



The **HIGHLANDER**

October 2024

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


These are services at Highlands for October

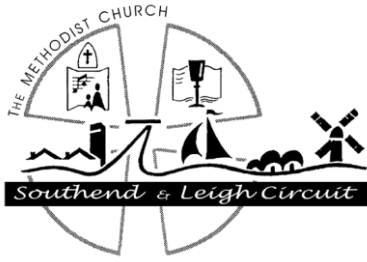
10:00 am Sun 6th	Morning Worship Café Church	Worship Leaders
10:00 am Sun 13th	Morning Worship Harvest Festival Communion ☞	Rev Heather Simmons
10:00 am Sun 20th	Morning Worship	Jane Fulford
10:00 am Sun 27th	Morning Worship Communion	Colin Turner

**- REMEMBER -
THE CLOCKS GO BACK ONE HOUR ON THE 27TH**

☞ as previously advised the annual General Church Meeting will take place immediately after the 13 October service followed by lunch, to which all are invited.

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

 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 October 2024.

09:30 am Sun 6 th	Morning Worship Communion	Rev Heather Simmons
7:00 pm* Sun 13 th *for 7:30	Gospel Service	Rev Heather Simmons
11:00 am Sun 20 th	Morning Worship <ul style="list-style-type: none"> • Harvest Festival • Parade 	Rev Heather Simmons
7:30 pm Sun 20 th	Anchored	Rev Heather Simmons
7:30 pm Sun 27 th	Mindfulness	Worship Leaders

- REMEMBER -
THE CLOCKS GO BACK ONE HOUR ON THE 27TH



Highlands Methodist Church

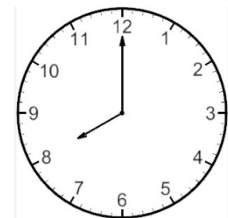
Hospitality in the Midst of our Community

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 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 highlandslettings@gmail.com	07510 808519

Time to Decide

Don't worry! It's not another election! You might remember that when we changed the start time of our normal Sunday worship from 11:00 to 10:00, a review was promised. So, over the next few days everyone attending Highlands services (and other gatherings) will be asked to vote. All you need to do is to add your tick to indicate the time you prefer.



We can't promise to give you the time you want, but it will be the time most people ask for.

From Your Minister

Dear Church Family,

Well what a start to the Methodist New Year.. and the beginning of my second year as Minister to Highlands Methodist church!

The year has flown by and indeed so did September. This last month has been full of meetings preparing for the coming quarter. If a diary of meetings could be thought of as a bumper harvest, then that is what I have had – a bumper harvest.



The two churches I care for are full of people with plans, exciting ideas, concerns, stories of holidays, stories of hospital visits and stories of families getting together. There is an abundance of energy and enthusiasm for the coming year after we have had the much-needed rest from holidays.

(needed note - I am well aware that not all our members have had the opportunity to go on holiday, and the fact that church has stayed consistent with doors open for worship and the kettle on, is both reassuring and much needed).

But what about this harvest? How do we pick the fruits gently? How do we share our plans? If the harvest of meetings means we are all about the meetings, then we don't leave time for the doing or the listening. What do we do with this rich harvest of enthusiasm? How can we be mindful not to start too many new things? We must nurture and grow the



produce that is most needed.

Rev Dr David Chapman said at Reverend Steve's welcome service that:

'Ministers need to be a non-anxious presence'.

So I ask you all (and I ask myself!) to look upon this wonderful harvest of excitement and breathe



Let's listen for God's voice, let's take time to walk in nature, to immerse ourselves in our communities and listen for how God wants us to respond to His/Her/Their grace.

I took a breath and sat with the afternoon sun on my face, and this is what came to my mind...

Harvest in church is traditionally a time of large vegetables, the hymn *All Things Bright and Beautiful*, tins of beans, and flower displays. Often there are children in all-age worship and Highlands has been known to have a tractor out on the front lawn! Ploughing the fields and scattering goes on around us but inevitably in a seaside town such as Leigh-on-Sea we don't see that in action every day. So what does harvest really mean?

For me, it means reaping the rewards of God's endless and bountiful love for us all. Whoever you are, wherever your life is, whatever your life choices, God is waiting with open arms to give you joy, peace and hope. The bible verse that came to mind was ...

Then He said to His disciples, 'The harvest is plentiful, but the workers are few. Therefore, beseech the Lord of the harvest to send out workers into His harvest field'. [Matthew 9:37-38]

The workers are few. We here at Highlands, are indeed only a few,

but a few with all these rich blessings ready to share. Therefore, I call you, wonderful children of God who read the Highlander - come and join us, come and reap this incredible harvest with us. Come and say hello to me as I take time to just be present for you. Come with one of our regular members or alone, either way you will receive a warm welcome.



Come on any Sunday, but if you want to begin by singing *All Things Bright and Beautiful*¹ then join us on Sunday 13 October at 10:00. You can even stay for lunch and eat some of those big vegetables. God bless,
Rev'd Heather (RevHev!) x
07879 232231
Heather.simmons@methodist.org.uk

OK, we haven't got any veg quite as large as those of Rupert Stephenson of Coventry, but we're getting there.



I think there's a decent bowl of soup here

¹ Words (1848) by an Irish Anglo-Protestant woman named Cecil Frances Alexander to a traditional tune called *Royal Oak* or, more commonly now, to an 1887 melody by William Henry Monk

Diary Dates

Just some reminders of dates; that were featured in the last *Highlander*, wherein you can find further details,



- **Sunday 13 October 10:00 am:** Harvest Festival.
- **Sunday 13 October 11:00 am:** General Church Meeting
- **Monday 14 October 7:00 pm:** House Group restart
- **Saturday 26 October 7:30 pm:** Michael Glaysher as Elvis
- **Wednesday 27 November 1:30 pm:** Advent course begins

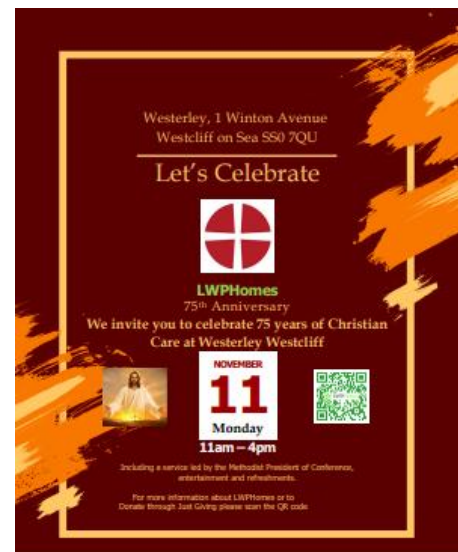
All at Highlands. Except these two:



United Methodist Church Shoeburyness - Service of Farewell and Thanksgiving. Sunday 3 November, 3:00 pm. Celebrating after 100 years of worship and praise in the community. St Andrew's Road, Shoeburyness, SS3 9HX.

Westerley Care Home 75th Anniversary. We invite you to celebrate 75 years of Christian Care at

Westerley, 1 Winton Avenue, Westcliff on Sea, SS0 7QU. Monday 11 November, 11:00 am – 4:00 pm. Including a service led by the Methodist President of Conference, entertainment and refreshments.





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 **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.



Tickets for Michael Glaysher are £10, (£5 for Showstoppers and Students) from Jean Edmonds 01702 525250.

This also at Highlands.

From the Editor



This month of October brings our Harvest Festival, as usual. The act of celebrating and giving thanks for a successful harvest goes right back to pagan times. In 1843 however the Reverend Robert Stephen Hawker (1803–1875) noticed that this tradition had fallen by the wayside. Accordingly, Rev Hawker invited his flock to a special thanksgiving service at his church at Morwenstow on the North Shore of Cornwall.

Rev Hawker was an interesting person in many ways. He restrained his parishioners from the wicked custom of deliberately creating shipwrecks with intent to steal the cargoes that washed up on the beaches. He also insisted that any bodies of shipwrecked mariners should be brought ashore and given the dignity of a Christian burial in his church yard, where they can still be seen today.

Still nestling in the cliffs, a mile west of his church, sits a small driftwood hut to which Hawker often resorted to think and write, usually assisted by smoking opium (not illegal at the time). I've often thought I could do with a hut like that. Maybe without the opium. The hut also still stands and is open visitors. It is in fact the smallest property owned by the National Trust.



to

Although in the modern tradition we still thank God for the harvest, we clearly do not in the main consume the produce of local



agriculture. Indeed about 40% of the UK's food requirement is imported, mainly from the EU. Of all our energy intake, about 57% consists of ultra processed food (UPF) including 'snack' foods and soft drinks. This rises to 66% among adolescents (!).

It would be no bad thing if we did our best to reverse this trend. It is eco-friendly to source food locally rather than from across the globe. And the burgeoning consumption of UPF is having a disastrous effect on our health, with obesity leading to diabetes and heart disease increasing steadily. If you cook your food from scratch, you know exactly what goes into it and you are more likely to consume locally produced food.

Although climate change is generally A Bad Thing, it does to a degree come to our rescue in food production. Right across southern England, vineyards are proliferating to a current total of 900 – an increase of 74% in the last 5 years.



What is good for vines is equally good for a whole range of important crops. So, it may be possible to move towards the so-called 'Mediterranean diet' (which significantly decreases the risk of cardiovascular disease and type 2 diabetes) without increasing food imports. How then should we respond? The Old Testament has the answer:

Give thanks to the Lord, for he is good; his love endures forever

[1 Chronicles 16:34 NIV]

So *bon appetit* and *grâce à Dieu* as we celebrate this 2024 Harvest Festival.

Anne

Eco Church? What's That?

Eco Church is an awards scheme run by A Rocha - an international network of environmental organisations with a Christian ethos. The aim of Eco Church is to equip churches to care for God's creation through their worship, buildings, land, community engagement, and individual lifestyles.

I happened to take part in Café Church in St Michael's Without in Bath recently and everyone there was all over Eco Church, despite theirs being clearly an urban parish. You can find out more about the scheme at ecochurch.arocha.org.uk

Now here are some thoughts about what we might do at Highlands.



Saving the Planet at Highlands

Members of the Tuesday coffee group set themselves the task of thinking up suggestions and ideas of how we can all help our environment and help Highlands become an eco-friendly church. If you have some similar ideas – why not let us know? So here we go:

- 🌍 Save cold water runoff before the hot water comes from your hot tap for garden, toilet flush etc. Use grey water for garden
- 🌍 If toilet has a large cistern. put a bag in to save water
- 🌍 Switch plugs off at wall when not in use - particularly TV and microwave
- 🌍 Turn lights off when not in room
- 🌍 Use LED light bulbs
- 🌍 Buy fruit and vegetables grown in the UK where possible and of course fair trade
- 🌍 Use tea leaves and coffee grounds to mix with compost or put on garden (dry your tea bags first)
- 🌍 Share spare garden produce. One person shared her bountiful supply of fresh figs last summer and has a bumper crop again this year. Apples also were shared for lunch club. Share plants and cuttings.
- 🌍 Use buses instead of cars where possible. Or get an electric bike or trike
- 🌍 Don't fill kettle to the brim only use the amount of water required

- 🌍 Share and swap clothes or anything. A few of us have been doing this for some time. If there are no takers then donate to a charity shop so that nothing is left in the church
- 🌍 When buying new clothes look for natural or recycled fabrics. Cotton is good but uses more water to produce than viscose (which is made from wood pulp). Even better is 'Ecoveror' - viscose sourced from sustainable wood. There is a great deal of viscose around. It's very comfortable and doesn't crease. It's well worth checking the labels.
- 🌍 Refill hand soap containers large bottles of your favourite bath soak. Also put end bits of bar soap into empty hand wash containers, fill with water and give a good shake, so that the soap lasts forever
- 🌍 Talk to people about the environment whenever the opportunity arises.

Marion



Puzzle of the Month²

If you are a fan of the BBC series *Only Connect*, this will be familiar. Here are 16 terms or words that are out of position. In the correct position they will make 4 groups that are linked by category. For example WILSON, THATCHER, BLAIR and JOHNSON might be grouped together as UK Prime Ministers. (But be careful. Some might fit into more than one category. 'Johnson' could refer to Robert Johnson the blues musician).

Now move these into correct positions. Cutting them out might help...

LINCOLN	TEMU	FERRY	MAZDA
OCADO	CHRYSLER	HOOVER	VW
RENAULT	TRUMAN	TUNNEL	FORD
BRIDGE	AMAZON	WILSON	ASOS

Your answer:

Humour Corner

It's been months and months since I went online and bought the book 'How To Scam People on the Internet'. It still hasn't arrived yet.

² Solution page 18.

Poem of the Month **Ogden Nash 1902-1971**



Ogden Nash, originally from New York State, is mainly remembered for his clever humorous rhymes. I knew you'd ask for an example: in reply to Dorothy Parker's well known aphorism *Men seldom make passes / At girls who wear glasses*

he wrote:

A girl who's bespectacled / May not get her nectacled

(if you don't get it straight away, read it out loud)

Nash however had a serious side, and this poem, written shortly before his death,

perfectly uses a humorous approach to make a serious point – namely that God gave us natural beauty and our families to be enjoyed, and we can thank Him next Sunday, when sitting once again in our pew.

God willing.

I DIDN'T GO TO CHURCH TODAY

I didn't go to church today.
I trust the Lord to understand.
The surf was swirling blue and white.
The children swirling on the sand.



He knows. He knows how brief my stay.
How brief this spell of summer weather.
He knows when I am said and done
We'll have a plenty of time together.

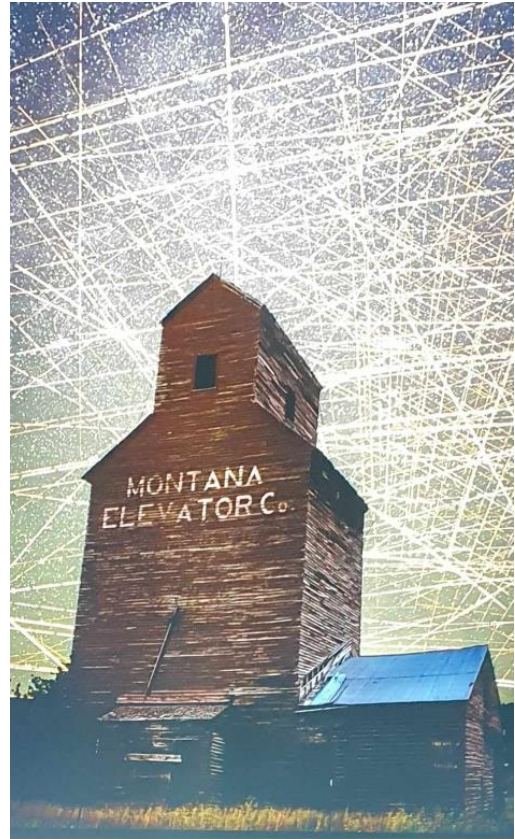
(Photo: City Gate Church, Brighton)

Space in View

If you have a chance in the next few months, you might like to drop into Greenwich to see an amazing exhibition of pictures of Space. Some especially to me declare the awe and unfathomable beauty of God's handiwork. The image here is from '*Big Brother is Watching You*' by Matt Jackson.

This image shows the light tracks of satellites captured in time lapse over just one hour from a spot in Montana, USA. A reminder to me that, even when we don't see what's happening around, the world is communicating loudly, and sending its messages quite literally out of this world.

You can see more images on the 'Highlands (Leigh) Methodist Church' Facebook page or put 'Astronomy Photographer of the Year exhibition' into Google.
CJ



Humour Corner

How many ears does Captain Kirk (fictional commander of the Starship USS Enterprise) have?

Answer: 3 (*Left ear; Right ear; and the Final Frontier*)

PS: When I was a child, this joke featured Davy Crocket ('*King of the Wild Frontier*'). Sixty-odd years have passed, and some of us have still not grown up. Ed

Dining In **Butternut Squash Curry**

I thought that we ought to go with a healthy recipe this month and one that uses seasonal produce. Butternut squash is at its best in September - it was in my veg box this week - and is perfect for stews, soups and salads.



This recipe gives you 4 of your 5-a-day and if you're going for the 30 different fruit/vegetables/nuts etc per week, this will give you a good number in one meal. It's all cooked on the hob and will give you 4 portions.

Ingredients

1 tbs olive oil	300ml veg stock
1 butternut squash – diced and peeled	4 large tomatoes – roughly chopped
1 red onion – diced	400g tin chickpeas, drained
2 tbsp curry paste (has to be paste not sauce)	200g brown basmati rice
	3 tbsp Greek yogurt
	Chopped coriander

Method

1. Heat oil in large frying pan and cook squash until lightly browned. Add the onion and fry for 5 minutes.
2. Add curry paste and fry for a further 3-4 mins. Pour the stock over, then cover and simmer for 20 minutes.
3. Put the rice on to cook now according to instructions on the packet.
4. Add tomatoes and chickpeas to the curry mix and gently heat for a further 3-4 minutes until the tomatoes have softened.
5. Take off the heat and stir through the yoghurt and coriander. Serve with rice (and maybe wholemeal chapatis)

Puzzle of the Month Solution

<i>Ways of crossing a river</i>			
FERRY	BRIDGE	TUNNEL	FORD
<i>Motor manufacturers</i>			
MAZDA	CHRYSLER	RENAULT	VW
<i>US Presidents</i>			
HOOVER	TRUMAN	WILSON	LINCOLN
<i>Mainly online traders</i>			
ZOOPLA	AMAZON	TEMU	ASOS

Timothy Dudley Smith

Timothy Dudley Smith sadly died on 12 August 2024, aged 97. He was a prolific poet and hymn writer, one of those rare talents whose works have in many cases become instant classics. Most people will recognise *Lord, for the Years* and *Tell Out My Soul*. For many they will claim a place in their list of favourites.

Church Flowers for October

- 13. Donated by Sheila Whitelegg in memory of Ged.
- 20. Donated by Sylvia Cornwell in memory of Ellie

Hobbies.

We meet on Thursdays 3 and 17 October and we have a games morning on Thursday 10 October, 10:00 am until 12:00 Noon. All are welcome

SERVING the COMMUNITY 7 Days a Week

Children and Young People

Group	Time	Contact
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	Teresa Thompson 07809 210729
Guides	Fri 7:00 to 9:00 pm	Jacqui Hendle 07961 545037
Rangers	Thu ³ 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	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

³ 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 November 2024 issue should be emailed to me
andrewghyde@aol.com before the **deadline of Sunday 27
October**. No email? Don't despair; just telephone 473111 to
arrange an alternative.

A Final Image

A vineyard. Provence? Sicily? Napa Valley?

No, it's the Three Choirs Vineyard in Gloucestershire

