



The **HIGHLANDER**

March 2024

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


These are services at Highlands for March 2024.

11:00 am Sun 3 rd	Morning Worship Café Church	Worship Leaders
11:00 am Sun 10 th	Morning Worship Communion Mothering Sunday	Rev Heather Simmons
11:00 am Sun 17 th	Morning Worship	Archie McDowell
11:00 am Sun 24 th	Morning Worship Palm Sunday - Parade	Rev Heather Simmons
11:00 [#] am Sun 31 st	Morning Worship Easter* Sunday Communion	Rev Heather Simmons

#Remember to put your clocks forward one hour on Easter Sunday 31st March

*A full list of all Easter worship events is on page 4.



 Highlands (Leigh) Methodist Church
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 March 2024.

09:30 am Sun 3 rd	Morning Worship Communion	Rev Pete Moorhouse
7:00 pm* Sun 10 th *for 7:30	Gospel Service	Rev Heather Simmons
11:00 am Sun 17 th	Parade Service @The Den	Rev Heather Simmons
7:30 pm Sun 17 th	Anchored	Rev Heather Simmons
7:30 pm Sun 24 th	Mindfulness	Rev Heather Simmons
9:30 am Sun 31	Morning Worship Communion	Rev Heather Simmons

Humour Corner

Customer: *Hello, I'd like to disconnect my father's telephone line*

Telephone operator: *I'm sorry, but that request will have to come from your father.*

Customer: *Sadly, that's not possible. He died a few months ago. What if I just stop paying the bill?*

Telephone operator: *Oh, I wouldn't advise that. It will ruin his credit rating...*

Thanks...

Frank would like to say

'a very big thank you for all the cards and messages sent to me from all our friends at Highlands on the occasion of my birthday Also a big thank you to Lesley for making the cake that we were able to enjoy after the service. I feel truly blessed.'



Highlands Methodist Church

Hospitality in the Midst of our Community

All telephone numbers are '01702' unless stated

Minister	Rev Heather Simmons heather.simmons@methodist.org.uk	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	TBA (soon) highlandslettings@gmail.com	07510 808519



Easter Services

Maundy Thursday 28th March

Tenebrae Service @ The Fishermen's Chapel 7.30pm

A beautiful reflective candlelit service where we share in the Lord's Supper and leave in silence as the last candle, the light of Jesus, goes out into the night.

Good Friday 29th March ~

Meet at Highlands Methodist church at 9.30am

Walk of witness with the Cross to Wesley Methodist Church for a Service with brunch together.

Easter Sunday 31st March~

Wonderful all-age celebration with Holy Communion@

11am, Highlands Methodist church, followed by Sunday Lunch (all welcome to the lunch but please book! £5 suggested donation) Please contact Highlands or Rev Hev 07879 232231.

From Your Minister

Dear Church Family,

The snowdrops are out! It is still rather wet and chilly but there are signs of spring. I love the hopefulness that brings.

Well, some of you experienced your first Love Feast; how did you like it? It is, of course, a tradition brought to Methodism by John Wesley for when there weren't enough ministers to preside at Holy Communion. They would practice a Love Feast in their "classes" at home. So now you know what to do! If I am away, and there isn't a minister, our communion stewards can facilitate a Love Feast!



Galanthus Nivalis

In this time of Lent, we are spending our time being reflective. The Methodist website has Lent resources which you can have sent to you by email from www.methodist.org.uk. On that theme I should like to reflect on the Transfiguration Sunday service I gave and what happened to me afterwards...

Transfiguration Sunday, when Jesus became bright white and was seen talking to Elijah and Moses on the top of the mountain, was a truly amazing experience for the disciples, that literally "transfigured" their worlds.



Transfigured is not a word that non-churchgoers use very often, if at all. But it happens more regularly than perhaps we realise. It is when there is a complete change of outward structure or circumstance that comes from the inside. My challenge to us all, this month, is to notice these amazing things that happen, and to see how we think God is speaking to us in those moments. What might be the event that is so beautiful, so extraordinary, so captivating that it brings us closer to God and as a result inspires us to speak God's name as we tell people about it?

When we say the word 'amazing' we quite often think 'big'. However, in the small, in the fleeting, in the tiniest of moments, something can be amazing. Last week I gave a service at Westerley Care Home and I went to speak to Sheena.



Sadly, Sheena has just come out of hospital having suffered a stroke, and hasn't been talking. I went and held her hand, and reminded her I was the new minister at Highlands. As I said this her eyes lit up and she said 'Highlands' with such clarity and a bright smile. God was with us in this moment, and it was amazing. I saw Sheena transfigured in that moment, she became for me the woman on the inside who had had a life beyond the care home, beyond the effects of a stroke; she had a sparkle in her eyes and a joy about her of happy memories.



What have we planned for March?

We have a very special service on Mother's Day (10 March - 11:00 am). We will be welcoming four new members to Highlands. Emma, Robert, Matt and Fran! This will be a wonderful celebration. So please come and support them in their promises.

Continuing our celebrations, we have a whole programme of services for Easter when we will join together with our other Leigh Methodist churches, preparing us for our Easter Sunday Services at our own churches (please see the separate notice in the Highlander).

After Easter Sunday Service we will be providing a Sunday Lunch for anyone who would like to attend. A donation of £5.00 would help us but only if you are able. Our lovely Jackie who cooks for Lunch Club has offered to cook for us all. We will need to know numbers so please get in touch with me to attend (07879 232231 or heather.simmons@methodist.org.uk)

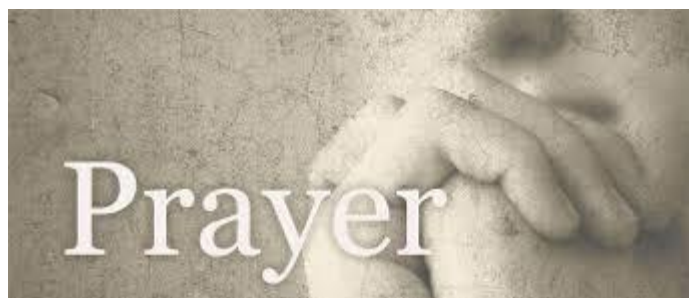
I will pray for you all; for your joy and peace.

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

Mission Planning - Update

Mike Webb the Rochford Community Outreach Pastor (COP) will be joining us from 10:00 am to 4:30 pm on 2 March at the Fishermen's Chapel downstairs. You can no longer sign up using the list in the Jubilee Room, but late deciders should contact a steward.

All - and we do mean all - are welcome. If you need a lift, contact any steward and we will make it happen.



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. Especially we think of Andrew Saville who is hoping to be able to return home soon, and Pauline who is also in our thoughts.

We pray for the people of Gaza and of Ukraine, wherever they find themselves, and for a just and lasting peace in their homelands. **We think also** of family, friends and supporters of the Russian opposition leader Alexei Navalny. **We thank** God for the gift of freedom here in the UK and ask for the same for all nations of the world.



Snippets

Bible Class

Rev Heather is very keen to establish a monthly class. So far, 2 sessions have taken place, and new members would be very warmly welcome. Here are the details:

Where: Highlands Coffee Lounge
When: 2:00 pm on the 3rd Wednesday of each month
Next: 20 March
More info: from Rev Heather 07879 232231

Wesley Theatre Group presents

Chase Me Up Farndale Avenue S'il Vous Plait
by David McGillivray and Walter Zerlin Jnr

After a career of writing screenplays for the cinema, David McGillivray moved into the theatre, co-writing farces for his own company. Working in collaboration with Walter Zerlin Jnr, a series of 10 plays (of which this is one) focused on *The Farndale Avenue Housing Estate Townswomen's Guild Dramatic Society* by way of a spoof of local amateur dramatic productions. Expect plenty of laughs from the usual ensemble.

Friday 22 or Sat 23 March at 7.45 pm - Tickets £7.00
Box Office: 01702 480968
or Buy Online: www.ticketsource.co.uk/wesley-theatre-group

Wesley Hall | Elm Road | Leigh-on-Sea

Hobbies



We meet on 7 March to prepare for our Easter Coffee Morning on 16 March, then on the 21 March we plan to do Easter flowers and card making. All are welcome to join us from 10:00 am until 12:00 noon.

Hobbies Easter Coffee Morning Saturday 16 March.

All are welcome to our Easter Coffee Morning from 10:00 am until 12:00 noon on 16 March for delicious Easter refreshments. You may also purchase beautiful cards handmade by our hobbies group. There will also be a gift table and a raffle with many prizes and a children's craft table.

Highlands Toddlers

Calling all 'little people' (up to school age) with their adult carers to join our friendly group on Monday mornings from 9:30 to 11:30 am. Price remains £3 per child, £4 per family, which includes refreshments – a bargain! (Don't worry if you have no cash on board - electronic payment will be available shortly).

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

www.highlandsmethodist.org.uk

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

Church Flowers for March.

Flowers will be donated for these services

- ✿ 10 March donated by Ros Bryant in memory of her parents
- ✿ 17 March donated by Sylvia Cornwell
- ✿ 24 March donated by Betty Hall in memory of Arthur.



Easter Prayer & Praise Celebration.

Easter Sunday evening
31 March 2024 @ 6:30 pm

If for any reason you can't join midday services - or just want to share some praise time with friends from Belfairs, you are very welcome at BELFAIRS METHODIST CHURCH (Eastwood Road North, Leigh-on-Sea, SS9 4NG)

Led by the Worship Band and others from the circuit. Come and share with us in the joy of Christ's Resurrection. We look forward to seeing you there.

Charity Chinese Night

Who doesn't love Chinese food? And if you can raise money for a brilliant charity, that's a win-win. Here are the details:

What charity: Tina Ali Allison's Ness to Nevis Fundraiser. In May 2024, we shall be joining other Leigh Striders taking part in an 88 mile trek from Loch Ness to the summit of Ben Nevis to raise money for the Alzheimer's Society.



Date/Time of meal: 21 March 2024 7:00 pm for 7:30

Where: Zen City 123 Hamlet Court Road, Westcliff, SS0 7EW

Cost: £24 per person – Please pay in advance

Menu: Zen City will provide 3 delicious courses of Chinese food - which includes unlimited starters and main courses, plus one



middle course of crispy duck pancakes. They cater for gluten-free, vegetarian, vegan and nut allergies (please notify us in advance).

Who's welcome: Everyone including partners, family and friends.

Please contact: Ali Hall by email
alisonhall608@yahoo.co.uk

An Open Invitation to Memory Worship

Wesley Methodist Church

2:00 pm 3rd Monday of the month (Next: 18 March)

You may well think to yourself: 'This is not for me. I don't have dementia.' When Rev Julia and I set up Memory Worship in 2017, we named this service 'for people with and without dementia'.

Memory Worship lasts about 30 minutes, with all the elements of a regular church service - hymns, prayers, sermon, the peace and a blessing, followed by activities, crafts and lovely cake and company. The service has a clear structure. It always includes familiar hymns, and the sermon has one clear simple message (except for some of Pastor Steve's jokes).

If you still feel 'this is not for me', please consider coming along to support someone else. Often a listening ear is the best thing you can offer someone who supports a loved one living with dementia. You could be that support at a time when that person really needed it.

No two people experience dementia in exactly the same way. What

may help one person may not do so for another. At Memory Worship, we try to provide an accepting accessible space where everyone feels held by God. After all, everyone has dark days from time to time. But nothing can extinguish God's light – the light to light our path.

Wesley Memory Worship

2:00 pm Monday 18 March	God promises to accept us just as we are
2:00 pm Monday 15 April	'God promises to walk with us

Julie Peek

From the Editor

I remember, some years back, that a friend who was sharing a story with me used the phrase: '*As fate would have it*'. It is, of course, a way of saying that something inevitable or unforeseen or coincidental took place. Usually, the phrase is referring to something unfavourable, particularly if the speaker wants to avoid any responsibility. It's just bad luck. Can't be helped...

Later, I thought I'd learn a little more about 'fate'. It comes from a Latin root with the general meaning of 'that which has been spoken'. It gives its name to *fatalism*, the belief that events are fixed by fate. No human agency can ever change them. The future has already been written, just as if it were history, and history cannot be rewritten (though many have tried). Can't be helped...

However, we need to be careful before we shrug our shoulders and blame something that has gone wrong as 'fate' or 'destiny' or 'kismet'. Sometimes we can look back and admit that a poor outcome has been caused by a poor decision, or a poor choice, or a moment of negligence. These can be trespasses, because we all

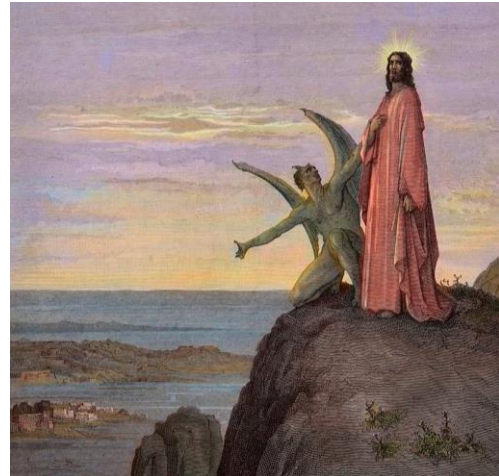
know that:

If we claim to be without sin, we deceive ourselves and the truth is not in us. If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness. [1 John 1: 8-9 NIV]

Jesus urges us to use the prayer he wrote for us:
Forgive us our trespasses, as we forgive those who trespass against us.

Jesus recommends this prayer to us because He knows that we will trespass. He knows what it is to be human and to be tempted:

The devil took [Jesus] to a very high mountain and showed him all kingdoms of the world and their splendour. 'All this I will give you,' [the devil] said, 'if you will bow down and worship me.' [Mt 4: 8-9 NIV]



the

The devil also knows something of humanity. We readily bow down before various gods - wealth, power, self-gratification and fame come easily to mind. But Jesus showed us in the wilderness a lasting example of how to respond:

Jesus said to him, 'Away from me, Satan! For it is written: 'Worship the Lord your God and serve him only.' [Mt 4:10 NIV]

As we approach Easter through the time of Lent, which celebrates Jesus's time in the wilderness, we should follow His example. Tell the devil to (I'm sure you'll pardon the expression...) go to Hell.

So 'fate' is only fatal if we allow it to be so. We have the strength and the opportunity to change things for the better in this Lenten time. And Jesus will help us if we but ask.

Puzzle of the Month¹

Beginning & End

Another word puzzle. (I'll get back to maths next month) in three parts. All the clues below are for words or names that begin and end with the same letter. So, the clue: '*explosive device (4)*' might, if it were here, refer to '*bomb*'. The number of letters is given in brackets. When you write the first/last letters in the boxes they should spell out a familiar word, reading from top to bottom.

- | | |
|---|--|
| <input type="text"/> _ _ _ <input type="text"/> | Surname of UK Prime Minister 1970-74 (5) |
| <input type="text"/> _ _ _ <input type="text"/> | British tribe of Queen Boudicca (Boadicea) (5) |
| <input type="text"/> _ <input type="text"/> | Informal name for a concert (3) |
| <input type="text"/> _ _ _ <input type="text"/> | A door on a ship, or what happens to a bird's egg (5) |
| <input type="text"/> _ _ _ _ _ <input type="text"/> | Seaport at the mouth of the River Mersey (9) |
| <input type="text"/> _ _ <input type="text"/> | Collective name for Björn, Benny, Agnetha & Anni-Frid (4) |
| <input type="text"/> _ _ _ _ _ <input type="text"/> | Ice cream or person from Italy's third-largest city (10) |
| <input type="text"/> _ _ <input type="text"/> | A signed legal document, especially concerning ownership (4) |
| <input type="text"/> _ _ _ _ _ <input type="text"/> | Cumberland, wurst, chorizo and hot dog (8) |

Dining In

Spring is approaching but it's still soup time, substantial soup, in our household. We like to try different recipes but the one that we always return to is the one that we're sharing today - red lentil, chickpea and chilli soup. It's easy to make, warms you up and will keep you full till dinnertime. This makes enough for 4 bowls.

¹ Solution page 17

Ingredients:

2 tsp cumin seeds
850ml veg stock or water
Large pinch chilli flakes
400g tinned tomatoes
1 tbsp olive oil

200g chickpeas
1 red onion chopped
small bunch coriander
140g red lentils

Method

1. Heat a large saucepan and dry fry the cumin seed and chilli flakes for about 1 minute or until they start to jump around and release their aroma. Add the olive oil and onion to the pan and cook for 5 mins.
2. Stir in the lentils, stock and tomatoes, bring to the boil and then simmer for 15 mins until the lentils have softened.
3. Whizz with a stick blender or in a food processor until smooth, put it back in the pan and add the chickpeas. Heat gently and check the seasoning. Pour into bowls and serve with a dollop of yogurt and chopped coriander on the top.

If you have chickpeas left over (200g is only half a tin), why not make some hummus. Whizz them in a blender, add a spoonful of tahini, some lemon juice, and maybe some ground cumin. (I deliberately haven't given exact quantities – add them to your taste), season and whizz again until smooth-ish. And if you want to make other soup recipes more substantial, try adding a handful of lentils. My favourite carrot soup recipe now has red lentils added to it. No red lentils in stock? Try adding a tin of baked beans and whizzing it up



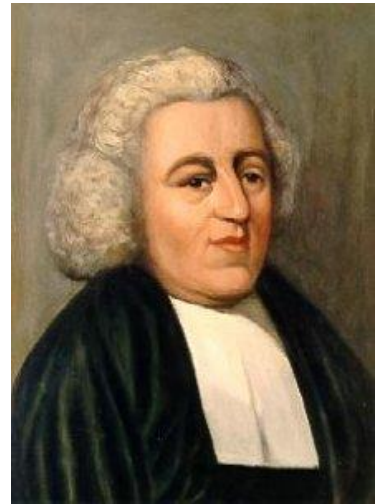
Story of a Famous Hymn

Amazing Grace

This stirring hymn, 440 in *Singing the Faith*, is by John Newton (1725-1807). An interesting man to say the least. But let's look first at the famous opening verse (of six)

*Amazing grace - how sweet the sound
That saved a wretch like me!
I once was lost, but now am found, Was blind,
but now I see.*

Newton thinks of himself as 'a wretch' and the reason is not hard to find. He came from a seafaring family, brought up in Aveley, Essex. He joined the Royal Navy but left in dishonourable circumstances, only to become involved in the slave trade. Exposed to Christianity, he gradually realised that slavery was in his own words 'a stain of our national character' and became a staunch abolitionist. Eventually Newton was ordained a priest in the CofE. He wrote and published *Amazing Grace* in 1779.



Newton's self-penned epitaph on his tomb at Olney (Bucks) records him as *once an infidel and libertine, a servant of slaves* but the culmination of his story shows that no-one is beyond redemption.

Puzzle of the Month Solution

The answers, in order, were

HEATH HATCH NEAPOLITAN

ICENI LIVERPOOL DEED

GIG ABBA SAUSAGES

which of course reveal
the hidden word
HIGHLANDS



Property & Finance Snippets

You may think that nothing is happening to the building , whereas several small changes have been or will be made.

If you would like to contribute to the cost of these, speak to Rev Hev or treasurer Steve.

The roofs are being repaired for multiple minor issues to prevent further water ingress.

The low walls at the front of the church have been checked for safety and will be repointed.

The external doors will soon be spruced up with a coat of paint.



The light over the Jubilee entrance will soon be working again.

Thanks to Jacky Williams the grounds are being kept tidy. We hope to do some planting in the spring.

A replacement is on order for the 'All Are Welcome' signage.

We now have a SumUp™ device that allow us to accept credit and debit card payments.

Sam Watson has been appointed as lettings officer and will shortly take over.

SERVING the COMMUNITY 7 Days a Week

Children and Young People

Group	Time	Contact
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 ² 7:00 to 9:00 pm	Jacqui Hendle 07961 545037
Toddlers	Mon 9:30 am to 11:30	Rosalie: 478631 Margaret: 557512

Fellowship Groups

Group	Time	Contact
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


Group	Time	Contact
Lunch Club	2 nd Tuesday 12:00	Registration essential

Social and Recreational

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

² Every fortnight

For updated news keep following
www.highlandsmethodist.org.uk

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

Items for the April 2024 issue should be emailed to
andrewghyde@aol.com before the **deadline of Sunday 24
March**, and earlier if possible. No email? Don't despair; just
telephone 473111 to arrange an alternative.

A Final Image

Probably the best-known work by US artist Edward Hopper (1882
–1967). Much of his work encourages the viewer to ask questions.
What is the relationship between the couple at the centre of the
composition? What feelings are projected by the view, rather
hunched, of the lone customer? Why is he drinking alone? What
is the waiter saying?

