Beer Parish News

November 2022



St Michael's ... and Village

CHURCH DIRECTORY

www.coastalchurch.org.uk

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ST MICHAEL'S ...

Sacristan

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Secretary: Mrs Jean Smith

07412 010245

Mrs L. Bees & Head Server:

Altar Guild: Mrs P. Bewick 21954

> 22191 Mrs Y. Hawker

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

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

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Mrs G. Chapple, Ms M. Hirons,

Mrs L. Molony, Mrs L. Bees

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> Mrs Y. Hawker, Mrs S. Aplin, Mrs P. Bewick, Mrs E. Singleton, Mrs A. Vaughan, Mrs S. Anderson

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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 CHURCH

St Michaels Church Beer www.coastalchurch.org.uk

Calendar for November 2022

Tues 1st Nov 6:00pm Choir Practice

7:30pm Bell ringing

Wed 2nd 8:30am Open the Book at School

7pm~9pm All Souls Vigil at St Michael's & St Gregory's

10:00am Mickey's Music Makers Fri 4th

Sun 6th 9:30am Morning Prayer 3rd Sunday before Advent

Tues 8th 10:00am Altar Guild Meeting

6:00pm Choir Practice 7:30 Bell ringing practice

Wed 9th 10:00am Communion Service at BEER

Thurs 10th 2:00pm "Questions of Life & Faith"St Greg's Church Centre

Fri 11th 10:00am Mickey's Music Makers

11:00am Royal British Legion Act of Remembrance at War Memorial

Sun 13th 10:50am Royal British Legion Service of Remembrance

6:30pm Evensong at St Gregory's, SEATON

Tues 15th 6:00pm Choir Practice 7:30pm Bell Ringing

Wed 16th 8:30am Open the Book at School

7:00pm Compline Service at SEATON

Fri 18th 10:00am Mickey's Music Makers

9:30am Morning Praise Sun 20th Christ the King

6:00pm Choir Practice Tues 22nd

7:30pm Bell ringing

10:00am Communion Service at SEATON Wed 23rd

Fri 25th 10:00am Mickey's Music Makers

Sun 27th 8:00am Communion Service at SEATON 1st Sunday of Advent

9:30am Communion Service at BEER

6:30pm Advent Carol Service at SEATON

Tues 29th 1:00pm Worship Team Meeting

> 2:00pm PCC Meeting 6:00pm Choir Practice 7:30pm Bell Ringing

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

Sat 3rd Dec 2pm~4pm Beer's Seriously Occasional Singers invite you to ioin them for a Winter Warmer ~ inspiring local Arts & Crafts, refreshments, chat & a Christmassy song or three. No entrance free (but feel free to make a donation if you'd like to!)

Sun 4th Dec 9:30am Communion Service with Archdeacon Andrew Beane

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

There are many things to enjoy about the autumn season including pullover weather, bonfires and fireworks, festivals, apple orchards, and all things spiced. The opportunity to enjoy seasonal activities surrounded by such beautiful landscapes of red, orange, yellow and gold colours, is a gift to us all.

An extra crisp bite in the cold evening air, with darkness slowly creeping earlier and earlier, it is very tempting to arrive home from a busy day and slip straight into the dressing gown and slippers, armed with a mug of hot chocolate as you slope back into the chair.



But it is also that time of year when a knock on the door occurs more frequently than usual – well, at least for a few nights anyway - as expectant little people dressed as ghosts and ghouls arrive seeking treats or playing tricks, lifting us from our cosy sanctuary, carefully reminding us it's still only 7pm in the evening!

As a 1980s child, an evening knock on the door was commonplace. The Avon lady with her box of goodies for mum, a double-glazing or insurance salesmen, the milkman delivering fizzy pop, the video van or maybe simply the boys on the estate playing "knock-and-hide". It certainly feels a lot quieter today!

I personally enjoy paintings that tell a story and one of my favourite pieces of artwork depicts a mysterious visitor to a door. *The Light of the World* by William Holman Hunt is a painting before which I have sat for many hours closely observing the intricate details and vibrant autumnal colours, as I pondered the multi-layered story the artist was attempting to convey to his audience.

Hunt's painting depicts a night scene set in an orchard. A figure wearing a crown of thorns, carries a lantern as he stands knocking at a closed door. The door itself is distinctive, hinges rusted and overgrown with Ivy, seemingly unopened for a very long time.

The visitor is none other than Jesus Christ, dressed as both a King and a Priest, his hands still baring the wounds of the cross. The lamp he carries indicating that Jesus brings light into the darkness of the world and it is He who lights the pathway ahead.

The paintings title refers to Jesus' own words in the gospel of John 8.12:

'I am the light of the world. Whoever follows me will never walk in darkness but will have the light of life'.

Every detail is significant. The apples on the floor remind us of the Garden of Eden and *the Fall* of humankind. A glint of light begins to appear in the sky, the darkness is nearly over and Jesus' expression is one of great patience, no anger, simply full of love and compassion.

The bright star and dark wood, the autumnal weeds and fallen fruit, Hunt's attention to detail and symbolism has led to the painting being called a *sermon in a frame*.

So much more could be said about this painting, I encourage you to check it out, but two particularly important messages to end with...

Upon completion of his masterpiece, Hunt invited fellow artists to find the mistake or better still, discover the paintings secret! It took some time before a young artist said, "There is no mistake... but you forgot to paint a handle on the door". This was Hunt's hidden message... Jesus stands and knocks at the door of our hearts, but there is no handle on His side of the door - we must invite him inside.

The second message refers to the text inscribed behind the picture, a Bible verse; 'Here I am! I stand at the door and knock. If anyone hears my voice and opens the door, I will come in and eat with that person, and they with me' (Rev. 3:20), an invitation to us all.

The Christian message is about a real Jesus, who came to deal with our real problems, darkness in the world and our lives, who came in gentleness and humility, in meekness and majesty, who is both servant and king.

In this painting, I see Jesus Christ, the Son of God and saviour of the world,

but the picture asks everyone of us an important question:

Will you open the door of your heart and your life to the one who is the Light of the World?

Grace & Peace Revd Justin Montague



The Light of the World

This month's "Rev's Ramblings" brings us a very thoughtful sermon written around a very beautiful painting which, as he says, is a sermon in itself.

William Holman Hunt (1827–1910) completed this painting in 1853 when still in his mid twenties and it is considered one of the most significant allegorical works of the Pre-Raphaelite movement. During this time he also painted a smaller version which is now in the Manchester Art Gallery.

The original was eventually presented to Keble College, Oxford, by Thomas Combe who was a patron of the Pre-Raphaelite artists. It can now be seen in Keble College chapel where in the early years the college made a charge for people to view it.

As he grew older Hunt became unhappy by Keble's decision to charge for admission to see his painting and in about 1900, nearly 50 years after completing the original, he began work on a new, life-size version. Sadly he was now elderly and in poor health so was aided in this task by the painter Edward Robert Hughes. This larger version is displayed in St Paul's Cathedral but some consider the colouring and details to be less exact than in the original.

There is a copy of *The Light of the World* on the wall in Beer's Congregational Church which I'm sure you will have noticed.

Oh, and I'm pleased to say that these days Keble does not charge to view the painting!

Editor

(Perhaps I should add that I have a particular liking for *The Light of the World* and it's symbolism as I spent six happy years at Keble...but that's a long time ago.)

"Questions of Life and Faith" resumes in September after a short summer break. The location has moved to St Gregory's Church Centre, Colyford Road, Seaton and will be on the second Thursday of every month from 2 to 3.30ish (with a cuppa at the end). The next session is 10th November. It is a very open group and anyone is welcome to come along and explore with others their questions about life and faith. There is no agenda and we discuss what people there on the day choose.

Karen Curnock

Children's Society boxes are due to be opened in November. Pat Edmunds will arrange to collect them or they may be given to her in church. Please keep on filling them up!



Saturday, 19th November in the Minster, Axminster 7.30 pm. CONCERT by the Axminster and District Choral Society of Gabriel Fauré' Requiem and other works by him and César Franck with professional orchestra and soloists. The concert will be conducted by Judy Martin. Tickets are £15.00 central aisle or £12 side aisles. Under 18s are half price. Covid-19 precautions will be followed including wearing of masks as appropriate and not attending if suffering from a cold or other symptoms. Tickets will be refunded if potential Covid symptoms prevent attendance or if covid rules change. BYO cushion! Refreshments will be available in the interval. Tickets may be purchased from Archway Bookshop, Trinity Square, Axminster (cash only), online via the link on the website, https://www.axminsterchoral.co.uk/ or direct from members. There may still be some available on the door at the event. Registered charity no.900458

Beer Village Heritage

Reg. Charity No.1087162 beervillageheritage.org.uk

Fine Foundation Centre Autumn has finally arrived, if the winds and rain are to be believed. The temperature continues to be positively balmy, so we perhaps can postpone the start of "winter drawers on" until after the

clocks go back. This year the weather has helped produce some magnificent autumnal colours, and the strong winds have contributed to banks of fallen leaves. Being able to shuffle through the leaves is one of the joys of Autumn, regardless of age! Do make use of those leaves in your garden. They are a bonus on the flower beds by encouraging worm activity. However, don't leave them on the lawn but rake them into piles or put them into bags. An old compost sack will do (make sure that you poke some drainage holes in it with a fork), although a builders' dumpy bag might be better. The leaves will make wonderful mulch once they've rotted down.

It's also the time of year for tidying up hedges as well as pruning fruit bushes. Cutting back one bush revealed two birds' nests. One was a rather untidy platform made by the resident pigeons. The other was a delicately woven affair made by a pair of goldfinches. The weaving incorporated a little branch which anchored the nest firmly and would have kept it stable even in strong winds.

We are keeping the Fine Foundation Centre open daily for an extra couple of weeks this year, and it will then be open at weekends only until New Year. As previously reported, the lobster and wrasse have already been returned to the sea after their "holiday" in the fish tanks. We will take the other fish back to their natural habitat in mid- November. One reason for the slightly later date for emptying the tanks is that we are planning to update the pictures on our on-line profile and are making use of a professional photographer.

Our hag-stone collection continues to grow. You'll find tie-on labels in the centre, where there is also a display of some of those already contributed. Outside the centre, the exhibits in the display cases are available all the time. You can access the Beer Village

Heritage walks and I-Spy on line via our website: http://www.beervillageheritage.org.uk/.

There are some spooky Hallowe'en videos for the Jurassic Coast Trust's celebrations for their 20th anniversary. You can find them on their new Jurassic Coast website. East Devon seems to feature more prominently than previously, which is good.

You may have watched a recent episode of Doctor Who and seen footage of the Lulworth Estate, particularly Durdle Door. You may

also remember that the estate has been working hard to encourage visitors to be more responsible and respectful of the attractions. It would seem that this footage exacerbates the problem by encouraging dangerous activity and mitigates against messages being given



by the staff. Let's hope that good sense prevails.

Another gauge that winter is coming is that the Branscombe Project is starting their season of talks. The first one is on November 7th when Pete Herring, formerly of English Heritage, will talk about the practice of moving stock in Spring and Autumn. His talk is entitled Experiencing Life in Summer Pastures. The Branscombe Project contributed to the recent Art Exhibition in Branscombe Church. Their "Smallest Museum in the South West" will be on show at the Sea Shanty during the latter part of the year, after the café has closed for the season. Well worth a visit!

Beer Village Heritage and the Fine Foundation Centre are run entirely by volunteers. Our regular helpers such as David Morling, Nick Jones, Mike Green, Chris Jones, Carol Green, Henry or Norah Jaggers are always happy to provide more information about the

organisation. Alternatively you can contact us on 01297 20858 or at

beervillageheritage@yahoo.co.uk

Seaton Beer and District Branch RNLI

On Sunday 23rd October my son Alastair and I completed our Seaton Beer and District Branch Annual Autumn Sponsored Walk that we have done many years since 1985 and 1979. This walk was completed in 1994, 2004, 2010 and 2015. We were joined by Liz Asbury and Sue Artus who have walked with us for many years. Their friend's dog called Maddie came along too. Sadly, despite extensive



advertising we didn't have any additional walkers. The total distance from Woodhouse Lane near Uplyme to The Malthouse at Seaton via Musbury, Colyton and Colyford was 10.06 miles. The weather was mostly fine and warm and there were great views across the Axe Valley from the top of Musbury Castle. We had a diversion via Whitford between Musbury and Colyton because of a flooded field. The heavy rain started just after Colyton and we got very wet on our way to Seaton. Donations towards our walk will still be greatly appreciated and can be posted to 3 Belmont Terrace, Causeway, Beer, Devon, EX12 3LE or donated through Alastair's fundraisng page at justgiving.com Alastair's Seaton Beer and District Branch Sponsored Walk 2022.

At the time of writing our report I am looking forward to attending the RNLI Volunteering in Excellence Garden Party

(postponed from Sunday 18th September and is now indoors) at Dartmouth Royal Naval College on Sunday 30th October. Everyone who received medals or badges by post in 2020 were invited to events in different RNLI areas around the United Kingdom as there couldn't be events in 2020. My medal is for forty years service and our Volunteer Ann Roberts received a badge for twenty years service.

Our Shop at Beer closed for the Winter from Sunday 30th October. If anyone would like Christmas Cards before the 10th December please contact me and leave a message on (01297) 23040. In November and December we will be attending events and Christmas Fairs at Beer, Seaton and Colyton. We will be entering the Seaton Carnival Christmas Parade on Saturday 10th December and our Tesco Christmas Collection is on Friday 23rd December.

We thank everyone who has supported us during 2022 and purchased from our RNLI Shop at Beer and we are now looking forward to the last two months of the year.

Wendy Cummins
Secretary
Seaton Beer and District Branch RNLI



ANNA CHAPLAINCY

Who and What is Anna Chaplaincy?

The name Anna comes from the elderly Anna who with Simeon, met Jesus in the temple as an infant. Anna Chaplaincy is one of the Leading UK charities offering training and networking for older people's ministry. It is a ministry of the Bible Reading Fellowship (BRF). You can find out more on the BRF website www.annachaplaincy.org.uk Anna Chaplaincy enables local churches to offer high-quality spiritual care to older people in the community, who may be of strong, little or no faith. Founded by former broadcaster Debbie Thrower in 2010 in her local town of Alton, the growing

Anna Chaplaincy network consists of around 200 men and women in the UK, as well as volunteer Anna Friends who support them.

It is right that churches aim to support families and young people, but it is also right that we remember the older members of our congregations, who still have much to offer our communities, through their own life experiences. Anna Chaplaincy aims to make sure that the older generation has as much of a link with their local church, as they would wish too, or simply a listening ear and a hand offered in friendship. Mobility, ill-health, cognitive difficulties, or a move to a care home does not mean their communal and personal spiritual life comes to an end.

It's a relatively new ministry for the elderly and those on the dementia pathway. Anna Chaplaincy gives definition and identity to minister to the elderly and those living with dementia.

Why the need for Anna Chaplaincy in our Coastal Mission of Seaton and Beer?

In Seaton and Beer the population of over 65 year olds is above average for the UK. With 8 Care homes and many people being cared for at home or who live alone.

How is Exeter Diocese supporting Anna Chaplaincy?

Exeter Diocese is very much behind this ministry and has recruited Annie Jefferies to be the Coordinator for Devon. For people who feel called to this ministry, there is a requirement that their Parish Priest and Church supports them, and is Parish Church Council (PCC) approved. There is a strict application process to go through, along with DBS checks and references. Followed by a 6 week training course, which the Diocese will fund. After that Anna Chaplain's will be Commissioned, usually in Exeter Cathedral.

Is our Mission Community going to deliver Anna Chaplaincy?

At this time of writing both Mary Casey and myself have been through the discernment process and we will begin our training in the next few months on the National BRF training course. Providing we pass our training we will be commissioned in due course, ready to build up teams to support our elderly population both in care homes and in their own homes.

Rev'd Ali I am keen to use my years of experience in both Chaplaincy, and pastoral care. In my years being a Chaplain, I have qualified as a Hospital Chaplain, a Police Chaplain and a Chaplain for 'The Saga Generation'. As a Vicar I headed up pastoral care groups and trained them to go into care homes, wrote new services which allowed people both with physical infirmities and those with dementia to feel part of a church family.

Mary Some of you may know me through St Gregory's FREEdom Café, or our Care in the Community worship, or the fact I've lived in Seaton and Beer for many years! Before leaving my professional post to care for my mother, I worked across East Devon, as a coordinator with Devon linkup, supporting carers and elderly adults with learning disabilities. This enabled me to visit care homes, liaise with Social Services, and help people to make choices for themselves. I hope with my own life experiences and further training, to ensure that those seeking the ministry of Anna Chaplaincy find a listening ear, and a helping hand on their spiritual and life journey.

We both ask for your prayers as we undertake the training and listen to what God is calling us to be as Anna Chaplains in this Mission Community. If you have any queries or questions. Please don't hesitate to be in touch. alison.finch@ymail.com and caseymary119@gmail.com

Ali & Mary

BEER PARISH COUNCIL October Newsletter

Well September that was a month that was!. The passing of Her Majesty Queen Elizabeth II really took the country by surprise, Like many she was the only monarch I had known, my parents were married the month of her coronation. We can only express our gratitude for her long and loyal service to the country.

The national period of mourning caused many events to be postponed, and these included most council and local authority meetings, as a result we are now catching up with the backlog and should shortly be back to normal.

We have welcomed two new members of the parish council, John Heath a new councillor, and the return of old council chairman Martin Richards, who brings a wealth of experience and knowledge of Beer Parish Council with him, and we look forward to working with them.

We also say goodbye and thank you to Jakki Henderson, the parish council clerk who has had to leave after a short period of tenure in the post. The post was therefore re advertised, and shortlisted to three candidates. Rick Dormer and several other councillors have interviewed these candidates and the new clerk was due to be introduced at the October council meeting. However after being successful the new clerk turned down the post at the last moment, so we are now looking again for a new clerk. If there is anyone locally who would like a responsible and varied, paid, part time (about 12 hours a month) position, please contact the parish council. There is a full on going training and support package with the post, including expenses should you have to travel for any training.

The asset transfer group still continues with its analysis and deliberations, however progress over the summer as normal has been slow, trying to get the required information from various organisations. Once again it is now working its way to a conclusion. The news is that EDDC will now wait for a decision from Beer Council before proceeding

any further with the transfer of assets pilot scheme, rather than trying to push a finish date upon us.

Many thanks to Bun for cutting the grass on the Jubilee just in time for Regatta, It seems that even more people are commenting on the appalling condition of the Jubilee, that EDDC and Street Scene seem to consider acceptable. The parish council will keep the pressure on to EDDC to improve the situation, however you are all within your rights to complain to both EDDC and its subsidiary Street Scene. All of the East Devon Councillors contact details are available on the web site, eastdevon.gov.uk and then go to the "council and democracy" menu. Street Scenes Deputy Operations Manager is – Simon Kennedy. skennedy@eastdevon.gov.uk or the CEO of EDDC Mark Williams, MWilliams@eastdevon.gov.uk.

Also remember that everyone is welcome as public observers at council meetings, and there is always a time slot set aside, at the start of each meeting for public participation, you only have to inform the clerk that you would like to speak a few days in advance of the meeting.

Finally your chance to have a say in the forthcoming East Devon Public Spaces Protection Orders (PSPOs) and the associated public consultation which will run from 10 October until 20 November 2022. This relates to the Control of Dogs PSPO, Seashores and Promenades PSPO, and the Control of Anti-Social Behaviour and Consumption of Intoxicating Substances PSPO.

It is proposed that dog owners will be able to walk their dogs on East Devon beaches at Exmouth, Budleigh Salterton, Sidmouth, Beer and Seaton during the early morning or later in the evening during the summer season (1st May to 30 September). It is proposed that the summer season dog exclusion requirement will only apply between 09.00 and 18.00

You can send your responses to Mrs Alice Gill MSc, MCIEH, Environmental Health Officer (Environmental Protection) Email: Alice.gill@eastdevon.gov.uk

The next parish council meeting is on Wednesday 9th November 19 30 hrs in the Mariners Hall.



Some time ago we wrote to the BBC to nominate Annie for their ONE BIG THANK YOU, part of The One Show. We told them how Annie helps so many in our village with unstinting enthusiasm across many sectors of the community.

To our amazement and delight they were very keen to do this and there followed many phone calls and requests for videos and photos. But on Thursday 13th October it all came together.

We were tasked with getting a crowd on the Jubilee to welcome her back from the first part of the surprise at River Cottage and had just 48 hours to reveal this closely kept secret, especially from Annie herself!

In true Beer spirit, it was no problem, we had a big crowd, the forecasted rain never happened in fact we had glorious sunshine which was so important as everyone who arrived had a bit of a wait but guess that's television for you. Beer had never looked so beautiful.



So Annie got her richly deserved BIG THANK YOU from us all in Beer and she was bowled over by the whole thing.

All the filming was then edited by the BBC and shown on the One Show on 20th October!

Angie Cromwell, Mary Hawker & Nicki Seignot
If you missed it the show is still available on BBC i-player up
to the 18th November.

Editor

FESTIVE FUN

Beer will be holding its annual Festive Fun in December and details of village events will follow in the December Parish News.

Included will be the Christmas Craft Fair on Friday December 9th 3-7pm. to be held in St Michaels Church.

Mulled wine and refreshments will be served. Father Christmas will put in an appearance for the children followed by Christmas Carols and Father Christmas putting on the tree lights outside the Mariners Hall.

BEER WI

The last month has been very enjoyable and very busy.

the WILLIAM THE INSPIRING WOMEN

Our September walk took place at the very end of the month with the forecast being for heavy rain.

This did put off some but others continued the walk and were able to finish before the rain came.

We were once again let down by our speaker booked for the October meeting. However, this change of plan meant that we were able to have a fun Cheese, Wine and Games evening, with members bringing along their favourite game, old or new, to demonstrate. This was thoroughly enjoyed by all.

Our monthly lunch was at The Hind, Musbury where 14 members arrived early for coffee, before taking part in a game of skittles. Though the scores were not very high we all had a great time. Having worked up an appetite everyone enjoyed an excellent lunch supplied by The Hind.

The next event was the WI Autumn Group Meeting which was held at the function room in The Dolphin. It was attended by over 40 members from not only Beer WI but Seaton, Musbury and Whitford, Colyton and Colyford WIs.

Our speaker on the night was Steve Jellyman, giving a nostalgic talk on "Life as a TV Cameraman". This was illustrated with many videos of old TV shows and personalities, which bought memories flooding back. Although the talks should normally last 45 minutes everyone was enjoying it so much that he carried on talking for well over an hour. What an excellent evening.

This meant there was limited time for all the group business to be discussed, but I am sure no one minded. There was an apple cake competition, with the winner being Seaton WI. There also quizzes on the tables and a box of chocolates was won by Colyton.

There will be no Over 65s Christmas Lunch this year as covid is still very active everywhere. Instead, Beer WI are holding a **free** Coffee Morning (see ad in the magazine and posters in the village) on December 8th 10-12 in The Mariners Hall. **Everyone is welcome**.

Beer WI welcomes new members and guests. For information please ring 01297 21864 or 01297 599157



Instead of the over 65 Christmas Lunch this year

BEER WI

invites **EVERYONE** to a festive celebration at our **FREE COFFEE MORNING** that includes: **Tea, Coffee, Mince Pies and Cakes**

With

CHRISTMAS CRAFT STALL at the

MARINERS HALL

THURSDAY 8TH DECEMBER 10 - 12









TABLE TENNIS

MARINERS HALL

EVERY THURSDAY

(EXCEPT Film Night)

6.30pm - 8.30pm

£3.00 per person

Beginners Welcome

Please bring your own bat

For more information: call Annie 07968 157136





A big thank you goes from the Mariners' Hall to the Congregational Church for their donation of our second table!

PLEASE HELP BEER PRIMARY SCHOOL RAISE FUNDS.

Did you know Beer Primary School are Registered with Both Amazon Smile and Easyfundraising.

By doing your usual online shop through these apps or webpages you can help us RAISE FUNDS for FREE



WHAT IS AMAZON SMILE?

Amazon Smile is a website operated by Amazon. It features the same products at the same prices as the standard Amazon site. The only difference is, when you shop on Amazon Smile, the Amazon Smile Foundation will donate 0.5% of the cost of all eligible products to us!

How do I sign up to Amazon Smile?

Visit the <u>AmazonSmile website</u> to get started.

If you've already got an Amazon account, simply log in to your account and search **Beer Primary School Parent Teacher And Friend's Association** in the 'pick your own charity' search bar on the right-hand side of the screen. Click to accept us as your chosen charity and you're ready to start shopping.



WHAT IS EASYFUNDRAISING.ORG?

We're also registered with easyfundraising, Over 7,000 brands will donate to us when you use easyfundraising to shop with them – at no extra cost to yourself! The cost is covered by the brand. All you need to do is sign up and remember to use easyfundraising

All you need to do is sign up and remember to use easyfundraising whenever you shop online. It's easy and completely FREE! These donations really mount up, so please sign up to support us at the link below

How do I sign up to easyfundraising.org?

Please register using this link or go to easyfundraising and search for our school.

https://www.easyfundraising.org.uk/causes/beerprimptfa/?invite=5odz55&referral-campaign=s2s

Plus, once you've signed up and raised £5 in donations, easyfundraising will give us an extra £5 donation.

There's really no catch or hidden charges and Beer Primary School PTFA will be really grateful for your donations.



Unhappiness

It is so easy to be unhappy. We react with resistance to everyday events. We make judgements. We approve and disapprove. We have our personal catalogue of fixed likes and dislikes. The mind is very active, very watchful for all the things that will make us unhappy, disappointed, angry, frustrated.

Anger flares up in us like a flame in an instant, and we are consumed by it. Does it have to be always like this? Is it inevitable and unavoidable that we are made so unhappy so much of the time? Are we nothing more than the mind, where all these emotions arise and die away and arise again all the time? Are we wholly and completely this mind? Is there not something else in us beside mind? Isn't there

a dimension to us that observes mind, notices the arrival of certain thoughts? A consciousness in which the noisy mind full of thinking and reacting operates? And is it not possible to separate these two elements in us, so that the conscious awareness puts space between itself and the thinking mind?

Look what happens when we become the observer of our own thought. Here is the simple conscious awareness, holding itself in the present moment. For as long as it holds the attention in this calm still presence then mind has no space in which to open up its reactive patterns of thought. Mind is a generator of fear and anxiety; it lives through memory and through anticipation. Present-moment awareness brings this to an end. Attention anchored in Now separates the essential part of self from the artificial reactive, conditioned habits of mind-thinking that makes one so unhappy.

BAGs Variety Night
Thursday 3rd November
Congregational Church Hall
7-00 for 7-30pm

Music & Song by renowned local artists
Short Films
Comedy Play Readings
Refreshments

(Cash donations welcome)

All Welcome - £5 entry fee

If you intend coming please email chrisaij2009@hotmail.com
so we can provision enough refreshments

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Bookings will be taken for our Christmas Party & Panto
Exclusive for members

# YOUR "LOCAL" CONTACTS

**Parish Council** 

Geoff Pook 07966 490429

James Green 07714 328352 Vice Chair

Alex Adkin 07811 178731 Emma Molony 07773 399025

Rick Dormor 07970 217267 Chair

(大本本本本本)

Mandy Graham 01297 20369 Adam Brewer 07874 051689 Tim Stevens 07855 023482

timstevensbpc1@aol.com

Sean Greig 07971 294201 John Heath 07966 089257 Martin Richards 07809 629344

Clerk to the Council:

clerk.beerparishcouncil@googlemail.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 -

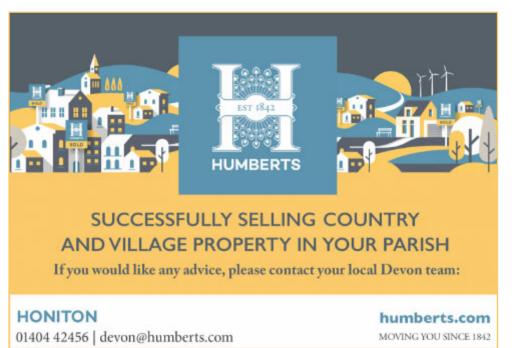
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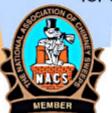
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# Beer Parish News



Copy for December to be with the Editor by Monday 21st November, at latest please.

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