

THE BEACON

Newsletter for Ottringham, Halsham & Sunk Island

September 2020 Sponsored by:



WHITE STORK ARRIVES IN OTTRINGHAM

The arrival of a white stork on farmland has caused a lot of interest as it mingles with the seagulls in looking for food! It has been sighted on a few occasions during July and August.

It is over 600 years since the last written record of Storks nesting in this country.

The White Stork Project is worth reading as landowners in South East England are working together with nature conservation organisations to help the white stork to return to Britain and they have started nesting in the South East.

www.whitestorkproject.org

photo courtesy of Emma Rhodes



“LOCKDOWN HEROES” – A HUGE THANK YOU FROM US ALL!



Richard Acklam and Julia Billaney getting ready for a Potato Delivery

It may be too early to talk about ‘returning to normal’ and there is much speculation about what the ‘new normal’ will be, however it is never too soon to say ‘thank you’ and to recognise the amazing contribution of people within our community who helped to ensure we were supported

and cared for throughout the recent lockdown.

It is always difficult to include by name everyone who has helped, especially in Ottringham, because we are a such a supportive and caring community.

The huge collection of small kindnesses offered every day, are the fabric of our community and the glue that holds it together and listing them all would be impossible, though I can certainly say that it was just such ‘small things’ a smile, a cheery hello, a card beautifully made by one of our children, that lifted my spirits and reminded me of why our village is so special, and in times like these, so resilient. We care, we pull together and as a result we can tackle challenges ‘head on’.

Some of the people who Looked after us through Lockdown, of course were our families and friends, some were people we had known our whole lives and some were people who we had known only a little, but became new friends and supporters as we rose to the challenge of Covid 19.

There are lots of folks who deserve a 'special thank you' and I hope that each one of us will find our own way to thank those who made a difference to us personally, however here are a few marvellous folk who have supported the whole community..

Kathleen and 'Team Acklam' of Ottringham Post Office, especially Kathleen – who worked tirelessly *round the clock* to ensure we had fresh supplies when everything was scarce, directed deliveries and acted as a 'hub' for the helpers network, not to mention the daily avalanche of post and parcels as we all turned for our daily needs!

Kris Smith, Rick and Nicky Dunn and Ross Cook at the Watts Arms, who quickly turned the pub into a fabulous takeaway and delivery service of delicious home-cooked meals.

Benna Leake of Jackson Holdings, who kindly donated gallons of hand sanitizer when we needed it most.

Ottringham Village Hall and Ottringham Village Institute both of which acted as distribution centres for food parcels and donated goods.

All the members of the 'Helpers Network' who shopped, collected prescriptions, delivered potatoes and food parcels and checked on neighbours.

Our frontline Health and Care Workers, Dr Ruth Driver, Dr David Fitzsimons, Sarah Fitzsimons, Senior Nurse in A&E, Donna Cushing, Kim Farmer and Georgi Picot Nurses, Caroline Lowden, Ambulance Services, Lucy Daniels, Paramedic and Luke Singleton, Yorkshire Air Ambulance. Veterinary Nurse Emma Hoe, Care Worker Anita Springett, Josie Driver and Jerry Bates who delivered prescriptions and medical supplies.

Simon Clark who looked after St Wilfrid's and offered prayers each day for our health and well-being, and Audrey Clark who organised the Community Lunch delivery.

We would also like to thank the furloughed Council Workers and volunteers who cut the grass verges, Emma Rhodes who published key information on the Beacon Facebook page and Shaun Daniels of Sunk Island Garden Centre who donated beautiful flower baskets for the Church gates and war memorial to commemorate VE Day.

We should also acknowledge our all our Farmers, who just 'kept on farming' throughout, ensuring our future food supplies, and Chris for all the wonderful fresh local produce from 'Halsham Home Grown'

And of course... a big thank you to Bella and Verity Hatley, Florence Richardson and all our young people who created so many beautiful rainbow pictures which brightened our windows and reminded us to look after each other and 'Stay Safe' So, on behalf of us all, Ottringham Parish Council sends a huge thankyou to all our 'Lockdown Heroes' you have been amazing!



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ST WILFRID'S CHURCH

St Wilfrid's Church sadly locked its doors as soon as the country went into lock down in March. Over the weeks and months since there have been rafts of guidelines and rules issued by the Church of England regarding when, if and how churches would be able to emerge from lock down and joyfully on 26 July 2020 we had our first service of public worship led by the Rev Janice Sharp who we give our heartfelt thanks to for her continued love and ministry amongst us. The guidelines mean that services are different in that there is no singing of hymns; strict social distancing has to be observed and for the time being masks have to be worn for all church services. But, nonetheless all these restrictions did not stop the congregation, and our friends from St Nicholas' Church in Keyingham who joined us, from being together again and enjoying a lovely service.

For the time being, St Wilfrid's Church will only be open for services of public worship and our next service will be on Sunday 30 August at 10.30am. This will be a service of Holy Communion, again led by Rev Janice.

The other piece of really good and welcome news is that Rev Alisdair Laird, who has been appointed as the new Vicar for our parish and others within the Patrington Benefice has already moved, along with his wife Ann and family, into the Rectory in Patrington and will officially take up his post following his licensing by the Bishop of Hull, Rt Rev Alison White, on 1 September 2020. It will not be too long afterwards when we will welcome Rev Alisdair to his first service at St Wilfrid's and we hope that local people will join us to give him a proper Ottringham welcome! Sadly due to the ongoing restrictions it is highly unlikely that this service will be followed by the usual vast array of buns, cakes, tea and coffee! For this we give our apologies but these are the rules at the moment!

God Bless you all. Stay safe and well and know that you are all in our prayers - *The congregation of St Wilfrid's Church.*

Copydate for next newsletter 15 October/November 2020

"Live for the moment, not for the weekend" - Em



EMMA HEALD

Beginners & Beyond -
Yoga for You

Ottringham Village Hall
Monday 14th September
5pm - 6pm.

£7 per class or £60 for ten

Booking essential!

To book - em@emyoga.co.uk or
07834 161350
FB & Instagram - [emyogaforyou](#)



Teaching schedule - currently all classes, mentoring and calls are delivered via Zoom

Tuesday 9.30am - 10.30am

Friday 9.30am - 10.30am & 6.00pm - 7.00pm

Sunday 10.00am - 11.00am

Various monthly yoga workshops via Zoom too!

BEGINNERS & BEYOND, YOGA FOR YOU

'Shoshin' is a word from Zen Buddhism meaning "beginner's mind." It refers to having an attitude of openness, eagerness, and lack of preconceptions when studying a subject, even when studying at an advanced level, just as a beginner would.

In one of my favourite books, *The Art of Mindful Birdwatching: Reflections on Freedom & Being* by Claire Thompson, the author talks about a beginner's mind and one quote always stands out to me -

"In the beginner's mind there are many possibilities, but in the expert's there are few." Zen master Shunryo Suzuki.

When I approach a subject, an activity, my day with a beginners mind there are endless possibilities! With a beginners mind I am open to opinion, discussion, advice, debate, a new way of seeing, being and listening. When I arrive on my yoga mat whether it is at home or in a studio I work to be open to what the teacher is offering even if it is different to what I think I know and believe to be true. This is one of the reasons I prefer to either label a yoga practice as simply just that, a yoga practice, or as beginners. As someone who has signed up for a Beginners Class/Practice there is often a willingness, an openness to both learn and interact in a class. I wonder sometimes if when a student or teacher is labelled or titled with 'advanced' whether it causes a separation or even 'rank' in the yoga world/studio/hall.

Being a beginner is especially important to me because every day I am different to the day before and approaching with a beginners mind allows the day to expand with possibilities. It also means that when I get to my yoga mat I can listen to what the body and mind need that day, I believe a beginners mind allows more compassion to oneself and less judgement and criticism – quite possibly more joy too!

This is why our forthcoming yoga classes starting on Monday 14th September are called “Beginner's & Beyond” - so we can arrive with a beginners mind and turn up no matter how long or little you have been practicing (or never!) and be open to the continuing journey it offers us all. I hope you can join me – Emma (em yoga for you)

~ please note that due to COVID regulations there will be less space in the hall and booking is essential. Please contact me on 07834 161350 or em@emyoga.co.uk to book and/or discuss the classes. Thank you!

~ FB @emyogaforyou

~ Instagram @emyogaforyou

~ www.emyoga.co.uk

THANK YOU to Kath at The Post Office, Watts Arms for the takeaways and to all their staff, the Parish Council and anybody I have missed out. We have only been in the village 18 months but we find the people very friendly. Thank you - *Gina Kind*.



Ottringham

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Option 3

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