



The **HIGHLANDER**

February 2021

The monthly newsletter of Highlands Methodist Church, Leigh on Sea

11:00 am Sun 7 th	Café Church Using ZOOM <i>All are welcome</i>	Kathy McCullough
11:00 am Sun 14 th	Morning Worship Joining Wesley ZOOM ¹ <i>All are welcome</i>	Kathy McCullough
11:00 am Sun 21 st	Morning Worship Using ZOOM <i>All are welcome</i>	Worship Leaders
11:00 am Sun 28 th	Morning Worship Using ZOOM <i>All are welcome</i>	Eileen Simmons

NB All the above services are subject to possible amendment if pertinent regulations and circumstances change

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



Highlands (Leigh) Methodist Church



The **Highlander** is published by Highlands Methodist Church, Sutherland Blvd, Leigh-on-Sea, Essex, SS9 3PT. Highlands Methodist Church is a member church of the *Southend and Leigh Circuit*, 34/10, which is part of the Beds, Essex and Herts District.

¹ Please note that this may require a different meeting ID to the one you usually use. Details will be shared by email and on Facebook shortly before the event

**Highlands Methodist Church
Hospitality in the Midst of our Community**

All telephone numbers are '01702' unless stated

Minister	Pastor Steve Mayo pastorstevemayo@gmail.com	483827
Secretary to Church Council	Kathy McCullough/Margaret Wood	714528
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Pastoral Co-ordinator	[position vacant]	
Church Flowers	Jean Edmonds	525250
Lettings/Use of Premises	Les Davis	558381
Older Persons' Worker	Julie Peek	479804

From the Editor

You'll notice something missing from this issue. Pastor Steve is unfortunately still unwell as a result of his recent encounter with Coronavirus COVID-19. I cannot aspire to fill the vacancy, but I can urge you to pray for recovery as soon as possible for Steve and all members of his family.

We are of course in a time of 'big events' – things that future generations will call 'history'. As well as the pandemic, and lockdown and the vaccines, we have Brexit, a new US president and climate change. Future generations may look back at our behaviour and laugh, rather as we do when we hear about our ancestors believing the earth to be flat, with unicorns running wild, and that Carlton Palmer once scored a goal for England².

But where, among all these events, can we find anything to celebrate? Is there anything to celebrate? Well actually there is - 2 February is the feast of Candlemas. Here in the UK, we barely celebrate it at all, but apparently, it's a big



deal in places as diverse as Belgium, Mexico, and the Philippines, where processions, singing and feasting mark the occasion. Candlemas is the official end of the full-fat 40-day Christmas. Candles must be lit, and nativity scenes put away until next Christmas.

The event that we celebrate at Candlemas is the Presentation of Jesus Christ. You may recall:

² Actually, he did! It was against San Marino.

When the time came for the purification rites required by the Law of Moses, Joseph and Mary took him to Jerusalem to present him to the Lord (Luke 2:22)

The scripture goes on to introduce us to Simeon and Anna, who both recognise the baby Jesus as the Messiah.

So, I think we might celebrate at this time the gift of children and grandchildren. Especially we should pray for their education, academic, physical and spiritual, at this strange and difficult time. We should be mindful of the commitment and ingenuity of their teachers as they try to teach from a distance. We should pray that everyone, teachers, pupils and parents can grow and stay healthy in body and mind, until the crisis abates, and we can think about getting things back to 'normal'. (What was that like?)

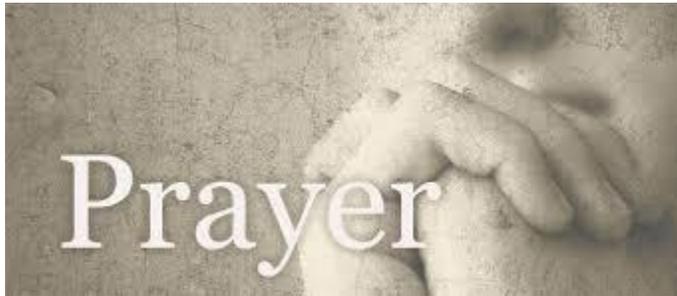


You may wonder whether children are receiving the same amount of religious education (RE) as we did. Well, the answer is – probably yes. RE is not part of the 'national curriculum', but schools

are still required to teach a programme of RE according to local and national guidelines. And in case you doubt the breadth and depth of what is taught, take a look at a GCSE syllabus for RE that you can easily find online.

Otherwise, I have a worthwhile challenge for you. Work through any of the BBC 'Bitesize' programmes that you can find online at <https://www.bbc.co.uk/bitesize>. These include not only RE, but lots of other subjects – ones you might have studied years ago and can enjoy meeting again. It's absolutely free, and it will reassure you that some of your licence money at least is being spent wisely.

Anne



We pray for our friends who are ill, housebound, or bereaved and for those in residential care: particularly *Doll Edwards in The Cedars*. Our thoughts and prayers are with them and their families.

We pray particularly for Pastor Steve, at home with COVID 19 (as are his family). As I write this it seems that they seem to be turning the corner, but the need for prayer persists... and for **Sylvia Cornwell**, now out of hospital and in a rehabilitation centre but still unable to see visitors at the moment.

Jackie Williams is still awaiting surgery and has to stop caring for the church gardens. Elsewhere we say thank you to Jackie. Here we must thank God for Jackie's labours and just ask for an early slot for her knee surgery.

Puzzle of the Month³

I do worry that some of these puzzles are too easy. So here's one that may seem easy, but nevertheless people seem to get it wrong. Here we go:

Sara saw seven sharks while swimming in the Sargasso Sea. Now, how many S's are in this sentence?



³ Solution page 15



Jobs for the garden **From our Special Gardening Correspondent**

I must start by acknowledging Jackie Williams and many years of hard work on the upkeep of Highlands gardens. She can't actually remember how many years it is – probably at least 20. Now that she has to hang up her widger, there is a gap to be filled.

So, if you have an hour or so to spare, once a week or even once a month, please get in touch with any of the stewards to discuss how you might help. The work that needs doing over the next few weeks includes

- weeding the flower beds, the gully between the wall and the Olive Ave lawn and the flower bed alongside the private road
- pruning/cutting back the roses, fuchsias, penstemon, lavenders and ceratostigma and thinning the marigolds
- tidying generally, including the weeds in the paving

So this will not be too onerous provided we get a few people on the payroll⁴

Meanwhile, back in the garden at home, we're still in the depths of winter and the ground is saturated, the garden is beginning to stir. And whilst February is a great month for planning and preparing – working out what you're going to grow and where - there are jobs that you can get on with now and benefit from being out in the fresh air.

I've dug out the propagators and seed trays, cleaned them and I'm ready to get the first seeds in. I'm starting my tomatoes and cucumbers that will go in the greenhouse, also my chilli plants and rocket. And it's a good time to start your sweet peas. I'm not going to grow many potatoes this year but if you're going to grow them, you can start them chitting towards the end of this month.

Outside, there's plenty of weeding, mulching and general tidying to do as well as some pruning – autumn fruiting raspberries, wisteria, and my apple tree.



This year, I'm trying to be a greener gardener and avoid plastic as much as possible. I've started making small pots for

seed-sowing from newspaper – a good job for a grey afternoon – and I'm looking for some wooden seed trays. So, lots to do to keep us busy and our spirits and bodies in good health

SGC

⁴ To be honest the wages are not great, but slightly better than the wages of sin...

Poem for February

Choosing this month's poem did not involve too much thought. Amanda Gorman, 22, made history on 20 January when she became the youngest inaugural poet during President Joe Biden's swearing-in ceremony in Washington.

Her poem, "The Hill We Climb," will align with the theme of the swearing-in ceremony of calling for national unity during a time of unprecedented illness, death and political division. In researching for her work, Gorman drew inspiration from the speeches of American leaders during other historic times of division, including Abraham Lincoln and the Rev. Martin Luther King Jr.



It's a substantial length, so I've just taken the first few lines and the last few, hoping you won't see the join. You can read the whole poem almost anywhere, for example <https://www.theguardian.com/us-news/2021/jan/20/amanda-gorman-poem-biden-inauguration-transcript>

Favourite line? I think mine is: 'love becomes our legacy and changes our children's birthright'.

Also look out for the cheesy pun involving 'justice'. If you listen to it on YouTube you'll see that she acknowledges it and delivers with a smile.

The Hill We Climb

When day comes, we ask ourselves, where can we find light in this never-ending shade?

The loss we carry. A sea we must wade.

We braved the belly of the beast.

We've learned that quiet isn't always peace, and the norms and notions of what "just" is isn't always justice.

And yet the dawn is ours before we knew it.

Somehow, we do it.

Somehow, we weathered and witnessed a nation that isn't broken, but simply unfinished.

But one thing is certain.

If we merge mercy with might, and might with right, then love becomes our legacy and changes our children's birthright.

So let us leave behind a country better than the one we were left.

Every breath from my bronze-pounded chest, we will raise this wounded world into a wondrous one.

We will rise from the golden hills of the West.

We will rise from the windswept Northeast where our forefathers first realized revolution.

We will rise from the lake-rimmed cities of the Midwestern states.

We will rise from the sun-baked South.

We will rebuild, reconcile, and recover.

And every known nook of our nation and every corner called our country, our people diverse and beautiful, will emerge battered and beautiful.

When day comes, we step out of the shade of flame and unafraid.

The new dawn balloons as we free it.

For there is always light, if only we're brave enough to see it.

If only we're brave enough to be it.

Memory Worship, For Those with and without Dementia

*This article is condensed in two parts from an essay by Julie Peek.
The second part will appear next month*

I have always felt that a calling is something unique to each individual, and that timing matters. I think that many people feel a sustained sense of calling but ignore it for a number of reasons. Jonah for instance really went out of his way to try to ignore his calling but God wasn't prepared to let him get away lightly.



God has called me to a specific role and I'd like to tell you more:

Following a Methodist study day at Potters Bar in June 2016 entitled "The Spiritual Needs of Older People and Those Living with Dementia" I looked at the difficulties for people living with dementia in expressing and connecting with their own spiritual needs. I realised that as churches we should be doing more. When I broached the subject with Rev Julia Monaghan, I felt a door opening. She immediately understood and told me of her experience with a similar ministry, and the planning blocks fell into place.

Firstly I asked the local authority to let Wesley join the Southend Dementia Action Alliance. I made an Action Plan for Wesley to meet the spiritual needs of people living with dementia (and their carers) and Wesley joined other churches with this same objective⁵.

⁵ You can read Wesley Action Plan by visiting

Events on offer included a Dementia Peer Support Group, a Dementia Day Centre and Memory Cafés but there were no Dementia Friendly Services. However there were no church services, so it felt logical and practical to combine the support of a Memory Café with the spirituality of a church service. Clearly it was God who led me to 'Memory Worship, worship for those with and without Dementia'

Gradually I've understood worship to be a channel for recalling the past, creating feelings of comfort, familiarity and spiritual fulfilment. We all need to worship and meet a loving God, but dementia makes it become increasingly difficult to make connections. But effective stimulus can take the form of music, Bible stories, the Lord's Prayer and other familiar liturgy. Music can trigger memory recall and take people back to feeling safe and held by God. In Memory Worship I have often seen music create a sense of spiritual fulfilment: a familiar hymn may awaken feelings of wellbeing and a memory for words without using a hymn sheet.

That year I took part in a conference at Chelmsford. Dr Peter Kevern of Staffordshire University, whose team ran a 'Dementia Friendly Churches' programme around the diocese of Lichfield, noted its impact on worshippers with and without dementia. As part of his conference paper, Dr Kevern showed this clip

<https://www.youtube.com/watch?v=CrZXz10FcVM>

It showed me the power of music in making spiritual connections and made me choose hymns for each service even more carefully.

Julie Peek

Mission Enabler for Older People and Memory Worship facilitator

The second part, published next month, looks at details of the Memory Worship services.

http://www.dementiaaction.org.uk/members_and_action_plans/5971-wesley_methodist_church

A Treasurer Writes...

Despite your magnificent response to last year's Lockdown Appeal the persistence of the COVID virus is having a nasty effect on funds.... Rishi has the same problem.

The Funds

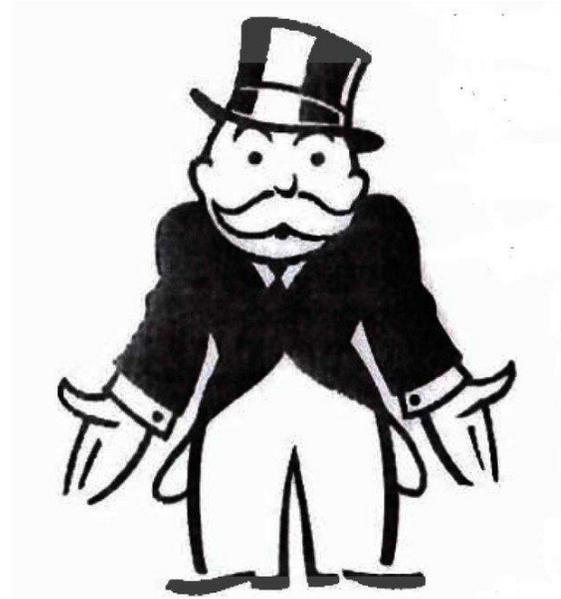
We have minimised expenditure but since the beginning of the Church financial year (1 September 2020) to the 31 December, expenditure exceeded income by about £2,500. Our funds stood at £27,223. Not too bad, you may think.

However, in the next two months (Jan & Feb) our expenditure will be in the region of £13,000. This includes our Quarterly Assessment and (as a result of a supplier billing problem) five months' utility bills.

Meanwhile our reliable income, for the two months will be only about £1,700. This includes £1,270 from standing orders and £430 from lettings. Note that 'support groups' such as AA, Gamblers Anon and Mencap (hopefully restarting after the February half term) are allowed to use the Building but no others.

So, at the end of February our funds will probably be in the region of £16,000. Not too good.

To put things in perspective. Excluding all other costs, we need at least £2,000 per month to pay our 'Assessment'. This goes to the Circuit on a Quarterly basis & is required, but not exclusively, to help pay ministers & their associated housing costs.



How to Give

I will keep you posted on the situation, but in the meantime if you would like to

- ✝ set up a standing order, or
- ✝ convert from envelope giving to a standing order or
- ✝ donate direct to the church

please use the following bank details:

Highlands Methodist Church
TSB Sort Code 30-94-26
Account 00516684.



Alternatively, if you wish to donate by cheque make this out to **Highlands Methodist Church** and post or deliver to me at the following address:

David Watson 47 Berkeley Gardens, Leigh-on-Sea, SS9 2TD

You can also use the above method to post or deliver a cheque relating to envelope payments. Either send the envelopes themselves with the cheque or retain for recording purposes. Envelope system cash or indeed any cash is acceptable. This of course needs to be delivered.

Thanks to you all.

DW



Dining In⁶

You may recall from previous recipes that we love a curry in our household. And when we have a curry, there has to be something to wipe round the plate to get up the last bit of sauce. I like making naan breads with yeast, but they need time to prove.

So this recipe fits the bill when you need a flatbread quickly.

Ingredients

- ✦ 300g SR flour
- ✦ ½ tsp baking powder
- ✦ 150g natural yogurt
- ✦ 1 tbsp vegetable oil

Method

Put the flour, baking powder, yogurt and oil with 2 tbsp water into a bowl and mix together. You can add 1 tsp salt if you wish and I put a tsp of nigella seed in as well.



It will be quite dry at first, but persevere and it will form a rough dough. Put onto a floury surface and knead for a few minutes until it's smooth. That's basically it. Divide into 4 or 8 pieces depending on the size of flatbread that you want.

Heat a frying pan over a high heat and either dry fry for a couple of minutes on each side until slightly charred or brush with a little melted butter before you fry them.

⁶ Not that you have any choice at the moment

Puzzle of the Month Solution

The problem here is that the question is imprecise. There is no definitive right answer, though there are definitely some wrong ones. For example, if you got the answer as 14, then you counted the number of S's in the two sentences. Wrong.

Right answers include

- 10 - the number of S's in the first sentence
- 3 - the number of upper-case S's in the first sentence
- 4 - the number of S's in the second sentence
- 1 - the number of upper-case S's in the second sentence
- 4 - the number of S's in the phrase 'this sentence'
- 0 - the number of upper-case S's in the phrase 'this sentence'

Warum nicht eine Sprache in Lockdown lernen?⁷

I'm sure you got the gist of that. But lockdown gives you a chance to improve your German (etc) still further.

Polyglot David Mallett – whose fluency includes Spanish, German, French and Italian – offers language tuition at all levels, whether for business or leisure.

If you're interested, contact him 07717 671975 or email to davidcfmallett@yahoo.co.uk. Or just have a word with Muriel.

Incidentally my wife is currently enjoying learning a little Welsh, in order to keep up with grandson Iolo, who will grow up speaking English and Welsh. 'Cadwch yn ddiogel bawb'

⁷ Translated: Why not learn a language in Lockdown?

SERVING the COMMUNITY 7 Days a Week

Children and Young People

Fellowship Groups

Services to the Community

Social and Recreational

These services are suspended at the moment. We hope of course that they can be restored soon.

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 March 2021 issue should be emailed to andrewghyde@aol.com before Sunday 21 February. No email? Don't despair; just telephone 473111 to arrange an alternative.

STOP PRESS

Some very sad news is that Sue Hookings has died in hospital. Admitted with heart problems, she then contracted Covid. A fuller appreciation will appear in the next issue.

