



# The **HIGHLANDER**

## April 2024

**The monthly newsletter of Highlands Methodist Church, Leigh on Sea**


**These are services at Highlands for April 2024.**

11:00 am Sun 7 <sup>th</sup>	Morning Worship Café Church	Worship Leaders
11:00 am Sun 14 <sup>th</sup>	Morning Worship Communion	Rev Heather Simmons
11:00 am Sun 21 <sup>st</sup>	Morning Worship	Jane Fulford
11:00 am Sun 28 <sup>th</sup>	Morning Worship	Rev Heather Simmons

### **Easter**

A full list of all Easter worship events was in the March *Highlander*. But in case you did not receive a copy, brief details are on the next page.



 Highlands (Leigh) Methodist Church  
[www.highlandsmethodist.org.uk](http://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.

**These are services at The Fishermen's Chapel (TFC) for April 2024.**

9:30 am Sun 7 <sup>th</sup>	Morning Worship Communion	Rev Heather Simmons
7:30 pm Sun 14 <sup>th</sup>	Gospel Vespers	Rev Heather Simmons
7:30 pm Sun 21 <sup>st</sup>	Anchored	Rev Heather Simmons
7:30 pm Sun 28 <sup>th</sup>	Mindfulness	Rev Heather Simmons



**Easter Services**

**Maundy Thursday 28th March**

Tenebrae Service @ The Fishermen's Chapel 7.30pm  
A beautiful reflective candlelit service, sharing in the Lord's Supper.

**Good Friday 29th March**

Meet at Highlands Methodist church at 9.30am and walk with the Cross to Wesley Methodist Church for a Service with brunch together.

**Easter Sunday 31st March**

All-age celebration with Holy Communion @ 11:00 am, Highlands Methodist church. Followed by **EASTER EGG HUNT** and Sunday Lunch (all welcome to the lunch but please book! £5 suggested donation ) Please contact Highlands or Rev Hev 07879 232231.



## **Highlands Methodist Church**

### **Hospitality in the Midst of our Community**

All telephone numbers are '01702' unless stated

Minister	Rev Heather Simmons <a href="mailto:heather.simmons@methodist.org.uk">heather.simmons@methodist.org.uk</a>	07879 232231
Secretary to Church Council	Patrick Smith (minutes Secretary Margaret Wood)	557702 (557512)
Church Stewards	Andrew Hyde Donald Mayes Andreas Botzios (also Web Editor) Lesley Hyde	473111 473787 479476 473111
Worship Leaders	Jean Edmonds Jennifer Courtenay Frank Edmonds	525250 556140 525250
Church Treasurer	Steve Watson	07543 905641
Children's Worker	Rosalie Bryant	478631
Pastoral Co-ordinator	Jean Edmonds	525250
Church Flowers	Jean Edmonds	525250
Lettings/Use of Premises	Sam Watson <a href="mailto:highlandslettings@gmail.com">highlandslettings@gmail.com</a>	07510 808519

## From Your Minister

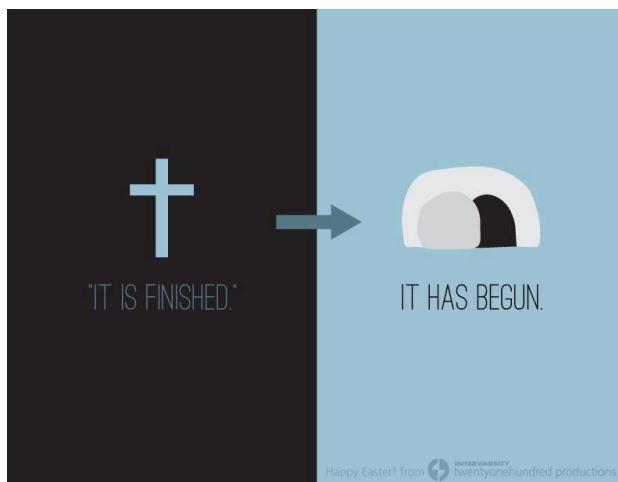
Dear Church Family,

I was thinking that this time of year can seem to drag on, and Lent can be slow. And then suddenly we are nearly at Easter – my first Easter as a minister – and the panic sets in! But what I realise is that God has got me in hand. We will do this preparation together. And what joyous preparation it is, for the greatest story of all time!



We have a wonderful Palm Sunday with our uniformed groups, then we have our Easter Services followed by a delicious home-cooked meal at Highlands. If you aren't joining us to eat, then I am assuming you will be feasting with your favourite people. So how blessed are we?

So this month just gone – we had a wonderful service where Matt and Fran Bunkall became members of Highlands, and Matt played his guitar and sang for us, which was beautiful. Now, you might remember that we were to have four new members. As it happened, Emma and Robert had to change the date. This actually has worked out well, because now we look forward to another service of celebration on 14 April, when Emma and Robert are to confirm their baptism vows and become members.



Please put this date in your diaries so we can make our promise to support them.

We also had a fabulous concert this month with Waterside

Choirs (my husband's choir, so OK, I might be a tad biased) and The Music Man Project. I can't tell you how joyous it was. Our choir were so moved by the loving and caring nature of the students of the MMP.

We can be guilty of thinking that we are teaching the students and yet I believe the reverse is true. Like our Saviour Jesus, they offer us a model of how we should treat others. They were respectful while we sang, full of encouragement – getting us up to dance with them, caring of one another, and exuding love for all without judgement.



Many of the students I recognised from my visits to The Showstoppers who, by the way, have their show on 23 May - details in our next Highlander, but save the date in your diaries in the meantime.

Ooh! And please don't skip past all the wonderful workshops we have coming up this month and next<sup>1</sup>, with Clive, our Interfaith Minister. If you have not been to church for some time or you feel like you need to find another way to explore and deepen your spirituality, please come to these taster sessions and find out more about prayer, other religions, and labyrinth walking. I will be there learning with you.

It is such a privilege to be the minister in this vibrant and caring community. I want you to know how much I appreciate you all. If you are reading this and we haven't met, please come and introduce yourself or drop me an email/text. I would love to hear your story...<sup>2</sup>

God bless,  
Rev'd Heather ( Rev Hev!) x

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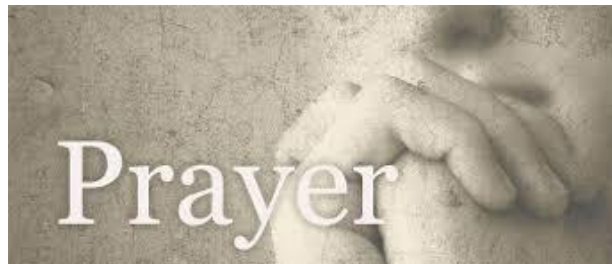
<sup>1</sup> Dates are on Page 7

<sup>2</sup> ...and so would *Highlander* - Ed

## What's a Labyrinth?

Reading Heather's letter I found myself unable to answer this, but nevertheless intrigued. So, I did some research.

You probably know it as a complicated irregular network of paths from which it is difficult to get in or out; a maze. It is also a part of your ear. In Christian tradition a labyrinth can be symbolic of pilgrimage, using the turns and choices to replicate the path to salvation. This is a very basic (and probably erroneous!) explanation - there is much more to learn.



**We pray for** our friends who are ill, housebound, or bereaved and for those in residential care: particularly *Sheena Hunter* in *Westerley Methodist Care Home*, *Peggy Gosling* in *Westcliff Lodge* and *Joan Ford* in *Hope Green Care Home*. Our thoughts and prayers are with them and their families.

We **pray especially for** a number of church members afflicted by long-term illnesses and short-term accidents. Back pain seems to be prevalent at the moment - may it become less painful with every passing day.

**We pray for oppressed, or frightened, or displaced, or hungry or unjustly imprisoned people** in Gaza and the Middle East, Ukraine and Russia, Sudan and Africa, Haiti and elsewhere in the world in crisis this Easter. May God deliver, through the people made in His image, peace, justice and sustenance to all nations.



## **Save the Date**

23 May for your next Showstoppers event at Highlands.

## **Exploring Spirituality**

<u>What Can I Do?</u>	21 April 1:30 pm – 4:00 pm
<u>Understanding Interfaith</u>	27 April 10:30 am – 4:30 pm
<u>Labyrinth Walk</u>	04 May 12:45 pm – 1:45 pm

All these events are free, and meant for people of any faith or none. Find out more on our Facebook page.

## **Snippets**

### **Bible Class**

Rev Heather is very keen to establish a monthly class. So far, 3 sessions have taken place, and new members would be very warmly welcome. Here are the details:

Where: Highlands Coffee Lounge<sup>3</sup>  
When: 2:00 pm on the 3<sup>rd</sup> Wednesday of each month  
Next: 18 April  
More info: from Rev Heather 07879 232231 (though Pam Smith will be leading this month)

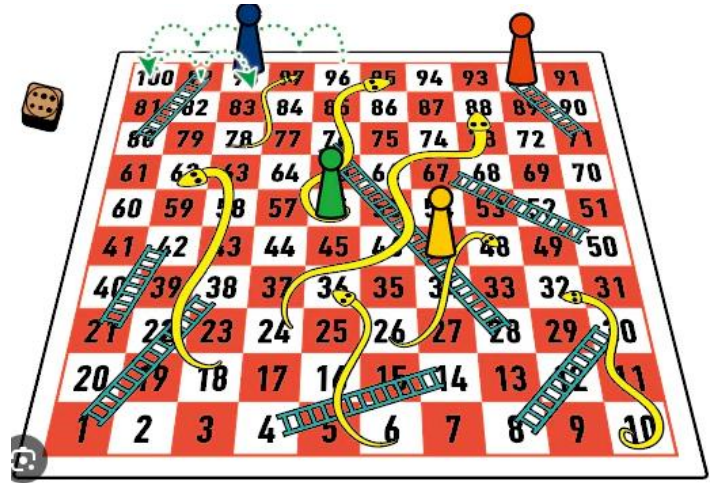
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<sup>3</sup> You can also take part on Zoom, using  
**Meeting ID: 956 8190 9897 Passcode: 775629**

## New Venture...Games morning.

Realising that there are some who do not feel crafting is for them, we plan to set up a morning for games, such as *Scrabble*, *Sequence* or any games of choice. (Perhaps not *Monopoly*, which is a little bit 'Marmite'). Or just doing a puzzle in a relaxed, friendly atmosphere with refreshments.

We plan to do this on the second and fourth Thursday of the month starting from 10:00 am until 12:00 noon on the 11 April continuing on the 25.



Why not come along and give it a try? We will be in room 1. All are welcome.

## Hobbies



We'll be meeting on 4 and 18 April from 10:00 am until 12:00 noon. We plan to do various card-making skills to replenish our stocks of birthday cards. All are welcome.

## Church Flowers for April.

Flowers will be donated for these services  
✿ 22 April donated by Jean and Frank in memory of his brother Mike





## Highlands Toddlers

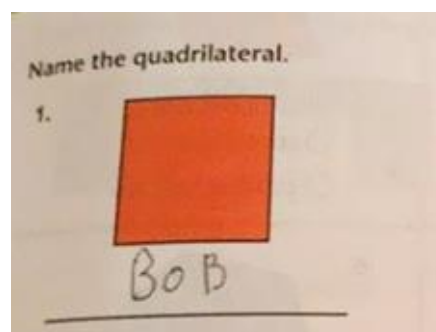
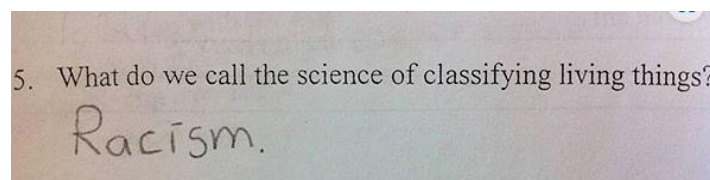
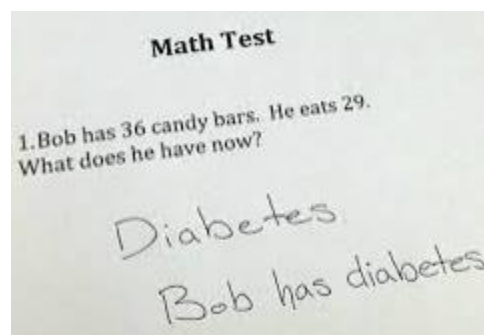
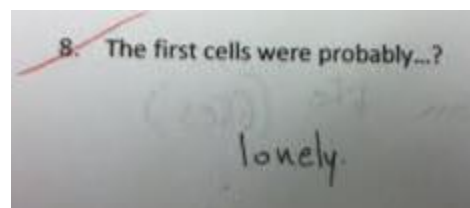
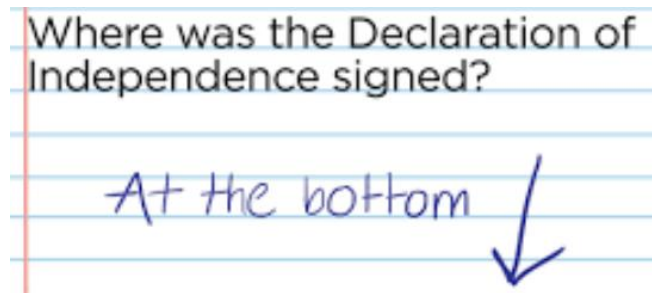
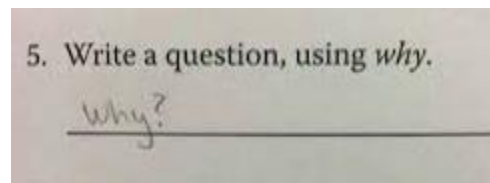
We meet on Monday mornings from 9:30 to 11:30 am. Price is £3 per child, £1 per extra member of a family group, £2 for professional carers (including tea, coffee, squash, biscuits).

Come and enjoy meeting old friends and making new ones. Further details on our website:

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

or contact Ros (478631) or Margaret (557512).

## Humour Corner – Some Exam Answers



## Yay! It's a Jumble Sale

Wesley **Methodist** Church

# JUMBLE SALE

SATURDAY 6TH APRIL  
10AM-1PM

 In aid of Christian Hope International  
Registered charity no. 1061526

**FREE ENTRY**  
SELLING Clothes | Bric-a-Brac  
Shoes | Toys | Children's Clothes  
**BBQ AVAILABLE**

**HAVE ITEMS TO DONATE?**  
Donations can be accepted at the church on  
Fridays 10am-12pm and  
Saturdays 10am-1pm  
at The Sanctuary Café from  
Friday 22nd March.  
Unfortunately we are unable  
to accept electrical items.  
**Thank you!**

**+ The Sanctuary Café selling hot & cold drinks and homemade cakes \*in aid of church funds\***

WESLEY METHODIST CHURCH  
ELM ROAD | LEIGH-ON-SEA

  [WWW.WESLEYMETHODIST.ORG.UK](http://WWW.WESLEYMETHODIST.ORG.UK)

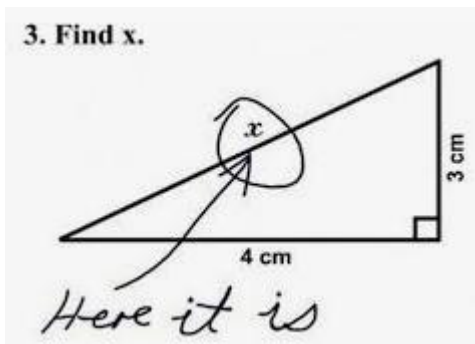
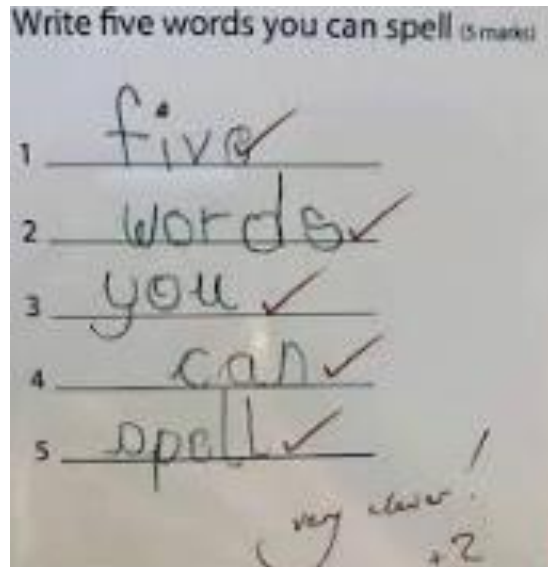
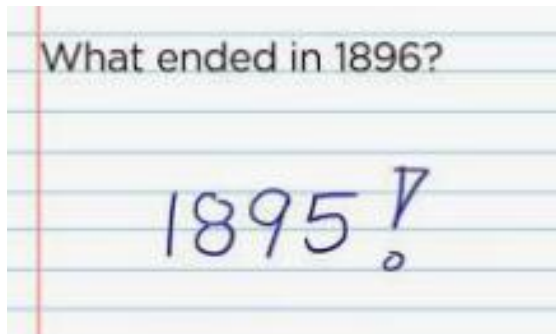
### Also

- **Chalkwell** Methodists have a **Big Book Sale and Coffee Morning** on Friday 5 April 10:00 am till 12:00 noon

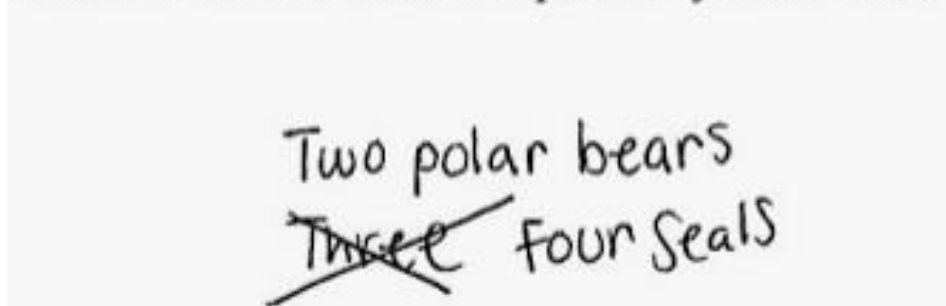
- **UMC** Great Waking have a **Coffee Morning** Thursday 18 April 10:00 am - 12.00 noon
- **UMC** also have a **Fun Lunchtime Quiz** Saturday 11 May 11:30 am - 1:30 pm

Details of all of these are on our Facebook pages

### Humour Corner – More Exam Answers



Name six animals which live specifically in the Arctic.





Robert Norton  
Presents

*Easter Charity Coffee Morning*



Thursday  
11th April  
10am - 12:30 pm

## The Novel Coffee Shop

98 London Road Southend SS1 1PG (near Sainsburys)  
Raffle tickets available to buy via Showstoppers &  
on the day £1 a strip or 6 strips for £5

All proceeds will go to MENCAP Showstoppers

## **From the Editor**

News recently from Russia - nominally at least a Christian country - is dispiriting to say the least. We cannot ignore 139 deaths at the terrorist attack on Crocus City Hall in Moscow (though it's difficult to say where this stands against more than 10,000 civilian deaths in Ukraine).

It's perhaps unwarranted to single out one individual, but the death at 47 of Alexei Navalny, whether assassination or accident, was a grievous loss. The treatment meted out to his friends and family has brought disgrace and infamy on Russia and especially its leader Vladimir Putin. Even so, we should as Christians disown judgement, even though that seems more difficult with every passing day. We learn that:



*What made Adam capable of obeying  
God's commands also made him able to sin*  
St Augustine of Hippo

It follows that since man has free will, sin will always exist. This makes the world a difficult place, one where we will always struggle and often fail to do the right thing. Jesus knew this and offered a solution. If we accept from him the gifts of bread and wine, symbolising his sacrifice on the cross, our admitted sins are forgiven. This, of course is the glory and the gift of Easter.

A happy Easter this weekend to all of us. Except of course for Russia, which celebrates Easter 2024 on 5 May. Whether Mr Putin will celebrate it I don't know.

*Ananias*

## **Puzzle of the Month**<sup>4</sup>

### **Sequences**

Sequence puzzles are fiendishly difficult until you 'get' them. At which point they are easy. There is a hint at the bottom of the page. Once you have worked out the first one, the other two should be easy...

What is the next number in each of these sequences?

- a) 7, 14, 19, 29, 40, 44, 52, 59, 73, 83, 94, ?
- b) 18, 26, 38, 62, 74, 102, ?
- c) 18, 25, 28, 34, 34, 37, 41, 44,

## **Dining In**

### **Lamb and Halloumi Flatbreads ('Cyprus Pizzas')**

Ideal for making a small amount of lamb stretch further, this is also very tasty and healthy, despite containing meat and olive oil.

I'm currently reading *Food for Life* by Tim Spector OBE<sup>5</sup>, a fascinating look at how far the science of nutrition has recently changed. We used to believe that the only bad things about ultra-processed food (UPF) were the amounts of fat, salt and sugar. If we tinkered with the formulae, it would be fine. But we have ignored the evidence that these UPFs make us feel hungrier, so we overeat and become obese and unwell. The effect on children can be extreme, and multinational companies have much to answer for.

Tim Spector tips to keep healthy include:

- Avoid snacking and allow occasional long fasting intervals
- Eat more fruit and veg; less, but higher quality, meat and fish
- Eat 30 plant varieties a week (including nuts, seed and spices)

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<sup>4</sup> Solution page 16

<sup>5</sup> Awarded for his work fighting COVID

- Support small food producers and support local shops; think about the environmental impact of your food<sup>6</sup>
- Opt for real food if you can and if eating convenience foods, opt for those with fewest ingredients and least processing
- Eat something fermented eg full fat yogurt daily (GOOD NEWS - chocolate is fermented, but only the good quality dark stuff)

### **Onto the recipe, which serves 4**

For the lamb

2 tsp vegetable oil	400g tin chopped tomatoes
1 med onion	2 tbsp tomato purée
2 garlic cloves	1 tbsp cinnamon
500g lamb mince	50g raisins or sultanas

### **To assemble**

4 flatbreads – easy to make or you can buy  
 250g full fat Greek yogurt  
 Handful of chopped mint  
 225g grated halloumi

### **For the salad**

A cucumber, chopped	2 tbsp good olive oil
4 med tomatoes, chopped	Juice of 1 lemon
1 small red onion, peeled and thinly sliced	3 tbs chopped parsley

### **Method**

- Heat a large frying pan, add oil and when hot, add the onion. Fry gently for 10 min or until soft and starting to brown.
- Add garlic, lamb, season and turn heat down to medium. Cook for 5 minutes. Add chopped tomatoes and purée – continue to cook for another 3-5 minutes until the sauce has thickened.
- Remove from heat and add cinnamon and raisins.

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<sup>6</sup> As Highlands aims to become an Eco-Church, this fits right in!

- Arrange flatbreads on a large oven tray. Spread the yogurt over the flatbreads, followed by some mint and then the lamb mixture. Scatter over grated halloumi and place under hot grill for 5-6 min, until the cheese is starting to brown.

Mix the salad to serve with the flatbreads.

## **Lettings News**

Hello everyone! My name's Sam and I've recently taken charge of the Lettings & Bookings role at Highlands.

I'll be managing our regular hires, as well as one-off bookings and looking for ways we can expand our (already excellent) range of clubs, classes and events.

On that note, make sure you think of Highlands for your next do! If you'd like to get in touch, or are after any information regarding the Lettings, you can email me at [highlandslettings@gmail.com](mailto:highlandslettings@gmail.com) or phone/text on 07510 808519. Or you can find me charging around with a badminton racquet on Monday nights!

I'm looking forward to working with the team at Highlands, and thanks to anyone who has already offered their good wishes.

Sam

## **Puzzle of the Month Solution**

The answers, in order, are

- a) 107. You obtain the next number in the sequence by increasing the number by the sum of its digits.  $94+13=107$
- b) 102. You obtain the next number in the sequence by increasing the last number by the product of its digits.  $102+0=102$
- c) 44. You obtain the next number in the sequence by increasing the last number by the difference of its digits. So the sequence will be 44 forever!



## **Out and About**

A favourite cycle trip – if I don't have the energy to go further – is straight along the sea front to East Beach Shoeburyness. From there I can strike inland to Gt Wakering and Barling and return to Leigh via the A1159 and Priory Park. I use a short cut called Rebels' Lane, provided it's not flooded, and often wonder who the eponymous rebels were. Here is the story, which may be partly invented, but is therefore partly true.



It was called Rebels Lane because that was where some rebels hid out from the soldiers of King Richard II, following the Peasants' Revolt in about 1386. This was very much an Essex revolt, brought about by a Poll Tax in 1381 which created rebellion first in Fobbing (south of modern Basildon) then later across Essex and Kent.

After the peasants' leader Wat Tyler was killed, they fled for their lives back to where they had come from, many to Barling which was then an important seaport.



King Richard's men were out looking for rebel peasants everywhere, so the men from Barling hid in the local forest, in the area that is today called Rebels Lane. The other locals in Barling would feed them, by leaving

home made biscuits in wicker baskets at the top of what became known as Rebels Lane. One of the rebels would come out at the dead of night and collect them and take them back into the forest; hence (it is said) the expression 'taking the biscuit'.

The leader of the Barling rebels was called Jack Carr. Possibly he was known as Black Jack, the younger brother of Jack Straw the co-leader of the Peasants' Revolt alongside Wat Tyler. Whatever his real name was, he died ironically by choking on a biscuit. Some three years later, the rest of the rebels lost heart, left the forest and gave themselves up to the local authorities. The rebels were surprised to be told that they were now free men and they all returned to Barling.

## **Correction & Apology**

In last month's Property & Finance Snippets I credited Jacky Williams as head gardener whereas it should of course have been Jacky Davis. In my defence I also have a sister named Jacky.

## **Finally**

You may find a dismembered hand in your Highlander! It is a very important message from Guides/Brownies about trees. If you don't find it, look in Facebook.

**SERVING the COMMUNITY 7 Days a Week**  
**Children and Young People**

<b>Group</b>	<b>Time</b>	<b>Contact</b>
Scouts	Thu 7:30 to 9:00 pm	Carl Mason 07814 226133
Cubs	Thu 5:45 to 7:15 pm	Lesley Bacon 07947 116891
Rainbows	Wed 4:00 to 5:00 pm	Julie Griffiths 07834 321724
Brownies	Wed 5:30 to 7:00 pm	Dilys Haddow 710207
Guides	Fri 7:00 to 9:00 pm	Jacqui Hendle 07961 545037
Rangers	Thu <sup>7</sup> 7:00 to 9:00 pm	Jacqui Hendle 07961 545037
Toddlers	Mon 9:30 am to 11:30	Rosalie: 478631 Margaret: 557512

**Fellowship Groups**

<b>Group</b>	<b>Time</b>	<b>Contact</b>
Prayer	Tue 9:00 to 10:00 am	Andrew Hyde 473111
Chatter	Tue 10:00 am to 12:00 noon	Rosalie 478631

**Services to the Community**

<b>Group</b>	<b>Time</b>	<b>Contact</b>
Lunch Club	2 <sup>nd</sup> Tuesday 12:00	Registration essential


**Social and Recreational**

<b>Group</b>	<b>Time</b>	<b>Contact</b>
Hobbies	1 <sup>st</sup> /3 <sup>rd</sup> Thu 10:00 am to noon	Jean 525250

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<sup>7</sup> Every fortnight

For updated news keep following  
[www.highlandsmethodist.org.uk](http://www.highlandsmethodist.org.uk)

or  Highlands (Leigh) Methodist Church  
also [www.methodist.org.uk](http://www.methodist.org.uk) is an excellent source of information  
and inspiration.

Items for the May 2024 issue should be emailed to  
andrewghyde@aol.com before the **deadline of Sunday 28 April**,  
and earlier if possible. No email? Don't despair; just telephone  
473111 to arrange an alternative.

### **A Final Image**

Away from home I love finding a quiet chapel. If you visit Bradford-on-Avon, Wiltshire, visit the atmospheric Saxon chapel of St Laurence and then carry on up to the St Mary Tory Chapel (AKA 'The Hermitage').

A steep climb up from the river, but worth it for a haven of tranquility and stunning views across the town. 'Tory' in this instance means 'on a hill'.

