a Virtual Mayday Mile. Suggested ways to complete a mile where you choose are walk, run, hop, cycle or do it in a novel way. This is to be held during the first week of May. As restrictions are lifted once again, we are planning to do our Welly Walk at Seaton Seafront. The rule of six will still apply and social distancing will also still be required. This will be after the 17th May and our date is to be decided. Donations for both events can be through our Justgiving.com page or from sponsors and donations. Further details will be available nearer the time.

As the Covid-19 restrictions should be eased by 21st June we are still aiming to have our Beer Lifeboat Weekend in July with our Street Collection and Table Top Sale on Saturday 3rd and our 15th Annual Duck Race Day on Sunday 4th. Details of this too will be available nearer the time.

We already have some events in our fundraising calendar including attending the Seaton Carnival Week Table Top Sale and Carnival Parade. We will be having our Annual Sponsored

Walk on Sunday 24th October and once again will be choosing one of our favourite routes.



We look forward to seeing everyone when we return to fundraising and at our Shop again and send our best wishes to everyone at Beer and in our area.

Wendy Cummins

Secretary Seaton Beer and District Branch RNLI.

Fine Foundation Centre

Beer Village Heritage

Reg. Charity No.1087162

Beer Village Heritage has agreed to complete the process to change to a Charitable Incorporated Organisation which will simplify the reporting process while maintaining our

charitable status. Many thanks to the Trustees who have had lengthy discussions with the Charity Commission over the last year.

The recent meeting was told that 2 of the current Trustees are standing down, so, if you think that you could help the organisation go forward, please get in touch with the Chairman, Nick Jones, on 01297 625445. We are also looking for a new Treasurer from the Annual General Meeting. As always, we welcome new members, along with new ideas for activities and discussions as well as for the displays in the Fine Foundation Centre and Bomb Shelter. If you'd like to pay your subscription (currently £3 per year) why not put the money in an envelope and pop it into the box in the Post Office. Please write your name and contact details on the envelope.

We were saddened to hear of the death of John Torrance who has been a leading light for the Branscombe Project, as well as chairing the East Devon Local History forum. John has produced a number of booklets and articles looking at different aspects of local history, and was in the process of researching vine-growing and wine making in the area.

Devon Wildlife Trust has recently decided to relinquish the management of Seaton Jurassic after a very difficult period because of Covid-19 combined with the need to undertake substantial, costly renovations to the exhibition. This has been coupled with the wider challenges that DWT face now and in the future while ensuring that they remain a strong and effective voice for the natural world. This means that Seaton Jurassic is unlikely to re-open in the foreseeable future while East Devon District Council looks at the options for the future operation of the building. We have built up a solid working relationship with the team at Seaton Jurassic and will be sorry to say farewell to our colleagues there. Time will tell how this news will impact on some of our joint ventures, particularly with visiting school trips.

Beer Village Heritage is hoping to be able to lead some rock-pool safaris this year, having not been able to do so in 2020. The Jurassic

Coast Trust is supporting us by helping to design a leaflet showing the most common critters which we find. The planned leaflet should be easy to print, and also downloadable, and will be a useful way of reminding our visitors what they have found and seen on the beach.

Don't forget that Mike has described several walks in the area, including the new Link between the South West Coast Path and the East Devon Way. He, along with the team from East Devon AONB, is now in the process of getting more Links recognised by Devon County Council. You can find all the walks on our website:

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

The Trustees of Beer Village Heritage were pleased to contribute to the recent Beer Action Group initiative to give the staff at the Primary School and Puffins Pre-school a "pamper box". Our thanks go to Jane Sherwood from Chocolate n More for her help in sourcing the "pebbles".

"Connecting to Nature" is the current theme at the Thelma Hulbert gallery in Honiton. Have a look at their website:

www.thelmahulbert.com,

Ruth is continuing with her "Blow-in" project, asking the question "why did you move to Beer?" You can contact her at:

ruthtoohoots@gmail.com . You can send your contributions for Richard Scott's "Tales of Old Beer" project to:

rscottbeer@outlook.com .

Ruth and Wendy have extended their recycling to blister packs, with support from Beer Pharmacy. You'll find a collection point for them in the telephone kiosk outside the Mariners' Hall. Ruth and Wendy are still recycling your crisp packets There are collection points outside of the Fine Foundation centre as well as in the telephone kiosk. 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, Henry or Norah Jagggers, or contact us on 01297 20858 or at

beervillageheritage@yahoo.co.uk





Beer Talks!

23rd Edition, 26th March 2021



Notices:

- We are delighted to announce that *Beer Action Group* will be continuing but in a scaled back way. The Mariners' Hall has now been designated as the Village Hub and BAG will operate from there starting Monday 12th April from 10.00-12.00, outside to begin with but moving indoors as soon as government guidelines permit. Please do drop by and have a chat with Annie or Heather if you are passing.

Welcome!

As you know, BAG was formed specifically to help support Beer village residents throughout the COVID-19 pandemic. Well, over the last year we have achieved some truly amazing things as a community. To mention but a few, we got to know our neighbours better; we collectively cared for the vulnerable and lonely in our village; we raised much needed funds for local charities; we held some fun and sometimes crazy lockdown events such as the Scarecrow Festival that made us all chuckle and we produced a phenomenal number of craft items that cannot possibly be matched by any other village in the UK!

Over the last year, Beer has proved itself to be a remarkable village and a true community. At BAG we all feel proud to be part of this community and we want to take the opportunity to thank everyone who has participated in supporting the village in any way at all – you are what makes Beer a truly great place to live.

Finally, accompanying this newsletter will be a little envelope containing BAG's "Seeds of Hope". We hope that you, and the bees, will enjoy the wildflowers. Thanks to Pecorama for sponsoring this initiative.

Best wishes and thanks to you all. xxxxxxxx

Can this be the last newsletter from BAG? Surely not! They are right saying we are a remarkable village and a true community...

Thanks!

- *Pecorama has kindly sponsored the purchase of clay plant pots for each of the children at the school and Puffins. The children will be encouraged to decorate the pots, to plant them with sunflower seeds and then to sit back and watch them grow.*
- *A huge "Thank You!" to Susan Green who is the inspiration and organisation behind the gifts that will be presented to the incredibly hard-working staff at Beer school and Puffins. Displayed in a lovely handmade wooden box kindly made by our own Beer Mens' Shed crew, this is just a token of our thanks for their dedication and support throughout this past year.*
- *We would like to say a very warm thank you and goodbye to Andy from Steamers who has decided to move on to pastures new. We will miss him and his delicious cuisine and we wish him all the best in his new endeavours.*

Notices

- *Grant at Bay View plans to open the café for takeaways starting on Thursday 1st April, government restrictions permitting.*
- *Chapple's beach café will be open from 27th March for takeaways.*
- *Annie's drive tables – don't forget to check what exciting items Annie has for sale/donation on her drive over the next few months, from knitted socks to starter plants, there will no doubt be a continuous offering of interesting things to buy or donate so keep an eye out when you are passing.*
- *Pecorama have announced this week that they will be opening on Tuesday 18th May. Watch local press for more details.*

For more information about BAG and its activities please go to the Beer website at beervillage.co.uk/beer-talks/, the Parish Newsletter at beervillage.co.uk/parish-news/ or check the Beer social media sites.

*...and one we are all proud to be part of,
but **thank you BAG** for the remarkable work you've done
throughout this past year to prove it!*

Editor



Another lovely gesture organised by BAG...

A "Pamper Box" was recently given to each of the members of staff at the school and pre-school. The contents, and the box, were freely donated by local organisations, businesses, and individuals. In their newsletter, the school says,

" The generosity of the community was once again seen this week. The school was very privileged to receive a gift box for every member of staff which contained a variety of items to encourage time for their mental health and wellbeing e.g. peppermint tea, biscuits, a mindfulness book, etc. All staff were very touched and would like to say a huge thank you to everyone in our community who donated items or time to put them together. "



MARINERS' HALL, BEER

MANAGEMENT COMMITTEE

At long last, Government guidelines indicate that the Mariners' Hall should be available for hire from Monday 17th May. Once again the "Rule of 6" and "2 Households meeting" will apply, which will restrict the number of people who can be in the Hall. However, it should mean that, within those rules, coffee mornings, sports activities and social groups should be able to restart.

Obviously the date is dependent on Government rules at the time.

The Booking Secretary will contact regular users to discuss their plans, given 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.

As a result of the Step 3 guidance, the Mariners' Hall Management Committee hopes to be able to hold the Annual General Meeting in the Hall at 1900 hrs on Monday 17th May. Look for the poster in the May magazine.

**If you would like to book the Hall, please contact the Booking Secretary via the "Contact " tab on the website:
www.marinershall.co.uk**

Registered Charity 300760

As reported in the BAG newsletter, Pecorama kindly sponsored the purchase of clay plant pots for each of the children at the school and at Puffins.



Puffins have already decorated and planted up their pots and really loved doing it. The school will be doing theirs soon.

Wild flower seeds, again courtesy of Pecorama, were delivered with each of the BAG newsletters - don't forget to plant them!

Don't Live for *When* ... Live for *Now*.

You have borne pain and suffering in your life. Every person does. Only you know just how much there was, and how deep it went.

Grief. Disappointment. Loss. Illness. A tortuous relationship. Worry over a loved one. Fear. Restriction. Mental exhaustion. Some of it was done to you; some of it was of your own making. How much of that pain did you inflict upon yourself?

When life is hard, almost impossible to bear, the mind buckles. You may run from it and lose yourself in distractions – over-eating / drinking / the computer screen – or alternatively you may come to a standstill. You cease to operate. You can't function any more. It's all you can do to keep breathing. What then?

In the present lockdown, there is much talk of easier times to come – when restrictions end, when there is a return to 'normality'. This is an imagined future. If you are suffering, then an imagined future can't help you. Not now, it can't.

There is a route out of suffering. It does not involve a journey, there is nowhere you have to get to. Your healing and your peace come out of the place where you are now. How?

Be present. Be completely attentive to Now. What is there? What do your senses show you? The sound of wind in the trees, a slow drifting cloud in the sky, scent of a flower. The world outside your window. The objects beside you in your room. Your breathing. The stillness of your own attention as you note these things. You've stopped the voice in the head, the movement of thinking. This is the space of presence.

You may not find happiness in rooting your attention in the present moment, but you will find peace. Peace arises naturally when the mind stops telling stories. When the mind has stopped processing thoughts and is still.

A great deal of unhappiness comes from the stories your mind tells you, and not from the circumstances of your life.

There is a dimension in you beyond thoughts. Don't live to be happy *when* - live to be peaceful *now*.



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	
Rick Dormor	07970 217267	
Mandy Graham	01297 20369	
Leona Reeve	07890 948262	

Clerk to the Council: Annie Dallaway 07593 405161
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

Devon County Councillor Martin Shaw 07972 760254

Member of Parliament Neil Parish

Parliamentary matters -

House of Commons, London, SW1A 0AA

Tel: 020 7219 7172 neil.parish.mp@parliament.uk

Constituency matters - Tel: 01884 841497



Lending with Heart and Mind

East Devon District Council fund a not-for-profit loan scheme for homeowners and landlords*.

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Beer Parish News

More Meadows

Two new community groups for East Devon and the Blackdown Hills aim to support landowners and gardeners keen to restore or create wildflower meadows.

The local More Meadows groups are based on the successful Moor Meadows Dartmoor community, which since its founding in 2015 has grown to include more than 800 meadow-makers, managing more than 1,000 acres of wildflower meadow to benefit wild plants and wildlife on Dartmoor and beyond.

Thanks to funding from Devon Environment Foundation, the More Meadows concept is an attempt to replicate the original Moor Meadows group's success by supporting new networks of meadow-makers across Devon.

The new More Meadows groups for the Blackdown Hills and East Devon have been founded by local nature enthusiasts concerned about ongoing wildlife declines but inspired by efforts to create more wildlife-friendly habitats.

Although lost from much of the countryside due to changes in agriculture during the 20th century, traditional wildflower-rich grassland can be maintained, restored or created on farmland, in gardens and churchyards and on road verges.

This conservation work can play a crucial role in turning around the fortunes of threatened bees, butterflies and other pollinators as well as the birds and mammals that rely on insects for food.

Helping to start the Blackdown Hills More Meadows group is Julian Pady of Goren Farm, at Stockland Hill, near Honiton. The wildflower meadows at Goren Farm already provide a commercial supply of wildflower seeds, with customers including many meadow-makers in Devon.

**Copy for May to be with the Editor
by Tuesday 20th April, please**

henryjaggers@btinternet.com

01297 20858 Green Bank, 9 Clinton Rise.

Please keep your contributions coming!