



The **HIGHLANDER** **September 2026**

**The monthly newsletter of Highlands Methodist
Church, Leigh on Sea
These are services at Highlands for September 2026**

10:30 am Sun 6 th	Morning Worship Café Church	Archie McDowell
10:30 am Sun 13 th	Morning Worship Holy Communion	Rev Brenda Gutberlet
10:30 am Sun 20 th	All Age Worship & Praise	Matt Bunkall
10:30 am Sun 27 th	Morning Worship	Mark Waghorn



These are services at The Fishermen's Chapel for September 2026.

10:00 am Sun 6 th	Morning Worship Holy Communion	Rev Heather Simmons
7:30 pm Sun 13 th (7:00 for...)	Vespers Gospel Service	Rev Heather Simmons
7:30 pm Sun 20 th	Evening Worship Taizé Worship	Local Arrangement
7:30 pm Sun 27 th	Morning Worship Mindfulness	Local Arrangement



Highlands (Leigh) Methodist Church www.highlandsmethodist.org.uk



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Highlands Methodist Church

Hospitality in the Midst of our Community

All telephone numbers are '01702' unless stated

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Secretary to Church Council	David Watson	555702
Minutes Secretary	Vanessa Mayes	473787
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	Donald Mayes	473787
	Lesley Hyde	473111
	Jean Edmonds	801517
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From Your Minister



Dear Church family,

Preparing this last letter to you as your minister, i read once again the first letter I wrote to you. In that letter, dated October 2023, I spoke of being thankful for the blessings we have in our lives. It seems very appropriate that I speak of that again.

I have had such a blessed time with you. I have been involved in so many beautiful moments in worship, in house groups, in celebrations and in individual conversations. I will always remember your kindness and support of me mostly in my probation and then in my first year of ordained ministry. Many, many times (too many to mention) I have felt God's presence in the love and joy you have shared with me, and with one another.

For me, your greatest strengths as a church are your welcome, your pastoral care for one another and your inclusion. You embrace all personalities, you speak truths, you forgive and you ask for forgiveness. You have a strong sense of tradition which gives stability and a sentimental warmth that are a delight to experience.

So many people have fond memories of being a child at Highlands, or of bringing their children to the church. Those memories include services, church groups, toddlers, uniformed groups, or simply walking "the wall". These are memories that run deep in peoples' hearts. I have loved hearing these stories. Now I too feel I am part of the story of Highlands, and that is a blessing to me.

For my last service one of the bible readings was Romans, Chapter 12, verses 1-8. In that reading Paul encourages his readers to:

...take your everyday, ordinary life—your sleeping, eating, going-to-work, and walking-around life—and place it before God as an offering.

I hope that I have given myself to Highlands as an offering to God. My offering has not always been full of wisdom; but my intention and heart has always been to love and serve both God and you, God's People. I have tried, with God's grace, to serve to the best of my ability.

I have such mixed emotions about my next chapter. I shall miss you all, and miss being involved at Highlands. However, I am excited by the pursuit of my chaplaincy work. I want to see where that calling leads.

I will, of course, still see you during the Holy Communion services when I have the privilege of being alongside Mark. However, I am going to give Mark the space to fulfil his role and develop relationships with you, so please do not think I am rude if I don't stay chatting.

Beautiful Highlands family, you have been a blessing to me and my ministry. You have encouraged me and found a home for my creative personality. I hope that my gifts have brought a legacy of creativity to your ongoing story of God's work in this place.

The gifts go both ways - I have learned so much from you and I hope to continue to build on that learning for the rest of my ministry.

You will always have a special place in my heart.

Now it only leaves me to pray every blessing on Mark Waghorn your new local lay pastor. I know you will give him every support, and love, as you did to me. May you continue to grow and shine God's light in this community ~ sharing the precious name of our Saviour Jesus Christ today and always.

God bless you all,

Heather (Rev Hev!) x

Highlands Memories

This is a final call and reminder to please consider adding a word or two of well-wishing or memories to the "Highlands Memories" book, which we want to include with our Time Capsule, which is now almost ready to seal. Currently, only 2 or 3 people have included messages, so it would be good to see a few more!

The book is on the table near the coffee area at the back of the church. We will leave it there throughout September but then take it away to be a part of the capsule. Just a sentence or two would be appreciated, if you feel led to offer a comment. Many thanks. Clive.

From the Editor

You will probably know of Janus. 2,500 years ago he was an important Roman god. Nowadays not so much, although he has left us his name; as examples - the month of January, the Italian city of Genoa and a computer programme.



Janus was the god of doorways. He is normally depicted as two-faced (as in the picture here) because of his habit of simultaneously looking both forward and backward. In consequence, Janus was also the god of change. For the Romans anyway.

Typically, change involves an ending and a new beginning. In August we saw the end of Heather's three years as our minister, and we rightly mark that ending with expressions of our huge gratitude.

And I do mean 'huge', not least because 75 percent of the word 'huge' is 'hug' – which you know is a physical act of affectionate

greeting¹. And we shall still have Heather as a part of our team, in various roles.

As Janus looks forward, he sees a new beginning. Mark Waghorn will have pastoral care of Highlands, also of Wesley and Belfairs, from 1 September. This change in leadership is very much in the Methodist tradition, and I am looking forward to meeting him. I'm sure that you are too.

Mark's formal welcome takes place on Sunday 6 September 4:00 pm at Belfairs Methodist Church and I'll see you there. If anyone needs a lift, please contact any of the stewards. After that, Mark is due to lead his first Highlands service at 10:30 am Sunday 27 September (though I daresay he will pop in before that).



Peter and Jenny

Also on the move this summer are Peter and Jennifer Courtenay, long-standing members of Highlands, and reliable sources of wise counsel and good humour. Jenny writes:

*We wish to thank all our friends at Highlands for the wonderful cards and good wishes that we have received for our new home. Our new address is
2 Chandlers Court, Eaton, Norwich, NR4 6EY.
Using some words from a hymn - 'All are welcome in this place'.*

¹ Apparently, holding a hug for 20 seconds shifts your nervous system from stress mode to rest mode. This extended touch releases **oxytocin** and **serotonin**, which lower your blood pressure, slow your heart rate, and drop your levels of the stress hormone. Who knew?

'Holidays at Home'



On 11 August we hugely enjoyed what is surely now an annual tradition. Yes – it's **Holidays at Home!** To the left is a picture of the unexpected stars of the show – Dora and Dolly. Many thanks to them for sparing time from their duties with T Cribb & Sons. As well as the appearance of these asinine superstars, we enjoyed a range of holiday highlights including ice cream, fish & chips, live entertainment and Punch & Judy.

Now, I have a number of requests to convey thanks to a number of people for their efforts. Rather than go through them in detail I shall simply name those responsible and say **'Thank you'** on behalf of everyone that enjoyed the day. Especially Dora and Dolly.

- T Cribb & Co - sponsor
- First4Feet Hadleigh - sponsor
- Leigh Lions I'ntl Club - sponsor
- Hoy Shanty Singers
- Sheree & Terry Lee singers
- Joe Peek Punch & Judy
- Paul Jerome Entertainer
- Frank Edmonds
- Jean Edmonds
- Jackie Carter
- David Sheochoran
- Rev Hev
- Donald Mayes
- Vanessa Mayes
- Heather Stanford
- Sheila Whitelegg
- Lesley Hyde
- Janet Watson
- Matt Bunkall
- Margaret Wood
- Robbie Norton
- Henry
- Emma
- Anyone I didn't mention

To call the day a success would be a gross understatement. We raised an amount north of £600 for Aspirations Southend (www.aspirationssouthend.org) but that is only a fraction of the outcome. There are a few photos below. Of them, one of our members writes:

I showed the pictures to two of my old school friends and they both cried, saying what a beautiful thing to do and what community giving and sharing is all about.

Enough said.





Our Sponsors First4Feet
Hadleigh



Donations

As well as £600 to Aspirations, Highlands folk support many different organisations in need of support.

Christian Aid From our Christian Aid week in May we raised £492.24. Thank you to all for your contributions; they were very gratefully received. This will help to enable CA partners abroad to support families to grow food and nurture hope.



A very big thank you to Steve Jones who collected from house to house much of the total money. There is more than one way to give support.



World Mission and Mission in Britain During 2026, Highlands has contributed £280.20 through our Easter offering to world mission. Also, through coffee mornings and donations we raised an additional £91.40. And finally (for now) we have contributed £95.85 to Mission in Britain.

Thank you for your support for these occasions. The numbers add up – in this case, to at least £1,560 in total.
Ros

Humour Corner (History Section)

Queen Elizabeth I: *My Lord Essex! My most favourite! Where have you been this past month?*

Essex: *I have been away to the north Ma'am - fighting in East Anglia, vanquishing your enemies, looting and pillaging the towns and villages of Suffolk and Norfolk.*

Queen: *Hold on! I don't have any enemies in East Anglia...*

Essex *You do now, Ma'am*



We pray for our friends who are ill, housebound, or bereaved and for those in residential care: particularly *Peggy Gosling* in Westcliff Lodge, *Doreen Morby* in Brambles, *Glenda Green* in Legra and *Andrew Savile* in respite at Beauleigh Court. 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. Also for those of us whose families are far away.



Table tennis and Games

We start a new season with our table tennis for fun, together with games and refreshments. We meet from 10:00 am until 12:00 noon on the 2nd and 4th Thursdays (10 and 24 Sept).



Do come along and join the fun. All are welcome.

Jean Edmonds 01702 801517

Hobbies



We meet on the 1st and 3rd Thursday of the month from 10.00am to 12.00 noon in Room 1, with a donation of £3.00 including refreshments.

On 17 September we'll be remembering Pat. Details on page 17.

Classic Film Club

This month's feature is showing at 11:30 on Friday 4 September. *Marvellous* (2014) stars the wonderful Toby Jones as a man with learning difficulties who is given the job of 'kit man' at Stoke City FC. That may suggest a film that's not your cup of tea. Please put that aside. It has been described as a 'laugh-out-loud tearjerker' that is 'life-affirming and inspirational'. Suggestions welcome for next month.



Puzzle of the Month²

An easy one this month. Which of these is the odd one out? Jesse James; John F Kennedy; Sherlock Holmes; Phil Collins; Ringo Starr; Spencer Percival; George Harrison.

² Solution page 22



Tickets on <https://wegottickets.com>
and search on 'Highlands'
or contact Jean on 01702 801517

Calendar

I have not been able to produce a reliable calendar for September, due to shortage of data. Your views are welcome on whether this could be discontinued (or delegated. Any volunteers?)

100th Birthday Celebrations - Upcoming Events

5 September – 7:00 pm Grand Barn Dance. In the church with music and calling provided by the *Famous Potatoes*. Tickets available soon £20 including Fish & Chip supper (by phone or <http://wegottickets.com> and search on 'Highlands').)! Watch for detail on posters or church website.

- **12 September** – 7:00 pm – 'Our Atlantic Roots' with Laura and Mac – With fabulous guitar and vocals, this Cornwall based transatlantic duo fuse together poetic lyrics and cinematic instrumentation, creatively presenting a blend



of the cultures. Their present tour includes Sussex, Dorset, Lincolnshire and the West Country, so we're lucky enough to have tickets available now £5 by internet <https://wegottickets.com/f/22011>

- **31 October** – 7.30 pm IT'S PANTOMIME

Meet on Sunday 13 September at 2:30 pm to get together a Pantomime with some casting

Oh no
it isn't!

OH YES
IT IS!

and a plan for rehearsals. We will be working on the late Trevor Metcalfe's script 'Heroes of Pantoland' as performed on our 90th Church Anniversary. Some of the old cast will be performing again, but we need more for a spectacular performance.

Whether you want to perform, or help backstage, please come along. If you have a talent to sing or dance or play an instrument that will be great. If not, come anyway.



**LET'S
DO IT!**

It is of course Halloween. If children wish to go Trick and Treating early in the evening, that's no problem. They can end up at the church hall to start the show.

Prizes for everyone. I'm happy to talk with anyone about getting involved.

Jean Edmonds 01702 801517



**He's
behind
you!**

Church Flowers ...

On 13 Sept are donated by Les Davis in memory of Margaret.

And on 20 Sept by Ros Bryant in memory of her Parents.

Pat MacDermott

Sadly in July we lost our friend Pat Mac, sadly missed. May she rest in peace. and we send our condolences to her nephew Ian and all family and friends. Pat, a loyal member of our Hobbies group, was a generous and talented crocheter. Many a household has her Easter ducks and Christmas Penguins, and we often sport the lovely brooches she kindly made for us.

On 17 September after our Hobbies meeting we plan a short time of remembrance. All are welcome at the church at 12.15 to share your memories.

Next edition

The next *Highlander* will cover October 2026. Contributions for this issue need to be with me by **13 September**. After that date I intend to be packing for, or travelling to, or actually at the Outer Hebrides, so I have no flexibility. In good time please! Email andrewghyde@aol.com or use the pigeonhole.

Dining In

Chickpea Cauli & Coconut Curry

This ticks all the boxes:

Vegan☑ Gluten-free☑ Tasty☑

Healthy(lotsa fibre)☑ Easy to cook☑ Economical☑ Flexible☑

Ingredients

2 tbsps olive or neutral oil	1 tsp chilli flakes
1 tsp cumin seeds	1 tsp sea salt
1 onion, fine chopped	1 x 400ml coconut milk
2 ins garlic grated	1 small cauliflower
2 ins ginger grated	1 x 400ml chickpeas
1 full tsp ground cumin	150g spinach
1 full tsp ground coriander	Juice of 2 limes
½ tsp ground turmeric	

Serves 4 with naan or rice

Method

- 1.Heat oil in a large pan. Add the cumin seeds and fry for ½ min
- 2.Fry and stir in the onions 10 mins until soft and brown. In the meantime cut the cauliflower into florets
- 3.Add garlic, ginger, cumin, coriander, turmeric, chilli flakes and salt
Stir-fry on low heat for a further 2 mins,
- 4.Add the coconut milk, stir well until smooth, then add the cauli and chickpeas. Bring back to the boil and simmer for 10-15 mins so that the cauli is just cooked through.
- 5.Add the spinach and cook for a further 2 mins until it wilts
- 6.Turn of the heat and let the flavours mingle, then stir in the lime juice. Serve with rice or naan or flatbread.

Other veg could be used as per taste. If you have the oven on anyway, this also works with roast cauli. Delicious. Put it into the sauce with about 5 mins to go

Poem of the Month

This short poem by the American poet Longfellow is aimed at someone who is rather down on his or her luck. That person could indeed be Longfellow himself, who certainly had his own share of misfortune. Nevertheless he ends on an optimistic note that is intended to encourage the reader. I hope that it works for you.

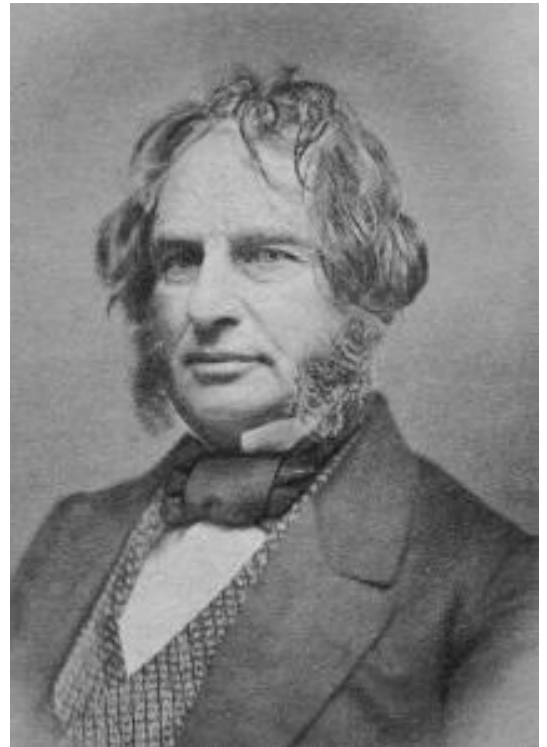
Loss And Gain

Henry Wadsworth Longfellow (1807-1882)

When I compare
What I have lost with what I have gained,
What I have missed with what attained,
Little room do I find for pride.

I am aware
How many days have been idly spent;
How like an arrow the good intent
Has fallen short or been turned aside.

But who shall dare
To measure loss and gain in this wise?
Defeat may be victory in disguise;
The lowest ebb is the turn of the tide.



Puzzle of the Month Solution

Sherlock Holmes is clearly the odd one out. He is fictional, the rest are or were real. His famous address at 221B Baker Street is also fictional (numbers did not go up that far in Victorian times). Nevertheless it attracts thousands of visitors to the museum in the vicinity.

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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 219729
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

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
Classic Movies	1 st Friday	Matt 07305 769086

Social and Recreational

Group	Time	Contact
Hobbies	1 st /3 rd Thu 10:00 am to noon	Jean 801517

³ Every fortnight