



# The **HIGHLANDER**


## September 2024

The monthly newsletter of Highlands Methodist Church, Leigh on Sea

These are services at Highlands for September

<b>10:00</b> am Sun 1 <sup>st</sup>	Morning Worship Café Church	Worship Leaders
<b>10:00</b> am Sun 8 <sup>th</sup>	Morning Worship Communion	Rev Heather Simmons
6:30 pm Sun 8 <sup>th</sup>	Circuit Service At Canvey	
<b>10:00</b> pm Sun 15 <sup>th</sup>	Morning Worship	Peter Perowne
<b>10:00</b> am Sun 22 <sup>nd</sup>	Morning Worship	Rev Heather Simmons
<b>11:00</b> am Sun 29 <sup>th</sup>	Morning Worship US at Belfairs	Rev Heather Simmons

Details may change, so please check in advance if you are in any doubt.

 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 September 2024.**

09:30 am Sun 1 <sup>st</sup>	Morning Worship Communion	Rev Heather Simmons
7:00 pm* Sun 8 <sup>th</sup> *for 7:30	Gospel Service	Rev Heather Simmons
6:30 pm Sun 8 <sup>th</sup>	Circuit Service At Canvey	
7:30 pm Sun 15 <sup>th</sup> st	Anchored	Rev Heather Simmons
7:30 pm Sun 23 <sup>rd</sup>	Mindfulness	Rev Heather Simmons
<b>11:00</b> am Sun 29 <sup>th</sup>	Morning Worship US at Belfairs	Rev Heather Simmons



# 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 Lesley Hyde Jean Edmonds	473111 473787 473111 525250
Worship Leaders	Jennifer Courtenay Frank Edmonds	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 <a href="mailto:highlandslettings@gmail.com">highlandslettings@gmail.com</a>	07510 808519

### **Web Editor Wanted**

Nowadays the website is often the first place anyone will look for information about a church like ours. So, it's very important that we always keep it up to date; that's what the Web Editor does.

It doesn't need a technical whizzkid to do it. Access to a computer is all. The website is designed to be easy to use. You may even find that you have ideas on how to improve it. Please have a word with Heather or me if you would like to know more about the role. There's no obligation, and training on the job will be given as required.

Andrew

## **From Your Minister**

Dear Church Family,

We had a beautiful summer with lots of wonderful events: joyous family and church times.

I loved our open-air service (suggested by Marion one of our members), we even had people sit on the wall and join us.

The lunch club celebrated their second anniversary with a delicious meal cooked by Jackie and Julie and the team. We had exciting musical concerts and an ECO picnic with a fun quiz. Our Interfaith Minister Clive Johnson led us in courses on prayer, interfaith and labyrinths.

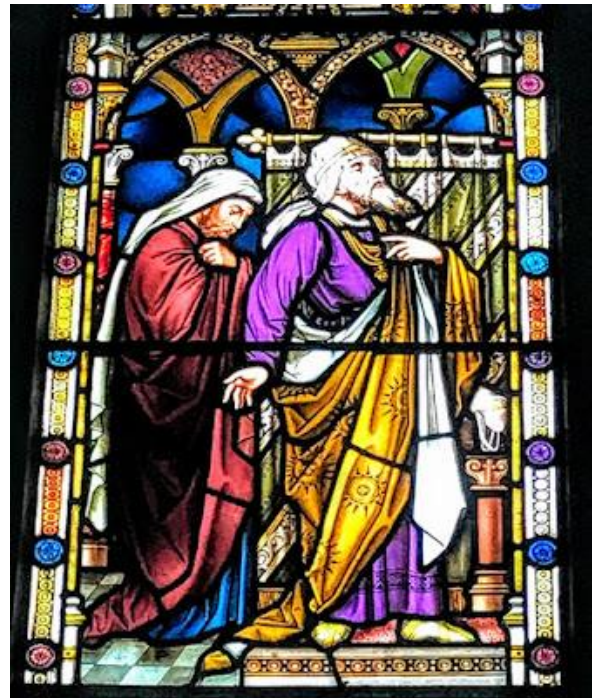


We said goodbyes to some of our toddlers moving up to "big school". I joined the Brownies, and Rainbows at Guideacres for some fun games and camp songs. Some of us were celebrating with Robert and Emma, our new members, at their

wedding at Wesley Methodist Church. We also had baptisms and new member services welcoming Fran, Matt, Maxine, Robbie and Paul. Highlands has hosted Hustings events in support of our brothers and sisters with additional needs and of course we had our beautiful dancers perform for us in our Sunday morning service.

So, when we constantly talk about all the bad in the world let us remember, and speak about, the beauty and abundance of God's grace.

That said, brothers and sisters... I spoke in our service on Sunday, 11 August about the story of the Pharisee and the tax collector. [Luke 18 vv 9-14]. In the story, the Pharisee prayed to God that he was "not like other people – the evil doers". He did good deeds regularly and gave a tenth of his earnings.



The tax collector on the other hand could not even look up to the heavens. Instead he asked God to have mercy on him "a sinner". Yet Jesus said that it would be the tax collector, not the Pharisee who would go home justified.

My message to us is this: let us not be the Pharisee and constantly bemoan the "evildoers". Instead let us ask ourselves,

*'what part are we playing in a world that causes people to do such terrible acts of violence? How can we listen more to the cries of those who are marginalised? How can we spread the word of God to give hope? How can we speak to young people so that they know that they are truly loved, without having to prove success in an economically driven society?'*

Mother Teresa said:



*'People throughout the world may look different, or have a different religion, education or position, but they are all the same. They are all people to be loved. They are all hungry for love. God made us for greater things: to be love and to be loved. What matters is that we love.'*



So, my prayer for us all is that we pray together, whatever our faith, for each other to not separate ourselves from God's unfailing, everlasting and joyous love.

Praying in such a way is part of our Methodist Way of Life. I have plenty of resources about this and would love to speak to anyone who is interested. We are going to be exploring this in our new House Group starting on 14 October. Please contact me for more information. My contact details are below.

Have a wonderful September ...and if you would like, please join us on our Meditative Walk on 17 September. The details are here in the *Highlander*. Also, if you haven't been to church in a while and you would like to start coming again, please come and chat to me with any concerns or questions you might have. I can't promise to know the answers, but we can walk the walk together.

God bless,  
Rev'd Heather (RevHev!) x  
07879 232231  
Heather.simmons@methodist.org.uk



**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* and *Joan Ford*. Our thoughts and prayers are with them and their families.

We offer **condolences** to friends and family, including sons Alan and David, of Adrian Gravatt. Adrian, retired some years ago as a librarian, was a long-time member of Highlands, and latterly Wesley, along with his late wife Patricia. A thanksgiving service will take place (following a private committal) at 12:00 noon on Thursday 29 August at Wesley.

We **pray especially for** a number of church members afflicted by long-term illnesses and short-term accidents or recovering from surgery; may God grant in each case a speedy recovery.

**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**

### **Welcome to 'The Snug' (Soon)**

We intend during September to redecorate and add soft furnishings to what is now Room 2. The present room is functional (see image) but unwelcoming, and it performs the notable feat of being too hot in the summer and too cold in the winter. Renamed 'The Snug' we intend that it will host smaller and less formal gatherings – for example Bible studies, counselling sessions and so forth. See below...



### **Bible Study**

Bible Study will take place on Wednesday 18 September at 2:00 pm, thereafter at the same time every 3<sup>rd</sup> Wednesday. Initially we'll use the Lounge but then hopefully transfer to the Snug. We also hope to add an evening alternative, with Heather and Steve Mayo sharing leadership duties. See below concerning 18 December.

### **House Group**

The house group will restart on Monday 14 October at 7:00 pm to (about) 8:30 and continue on the 2<sup>nd</sup> Monday evening of each month at the same time.

Outline: An open welcome to the church's new lounge style house group to discuss and reflect upon some of the big questions in life and their implications both for ourselves and how we relate to and treat others. Referring to what The Bible teaches and other questions for reflection, this series of 4 sessions is sure to be inspiring, thought provoking and meaningful. While at least an



openness to Christian teaching is assumed, and specific beliefs and practices that guide A Methodist Way of Life will be introduced, the group welcomes people of any faith tradition or none to share in some engaging discussions! Themes: Soul Self, Love, The After Life Find out more about A Methodist Way of Life at [Explore A Methodist Way of Life this summer - Methodist Church](#) or see page 19.

## **Advent Course**

Apologies to anyone who – like me – is allergic to the mention of anything connected to Christmas while we are yet to broach autumn. However, an Advent course is planned. It will begin on Wednesday 27 November, continuing weekly every Wednesday for 4 weeks from 1:30 pm – 3:30 pm. The final meeting on 18 December will replace the Bible Study.

## **ECO Church**

As you already know, Highlands is working towards an Eco-Church award. We would really appreciate your help if you could include (as I'm sure you do already) the environment in your new term's programme and let us know what and how you're doing. I understand that various ideas have been discussed with Rev Hev.

## **Highlands Toddlers**

Our end-of-term session on 22 July became quite emotional, as we reluctantly said 'goodbye' to Barney and Orla, two of our longstanding regulars, now starting school. We shall really miss them but wish them every success, as they move on.

We look forward to welcoming old and new faces when we recommence on Monday 9 September, at 9:30 a.m.

Ros and Margaret



## **Diary Dates**

**Mon 2 September:** Circuit Welcome Service, Revd Steve Mayo, 7:30 pm at Wesley - more details on page 17.

**Wednesday 2 October:** Church Council Meeting - main topic Property and Finance.

**Saturday 7 September 11:30 am:**

UMC Fun Lunchtime Quiz at United Methodist Church, High Street, Great Wakering. See page 22 for more info.

**Tuesday 17 September:** Highlands Pilgrimage (gentle walk around the church in prayer, noticing and stopping, followed by a longer walk for those who are able. Led by Clive Johnson and Rev Heather)

**Wednesday 25 September 5:30 pm:** Pizza and Games Evening



A new venture – as described on the tin, here at Highlands Methodist Church.

**Sunday 13 October 10:00 am:** Harvest Festival. Our own Rev Hev will lead an inclusive all-age-worship service. Not a parade service, but we'd love to see any of our uniformed friends joining us. Our food

gifts are going to the food bank run by St Vincent de Paul in Short Street, Southend. There will be a list in the Jubilee Room of foodstuffs that they particularly need nearer the time. followed by

**Sunday 13 October 11:00 am:** a General Church Meeting will proceed after the morning Service. Followed by lunch



**Saturday 26 October 7:30 pm:** Elvis (Michael Glaysher) performs at Highlands. £10 (£5 students and Showstoppers). Details of how to book on next *Highlander* or FB

**Sunday 10 November 10:00 am:** Remembrance Sunday. As usual, this is a parade service, again to be led by Rev Hev. Due to the earlier start, at 10:00 am, we'll hold the 2 minutes' silence at the end of our service.

That's quite a list of events. Hopefully we'll be able to bring you fuller and more instant list on FaceBook as Emma takes over the group and adds events.

## **ArtServe**

ArtServe encourages, inspires and equips creativity for worship. Our annual Festival has been announced and we are in Milton Keynes this year at a new venue - Kents Hill Park Conference Centre near Milton Keynes.

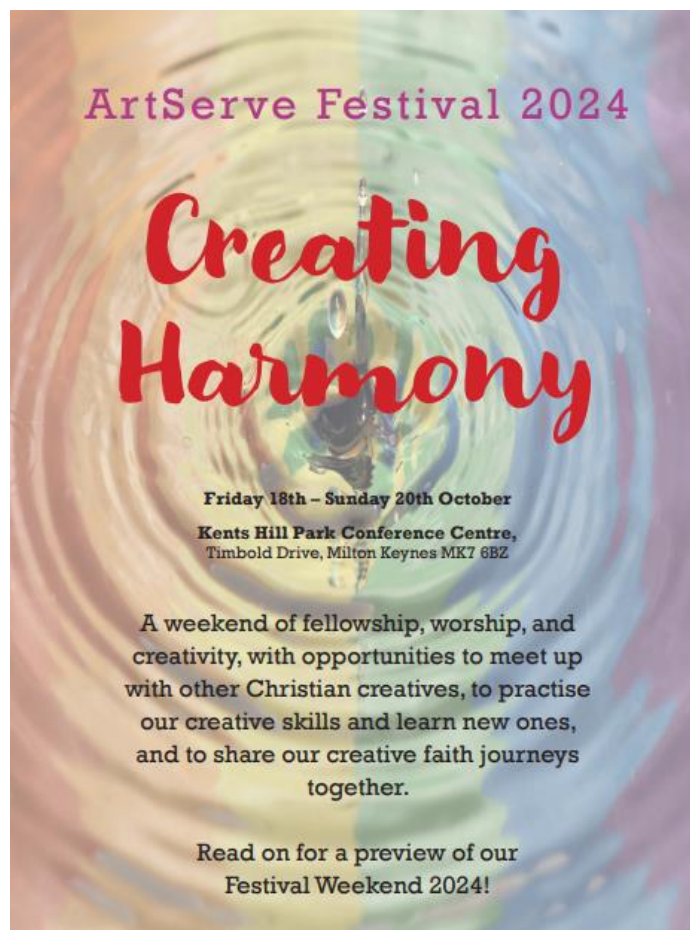
You don't need to be a member to attend the ArtServe Festival by the way. [www.artserve.org.uk](http://www.artserve.org.uk) will tell you more.

## **Humour Croner**

I decided to sell my Hoover...  
*well it was just collecting dust*

I needed a computer password eight characters long... *I picked Snow White and the Seven Dwarves.*

Why do giraffes have long necks? *Because they have smelly feet.*



## 'All We Can' Gift Catalogue for 2024

### DON'T KNOW WHAT TO GIVE FOR CHRISTMAS?

- Why not give a gift to help people in need in other countries? Ideas in the current catalogue start from under £10 and include -
- a hive of bees,
- a toilet,
- a bicycle,
- seed potatoes,
- a goat,
- chickens,



Every person's potential fulfilled

- books,
- weaving kit
- and many more.

We'll have a supply of the new catalogues available towards the end of September, so look out for these and think who would appreciate one of these gifts being sent to someone in need. A card will be supplied for you to let your friend or family member know what their Christmas gift will be. I've ordered 25 of the new catalogues, available in September.

God bless, Marion

(Looking forward to my goat. I might pass on the bees – got one caught in clothing while out cycling this week<sup>1</sup> – I literally had a bee in my bonnet.

Took my helmet off and we parted on good terms, unstung. Ed)



### Global Warming

Few issues have caught the West's attention more than this. It's very close to home for many of us – the increasing frequency, intensity and duration of wildfires. This week in Impact!, as part of the [Global Healing Response](#) special focus on fire [Ellen Bintz Meuch](#) and I take a look at how we might respond, in prayer and action. Listen on your favourite podcast app or online at <https://www.heartfulimpact.com/e/episode-description/>.

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<sup>1</sup> Absolutely true.

## Serving the Homeless (StH)

StH may have closed but we are still remembered.

On 4 May, here at Highlands, Southend YMCA held an awards evening to present Volunteer Awards in various categories. StH was honoured with one of these awards for Outstanding Voluntary Service to Southend YMCA, Young People and other charities in Southend. In recognition of this impactful work the leadership of the Charity presented us with their Volunteering to Overcome Homelessness Award.



The citation reads:

*[StH have] made personal sacrifices, whether financial, time, or comfort, sustained over years to support and uplift homeless individuals and their families. Their fundraising work has been exemplary in the way it has been carried out all characterised by love.*

Jo Ronan - the outgoing Chair - received the award on behalf of StH. Well done to all who served on the Committee, supported our events and attended to support our efforts in so many different ways. Frank



### Humour Corner

Thanks to Anne Jarrett for pointing out this church notice. Before anyone points it out, we are unlikely to display anything like this at Highlands...



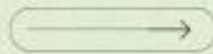
**JOIN US FOR**  
**A HIGHLANDS**  
**PILGRIMAGE!**



A SLOW WALK OF WONDER, REFLECTION & DISCOVERY!

**MORE INFO:**

CALL REV. HEATHER ON  
07879 232231 OR SCAN:



**FREE: JUST TURN UP AT THE CHURCH!**

**17/09/2024** 12.15-  
1.30PM

## **From the Editor**

You may have been shocked, as I was, by the death of Graham Thorpe on 4 August. Before retiring he was a highly talented professional cricketer, who played precisely 100 test matches for England. In that time, he scored 16 test centuries, including a score of 200 against New Zealand. Although at his death he had retired from playing cricket, he still had a career ahead of him in coaching, commentating and punditry.



This would be unremarkable but for two facts: firstly, he was only 55 years old and secondly, he took his own life. A spokesman for his family revealed that he had suffered severe mental illness during the last few months of his life. The family wanted this to be publicised as widely as possible with the aim of raising awareness of mental illness. I bring this story to you in that context.

However happy a person might seem with his life and career, this is no defence against, for example, a severe depression. It is therefore up to all of us to look out for the signs in friends and family.



But what, in fact, can (or should) an unqualified person do? The answer generally is 'not very much' - but it is a really important step to just succeed in getting a relative or friend to open up about how they feel. Anyone can do it.

Sometimes just to be a good listener is enough to make a difference. Taking a walk with a person is often a good way to get them talking.

If you think add a person is not safe by themselves (talking about harming themselves or worse) you might help them to call 999 for

an ambulance and stay with them, if you can. Or you could help them get to A&E. They may appreciate it if you can wait with them until they can see a doctor.

If they can keep themselves safe for a little while, they can get quick medical advice by contacting NHS 111, or make an emergency GP appointment to see a doctor soon, if at all possible. The emphasis is getting help as soon as you can. You could also suggest that they call Samaritans on 116123 to talk to someone, 24 hours a day.

Meanwhile, support them in prayer. And look out for yourself – it's OK to be not OK...

*Though I have fallen, I will rise. Though I sit in darkness, the Lord will be my light. (Micah 7:8)*



## **Puzzle of the Month**<sup>2</sup>

A quick and simple one, with a bit of GCSE maths thrown in:

**What is the square root of 0.44 recurring?** (It's often written as above but with a dot over each of the fours. It just means that the 4 is repeated to infinity).

Some of you will be tempted to give up instantly. Don't do that. Here are two clues: (1) every recurring number can be written as a vulgar fraction. For example 0.11 recurring is better known as  $\frac{1}{9}$ . (2) to multiply fractions, multiply the top numbers – 'numerators' – together, then multiply the bottom numbers – 'denominators'. So  $\frac{1}{2} \times \frac{1}{2} = \frac{1}{4}$ . Half of half is a quarter.

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<sup>2</sup> Solution page 21.



All are invited to the

# Welcome Service



of

## Reverend Steve Mayo

Monday 2<sup>nd</sup> September

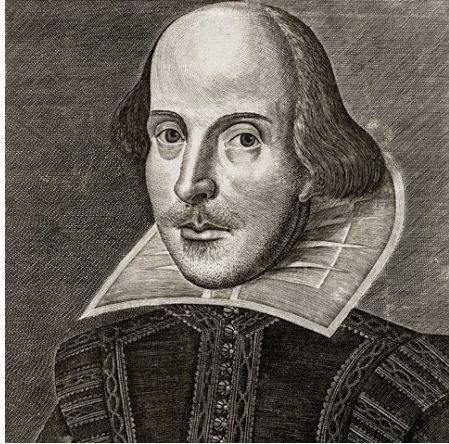
7:30pm

Wesley Methodist Church, SS9 1SJ

With music from the Southend Band



## Poem of the Month William Shakespeare 1564-1616



This is arguably the best-known sonnet (poem of 14 lines – 4 quatrains and a couplet) in the English language. There is disagreement over the meaning of some lines, but I like the simplest explanations. For me, lines 2 to 6 say simply that the test of love is its stability and constancy in a world where everything else changes. In the words of St Paul  
*'Love ... always protects, always trusts, always hopes, always perseveres... never fails.* [1 Corinthians 13 vv 6-8]

### **Sonnet 116**

Let me not to the marriage of true minds  
Admit impediments. Love is not love  
Which alters when it alteration finds,  
Or bends with the remover to remove:  
O no! it is an ever-fixed mark  
That looks on tempests and is never shaken;  
It is the star to every wandering bark,  
Whose worth's unknown, although his height be taken.  
Love's not Time's fool, though rosy lips and cheeks  
Within his bending sickle's compass come:  
Love alters not with his brief hours and weeks,  
But bears it out even to the edge of doom.  
If this be error and upon me proved,  
I never writ, nor no man ever loved.





Find out more. Scan:  
or call Rev Heather 07879 232231



# Exploring Spirituality

Join our upcoming monthly  
**house groups** to get some food  
for reflection on some of the  
**big topics** in life...what are:  
**the soul, the Self, love and the  
after-life** all about?

Join us in our new house  
lounge here at Highlands on  
14 October at 7.30pm (also on  
the second Monday of each  
month at the same time).



## Dining In

### Feta & Spinach Börek



A börek is what we might all have been munching if the Italians hadn't got there first with their pizzas. A börek is, like pizza, from the Med (Turkey, the Balkans, the Maghreb region of N Africa) with the difference that it is made, with pastry either closed like a top-crust pie, or open like a pizza. This example is open. It's also vegetarian and can be produced from mainly FairTrade ingredients, which are worthwhile seeking out.

### Ingredients

- 320g sheet of ready-rolled puff pastry
- 2 tbsp olive oil, plus extra for drizzling
- 1 large onion, finely chopped
- 200g spinach
- 2 eggs
- 25g parsley, finely chopped
- 2 tsp dried mint
- 1 tsp '*pul biber*' ('mild chilli powder' will do)
- 200g feta cheese
- 1 tsp sesame seeds
- ¼ tsp nigella seeds
- Drizzle of honey

### Method

1. Take pastry out of fridge to come to room temperature. Also heat oven to 220°C/200°C/Gas 7.
2. Fry the onion in the olive oil 10-12 minutes until caramelised, then set aside on to plate
3. Wilt the spinach in the hot pan, then drain and chop when cool
4. Whisk the eggs in a bowl, setting aside 1 tbsp to later brush over the pastry. Add to the bowl the onion, spinach, parsley, mint and '*pul biber*' then season with black pepper. Crumble in the cheese, mix well and set aside.

5. Unroll the pastry into the baking parchment that comes with it and cut into 4 rectangles. Score each portion along the outside, about  $2\text{cm}/\frac{3}{4}$  inch from the edge. Prick the centre with your fork a few times
6. Brush the edge of the pastry with the reserved eggs and sprinkle the seeds. Add the filling, divided into four, drizzle with olive oil and bake for 25 minutes until golden brown. Finally drizzle with honey and serve with salad.

### **Puzzle of the Month Solution**

OK let's get rid of the decimal, which you'll remember is 0.4444...

Start off by multiplying by 10. Easy!  $10 \times 0.444... = 4.444...$

Now we can find  $9 \times 0.444...$  The sum looks like this:

10 x [our number] is	4.444...
1 x [our number] is	0.444...
So 9 x [our number] must be	4.000...

and our number can be written as  $\frac{4}{9}$ , that is to say four-ninths.

A quick scrutiny of the fraction  $\frac{4}{9}$  will reveal that top and bottom figures are perfect squares, of 2 and 3 respectively. So, let's just try out multiplying  $\frac{2}{3}$  by itself. Yes!  $\frac{2}{3} \times \frac{2}{3}$  is exactly  $\frac{4}{9}$ .

**The answer to the puzzle is  $\frac{2}{3}$**  or if you prefer, 0.66 recurring. You're still a genius if you got it.

# UMC **FUN** LUNCHTIME QUIZ

Suitable  
for all ages

Tables  
of 4/6



**SATURDAY 7TH SEPTEMBER**

**11.30 am—1.30 pm**

**Tickets**  
**£5**

Please bring own  
packed lunch/picnic.

Drinks provided

For tickets please contact  
07752 859296 or email  
[office@umcsouthend.org.uk](mailto:office@umcsouthend.org.uk)

**United Methodist Church,  
High Street, Great Wakering**

*Proceeds to go towards church funds*



## **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	Jack Reeve 07847 355859
Cubs	Thu 5:45 to 7:15 pm	Jordan Rutherford 07804 065933
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>3</sup> 7:00 to 9:00 pm	Jacqui Hendle 07961 545037
Toddlers	Mon 9:30 am to 11:30	Ros: 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>3</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 October 2024 issue should be emailed to me  
[andrewghyde@aol.com](mailto:andrewghyde@aol.com) before the **deadline of Sunday 25  
September**. No email? Don't despair; just telephone 473111 to  
arrange an alternative.

## **A Final Image**

I love to find old leftover bits of Essex. This signpost is in a quiet village  
that you'd never, this close to London, expect to find. But what's the  
name of the village? Answer below<sup>4</sup>. Picture Wikimedia Commons



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<sup>4</sup> It's the village of Orsett. Only the noise of the nearby A13 reminds you it's the 21<sup>st</sup>  
century. I love it that the sign gives the distance to Stifford as 3¼ miles.