



The **HIGHLANDER**

July 2018

The monthly newsletter of Highlands Methodist Church, Leigh on Sea

Sunday Worship in July 2018

1 st	10:30	Café Church	Kathy McCullough
8 th	10:30	Morning Worship Parade Service	Worship Leaders
15 th	10:30	Morning Worship Holy Communion	Rev Norman Hooks
22 nd	10:30	Morning Worship	Edward Wright
29 th	11:00	United Service At Wesley	Pastor Steve Mayo

'Crafty Church' meets at 10:30 am on Sundays
For young people - meeting Jesus through art and craft
Come in and FaceTime with Jesus

Find more information at: **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.

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	Patrick Smith	557702
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Church Treasurer	Janet Watson	555702
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Church Flowers	Jean Edmonds	525250
Lettings/Use of Premises	Les Davis	558381

From the Editor

Welcome to the July edition of the Highlander.

Dr Tim Francis is our new organist. I asked him to say a few words about how he and church organs came together, and of his own likes and dislikes in music. He has written more than a few words, so I will share his story with in two instalments. This month he talks about his musical journey.



Julia Ward Howe

The role of music in worship is often underrated. We love familiar hymns, but sometimes their meaning is unclear. Here are just two lines from a well-known hymn written in 1861 by Julia Ward Howe, a prominent American writer known as an implacable opponent of slavery and supporter of women's suffrage

*Mine eyes have seen the glory of the
coming of the Lord;
He is trampling out the vintage where the
grapes of wrath are stored;*

What rhythm! What pace! Just reading them aloud makes you want to get up and march into spiritual battle. But hang on. The 'grapes of wrath'? What are they, exactly? On looking it up, it's apparently an oblique reference to Isaiah 63; further than that I cannot explain.

So later this year, I hope that with your help we'll look at some favourite hymns and try to see what they mean.

God bless all here.

AH

A Message from your Minister

I know I'm still a bit of a stranger around Highlands, but feel I've been involved in enough meeting, events and activities to get a feel or sense of the church community's DNA. Some of the things that have encouraged and impressed me are -

- ShowStoppers! What an amazing group of people. I had known some of them through 'The Music Man Project' so I shouldn't have been surprised, but the energy and friendliness just took my breath away!
- Knit and Natter! You really do know how to...NATTER... don't you, and I loved chatting with some of you!
- Openness to new suggestions and ideas! Not every new suggestion is necessarily right, but it is lovely when people take ideas seriously and consider them before either embracing or setting them aside! I have come across this in our business meetings, Café Church and just through casual conversations - great fun!
- The pastoral care and respect shown to Kay who passed away, and the support her family received before and at the 'Thanksgiving Service' we held for her.
- The sense of joy there is in volunteering, serving and making things happen. Not all tasks are necessarily a 'bundle of laughs', but even the more unpleasant ones are made so much easier when we do them with a servant heart and joyful demeanour.
- Prayer time on Tuesday morning! I'm really disappointed I haven't made more of these, but this is all so important as we embrace the presence of God among us and look to him for the future!

- Worship times! One thing that really blessed me when I took a service in June was how so many people were comfortable talking about the issues raised through the service. This indicates to me an open and teachable spirit and I love it.

Of course it is still very early days, and some of you who have been around a lot longer than I have may be wondering if I have been going to the 'right church', however I do hope you recognise yourselves in some of the positive comments I have made above!

At a recent Church Council Meeting Pam very helpfully made an argument for an 'end of life plan' for Highlands. The groundswell of opinion was that we were nowhere near this. I strongly believe there is still so much for a living, vibrant, Jesus-loving, Spirit filled community to do in advancing God's Kingdom in Leigh.

Let us together set our hearts to 'Love God' with everything we have, 'Love One Another' as Jesus loves us and 'Love our Neighbours' as we love ourselves! So I sign off with the words of St Paul –

"Honour one another above yourselves. Never lacking in zeal, but keep your spiritual fervour, serving the Lord..."

(Romans 12 v 10, 11)

God bless, Norman.

Rev Norman Hooks

PS - for those who are holidaying over the next couple of months, have a wonderful time! Relax, come back refreshed and may it be spiritually restorative as well!

Prayer

We pray for our friends who are ill, housebound or bereaved and for those in residential care: *Pat Gare in Admirals Court, Marie Moore at Archers Court (in Hitchin) and Mary Barter in Langley Lodge*. Our thoughts and prayers are with them and their families at this time.

Condolences

To the family of Kay Tipping. Norman conducted a service of celebration at Highlands on 25 June. 113 family members and friends took part in an appropriately uplifting occasion. A leaving collection on behalf of Parkinson's UK totalled £255.

For anyone that missed the occasion but would nevertheless like to donate in Kay's memory, you are very welcome to take donations to T Cribb at 1565 London Road. Or of course you can donate on line very easily at <https://www.parkinsons.org.uk/donate>

Dates to Remember

Knit and Natter Social Group

Would you like to come and join us? We are a friendly group who enjoy each other's company. Some of us knit or crochet but we all natter and support and care for each other. Just come along on Tuesday at 10.00 am to share a cup of tea/coffee and a biscuit. You will be made most welcome. We meet in the Church Lounge.

Highlands Summer Community Day and Service Thurs 19 July

Here we go again, happy as can be. Can you believe it, we are about to host our fourth 'Great Get Together' at Highlands with our Summer Community Day. It really is a case of time flying while having fun!

On this occasion the entertainment will be brought to us by the hugely talented 'Mencap ShowStoppers' and maybe other surprise guests popping in along the way. There will be all age craft and plenty of scrummy refreshments as always.

Rev Norman Hooks will lead a short Community Service at 2:00 pm.

So, please come along and join the fun and help us make this day another memorable community day at Highlands Methodist Church.

Julie Peek
Mission Enabler for Older People
Highlands Methodist Church

Day Trip to Eastbourne

Wednesday 12 September, cost £15. Coach leaves Highlands at 9:00 am and Thundersley at 9:30 am

Add your name to the list in the Jubilee Room

Fundraising Meal at Affinity

Sunday 19 August at 6:00 pm price £20 per head. See the list in the Jubilee Room

Music



Famous Potatoes

This renowned 8-strong band – featuring our occasional organist Paul McDowell - will be performing at Wesley 7:30 pm on 21 July. Tickets at £10 can be purchased in advance from Rupert Bertie ☎ 07970 081324 or on the door.



To answer a couple of FAQs. (1) They don't fit into a precise single genre of music, excepting 'talented' and 'entertaining'. They tend to play anything from

Cajun to folk to country. (2) 'Famous Potatoes' is a motto of the US state of Idaho. Apparently they grow quite a lot of them.

The proceeds are going to support work in the local community, including in relation to dementia.

Dr Tim Francis

My Life in Music – Pt 1

My first encounter with music was my elder sisters playing piano duets at home when I was a small boy. My parents then got rid of the piano after finding woodworm in it, and so I could not learn on it. In my second year at secondary school the school band were recruiting and so I had the chance to learn the tuba. Later on, I thought that the trombone was more glamorous and so made the difficult switch. Nevertheless, I managed to gain a place in the county youth orchestra which included a wonderful tour to Germany in 1971. I then started to teach myself the double bass as the orchestra had lost its only bass player, but I found that very difficult. Yes, some instruments are more difficult than others.

At 16 I simply had to start piano as I decided I would like to do A Level music and by some stroke of good fortune managed to pass Grade VI within eighteen months. It was to take another four years before I could manage the leap to Grade VIII.

After attaining my A Levels, I studied music at King's College, London in the 1970s, with no regard for career, and obtained the degree of BMus in 1977. I subsequently completed my teacher training at Keswick Hall College of Education in Norwich and started work in a very strong music department in a mixed comprehensive school in north London. It was not until my second job at Alleyne's School in Stevenage in 1982 that I met, so to speak, the church organ. The outgoing head of music had held the post of organist at Holy Trinity in Stevenage and, as he was moving to a different part of the country, I was asked whether I would like to take the position. I thought it would be a good way of meeting people and so I decided 'in for a penny, in for a pound' and began to play and study the organ. Learning the pedals was not easy – it took a good year or so – but I practised hard.



I then moved to the church of St Nicholas where I had a reasonable choir, and took some lessons with Malcolm Hicks, an international name, who lived in the area. At Alleyne's, which was a boys' school, I loved directing the music, productions, the band and the choir. It was part of my job to

organise the services for the end of term, which, looking back, was a huge privilege and pleasure. Since that time I have always adored the sound of a boys' choir, particularly for English church music. When the LEA decided to merge Alleyne's School with a girls' school – a very cut-throat business – I left, moved around quite a bit, got married, and found my way into teaching languages as I was not at all in sympathy with the revolution which was taking place in music education around the end of the 1980s. But as I had no qualifications beyond A Level in German and Russian, I went back to university in the evening, studied and eventually earned a PhD degree in German. I continued to play the organ at various churches on and off including for the baptism of my own children at High Cross.

For the next few years I had virtually given up playing the organ, but recently I thought the time was right to restart. I set myself some goals of getting all my previous repertoire up to speed, on which I am still working!

In Part 2, next month, Tim discusses some of his favourite music. If you can't wait until then, the whole article is on the Highlands website www.highlandsmethodist.org.uk. Just follow the links from the front page.

Day Trip to **Eastbourne**

Wednesday 12th September
Adults £15

**Take a stroll along the seafront or down
the pier or go to the shops!**

Leaving: Highlands Methodist Church – 9:00 am
Thundersley Methodist church – 9:30 am

**Please book your place or for more information contact
Anne on 01268 755291 or annelane8@btinternet.com**



Dine with the Homeless

Chicken curry

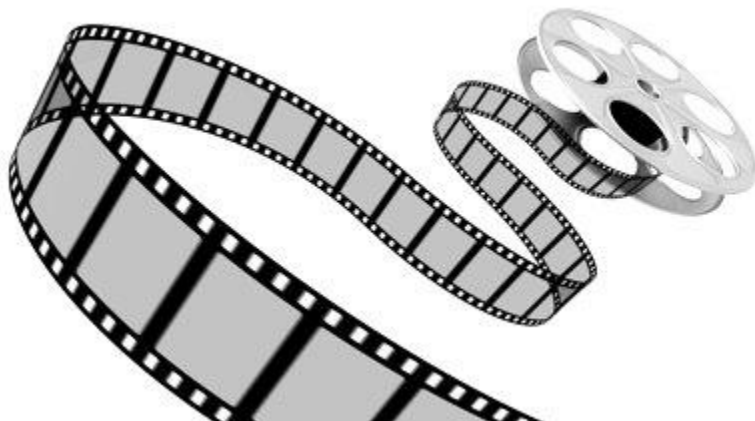
One of the most popular meals that we serve is chicken curry. We often get comments such as 'I don't really like curry but that was amazing', 'the best curry I've had'. I feel very guilty as it's such an easy recipe – in fact not much of a recipe at all – but here goes!

Serves 4

- Meat from 8 chicken thighs (cheaper and tastier than breast fillets, and you can buy them boned as well)
 - 2 large onions, chopped
 - 1 garlic clove, squished
 - Patak's Korma Curry Paste
 - Chicken stock
 - Crème fraiche
1. Fry onion for 10 minutes until soft and golden. Add garlic for last 2 minutes.
 2. Remove onions/garlic from pan and brown chicken pieces. Return onion and garlic to pan with chicken and add half jar of Patak's Korma Curry Paste. (I'm sure other brands are available but this is the best one that I've found). Cook together for a couple of minutes.
 3. Add chicken stock - about 500 ml - and simmer until chicken is cooked.
 4. Just before serving add 2 good dollops of crème fraiche and heat through.

Serve with rice, naan, banana, mango chutney, poppadums.

I make a vegetarian option with sweet potato, chick peas and spinach. It's best to roast the sweet potato in chunks first and then follow the recipe above, using the sweet potato instead of chicken and vegetable stock. Add the (cooked) chickpeas and spinach with the crème fraiche. LH



**Movies @ Highlands
A HIGHLANDS WEDS HUB EVENT**

Weds 25 July 1.30 pm



"PADDINGTON II"

A delightful sequel that will charm audience of all ages. Paddington the bear is a popular member of the community who spreads joy and marmalade wherever he goes.

So if you have younger family members with you during the summer bring them along to Highlands as all are welcome to enjoy this summer holiday film.

The Revolving Door -Troubled Souls

Out on our Street Pastor patrol, we often talk to people who are troubled about issues in their lives. It's why God has sent us out in this role. Folk on the street often ask: 'Why do you do this?' and that's our opportunity to 'sow a seed' from our own personal experience of Faith. Some other questions are harder. Here are three examples:

George began by joking with us, but moved on to describe his near-death experience in a motor accident shortly after the death of his wife and child. The deep scars on his head showed how bad his injuries were, though but he fully recovered. However, to his frustration, nobody takes him seriously when he describes a vision he had immediately after the impact. The vision was of a person sitting beside him in the car who responded to George's acceptance of almost certain death by saying: "You may be ready to die but the time has not come yet".

Everyone including medical professionals, mental health counsellors, friends and relatives have dismissed this experience as a post-traumatic disorder whereas he is certain of the experience as reality.

To people suffering bereavement we explain that God has a plan for each of us. So any presumption of a particular lifespan is inappropriate. After all, Jesus offered the gift of Eternal Life to those who believe in him.

But in George's case nobody wondered if it was an angel sent by God who had visited him in his crashing car, to tell him that God's plan for him was not fulfilled. He went on to tell us he had since remarried and had a three-year-old son. We suggested that God clearly had much more good work for him to do. Furthermore,

once we explained the core of faith in God together with the teachings from Jesus, he gladly accepted the copy of Mark's gospel we gave him to take away and learn more.

With Mark and Jane outside the Chameleon Nightclub, a friendly greeting became a conversation. Mark was eager to challenge us with biblical knowledge questions. It seemed he had done some theological study, though we never found out the background to that and it didn't matter.

He explained that his parents abused him as a child by involving him in Satanist rituals and by introducing him to drugs, from which he was now terminally ill. During his childhood and teenage years he was induced to engage in evil activities (though he couldn't remember most of the details) and now he couldn't envisage ever being forgiven.

Jane also revealed that she was with Mark as a kindred spirit. She described herself as a Satanist, and referred to her own guilt about harmful activities as a child for which she had no explanation. Reassuringly, she no longer feels inclined to cause harm but still worries that she finds amusement in other people coming to harm.

Our first proposition in response was that they both clearly realised the evil in what they had done. God provides opportunity to forgive even the worst intent, so that anyone can make a fresh start by following Jesus' teachings in the form of his Gospel. Mark insisted that he had no right to be forgiven, even though he now engaged in much volunteer work to atone for his sins.

We quoted John: 3:16. Eternal Life is a free gift not earned or deserved and only needing acceptance of Jesus as Saviour. Jane understood and accepted this better, but unfortunately both were only visiting Southend from the West Country, so couldn't introduce them to a local church through which involvement in

Christian Fellowship would confirm our proposition. We offered God's forgiveness to Mark and Jane on behalf of Jesus and prayed with them that they would accept it. Later we prayed that the seeds we had sown would grow in their hearts.

And finally:



The Police had asked us to look out for 15-year-old Susan. They are obliged to protect her on our behalf. The teenager hostel where she had been placed 'in care' had reported her as missing. We duly asked the Police to respond and, in the meantime, had a chat with her. We learned that she was on a 'flight for freedom'. She was not an aggressive or argumentative child (as some might expect) but a free spirited young woman who was felt that institutionalised 'care' suppressed and enclosed her. Without knowledge of the conditions at the hostel we couldn't pass judgement. We urged Susan to accept that the Police were genuinely and only concerned for her safety. I encouraged her to take the opportunities that the people running the hostel offered, rather than fight against the 'system' and later, we prayed on that. In our brief conversation I did sense a change in her demeanour and an acceptance that the people trying to look after her at the hostel were working for her and probably truly cared for her wellbeing.

However, we met her again out at 2 am the following Sunday morning. Again, we urged her to take care not to get into trouble and subsequently prayed on that. It was no place to judge or to preach. Yet the conversations with my friends at HopeThree16 came flooding back to me. They have found deep mental health issues out of a childhood in the Care System, often leading to homelessness. So for the second time, we reported to the Police and prayed that Susan would be collected and eventually taken into a really caring home environment - one from which she will not need or want to 'escape'.

Our mission of street pastoring throws up a limitation I find hard to deal with. It is that we are unlikely to meet the likes of George, Mark and Jane again. So we can only pray that the seeds we sowed are given opportunity to grow and flourish.

Tragically however, we may meet Susan again and I pray for more opportunity to influence her away from the risks to which she is unwittingly exposed. My great fear is that she will now regard us as her 'tell-tale' foes and run away from a future encounter. We would like to build a relationship through which we can offer Jesus as a route to the love and comfort she so needs. Love and can comfort that can perhaps be best enjoyed within a Christian fellowship.

Note: The names of the above mentioned individuals have been changed to protect their privacy

Footnote:



One great way that you might be able to help Southend's homeless community is by donating good quality furniture, in good condition, that you no longer need. ☎337843 for more information.



Arts & Crafts

Highlands Hobbies

We will be meeting on Thursday 5th July in the vestry, followed by a lunch for those who wish to stay. We will also meet on 19th July for our **Community Day** when we will be hosts to Showstoppers with crafts and fun whilst they entertain us and the community. Refreshments available all day. All are welcome.

Contacts - Jean Edmonds ☎525250 or Ros ☎478631

MoTHs (Meet on Tuesdays at Highlands)

Our next season's MoTHs afternoons begin in September after the summer break.

PinPoint

We are a friendly, open group and our members are both new and experienced sewers who enjoy embroidery, tapestry, cross stitch, quilting etc. We also bring our own mending to do - sewing up hems and replacing buttons. We enjoy helping and encouraging each other.

It will be lovely to welcome new members into PinPoint from September onwards. We begin the new year's meetings on September 12th and 26th, then every 2nd and 4th Wednesday each month. Come and join us then.

"The Hub" provides us with refreshments and helps us to spend an enjoyable morning, chatting, sewing, mending or learning how for the first time.

Quilt as you Go (QAYG)

Cushion Cover/Tablemat Classes for All

Is now under way. Contact - Jean Edmonds ☎525250

Humour Corner

Taxi customer on the phone:

My cab hasn't turned up? I have to be at the airport by 8:30.

Telephone operator:

Don't worry sir. I'm sure we'll get you there before the plane takes off

Taxi customer on the phone:

I'm sure too. I'm the pilot.



Jobs for the garden

From our Special Gardening Correspondent

What a busy time in the garden!

But you should have the benefit of all your hard work with fruit and vegetables coming along well now. I've been eating my new potatoes – don't they taste good – but you must keep 'earthing up' both new and main crops. Earthing up protects the developing potatoes from the light and stops the tubers turning green. Those green potatoes are poisonous.

Keep those potatoes well-watered in dry weather and they will benefit from a feed from the second earthing up. Tomatoes should be fed too with a high potash feed and pick out those side shoots.

One of my early morning jobs each morning is to check my lilies for lily beetles. It's the number one pest of lilies and can reduce a plant to nothing in just a few days. The adult beetles are bright red, about 8mm or $\frac{1}{3}$ of an inch; the eggs are laid on the underside of leaves and vary in colour from bright orange to nearly red. You need to sneak up on



the plants quietly while the beetles are sluggish, pick them off and squash them. If they see you coming, they drop to the ground on their backs making them difficult to spot.

Slugs are enjoying my hostas and I'm trying out a garlic spray which is supposed to make the plants unappealing. This is the recipe - 2 bulbs garlic and 2 pints water. Crush the bulbs of garlic and then steam or boil in 2 pints of water for 3 to 4 minutes until blanched. Strain mixture and make back up to 2 pints. Leave to cool.

When ready to use, mix one tablespoon in five litres of water and sprinkle on to leaves (in late afternoon in dry weather) Re-apply every two weeks. The mixture dries on the leaves making them unappealing to slugs and snails! I'll report back if it works!!

Another easy conditioner for camellias is a good dose of Epsom salts. Camellias prefer to be grown in an acid soil and a dressing of Epsom salts (1 tablespoon to a gallon/4½ lt of water) once a year will keep them perky.

One of my favourite summer flowers is the foxglove and they self-sow easily, so you'll always have them popping up in your borders from year to year. However you can also harvest and sow foxglove seed in summer in order to raise new plants in pots. These can be planted out later exactly where you want them to grow.

Sow the seed as soon as you collect it, so that it's fresh and seedlings are well-developed before winter. Sow in pots of pre-watered seed-sowing compost and keep the pots in a cold frame.

Happy gardening

SGC

Serving the Homeless

At the successful Afternoon Tea at the Park View Suite we raised £489. Thank you to all who attended. The Committee presented Gill Garwood, the retiring Chief Executive with a travel wallet as she retires after 14 years and moves to Australia to be with family. We wish her successor Jackie Squires every success.

Just so that you can keep the dates free:

- there will be a meal at *The Regatta* restaurant in Leigh on Thursday 5 July.
- in July/August our Summer Raffle Tickets will be on sale for the draw on 3rd September
- Indian Meal at *The Yak and Yeti* takes place on Thursday 13 September
- there's a Music Evening and Buffet at Our Lady of Lourdes Church Hall on Saturday 27 October
- Wine Tasting evening by *Vino Vero* at St Margaret's Church Hall on Friday 16 November
- Service of Carols and Poems on Friday 14 December at Our Lady of Lourdes

Wednesday Coffee Morning at the HUB

We are waiting to serve you a special coffee at our Wednesday Hub morning from 10:00 to 12:00 every Wednesday

Take a break from your busy life, look in for a chat or information about Highlands through the week.

PinPoint

We meet together on the second and fourth Wednesdays of each month from 10:00 am to 12:30 pm.

We are a friendly, open group and our members are both new and experienced sewers who enjoy embroidery, tapestry, cross stitch, quilting etc. We also bring our own mending to do – such as sewing up hems and replacing buttons. We enjoy helping and encouraging each other.

"The Hub" provide us with refreshments and help us to spend an enjoyable morning, chatting, sewing, mending or learning how for the first time.

Quilt as you Go (QAYG) Cushion Cover/Tablemat Classes for All

This programme is now under way but would welcome latecomers. Contact Jean Edmonds ☎525250 for further details.

Humour Corner

Man in park, whose hat is being abused by a puppy:
I say! Your wretched dog is ruining my best hat!

Owner of puppy:
Frankly, old chap, I couldn't care less about your hat. And if that's your best hat, I'd hate to see what the others are like.

Owner of hat:
I don't particularly care for your attitude!

Owner of puppy:
*It's not my 'at 'e chewed.
It's yours!* [Punch-up ensues]



Alternative Worship

Gospel@The Fishermen's Chapel

Sunday 8 July at 7:00 pm for 7:30 pm (second Sunday). All are welcome for this relaxed evening of Gospel Music and reflection with tea/coffee and cake before and after the service. This occasion is not only tuneful and uplifting but a whole lot of fun.

The Fishermen's Chapel was formerly called New Road Church, situated (logically enough) in New Road just north of the railway line.

Belfairs Thirsty For?

Thursday 14 May at 7:00 pm (second Thursday)

Wesley Informal Service

Tuesday 26 June at 8:00 pm (fourth Tuesday)

If you would like to take part in any of these but need a lift to get there, contact AH ☎473111 and I'll do my best to make it happen.

Future Committee Meetings:

Property & Finance	TBA
Church Council	16 July at 8.00 pm
Community Day	19 July from 11:00 am to 3:00 pm
Family Committee	10 September at 8:00 pm
Pastoral	25 September at 10:00 am

Coffee Mornings in July

Saturday 7 July	Music @ Highlands
Saturday 14 July	Missions
Saturday 21 July	Action for Children
Saturday 28 July	TBA

Church Flowers

Sunday	Donated by	In memory of	Arranged by
1 July	Joan Ford	To celebrate her 90 th birthday	Jean
8 July	Maureen Kelly	Michael and Peter	Margaret
15 July	Dorothy Allen	John	Pauline
22 July	Andrea Ames	Pat and Greta	Margaret
29 July	Sandra Harrison	Mum and Dad	Jean

SERVING the COMMUNITY 7 Days a Week

Children and Young People

Highlands Toddlers	Monday 9:30-11:30 am	Margaret Wood ☎557512
Rainbows	Wednesday 4:00-5:00 pm	Jacqui Hendle ☎557147
Brownies	Wednesday 5:30-7:00 pm	Dilys Hadow ☎710207
Cub Scouts	Thursday 6:00-7:30 pm	Lesley Bacon lesleykbacon@googlemail.com
Scouts	Thursday 7:30-9:00 pm	Sally Monk ☎558857
Rangers	Alternate Thursdays 7:30-9:00 pm	Jacqui Hendle ☎557147
Guides	Friday 7:00-9:00 pm	Jacqui Hendle ☎557147

Fellowship Groups

Housegroup meets on 2nd and 4th Tuesdays.

Services to the Community

Regular **Sunday Worship**

Tuesday Morning **Prayer Service** at 9:00 a.m.

Traidcraft: Catalogue available for orders. Please contact Pamela and Patrick Smith - ☎557702.

Social and Recreational

Knit and Natter Tue 10:00 am-12:00 noon Sylvia ☎556433
Group

Badminton Club Mon 8:00 pm Sarah ☎476009
or Sophia
☎07796 265676

Hobbies 1st & 3rd Thu 10.00 am – 12:00 noon Jean ☎525250

Ladies' Badminton Fri 10.00 am – 12:00 noon Dilys ☎710207

Adult Art Classes Thu 2:00 – 4:00 pm Susan ☎551025
Children's Art Club Thu 4:00 – 5:00 pm or 07875 079739

Items for the **August 2018 issue** should be emailed to andrewghyde@aol.com before **Sunday 22 July**. No email? Don't despair; just telephone 473111 to arrange an alternative.

HIGHLANDS METHODIST CHURCH SUMMER COMMUNITY DAY

featuring
Southend Mencap "Showstoppers"
Thursday 19th July
11am - 3pm
including all age Community Service
at 2pm

COME ALONG AND JOIN
THE FUN



ALL AGE SUMMER CRAFT
SHOWSTOPPING PERFORMANCES * SINGING
REFRESHMENTS