



The **HIGHLANDER**

November 2024

The monthly newsletter of Highlands Methodist Church, Leigh on Sea

These are services at Highlands for November 2024

10:00 am Sun 3 rd	Morning Worship Café Church	Worship Leaders
10:00 am Sun 10 th	Morning Worship Remembrance Parade	Rev Heather Simmons
10:00 am Sun 17 th	Morning Worship	Eileen Simmons
10:00 am Sun 24 th	Morning Worship Communion Sunday before Advent	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



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 November 2024.

09:30 am Sun 3 rd	Morning Worship Communion	Rev Heather Simmons
7:00 pm* Sun 10 th *for 7:30	Gospel Service	Rev Heather Simmons
7:30 pm Sun 17 th	Chapel Service Anchored	Rev Heather Simmons
7:30 pm Sun 24 th	Chapel Service Mindfulness	Rev Heather Simmons



Humour Corner



Teacher: *If I give you 2 apples, then another 2 apples, how many apples do you have?*

Pupil: *5 apples*

Teacher: *Stupid child! The answer is 4 apples.*

Pupil: *No, it's 5 apples. I already had one.*

Highlands Methodist Church

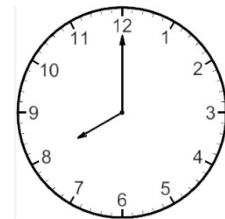
Hospitality in the Midst of our Community

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 Vanessa Mayes)	557702 (473787)
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 – A Result

Well, it was not quite as interesting as the Trump vs Harris confrontation across the pond, but the vote here was a clear majority in favour of a starting time for Sunday morning worship of [insert your own drum roll here]



10:30 am

This will therefore be the default start time after 1 December. However please check carefully all December services, because an event beginning with C (too early to mention) tends to affect timings.

Remembrance Sunday – 10 November



In Tirana, capital of Albania, recently I was surprised to find a British War Memorial in the City Park. Even more surprising, Captain (Rev) Gareth Banting was one of those listed. I did some research, and sure enough, Gareth Banting took holy orders after graduation from Cambridge, later becoming the much-liked chaplain of No. 2 Commando throughout their campaigns of 1943-1944.

After the battle at Sarande, Albania, he was attending to the burial of both

British and German soldiers when he detonated an anti-personnel mine. He died while being carried to an aid post, on 10 October 1944, aged 32.

So perhaps this Remembrance Sunday we should remember those who, like Gareth, took part as non-combatants but shared the same deadly risks as the men and women they served.



In case this seems remote from Leigh on Sea, remember that Rev Hannah Bucke (recently of this circuit) currently serves as Chaplain to 4 Regiment Royal Logistics Corps.

From Your Minister

Dear Church Family,

We have had a lovely October, with our Harvest Festival, followed by our General Church Meeting and a delicious lunch provided by Jackie Carter.

It has also been the church anniversary service, lovingly prepared by Jane Fulford in my absence. Finally, we have had Elvis in the building!



We have also had our first "House Group" and bible study in the Snug (Room 2). The room is so cosy, and we are nearly there - just a bit of last-minute painting, some curtains and the children's corner to finish. Thank you to the decorating team and all who donated furniture and helped move it. Our house group with Clive Johnson was thought-provoking, spiritually rewarding and relaxed. I could have stayed talking for much longer.

This month we are talking about the Self – if you are intrigued come along and try it out. We have room for a couple more people, but if we get full, we can always start another 'house group'. If you would like to have your own, just let me know and I will book the Snug for you. There is no charge for house groups, but a small donation for refreshments is always appreciated.

So, what does November have in store? We have our usual services which will include our Remembrance Parade with the uniformed groups and on the 30 November, we will be having the Christmas Market. We will also begin our Advent 4-week course which will be run on Zoom and in person (details page 8).

November is men's health awareness month - now titled 'Movember' - where men may grow moustaches to increase awareness and get people talking about men's mental health. Women generally are more likely than men to be diagnosed with common mental disorders, but men can also struggle with their mental health.



- **36%** of all NHS referrals for psychological therapies are for men. Men are less likely to seek help for their mental health.
- **52%** Would be concerned about taking time off work, whilst 46% would be embarrassed or ashamed to tell their employer. Suicide is **the** leading cause of death for men under the age of 50 in the UK.
- **12.5%** of men in England have a mental health disorder.

In the letter to the Philippians 4:6-7, Paul says..

Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus.

How can **we**, this month, look out for men who may be struggling and offer comfort and prayer?

Begin by not assuming men are fine ~ let us make sure we ask after them, as so many mental health issues are hidden. We can visit

<https://uk.movember.com/> and read more about men's mental health, perhaps making a donation of time or money. And we can ALL pray for anyone affected by men's mental issues.

The peace of God passes all understanding and will guard hearts and minds – let us work and pray for that peace together as the Highlands Family.

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

Snippets

Church Flowers for 10 November

Will be donated by Mary Mapp in memory of her parents.

Hobbies

November meetings are on Thursdays (7, 21 and an extra on 28 for flower arrangements) We'll be preparing for our Christmas Fair on Saturday 30 November. There will be beautiful cards and gifts plus candle arrangements for sale plus much more. Don't miss out.

Contact Jean 525250.

Games Mornings

Will be on Thursdays 14 and 28 from at 10.30 am to 12.30 pm. Come along and have some fun. Even the puzzles are proving very popular. Led by Jackie Carter 07785 713757.

Lunch Club

This is run by our wonderful catering team (round of applause please) led by Jackie and Julie, normally on the second Tuesday of each month. Contact number is 07951 963730. Do please ring in advance.

Diary Dates

- **Sun 10 Nov 10:00 am:** Parade Service for Remembrance
- **Mon 11 Nov 7.30 pm:** House group (please confirm attendance with Rev Heather 07879 232231) Anyone who would like to take part in the new church house groups and needs transport, please call Clive on 07956 942980
- **Wed 20 Nov :** 2:00 pm Bible Study
- **Tue 26 Nov:** 9:15 am prayers in the church
- **Tue 26 Nov:** 7.30 pm Advent course begins on Zoom¹ for 4 consecutive weeks.
- **Wed 27 Nov:** 2:00 pm Advent Course in the Snug (please confirm attendance with Rev Heather 07879 232231)
- **Sat 30 Nov:** 10:00 Christmas Market/Coffee Morning.

Christmas Services in December will be 8 (Toy) 15 (Carols) 24 (Christingle) and 25 (Christmas Day). More details next month

Further Ahead Uniformed organisations joint meetings (all at 7:00 pm): 20 Jan, 19 May, 15 Sep

¹ **Meeting ID:** 952 0646 0195 **Passcode:** 224118



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.

In this time of remembrance, we think of all those non-combatants who willingly volunteer to put themselves in harm's way, by providing humanitarian service to men, women and children in war zones. We think particularly of medical professionals, ministers of all religions, journalists, those bringing food, water and essential supplies and members of fire and rescue services. Their God whoever it may be will surely be with them and stay with them whatever the outcome.



From the Editor

In war, truth is the first casualty.

Aeschylus. Athenian dramatist 525 BCE – 456 BCE

A few weeks ago Lesley and I had the pleasure of visiting the Italian Adriatic seaport of Bari, which I highly recommend as a place to visit. Arriving late, we chose the nearest place to our hotel to dine. This was basically a few tables in a small street in the Old Town. It was warm outside, and the place seemed popular with the locals – always a good sign. Seafood, orecchietta pasta and white wine were offered and we gladly ordered both.



At this point we met Christina.

There were no other tables available, and she asked if she could share a table with us and we readily agreed. She was dark-haired, in her mid-20s, slim and rather attractive (although I hesitate to say this for reasons that will very soon become clear),

The most distinctive thing about Christina was her attire. She was in fact wearing a black *schema*, together with a matching *apostolnik*. For those of you who do not frequent convents, this garb is usually known as a nun's habit, symbolic of repentance and simplicity. I thought at first that Christina had strayed from some sort of 'hen party', but as we conversed, the truth became clear. Christina really was (probably still is) a Russian Orthodox nun based at a convent in Montenegro. She just happened to be having a short holiday on her own in Italy.

She spoke excellent English, having studied at a UK university, and we politely engaged in small talk. However, it quickly became clear that there was an elephant in the room (or, more accurately, in the street). And the elephant's name was Vladimir.

Trying to work around the subject, I asked what sort of things she and her colleagues prayed for, across the water in Montenegro. Did they perhaps ask for peace? The answer I got was happily affirmative, but she followed it with a long and resolute explanation of how the Russian position was perfectly correct, and peace could only come if (and when) the Ukrainian government came to its senses and recognised this truth. She was reliably informed that Ukrainian soldiers were guilty of various atrocities, many of which were still continuing.

We were mildly taken aback. As a rule, I try not to argue with nuns. Furthermore, as I thought about it, as generously as I could, all that Christina was doing was following the line of the various news media to which she cared to and was allowed to pay attention. We on the other hand, raised on a diet of ITV and BBC news, had a very different view of the Ukrainian war and its causes. There was never going to be a consensus about this around our table in an Italian street. So, we said as kindly as we could that we would have to differ.

Christina (surprisingly) accepted my offer of a glass of limoncello and we parted as Christian friends. If only, I thought to myself later, the rest of the world could do the same. The problem, of course, is finding a news channel that is 100% reliable, 100% of the time. In fact, as it happens, Christina and I have exactly the same news channel available to us. Here is a recent update from just 2,000 years ago:

'You are a king, then!' said Pilate. Jesus answered, 'You say that I am a king. In fact, the reason I was born and came into the world is to testify to the truth. Everyone on the side of truth listens to me.' [John 18:37 NIV]

Thomas said to him, 'Lord, .. how can we know the way?' Jesus answered: 'I am the way and the truth and the life.'
[John 14:5-6 (part) NIV]

I daresay Mr Putin is a subscriber as well.

Andrew

Humour Corner

Patient: *Doctor, I seem to be suffering from kleptomania.*

Doctor: *Are you taking anything for that?*

Patient: *Seriously doctor, I think I'm addicted to brake fluid.*

Doctor: *Then you can stop any time you want...*



Collections and Charity



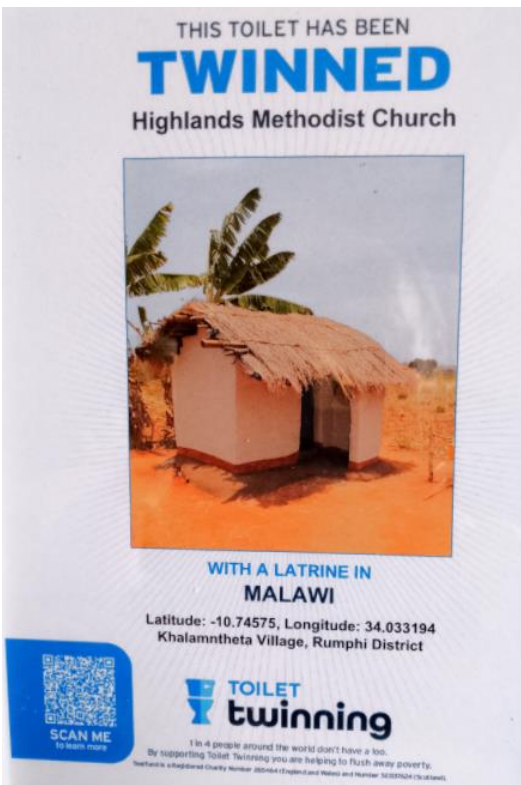
Thank you to all who attended the **Macmillan Coffee Morning**, giving generously to the sum of £313.56 and having a really good friendly fun time.

A **Christian Aid Collection for Gaza** raised £155 of which £110 will benefit from Gift Aid.



The **Michael Glaysher as Elvis** concert was not just a brilliant evening of entertainment by Michael (and a cameo appearance by dad Tony); it also raised £264 for church funds. A huge ovation to everyone concerned with this event.

As a result of everyone's generosity at the



Harvest Festival, a literally jam-packed carload of groceries was delivered to the St Vincent de



Paul (SvP) Centre on Short St. Here is some (a fraction actually) of the delivery being received by Centre Manager Jon Cutter.

Cash collections **at the same event** yielded a further cash sum £20 for SvP and £254 for toilet twinning. As a result, Highlands is now twinned with

facilities providing convenient relief in South Sudan and Malawi, as notices in our own loos will now attest. Here now is a picture of a typical loo. I hope you'll agree that it's far from bog-standard. If you're visiting Malawi, do drop in.

The two latrines cost a total of £120, so we were able to donate the balance collected to **Water Aid**. Finally, just a reminder that there are more toilet-twinning opportunities at <https://toilettwinning.org> and a range of gifts at www.allwecan.ork.uk/gifts/. I bet that someone you know would love a goat for Christmas...

Puzzle of the Month²



Paddington has decided to visit some friends and relatives. Like Paddington, all his friends and relatives are named after railway stations in the towns and cities where they live. Paddington can't remember who lives where. Can you help him by connecting the names (on the left) with the towns and cities (on the right). I've put one in to help out.

- | | | |
|--------------|---|--------------|
| Airport | • | • Worcester |
| Foregate | • | • Windsor |
| Harbour | • | • Southend |
| Junction | • | • Portsmouth |
| Lime Street | • | • Manchester |
| New Street | • | • London |
| Paddington | • | • Liverpool |
| Paragon | • | • Hull |
| Piccadilly | • | • Gatwick |
| Royal | • | • Edinburgh |
| Spa | • | • Clapham |
| Temple Meads | • | • Bristol |
| Victoria | • | • Birmingham |
| Waverley | • | • Bath |

No cheating with your copy of *Bradshaw's* please.

² Solution page 19

Poem of the Month **Gareth Hill**



This poem (suggested by Colin Turner) is actually the words of a hymn. However, I think it works well as a poem.

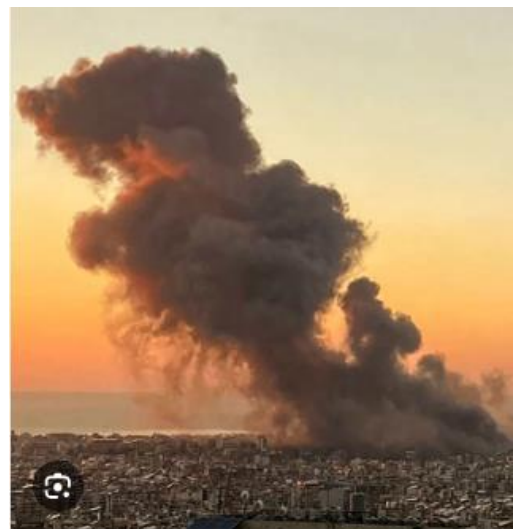
Gareth Hill is a Methodist minister based in Romsey, Hampshire, but a passionate Welshman by birth. Previously he has been based in Cornwall, and earlier still was a newspaper editor.

How long, O God, must shells rain down

How long, O God, must shells rain down
and violence scar divided lands?
How long must children know the fear
that hatred breeds and death demands?
Your people cry for lasting peace
and pray for rescue from above.
'How long, O Lord', is all our prayer.
We need the overwhelm of love.

As each day dawns we look to heaven
and cry 'How long? How long, O Lord?'

Breathe grace into our troubled souls,
speak gently to our shattered world.
God in the rubble, hear our cry,
don't let us be abandoned here.
Have you forsaken those you love?
Why must your children know this fear?
Our homes, our families are gone.



The dreams we had are shattered glass.
Must we endure this living hell
and never know a peace that lasts?
You see each sparrow as she falls,
and count the loss and grieve the pain.
Yet as we wait with tear-stained hearts
we ask, 'Will flowers bloom again?'

We lift our eyes to Calvary
where Jesus carried evil's curse,
when hope refused to yield to hate
and grace redeemed the universe.
Yet as we ask, 'How long, O Lord?
How long must evil have its way?'
we cling to heaven's unfettered love
but ache for colour through the grey.



Dining In **Cheese & Broccoli Soup**



It's that time of year when I crave soup – homemade soup especially. With a chunk of bread, there's nothing better for lunch.

The usual soup I make is what I think of as virtuous – tomato, chickpeas and red lentil – but this week, with extra broccoli in the veg box and some end-of-date blue cheese in the shop, I found a recipe ([serves 4](#)) for broccoli and stilton soup that I thought I'd share.

2 tbsp vegetable oil
1 onion, finely chopped
1 stick celery, sliced
1 leek, sliced
1 medium potato, diced

Knob of butter
1 litre chicken or veg stock
1 head of broccoli
140g stilton or blue cheese

Method

- Heat oil in large saucepan, add onion and cook on medium heat for 5 mins until soft.
- Add celery, leek, potato and butter. Heat until butter has melted, pop the lid on the saucepan and sweat for 5 minutes.
- Pour in the chicken/veg stock and any chunky bits of stalk from the broccoli, then cook for 10-15 minutes until all the vegetables are soft.
- Add the rest of the broccoli, roughly chopped and cook for a further 5 minutes.
- Transfer to a blender (or use a stick blender) and blitz until smooth
- Stir in the crumbed cheese, allowing a few lumps to remain. You may need to gently heat the soup again at this stage.

As always, I think of recipes as a guide and as I didn't have any celery, I used half teaspoon of fennel seeds - this added a lovely flavour.

Humour Corner

Man 1 (to friend): *You look sad. What's up?*

Man 2: *My girlfriend just left me.*

Man 1: *Why did she do that?*

Man2: *She says I'm obsessed with pasta – y'know, learning all the names in Italian.*

Man 1: *Oh dear! How do you feel about that?*

Man 2: *Canelloni.*



WESLEY THEATRE GROUP PRESENTS



Ladies in Lavender

Adapted for the stage by Shaun McKenna;
Based on the film written and directed by Charles Dance
From a short story by William J. Locke

**FRI 29TH &
SAT 30TH NOV
7.45PM**

**WESLEY HALL | ELM ROAD
LEIGH-ON-SEA**

**TICKETS: £7
BOX OFFICE
01702 557764
BUY ONLINE:**

**WWW.TICKETSOURCE.CO.UK
WESLEY-THEATRE-GROUP**

This amateur production of "Ladies in Lavender" is
presented by arrangement with Concord
Theatricals Ltd. on behalf of Samuel French Ltd.
www.concordtheatricals.co.uk



Ladies of Lavender is an evocative, heart-warming story of unfulfilled dreams and unrequited love.

Based on the hit film screenplay by Charles Dance starring Judi Dench and Maggie Smith, and on the original short story by William J. Locke, *Ladies in Lavender* tells the tale of two sisters Ursula and Janet who live in a close-knit fishing village in picturesque Cornwall, in 1936.

When a handsome and talented young Polish violinist bound for America is washed ashore, the Widdington sisters take him under their wing and nurse him back to health. However, the presence of the mysterious young man disrupts their peaceful lives and the community in which they live.

Puzzle of the Month Solution



A New Face

Well, sort of...

Matt Bunkall has been around for some time and has now been interviewed and accepted for the part-time post of All Age Mission Enabler, beginning in mid-November. Congratulations to him – I thought you might have some questions...



Can we afford this? Yes, we can. We're using funds set aside for a different, but very similar post that has been unfilled for some time.

What does 'All Age mean'? It basically means that Matt will be looking at the needs of everyone who uses Highlands, regardless of age. So that runs from toddlers, includes all the uniformed organisations, young parents, grandparents, right through to our most senior members.

Can somebody please explain what a mission enabler does? Good question! As just mentioned, Matt will be looking at everyone's needs and trying to align them to what we at Highlands already provide. This may take the form of arranging further activities and meetings in order fully to realise the potential of Highlands church buildings and people. Matt will of course not do this on his own. He'll rely largely on support from other volunteer members. The intention in the medium and long term is to produce a snowball effect, and to boost membership in a way that secures the future of Highlands, in line with the decisions of the Church Council over the past 12 months.

So, no pressure then. Welcome aboard, Matt.

HOBBIES SPECIAL
CHRISTMAS COFFEE MORNING

SATURDAY 30 NOVEMBER 2024

10.00 am to 12.30 pm



Christmas Gifts

Christmas Cards

Candle Arrangements

Children's Activity Table

Christmas Tree Decorations

Appearance by Father Christmas

Delicious Christmas Refreshments

Raffle and Tombola



ALL ARE WELCOME



In Aid of Church Funds

Contributing To Wildlife Conservation

A healthy and diverse wildlife preserves a stable biodiversity, ensuring that ecosystems can recover from disturbances and adapt to changes. Meanwhile conservation efforts can improve quality of life for communities that rely on their environment by promoting and showing sustainable use of natural resources. Many medicines are derived from plants and animals, so we must preserve access to these natural resources.

Wildlife habitats help to regulate the climate. Forests, wetlands, and oceans act as carbon sinks, absorbing carbon dioxide from the atmosphere.

Lastly, we have a moral obligation to protect other species from extinction and to preserve the natural world for future generations. But how can we do it practically?

Individually it is a daunting challenge, but we can make a difference together;

- Install a nest box well before breeding season to provide a cosy retreat for small birds during cold winter nights.
- Prepare to support more birds next year.
- Clean bird feeders to prevent diseases spreading to winter migrants.
- Support conservation organisations through donations or volunteering.
- Join or organise cleanups in your community, such as beach, park, or roadside cleanups. This helps keep habitats clean and safe for wildlife.

If you have a garden, make it wildlife-friendly by planting native species, providing water sources, and avoiding pesticides.



Gleaned by Pam Smith from Methodist News

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	07951 963730 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 December 2024/January 2025 issue should be emailed to me andrewghyde@aol.com before the **deadline of Sunday 24 November**. No email? Don't despair; just telephone 473111 to arrange an alternative.

A Final Image

I'm not a firework fan, but I don't want to spoil anyone else's fun. Here however are three things to remember:

- Organised displays are safer and more spectacular
- If you decide to have fireworks at home, please read and heed the instructions
- Many pets are terrified by fireworks. Keep them indoors and calm them as best you can.

