

# Beer Parish News

## 2025 August



- **HORTICULTURAL SOCIETY FLOWER SHOW**  
- REGATTA WEEK (full programmes from local shops) - CHURCH PICNIC - VJ Day  
**Remembrance & Service** - Church "Open Day" -  
**Beer Quarry Caves Tour with music & Hog Roast**  
(in support of "raising the Chapel roof") - Rock  
Pooling - and more...

You need stamina to be in Beer in August!

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

# CHURCH DIRECTORY

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

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Local Pioneer Minister Rev Shuna George Pritchard [shuna.art@gmail.com](mailto:shuna.art@gmail.com)

## ST MICHAEL'S ...

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**Sacristan** Mrs L. Bees 21723

**& Head Server:** Mrs P. Bewick 21954

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

**Organist:** Dr G. Butler 21375

**Children's Society:** Ann Stott

**Families Worker:** Amy Dare [mrandsdare22@gmail.com](mailto:mrandsdare22@gmail.com)

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

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Mrs E. Singleton,

Mrs S. Anderson

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**Editor:** Beer. Email: [henryjaggars@btinternet.com](mailto:henryjaggars@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 phone number).**

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



# St MICHAEL'S CHURCH

Coastal Mission  
Community



[St Michael's Church, Beer](https://www.facebook.com/StMichaelChurchBeer)

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

## Calendar for AUGUST 2025

- Sun 3<sup>rd</sup>** 8:00am Holy Communion 7<sup>th</sup> Sunday after Trinity  
9:30am Morning Praise
- Mon 4<sup>th</sup>** 10am~12noon Summer Club for Families  
12:30pm St M's "Looking Forward" meeting
- Tues 5<sup>th</sup>** 10:00am Altar Guild Meeting  
5:00pm Choir Practice
- Sun 10<sup>th</sup>** 9:30am UNITED Family Communion 8<sup>th</sup> Sunday after Trinity  
11:00am onwards BIG Church Picnic at Pecorama
- Mon 11<sup>th</sup>** 10am~12noon Summer Club for Families
- Wed 13<sup>th</sup>** Holy Communion at BEER
- Fri 15<sup>th</sup>** VJ Day 11:00am Act of Remembrance  
& Service Commemorating the end of WWII
- Sun 17<sup>th</sup>** 9:30am Morning Praise 9<sup>th</sup> Sunday after Trinity
- Tues 19<sup>th</sup>** 5:00pm Choir Practice
- Wed 20<sup>th</sup>** 5:30pm Evening Prayer at SEATON
- Sun 24<sup>th</sup>** 9:30am Family Communion 10<sup>th</sup> Sunday after Trinity  
Church "Open Day" with  
(from 3pm) Cream Teas, Messy Church & Hymns & Pimms
- Tues 26<sup>th</sup>** 5:00pm Choir Practice
- Wed 27<sup>th</sup>** 10:00am Holy Communion at SEATON
- Sat 30<sup>th</sup>** Beer Quarry Caves Tour with music & Hog Roast  
(in support of "raising the Chapel roof")
- Sun 31<sup>st</sup>** 11:00am United Communion Service  
at SEATON 11<sup>th</sup> Sunday after Trinity

\*\*\*\*\*

*Sunday services in Beer are often 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!*

*A guest Rev's Ramblings*  
for August 2025  
Thoughts from Rev Shuna...

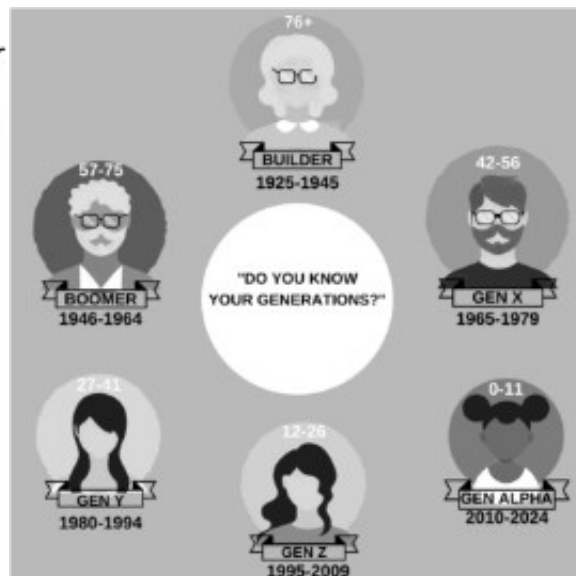


In the light of applying for funding for our Mission Community 'Joining Generations' project, the word 'generation' has rarely been far from my mind in recent weeks.

It's a word which is often followed by 'gap', 'game' (for those of us around in the 70s in particular!), or X, Y, Z...even, apparently 'Alpha' now, for those born since 2010!

This diagram from Amy-Jo Girardier, Women's Minister at Brentwood Baptist church, might help those of us with a touch of 'generational dyslexia'...

Our churches may be currently populated by 'Builders and Boomers' (who knew?!), but one thing we can be certain of, is that the Good News of Jesus cuts across all generations and labels.



The Psalmist puts it like this:

*O God, from my youth you have taught me, and I still proclaim your wondrous deeds.*

*So even to old age and grey hairs, O God, do not forsake me,*

*until I proclaim your might to all the generations to come.  
Your power and your righteousness, O God, reach the high heavens.  
You who have done great things, O God, who is like you?*

**Psalm 71: 17-19**

In the Bible we read much about different ages, and indeed whole households, worshipping God together. In both the Old and the New Testaments, we learn about Daniel, Miriam, Samuel, the boy with loaves and fishes who helps Jesus, Timothy, the households of Lydia and the Centurion who came to faith..

We well know that Jesus reminded us older ones that we have much to learn from His younger - ones and vica versa !

***“Truly I tell you, unless you change and become like little children, you will never enter the kingdom of heaven.” Matthew 8 verse2***

Since I was young, I have always really valued the intergenerational nature of Church – being part of Christ's huge extended family. Those older people who gave their time to teach guide and befriend me. Sunday school leaders; children's club helpers; people who offered me Sunday lunch when I was a student; those who gave me advice when I asked for help.

I feel our intergenerational focus, is a wonderfully positive gift which the Church offers contemporary society. So often people today can become isolated from the support of their family of origin.

The 2021 census states there are 960, 0-19 year olds living in Seaton (out of a population of 7439) and 233 (out of 1283) in Beer. What a challenge we have to bring the love of God in Jesus to all of these youngsters (and many more!).

Let us all play our part as “One generation” who “will declare (God's) works to the next and will proclaim (God's) mighty acts” (**Ps. 145:4**).

AMEN



Within our two church families we are working hard to make and to grow good faith connections between young, old, 'in betweeners' and God.

Our intergenerational focus, is a wonderfully positive gift to contemporary society. Where people are often isolated from the support of their family.

We have come up with the name: '**Joining Generations**' in God as an easy shorthand for our project of building up our intergenerational fellowship.

- The first step is to continue to pray as we have been doing!
- The second is to join together to raise the money to fund this 2-year part-time lead role, which will focus on primary-aged children and their families.

We are initially looking to raise £7,200 over 2 years, between our 2 churches. More details to follow.

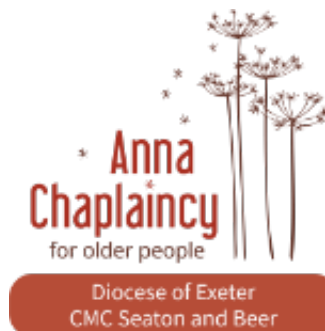
All help welcome! Thank you for your prayers! Rev Shuna.  
[Revshu1@gmail.com](mailto:Revshu1@gmail.com)

*“Truly I tell you, unless you change and become like little children, you will never enter the kingdom of heaven.”*  
 Matthew 8 verse 2

## ALTAR GUILD

**Date of next meeting:** Tuesday 5<sup>th</sup> August 2025 @10.00am

## ANNA CHAPLAINCY



**ANNA CHAPLAINCY – End of JULY & AUGUST worship and events** – If you have a loved one or friend you visit in one of the Seaton care homes, you might like to join us for our monthly activity and worship? Please check with the care home prior to your visit in case anything has to be changed.

Monday 28 July– THE MANOR 11.00 a.m.

Tuesday 29 July - CHECK HOUSE 11.00 a.m.

Monday 4 August - NETHERHAYES 10.45 a.m.

***Tuesday 12 August – MEMORY CHURCH 2-4 p.m. Church centre St Gregory's SEATON – For older people who find it difficult to worship in our church buildings. Worship, afternoon tea and making new friends. Interested? Phone 01297 23656***

Monday 18 August - THORNFIELD – 11.00 a.m.

Tuesday 19 August – LYME BAY VIEW 10.45 a.m.

***We are taking a break during August for ANNA'S PLACE at St Michael's Church BEER. Please join us again on Wednesday 17 SEPTEMBER 2.00 p.m. Reflective café style worship with Holy Communion followed by refreshments.***

Tuesday 26 August – THE SEATON 11.00 a.m.

Wednesday 27 August – CHECK HOUSE 11.00 a.m.

Thursday 28 August – THE MANOR 11.00 a.m.

*If you know someone living at home or someone who would like a one-to-one visit in residential care, please contact either Mary or Sue on their mobile numbers. Information leaflets about Anna Chaplaincy ministry are displayed at St Gregory's and St Michael's churches. Thank you for your support and prayers.*

**Anna Chaplain Mary - 07805655335 Anna Chaplain Sue – 07802649155**

**The church office - CONTACT 01297 23656**



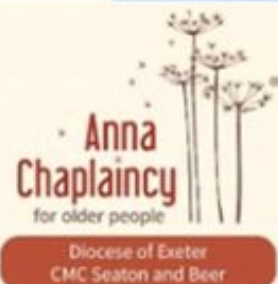
# ANNA'S PLACE

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



We are taking a break in August  
Back again September 17th

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



# Memory Church

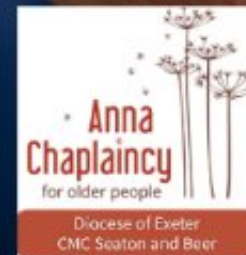
For Older People and their Carers:  
A Place to Meet, Relax & Worship  
together.

Tuesday 12 August  
Tuesday 9 September



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](mailto:caseymary119@gmail.com)  
**Anna Chaplain**  
**to book your place** or  
Church office: 01297 23656  
[seatonchurch@hotmail.co.uk](mailto:seatonchurch@hotmail.co.uk)

By the time this edition of the parish magazine is produced, the new fish tanks should have water in them and the Fine Foundation Centre will hopefully be open to

the public. We hope that you like the new layout in the centre and that the youngsters in your family will enjoy having a better view of the world in the tanks.

We may not have been able to go rock pooling before we open the centre, so it may be a couple of weeks before the tanks have any inhabitants. The tides are right for us to offer Rock Pool Safaris on either Monday 11<sup>th</sup> or Tuesday 12<sup>th</sup> August. Look for the banner outside the Fine Foundation Centre for times. Later in the month we plan to offer rock pooling on Monday 25<sup>th</sup> or Tuesday 26<sup>th</sup> – again, details will be shown outside of the centre.

Regatta Week will be busy for us as, in addition to rock pooling, we will be hosting Fossil Fun in Charlie's Yard on Friday 15<sup>th</sup> at 1330. As usual we will be talking about, making and decorating fossils. Do come and join us.

The Regatta Talk on Monday 11<sup>th</sup> August promises to be a real treat! Roy Curtis has a never-ending fund of stories to tell, and has entitled his talk "The Old Evacuee". He'll be holding court in the Congregational Church at 1730.

Richard Scott will be moving his VE Day exhibition from the Bomb Shelter to the church for Regatta Week as VJ Day, which marks the end of WW2, falls on 15<sup>th</sup> August. The Bomb Shelter is hosting two exhibitions, starting in Regatta Week. Artists Elaine Murray will be there from the 12<sup>th</sup> to 17<sup>th</sup> August and John and Rita Buckley will show their work from 22<sup>nd</sup> to 29<sup>th</sup> August.

We seem to have had a prolonged dry spell and the garden is showing the effects of the lack of rain. When we have had a short shower, the teasels collect water in the cup where stalks meet the main stem. These little reservoirs are ideal for small birds and insects. Although I know that water is vital for all life, I was surprised to find a spider drinking out of a tooth mug recently!

As usual we have left some mullein plants to flourish in the flower beds. One of the larger plants has been host to umpteen mullein moth caterpillars. These attractive yellow and black creatures have eaten their way through most of the foliage, so we hope that there will be a goodly number of mullein moths as a result! As they are nocturnal in habit, we are unlikely to find out.



Beer Village Heritage is a registered charity, and we rely on annual subscriptions and donations in order to run the Fine Foundation Centre and the Bomb Shelter. Annual subscriptions are now due and the Trustees have decided to keep them at £3 per person. You can give yours to a committee member, put it in the divers tank in the centre or leave it at the Post Office. Don't forget to include your name and contact details. 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 not working.

If you would like to be involved with running the Fine Foundation Centre and our other activities, please talk to our Chairman, David Morling on 01297 625045.



## BEER FILM SOCIETY

WE are delighted to once again join forces with Beer Regatta to offer the family-friendly film 'Paddington In Peru' (2024, 1hr 46mins, PG) at the Mariners' Hall on SATURDAY August 9<sup>th</sup> starting at 6pm.

As with last year this is a change from our normal schedule and following the success of Wonka in 2024 we are more than happy to repeat the formula this year.

When Paddington discovers his beloved aunt has gone missing from the Home for Retired Bears, he and the Brown family - Hugh Boneville and Emily Mortimer - head to the jungles of Peru to find her.

Determined to solve the mystery, they soon stumble across a legendary treasure as they make their way through the rainforests of the Amazon.

Throw in the imperious Olivia Coleman, Julie Walters, Jim Broadbent, Ben Wishaw and Antonio Banderas and you have a star-studded cast for the third film in the beloved, feel-good franchise directed by Douglas Wilson.

### What the critics said:

*'This film sticks to the winning formula pratfalls, heart-warming family values and first class actors hamming it up as villains.'*

**Grant Rollings. The Sun. 4\***

*'Let's be fair: absolutely no one will have a bad time at Paddington in Peru, which is bouncy, unobjectionable and raises plenty of smiles.'*

**Tim Robey. Daily Telegraph. 3\***

*'While not quite as effortlessly sharp and inventive as its predecessors, this remains a hugely entertaining feel-good romp.'*

**David Golder. Radio Times. 4\***

As it is Regatta week we are offering free entry for all children under 11 as long as they are accompanied by an adult. In addition, all adult tickets will cost £5 for this film.

So please come along and check out our fantastic new sound system!

**Doors open at 5.30 and the film will start at 6pm. The bar will be open and our very popular Baboo Gelato ice creams will be on sale.**



**Beer Film Society**

A LITTLE BEAR  
GOES A LONG WAY

**PADDINGTON  
IN PERU**

**Saturday August 9th**

**Mariners' Hall** PG

Doors open 5.15 Film starts 6pm  
Entry £5 for all & under 11s FREE!

children must be accompanied by an adult

Card payment preferred

Bring your own cushions!



We had an excellent RNLI Beer Lifeboat Weekend on Saturday 5th and Sunday 6th July and the weather was kind to us this year.

On the Saturday we held our Annual Street Collection and during the day our three collectors received an excellent donation total of £295.63.

In the morning we held our Table Top Sale. We had Bacon Baps and cake, Raffle, Card Tombola, books, puzzles and Bric-a-Brac for sale. We welcomed stall holders from Beer and around our area came and they sold a variety of items. We had our RNLI gifts and souvenirs for sale and our RNLI information table. We thank everyone who came and £330 was raised for the work of the RNLI.

On Sunday the weather was good for our 18th Annual Duck Race Day. Beer Coastguards, Lyme Regis Water Safety Team and F2F Membership were at Jubilee Gardens and we had our Duck Tombola, Duck themed games and stalls, a raffle and cake. RNLI Stormy Stan came too.

From Exmouth the wonderful relief Shannon lifeboat Eric's Legend performed a display with the Lyme Regis Spirit of Loch Fyne and the crew of the Lyme Regis lifeboat swam ashore and presented the 1st prize to Lara and 2nd to Noah for their entries into our Beer Primary School Duck Art Competition. Fifty six lovely entries were received and we thank St. Michael's Church for permitting us to display the entries before and after our weekend.

The Duck Races started at 3pm and twelve heats of yellow ducks raced down Beer Brook.

There was a special heat called the Beer Sailing Club Novelty Duck Chase and the winning duck entered the Grand Final and was called Zulu. Beer Sailing Club also hosted a special VIP Grandstand Event where people purchased tickets for tea or coffee and cake and to watch the lifeboat display from their balcony. We thank Beer Sailing Club for their continuing support that is greatly appreciated. At the time of writing our report income for the day currently stands at £1,094 with additional donations to come.

We would like to extend our grateful thanks to all the Beer and local businesses who gave donations and sponsored our Duck Races and gave prizes. Thank you to Stuart Morgan for transporting our big Duck sign and son Alastair for being Duck Catcher and also helping transport signs and other help. Thank you to Beer Parish Council for bringing and collecting the gazebo and everyone else

who helps make our weekend possible including our brilliant volunteers.

Due to retirements, we still need additional volunteers for our Shop at Jubilee Gardens. Please contact Richard Hare on 07752393640 or call into our Shop. For Fundraising/Events enquiries email me at [wac500@hotmail.co.uk](mailto:wac500@hotmail.co.uk) or see us at the events we attend. During August we will be at Whitford Summer Show, Munchkins Summer Fete, Beer Regatta Table Top Sale and the Seaton Carnival Classic Car Show.

We send our best wishes to everyone as we progress through 2025.

*Wendy Cummins* Secretary, Seaton Beer and District Branch RNLI





53rd Annual

# Art

## Exhibition

**9-17 August**

10am - 4pm

United Reformed  
Church Hall  
Cross Street, Seaton



Seaton & District Art Society



BEER & DISTRICT  
HORTICULTURAL SOCIETY'S  
99th  
ANNUAL

# *Flower Show*

THURSDAY 7th AUGUST, 2025

to be opened by Gayle Chapple

IN THE MARINERS' HALL, BEER

at 3.00 p.m.

DOORS OPEN at 2.30 p.m.

Admission £1, Children Free.

Schedule: £1 \*

Entries 20p per exhibit, Children's classes free.  
Closing date for entries: Tuesday 5th August, 5pm



\* Schedules available from local shops

## Beer Regatta 2025: A Week of Celebration, Community & Coastal Fun!

The approach to the beach will soon be fluttering with colourful flags as excitement builds for one of Beer's most treasured traditions – Beer Regatta Week!

This year's festivities begin on Saturday 9 August and continue all the way through to the much-loved Regatta Dance, bringing the curtain down on Friday 15 August at the Mariners' Hall.

It's a week packed with fun, laughter, friendly competition, and community pride.

In quiet corners and secret gardens, teams are already plotting for our legendary Tug of War and Land Raft competitions. Meanwhile, sewing machines are whirring and safety pins flying as families prepare spectacular fancy dress outfits — with more buzz than a new episode of The Great British Sewing Bee!

Whether you're creative, competitive, courageous, or just looking to soak up the fun, Regatta Week has something for everyone.

This year, we are thrilled to honour Gayle Chapple, who has given so much to our village over the years. Join us in showing our heartfelt appreciation at the Opening Ceremony, taking place at 10am on Regatta Day (Thursday 14 August) in



Charlie's Yard, where Gayle will officially open Regatta 2025. For those visiting Beer, you might wonder why we begin our week-long celebration on the penultimate day of the programme — come along and discover the traditions that make our Regatta so unique!

We're also delighted to welcome Roy Curtis, who will be giving this year's Regatta Talk at The Congregational Church at 7pm on Monday 11 August. Roy's Talk is called 'The Old Evacuee' — an evening not to be missed!

Regatta Week simply wouldn't be possible without the incredible support of local businesses and organisations, volunteers, sponsors, and, of course, the tireless Regatta Committee. A very special thank you goes to Pecorama, not only for their continued support but also for providing the vibrant artwork for this year's programme cover. As they celebrate their 50th birthday, don't miss the chance to visit them during your stay — and make use of the special BEER50 online discount code!

Programme sales have now started, and soon, you'll also be able to purchase our reusable Beer Regatta plastic cups to help reduce single-use waste. Grand Draw tickets will also be on sale — always a highlight of the week!

It's worth remembering that Beer Regatta is a non-profit event, with any surplus funds going back into the village via our Giving Back Scheme. In recent years, your support has helped fund the repair of the St. Michael's Church clock face, contributed to the Scout minibus, and supported groups like Beer Primary School and our own Horticultural Society, keeping Beer in bloom.

We can't wait to welcome you to another unforgettable Regatta Week in our beautiful coastal village. Come and be part of the celebration!

## BEER CONGREGATIONAL CHURCH - SERVICES IN AUGUST



Services for August all at 10am

**August 3<sup>rd</sup> - Revd Nigel Freathy (with Holy Communion)**

**August 10<sup>th</sup> - Revd Nigel Freathy**

**August 17<sup>th</sup> - Mr Sam Carlin**

**August 24<sup>th</sup> - Mrs Sally Wyatt**

**August 31<sup>st</sup> - Mrs Annette Freathy**

**September 7<sup>th</sup> - Mrs Tina Bishop**

**Advance Notice : Harvest Festival - September 28<sup>th</sup> at 10am**

## BEER WI

There is no meeting in August.

On September 3<sup>rd</sup> the speaker at the meeting is Dr Francis Burroughs about the Wonderful World of Glass.

7.30 Congregational Hall, Beer.

On October 1<sup>st</sup> the talk is about the Archeology of Nursery Rhymes by Dr Jenny Moon.

7.30 Congregational Hall.

The Bookclub meets on the first Monday of the month at Isabella's.

The writing group time is varied. It meets once a month.

The card group meets on a Thursday afternoon at Penny's or Barbara's.

New members and guests are always given a warm welcome.



Dear Beer Parish News

### **A Hospiscare 'thank you to our supporters**

Recently we held a Hospiscare 'thank-a-thon', a day when hospice staff picked up the phone, sent cards and wrote emails with a message of **thanks** to our wonderful supporters and donors, who raise vital funds for our charity, in so many different ways.

It's thanks to the generosity of supporters across our community that we've been able to continue delivering our vital end-of-life care to local people, despite a challenging few years.

We can't say 'thank you' enough. It means the world to us, and to our patients and their loved ones. As our CEO Wayne Gale said, "The thank-a-thon was just a drop in the ocean, but we hope its ripples will spread to you all."





## YOUR “LOCAL” CONTACTS

### Parish Council

John Heath [cllrjheath@beer-pc.gov.uk](mailto:cllrjheath@beer-pc.gov.uk)  
Maureen Westlake [cllrmwestlake@beer-pc.gov.uk](mailto:cllrmwestlake@beer-pc.gov.uk)  
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Timothy Stevens [cllrstevens@beer-pc.gov.uk](mailto:cllrstevens@beer-pc.gov.uk)  
Karen Stevens [cllrkstevens@beer-pc.gov.uk.com](mailto:cllrkstevens@beer-pc.gov.uk.com)  
Leona Reeve [cllrreeve@beer-pc.gov.uk](mailto:cllrreeve@beer-pc.gov.uk)  
Simon Reeve [cllrsreeve@beer-pc.gov.uk](mailto:cllrsreeve@beer-pc.gov.uk)  
Caroline Thompson [cllrcthompson@beer-pc.gov.uk](mailto:cllrcthompson@beer-pc.gov.uk)  
Angela Smith [cllrasmith@beer-pc.gov.uk](mailto:cllrasmith@beer-pc.gov.uk)  
Simon Whitelock [cllrswitelock@beer-pc.gov.uk](mailto:cllrswitelock@beer-pc.gov.uk)  
*Clerk to the Council:* [clerk@beer-pc.gov.uk](mailto:clerk@beer-pc.gov.uk)

*Internal Auditor:* Jacqui Peskett - Aalgard Renshaw Business Solutions Ltd.

### East Devon District Councillor

John Heath 07966 089257

### Devon County Councillor

Paul Arnott [paul.arnott@devon.gov.uk](mailto:paul.arnott@devon.gov.uk)

### Member of Parliament Richard Foord

*Parliamentary matters -*

House of Commons, London, SW1A 0AA

*Constituency matters -* [richard.foord@libdems.org.uk](mailto:richard.foord@libdems.org.uk)  
c/o 118 High Street, Honiton, EX14 1JP

## A troubled life

- No one escapes a troubled life. Loss and disappointment are woven into everyone's existence. So too are joy and surprise. They come linked-up, they can't be separated. This is the territory called Being Human. And it is inescapable. Can you accept that? Can you allow gain and loss, joy and desolation to be part of the woof and weft of your life? Can you hold that receptive state of mind where even the most heart-breaking events can be absorbed? If you can, then you have a big heart.
- Some people fight life. They resent what happened. Or what might happen. They cannot accept it. Just imagine what sort of a life that would be.

\* \* \*

- In the *Book of Joy* two old friends, the Dalai Lama and Archbishop Desmond Tutu, discuss the difference between Happiness and Joy. Happiness, they agree, keeps arriving in life, but is always temporary, it's fleeting. Joy, however, is deep, constant and more profound – it is the quality of an inner dimension which is not dependent on this world. It is inside each of us and is our true nature.
- So why don't we live in joy all the time? Because there is laundry to be seen to, a house to be kept clean, meals to be made, work to be done, the contents of daily life to be dealt with. And of course other people.
- All day every day your mind is processing thoughts, making decisions. Every day you are coping with Life. How then do you make space for the inner dimension when the demands of life are so immediate and persistent?
- Do you know who or what you are? You are your attention. You are the conscious attentive awareness that you call 'me'. You are the energy of thinking, and you have the choice of where to send that thinking self. You direct the energy of your thoughts where you please --- to access inner peace, if you wish.
- Can you choose joy?

# Naked Larder

Love food but hate plastic waste??

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Copy for September to be with the Editor  
by **Wednesday 20th August, at very latest please.**

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**August 2025**