# Beer Parish News 2023 March

How training for the

**London Marathon** 

reminds him of

the season of LENT.

...read our vicar's

thoughts on pg. 4

St Michael's ... and Village

#### CHURCH DIRECTORY

#### www.coastalchurch.org.uk

PRIEST IN CHARGE Rev Justin Montague coastalvicar@hotmail.com

St Gregory's Office seatonchurch@hotmail.co.uk 23656

Ass. Priest: Rev Simon Hitchcock sihitchcock@icloud.com 07575 956899

Ass. Priest: Rev Alison Finch alison.finch@ymail.com 20567

ST MICHAEL'S ...

Churchwarden: Mrs G. Chapple 07794 838219

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

Secretary: Mrs Jean Smith Sacristan

Mrs L. Bees

& Head Server:

Mrs P. Bewick Altar Guild:

Mrs Y. Hawker

21375 Choir: Dr G. Butler (Practice Tuesday 6-7pm)

Organist: Dr G. Butler, Mullions, New Road, Beer 21375

**Children's Society:** vacant

**Families Worker** Linda Jov lindajoychildrensworker@gmail.com

07412 010245 Children's Team: Mrs Jean Smith

Mrs J. Ross

Worship Team: Mrs G. Chapple, Ms M. Hirons, Mrs L. Bees

**Pastoral Team:** 07794 838219 Mrs G. Chapple (sec)

Mrs Y. Hawker, Mrs S. Aplin,

Mrs P. Bewick, Mrs E. Singleton,

Mrs S. Anderson

ANNA CHAPLAIN. Rev Ali Finch email AnnaChaplainsCMC@hotmail.com

Phone: 23656 or 07762744977

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21723

21954

22191

ANNA CHAPLAIN. Mary Casey email AnnaChaplainsCMC@hotmail.com

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

**Editor:** Beer. Email: henrylaggers@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 Michaels Church Beer** www.coastalchurch.org.uk

#### Calendar for March 2023

Thurs 2<sup>nd</sup> 2:00pm 1st Session Lent Course at Endsleigh, Barline

Fri 3rd 10:00am Mickey's Music Makers 10:30am World Day of Prayer service

at United Reform Church. Cross Street. Seaton. ALL welcome

Sun 5th 9:30am Morning Praise ~ Anna Chaplaincy 2<sup>nd</sup> Sun of Lent

Tues 7th 10:00am Altar Guild meeting

> 6:00pm Choir Practice 7:15pm Bell Ringing

8:30am Open the Book at School Wed 8th

10:00am Communion Service at BEER

Thurs 9th 2:00pm 2<sup>nd</sup> Session Lent Course at Endsleigh, Barline

Fri 10th 10:00am Mickey's Music Makers 6:00pm Wedding rehearsal

1:00pm (TBC) Wedding Ceremony - Naomi Moore & Dan Browne Sat 11th

9:30am Family Communion Sun 12th 3<sup>rd</sup> Sunday of Lent

6:00pm Choir Practice Tues 14th 7:15pm Bell ringing

2:00pm 3rd Session of Lent Course at Endsleigh, Barline Thurs 16th

Fri 17th 10:00am Mickey's Music Makers

Sat 18th 2:00pm Posy making - ALL help appreciated

9:45am Joint Mothering Sunday "All Age" service with Sun 19th

our friends from the Congregational Church with distribution of posies (Bring your mum, your granny and/or your neighbour!)

6:00pm Choir Practice Tues 21st 7:15pm Bell Ringing

8:30am Open the Book at School Wed 22<sup>nd</sup>

10:00am Communion Service at SEATON

2:00pm 4th Session of Lent Course at Endsleigh, Barline Thurs 23rd

Fri 24th 10:00am Mickey's Music Makers

10:00am ~ 12 noon Seriously Occasional Singers Sat 25th

9:30am Family Communion Service 5th Sunday of Lent Sun 26th

Tues 28th 6:00pm Choir Practice 7:15pm Bell Ringing

2:00pm 5<sup>th</sup> Session of Lent Course at Endsleigh. Barline Thurs 30th

Fri 31st 10:00am Mickev's Music Makers

9:30am Communion Service with Baptism Palm Sunday Sun 2<sup>nd</sup> April

Our Sunday services in Beer are often broadcast on Facebook. If you can't come to church, you can watch and hear them there, either live or later at a time convenient to you!

#### From Justin...

#### **Rev's Ramblings**

I believe that a time of preparation, dedication and discipline is vitally important before any significant event or decision in life. Each year from 2009 to 2013, between the months of January and April, I would embark on an annual 12-week training programme, to prepare for the London Marathon. It would require effort and dedication, as well as persistence, but progressively I would grow in strength, endurance and confidence as I journeyed through each session of my schedule, throughout those 12-weeks. Come



race day itself, the aim was that I would be suitably attuned and peaked at the right time to run my best race.

London Marathon training always fell within the season of Lent, with the race normally held in mid-April each year. It was all the more satisfying crossing the finish line and celebrating with cake and my favourite chip supper, especially if I had chosen to abstain through Lent. The season of Lent is more about spiritual preparation than physical endeavour, though we may well choose to incorporate practices on our Lenten journey that require physical effort too.

Lent is the season during which the Church traditionally prepares for Easter and has been celebrated by Christians around the world for centuries. The Forty Days of Lent, run from Ash Wednesday to Easter Sunday is a time to focus on repentance, reflection and renewal in our relationship with God. Sundays during Lent are considered days of celebration or 'feast days' and many people choose to refrain from their Lent practice on that particular day.

Lent has a biblical precedent, reminding us of the forty years God's people wandered and wondered in the desert in search of the promised land, wholly reliant on God's presence to lead them and furnish provisions to feed them. But the biblical example of our own practice today lies in the forty days Jesus spent in the wilderness in preparation for his public ministry which culminated with the cross and resurrection.

Many people, if they celebrate Lent, use it primarily as a time to give up less-than-healthy habits. But the season includes so much more! There are practices, prayers, and services all designed to encourage self-reflection and enable us to grow in awareness and go deeper in our relationship with God throughout the Lenten journey. Prayer, Fasting and Abstinence are the three traditional practices used to prepare to celebrate the great mystery of Easter, the Passion, Death and Resurrection of our Lord Jesus Christ. But no practice you may choose to pick up during Lent has to be intimidating, but should encourage you to think creatively and thoughtfully.

This Lent in our churches we are following a 5-week Lenten course together in small groups, learning how to hear God by praying and through the Bible. We are doing this using a combination of videos, discussion and prayer, as we meet once a week together. Whilst Lent has begun, its not too late to pick-up a Lenten practice and there are so many things you can do. If you are not sure where to start, here are some ideas:

- 1. Take something on 40 days of letter writing, 40 acts of kindness, 40 phone calls to the important people in your life.
- 2. Pick one type of expenditure that you'll "fast" from during Lent, and donate that money to a local charity or cause.
- 3. Download a prayer App such as 'Lectio 365' or 'Time to Pray' and follow it during Lent.
- 4. Take a social media fast or 7pm 'phone curfew' during Lent.
- 5. Keep a Lenten diary, listing 5 things each day to give thanks for.
- 6. Spend at least one day or evening volunteering during Lent.
- 7. Instead of streaming a boxset, stream a live church-online service.
- 8. Take a daily walk outside to the seafront and back without your phone Connect with creation.
- 9. Donate something every day for 40 days to the local foodbank.

Consistent participation in spiritual practices are a guaranteed way of improving our spiritual well-being. If you would like to find out more about spiritual practices, growing-in-faith, church-life or interested in being part of a home group, I would love to hear from you. Contact -

coastalvicar@hotmail.com

Grace and Peace, Rev. Justin

#### From Gayle, our Churchwarden

As many of you may be aware, I am standing down as Churchwarden this year, and will NOT be seeking re-election at our APCM, which will probably be in April, but the date is yet to be set. As a self-confessed "bossy control freak" (that's your cue to say "Oh no you're not!) I've enjoyed the job, but twenty years is long enough for anyone to put up with me, and I really think it's time for a new broom. It is not an onerous task: we have a brilliant, caring congregation and a wonderful new vicar who is amazingly supportive, so I do hope that someone may put themselves forward, or possibly be persuaded to stand. If it helps, I'd like to say that I'm not going anywhere and intend to continue as an enthusiastic member of the choir, and supporter of our new churchwardens, whomever they might be. If I can help at all I will and will continue to carry out roles I've always done, like the pew sheets (including mistakes!) & Worship Team, but please do give prayerful consideration to the role. The job description below is taken from the Diocesan Website, but if anyone has any questions about the role at all, please do speak to either Justin or myself.

#### **Role Description: Churchwarden**

In co-operation with the priest in charge (or, in cases of vacancy, the Bishop), Churchwardens are generally responsible for the day-to-day functioning of the parish. These responsibilities include various aspects of administration, building operation, and personnel. Their work is not just the maintenance of the church building but helping the smooth running of the Church. In this capacity, Churchwardens are considered the leading lay member of the congregation.

#### **Duties/Responsibilities**

- Ensuring the smooth conduct of services
- Overseeing the order and maintenance of the church building(s)
- Attending all parochial church council and standing committee meetings
- Responding to official questions about the parish

Handling the continuity of worship in the Church during a vacancy

# Responsible to (named contact for support and resolution of any difficulties):

[The Incumbent] (and the Bishop of Exeter) and through them to the PCC.

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We also need a volunteer to coordinate the fund raising for repairs to the clock.

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#### Reports for APCM should be in by Sunday 26th March

#### **ALTAR GUILD NEWS**

No meeting held in February ......

St Michael's church and Congregational church are having a joint Mothering Sunday Service March 19<sup>th</sup> @ 10am in St Michael's with refreshments following the service.

We are also hoping to have our Soup of the Souls Week and Lent lunch .....please watch out for posters on the church bulletin board for further details.

We plan to hold an Easter coffee morning in St Michaels Church 10am 12 Saturday 1st April .....refreshments, raffle, tombola. It would be lovely for you to come and join us.

Date of next meeting: March 7th 2023 @10.00am



#### Fine Foundation Centre Every year I get caught out by the fact

Beer Village Heritage Reg. Charity No.1087162 Every year I get caught out by the fact that February is a basic four week month, which means that the deadline for writing this comes around rather quickly. The positive side is that I

have less time in which to forget what's been happening.

Returning to last month's article, Candlemas Day was "fair and fine" so according to legend, winter is halfway over and we can look forward to at least a further 6 weeks of winter weather. I gather that the same conclusion was reached in the USA when the groundhog could see his shadow when he came out of his burrow. Hopefully the longer hours of day's light will warm the soil and we can begin to sow vegetables like broad beans and onion sets. The sweet pea seeds are beginning to germinate indoors, so we might have some reasonable flowers in the summer.

The small birds are still flocking to the feeders, although for some reason they're shunning the nyger seeds. The long-tailed tits always arrive mobhanded. Some of the larger species are also making themselves heard. The green woodpecker's sarcastic laugh (an avian version of "ha bloody ha") has been heard over the past three weeks, as has the hoarse cry of the ravens as they fly overhead. At the end of the day we can hear the tawny owls talking to one another, and a walk though the rookery on the Jubilee is a joy as the rooks chatter away and gossip about their day.

As always, the Branscombe Project talk was interesting and thought-provoking. Rose Ferraby is an archaeologist and artist who has created artworks as contributions to interpretation installations including Seahenge which was part of the Stonehenge exhibition at the British Museum last year. I was struck by the fact that she uses screen printing as her preferred medium which seemed especially appropriate: archaeologists make discoveries by carefully removing layers of material while screen printing involves building up layers of material to create printed patterns and colours. The March meeting is on Monday 13<sup>th</sup> when Naomi Sykes will present A New National (pre)History of Britain. Professor Symes is a zooarchaeologist who initially specialised in examining and interpreting animal remains, so this talk promises another interesting way in which to view the past.

The East Devon Area of Natural Beauty team held their annual Ambassador event in February, with a theme of "Making Connections". Toby Taylor looked back at his 30 years with the RSPB, working on the Pebblebed Heaths, and how important cooperative initiatives have been. The presentations made by local community groups included the Axewoods Cooperative which offers land management to local landowners and supplies wood, free of charge, to those in fuel poverty as firewood, and prepared wood to places like Beer Men's Shed. I liked the concept of Sidmouth Arboretum which is spread out around the town, with an active programme

of planting new trees. Mike Green reminded the audience of the value of the East Devon Way and described the project which he's been leading to create links to the South West Coast Path creating a series of circular walks to complement the two linear ones.

We were asked by the AONB to discuss ways in which they might help people to connect with Nature, using the "Five Pathways to Nature Connection" which have been identified by the National Trust and based on research which indicates that being immersed in nature – even by wondering at a sunset or listening to a lark – improves our mood and mental health and wellbeing. So, do take time to "stand and stare". It could be watching waves breaking on the cliffs of West Ebb; marvelling at a hermit crab making his way along the bottom of a rockpool; inhaling the heady perfumes of the gorse and the musk thistles; gasping as a peregrine falcon dives onto a pigeon; or lie on the ground and watch the clouds.

It's 60 years since the East Devon AONB was created and Beer Village Heritage hopes to contribute to their "Then and Now" exhibition in conjunction with the local history group. Watch this space to find out how you can help.

The Centre is now closed until Easter. We're currently reviewing the exhibits and would love to hear your suggestions for new ones, or improvements on the old ones. Even though the centre is closed, you can still see the exhibits in the display cases underneath the building. You can also access the Beer Village Heritage walks and I-Spy online via our website: <a href="http://www.beervillageheritage.org.uk/">http://www.beervillageheritage.org.uk/</a>. You can telephone us on 01297 20858 or via <a href="beervillageheritage@yahoo.co.uk">beervillageheritage@yahoo.co.uk</a>. You'll find litter pickers outside the Fine Foundation Centre which you are welcome to use. There are recycling bins by the Centre and general rubbish bins outside Charlie's Yard.

We will be manning the water station in the caravan park for the Grizzly again this year, working alongside the RNLI. The event is always enjoyable – even when the weather is grim – and the generosity of Axe Valley Runners helps our fundraising efforts.

Beer Village Heritage is a registered charity and is run entirely by volunteers. As well as running the Fine Foundation Centre we head up and support projects suggested by you as well as offering walks and talks on the local area.

If you have a particular interest in an aspect of local history or would like to get involved with Beer Village Heritage in general, you can contact us on 01297 20858 or at <a href="mailto:beervillageheritage@yahoo.co.uk">beervillageheritage@yahoo.co.uk</a>. We'd love to hear from you.

# CINEMA Beer Film Society

www.beerfilmsociety.org.uk

Thursday 23rd March at the Mariners` Hall "TO KILL A MOCKINGBIRD" (1962) Cert. PG



Social Classic that echoes issues of Its day. Based on the novel by Harper Lee.

Starring: Gregory Peck, John Megna, and Frank Overton. Directed by Robert Mulligan.

Doors open at 6.45pm. Film starts 7.30pm. Bar available.

Members £5. Non members £7

Numbers limited - to book tickets email beerfilmsociety@gmail.com

# CINEMA

#### **BEER WI**

In January we held our annual New Year Party with each member bringing a plate of sharing food. With no planning there was a wonderful, varied



array of food. As well as quizzes on the tables, we were entertained by Neil, who demonstrated his excellent skill as a magician, followed by the Beer WI Creative Writing Group who did a skit on Room 101. A lovely evening enjoyed by 23 members and 3 guests.

As well as our regular January activities Beer WI sent a team to the East Devon section of a Devon-wide WI quiz, coming third one point behind the two eventual winners who go forward to the final.

30, including members, new members and guests attended our February meeting where our speaker was a Beer resident who works in the film, theatre and television industry as a dresser to the stars. Her talk was very amusing with many anecdotes on the stars themselves as well as the very detailed work involved in getting the right clothes to the right actor at the right time and in the right place, with correct continuity at all times essential.

This year Beer WI offered 3 bursaries to members to contribute towards an educational course of their choosing. The winners were drawn at the February meeting and we look forward to hearing what activities were undertaken by the winners.

Each month a member has offered to hold a coffee morning at their home. The February coffee morning was well attended by 12 members with donations for the tea, coffee and cakes towards funds.

At the end of last year, the Devon WI Federation asked for an item of craft to sell in aid of The SW Hospice at the Craft Fair, West Point at the end of March. Three Beer members, led by Karen, produced a quantity of beautifully decorated, recycled shells for the sale.

We meet on the first Wednesday of the month at 7.30 in the Congregational Hall, Fore Street, Beer. Visitors and new members are always welcome. For information contact 01297 21864 or 599157.

#### Just a very few of the many things to do in Beer!



#### **Beer Mariners Short Mat Bowls Club**

The friendly short mat bowls club for all ages and abilities

MARINERS' HALL TUESDAY EVENINGS 7:30 pm



#### TABLE TENNIS

MARINERS HALL

#### EVERY THURSDAY

(EXCEPT Film Night)

#### Beer Men's Shed

Web site: www.beermensshed.uk

Facebook group: Beer Men's Shed Email: info@beermensshed.uk

Tel: 07775 768172

6.30pm - 8.30pm

£3.00 per person

With the support of the Co-op and local people, Beer Men's Shed has just raised over £5,000 to help towards the costs of offering a Warm Space for men in Beer and the surrounding towns and villages.

For the first time, the support has been specifically to help with the operating costs – electricity for heating and lighting, insurance, etc – of providing a Warm Space.

BEER BEST YEARS CLUB - alternating with BIZZY BEES on Tuesdays 2 - 4 pm At Mariners' Hall

Later in the year - a charity 'Pre - loved' clothing sale (for Ukraine and Children's Hospice)...

...if you are sorting out please put aside nice (as new) clothes and we can collect at the end of March - contact Annie on 01297 21305



A Talk and 2 Short Films With Rowland Molony

Kennaway House 7pm Tuesday 21st March 2023 Tea/Coffee available

Depression

Trauma

Insecurity

Anxiety

Sadness

Grief

Panic

**Distress** 

Heartbreak

Fear

Loss

An evening about Mental Health: to talk and think and listen and discuss Donations welcome

#### **Seaton Beer and District Branch RNLI**

Seaton Beer and District Branch are very pleased to report that we had an excellent SOS Table Top Sale in the Mariners Hall on Saturday 28<sup>th</sup> January. We are very pleased to say that we raised



£430.85 and we thank everyone who came along and supported our first event of 2023. We there were a variety of stalls and stall holders came from Beer and from across our area. We sold forty four Bacon Baps and we thank Ian for cooking them and he was assisted by our kitchen team of Fe, Lillian and Wendy. We had our own Raffle, Card Tombola, Bric-a-Brac stalls and RNLI Ted came along to receive donations at our information table.

While writing my report we are looking forward to Grizzly Race Day on Sunday 5<sup>th</sup> March. As in previous years we will be at the Drink Station at Beer Head Caravan Park with Beer Village Heritage. We will be cheering the runners on their way. Additional Volunteers will be most

welcome to join us for all or part of the day. We will be there from 9am to approximately 4pm and hope for good weather. Wear suitable clothing as the weather can be cool and bring some refreshments with you.

On Tuesday 7<sup>th</sup> March it is our Annual General Meeting and this year we are at the Congregational Hall, Beer. The meeting is to start at 7.30pm. Our branch of the RNLI was formed in 1967. Our Community Fundraising Manager Gemma Baker will be attending with news from the RNLI. Mark Colley the Lifeboat Operations Manager will be attending and talking about Lyme Regis Lifeboat Station and some of their rescues. We will



be reviewing 2022 and looking forward as we proceed through 2023.

Our Chairman and Vice-Chairman are retiring from our Fundraising Committee at our meeting and we thank them for all their work. Their positions will be available, plus additional Volunteers needed and welcome to join us, assist at our own events and those we attend plus to Volunteer at our Shop at Jubilee Gardens, Beer. Please phone message to 01297 23040, email us at <a href="wac500@hotmail.co.uk">wac500@hotmail.co.uk</a> or come to our meeting. We have Volunteers from Beer and from around our area and all help and support is greatly appreciated.

Wendy Cummins
Secretary
Seaton Beer and District Branch RNLI

#### BEER PARISH COUNCIL

Following the recent spate of very cold weather the Council would like Beer Residents to know that the Grit bins are all filled and are for use on pavements and roads during icy/snowy conditions, Parishioners can utilise these bins for spreading grit.

BPC has agreed to fund a donation for the renovation and upkeep of St. Michael's church clock.

February will see planned brook cleaning at Starre Bank taking place, which helps alleviate flooding, and hedge cutting along Cowerslea Way.

The Council have also asked parishioners for feedback regarding parking at the coach car park. Feedback as to whether all 3 bays for coaches are utilised and if so at the same time would be very useful, if they are not used then the council could repurpose two of them into roughly 5 or 6 car parking spaces.

The New Year fireworks event was a great success and was thoroughly enjoyed by residents and visitors to Beer. Further events have been planned for the year which include:

07 May - King's Coronation Street Tea Party

13 May Buggies in Beer – Nigel Groves

12-18 August – Beer Regatta

Sept – Beer Film Festival – Date TBC

13-15 Oct - RnB weekend

08-09 Dec Christmas shopping.

#### Handbells

We are blessed with a set of hand bells, covering nearly two octaves, belonging to the St Gregory's Hand-bell Ringers. Unfortunately covid and anno domini has caught up with some of our ringers.



I would therefore like to recruit at least three new ringers, preferably from St Gregs or St Michaels congregations. There is no need to be able to read music as the "tunes" are laid out on large sheets of paper as numbers which correspond to the numbers on the bells you are holding.

Please contact me if you are interested.

Bruce Roberts

01297 23552 or email is robertsbruce2@gmail.com.

One of our Ukraine families (including a full time worker at Peco and a young child at Beer School) are looking for a place to stay in Beer. They have been with hosts for nearly a year but now need to find another place if only for a few months. If you can offer - perhaps a holiday home/ 2nd home/ shared home or anything - or for more information, call Annie 07968 157136



#### A UK premiere of a St Matthew Passion – from 1789

History is in the making in Axminster. A rediscovered setting of the St Matthew Passion by C.P.E. Bach is set to be performed for the first time since 1789. Two hundred and thirty four years later, Axminster & District Choral Society will perform the UK première of this work on April 1st at 7.30pm in the Minster Church.

The second son of Johann Sebastian Bach, Carl Philipp Emanuel was appointed Director of Music for all five of the Hamburg churches in 1767. Part of the job description was to compose a setting of the Passion every year. But C.P.E. Bach was never to see a performance of this work, dying in December 1788, three months before it received its première.

"At the time, it was perfectly in order for composers to borrow and re—arrange the music of others" says Peter Lea-Cox, the choir's accompanist, and a leading expert on the Bach family. "For this Passion setting, C.P.E. Bach drew on his father's St Matthew Passion, rearranging some of the choruses for four, instead of eight—part, choir. Additionally, several of his father's wonderful chorale harmonisations are included. In fact there is more of J.S. Bach in this work than there is of his son!"

"We are very lucky in having been given access to performing parts based on the critical edition *CPE Bach: the Complete Works* made available by the publisher, the Packard Humanities Institute" says Peter Parshall, the choir's Director of Music. "It is very difficult for a choir of our size to perform the popular J.S. Bach St Matthew Passion, because it demands both double choir and double orchestra and we don't have space for all the musicians required. We are therefore fortunate to have the opportunity of offering a flavour of one of the great J.S. Bach Passions, specially modified by his son, to those in the South West who do not usually have the opportunity of hearing a live performance of this work".

The concert, featuring professional soloists and orchestra, takes place on Saturday, April 1st at the Minster Church, Axminster at 7.30pm. Tickets cost £12 and £15 from Archway Books, Trinity Square, Axminster, by phoning 01404 41907, or on-line at <a href="https://www.axminsterchoral.co.uk">www.axminsterchoral.co.uk</a>.

For further information contact Elizabeth Twining on 01404 43805 or at <a href="mailto:cpebach.axminster@gmail.com">cpebach.axminster@gmail.com</a>.











# COFFEE MORNING MARINERS HALL, BEER SUNDAY 5<sup>th</sup> MARCH 2023 10AM – 12 Noon

# PLEASE JOIN US FOR COFFEE, TEA, CAKE AND BACON BAPS STALLS &





All proceeds to King Charles III
Coronation Street Party in Beer

"GOD SAVE THE KING"



A further coffee morning is planned for 1st April





#### Potholes in the Road

"I am heartbroken"

"I am a failure"

"I am racked by guilt"

Sound familiar, don't they? If you didn't say them yourself, then you heard someone else say them.

Someone giving their self a lashing. Was it you? Who really wants to lacerate their self in this way? Mistakes! Failure! Self-inflicted suffering. The readiness to be a martyr, to be a victim.

There is ego involved here. If the ego can't achieve through success, then it will reinforce itself through negativity. I have failed.

\*

If you can observe this, if you can recognize the presence of ego in your thinking, then you will be in a position to see that mistakes and failures in life are points where you learn and transform yourself. Mistakes are important, more so than success. Ego is afraid of failure because it interferes with the image that ego likes to project into the world.

Don't be afraid of mistakes and of failure. Ultimately there is no failure, only learning experience.

Let's not deny the real pain. Yes, whatever happened was real. It's not fiction: the heart got broke, there was lack of success. And there were mistakes. And there is a story attached, isn't there? The thing that happened. How the mind likes to replay that. Going through the pain all over again.

Are you carrying anything like this? Carrying it day after day after day? The mind going for it again and again, searching out the sore place. Memories that hurt are like wounds, and you don't leave the scars alone.

Some people are gifted with a sunny outlook. Good for them. Other people are walking wounded. The wounds that don't heal.

Are you sunny or wounded? Or somewhere in-between?

# YOUR " LOCAL" CONTACTS

#### **Parish Council**

 Geoff Pook
 07966 490429

 James Green
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 Vice Chair

 Alex Adkin
 07811 178731

 Emma Molony
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Rick Dormor 07970 217267 *Chair* 

 Mandy Graham
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 07874 051689

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 Martin Richards
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Clerk to the Council: Nicky Ingarfield

beerparishcouncil@outlook.com

Internal Auditor: Trudie Jenkins (Blue Chip Accountancy)

#### **East Devon District Councillor** Geoff Pook

Mobile: 07966 490429 gpook@eastdevon.gov.uk

#### **Devon County Councillor** Marcus Hartnell

Mobile: 07515 285725

#### Member of Parliament Richard Foord

Parliamentary matters -

House of Commons, London, SW1A 0AA

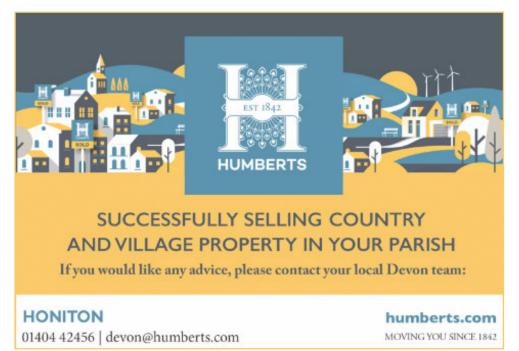
Constituency matters - richard.foord@libdems.org.uk

c/o 118 High Street, Honiton, EX14 1JP

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Advertisement(s) Advertisement(s)





# **GB Building & Maintenance**

Conservation Building
Historic, Listed, Traditional
Lime Plastering, Stone
Work, Cob Walling repairs,
Lime Wash, Breathable
silicate paints.
Listed Heritage Member
01823 283212
07776 032289

gb\_building@hotmail.co.uk





#### **Specialist Chocolate Shop with plenty more besides**

**Hand-made luxury chocolates,** a wide range of confectionery, traditional sweets, local preserves & Gelato.

**Beautiful gifts**, including jewellery, mugs, soaps, hand creams, bamboo socks, scented candles, greetings cards, soft toys, games, clothing, scarves and souvenirs.

New product lines throughout the seasons.

**Open:** 10–4.00 Wednesday–Saturday and 11-3 on Sundays. Longer hours / open 7 days a week during summer months and school holidays.

**Closed**: Sun/Mon/Tues in low season.

Follow us on Facebook and Instagram (@chocolateandmoreinbeer).

Call for mail order – 01297 625999 Chocolate & More, Fore Street, Beer EX12 3JB 5\* food hygiene rating





[Charity Advertisement]



### Beer Tool Shop

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open every day except Tuesdays

GERRY DAWSON

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Trading locally since 1980





Finishers

Phone: 01884 34506



#### Renovate your wrought iron gates, railings, tables, etc!

We provide a variety of services ranging from Powder Coating to Hot Zinc Spray and Shot Blasting. We keep a range of about 100 colours in stock. Most are exterior polyesters, which provide excellent durability and colour retention on gates, railings and garden furniture.

Opening Times:

Monday - Thursday 8am - 5pm

Friday 7am - 1pm

 $email: coating supplies@aol.com\ www.industrial coating supplies.co.uk$ 

Units 1+2 Simmons Place, Kingsmill Industrial Estate, Cullompton EX15 1BH





### Lending with Heart and Mind

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

We understand the expense of maintaining your home and we work with you to take the stress out of funding repairs, improvements or adaptations.

We see you as an individual, not a credit score. Our knowledgeable team of advisers will guide you through the process of applying for a home improvement loan.

> For a no-obligation assessment or more information visit www.lendology.org.uk or call 01823 461099

Heatherton Park Studios, Bradford on Tone, Taunton, TA4 1EU

\*subject to eligibility

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Office and Chapel of Rest at Bay View, Trevelyan Rd, Seaton, EX12 2NL www.hansfords-funeral.co.uk





## **Beer Pharmacy**

#### REPEAT PRESCRIPTION SERVICE

#### **COLLECTION & HOME DELIVERY**

**FREE Express Prescription Collection & Delivery Service FREE Weekly Medicine Tray** All Types of Prescriptions Dispensed



Your local independent Pharmacy

**Beer Pharmacy** Fore Street Beer **EX12 3JJ** 

TEL: 01297 21823



#### **Enabling and Home Support**

Our Enabling and Home Support Service offers:

- Cleaning and housework
- Companionship
- Support with attending appointments
- Shopping
- Household management
- Meal planning and preparation

For more information please call

#### 0333 241 2340

email info@ageukdevon.co.uk or visit www.ageukdevon.co.uk



#### **East Devon Chimney Sweeps Ltd.**

Please call Chris on 01395 642023

for a professional, clean sweep.



edcsweeps@gmail.com

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#### **Beer Village Stores**

Fore Street, Beer

**Groceries & Household Goods - Frozen Goods** Cold Drinks & Snacks - Fresh Bread Beer, Wine & Spirits - Sweets & Confectionery Dry Cleaning & Laundry Agent - DIY



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Fishing Part

Now under new management

#### THE ANCHOR INN AT BEER

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Cliff top beer garden with panoramic views of the bay Tel: 01297 20386 for reservations Dog friendly



- \* Tree Surgery
- \* Grass Cutting
- \* Hedge Cutting

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# hmod architect

- Experienced, friendly and local RIBA chartered architectural practice based in Mid Devon, working across the South West - Currently providing architectural services on The Old Lookout. Tower, Beer
- Specialising in the adaptation of listed buildings, residential extensions, renovations and low energy
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### ORIGINAL COTTAGES

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**COTTAGE HOLIDAYS IN BEER & NEIGHBOURING VILLAGES TO** SUIT ALL TASTES AND POCKETS www.originalcottages.co.uk

Tel: (01297) 23221



#### WOOZIE'S DELI BEER

Tel: 01297 20707

OPEN 7 DAYS A WEEK Offering: FRESH & FROZEN PRODUCE, A VARIETY OF SAVOURY PASTIES, PIES & FLANS.

Try: OUR LOCAL CHEESES, EXOTIC SUNDRIED TOMATOES & OLIVES

Also available: FRESH BREAD, HOME-MADE TREACLE TARTS & APPLE PIES, Etc

#### **Beer Post Office**

is now part of

#### **Rock Villa Off-Licence**

and general store Fore Street, Beer 07752 113854

Service available seven days a week during the store's opening hours -

Mon∍Sat10am-1pm, 2pm-6pm Sunday: 12 - 4pm

### THE BEST SELECTION

Of South West Arts and Crafts -Anywhere

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A clean chimney is a safe chimney

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Bird's nest removal. Camera inspections. Power sweeping.

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### **Beer Parish News**

WARM SPACES Having problems keeping warm at home? Here are some places and times when you might keep warm for an hour or two, and perhaps make some new friends.

**MONDAY** 

Beer Men's Shed 2pm - 5pm

WEDNESDAY

Beer Sailing Club 10.00am - 12.00pm

Cosy coffee or tea (donation) all welcome

Beer Men's Shed 2pm - 5pm

**THURSDAY** 

Congregational Church Hall 10.00 - 12.00pm

Coffee or tea on alternate Thursdays

**FRIDAY** 

Beer Men's Shed 2pm - 5pm

Open each day for warm space & books -

St Michael's Church



Beer Community Larder, now known as "Foodsave Beer" is hoping to move to the Mariners' Hall. Need to get in touch, or for opening times, contact us at:-

beer@foodsave.org.uk / or phone 07471 282626

#### \*\*\*\*\*\*

Reading this in the black & white printed edition?

Visit www.beerparishcouncil.org.uk and click on "Latest news" then on "Parish News Letter March" to find this

#### BEER PARISH NEWS in full colour!

Or find it along with back issues on the Beer Village Website https://beervillage.co.uk

Copy for April to be with the Editor by Wednesday 22nd March, at latest please.

henryjaggers@btinternet.com 01297 20858 Green Bank, 9 Clinton Rise EX12 3DZ

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