



The **HIGHLANDER**

May 2024

The monthly newsletter of Highlands Methodist Church, Leigh on Sea

These are services at Highlands for May 2024.

11:00 am Sun 5 th	Morning Worship Café Church	Worship Leaders
11:00 am Sun 12 th	Morning Worship Communion Ascension Sunday	Rev Heather Simmons
11:00 am Sun 19 th	Morning Worship Pentecost	John Phillips
11:00 am Sun 26 th	Morning Worship Trinity Sunday Aldersgate Sunday	Paul Saunders

Details may change, so please check in advance if you are in any doubt.
Note that morning services in June will as an experiment start at 10:00 am



 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 May 2024.

09:30 am Sun 5 th	Morning Worship Communion	Rev Heather Simmons
7:00 pm* Sun 12 th *for 7:30	Gospel Service	Rev Heather Simmons
7:30 pm Sun 19 th	Anchored	Rev Heather Simmons
7:30 pm Sun 26 th	Mindfulness	Worship Leaders

Support Group for Parents of Children Not Attending School

Firstly, please forgive the rather clunky title here. We will do our best to come up with something a little more snappy. However the title you see now does have the merit of explaining what we're about.

This is a brainchild of Heather, with full support from the stewards. Children not attending school, for a variety of reasons, has been an increasing problem since the end of Lockdown. This group does not aspire either generally or singly to provide an answer. Instead it seeks to give parents (or any other interested parties) a way to share their problem, listen to others and know that they are far from unique.



The group aims to meet on every third Wednesday of the month at 8:00 pm at the church. Hence the next meeting will be 15 May.

How can I help?

Simply this. If you know of somebody struggling with this problem or something like it, or something related, let them know about the group and encourage them to contact either me or Heather for further details.

Andrew



Highlands Methodist Church

Hospitality in the Midst of our Community

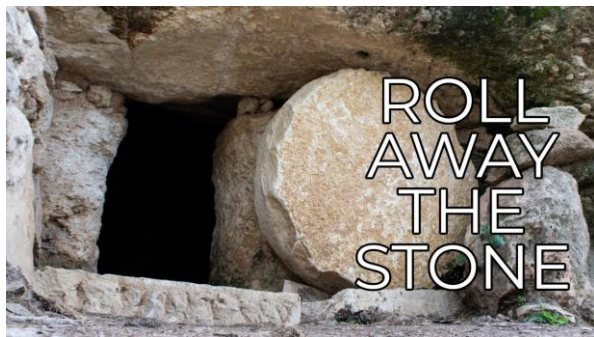
All telephone numbers are '01702' unless stated

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	Ros Bryant	478631
Pastoral Co-ordinator	Jean Edmonds	525250
Church Flowers	Jean Edmonds	525250
Lettings/Use of Premises	Sam Watson highlandslettings@gmail.com	07510 808519

From Your Minister

Dear Church Family,

We are now in our Easter Season. What a wonderful Easter weekend we had! The *Tenebrae*¹ service at The Fishermen's Chapel, the walk of witness, hot cross buns, the Good Friday service at Wesley and finally, Easter Sunday Holy Communion followed by our delicious Sunday roast cooked by Jackie and helpers. I must admit I flopped under the blanket at home on Sunday evening!



What I am really enjoying since then is the fact it is not all over, we are still in the Easter Season. There is so much of the story still to be told; the time after the resurrection is full of narrative that we can apply to our own lives now. The mix of fear and celebration, and

despair and incredible hope, don't these speak of what we are going through in our world today? Church is SO relevant.

I love being in church, not just as your minister, but as a disciple of Christ. Without my faith and the daily engagement in being a disciple I know I would be lost and frightened by the way our world is heading. My faith allows me to see beauty and love in so many people and situations. Julian of Norwich said:



the fullness of joy is to behold God in everything.

My faith also grounds me, as I do my best to fulfil my purpose in being the body of Christ: serving those who need care. I know I fall short, so thank God, literally, (as my 17-year-old would say), for the resurrection for the forgiveness of sins. Yet, I wake every morning, thankful, purposeful,

¹ Latin = 'darkness' In this pre-Easter service, candles, traditionally on a triangular candelabrum, are snuffed out one by one.

and hopeful. I can't imagine a greater gift. Can you?

This last Sunday I spoke about being more child-like: laughing more, running about, lacking responsibility and trusting. Doesn't that sound so appealing? I wonder if we can think this month about really embracing the fact we are all children of God. Let's try and laugh more, cry when we want to, give God the responsibility for the burdens we carry, marvel at nature, take our shoes off and feel the earth beneath our feet, hug a tree and above all trust that God has us in hand.

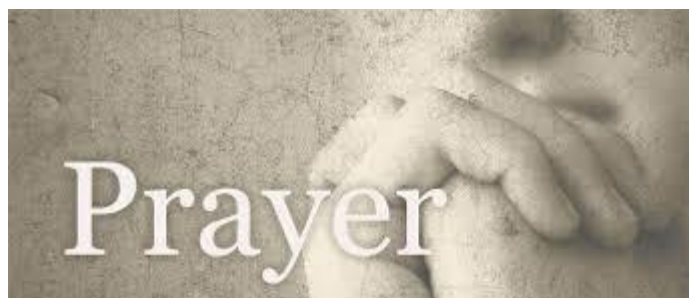


Two people whom God took in hand are now at Highlands Methodist ~ Emma Edgings and Robert Noakes. They confirmed their Baptismal vows and joined us as members. It was a wonderful celebration. On 22 June we will be celebrating again with them at Wesley Methodist church as they get married. The Fishermen's Chapel Gospel choir will be singing for our lovely couple, which the choir are very excited about. So much to look forward to.

I look forward to seeing you at Highlands, if you haven't been for a while then do come and visit us again soon. We have new colour doors to welcome you!

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





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*. 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; may God grant in each case a speedy recovery.

Congratulations go to Brenda Davis on her recent birthday. I'm far too much of a gentleman to reveal the number, but I can tell you that she was born on the same date as Shakespeare. Not the same year obviously.

We pray that peace, help and recovery will come to the peoples of Gaza and Israel after the wars that have caused so much loss and grief in those countries.

As always, we **pray for the people of Ukraine**, wherever they find themselves, and for a just and lasting peace in their homeland.



Snippets

Highlands Toddlers

We started our new term on 15 April and are always pleased to welcome new and old faces.

Admission remains £3 per child (£1 for any additional child of the same family). Professional carers: £2 per child. Price includes tea/coffee/squash and biscuits.



Please note that we are closed on 6 and 27 May (Bank Holidays).

For further information contact Ros (478631) or Margaret (557512) or visit our website – www.highlandsmethodist.org.uk

HARP



HARP has just officially opened Bradbury Mansions.

This is the refurbishment of the original Acorn bedsits in York Road, Westcliff. The three buildings have been merged into one and refurbished to a very high spec. This brings another 24 rooms into HARP provision.

They now have about 300 bed spaces across their sites. Quite amazing from where they started off.

Brownies, Guides & Rangers

On Saturday 11 May from 10:00 to 12:00 noon at Highlands Methodist Church

- 10th Leigh Guides & Rangers are holding a coffee morning
- 10th Leigh Brownies are holding a book sale



All are welcome to join us.

A Note from Memory Worship

Dear Friends of Memory Worship,

I hope you don't mind this little catch up. For some, we haven't seen each other for a wee while, others we have never met and some we meet every month.

When the Methodist Recorder printed an article this week, I started to reflect back on the support Memory Worship has received since Rev Julia Monaghan helped me set it up in Jan 2017. Support for people living with dementia is at terrible low point nationally and this was the reason I wrote to the Methodist Recorder. My hope is to encourage other churches to consider setting up services supporting the spiritual needs of people living with dementia.

If you are local to Leigh on Sea, you would be so welcome to join us again on Monday when the theme for our service is 'God promises to walk with us'. Meetings generally are on the third Monday of the month from 2:00 pm to 4:pm at Wesley.

Through scripture we will learn how nothing takes God by surprise and He walks with us even when we are completely unaware of His company.

When people's lives are touched by the often long road of dementia, the Easter story and its enduring promise of a God at our side forever can help to guide us through the sometimes rocky parts of our own journey.

Much Love
Julie Peek

Music's Coming Home

Coming up at Highlands are two excellent and very different classical concerts.



On Saturday 11 May Rayleigh Brass (est c1910) are delivering a concert. If you associate brass bands with oompah and Sousa marches such as The Liberty Bell (The *Monty Python* theme tune) then you may be in for a surprise. RB's performance will include arrangements of

modern masters such as Shostakovitch, Bizet, Ennio Morricone, Saint-Saens and Vaughan Williams; also *Con Te Partirò* (Time to Say Goodbye) by Sartori. Unmissable. ☎07939 2528052 for tickets and information.

Equally unmissable is the SSO concert on Saturday 8 June. Details to the right. Tickets appear to be available only on line – from www.wegottickets.com. Just enter 'Southend' into the search box

A poster for the Southend Symphony Orchestra concert. The background is a blurred image of a string instrument. The text is white and black. At the top left is the Southend Symphony Orchestra logo. The text reads: SOUTHEND SYMPHONY ORCHESTRA, Conductor: John Chillingworth, Leader: Richard Brittain. The program includes: Dvorak Carnival Overture, Smetana Vltava, Strauss Oboe Concerto (Soloist: Sam Willshire), Morricone Gabriel's Oboe, and Beethoven Symphony No.5. The concert is on Saturday 8th June 2024 at 7.30pm at Highlands Methodist Church, Sutherland Boulevard, Leigh-on-Sea, SS9 3PT. There is a 'making music' logo, a QR code with 'SCAN ME' text, and 'Registered Charity No: 261264' at the bottom.

Church flowers for May

Flowers on 5 May are donated by Frank and Jean in memory of their friend Jill.

Hobbies

On 2 May, we will be continuing with the card craft of Iris folding which was much enjoyed last month with beautiful results.

On 16 May, we plan to try our hand at being creative with bits and bobs of materials, lace and buttons &c.

All are welcome on Thursdays from 10:00 until 12.00 noon.

Games

We have had two fun sessions so far playing Scrabble, Sequence and Dobble, also enjoying doing puzzles. Why not come along to share fun and refreshments?

We will be in the lounge from 10:00 am till 12:00 noon all are welcome on Thursdays 9 and 23 May.



Christian Aid Week. 12 -18 May

We will be holding a Coffee morning on Saturday 18 May from 10:00 until 12:00 noon. Please come along and help to raise funds for our global neighbours who are on the edge of survival and help push back against the inhumanity of poverty.

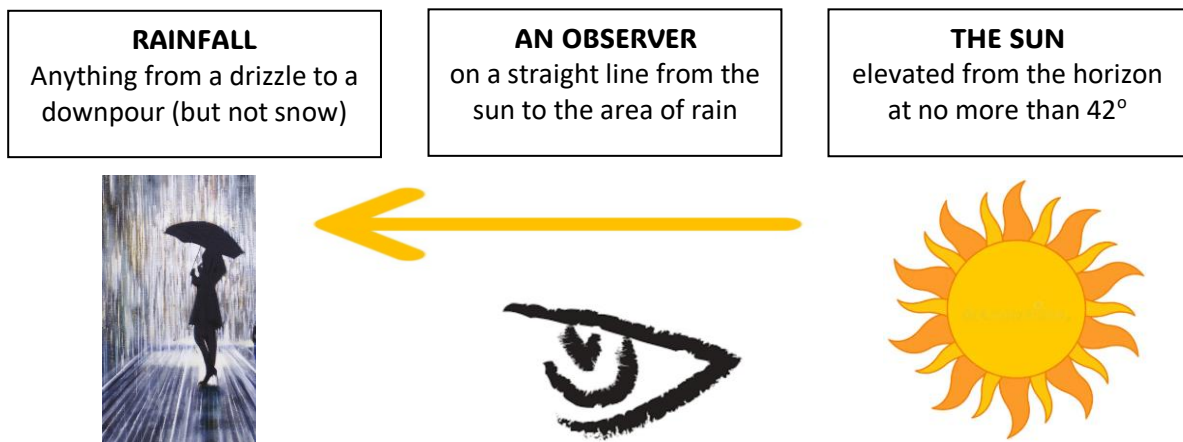


We will also be holding a church collection.

From the Editor

Most people blessed with good eyesight enjoy a rainbow. I'm no exception, and over the years I've learned a little about rainbows.

Basically, and rather unromantically, a rainbow is an optical illusion that has no physical substance. It depends on white light being split ('refracted') and reflected, inside a drop of water, into seven constituent colours. In order for a rainbow to appear, three elements must be present, in the order shown:



The figure of 42° deserves explanation, but space here is too tight. It's all about the refractive index of a raindrop. The proof of the pudding is that rainbows will typically occur at the start and end of the day, usually in spring or autumn, when the sun is low. So, what you see of a rainbow depends on where you stand. If the observer can see sunshine ahead and rain to one side, they see no rainbow.

In a much broader way, the way we see the world depends on where we stand. A beautiful rainbow symbolises a beautiful world. Anyone can see its beauty and its many colours if they are standing in the right place. If however they are in the wrong place, they may only see a rainstorm that symbolises conflict and strife.

As Christians, the Bible shows us where to stand in two simple instructions:

Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength [and...]

Love your neighbour as yourself. [Mark 12: 30-31]

So, our task is simple. We have to move ourselves and others to the right place. But who should we move – and how and where? Again scripture has the answer:

Therefore go and make disciples of all nations, baptising them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. [Mt 28: 19-20]

This is a big ask. Nobody is expected to do it alone. Even Jesus recruited a dozen people to help. At Highlands, we hope to recruit shortly an Intergenerational Mission Enabler (IME). Yes, it is a bit of a mouthful isn't it? Make sure your teeth are firmly fixed in place before you attempt it.

I hope to explain more in the next Highlander, but for now, I see the core of the IME job as being to move people, wherever they are and whatever age they are, into the right place. The task for the rest of us is to support him or her.



Andrew

Puzzle of the Month²

You'll have heard of the *Da Vinci Code*, or the *Enigma Code* or even the *Highway Code* (known to very few people in Essex). Now is your chance to pit your wits against... the Highlands Code!



The Church Stewards, helpful as ever, have given you the secret code to open the safe and gain access to the legendary Highlands Treasure. As you'd expect, they have forgotten to tell you where you should start. Can you solve the code anyway, and retrieve the treasure?

1D	1L	3D	2L
1R	3D	3D	1L
2R	2R	1L	1D
1D	1L	1L	OPEN
2U	2R	4U	3U

Humour Corner

This month again we have some examples, below and later, of unintended humour from younger writers:

The girls were sent to finishing school where the point was to finish them off.

A hostage is a lady who entertains visitors.

² Solution page 18.

Poem of the Month

The Song of Solomon circa 950 BCE (trans 1611 CE)

This is an example of a work featured on Poems on the Underground which has been doing exactly what it promises since 1986. You can find an archive at <https://poemsontheunderground.org/>. It is a brilliant idea, one of few bright spots of travel on the London tube.



Here we have a brief extract, celebrating springtime, from this beautiful poem. You need to read the entire work to appreciate fully its depth and emotion. It does get a bit steamy, but many modern scholars believe that the sexual relationship in the poem allegorises God's love for his people. If you're not up to speed with scriptural Hebrew, the King James Version is worth a try.

from The Song of Solomon 2:10 [KJV]

My beloved spake and said unto me, 'Rise up, my Love, my fair one, and come away.

For lo, the winter is past, the rain is over, and gone.

The flowers appear on the earth, the time of the singing of birds is come, and the voice of the turtle is heard in our land.

The fig tree putteth forth her green figs, and the vines with the tender grape give a good smell.

Arise my love, my fair one, and come away.

Dining In

Salmon en Croute

I was looking for something to make for a party as a non-meat option. This seemed to fit the bill as it was easy and turned out to be delicious. What's not to like?

Ingredients

25g unsalted butter	50g grated parmesan
1 shallot, diced	2 tsp lemon juice
2 minced garlic cloves	600g salmon fillet, skinned
200g baby spinach	1 packet puff pastry
100g full fat cream cheese	Egg to glaze

Method

- Heat oven to 220°C, 200°C fan
- Melt butter in frying pan and add shallot and garlic. Cook for 5 mins until softened but not brown.
- Stir in spinach and cook until it wilts completely, then cream cheese, parmesan and lemon juice. (I cooked this the day before and kept it in the fridge overnight.)
- When ready to cook, place the puff pastry on a baking sheet (I cheated and used ready-made - it was even rolled out for me).
- Put the creamed spinach on one half, leaving a 3cm (1¼ in) gap from the edge. Put the salmon on top, flip over the other half of the pastry and seal the edges well with egg wash.
- (To avoid a soggy bottom, flip your parcel over so that the salmon is underneath the spinach).
- Brush the pastry all over with the egg wash and score the top of the pastry with a criss-cross pattern.
- Bake for 25 – 30 minutes until golden and crisp. Let stand for 5-10 mins and then slice and serve. Serves 4 as a main, 8 as part of a feast.



ECO Footnote: Salmon is one of the most intensively farmed fish, and the

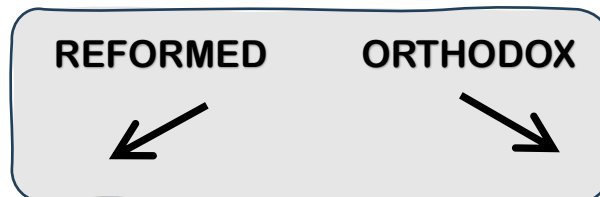
farms cause environmental damage. So next time I cook this –soon – I’m going to use trout instead. The Marine Conservation Society promotes trout as a sustainable alternative to salmon. Give it a try.

Interfaith and Labyrinths

This scores quite highly on my list of unexpected headings. However, I shall try to convince you that the two subjects belong together. I begin by pointing out a common denominator. That is to say Clive Johnson.

Clive you will know as a regular worshipper at Highlands. He is an interfaith minister and has, while remaining a leader of Christian worship, dedicated much of his life to research and understanding of mystical traditions of other faiths.

These can be quite mysterious. If ever you have occasion to visit the recycling centre at Stock Road, Southend, you will notice that the approach to the centre passes close to a Jewish cemetery. Here you will find a prominent notice that looks rather like this:



I have checked to see whether there are any significant differences in the orthodox and reformed rituals for burial. The only one that I can find is that the orthodox ritual requires special clothing for the deceased (for men, a *tallis* or prayer shawl), whereas the reformed ritual allows the deceased to wear his or her own clothing. This may be unfathomable to most of us, but, as in many other faiths, there is a perfectly logical explanation for what appears to be an illogical practice.

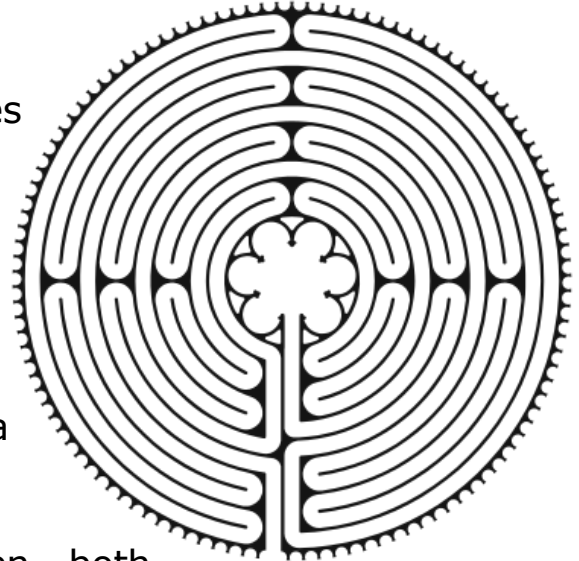
So it is that the wearing of a *tallis* compels the deceased to meet his

Maker with no trappings of worldly wealth or rank that might influence God's judgement upon him. And there are (to echo an old adage) no pockets in a *tallis*. Not so daft, then.

So that brings us around to labyrinths. Mostly we know this as a complicated irregular network of passages or paths through which it is difficult to find one's way. A labyrinth³ may therefore represent a spiritual journey through life with all its difficulties and show us how we might navigate through.

A famous labyrinth is the one at Chartres Cathedral in France, and many other labyrinths are based on it. This is its layout:

In his next presentation at Highlands, Clive will move on from his exploration of interfaith issues to lead us through a spiritual maze similar to this one.



Clive's previous sessions have been both inspiring and fascinating and this promises to be equally so. The session is from 1:30 pm on Saturday 4 May, but you must be there by 12:45 pm in order to get the session started on time.

I promise you'll be amazed... (sorry)

Humour Corner

If he is not checked at the right age he will gradually develop into a vandal and it will not be long before he is a magistrate.

We had a longer holiday than usual this year because the school was closed for altercations.

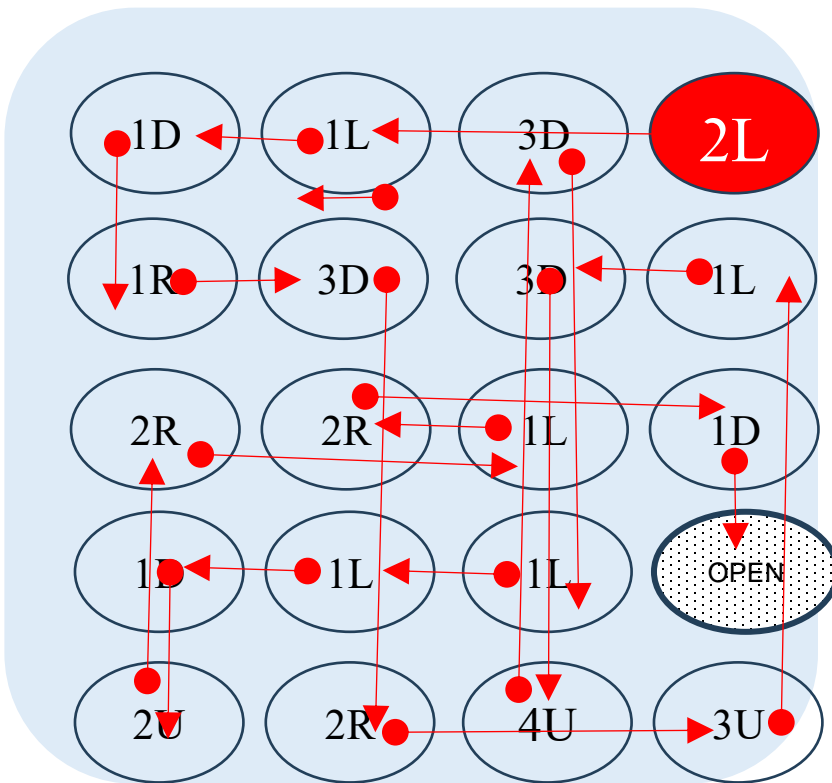
³ from a Minoan word, adopted into ancient Greek

Puzzle of the Month (Solution)



This is how you gain access to the legendary Highlands Treasure. Well done if you solved it!

Sadly, the legend of the Highlands Treasure is just that – a legend. Otherwise, we would have pawned it long ago to pay the heating bill. However, you can find a code for genuine, priceless treasure at Matthew 6: 19-21. Yours for free.



Humour Corner

Shakespeare married Anne Hathaway, but he mostly lived at Windsor with his merry wives. This is quite usual with actors.

Poetry is when every line starts with a capital but doesn't quite reach the right side of the page.

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 ⁴ 7:00 to 9:00 pm	Jacqui Hendle 07961 545037
Toddlers	Mon 9:30 am to 11:30	Ros: 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	Rosalind 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

⁴ 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 June 2024 issue should be emailed to andrewghyde@aol.com before the **deadline of Sunday 19 May**, a little earlier than usual for personal reasons. No email? Don't despair; just telephone 473111 to arrange an alternative.

A Final Image

Literally the end of the world. But figuratively a memorial to the Saviour of the world. This is Fisterra, Galicia (NW Spain) and the next landfall heading west is Boston Massachusetts. Picture A Hyde

