



# The **HIGHLANDER**


## July & August 2024

The monthly newsletter of Highlands Methodist  
Church, Leigh on Sea

These are services at Highlands for July

10:00 am Sun 7 <sup>th</sup>	Morning Worship Café Church	Worship Leaders
10:00 am Sun 14 <sup>th</sup>	Morning Worship Communion	Rev Heather Simmons
6:00 pm Sun 14 <sup>th</sup>	Circuit Service At Rayleigh <i>vale</i> Calvin	Rev Dr Calvin T Samuel
10:00 am Sun 21 <sup>st</sup>	Morning Worship	Pam Smith
10:00 am Sun 28 <sup>th</sup>	Morning Worship	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](http://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.

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<b>10:00</b> am Sun 4 <sup>th</sup>	Morning Worship Café Church	Worship Leaders
<b>10:00</b> am Sun 11 <sup>th</sup>	Morning Worship Communion	Rev Heather Simmons
<b>11:00</b> am Sun 18 <sup>th</sup>	Morning Worship United Service at Wesley	Pastor Steve Mayo
<b>10:00</b> am Sun 25 <sup>th</sup>	Morning Worship	Dcn Sarah McDowall

## These are services at The Fishermen's Chapel (TFC) for July 2024.

09:30 am Sun 7 <sup>th</sup>	Morning Worship Communion	Rev Agnes Sam
7:00 pm* Sun 14 <sup>th</sup> *for 7:30	Gospel Service	Rev Heather Simmons
6:00 pm Sun 14 <sup>th</sup>	Circuit Service At Rayleigh <i>vale</i> Calvin	Rev Dr Calvin T Samuel
7:30 pm Sun 21 <sup>st</sup>	Anchored	Rev Heather Simmons
7:30 pm Sun 23 <sup>rd</sup>	Mindfulness	Rev Heather Simmons

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7:30 pm Sun 18 <sup>th</sup>	Anchored	Jane Fulford
7:30 pm Sun 25 <sup>th</sup>	Mindfulness	Worship Leaders



## **Highlands Methodist Church**

### **Hospitality in the Midst of our Community**

All telephone numbers are '01702' unless stated

Minister	Rev Heather Simmons <a href="mailto:heather.simmons@methodist.org.uk">heather.simmons@methodist.org.uk</a>	07879 232231
Secretary to Church Council	Patrick Smith (minutes Secretary Margaret Wood)	557702 (557512)
Church Stewards	Andrew Hyde Donald Mayes Andreas Botzios (also Web Editor) Lesley Hyde	473111 473787 479476 473111
Worship Leaders	Jean Edmonds Jennifer Courtenay Frank Edmonds	525250 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 <a href="mailto:highlandslettings@gmail.com">highlandslettings@gmail.com</a>	07510 808519

## **From Your Minister**

I have this last month been thinking about 'not worrying'.

I hope some of you will have gained some comfort with the messages in my reflections and put into action ways of handing our worries to God and listening for the response.



Here are some beautiful verses from Scripture to remind you of the precious gift God gives us of holding our worries.

*Therefore, I tell you, do not be anxious about your life, what you will eat or what you will drink, nor about your body, what you will put on. Is not life more than food, and the body more than clothing?*  
[Matthew 6:25]

*Therefore, do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble.*  
[Matthew 6:34]

*Casting all your anxieties on him, because he cares for you.*  
[1 Peter 5:7]

*Do not be anxious about anything, 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 understanding, will guard your hearts and your minds in Christ Jesus.*  
[Philippians 4:6-7]

*Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand.*  
[Isaiah 41:10]

*Peace I leave with you; my peace I give to you. Not as the world gives do I give to you.*

[John 14:27]

*Let not your hearts be troubled. Believe in God; believe also in me. Let not your hearts be troubled, neither let them be afraid.*

[John 14:1]

*When the cares of my heart are many, your consolations cheer my soul.* [Psalm 94:19]

*Consider the ravens: they neither sow nor reap, they have neither storehouse nor barn, and yet God feeds them. Of how much more value are you than the birds!* [Luke 12:24]

*Anxiety in a man's heart weighs him down, but a good word makes him glad* [Proverbs 12:25]

I was also thinking about how sharing our worries with others is a vital part of building relationships and allowing God to do the work of holding our worries. Sometimes we think:

'Oh, I don't want to burden my friend (or our minister, or my sister etc). They have enough on their plate.'

There is an element of not wanting to spend all the time with those close to us telling of our worries, but it is an essential part of relationships to trust one another, to confide in one another and to take time to be there. It is also part of our human nature and our Christian journey to be needed. Personally, when someone shares their worries with me, I feel privileged, and it confirms my calling to



pastoral care. I also love to hear their joys too!

One of the favourite parts of my reflections this month has been the thought that despite our earthly bodies gradually becoming older, our spirit is renewed and grows every day, becoming capable of more and more, becoming more beautiful. Isn't that a wonderful thought?

We have had a joyful month, welcoming some more new members (Maxine and Robbie). This month we welcome Paul too! We hope that Matt, Frances, Robert and Emma are settling in and loving being part of the Highlands family. By the time you are reading this our lovely Robert and Emma will be married. Congratulations!!!

On that note I shall leave you reading the rest of all the exciting things going on here at Highlands.

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

### **Humour Corner (Football Special)**

🏆 My girlfriend just split up with me because she thinks I'm obsessed with football. I'm heartbroken; we'd been going out for 3 seasons.

🏆 As a break from Euro 2024, the Scotland team visited an orphanage. 'It was heart-breaking to see their sad little faces with no hope.' said Johann, age 6.

🏆 What do you call an Englishman in the knockout stages of the World Cup? A referee.

Wayne, queuing at the stadium, to his friend Charlie: *I wish I'd brought the TV with me.*

Charlie: *Why's that then?*

Wayne: *Because our tickets are on top of it.*



**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.

Congratulations to Robert and Emma on their marriage on 22 June. **We ask** for health and happiness for them for many years.



## **Snippets**

### **General election – Thursday 4 July**

We'll need the coffee lounge and Room 2 for the election on 4 July. This may affect other room users, so if you're going to take part in an event on that day, please be aware of the likelihood of rearrangements, even if it's only a move to another room.

### **Christian Aid**

On behalf of Christian Aid, grateful thanks are given to all who donated to help families pushed to the brink secure a better future.

The amount raised from the Church and community was the grand total of £869.55. of which £397.50 was gift aided. Well done to all who helped to achieve it.

### **Church Flowers for July.**

- ♥ Flowers on 7 July are donated by Heather Stanford in memory of her mother (Betty Garood).
- ♥ Flowers on 21 July are donated by Frank and Jean in celebration of Jean's Birthday

### **Lunch Club**

The lunch club continues to thrive. Here we see a trio of peckish clients heading for a welcome repast.





## Drama - Wesley Theatre Group



Ricky T. Bridge is the owner and managing director of Health and Proficiency, a successful spa and fitness club. But his less than honest business dealings are about to be exposed at a potentially fatal board meeting...

Wesley Theatre Group proudly presents:

### **BOARD TO DEATH**

A Dinner Theatre Murder Mystery

by Ian McCutcheon

Saturday 6 July 2024

at 7:00 pm

Wesley Hall, Elm Road, Leigh-on-Sea

Tickets: £10

A meal will be served as part of the evening. Please advise us in advance of any dietary requirements and allergies.

## Humour Corner

Wife, at breakfast time: *Do you know what day it is today, dearest?*

Husband: *Err...no, what is it?*

Wife: *Nothing special, but I love to see you terrified now and then.*

## Music at Highlands



Building on the success of their earlier event at Highlands and boosted by their special choral guests 'Cantare', Rayleigh Brass gave us 'Sounds of Summer' on 22 June. It was a brilliant (if hot) evening's entertainment.

We aim to continue building this relationship, not only to support RB for a Christmas<sup>1</sup> event on 7 December but hopefully to attract other performers to a superbly equipped venue with great acoustics.

## Fake Folk Festival

At Fishermen's Chapel 28-30 June from 2:00 pm on Friday (Daisy Bowlers<sup>2</sup> will open) and 12:00 noon thereafter.

Admission free – but donations very welcome. Refreshments downstairs at TFC, for what promises to be a great weekend.

## Hobbies

Following the success of the CD spinners which turned out well and were enjoyable to make, we plan to make mosaic coasters on Thursday 4th July. On the 18 July at 10:30 am you are invited to meet at the Croft for Birthday celebrations and maybe some flower arranging .

Our meetings are from 10:00 am until 12:00 noon. All are welcome.

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<sup>1</sup> Yes, I know, and I can only apologise for an unforgivably early use of the C-word. Pop it in the calendar anyway.

<sup>2</sup> Nothing fake about the Daisy Bowlers AFAIK

## **From the Editor**

I can't really write a column now without mentioning sport, so I may as well embrace the subject. I'm just trying to work out what a perfect week would look like. I have to make a couple of assumptions. These are that I'll need a personal jet, and I'll assume that all the events I want to go to will fit together. So here's the dream.



First, Euro 2024 football. One of the later knock-out matches, preferably featuring England. Then Taylor Swift. A top ticket. Probably more expensive than the jet. Day 3 involves a trip to the Caribbean for the T20 Cricket Final. Day 4 is Glastonbury. Day 5 – Wimbledon tennis. Day 6 is the Paris Olympics and Day 7 is a well-deserved rest day. Phew!

However, I found myself also thinking about what my nightmare week would look like. There would be a service of burial for a soldier. I'd look at a block of flats that was once home to dozens of people, now reduced to a pile of rubble. I'd gaze across an African savannah at the sight of children reduced to starvation by drought and conflict. I'd walk beside a badly polluted river.



You'll perhaps notice that I have cast myself as an onlooker, a spectator. It cannot always be so. We all feel the need to intervene, but it seems that we can't make a difference. Not immediately, and not on our own. There are however two ways we can help:

1. Prayer. For anyone who thinks that this won't help, bear in mind that *God moves in a mysterious way, his wonders to perform; he plants His footsteps in the sea and rides upon the storm.* [Wm Cowper 1730-1800]. In other words, what you entreat from God doesn't always happen in the way you expected. It still holds good that *whatever you ask for in prayer, ... it will be yours* [Mark 11:24]
2. Use the power you have. On 4 July you have a vote. Find out, through asking and listening, what your candidates intend doing about my nightmare scenario. Are they dedicated to doing something about war, famine, pestilence and climate change?

Meanwhile, I'll probably enjoy T20, Euro 2024, the Olympics and Wimbledon through the miracle of TV, reflecting perhaps that I'm doing a tiny bit for the planet (and quite a lot for my bank balance) by not going to the Caribbean in a private jet.

Anarca

### **Puzzle of the Month**<sup>3</sup>

After the quick puzzle last month, here is a number square that will take a minute or two longer. All you must do is fill in the numbers in the square so that the figures each row and each column and each of the two diagonals add up to the same number. You can only use whole numbers from 6 to 14, once each. Such is my generosity that I have placed the first three numbers for you.

		11
		6
		13

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<sup>3</sup> Solution page 18.

**Job Alert**  
**Pre-school Manager**  
**16 hours a week @ £15.55 per hour**

Thundersley Methodist Church is seeking an enthusiastic and experienced person to manage a well-established pre-school.

The applicant will need to provide a safe, high-quality education and care for pre-school children, to lead and manage staff and to ensure that all statutory, legal and setting obligations are followed and met.

Contact [annelane8@btinternet.com](mailto:annelane8@btinternet.com) in the first instance and for further information.

Closing date 19 July 2024

**It's Summer – it's Picnic Time!**

On Saturday 13 July we will be having a picnic - on the grass outside the church. Bring your own food and drink. Everybody (except the wasps) is welcome.

**Art Exhibition This Saturday**

Saturday 29 June 10:00 am to 2:00 pm  
UMC High St, Great Wakering SS3 0HL

As well as a display of art there will be tea, coffee, cakes, ploughman's lunches, bric-a-brac, books, greetings cards and a raffle



## **Poem of the Moth** **Ben Jonson**

Described as the second most important playwright of his time, after Shakespeare, and the first poet laureate, Ben Johnson was from an important and wealthy family laid low by the religious conflicts of his time. As well as a writer he also had careers as a bricklayer and a soldier.

It seems to me that the message of this poem is that each of us should try to leave behind something ephemeral, small and beautiful (as does a lily) rather than something large, enduring and dull, such as a tree. But you must put your own interpretation on it...



This was recommended by Heather.

### **It is not growing like a tree.** **By Ben Jonson (1572-1637)**

It is not growing like a tree  
In bulk doth make Man better be;  
Or standing long an oak, three hundred year,  
To fall a log at last, dry, bald, and sere:  
A lily of a day  
Is fairer far in May,  
Although it fall and die that night  
It was the plant and flower of light.  
In small proportions we just beauties see;  
And in short measures life may perfect be.

## **Dining In** **Fairtrade**

As a church, we're working towards an ECO church award, which includes amongst other things, looking how we can be environmentally conscious.

We already use Fairtrade products wherever we can, both in church and at home, and I thought that this month, I would look at a recipe from the Traidcraft cookery book, 'Bake a Difference'. This is a compilation of delicious cakes, bakes and savoury recipes made with Fairtrade ingredients.

Fairtrade is an international movement, working with farmers and workers across 70 countries to improve living standards of their workers, make trade fairer and promote environmentally sustainable standards.



We all need to be looking for the Fairtrade logo when we're shopping, for example for tea, coffee, bananas, flowers, sugar, wine, cotton, chocolate. More products than ever carry the Fairtrade logo. When it comes to cooking with chocolate, I always think of chocolate brownies, so I've included my recipe for them, but with a twist. Do just try to include Fairtrade produce wherever you can (even the budget supermarkets stock many lines).

### **Ingredients**

185g unsalted butter  
185g dark chocolate  
85g plain flour  
40g cocoa powder

50g white chocolate  
50g milk chocolate  
3 large eggs  
275g golden caster sugar

## Method

Heat oven to 160°C fan/gas 4. Line a 20cm square tin.

Cut butter into small cubes, break dark chocolate into small pieces and place both in bowl. Microwave in short bursts until melted, then cool.

Chop milk and chocolate white chocolate into small chunks.

Break eggs into bowl, add sugar and whisk until they are thick and creamy. (A food mixer does this most efficiently). It might take 5-8 minutes or so, depending on how powerful your mixer is. Pour cooled chocolate mix into the egg mix and fold together gently. Sieve flour and cocoa and fold in again. Add white/milk chocolate chunks and fold in. Don't overmix – just until it all looks fudgy.

Pour mixture into tin, smooth into every corner and then place in middle of oven. Cook for 30 minutes and then check. It should have a shiny papery crust with the sides just coming away from the tin. When done, remove from oven and leave until absolutely cold. Then cut into squares and enjoy. (I find its better to slightly undercook than to put back in the oven for another 5 minutes – that way, they're wonderfully moist)

And my twist, try chopping some dried apricots and scattering over the base of the tin before you pour in the chocolate mix. Or maybe some raspberries, the choice is yours.



## Labyrinth

This shows some people taking part in a Labyrinth laid on the floor of Highlands.

The use of labyrinths has recently been revived in some contexts of Christian worship. Many churches in Europe and North America have constructed permanent, typically unicursal, labyrinths, or employ temporary ones like the one shown here.

Some conservative Christians disapprove of labyrinths, considering them pagan practices or 'New Age'. Highlands was fortunate in having our interfaith minister Clive Johnson to introduce and explain the spiritual relevance of the labyrinth.



## **Puzzle of the Month Solution**

7	12	11
14	10	6
9	8	13

Here then is the solution. As you can see, each row and each column and each diagonal all add up to 30.

This is called a magic square, and you can find more snazzy examples such as the one at the Sagrada Família Basilica in Barcelona, which has all kinds of patterns adding up to 33, the age of Jesus at the time of his crucifixion.

## **It's June – It's a Wedding!**

Saturday 22 June

The confetti flies as Robert and Emma emerge from Wesley Church in Leigh on Sea town centre, having just been joined in matrimony by Rev Heather Simmons, whose Gospel Choir provided a beautiful musical accompaniment.

Congratulations to Mr and Mrs Noakes, currently enjoying a few days away.



## **SERVING the COMMUNITY 7 Days a Week**

### **Children and Young People**

<b>Group</b>	<b>Time</b>	<b>Contact</b>
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	Dilys Haddow 710207
Guides	Fri 7:00 to 9:00 pm	Jacqui Hendle 07961 545037
Rangers	Thu <sup>4</sup> 7:00 to 9:00 pm	Jacqui Hendle 07961 545037
Toddlers	Mon 9:30 am to 11:30	Ros: 478631 Margaret: 557512

### **Fellowship Groups**

<b>Group</b>	<b>Time</b>	<b>Contact</b>
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**

<b>Group</b>	<b>Time</b>	<b>Contact</b>
Lunch Club	2 <sup>nd</sup> Tuesday 12:00	Registration essential


### **Social and Recreational**

<b>Group</b>	<b>Time</b>	<b>Contact</b>
Hobbies	1 <sup>st</sup> /3 <sup>rd</sup> Thu 10:00 am to noon	Jean 525250

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<sup>4</sup> Every fortnight

For updated news keep following  
[www.highlandsmethodist.org.uk](http://www.highlandsmethodist.org.uk)

or  Highlands (Leigh) Methodist Church  
also [www.methodist.org.uk](http://www.methodist.org.uk) is an excellent source of information  
and inspiration.

There will be no separate August *Highlander*. If you need to publish an event that can't wait until September, please use Facebook or the weekly sheets. Meanwhile, items for the September 2024 issue should be emailed to me [andrewghyde@aol.com](mailto:andrewghyde@aol.com) before the **deadline of Sunday 25 August**. No email? Don't despair; just telephone 473111 to arrange an alternative.

## **A Final Image**

Living in Southend we take the pier for granted. Only when you walk or ride with a young visitor to the end of the pier do you appreciate what an extraordinary structure it is. Picture A Hyde

