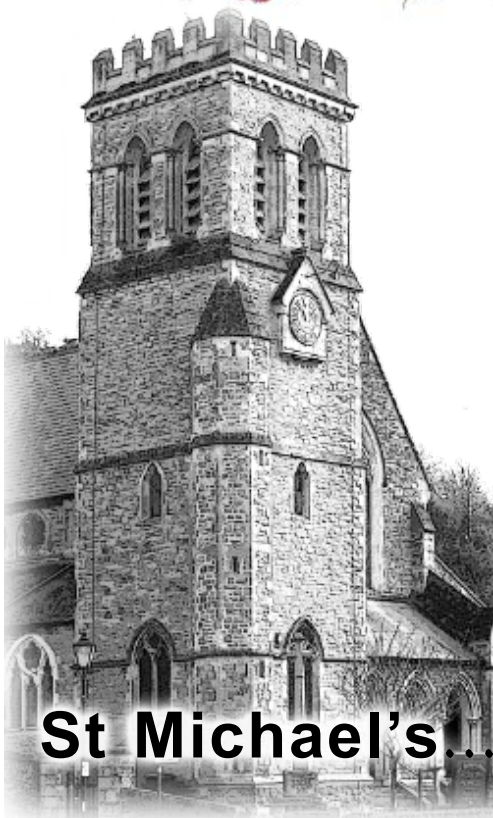


Beer Parish News

September 2026



St Michael's... ..and Village

CHURCH DIRECTORY

www.coastalchurch.org.uk

VICAR Rev Justin Montague coastalvicar@hotmail.com 07308 264614

Parish Administrator Helen Knight seatonchurch@hotmail.co.uk 23656

Parish Finance Officer Helen Moulding cmctreasurer@hotmail.com

Local Pioneer Minister Rev Shuna George Pritchard shuna.art@gmail.com

ST MICHAEL'S ...

Churchwarden: Penny Grant pennygrant@hotmail.co.uk 24008

Secretary: Mrs Jean Smith 07412 010245



Altar Guild: Mrs P. Bewick 21954

Mrs Y. Hawker 22191

Choir: Dr G. Butler (Practice Tuesday 5-6pm) 21375

Organist: Dr G. Butler 21375

Children's Society: Ann Stott seatonchurch@hotmail.co.uk 23656

Children's Ministry: Rev Shuna George Pritchard shuna.art@gmail.com

Children's Team: Gayle Chapple, Jenny Ross

Worship Team: Gayle Chapple, Lynne Bees, Penny Grant, Yvonne Hawker, Angela Ould, Jenny Ross

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

Mrs Y. Hawker, Mrs P. Bewick,

Mrs E. Singleton,

Mrs S. Anderson



ANNA CHAPLAINS: Mary Casey email caseymary119@gmail.com

Phone: 23656 or 07805 655335

& Sue Craker Mobile 07802 649155 email: susanawhelan@icloud.com

Parish Safeguarding Representative: Sue Craker 01297 23656

Local Safeguarding Officer: Mrs G. Chapple

Beer Parish News: Dr Henry Jaggars, Green Bank, 9 Clinton Rise, Beer

Editor: Email: henryjaggars@btinternet.com Tel: 20858

Area code for all phone numbers above is 01297 unless shown otherwise

In an emergency, parishioners should contact the Churchwarden (see above for phone number).

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www.coastalchurch.org.uk

Calendar for AUGUST 2026

From the Coastal Mission Community website

<https://www.coastalchurch.org.uk>

Sundays

8am - Holy Communion Service (1st Sunday of the Month)

9.30am - Weekly Sunday Service

Monthly Mid-Week Service

10am - 2nd Wednesday of the month

10am - Morning Prayer

(1st, 3rd & 4th Wednesday of the month)

Full information was not received in time for printing deadline.

If it becomes available in the next few days from the date of writing this, I will add it to the online version which can be found at www.beer-pc.gov.uk/

Editor

It has not been made available so please see above and/or see notices at St Michaels.

Sunday services in Beer are usually 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

Yesterday evening (as I write) something unusual happened along our coastline. People paused, the beaches filled and heads turned upwards at vantage points along the coast path as people looked towards the sky to witness the solar eclipse.

There is something rather wonderful about that. We live in an age in which it can sometimes feel difficult to persuade people to look up from their phones, yet for a little while thousands of people, young and old were looking in the same direction, watching something none of us could control, hurry along, postpone or rearrange. The Moon simply continued on its course. For those of us in East Devon, the eclipse was partial rather than total, but it was nevertheless a remarkable sight as the Moon passed across the Sun and daylight noticeably changed.

It also took me back 27 years. In August 1999, I was on holiday with friends in Newquay, Cornwall, when the last total solar eclipse visible from the UK took place. I would love to tell you that we had carefully selected some spectacular Cornish headland from which to experience this once-in-a-generation event. We hadn't. We wandered a few yards outside our tents and watched it from the inland campsite! No smartphones in sight back then, but perhaps a few single use cameras, ready to be taken to Boots to be developed! But I still remember it. The extraordinary change in the light, the strange darkness descending during the day and then the light returning again. Even without the dramatic clifftop location, it was a sight to behold.

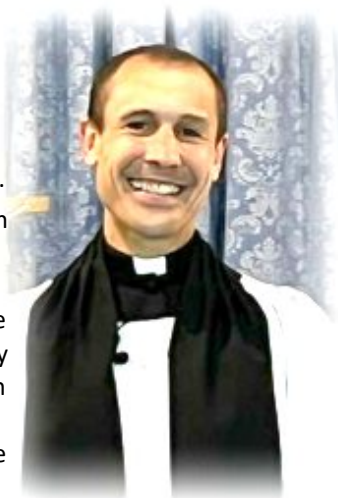
Perhaps that is because events like an eclipse have a way of reminding us of our place in things. Much of our lives are spent organising, planning and seeking to control. Our diaries, deadlines and decisions dominate our days. Then occasionally we encounter something in creation that is so much bigger than ourselves that all we can really do is stand and watch. In this corner of the world where we live by the ocean, we get that opportunity every day.

For me, moments like this produce awe and reverence.

The writer of Psalm 19 puts it beautifully:

"The heavens declare the glory of God;
the skies proclaim the work of his hands." (19.1 NIV)

As a Christian, I don't look into the heavens and simply see an extraordinary universe. I see something of the fingerprints of its Creator. Our Earth travels around the Sun while rotating on an axis tilted at about 23.4 degrees. That tilt helps give us our seasons. Our orbit, rotation, atmosphere and relationship with the Sun are among the many factors which make this extraordinary planet capable of sustaining the awesome diversity of life we so easily take for granted. The more we discover about creation, the less ordinary it seems to me. And perhaps we need that reminder.



This year we have once again seen frightening images from around the world of the power of the natural world: fires, floods, storms and earthquakes. Nature can be breathtakingly beautiful and frighteningly powerful. It reminds us that for all our technological advancement, humanity has never become master of creation, though our hands most certainly affect it.

We remain creatures within it, our calling to steward it faithfully. And when I see the sky darkening strangely in the middle of the day like yesterday, my thoughts are drawn inevitably to another darkness. The Bible tells us that on the first Good Friday, as Jesus hung upon the cross:

"From noon until three in the afternoon darkness came over all the land." (Matthew 27.45 NIV)

Then, as Jesus died, Matthew's gospel tells us that the earth shook and the rocks split. Creation itself seems to provide the backdrop to the enormity of what was happening. The Gospel writers are not giving us an astronomical explanation for the darkness. They are telling us: this was no ordinary death. Something divine and of eternal significance was happening.

On a hill outside Jerusalem largely unnoticed by the wider world, Jesus Christ was giving his life upon a cross. Yet what happened there would reach far beyond that city, far beyond that generation and far beyond the boundaries of the Roman Empire. Its ramifications would reach through history. They would even reach us.

There is also another detail of an eclipse that I find rather beautiful. However impressive the darkness may be, it does not win. The Moon passes, the darkness recedes and the light remains. And that takes us beyond Good Friday to Easter morning.

The Christian faith does not deny darkness. We know that life contains grief, suffering, uncertainty and things we simply cannot understand or control. Christianity does not pretend that those things aren't real. But neither does it believe that darkness has the final word. Good Friday gives way to Easter Day. Death gives way to resurrection life. The tomb is empty. Christ is risen. Light shines again.

Perhaps that is what I shall remember most from this eclipse. Not simply the remarkable alignment of Sun, earth and Moon, nor even the crowds gathered along our beautiful coastline, but the invitation to look up (I believe I said that last month). To remember that we are part of something vastly bigger than ourselves, to recover a little wonder in our distracted lives and to recognise that creation still has the ability to stop us in our tracks. And for me at least, to worship the One whom I believe stands behind it all.

Twenty-seven years ago, I watched the sky grow dark from outside a tent in Cornwall. Yesterday, many of us watched it happen again from this beautiful part of the world. Different place. Different eclipse. Same sense of wonder. Same creator behind it all.

"The heavens declare the glory of God."

Sometimes we simply need to stop long enough, look up and notice in awesome wonder.

Grace and peace.

Revd Justin

ANNA CHAPLAINCY SEPTEMBER and early OCTOBER worship



and events – If you have a loved one or friend you visit in one of the Seaton care homes, please consider joining us for our monthly worship. You would be most welcome. Kindly check with the care home prior to your visit in case anything changes at the last minute.

Wednesday 2 September – CHECK HOUSE 11.00 a.m.

Monday 7 September - THORNFIELD 11.00 a.m

Tuesday 8 September – 2-4 pm. MEMORY CHURCH St Gregory's church centre Seaton. Worship, afternoon tea, fun, and fellowship. Church for those who find our church buildings difficult to access for whatever reason. We have disabled facilities and a loop system for the hard of hearing. We welcome you!

Monday 14 September– NETHERHAYES 10.45 a.m.

Tuesday 15 September - LYME BAY VIEW 10.45 a.m

Wednesday 16 September – 2-3 pm - ANNA'S PLACE St Michael's Church Beer. A shorter reflective service with Holy Communion for older people, followed by refreshments. All are welcome.

Monday 21 September – THE MANOR 11.00 a.m.

Tuesday 22 September– THE SEATON 11.00 a.m.

OCTOBER

Monday 5 October - THORNFIELD 11.00 a.m. -

Wednesday 7 October - CHECK HOUSE 11.00 a.m.

Anna Chaplain Mary - 07805655335 Anna Chaplain Sue – 07802649155

Anna Chaplain Kathryn - 07864110230

The church office - CONTACT 01297 23656

ANNA'S PLACE

Special 30 minute worship for Older People
Followed by Refreshments
Music and Memories,
Wednesdays from 2pm
at St Michael's, Beer:

**September 16
October 21**

All are welcome!
Dementia Supportive
Come, receive
God's Grace

Memory Church

For Older People and their Carers:
A Place to Meet, Relax & Worship together.

**8 September
13 October**

2nd Tues of the month
2-4pm

St Gregory's Church Centre,
Colyford Rd
Seaton EX12 2DF

**Dementia Supportive
Disabled Facilities**

Contact: Mary Casey caseymary119@gmail.com
Anna Chaplain or
to book your place Church office: 01297 23656
seatonchurch@hotmail.co.uk

The Commissioning and Licensing of ANNA CHAPLAIN KATHRYN

Hello, we hope you have had the most wonderful summer. Having rested from Memory Church and Anna's Place during August, the Anna Chaplains Mary, Sue and our newly licensed Anna Chaplain Kathryn Kirwan are looking forward to catching up with you all once again. Mary and Sue continued to visit our local care homes with worship throughout the summer, and those living at home.

On Sunday 19 July Kathryn was Commissioned and Licensed at the Minster church in Axminster by Archdeacon Andrew Beane. Kathryn will be a wonderful asset to our voluntary team, as she brings her gifts and training into our local care homes and the wider community.

Below is a photograph of Kathryn at her commissioning service, together with Anna Chaplains Mary, Sue, and some of the Anna Chaplaincy volunteers. Rev'd Jeremy Putnam Diocesan Mission Enabler for the Diocese of Exeter, and Rev'd Justin were also taking part in the commissioning service. Church family from Crossroads Christian centre, Kathryn's home church, and church family from St Gregory's came along to give their support.



Rev Shuna's Summer Sorties!

I have been very grateful for opportunities to be out and about through the Diocese in recent weeks.

Clergy Conference

In June, Justin and I had the privilege of attending the Clergy Conference in Cirencester – an event which happens once every 4 years, for all the licensed Clergy. It's theme was Roots, Shoots ...and Fruits!

Having arrived a trifle late for the first session, we were pleased to spot two empty chairs on different tables in the Marquee. Only as the speakers left the stage, did we realise that we were each sitting in a seat temporarily vacated by a Bishop! I must say Bishop Moira was most gracious about it!

For me, the conference was a good balance of teaching, worship and fellowship. The atmosphere was very relaxed, an ambience set by the Bishops and Archdeacons, all of whom appeared in very good spirits.

Visiting preachers included Rowan Williams, who spoke of the importance of 'preparing the soil' for growth in faith – creating space and an expectation, but within a timescale of grace. Also we heard a recorded interview with Archbishop Hosam Naoum – Bishop of Jerusalem – who grew up in Galilee, the son of a Carpenter! His area covers, Israel, Palestine, Jordan, Syria, Lebanon, Iran, Cyprus and the Gulf states. I think we all felt rather in awe of his position. But he spoke of the importance of modelling peace and joy, and frequently coming back to Christ in Communion.

Bishops Mike, Moira and James all preached on well-known parables, and all of these can be watched on vimeo - links via the Mission and Ministry team.

I attended workshops on AI in ministry and young people in rural church and enjoyed the worship very much. All in all a very well organised occasion and I am very grateful to have been able to be there.

SPREE

Many of you may have heard of SPREE - an annual weekend event for children and young people to attend in church groups from all over the South West.

Again, this event at the Westpoint arena was meticulously planned and organised, with all sorts of activities from fairground rides to nerf gun play zones!

I arrived on Saturday as the morning worship was in full swing... Diocesan Children's Mission Enabler Sharon Blyth, had to remove her ear plugs to respond to my greeting – it was VERY LOUD!!

Along with Monica from St Michael's, Beer, I was part of the craft team – a busy, fun and messy role...I was on tie dying and had blue hands for several days afterwards. It remains a prayer for Justin and I that one day our Mission Community will attend with at least one young person! Such amazing vitality and witness for Jesus. You couldn't help but feel uplifted in your soul.



I'm writing this after the first proper rainfall for weeks - about a third of inch last night – so water butts have been replenished which means we will be able to keep some of the plants in pots alive. Several plants which had been planted in the garden earlier in the year have really suffered because of the lack of water, having not had time to establish a good root system. Our chalky soil allows water to go straight through, and the importance of compost, which retains moisture, has really shown through this summer.

Regatta Week provided fun and games for everyone, with the weather ensuring that all the activities had sunshine. The children made a superb papier mache model of a plesiosaur at Sunday Funday and we are looking forward to welcoming it at the Fine Foundation Centre. We hosted Fossil Fun on the Friday with a steady stream of youngsters making, and then painting, plaster of Paris models of fossils as well as joining in a variety of other fossil related activities. This included investigating a variety of fossils. One of the favourites is a tooth from a megalodon, which lived between 23 and 3.8 million years ago (so very modern by our Jurassic Coast standards!). The youngsters enjoy trying to work out how big the megalodon would have been, given the size of one tooth. Recent research suggests that these creatures grew up to 24 metres (79 feet) in length, with their newborns being up to 12 feet long!

One of the other “fossils” which we had to show was a piece of gypsum, collected from the beach between Branscombe and Weston. This gypsum – calcium sulphate dihydrate – was formed when the water in a lake in the desert evaporated around 200 million years ago, when this part of the world was just north of the equator. We use gypsum for a variety of things, one of which being plaster of Paris! If you would like to see the local “salt lakes” you will find them as strata in the cliff, often falling as pink rocks onto the beach.

During Regatta we hosted a small exhibition in the Bomb Shelter. It was entitled “Ordinary People doing Extra-Ordinary Things” and was inspired by so many eulogies heard at funerals! So often we only learn about particular exploits, passions and interests after someone has died – so this was a little attempt to address the balance. You can see Carol and Mike Green's story as well as that of Justin Adkin and the All Relative team in the Fine Foundation Centre. We plan to display John Lang and Darren Clinch's

stories during the winter.

In July we took our fossils along to Natural Seaton, the annual festival showcasing the natural world. As the Fine Foundation Centre was created as an interpretation centre for the Dorset and East Devon World Heritage Site, we are always happy to promote the Jurassic Coast. We use a map puzzle to encourage people to identify the extent of the site, talk about the geology and geomorphology of the site and use fossils to bring stories to life. As always, we had a busy day talking to local people along with visitors to the area. Who knows – learning about our coastline may inspire a palaeontologist of the future!

With autumn on the horizon, we welcome the start of the various series of winter talks in the area. Axe Valley Heritage Association hosts Derek Gore's talk “Vikings in the West Country”. AVHA has a new venue – the Gateway – and the talk is on Friday 11th September at 1400. Tickets are available online or from Paperchain in Marine Parade.

I make no apology for reminding you that our current Trustees, who were appointed when the charity was registered as a Charitable Incorporated Organisation, are nearing the end of their term of office and will retire, which means that new Trustees are needed. If you feel that you have skills which be useful to the group, please talk to the Chairman. David Morling, on 01297 625045. Don't be shy!

Please make subscriptions and donations by cash or bank transfer. If you wish to do the latter, please ask David Morling for our bank details. If you prefer to use cash, please put it in an envelope with your contact details written on the outside, and either post it in the diving tank at the centre or hand it in at the post office. Subscriptions for 2026/7 are £5 per person.

Thanks to our sterling volunteers, the Fine Foundation Centre is open every day and continues to welcome a steady stream of visitors.

As usual I add a reminder that Beer Village Heritage is a registered charity, and that we rely on annual subscriptions and donations in order to run the Fine Foundation Centre and the Bomb Shelter. You'll find the Beer Village Heritage walks and I-Spy online via our website: <http://www.beervillageheritage.org.uk>.

We apologise that some of the links on the site are still not working. There must be someone out there who could help to sort out the problem.



BEER PUMPKIN SHOW -
SATURDAY 26TH SEPTEMBER 2026

Now that Regatta is over our thoughts turn to organising The Pumpkin Show which is being held on Saturday 26th September in The Mariners Hall. Entries and weigh in from 1pm - 3pm.

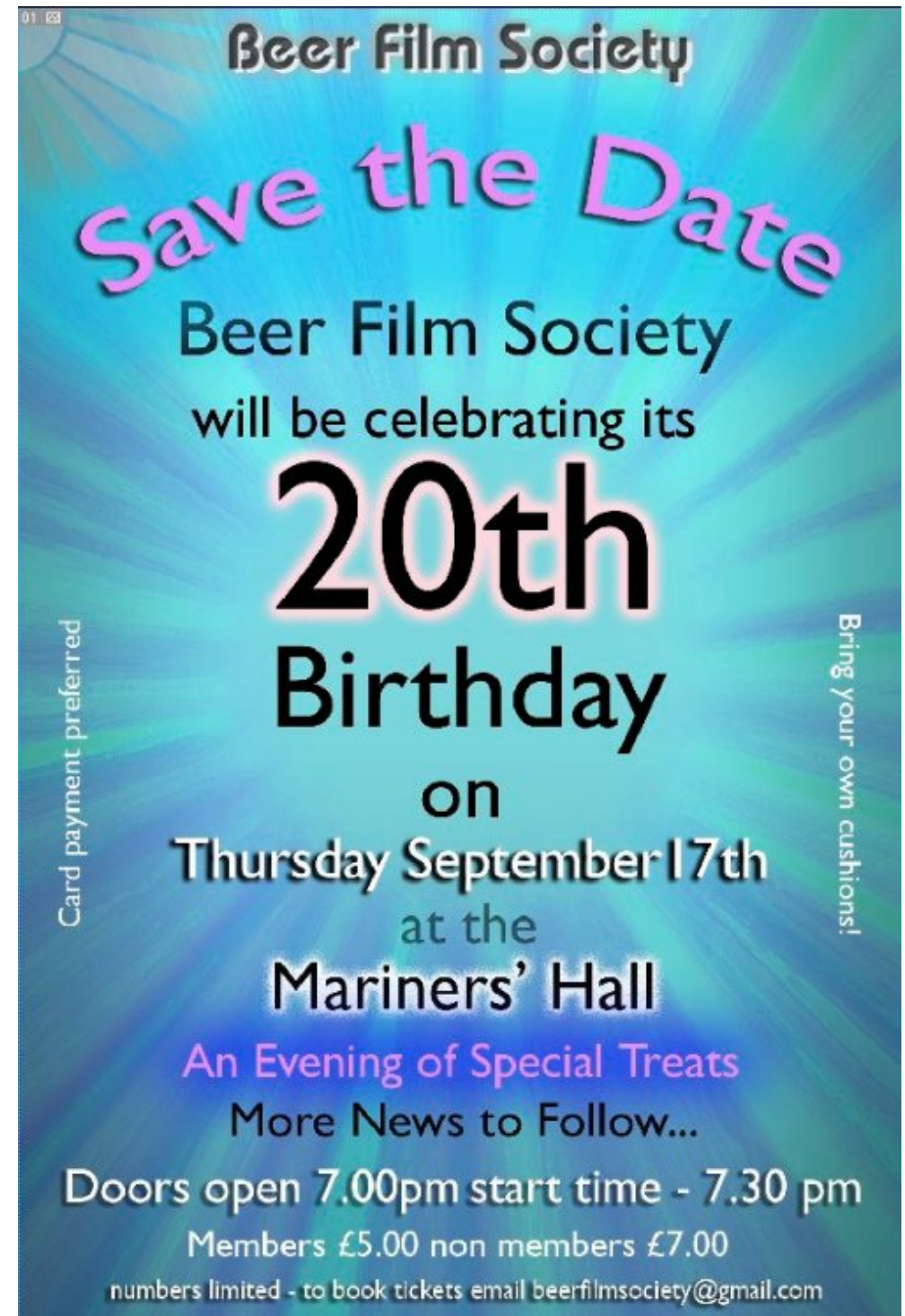
Raffle tickets will be available in the afternoon and at the Auction.

The auction of produce and various donated items is being held at The Mariners Hall and will be open at 7.30pm for 8pm start with winners being presented with their cups. The bar will be open. Proceeds going to local Beer charities. Donations of items would be gratefully received, without your donations for the Auction we would not be able to hold this event. Please email kimaplin515@gmail.com, phone us on 01297 21955 or pop the donations to the Mariners Hall in the afternoon

Everyone is welcome to come and enter vegetables or decorated vegetables. We have classes for heaviest Beer grown pumpkin, heaviest pumpkin, best shaped pumpkin, heaviest marrow, and 4 heaviest onions .

There is a competition for decorated vegetables. There are two age groups 6 and under and 7 and over. There is also an adult class for which we would appreciate more entries. All entries are to be at The Mariners Hall by 3pm on the day for judging. The Hall is open to receive entries from 1pm - 3pm. For more information telephone Kim and Jayne on 01297 21955.

People wishing to obtain a pumpkin for parties or soup can come to the Hall on the evening and acquire one for a donation.

A vertical poster for the Beer Film Society's 20th birthday. The background is a vibrant blue and green with a sunburst or starburst pattern emanating from the top left. The text is arranged vertically. At the top, 'Beer Film Society' is written in a bold, black, sans-serif font. Below it, 'Save the Date' is written in a large, stylized, pink font with a white outline. This is followed by 'Beer Film Society' in black, then 'will be celebrating its' in a smaller black font, and '20th Birthday' in a very large, bold, black font. Below this, 'on' is written in a smaller black font, followed by 'Thursday September 17th' in a large, bold, black font. Then 'at the' is written in a smaller black font, followed by 'Mariners' Hall' in a large, bold, black font. Below that, 'An Evening of Special Treats' is written in a pink font, and 'More News to Follow...' is written in a black font. At the bottom, 'Doors open 7.00pm start time - 7.30 pm' is written in a large, bold, black font, followed by 'Members £5.00 non members £7.00' in a smaller black font, and 'numbers limited - to book tickets email beerfilmsociety@gmail.com' in a very small black font. On the left side, 'Card payment preferred' is written vertically in a small black font. On the right side, 'Bring your own cushions!' is written vertically in a small black font.



After a busy and successful May to July with our RNLI Mayday Appeal and Beer Lifeboat Weekend our diary is now slightly quieter and at the time of writing my report we had had a great time attending county fairs and events in our area. We had been to Natural Seaton on Saturday 25th July, Seaton Carnival Street Market on Sunday 26th July and Whitford Summer Show on Saturday 1st August. On Sunday 2nd August at Munchkins Miniature Shetland Rescue Summer Fayre we were delighted to meet and have our



Helen, Me, RNLI Ted, Jules Hudson from Escape To The Country and Patron of Munchkins Miniature Shetland Rescue, Pat, Yvonne

photograph taken with Jules Hudson from the BBC television programme Escape To The Country and is the Patron of Munchkins. We went to Dalwood Fair on Saturday 15th August.

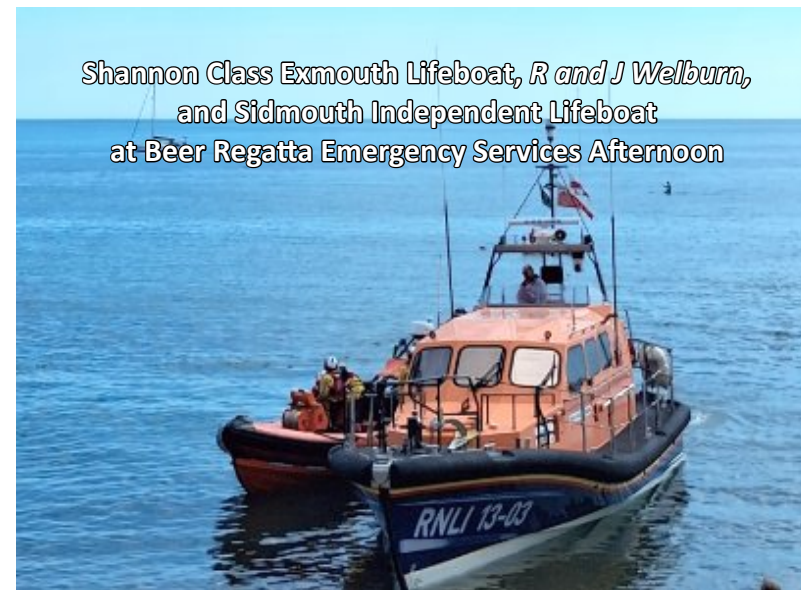
During the beginning of Beer Regatta Week on Saturday 8th August Beer Regatta supported our branch of the RNLI with a joint Coffee Morning and stalls. We provided tea, coffee, hot chocolate, cake and bacon baps. We



Pat, Yvonne and me at Dalwood

sold our RNLI gifts and souvenirs and had a RNLI information table. Beer Regatta will be forwarding a donation in due course and we thank them for their support to our branch of the RNLI. On Friday 14th August the Lyme Regis Water Safety Team attended the Emergency Services Afternoon and it was great to

see the Exmouth Lifeboat R and J Welburn and the Sidmouth Independent Lifeboat provide a display.



Shannon Class Exmouth Lifeboat, R and J Welburn, and Sidmouth Independent Lifeboat at Beer Regatta Emergency Services Afternoon

As August progressed we were looking forward to attending Seaton Carnival Classic Car Show on Sunday 30th August and Seaton Carnival Street Market Monday 31st August.

Further into 2026 we are looking forward to entering the Seaton Carnival Procession on Saturday 5th September and collecting at Tesco Honiton on Saturday 10th October as part of the RNLI Lifeboat Saturday. We are aiming to have our Annual Sponsored Walk during October with the date and route to be decided plus we are already booked in to Christmas Fairs at Beer, Colyton and Seaton. Our Tesco Seaton Christmas Collection is on Wednesday 16th December. Additional dates will be added as the year progresses.

Additional volunteers are still needed and welcome on a rota or relief basis. Please contact our Shop Manager Richard Hare on 07752393640 or call in to the shop when he is there most Friday mornings. Help is still needed with fundraising collections, at our events we attend in our area. Please come and say hello when you see us or send an email me at wac500@hotmail.co.uk

Best wishes to everyone as we proceed through a busy 2026.

Wendy Cummins, Secretary Fundraising/Events Seaton Beer and District Branch RNLI

Beer Plants



Plants for sale or swap are
on forecourt to right of St Michaels

C
A
B



CHAPEL ASSOCIATION BEER

Situated by the sea on the Jurassic Coast
in the Old Cemetery, Clappe Lane, Beer, EX12 3EN

~ by, with, and for the Community



Photo by Simon Whitelock

BEER CONGREGATIONAL CHURCH - SERVICES & NOTICES



SEPTEMBER

Sunday September 6th - 10am Morning Service with Holy Communion

Sunday September 13th - 10am Morning Service

Sunday September 20th - 10am Morning Service

Sunday September 27th - 10am Harvest Festival Service

Sunday October 4th - 10am Morning Service with Holy Communion

COFFEE MORNINGS

September 3rd and 17th and October 1st - 10-30am - 12 noon -
Congregational Hall



Racing and rafts, barrel-rolling and bingo. Fireworks,
fancy dress, tug-o'-war, and fun for all the family.

The 2026 Beer Regatta was surely one of the best in recent years. If someone cares to send me a report we will publish it next month. *Editor*



Julian Group

We are a small group who meet regularly in order to grow in the practice of Contemplative Prayer in the Christian tradition.

Julian Meetings welcome people of ALL denominations or none. Meetings usually take place on the 2nd Monday of each month 7.20pm for 7.35pm at St Gregory's

For more information contact: The Church Office on 01297 23656

The 100th BEER HORTICULTURAL SOCIETY'S SUMMER SHOW was also a great success. The more so considering the heat and drought we've had. Photos and report will be in next month's BPN. *Editor*

When the weather heats up, many homes in Devon can become uncomfortable and it's important to keep cool without pushing up your energy bills.



Keep sun and hot air out of your house by keeping all windows and doors shut and shutting curtains /Blinds during the day. If you have no curtains, put a sheet or blanket up instead.

When it gets cooler outside, open all your windows and doors to get the cool air in and across the house

Use fans in front of an open window, facing outward, to draw hot air out of the room. When it's cooler outside, turn them around to draw the cool air in.

If you use a fan during the day direct it at yourself and place frozen water bottle in front of it so it cools the air down before getting to your skin.

Fans do not use too much electric and you can have a fan on for **12 hours without it costing you more than about 31p.**



If you can't sleep, dampen your bed or body as water will evaporate leaving you feeling cooler.



Hot air rises. Windows upstairs will need to be opened in the evening to let the hot air out.



If you can afford to insulate your home, then this will help to keep your home cool in summer as well as warmer in winter.



If you're worried about keeping cool or managing rising energy costs, you're not alone, we're here to help.



 healthyhomes@ecoeadvice.org.uk

 www.ecoeadvice.org.uk

 **0800 772 3617**

We are a registered charity. ECOE Advice is registered as Sustainable Community Solutions Ltd in England and Wales charity number 1214109.

A Devon-based charity providing free, independent energy advice to residents across East Devon, Mid Devon, Exeter, Teignbridge and Torbay

- If all life was easy and comfortable and secure, you would learn nothing and you would go to sleep. All lifeforms grow through encountering obstacles and difficulties. Life challenges you. Accept that. Rise to meet it.
- Living things evolve by finding a way through or over or around an obstacle or difficulty. You have events in your life. Meet them with "Oh, it turns out to be you!" Call it out. Face up to it.
- Part of life is coping with what other humans are capable of doing -- this may include horrors, degradation, malice, brutality – realities that it's hard to acknowledge. We see what life contains, but we do not allow our consciousness to be invaded or dragged down to that level. We hold to the highest that is in us.
- Some events are more than a 'challenge', greater than an 'obstacle'. This world contains colossal tragedies. They may touch you in your life; they may be events you witness. You possess the choice of how you respond. There is nothing in this world that can ever take from you your inner poise.
- How do we hold the attention away from horror and stay grounded and centred in 'Presence'? Answer: by bringing the awareness back again and again into this moment now. You choose whether or not you allow Life to go on making you suffer, or whether your 'Presence', your quality of awareness, (*I don't need to keep inflicting this onto myself*) ends that suffering.

YOUR LOCAL CONTACTS

Parish Council

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Tess Nishino 07354 390682

Internal Auditor: Jacqui Peskett - Aalgaard Renshaw Business Solutions Ltd.

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John Heath 07966 089257

Devon County Councillor

Paul Arnott paul.arnott@devon.gov.uk

Member of Parliament Richard Foord

Email: Richard.Foord.MP@parliament.uk

Tel: 0207 219 8349

Post:
East Devon Business Centre, Honiton, EX14 1SF

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Beer Parish News



**Copy for October 2026 to be with the Editor
by Tuesday 22nd September, at very latest please.**

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