



The **HIGHLANDER**

February 2020

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

Worship in February 2020

2 nd	10:30	Café Church	Kathy McCullough
9 th	10:30	Morning Worship Communion	Rev Norman Hooks
16 th	10:30	Morning Worship	Rev Norman Hooks
23 rd	11:00	United Service at Wesley	Rev Julia Monaghan

Children of all ages are welcome at all our services
Come in and FaceTime with Jesus

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

 Highlands (Leigh) Methodist Church



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

Minister	Rev Norman Hooks norman.hooks@methodist.org.uk	311900
Secretary to Church Council	Patrick Smith	557702
Church Stewards	Lesley/Andrew Hyde Jean Edmonds Steve Jones Kathy McCullough Donald Mayes	473111 525250 553898 714528 473787
Worship Leaders	Jennifer Courtenay Frank Edmonds	556140 525250
Church Treasurer	David Watson	555702
Property Co-ordinator	Anne Lane annelane8@btinternet.com	01268 755291
Children's Workers	Jean Edmonds Ros Bryant	525250 478631
Pastoral Co-ordinator	[Vacant]	
Church Flowers	Jean Edmonds	525250
Lettings/Use of Premises	Les Davis	558381
Older Persons' Worker	Julie Peek	479804

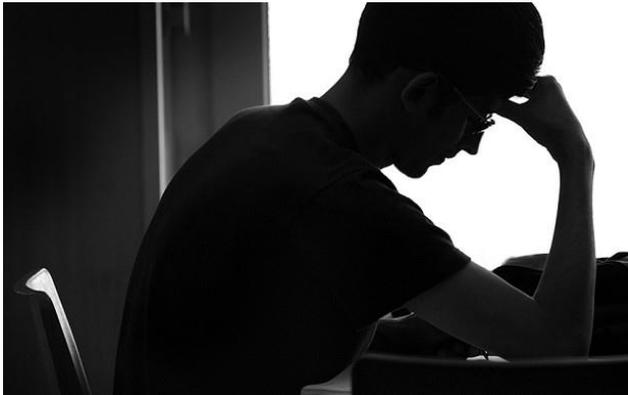
From the Editor

Traditionally January and February are the times when we think about health. About 12% of all gym memberships are taken out in January. Unfortunately, about half of those are cancelled after the minimum contract of 6 months.



Mental health is increasingly recognised as an important concern, not only to an unwell individual and their family, but to society as a whole; in other words, to all of us. The scope of the all-embracing term 'mental health' is very wide. It can refer to many developmental and genetic conditions, learning and behavioural difficulties, addictions, and emotional, psychiatric and cognitive disorders such as depression and anxiety. The causes of these conditions can be equally wide-ranging, and I do not claim this as anything like an exhaustive list.

I apologise for any and all omissions I have made here. I am as far from being an expert as it is possible to be. And yet, through family and friends and through contacts I make in my life, I seem to meet with mental health issues every day. Behind every 'issue' (a nice convenient word for many things we prefer not to further define) is a living breathing human being, a brother or sister in Christ.



Jesus commands us to love every person we meet. This applies especially to those who are suffering in any way. It therefore is up to each one of us to learn as much as we can about mental health issues. We cannot assume that we will be able to help; some things are best left to health professionals. But we can try to listen, and to better understand, and to perhaps get the message to the people in front of us that we are there by their side.

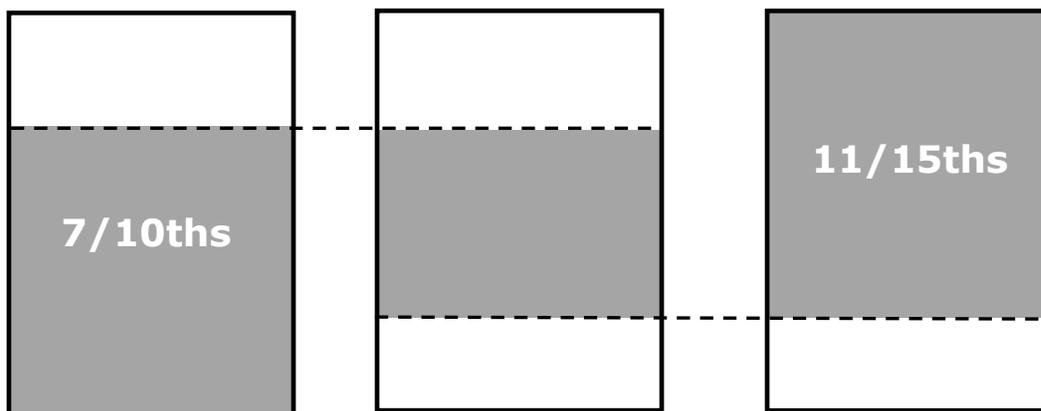
I'll try to make sure that Highlander properly reflects the importance of this topic. I'll begin by giving a short piece as a poem for February. (Except you'll find if you go to page 17 that it's not a poem as such). And I'll throw it open to anyone out there who has an interest in, experience of or insight into mental health, to write as they feel, and share. I'll publish it anonymously if you prefer.

Anarca

Puzzle of the Month

While I've given you some fairly easy word-based puzzles, it occurs to me that I need to keep your mathematics up to scratch. So here is a classic maths problem:

Part of each of the identical rectangles below has been shaded. Can you work out what fraction of the middle rectangle is shaded?
Answer on page 22



From your Minister

Jan has been celebrating what is for her, and myself for that matter, a very important anniversary! Three years ago, she was given the gift of a plant and it is still alive. This is a real achievement for any plant within our home, and she is very proud of herself that this living organism is thriving. I'm quite sure if it had been me that was caring for it the outcome would not have been so positive.



Another amazing story from Australia has told us this week about a heroic top-secret firefighting effort that saved the last of a 200-million-year-old tree species threatened by the unprecedented bushfire crisis. These trees apparently clone themselves and have been in this secret location near Sydney since the time of the dinosaurs. Only a very few people know where the last remaining Wollemi pines grow. Clearly the biggest threat to their extinction is twenty-first century humanity.

Some years ago while on Sabbatical I set myself the task to exploring 'Healthy Growing Methodist Churches' where the minister is responsible for three or more churches - quite a challenge with some very interesting observations. What was important for me was the idea of what constituted a 'HEALTHY GROWING Church'.

The first thing I decided was that it wasn't just about numerical growth. You can get a lot of growth that isn't healthy. Like the

man who was asked: 'How is your cancer?'

To which he replied: 'It is growing very well thank you!'

A healthy growing church is a community where the people are in a good relationship with God, loving and caring for each other and where others are drawn by the sense of God's presence and grace.

The winter months often seem to be barren for most plants - no leaves, flowers, crops or growth. However this is a crucial part of their life cycle, and one which our own spiritual journeys can reflect. One thing I have been very interested in recently has been the life of trees and the way they communicate with each other to ensure that within a forest they are able to protect themselves and each other of threats from climate and disease. I believe therefore it is so very important for us to live, work, serve and share together in order to be the 'Healthy Growing Church' we all want to be!

I love this verse from Ephesians 4:16:

*'From him the whole body, joined and held together by every supporting ligament, **grows and builds itself up in love, as each part does its work.***

So well done Jan for keeping your plant alive, and well done all those in Highlands who contribute in so many ways to ensure that we each play our part in enabling our community to '...grow and build ourselves up in love.' All we ask is that we all do what we can, no more and no less!

God bless, Norman.



We pray for our friends who are ill, housebound or bereaved and for those in residential care: Pat Gare in Admirals Court, Jean Burgess in St Martins Care Home, Doll Edwards in The Cedars and Marie Moore at Rosedale Court, Rayleigh. Marie would welcome visitors. Our thoughts and prayers are with them and their families.

We extend our sympathy to John Westripp and his family and friends on the death of his wife Brenda on 2 January. Brenda and John were long time members, having been married at Highlands in March 1957 and contributed much to life at Highlands. They had recently moved to Clacton to be near one of their sons. There will be a thanksgiving service at Highlands on Monday 17 February at midday led by Rev Norman Hooks.

We extend our sympathy to the family and friends of Ruth Bonner who died of pneumonia on 20 January in Southend hospital, just before her 100th birthday. There will be a service of thanksgiving at Highlands on Friday 7 February at 12.45pm.

We extend our sympathy to Pat Gare and family on the death of her grandson Peter Lewis on 23 January following a long illness. There are currently no details of funeral arrangements.

Finally congratulations to Nick and Katy Kollasch (nee Saville) on the safe arrival on 4 December 2019 of baby Louis Nicholas Kent Kollasch. Weighing in at 7lbs 1oz and measuring 19½". A brother for Oliver and another grandson for Pauline and Andrew Saville.

Dates to Remember

Highlights at Highlands

7:00 pm Tuesday 4 February. '**Property Walk About**'. The second of these exercises, focusing on storage space.

On Saturday 8 February the 10th Leigh Brownies are holding a **Coffee Morning and Table Sale** for unit funds from 10:00 am to 12:00 noon. Included will be a tombola to raise funds to take part in the Essex Scout & Guide Jamboree in August.

Looking further ahead, a **Spring Fair** is planned for Saturday 16 May from 10:00 am to 1:00 pm. It will include an exhibition and sale of needlework and Hobbies cards and gifts, plus plants and refreshments and hopefully much more. If you'd like to join the fundraising group please talk with Jean Edmonds 01702 525250.

Highlands Hobbies

We will be meeting on Thursday 6 February at 10:00 am in No 1 room when we will be focusing on Easter card making and lunch will follow for those who wish to stay.



We will also meet there on Thursday 20 February at 10:00 am. Easter basket craft and completing our Easter cards.

If you would like to try Hobbies or simply want to find out more about what we do please do not hesitate to call either Jean or Julie - All are welcome.

Contacts - Jean Edmonds 525250 Julie Peek 479804

PinPoint

All are welcome to join our happy band of needleworkers, whatever your talent, or maybe just to be guided or to do your mending. We will be meeting on Wednesdays 12 and 26 February from 10:00 am to 12:30 pm.



Music

Southend Symphony Orchestra

7:30 pm Saturday 29 February
At the Salvation Army Temple, Hadleigh

Tickets £10, Concessions £9, Under 18 £1 from Mandy 01268 454170 or on the door. Including works by Korngold and George Gershwin.

More information from www.southendsymphony.com

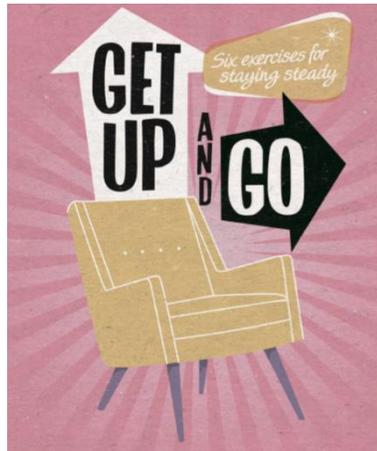
For those who prefer Rock and Roll to classical, we have on the same evening...

...Mr Rock and Roll

With an American themed supper. Details in the HARP report on page 13.

Mission Enabler for Older People **Highlands 2nd half 2019 - Report**

The 2nd half of 2019 has been very busy with two community days, the introduction of a new Staying Steady exercise class at Highlands, monthly movies, the continuation of the popular Memory Worship service at Wesley and the introduction of monthly services at LWP Westerley care home.



Staying Steady Exercise Classes

By networking with providers of specialist strength and balance falls prevention sessions I am very pleased to report that new Staying Steady exercise classes for Older People at Highlands are approx 15 weeks into a brand new programme. This initiative that has been repeatedly requested by older church members is working really well and continues to build

new community links.

Monthly Movies

This activity has become an established date on the calendar for between 10-20 people a month at Highlands. I always aim to screen appropriate and thought-provoking films and wherever possible to source films that people request.



Monthly Services at Westerley Care Home

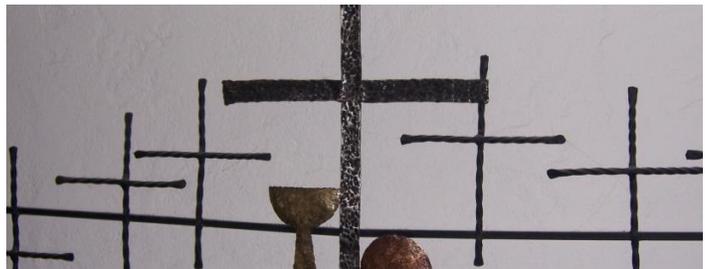
In June I started to offer a monthly Memory Worship service in our local LWP Care Home: Westerley. John, who plays the piano and accordion, supports me and accompanies the service¹. Music and particularly old familiar hymns are such an important part of this service.

¹ Sadly, since this report was written John has passed away

Memory Worship

Memory Worship thrives locally on a circuit level at Wesley and Thorpe Bay. Also, Holy Trinity Church, South Woodham Ferrers have just celebrated a year and committed to continue. Nationally, Bedale Methodist Church in Yorkshire runs a monthly Memory Worship service they call "Silver Service" and through this I am now in touch via email with a lady in Edinburgh supporting her to set up a Memory Worship service, planned to start in February.

I have just designed and printed Wesley's 2020 Memory Worship programme and you will find it available in the Jubilee room if you would like to come along.

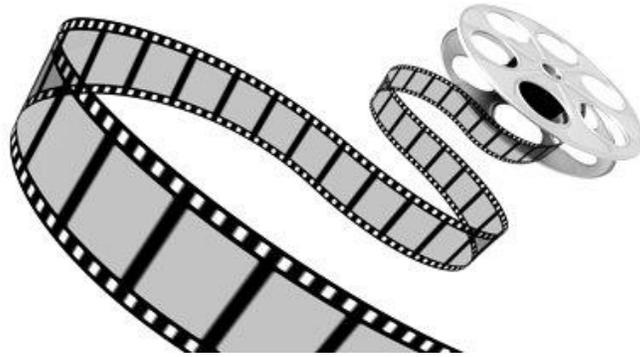


Highlands Community Days

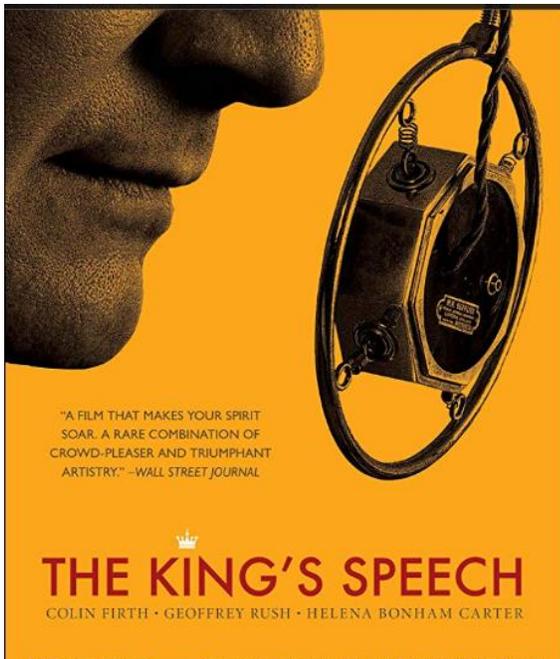
Community Days have grown to be regular initiatives at Highlands. It is always wonderful to see our community coming together to celebrate all that unites us. More about this on page 19.

Julie Peek

Mission Enabler for Older People and Memory Worship facilitator
Highlands Methodist Church



Movies @ Highlands
A HIGHLANDS FRIDAY HUB EVENT
Friday 28 February 1:30 pm
'The King's Speech' [12A]



Following the scandalous abdication of his brother King Edward VIII, Bertie (Colin Firth), who has suffered from a debilitating speech impediment all his life, is suddenly crowned King George VI of the United Kingdom. With his country on the brink of war and in desperate need of a leader, his wife Elizabeth (Helena Bonham Carter) seeks out the help of eccentric speech therapist Lionel Logue (Geoffrey Rush).

This film reminds us that the monarchy is no stranger to highs and lows and (to be topical) will no doubt pull through current trials and tribulations. Some strong language occurs.

This is a FREE EVENT (come from 12 noon with your picnic and enjoy some soup. Tea and coffee and Rossi Ice cream also available)



Serving the Homeless

Our annual Carol Service was well supported on Friday 13 December and £830 was raised at the retiring collection. Thank you to all who attended and contributed.

The end of January saw our annual lunch in Chalkwell Park, which was very well supported once again. Results will be reported next month.

On Saturday 29 February we have an exciting evening at Our Lady of Lourdes Parish Centre featuring Mr Rock and Roll with an American themed supper. Tickets at £10 are available now from committee members. Please bring your own drinks.

We will continue to support HARP, Southend YMCA and the work of the Winter Night Shelter Scheme and are pleased to report that these facilities are now available seven nights a week.

Thank you all for your continued support by attending the functions we organise, your continuing contributions at the back of the church and of course your prayers that are always needed.

HARP

HARP reports that in 2019 they saw a total of 558 new service users. 216 of them were sleeping rough, 213 were sofa surfing and 129 were at risk of losing their accommodation and needed help and support to keep it. All received specialist advice on their situation. 423 people were housed in HARP accommodation and 95 people were moved on from HARP to live independently.

HARP also provided 76,087 meals, 2,293 night packs and 336 emergency food parcels. As you can see the problem is not diminishing and your help, in any way, is most appreciated.

Winter Night Shelters

At this halfway stage of the winter I'd like to say, publicly, thank you to all our volunteers from Highlands, Wesley, Chalkwell, Benfleet, UMC (Shoebury & Wakering), Rayleigh and Rochford. Along with people from no particular church including Jo-Anne, Wally, Wayne, Gail and others

Thanks also to some professionals who have helped:

- Barry Jefferies (BJ Meats, London Road) - sausages and a half ham
- Strawberry Fields – a large quantity of cooked turkey
- Diamond Dry Cleaners and Laundrette 753 London Rd, Westcliff-on-Sea – help with laundering sleeping bags.
- Richard Waddington (Foot Stop) – chiropody services



Jobs for the Garden

From our Special Gardening Correspondent

Isn't it lovely to see the snowdrops and catkins – a sure sign that spring won't be too far away.

Although the weather is really murky, it is not too cold and there are plenty of jobs that need doing.

If you don't fancy working outside in the garden itself, now is a good time to sow slow-growing seeds or grow on bedding plants as these jobs can be done in the greenhouse or conservatory. Along with my sweet peas, I might try petunias, salvias and even chilli seeds this year, sewing them thinly in peat free compost. I'll also be buying some plug plants of fuchsias and pelargoniums and potting them on until they're ready to plant out about May.

If you can get outside, there's pruning to be done – it's a good time to prune most roses and also those red and white currants, gooseberries and autumn fruiting raspberries. For the currants and gooseberries, remove all dead and diseased stems and then cut out a quarter of the oldest branches. You are aiming to create a nice open shape. As with the autumn raspberries, cut them right back to

ground level. If your summer fruiting raspberries have grown too tall, give them a trim too but just the top of the stems.

Wisteria and buddleia can be pruned this month. And if you are going to renovate or cut back a deciduous hedge, its got be done before the nesting season starts.

Check your dahlia tubers for any mouldy bits – these need to be cut away, discarding the whole tuber if there’s a lot of mould. Late February is a good time to bring the tubers back into growth if you’ve got room in the greenhouse or cold frame. And check camellias for sooty mould fungus – thick black marks on the leaves. If you have got this, you need to sponge it away using lukewarm water.

Editor’s favourite – rhubarb² – can be dug up and divided, ensuring more of those wonderful pink stems in a few months. Give them lots of organic matter and force a few plants.

Humour Corner

Oxford University Lecturer (endeavouring to teaching Linguistics):
In English, a double negative forms a positive. So, the phrase 'not unpleasant' actually means 'pleasant'. But in some other languages, like Russian, two negatives are still a negative. But there is no language, anywhere in the world, in which two positives can express a negative.

Student at the back of the class:
Yeah. Right.

² I don't think so - Ed

Poem for February

This month's poem is different in a very subtle way. It's actually prose. But so beautifully written that I hope you'll forgive.

Now, if you happen to walk from Midhurst to Petworth in West Sussex (a walk I recommend) you can go to St Peter's Church, Lodsworth and visit the grave of Ernest H Shephard, best known as



illustrator of *Winnie the Pooh* and *The Wind in the Willows*. This picture is an example of his work you'll surely recognise. The story below is not however the work of A A Milne who created the immortal Winnie. It's an affectionate pastiche that makes a simple point very effectively.

Not Much Fun to be Around (attr Kathryn Wallace)

It occurred to Pooh and Piglet that they hadn't heard from Eeyore for several days, so they put on their hats and coats and trotted across the Hundred Acre Wood to Eeyore's stick house. Inside the house was Eeyore.

'Hello Eeyore,' said Pooh.

'Hello Pooh. Hello Piglet,' said Eeyore, in a Glum Sounding Voice.

'We just thought we'd check in on you,' said Piglet, 'because we hadn't heard from you, and so we wanted to know if you were okay.'

Eeyore was silent for a moment.

'Am I okay?' he asked, eventually. 'Well, I don't know, to be honest. Are any of us really okay? That's what I ask myself. All I can tell you, Pooh and Piglet, is that right now I feel really rather Sad, and Alone, and Not Much Fun To Be Around At All. Which is why I haven't bothered you. Because you wouldn't want to waste your time hanging out with someone who is Sad, and Alone, and Not Much Fun To Be Around At All, would you now.'

Pooh looked at Piglet, and Piglet looked at Pooh, and they both sat down, one on either side of Eeyore in his stick house.

Eeyore looked at them in surprise. 'What are you doing?'

'We're sitting here with you,' said Pooh, 'because we are your friends. And true friends don't care if someone is feeling Sad, or Alone, or Not Much Fun To Be Around At All. True friends are there for you anyway. And so here we are.'

'Oh,' said Eeyore. 'Oh.' And the three of them sat there in silence, and while Pooh and Piglet said nothing at all; somehow, almost imperceptibly, Eeyore started to feel a very tiny little bit better.

Because Pooh and Piglet were There.

No more; no less.

Humour Corner

Hungry diner:

Waiter! Where's my dinner? I ordered braised octopus nearly two hours ago!

Waiter:

Chef sends his apologies. We always cook octopus alive, and the little blighter keeps turning the gas off.

Thank You

The next section has a theme you'll easily spot. I reckon most of us have occasions of not saying 'thank you' when we should. But all of us like it when someone says a sincere 'thank you' to us.

A message from Derek Bill ('Mr Crisp')

The recycling container has now been at Highlands church for 6 months and I thought it time for an update.

We have now recycled 52 kilo of crisp packets which is approximately 10,400 packets. I think that is a magnificent total and at the current rate of collection I expect to report twice that amount in the next 6 months.

This represents a significant amount of plastic NOT going into landfill so thank you so much for your support and also all the people who are depositing their empty crisp packets in our collecting box a big thankyou to you all.

See you soon

Winter Wonder Community Day BIG Thank you

I just wanted to say a BIG thank you to all who helped make the day so special. It was a joyful day of festive entertainment, fun and refreshments culminating in a community service lead by our own Minister Rev Norman Hooks.

Community Days have grown to be regular initiatives at Highlands. Initially it was an idea of the leaders at Mencap "Showstoppers" who meet on a Thursday. It came out of "The Great Get Together" inspired by the MP Jo Cox. Jo believed that *"We share far more in common than that which divides us"*.

Jo also believed we all have our part to play in tackling loneliness from individuals and communities through to businesses, charities and Government. So what a coincidence it was to find a General Election called on the same day that had been set for Winter Wonder Community Day.

There was a huge hamper in the Jubilee Room where visitors were able to leave donations and at the end of the day were collected with grateful thanks by Storehouse Foodbank to support those in need over Christmas.

Waitrose had also made Highlands Community Day a "Community Matters" recipients for the month of November.



So thanks to Waitrose and their customers, we were able to offer festive refreshments to everyone that walked through our doors on the 12 December.

It is always wonderful to see our community coming together to celebrate all that unites us.

Do check out www.highlandsmethodist.org.uk or join Highlands (Leigh) Methodist Church Facebook page for all the photos.

Julie Peek

Mission Enabler for Older People
Highlands Methodist Church

Correspondence – from Southend Mencap

Dear Anne and Frank,

I am writing to you to express my immense thanks for all the support provided by you and your fantastic team at Highlands Methodist Church in making our Christmas concert on Friday 6th December another truly memorable evening.

I cannot stress enough about Highlands being a brilliant venue to come to with a charming and pleasant atmosphere. That was clearly seen by yet another capacity audience who turned up to watch our Music School and Music Man students perform the favourite concert we do all year. The immense appreciation shown by the audience for the talent of our students was a moving experience for me as well as to David and his team leading the concert.

Please accept my thanks and the thanks of Southend Mencap for the continued fantastic dedication and support provided by everyone at Highlands to the society and our students. It really is immensely appreciated.

May 2020 be peaceful and prosperous for you all.

Warmest regards,

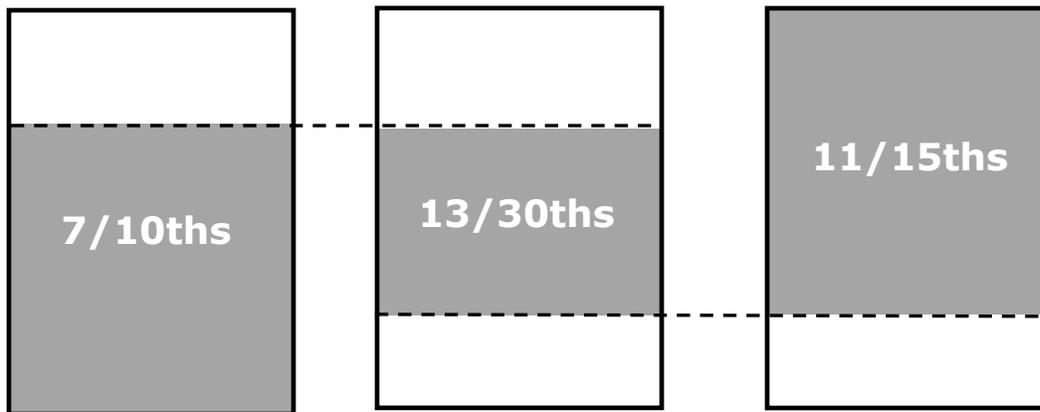
Marc McOwens General Manager

Weekly Newssheet



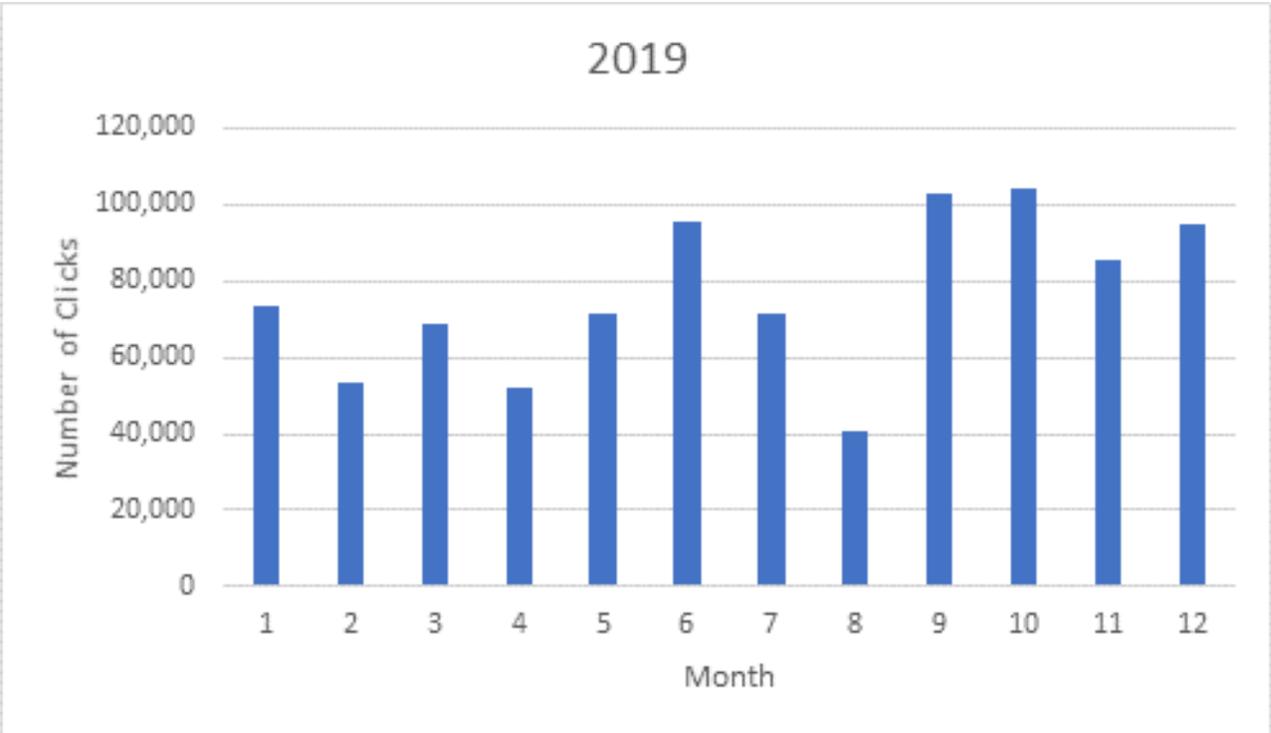
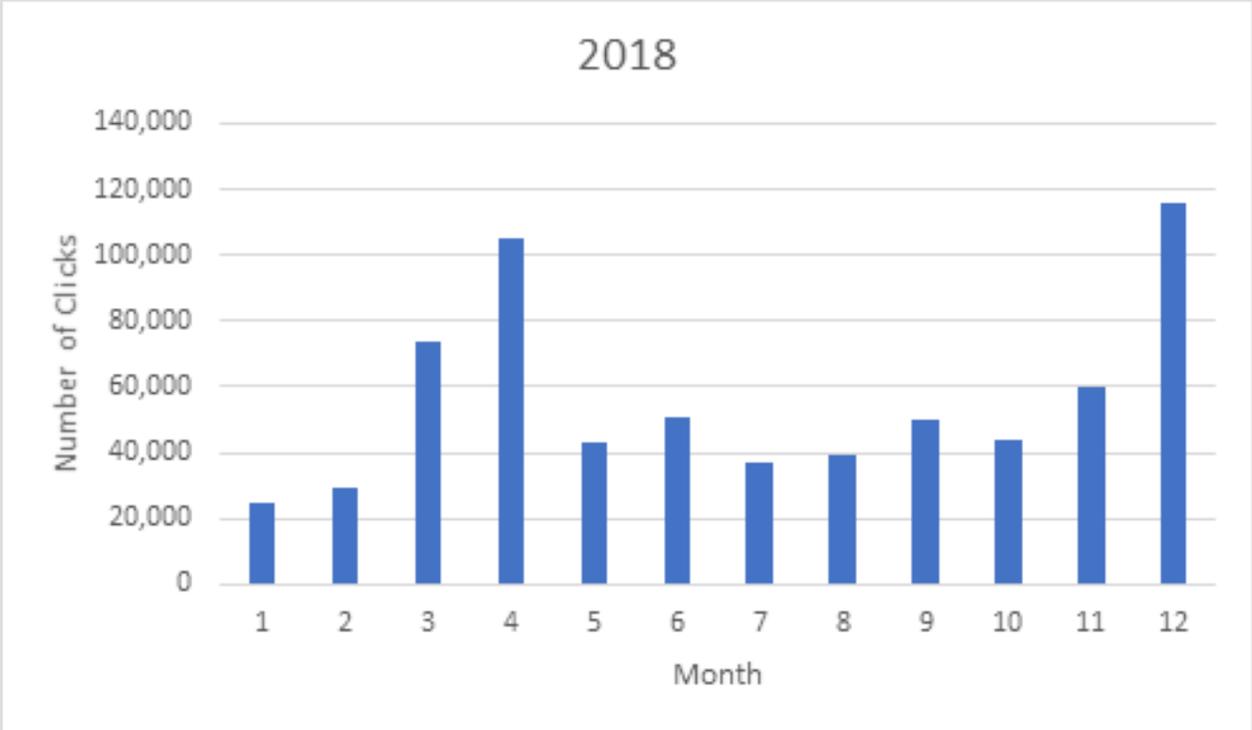
With effect from the beginning of February we are very pleased that Andreas Botzios has offered to undertake the production of the Weekly Newssheet published for most Sunday services. We give grateful thanks to Jackie Williams, Lesley Hyde, Patrick Smith and Frank Edmonds who most recently undertook this task, together with many others over the years.

Puzzle Solution



The key to this is to find out first the unshaded areas of the outside rectangles, which are clearly $3/10$ ths on the left and $4/15$ ths on the right. Then add them together; you need to find a common denominator which is 30. The fractions become $9/30$ ths and $8/30$ ths, totalling to $17/30$ ths. If the unshaded area of the central rectangle is $17/30$ ths then the shaded area is $13/30$ ths. QED³

³ 'Quod erat demonstrandum'. Or when I was at school, and Latin had not yet been invented – 'quite easily done'



Alternative Worship

Gospel@The Fishermen's Chapel

Sunday 9 February at 7:00 pm for 7:30 pm (second Sunday). Gospel Music and reflection with tea/coffee and cake before and after the service.

Belfairs

Thirsty For??

Thursday 13 February at 7:00 pm (second Thursday)

Wesley

Informal Service

Tuesday 18 February at 8:00 pm (fourth Tuesday).

Memory Worship

Worship for those with and without Dementia
Monday 17 February at 2:00 pm (third Monday)





Coffee Mornings in February

1 February	Music @ Highlands
8 February	Brownies
15 February	Church
22 February	Rangers
29 February	Mission



Flower Rota

	Donated by	In memory of	Arranged by
2 February	[Café Church]		Jean
9 February	Meriel Mallet	Tony	Pauline
16 February	Dilys Haddow	Elsie Bradford	Jean
23 February	[Service at Wesley]		

There are some vacant slots on the flower rota. Please contact Jean if you would like to take one up.

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 Hadow	☎ 710207
Cub Scouts	Thursday 5:45-7:15 pm	Lesley Bacon lesleykbacon@googlemail.com	
Scouts	Thursday 7:30-9:00 pm	Sally Monk	☎ 558857
Rangers	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 am.

Social and Recreational

Knit & Natter Group	Tue 10:00 am-12:00 noon	Sylvia ☎ 556433
Badminton Club	Mon 8:00 pm	Sarah ☎ 902235 or Sophia ☎ 07796 265676
Hobbies	1 st & 3 rd Thu 10.00 am – 12:00 noon	Jean ☎ 525250
Ladies' Badminton	Fri 10.00 am – 12:00 noon	Dilys ☎ 710207
Pin Point	2 nd /4 th Wednesday 10:00 am – 12:30 pm	Teresa 07704 016391 Glenis 07484 744540
Adult Art Classes	Thu 2:00 – 4:00 pm	Susan ☎ 551025 or 07875 079739
Children's Art Club	Thu 4:00 – 5:00 pm	

Items for the **February 2020 issue** should be emailed to andrewghyde@aol.com **before Sunday 23 February**. No email? Don't despair; just telephone 473111 to arrange an alternative.