

BEAFORD BUGLE



FEBRUARY

26

THANK-YOU



Phyllis Slater would like to thank everyone who has sent her cards and best wishes for the occasion of her Birthday in November and Get-Well cards during her long stay in hospital also for all the lovely Christmas cards.

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Kathleen Buckley would like to thank all her kind friends who sent messages, cards and flowers and did shopping for her after her stay in hospital in early November. “Special thanks to Sandie and Brian Ward who brought her home when she was discharged from hospital.

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The Village Hall Book Exchange

Many will know all about the book and jigsaw exchange located in the village hall, it is much improved since the addition of the new bookshelves.

There are two main sections – Family and Romance novels and a Crime and Thriller section, any good condition paper backs can be exchanged for another of your choice, (and there are plenty to choose from). We usually leave a donation for The Air Ambulance, with their collection box close to the bookshelves. Last year’s total donation was £131.09

Thank you everyone.

Sue Silcock our librarian.

BEAFORD GARDEN TOUR

A date for your Diary – Sat 6th and Sun 7th June

There will be a Flower Exhibition in the Church
Plant Sale

Cream Teas will be available at selected sites in the village.
Beautiful, unusual, large, small, quirky, traditional, cottage,
new, old and more gardens will be made available to view.

Plenty of time to grow, plant, and nurture, to show off your
garden.

So next month, listen out for a knock on your door, asking if
you would like to join in.



More details to follow next month – watch this space.

**DEVON WILDLIFE TRUST
HALSDON AND DOLTON LOCAL GROUP
CHANGE OF DATE!**

**The work party scheduled for Saturday Feb 21st is now going
to be held on Saturday Feb 28th.**

**Contact Kevin New for details of where and when to meet.
01837 811030**

From the curate, Rev Ally Hope

As we head towards spring, signs of new life can be seen appearing around our community. On a walk at Rosemoor, this week, I was witness to the abundance of early snowdrops and a multitude of daffodils sprouting up from the ground but not yet in bloom. Signs of hope that winter will soon be over and that days of longer daylight and warmer temperatures are on their way.

As we head into February there are some important dates coming up in the Christian calendar, days that give us hope of a different kind. On the 14th February we celebrate St Valentine's Day, Valentine of Terni was a Christian from the third century AD, who converted many to Christianity after performing a miracle on the blind daughter of a general, giving her perfect sight. He later became somewhat of a legend, being remembered in myths that have influenced our modern-day celebration of Valentine's Day. The Saint Valentine that Christians remember is the one who loved Christ so much that he wanted everyone else to share in the joy of the hope that he had found through his belief in Christ. The hope that through this belief and acceptance of Christ and through baptism into a new way of life, we are able to look forward to a time where we will have eternal life in heaven. His belief was so strong that he refused to denounce Christ and so was martyred and later given the status of saint, now remembered every 14th of February.

After Valentine's Day we start heading towards Lent with Shrove Tuesday and Ash Wednesday, the official beginning of Lent where we have an ashing service that reminds us of where we all came from and where we are to return. A mixture of ash and oil are used to mark each person's forehead while the minister says '*Remember that you are dust, and to dust you will return. Turn away from sin and be faithful to Christ.*' It is a humbling reminder of our humanity and acknowledgement that it is only through Christ that we are granted eternal life. If you would like to come to an ashing service then we have two different services on offer in the Mission Community. If you have never been to one before, then maybe this year is the year to try one!

Best wishes

Ally

Rev Ally to be vicar of Bishops Tawton and Newport

Rev Ally, our curate will be taking up the position of interim vicar in Bishops Tawton and Newport on 21st April. We will be sad to see Ally go, but she is ready to take on her own parishes and we wish her and the family well. Ally's last Sunday in the mission community will be 29th March and all are invited to a short service in Beaford church at 4.00pm followed by refreshments in Beaford village hall from 4.45pm.

Two Rivers Mission Community services and events

Ash Wednesday – 18th February

Communion and ashing: High Bickington, 10.30am & Beaford, 7.00pm
BCP morning prayer and commination, Alverdiscott, 10.00am

Lent groups

Lent is a great time to join with others in looking at the bible and applying it to our daily lives.

Beaford, Monday mornings from 23rd February at 9.30am in the village hall with Rev Ally; following the Church of England Lent theme 'Draw near' - exploring activities central to Christian discipleship: worship, prayer, Scripture, communion, service to others and sharing the good news

St Giles church, Mondays from 23rd February at 2.00pm looking at what we might learn from some famous stories in the Old Testament involving animals.

All welcome, whether you are normally in church or not.

Other groups meet across the mission community. Details on the website.

Ember day – 25th February

BCP morning prayer and litany. A service to pray for ordained and licensed ministers and to pray for more vocations. Alverdiscott, 10.00am

For more details see www.tworiversmissioncommunity.org

Beaford Church-

Sunday Services 9.30am 1st February All Age Worship

8th February Morning Worship

15th February Holy Communion

22nd February Morning Worship

Flower Rota - 1st & 8th Ellie Pearce -15th Ruth Castle

200 Club Winners for January –

1st Prize £25.00 No. 55 Ian & Joan Lovell

2nd Prize £15.00 No.96 Marian Hancock

3rd Prize £10.00 No.103 Kim Hamilton

CHURCH COFFEE MORNING

SAT 28TH FEBRUARY @ THE VILLAGE HALL 10.00-12pm

ALSO JUMBLE SALE 2pm

BEAFORD CHURCH



AT

BEAFORD VILLAGE HALL

SATURDAY 28TH FEBRUARY

**Please drop off your items
at the
illage Hall between 8am and 1pm.**

Sale starts at 2pm

20p entrance

Rewilding of Doorstep Green

"Those of you who visit Doorstep Green will have noticed that there has been some planting taking place at the lower two corners of the field. This planting will form part of the project to re-wild some of Doorstep Green to attract both an increase to and variety of wildlife in the area. The trees were donated by an initiative run jointly by The Forestry Commission and Sainsburys. The trees planted include oak, silver birch, wild cherry and crab apple. They will grow to about 30-60 foot in about 5 years if they survive any attacks that they may suffer. Special thanks to Simon Berry for heading the initiative, securing the donation, and providing his expertise; thanks also to all those who sacrificed their Sunday Morning to help plant the trees and shrubs. Hopefully we'll see the benefit of their hard work in due course."



Devon Libraries – Give Your View

A consultation on the future of Devon's Library Service has been launched by Devon County Council. If you use the library service in Devon and are concerned what type of service will be around in the future then complete the online survey or the questionnaire available from any Devon library.

This is a message to let you know that there is still time to fill out the survey on the future of Devon's libraries and the proposed changes to the service. Devon County Council launched the public consultation into libraries on 1st December and it is open until 22nd February.

They are looking for your thoughts on the service and how it may run in the future. You can see the full proposals and fill in the survey here: <https://devon.cc/your-libraries>

Your thoughts and opinions are vital. Please take part in this consultation and share it with others if you can.

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The first of our **COMMUNITY**

Café

was held on **January 10th**

The hall was buzzing as people came for their breakfast and cups of tea and coffee. This was beautifully cooked by Ellie and helped by Joy who made the teas and coffees.

The homemade cakes sold out and a few pounds gained on their consumption but well worth it. Hopefully even more residents will come to the next **CAFE ON 14TH FEBRUARY.**

COMMUNITY

Café

Beaford Village Hall

14th FEBRUARY

9.30 UNTIL NOON

**Our kitchen will be open for bacon,
sausage and egg baps. Hot drinks
and homemade cakes**

Enjoy a breakfast

Meet up, have a chat and catch up

**AMY'S PANTRY (MOBILE SHOP)
will be in the car park**

There will be three markets at the village hall

SPRING MARKET 11TH APRIL

AUTUMN MARKET 12TH SEPTEMBER

CHRISTMAS MARKET 12TH DECEMBER



BEAFORD VILLAGE HALL COMMUNITY SOCIAL EVENING

MONDAY 9th FEBRUARY
BAR OPENS 6.30PM TO LATE

**COME AND HAVE A DRINK,
MEET UP WITH OLD FRIENDS AND
MAKE NEW ONES**

ENJOY A RELAXING SOCIAL EVENING

EVERYONE WELCOME

BAR SNACKS AVAILABLE

card payments

accepted

QR code:



BEAFORD VILLAGE HALL



SUNDAY 15TH FEBRUARY

BAR OPEN AT 6.30PM

EYES DOWN AT 7PM

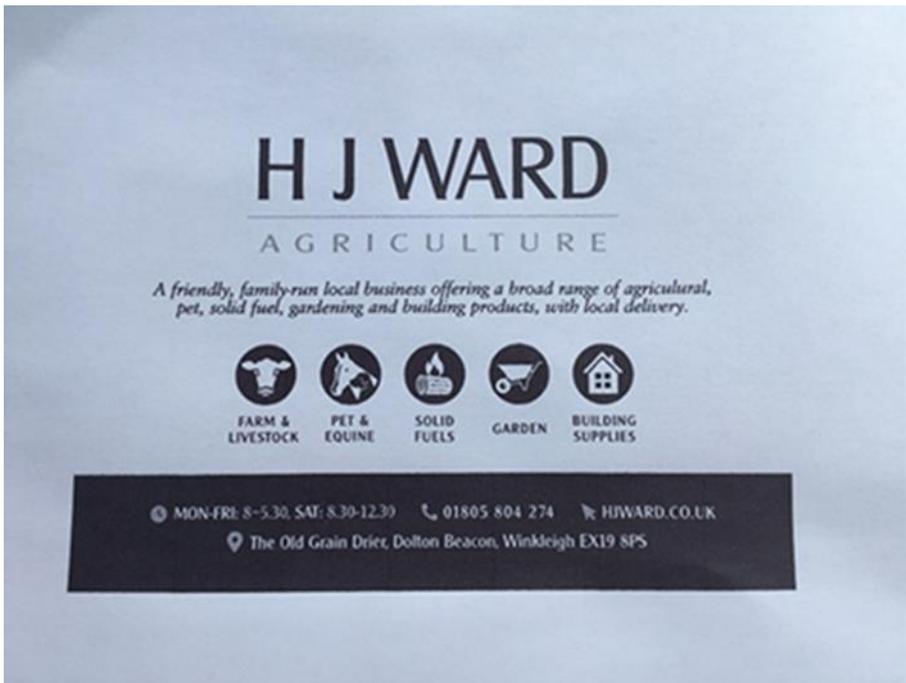
10 GAMES

£1 PER STRIP OR £10 A BOOK

SNOWBALL PRIZES NOW £55

CASH & CARDS ACCEPTED





How Spring Cleaning Became a Thing

The need for a seasonal declutter session spans centuries—and continents.

Here's something to ponder while you're dusting and spritzing and wiping down every surface of your home while spring cleaning this year: you're participating in an age-old tradition that's rooted in religious and cultural traditions, and possibly linked to our biology.

Just think of all those who came before you, scrubbing and mopping without the aid of technology, such as [this 1864 housewife](#), who wrote in her diary: "***Swept and dusted sitting-room & kitchen 350 times. Filled lamps 362 times. Swept and dusted chamber & stairs 40 times.***"

During the 1800s, according to the [Washington Post](#), the biggest annual housecleaning took place in the spring because the winter left homes coated with "a layer of soot and grime in every room".

Lamps of the time were lit with whale oil or kerosene, which had to be heated with coal or wood, so you can just imagine *that* mess. Proper cleaning required opening windows to let the soot out, which, of course, could only be done during warmer weather.

The Religious and Cultural Origins of Spring Cleaning

In Jewish custom, spring cleaning is linked to Passover in March or April, which marks the liberation of Jews from slavery in Egypt. Before the start of the holiday, a general cleaning takes place in order to remove any yeast bread, or *chametz*, from the home. (Populations enslaved by the Egyptians were fed unleavened bread, which the Jews later adopted as a symbol of their survival. Thus, having any leaven or bread made with yeast, even crumbs, in the house was considered ungrateful.)

In Christian custom, the Christians cleaned the church altar the day before Good Friday, also normally in March or April, according to Apartment Theory Members of the Greek Orthodox church clean house for a week leading up to Lent.

In Iran, the holiday [Nowruz](#), or Persian New Year, coincides with the first day of spring. The 13-day celebration traditionally involves cleaning (or "shaking the house"), buying new clothes, and spending time with family and friends.

How Human Nature Governs Spring Cleaning

We may not full-on hibernate like bears or [tortoises](#), but winter makes humans sleepier and sluggish, too. Fewer hours of daylight trigger the release melatonin in our brains, a.k.a. hormone that causes sleepiness. We literally don't have the energy to deep clean during colder months. But once the days start getting longer, we're energised by more sunlight and melatonin production subsides. Not to mention all that sunlight streaming through the windows probably makes the dust we'd forgotten about highly visible.

Well, at least we don't have to scrub coal soot off the walls any more.

The Globe Inn // Beaford // EX19 8LR

Race
NIGHT



Come and join us for an evening of
Big Screen Horse Racing
Raising funds for Beaford Tennis Club

Saturday 21st February 7pm

Pizzas available from 18:00 to 20:00



All Ages Welcome // Book a Table Now !



Call: 01805 603920



Feb-26		MORNING	AFTERNOON	EVENING
1st	SUNDAY	MORNING WORSHIP 9.30am		
2nd	MONDAY	CHURCH MEETING @ VH 9.30-10.30am	SHORT MAT BOWLS @ VH 2-4pm	SHORT MAT BOWLS MATCH @VH 6.30pm -10.30pm
3rd	TUESDAY	WARM HUB @ VH 10-12pm MOBILE POST OFFICE @ VH CAR PARK 11.30-12.30pm		GIRLGUIDES @ VH 5.30-7pm VH Committee meeting 7-9PM PICKLEBALL @VH 8-10pm
4th	WEDNESDAY	KEEPPIT @ VH 10.30-12pm		SHORT MAT BOWLS @VH 7-9pm
5th	THURSDAY	GARDEN WASTE **	SEWING & QUILTING @ VH 1-3pm	SKITTLES @ VH 7-9pm
6th	FRIDAY	PARENTS HUB @ VH 9-11am RECYCLE **		
7th	SATURDAY	SHORT MAT BOWLS MATCH @ VH 9.30-1.30pm		PRIVATE PARTY @ VH 4.30-8.30pm
8th	SUNDAY	MORNING WORSHIP 9.30am		
9th	MONDAY	CHURCH MEETING @ VH 9.30-10.30am	SHORT MAT BOWLS @ VH 2-4pm	VILLAGE HALL SOCIAL NIGHT 6.30pm - LATE
10th	TUESDAY	WARM HUB @ VH 10-12pm MOBILE POST OFFICE @ VH CAR PARK 11.30-12.30pm	SHORT MAT BOWLS MATCH @ VH 1.30-5.30pm	GIRLGUIDES @ VH 5.30-7pm PICKLEBALL @ VH 8-10pm
11th	WEDNESDAY	KEEPPIT@VH 10.30-12pm		SHORTMAT BOWLS @VH 7-9pm
12th	THURSDAY			SKITTLES @ VH 7-9pm BELL RINGING PRACTICE 7-8.30pm FOLK NIGHT @THE GLOBE 8.30pm
13th	FRIDAY	PARENTS HUB @ VH 9-11am BLACKBAGS & RECYCLE **		
14th	SATURDAY	COMMUNITY CAFE @VH 9.30-12		VALENTINES NIGHT @THE GLOBE bookings only
15th	SUNDAY	MORNING WORSHIP 9.30am		
16th	MONDAY	CHURCH MEETING @VH 9.30-10.30am	SHORTMAT BOWLS @VH 2-4pm	YOUTH GROUP @VH 6.30-8pm
17th	TUESDAY	WARM HUB @ VH 10-12pm MOBILE POST OFFICE @ VH CAR PARK 11.30-12.30pm		GIRLGUIDES @ VH 5.30-7pm PICKLEBALL @ VH 8-10pm
18th	WEDNESDAY	KEEPPIT @ VH 10.30-12pm		SHORTMAT BOWLS @VH 7-9pm CHINESE NEW YEAR @THE GLOBE bookings only
19th	THURSDAY	GARDEN WASTE **		SKITTLES @ VH 7-9pm BELL RINGING PRACTICE 7-8.30pm
20th	FRIDAY	PARENT HUB @VH 9-11am RECYCLE **		SHORTMAT BOWLS MATCH 4.30-10.30pm
21st	SATURDAY			RACE NIGHT @THE GLOBE 7pm
22nd	SUNDAY	MORNING WORSHIP 9.30am		QUIZ NIGHT @THE GLOBE 7pm
23rd	MONDAY	CHURCH MEETING@VH 9.30-10.30am	SHORTMAT BOWLS @VH 2-4pm	
24th	TUESDAY	WARM HUB @ VH 10-12pm MOBILE POST OFFICE @ VH CAR PARK 11.30-12.30pm	SHORTMAT BOWLS MATCH 1.30-5.30pm	
25th	WEDNESDAY	KEEPPIT @ VH 10.30-12pm		SHORTMATBOWLS @VH 7-9pm
26th	THURSDAY			SKITTLES @ VH 7-9pm
27th	FRIDAY	PARENT HUB @VH 9-11am BLACKBAGS & RECYCLE **	LUNCH CLUB@THE GLOBE 12.30pm	PIG & OLIVE PIZZA @ VH CAR PARK 4.30-8.30pm
28th	SATURDAY	CHURCH COFFEE MORNING@VH 10-12pm BRING YOUR JUMBLE to VH 8-1pm	JUMBLE SALE @VH 2pm	