



The **HIGHLANDER**

June 2018

The monthly newsletter of Highlands Methodist Church, Leigh on Sea

Sunday Worship in June 2018

3 rd	11:00	Café Church	Kathy McCullough
10 th	10:30	Morning Worship Methodist Homes Sunday	Jane Fulford
17 th	10:30	Morning Worship	Rev Norman Hooks
24 th	10:30	Morning Worship	Pam Smith

**'Crafty Church' meets at 10:30 am on Sundays
For young people - meeting Jesus through art and craft
Come in and FaceTime with Jesus**

Find more information at: www.highlandsmethodist.org.uk



The ***Highlander*** is published by Highlands Methodist Church, Sutherland Blvd, Leigh-on-Sea, Essex, SS9 3PT. Highlands Methodist Church is a member church of the *Southend and Leigh Circuit*, 34/10, which is part of the Beds, Essex and Herts District.

Highlands Methodist Church
Hospitality in the Midst of our Community

All telephone numbers are '01702' unless stated

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Church Flowers	Jean Edmonds	525250
Lettings/Use of Premises	Les Davis	558381

From the Editor

Welcome to this June 2018 edition of the *Highlander*. We welcome Rev Norman Hooks, already known to most of us, as our pastor until a more permanent appointment is possible.

As I write this, Rev Julia is beginning treatment for what appears to be ovarian cancer. At the same time, she and Sam celebrate the birth of a grandson Leon and contemplate moving house. To quote from a 1980s pop classic (Gary Kemp's *True*)
'*Why do I find it hard to write the next line?*'

The answer is all too clear, but I have to think hard about it. What can I write that adequately expresses what we all think and feel? Is there a word that encompasses commiseration, congratulation, apprehension, encouragement, admiration, affection, respect and compassion?

Perhaps the word is 'love'.

God bless all here.

AH

A Message from your Minister



Expectations are very strange in that they can be a great source of inspiration and motivation, or else they can drive you to frustration.

Derek Redmond was representing Britain in the 1992 Barcelona Olympics, taking his place for the start of the 400m semi-final race. He was at the peak of his career and expected to win gold in this event.

When the race started he sprinted forward, focused on his goal. Then... he tore his hamstring, mid-track, fell to the ground in agony, but after a short moment of despair, struggled to his feet and started to hobble towards the finish line. Soon after his father pushed past the stewards and helped his son finish last, with hopes, dreams and expectations shattered.

The injury turned out to be much worse than anyone expected. Derek was forced to retire from his career as a professional athlete, however he continued to excel and went on to play basketball for England.

The thing is, it isn't a question of whether or not trials and

challenges come our way, but of how we handle them when they do. That's what really counts. What an inspiration our final service with Julia was, and such a privilege to hear what she had to share with us. Not at all what she had hoped or planned but triumphant in tribulation. Our prayers and love continue to be with her and Sam.

James 1:2 tells us... "Consider it pure joy... whenever you face trials of many kinds... the testing of your faith produces perseverance. Let perseverance finish its work so that you may become mature."

It would be easy for us to conclude from this that the best way to live out our lives is to lower our expectations of ourselves, others and even God. This way we won't be disappointed. I think it best to let God have the last word through the writing of Paul - "To him who is able to do immeasurably more than all we ask or imagining, according to his power that is at work within us, to him be glory in the church and in Christ Jesus throughout all generations!" Ephesians 3:20, 21

Wow - this is truth not only for the first century Church but for those who believe in every generation, which includes us! It is a privilege for Jan and me to come among you at this stage of your journey and together we look to Jesus... "...the author and perfecter of our faith." Hebrews 12:2

Thank you all for the warmth of your welcome!

Norman.

Rev Norman Hooks

Prayer

We pray for our friends who are ill, housebound or bereaved and for those in residential care: *Pat Gare in Admirals Court, Marie Moore at Archers Court (in Hitchin) and Mary Barter in Langley Lodge*. Our thoughts and prayers are with them and their families at this time.

Congratulations...

...to Rich Joules and Beth Monaghan on the safe arrival of baby Leon on 15 May at 1:40 pm. A first grandson for Rev Julia and Sam and a nephew for Andrew.

...to Andrew Saville who is now a Fellow of the Chartered Institute of Building Services Engineers. This is a recognition of work he has done to establish a world-wide network for young engineers.

Humour Corner

Restaurant customer:

Waiter! My water is really cloudy. So is my wife's.

Waiter:

I don't think so, sir. Actually, it's the glasses that are dirty. Enjoy your meal.

Thanks...

...to all involved in

...Spring Fair

This event raised £478.20 to date with a few plants left for sale. Grateful thanks to all those who worked so hard to make this possible.

...Christian Aid Week 13th to 19th May



Thank you to all those who "braved" the walk to do the door to door collection and all those who contributed in any way. To date we have raised an impressive total of £1,130.87

Christian Aid has programmes in 37 countries, working with 475 local, national and international partners. They also work through wider networks, including the Act Alliance - a coalition of 146 churches and faith-based organisations working together in more than 100 countries.

They support topics as diverse as emergency response, accountability, peace-building, health, land rights, tax justice and helping communities adapt to climate change. Although they receive funding from UK aid, Irish Aid, Scottish Government, the European Commission, USAID and other key donors and partners, they also rely on individual support like ours. We enable them to make a large-scale, deep and lasting difference to people's lives.

On the next page is one example among many taken from their excellent web site www.christianaid.org.uk



More than 850,000 refugees are stuck in camps on the border of Bangladesh, in what is now the fastest-growing refugee crisis in the world.

Escalating violence in Myanmar's Rakhine state in late August 2017 forced hundreds of thousands of people from their homes, including many Rohingya refugees who fled to Bangladesh, fearing for their lives. Many remain displaced in Myanmar.

Those who fled walked for miles, and for days on end, some with newborn babies. Conditions in the camps are incredibly difficult. With limited medical facilities, people are sick and at risk of serious disease.

Thanks to your support, we've reached 12,819 people with essential healthcare. Our local partners are on the ground, providing urgent shelter kits and ensuring access to safe water and sanitation. You've helped us raise more than £1.4m.

Prayer and Fasting Relay

A select group met at 8:00 am on 12th May for an hour to read, reflect and pray and then pass on the baton to Canvey - via a *WhatsApp*! (If this means nothing to you, then ask Frank or indeed any other teenager to explain)

The Circuit involvement continued until Belfairs completed their "shift" at 9:00 pm. It was an interesting adventure and the results were thought-provoking.

Royal Wedding

A lovely time was spent celebrating the wedding of Prince Harry and Meghan Markle. Or, to give them their formal titles, HRH the Duke of Sussex and HRH the Duchess of Sussex. What a lovely couple, to whom we send our best wishes and a hope that they continue their wonderful charitable work.



Didn't that Bishop Curry take his opportunity to spread the word of the

Gospels! This to a TV audience of 18 million in the UK, 29 million in the USA, and an estimated further 2 billion people worldwide.

Dine with the Homeless

Who doesn't like cake? And who has never had courgettes left over? This recipe covers both problems.

Our guests love this cake, and so will yours. Don't tell them it contains courgettes unless they really want to know. (It's very rare to be allergic to them apparently.)

Hazelnut and courgette fruitcake Ingredients

225g soft unsalted butter

100g blanched hazelnuts of which 50g roughly chopped

225g light muscovado sugar

225g SR flour

3 eggs

1 tsp vanilla extract

2 tsp mixed spice or cinnamon

1 tsp baking powder

175g courgette, coarsely grated

250g dried mixed fruit

1 eating apple, grated (about 85g flesh)

Method

1. Heat oven to 180c/160c fan/gas 4. Butter and line deep 20cm cake tin.
2. Put whole hazelnuts plus 1 each tbs of sugar and flour (from above) in food processor and blitz until fine.
3. Soften butter, add remaining sugar and flour, eggs, vanilla, spice, baking powder and fine hazelnuts (from 2 above) and whizz until smooth and well blended.
4. Stir in grated courgette, apple and dried fruit
5. Spoon into tin, smooth top and then scatter chopped hazelnuts, pressing lightly into batter.
6. Bake for 1 hour 10 mins, checking after 45 mins to cover top with foil if browning too much
7. Cool in tin for 20 mins and then remove and cool on wire rack

Humour Corner

Customer who has just entered clothes shop:
Do you have any camouflage jackets?

Assistant:
Oh yes! In all sizes, and several different styles.

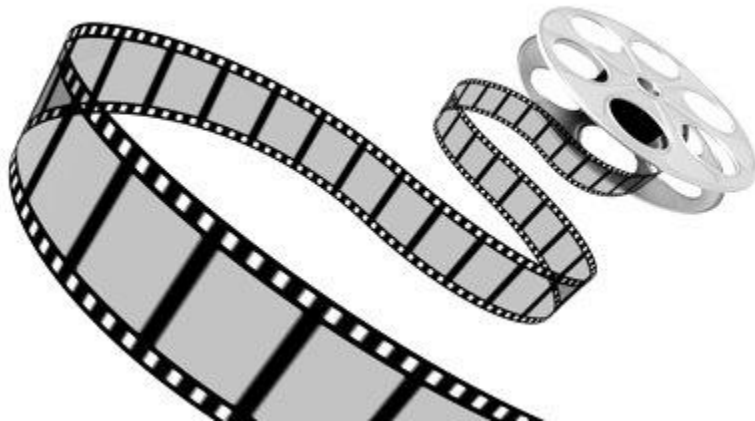
Customer:
Excellent! Can I try one on?

Assistant:
Sorry, no.

Customer:
Why not?

Assistant:
We can't find them.





Movies @ Highlands
A HIGHLANDS WEDS HUB EVENT
LETTERS FROM MOTHER TERESA

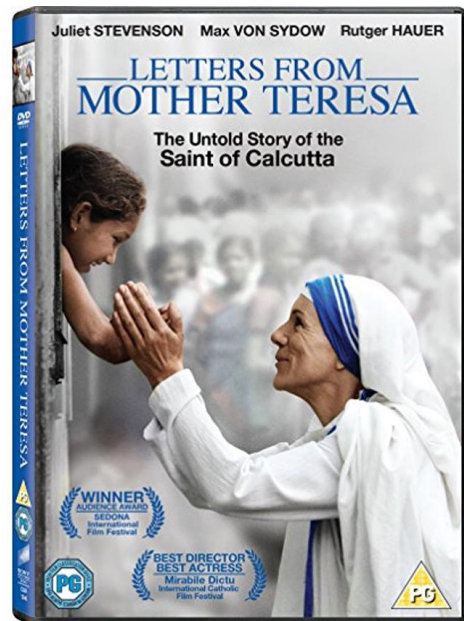
Weds 20 June 1:30 pm

'Letters' is a dramatisation which explores the life of Mother Teresa through letters she wrote to her long-time friend and spiritual advisor, Father Celeste van Exem over a nearly 50-year period.

Throughout her life Mother Teresa selflessly deflected her own efforts with the words 'It's not my work,' adding 'It's God's work. I'm just a pencil in God's hand.'

'Letters' challenges each of us to think of opportunities we might have to truly make a difference in our own small worlds and in our own small ways.

A FREE event (come from 12 noon with your picnic and enjoy some soup. Tea and coffee also available.



Dates to Remember

Brownies and Rainbows

10th Leigh Brownies are holding their JUMBLE Sale on Saturday 30 June in the main hall – 10:00 am to 12:00 noon.

If you have items you want to donate, deliver them on Friday 29 June between 6:00 and 8:00 pm. For any items you can't bring up, please ring Dilys 701207 and collection can be arranged.

10th Leigh Rainbows will be holding a COFFEE morning in the church at the same time. So please pop in and support them in between finding bargains at the Jumble Sale.



Knit and Natter Social Group

Would you like to come and join us? We are a friendly group who enjoy each other's company. Some of us knit or crochet but we all natter and support and care for each other. Just come along on Tuesday at 10.00 am to share a cup of tea/coffee and a biscuit. You will be made most welcome. We meet in the Church Lounge.

MHA Sunday

Sunday 10 June is MHA Sunday - Methodist Homes for the Aged, for which Sam Monaghan is now the Chief Executive Officer. The theme this year is "Bringing Quality to Later Life". Envelopes will be available for a couple of weeks.

MHA is a charity providing care, accommodation and support services for more than 18,000 older people throughout Britain. Our mission is to improve the quality of life of older people, inspired by Christian concern.

It was founded by members of the Methodist Church back in 1943, and today supports:

- 5,000 older people living in MHA care homes, many receiving specialist dementia or nursing care
- 2,500 older people living independently in purpose-built retirement living communities, with access to social and leisure facilities and flexible care should they need it
- 10,500 older people living independently in their own homes with the support of our Live at Home schemes across the UK.

Please give as generously as you can. None of us know if we might need their facilities and Marie Moore is very comfortable in Hitchin.

Highlands Hobbies

We will be meeting on Thursday 7 June, following with a lunch for those who wish to stay. We will also meet on 21 June from 10:00 am to 12:00 noon when Annette Jarvis will demonstrate dough making. All are welcome.

Contacts - Jean Edmonds ☎525250 or Ros ☎478631

MoTHs (Meet on Tuesdays at Highlands)

On 5 June we will have an afternoon when we ask everyone to bring something to talk about, be it a piece of your own work (written or artistic) or perhaps a family piece which is special to you.

Our next season's MoTHs afternoons begin in September after the summer break. So enjoy your summer break and look out for other summer activities at Highlands. They will be highlighted here in the *Highlander* and in our website which is www.highlandsmethodist.org.uk

Humour Corner

Restaurant customer:

What do you recommend today?

Waiter:

Why not try the Chicken Tarka tonight, sir?

Restaurant customer:

Never heard of that one. What is it?

Waiter:

Same as Chicken Tikka but a little 'otter.



Jobs for the garden

From our Special Gardening Correspondent

Too much to do in the garden this month to spend much time writing so I thought I would share with you the benefits of gardening – or why I do it!

According to a magazine I read:-

- It keeps me mobile. Gardeners have better balance and are less likely to fall than non-gardeners. And because you're out in the sunshine, the Vitamin D means stronger bones if you do take a fall. (Luckily when I did fall backwards whilst pulling up a particularly strong weed, the only injury was to my well-padded behind. No one around to see, so no dented pride)
- It helps people live longer as gardeners are always optimistic. Why else would they plant trees that they aren't going to be around to see mature
- It reduces stress that can increase your blood pressure. And that's even when the slugs have eaten all your lettuce.

- It eases the effects of dementia - learning new skills keeps the brain active and the sensory stimulation of birdsong and scent can help ease some of the behaviours of dementia.
- I probably eat better as gardeners are more likely to eat more fruit and veg than non-gardeners. Assuming the slugs and pests have left you with anything of course!

But the main reason is that I enjoy it. It makes me happy. It gives a sense of control; the awareness of seasons and recycling of resources contributes to a general sense of well-being. And when I look out at the wonderful colours of the borders, the blossom of the fruit trees, the slightly wonky rows of vegetables, for a little while, all seems right with the world.

SGC

Serving the Homeless

The Quiz Evening on Saturday 28 May raised £585. Many thanks to those who supported us for a memorable evening. I still cannot believe that all the tables got the Table Quiz totally correct!

Our next event is Afternoon Tea at The Park View Suite in Chalkwell Park. Tickets are available now at £12 per head for Thursday 14 June from 2:00 pm. We have expressed an interest in fine weather for the day.

The weather is fine at the moment but still chilly in the evenings. There are still people sleeping on the streets and we continue to remember them in our prayers.

Thank you for your continuing contributions at the back of the church and of course your prayers that are always needed

Just so that you can keep the dates free:

- there will be a meal at *The Regatta* restaurant in Leigh on Thursday 5 July.
- in July/August our Summer Raffle Tickets will be on sale for the draw on 3rd September
- Indian Meal at *The Yak and Yeti* takes place on Thursday 13 September
- there's a Music Evening and Buffet at Our Lady of Lourdes Church Hall on Saturday 27 October
- Wine Tasting evening by *Vino Vero* at St Margaret's Church Hall on Friday 16 November
- Service of Carols and Poems on Friday 14 December at Our Lady of Lourdes

Music

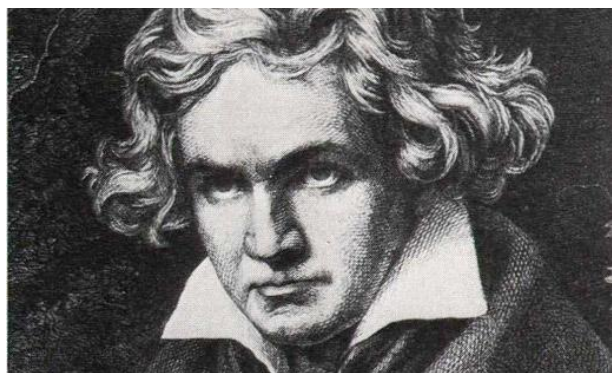
Allegro

The wonderful Allegro group will be presenting **Portraits in Song**, an evening of music from traditional and new choral arrangements to popular modern composers and hit musicals.



This is on Saturday 9 June at 7:30 pm at Wesley Methodist Church, Leigh town centre. Tickets are £10 (children free) and can be booked on ☎01268 751303.

Southend Symphony Orchestra



SSO will be performing at the Salvation Army Hadleigh Temple (*not* the Tearooms) on Saturday 16 June at 7:30 pm. The programme includes well-known works by Beethoven and Tchaikovsky. Tickets £10 (£9 concessions) from ☎01268 755005

Wednesday Coffee Morning at the HUB

We are waiting to serve you a special coffee at our Wednesday Hub morning from 10:00 to 12:00 every Wednesday

Take a break from your busy life, look in for a chat or information about Highlands through the week.

PinPoint

We meet together on the second and fourth Wednesdays of each month from 10:00 am to 12:30 pm.

We are a friendly, open group and our members are both new and experienced sewers who enjoy embroidery, tapestry, cross stitch, quilting etc. We also bring our own mending to do – such as sewing up hems and replacing buttons. We enjoy helping and encouraging each other.

"The Hub" provide us with refreshments and help us to spend an enjoyable morning, chatting, sewing, mending or learning how for the first time.

Quilt as you Go (QAYG) Cushion Cover/Tablemat Classes for All

This programme is now under way but would welcome latecomers. Contact Jean Edmonds ☎ 525250 for further details.

Alternative Worship

Gospel@The Fishermen's Chapel

Sunday 10 June at 7:00 for 7:30 pm (second Sunday). All are welcome for this relaxed evening of Gospel Music and reflection with tea/coffee and cake before and after the service. This occasion is not only tuneful and uplifting but a whole lot of fun.

The Fishermen's Chapel was formerly called New Road Church, situated (logically enough) in New Road just north of the railway line.

Belfairs Thirsty For?

Thursday 14 May at 7:00 pm (second Thursday)

Wesley Informal Service

Tuesday 26 June at 8:00 pm (fourth Tuesday)

If you would like to take part in any of these but need a lift to get there, contact AH ☎ 473111 and I'll do my best to make it happen.

Future Committee Meetings:

Property & Finance	18 June at 8:00 pm
Church Council	16 July at 8.00 pm
Community Day	19 July from 11:00 am to 3:00 pm
Family Committee	10 September at 8:00 pm
Pastoral	25 September at 10:00 am

Coffee Mornings in June

Saturday 2 June	Church
Saturday 9 June	Methodist Homes for the Aged
Saturday 16 June	Music @ Highlands
Saturday 23 June	Knit & Natter
Saturday 23 June	Rainbows

Church Flowers

Sunday	Donated by	In memory of	Arranged by
3 June	Church Flowers		Jean
10 June	Jean Burgess	Mother	Jean
17 June	Louise Watson	Parents	Pauline
24 June	Andrea Ames	Pat & Greta	Margaret

SERVING the COMMUNITY 7 Days a Week

Children and Young People

Highlands Toddlers	Monday 9:30-11:30 am	Margaret Wood ☎557512
Rainbows	Wednesday 4:00-5:00 pm	Jacqui Hendle ☎557147
Brownies	Wednesday 5:30-7:00 pm	Dilys Haddow ☎710207
Cub Scouts	Thursday 6:00-7:30 pm	Lesley Bacon lesleykbacon@googlemail.com
Scouts	Thursday 7:30-9:00 pm	Sally Monk ☎558857
Rangers	Alternate Thursdays 7:30-9:00 pm	Jacqui Hendle ☎557147
Guides	Friday 7:00-9:00 pm	Jacqui Hendle ☎557147

Fellowship Groups

Housegroup meets on 2nd and 4th Tuesdays.

Services to the Community

Regular **Sunday Worship**

Tuesday Morning **Prayer Service** at 9:00 a.m.

Midweek **Communion**:-

2nd Wednesday Belfairs Methodist Church at 9:00 am

3rd Wednesday Wesley Methodist Church at 9:00 am

Traidcraft: Catalogue available for orders. Please contact Pamela and Patrick Smith - ☎557702.

Social and Recreational

Knit and Natter Tue 10:00 am-12:00 noon Sylvia ☎556433
Group

Badminton Club Mon 8:00 pm Sarah ☎476009
or Sophia
☎07796 265676

Hobbies 1st & 3rd Thu 10.00 am – 12:00 noon Jean ☎525250

Ladies' Badminton Fri 10.00 am – 12:00 noon Dilys ☎710207

Adult Art Classes Thu 2:00 – 4:00 pm Susan ☎551025
Children's Art Club Thu 4:00 – 5:00 pm or 07875 079739

Items for the **July 2018 issue** should be emailed to andrewghyde@aol.com before **Sunday 24 June**. No email? Don't despair; just telephone 473111 to arrange an alternative.