



The **HIGHLANDER**

September 2025

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

**These are services at Highlands for September
2025**

10:30 am Sun 7 th	Morning Worship Café Church	Anne Briant
10:30 am Sun 14 th	Morning Worship Communion	Rev Heather Simmons
4:00 pm Sun 21 st	All Age Community Worship & Praise	Matt Bunkall
10:30 am Sun 28 th	Morning Worship	Bob Briant



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 for September 2025.

9:30 am Sun 7 th	Morning Worship Communion	Rev Heather Simmons
7:30 pm Sun 14 th (Refreshments from 7:00)	Gospel Service	Rev Heather Simmons
7:30 pm Sun 21 st	Evening Worship Taizé	Rev Heather Simmons
7:30 am Sun 28 th	Evening Worship Mindfulness	tbc



As you'll see above, the 'Anchored' service for the third month is being replaced by a '*Taizé*' service. Taizé is based on worship practised by the French Taizé community, typically including simple harmonised songs, interspersed with readings, prayers and periods of silence.

On the fourth Sunday (eg 28 Sept) *Mindfulness* continues as before.



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	David Watson	555702
Minutes Secretary	Vanessa Mayes	473787
Church Stewards	Andrew Hyde	473111
	Donald Mayes	473787
	Lesley Hyde	473111
	Jean Edmonds	801517
All Age Community Builder	Matt Bunkall mattbunkall@gmail.com	07305 769086
Church Treasurer	Steve Watson	07543 905641
Children's Worker	Ros Bryant	478631
Pastoral Co-ordinator	Jean Edmonds	801517
Church Flowers	Jean Edmonds	801517
Lettings/Use of Premises	Sam Watson highlandslettings@gmail.com	07510 808519

Rev Hev thanks everyone concerned for this beautiful gift of flowers.

(Picture: Heather Stanford)



From Your Minister

Dear Church Family,

What a beautiful summer we are having.

As I write this letter we have just celebrated National Lazy Day in the UK, for which I gave a sermon about the blessings of God in our work, play and rest. In the service, I talked about the wonderful things we like to do when we are having a bit of lazy time or self-care (as this generation likes to say). I said that I loved relaxing in my 'all-singing all-dancing' garden chair or watching a familiar rom-com in the AFTERNOON! Others shared how they liked to walk in nature, read a book or potter in the garden. In true Methodist tradition neither beer nor wine were mentioned, but I suspect there will be a few partakers 😊.

We can of course enjoy the blessings of a lazy day but our bible reading (Luke 12 vs 32-40) gave us some advice of being ready for Christ coming *at any time*. The message went on to say that we should:



'...never be lazy with God'.

We explored some ideas of what that might look like: in our downtime we can invite others to join us, we can decide to forgive, or we can pass on the book that we so enjoyed.

Another way to look at 'not being lazy with God' is to change our desires - we might want to consider this in our time of rest. Brian McClaren in his chapter 'Moving with the Spirit' (*Seeking Aliveness* p.263) points out that:

'...the wind can be blowing but if your sail isn't raised you won't go far.'

He goes on with many other analogies that talk about our being surrounded by the Spirit. We just need to learn how to let the Spirit fill, flow and glow within us.

The Spirit transforms our desires in our hearts until God's desires become our own. This leads us to do the right thing, not because we have to, but because we want to.

McClaren invites us to imagine raising the sail of our souls to God's spirit. What a beautiful thing to do on our Lazy Day and beyond.



So, this month I invite you to take some time out to rest, raise your sail in God's presence and ponder on how we can be ready to receive Christ. How can we shine the light of Christ from the gifts we have been given? How can we share the blessings we have received in this life? How can we be a better friend, family member or member of society? Let's take one Lazy Day at a time as we walk with one another on that journey.

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

Humour Corner

Man: My dog does conjuring tricks.

Woman: Really?

Man: Oh yes! He's a Labracadabrador...

Diary Dates

All are invited to the **Southend and Leigh Circuit Prayer Meeting** on Saturday 6th September at 8.30am which Colin Turner will lead through Zoom. Use the link below. As a back-up, make a note of the Meeting ID and Passcode.

<https://zoom.us/j/97178926244?pwd=4bflChCR0UYJn7FHTJjHN5HVCY4anr.1>

Meeting ID: 971 7892 6244

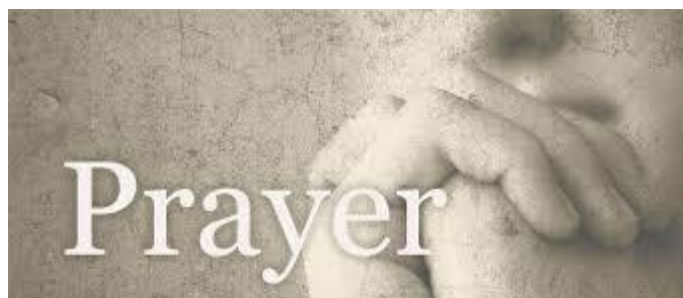
Passcode: 047312

And further ahead...

Our first ever **Community Pet Service** takes place on Sunday 21 September from 4:00 pm to 5:30 pm including a community meal (for the humans)

Harvest Worship will be on Sunday 19 October in the afternoon. The harvest celebration starts around 2:00 pm with worship between 4:00 pm and 4:45 pm. Our celebration will include a scarecrow competition.

Full details in next month's *Highlander*



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*, and *Peggy Gosling*. 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.

We **offer our condolences** to Matt Bunkall and his family, especially his Dad, on the very recent loss of Matt's mum Heather.

We also **pray for comfort** to Jackie and Dave Carter and their family on the loss of Jackie's mum Joan. For the last few years Joan had enjoyed sharing the company of the Chatter Group and the Lunch Club, who will sadly miss her.

We **remember** Rev Ian Field, a past minister of Hadleigh, Canvey, Benfleet and Thundersley churches who died recently. Also, Rev Fred Manuell, minister at Rayleigh in the 1970's, who died on 12 July aged 95 after a short stay in hospital.

Meanwhile we **give thanks** and congratulate Ian and Olivia Sperring (Lesley Hyde's son and daughter-in-law) on the arrival of Mabel Rose, born 24 August in the city of Bath and weighing 8lb 8oz.



Snippets

Collections (Thanks)

I should like to thank everyone who has contributed to World Missions during the last Methodist year (that is to say, 1 September 2024 to 31 August 2025). From



Highlands I have been able to send in £141.31 raised from coffee mornings and donations, plus £377.40 from our Easter offering envelopes. Thank you very much for all you have done.
Rosalie

Well done also to everyone who contributed to my (allegedly 70th) birthday by donating to Alzheimer's Society. Especially one person who donated the nice round sum of £100. I am truly blessed.

AH

Christian Aid Week 2025

Grateful thanks are due for the donation of £303.21, plus £135.54 in gift aid, making a total of £438.75, which will help folk to learn the skills to cultivate native seeds, since climate change is killing their crops. A special mention to Steve for his house-to-house collection.

Flowers

Here are details of flower donations for September

- ❖ 14 Sept - donated by Les Davis in memory of Margaret
- ❖ 28 Sept - donated by Ros in memory of family

Table Tennis and Games.



On the second Thursday of the month (beginning 11 September) we'll be holding a table tennis and games morning from 10:00 am until 12:00 noon in Room 1. A donation of £3 would be appreciated. All are

welcome. I'm about to buy a table tennis table for the first session; if you know of a reasonably priced table, please let me know. Jean Edmonds 01702 801517

Hobbies.

Welcome back. Hope you have all enjoyed the beautiful sunshine and had a lovely summer holiday, whether at home or away.

We meet on the 1st and 3rd Thursdays of the month from 10:00 am until 12:00 noon. The cost is £3 including refreshments. All are very welcome.

Thursday 4 September is our Get Together at the new home of Jean and Frank Edmonds from 10:30am for coffee/tea/cake and chat. 18th September we will continue to make bead bracelets in preparation for our Christmas coffee morning. (Sorry to mention Christmas so soon). More details to follow later.

Marjorie

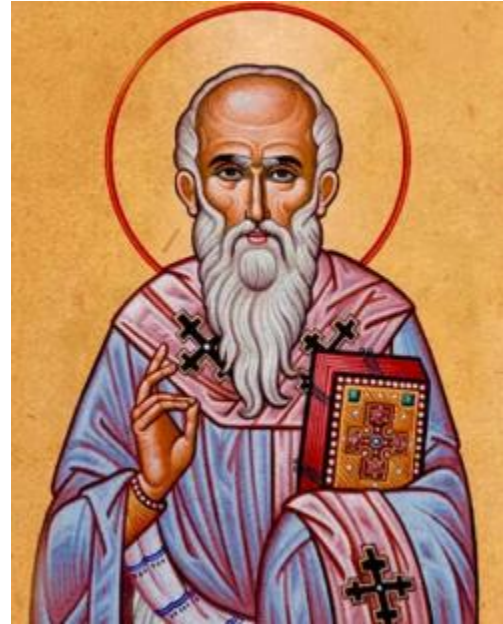
Highlands Toddlers

We wish all the very best to our former toddlers, who are now moving on to pre-school or infant school. We hope to welcome new toddlers to join our regulars when we begin our new term on Monday 15 September, 2025. See the Highlands website for details (www.highlandsmethodist.org.uk) or contact Ros (478631) or Margaret (557512).

From the Editor

Have you ever had occasion to 'play devil's advocate'? It's a figure of speech that occurs when you make an argument or take a position that you do not actually believe in or support, purely for debating purposes.

To understand the origin of the phrase you have to know something of the process by which the Roman Catholic church decides that a certain person becomes a 'saint'. For example, Pope John Paul II (1920-2005) became Saint John Paul in 2014. The process of appointing someone to sainthood is known as 'canonisation'. It includes some quite stringent tests, for example¹:



- They must show holiness (as given by God)
- They must have performed two miracles
- They must either have been martyred...
- ...or if not, have borne witness to the faith and enjoyed the beatific vision of Heaven (i.e. died)
- They must be appointed by the current Pope

From 1587 to 1983 a formal investigation of the merits of each and every candidate took place. As a part of this, a canon lawyer was appointed to argue against the canonisation of a candidate. His job was to take a sceptical view of the candidate's character, to look for holes in the evidence and even to argue that any miracles were fraudulent! This job was known popularly as 'the devil's advocate'.²

¹ I've simplified the tests slightly

² Note that some other denominations have equivalent procedures

We may well reject the idea of sainthood. Surely all of us are equal in the sight of God? St Paul seemed to think so:

There is no longer Jew or Greek; there is no longer slave or free; there is no longer male and female, for all of you are one in Christ Jesus. [Galatians 3:28 NRSV]

Thus, we might reject the idea of sainthood, but we still use phrases such as 'she (or he) *has the patience of a saint*'. More familiarly, we dedicate churches and name towns after saints (*St Ives, St Albans, St Andrews*, and so on). Many places, professions, pastimes, even ailments have *patron* saints, whose job is to intercede and represent their particular area of interest before God. Indeed, the country of Poland has anything up to 20 (yes, twenty) patron saints, depending on how you qualify for the position. No wonder they knocked England out of the 1974 FIFA World Cup.

Some things for which patron saints are responsible seem strange and even amusing, so I have made them the subject of Puzzle of the Month below. Meanwhile we are still left with the question of whether saints are in some way superior in the sight of God. I think the answer might be that every sinner who accepts Jesus as saviour becomes a saint. There's hope for us all!



Humour Corner

Everyone loves a limerick. Easy to remember and snappy. A familiar story this, but the limerick is straight to the point

*There was a man who, at low tide
Would walk with the Lord at his side
Jesus said, 'Now look back.
You'll see one set of tracks.
That's when you got a piggy-back ride!'*

Puzzle of the Month³

Here are 6 subjects. Just for fun, can you match each one to the appropriate patron saint? (Look for the obvious...)

Subject

Computer operators
Volunteers
Dancers
Athletes
Avoiding Delay
Lost Causes

Patron Saint

St Vincent de Paul
St Sebastian
St Isidore of Seville
St Expeditus
St Jude
St Vitus

Independent Living

Amazing Aids, helpful advice and a new bus service

Folks at the Tuesday Chatter recently had an enlightening talk by Southend City Council Occupational Therapist Beccy Carpenter. Beccy spoke about services available to help folk who may not be quite as agile as they once were. This includes such things as reducing the chance of slipping on stair carpets, safely pouring kettles of boiling water, and adding risers to chair legs to make sitting down and standing up easier.

She also gave us a glimpse of a wonderful new online website that gives specific advice based on questions you answer about what you may or may not struggle with. The advice is excellent, pointing out many simple things that most of us might not think about. The website also shows products that might help that can be bought directly from the site (grants for some things may also be available, if you arrange from someone in Beccy's team to help assess your needs at home). These include many simple but very useful things – from having an extra stair rail, to a non-slip soup bowl!

³ Solution page 14

The website is called AskSARA, which you can visit online at <https://southendasksara.livingmadeeasy.org.uk/>. If you don't have access to the Internet and would like to take a look, or don't feel confident using the web, let me know (telephone: 07956 942980) or someone else who may also be able to help you. As Beccy explained, it's not possible to 'break' the system, and it doesn't need you to put in any personal data either.



Otherwise, you can ask about Occupational Therapy Services to support independent living by calling the Council on 01702 215000. Let the operator know when you call that you want to talk about independent living.



- Again, especially thinking of the older generation and mobility concerns, a mention that a new bus service (17 and 17A) runs along Highlands Boulevard, through Leigh and into Southend. There are around 5 buses each day. The routes are extensions of the existing service that currently ends at the

station. A new bus stop is installed at the junction of Highlands and Sutherland Boulevards (picture attached), and there will be others along the Boulevard from Scrub Lane to Belfairs Academy. Further improvements to the bus network (for example the return of routes 23A & B connecting Leigh with the Airport) is also being contemplated.

Further detail is available at <https://www.southend.gov.uk/news/article/3362/extended->

[bus-route-to-reconnect-highlands-estate-and-west-leigh-with-city-centre.](#)

Clive Johnson



Puzzle of the Month Solution

Subject

Computer operators

Volunteers

Dancers

Athletes

Avoiding Delay

Lost Causes

Patron Saint

St Vincent de Paul

St Sebastian

St Isidore of Seville

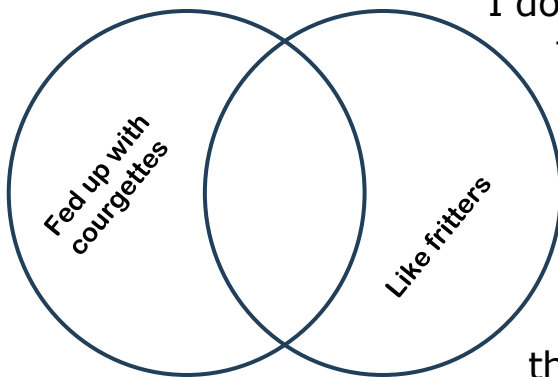
St Expeditus

St Jude

St Vitus

Dining In

Halloumi, Courgette and Chickpea Fritters



I don't know if you've noticed, but this time of year brings an abundance of courgettes. Some like them, some don't. As for me, I can see why people tire of them. On the other hand, most people like fritters (and halloumi). So the obvious solution, shown by this Venn diagram, lies in this month's recipe...

Ingredients (Makes 25+)

- 200g courgettes, trimmed and coarsely grated
- 200g halloumi, also coarsely grated
- 200g chickpeas (in a jar's best), mashed
- 1/2 tbs olive oil
- pinch salt
- 40g plain flour
- 5 tbsp olive oil
- 50g mayonnaise
- 50g greek yoghurt
- Juice of 1/2 lemon
- 10g chopped dill

Method

- Put grated courgettes in a bowl with salt, mix and leave 10 mins while you prep other ingredients
- Put courgettes in clean towel or kitchen roll then squeeze out excess water
- Mix courgettes in bowl with halloumi and chickpeas, then stir in the flour and egg to make a thick batter
- Put a tbsp of oil into a large nonstick frying pan and heat.
- Take a scoop (1 flat tbsp) of courgette mix and put into the oil, using another tbsp to shape
- Fry for 2-3 mins on a medium heat until golden brown and cooked through. Repeat in batches until all mixture is cooked.
- While fritters are cooking, mix mayo, yoghurt lemon juice and dill to serve as a delicious dip.

(Keep and reheat at 200° C for 4-5 mnutes. Or just enjoy cold.

SERVING the COMMUNITY 7 Days a WeekChildren 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	Chloë Nuttman ⁴ 07570 040085
Rainbows	Wed 4:00 to 5:00 pm	Julie Griffiths 07834 321724
Brownies	Wed 5:30 to 7:00 pm	Teresa Thompson 07809 219729
Guides	Fri 7:00 to 9:00 pm	Jacqui Hendle 07961 545037
Rangers	Thu ⁵ 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 801517

⁴ Chloë is a temporary contact while Jordan is on a break

⁵ Every fortnight

Poem of the Month

Chosen by Louise Watson, this much-misquoted Rose Milligan poem was first published in *The Lady* magazine in 1998. I must say that I like the sentiment. Born in Yorkshire, and a dedicated fell-walker, nobody seems to know Rose Milligan's birth date, except to say that she lived until 2024 to see her great-great grandchildren.

Dust if You Must

Rose Milligan (? - 2024)

Dust if you must, but wouldn't it be better
To paint a picture, or write a letter,
Bake a cake, or plant a seed;
Ponder the difference between want and need?

Dust if you must, but there's not much time,
With rivers to swim, and mountains to climb;
Music to hear, and books to read;
Friends to cherish, and a life to lead.

Dust if you must, but the world's out there
With the sun in your eyes, and the wind in your hair;
A flutter of snow, a shower of rain,
This day will not come round again.

Dust if you must, but bear in mind,
Old age will come and it's not kind.
And when you go (and go you must)
You, yourself, will make more dust.



September 2025 Calendar

Mon	1 st	2:00 pm Stewards meeting in the Snug
Tue	2 nd	9:15 am prayers in church 10:00 am -12:00 noon Tuesday Chatter
Wed	3 rd	7:30 pm - 8:15 pm Lectio Divina with Rev Hev and Clive Johnson on Zoom
Thu	4 th	10:00 am - 12:00 noon Hobbies
Fri	5 th	
Sat	6 th	8:30 am Circuit Prayers on Zoom led by Colin Turner 10:00 am Coffee morning
Sun	7 th	Café Church 10:30 -11:30 am
Mon	8 th	7:30 pm - 9:00 pm House group in the Snug
Tue	9 th	9:15 am prayers in church 10:00 am – Tuesday chatter followed by Lunch Club
Wed	10 th	7:30 pm - 8:15 pm Lectio Divina with Rev Hev and Clive Johnson on Zoom
Thu	11 th	
Fri	12 th	Lest chance to see the Penuins
Sat	13 th	10:00 am Coffee morning
Sun	14 th	10:30 am Holy Communion with Rev Hev (Blessing of the poppies before they go to the pier/ remembering loved ones in heaven)
Mon	15 th	9:30 -11:30 am Toddlers (restart)
Tue	16 th	9:15am prayers in church 10:00 – 12:00 noon Tuesday Chatter
Wed	17 th	2:00 pm – 3:00 pm Bible Study in the Snug with Rev Hev 7:30 pm – 8:15 pm Lectio Divina with Rev Hev and Clive Johnson on Zoom
Thu	18 th	10:00 am – 12:00 noon Hobbies
Fri	19 th	
Sat	20 th	10:00 am Coffee morning
Sun	21 st	4:00 pm – 5:30 pm Pet Service (bring your pets to church!) Modern Worship with vegetarian meal
Mon	22 nd	9:30-11:30 am Toddlers

Tue	23 rd	9:15 am prayers in church 10-12pm Tuesday Chatter
Wed	24 th	7:30 pm – 8:15 pm Lectio Divina with Clive Johnson on Zoom
Thu	25 th	
Fri	26 th	Classic Film and ice cream 2:00 pm – 4:00 pm – all ages welcome SEE STOP PRESS BELOW
Sat	27 th	10:00 am Coffee morning
Sun	28 th	10:30 am Service
Mon	29 th	9:30 -11:30am Toddlers
Tue	30 th	9:15 am Prayers in church 10:00 am Tuesday Chatter



Penguins Ahoy

If you haven't yet visited the penguins who are brightening up the sea-fronts and shopping streets of Southeng and Leigh on Sea, go soon. Every penguin is individually decorated with marvellous talent and imagination. I find it impossible not to be cheered up by them, just as I am with real penguins.

But hurry! 3 September is your last chance to see the penguins. Soon after they fly home to Antarctica. In an aeroplane obviously.

STOP PRESS

Cinema – the film show is changing to first Friday of each month. Hence there is no show on 26 September, but instead, a showing of ***The Best Exotic Marigold Hotel*** (2011) will take place on Friday 3 October 2:00 pm – 4:00 pm – all ages welcome.

Congratulations to Maisy Feather (Betty Hall's granddaughter) on the award of a BA (Hons) in Fine Art from Norwich University of the Arts

The 3rd Service

YOU ARE INVITED TO

OUR COMMUNITY
PET SERVICE FOR
CATS & DOGS ETC.

SEPTEMBER 21ST 2025
FROM 4PM TO 5.30PM
INCLUDING A COMMUNITY
MEAL.



Do you have a pet? We'd love to meet him/her. All pets are welcome

We'll start with a short dog walk from 2:00 pm onwards. Then the main service is at 4:00 pm.



Will it be chaos? Probably yes. But we'll live with that.

PLEASE NOTE

For the October *Highlander* I need copy by 21 September. Email preferred, but if not possible ring me on 01702 473111