



The **HIGHLANDER**

March 2020

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

Worship in March 2020

1 st	10:30	Café Church	Kathy McCullough
8 th	10:30	Morning Worship Communion	Rev Norman Hooks
15 th	10:30	United Service at Highlands	Rev Dr David Chapman
22 nd	10:30	All Age Worship Mothering Sunday	Rev Norman Hooks
29 th	10:30 [🕒]	United Service at Highlands	Pastor Steve Mayo

🕒 Clocks go forward today

Children of all ages are welcome at all our services
Come in and FaceTime with Jesus

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.

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

All telephone numbers are '01702' unless stated

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Church Flowers	Jean Edmonds	525250
Lettings/Use of Premises	Les Davis	558381
Older Persons' Worker	Julie Peek	479804

From the Editor

Continuing with a theme of mental health, I was very pleased by the feedback I got from last month's issue. In particular, one reader shared with me her own experience of mental ill-health. I thought that her story was both moving and insightful. It gave me a very clear idea of how it must feel when mental health is deteriorating, and the impact it has on a life. It also gave a very clear pointer to how I could help as a Christian.

As such I asked whether I could share it, and received an immediate 'yes'. I naturally offered anonymity, but the writer would have none of it. Her open and frank approach makes the narrative all the more powerful. You can and should read it on pages 7-9.

In the same spirit, I can tell you that – apart from an occasional grumpiness that most of us recognise – I have not knowingly suffered any mental illness. However, I have two siblings who suffer with depression in one case and dementia in the other. My late and much-loved aunt was hospitalised at the 2,500-bed Friern Hospital (formerly Colney Hatch Lunatic Asylum) for long periods as a result of not coping well with her childlessness. The marriage of my nephew has recently ended, with mental illness being a key reason for their unhappiness. Every time I help out at the Winter Night Shelter, I find that poor mental health is a common cause of homelessness (alongside relationship break-up, prison or armed forces discharge, substance abuse and destitution).

So, it seems that even if we personally have a clean bill of mental health, we cannot prevent mental health issues from having an impact on our lives. Often in the past the subject was taboo. As a child, nobody told me where my aunt had gone. But we certainly can't tackle it effectively by pretending it doesn't exist. It's up to all of us to support mental health charities if we can (see page 14 for details of an event), and we must all of learn how to listen; especially when someone tells us, directly or indirectly, that they are really not coping very well.

A handwritten signature in black ink, appearing to read 'Andrew', with a stylized, cursive script.

Puzzle of the Month

Can you spot no fewer than **19** animals in the passage below?
Some may overlap...



*Kneel in the kayak, grasping the boat, but
don't wrench the bullion or scowl at the
chart.
Behind the taped and sealed planter is a
benevolent collier. The foxglove is in the
bath.*

(Annoying isn't it? Answer on Page 16)

From your Minister

I was brought up in one of those homes where my mum and dad did all they could to protect us from the challenges and hardships of life. Only as I look back do I realise it must have been very tough for them.



Dad had TB and spent long times in the Sanatorium; even when he came home, he was unfit to work. As a young child, probably about eight years old, I asked mum: 'How much money would you like to have, for us all to live on?' I will never forget her reply - 'Just enough and a little bit more.' There wasn't much but we never went hungry and knew we were loved!

As long as I can remember, people have always said: 'I don't know what the world is coming to.' And yet it only seems as if things get

worse - war, floods, climate change, terrorism, famine, earthquakes diseases... Not to mention the fact that we can no longer have any confidence that anything is true. However, the thing that bothers me the most is the fact that our children are no longer sheltered or protected from all of this madness.

In a recent prayer and Bible discussion at Highlands, I was struck when reading a passage from Ezekiel the two words '...sovereign Lord!'.

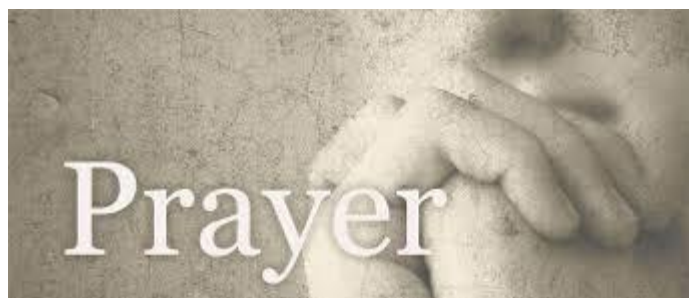
Therefore, in the middle of all this chaos we have a Heavenly Father who will never lose control and invites us all as his children to come and find peace and shelter in him. As we journey through the season of Lent let's remember the words of Jesus as he looked over Jerusalem:

'Jerusalem, Jerusalem... how often I have longed to gather your children together, as a hen gathers her chicks under her wings...' (Matthew 23:37).

This is not a case of burying your head in the sand when the storm is raging. Rather it is finding a place of peace with Jesus in the eye of the storm, but always being mindful of those whose lives are devastated all around us, in an ever-shrinking world.

The peace of God doesn't come when strife and struggle cease. It is an inner peace, a gift of God's grace to us. It is that quiet confidence that, when the world is going mad, He is still on the throne.

God bless, Norman.



We pray for our friends who are ill, housebound or bereaved and for those in residential care: Pat Gare in *Admirals Court*, Jean Burgess in *St Martins Care Home*, Doll Edwards in *The Cedars* and Marie Moore at *Rosedale Court, Rayleigh*. Marie would welcome visitors. Our thoughts and prayers are with them and their families.

We remember friends and family of John Puddick, musician and teacher, who died recently. He played occasionally at Highlands. I especially remember his band ('The Elastic Band') playing at our wedding, and a regular gig for him recently was supporting Julie in memory worship at Westerley. The professional singer-songwriter and musician James Bourne (once guitarist, keyboardist and vocalist for the band Busted) was one of his former pupils. James acknowledged his debt to John, and once said in an interview: 'Virtually alone among my teachers, John really did give a **** [that I got things right]'.

Congratulations to Rev Teresa and Peter Rutterford on the safe arrival on 22 January of Aubrie Drew, a second granddaughter and a sister for Hattie; and congratulations of course to the proud parents Toby and Kelly.

Notices

ABRSM Exams

Please note that there are some vacancies for reception duties next week. Please sign up on the notice in the Jubilee Room

Action for Children Home Collection Boxes

I'd be very grateful if holders of these boxes could please let me have them for the annual opening.

This will be for my last time as I am retiring from this position. However, the good news is that Mrs Pamela Smith will be taking over from me. Thank you all for your support over the years for this very worthy cause and I know you will support Pamela in the same way.

Sylvia Cornwell

Weekly Envelope scheme

If any of the congregation would like to join the weekly envelope scheme, please talk with Frank Edmonds. It can act as a reminder of your weekly giving and if you are a taxpayer there is the opportunity to gain some tax relief.

Letter to the Editor

Dear Andrew

You would not believe how pleased I was to receive the Highlander. It may not be generally known that, I have been quite unwell for several months and, in particular, this past month. It culminated in me ending up in hospital, via ambulance, where I have been diagnosed with severe anxiety. I knew I needed help and have been reaching out to people for prayers which, unless you look back in hindsight, didn't seem to be forthcoming. Then, for the first time ever, you sent me the Highlander with your article on mental health. Prayer does work!

I find it helps to talk about my illness and so, in case it helps someone else, I thought I'd try and put something on paper.

In March 2001 I picked up a bug which just wouldn't go away. I was extremely tired, depressed, couldn't get out of bed and generally felt yuk! My GP picked up that I was suffering from Chronic Fatigue Syndrome (ME) and referred me to a specialist. In the course of the next 11 years I received psychiatric help (dreadful!), cognitive behaviour therapy (brilliant!) and a gentle exercise program. I was back and forward to work, with long periods of sickness and issues at work due to my mental health. Eventually I had to leave.

I spent many months in a wheelchair. I don't know how my family & friends coped with my mood swings, depression, stress and anxiety. Until I experienced these things, I had no idea what other people had gone through.

The past 9 years have been relatively OK, with just one recurrence where I knew I needed help and sought some more Cognitive Behaviour Therapy (CBT). It's amazing, even if you know what you're supposed to do to help yourself, you just need someone to talk to, someone who will listen and talk you through everything again.

Then last September I became unwell with gastritis, something that I had suffered with several years ago. Except this time, instead of being unwell for a day or two, I was completely knocked out for a week. My GP put me on some medication and ran all the usual tests.

However, at the end of the year, I became ill again despite my medication. This time various mental health symptoms appeared. My stomach was churning, I felt sick, I couldn't eat and I lost 1½ stone in 4 weeks (which was a bonus!)

At this time my daughter returned to work, leaving me with a toddler and a 3-month-old to look after. I freaked out! I couldn't cope. I knew I needed help and got rid of or resigned from everything that I didn't need to do; this was going back to basics of CBT. For the first time ever, I asked people to pray for me. Asking my GP for help I was advised to self-refer to www.therapyforyou.com. Accordingly, I registered and went through the online courses but I really needed

to talk to someone. I rang them but they couldn't do a telephone assessment for 2 weeks and I needed someone immediately.

Eventually I crawled into my GP's surgery and requested an ambulance to take me to hospital. As I had physical symptoms, severe shaking, rapid breathing, not being able to eat, he ordered an ambulance and I had my first ride as a patient in the back of one. At the hospital, I begged them not to send me home without me seeing someone from the mental health team (RAID) and eventually, after a very long day, I saw someone. It was so good to talk! He diagnosed acute anxiety.

When I got home, I googled 'anxiety' and, to my shock, the symptoms of anxiety were a perfect match for my supposed 'gastritis'! It had obviously been building for some time and probably since last January when my GP decided to take me off some medication that helped me to sleep. I haven't slept properly in a year! And who knew that stress and anxiety were two different things with different symptoms?

I am now waiting for more CBT and am having to take things very easy. I could not believe it when you sent me the Highlander for the first time. Your article on mental health came just at the right time.

I hope that if others read this and think they may need help, they will try Therapyforyou; or if they know someone who needs help, that they point them to that source of help. Or, just encourage them to talk to you, it really helps. At first, they may be reluctant; most of us hesitate to burden other people with our problems, fears, and so on. But it is such a relief.

Tina Gowers

Dates to Remember

Highlights at Highlands

Mothering Sunday

A special date for your diary. Sunday 22 March is Mothering Sunday (I'm sure you knew that).

Norman would like to make it into an All Age Worship event, so we'll be planning to involve as many as possible of our young people, probably (I guess) around the traditional themes of Mothering Sunday.



As well as that, we have a baptism to do. Amelia is the daughter of Ian and Vicki, and Vicki was a well-remembered member of our Scout troop - some years ago. So, it's a Scout event in that way, a celebration in every way, and, we intend, some FUN for everyone anyway. As ever, ALL ARE WELCOME.

Spring Fair

The event is on Saturday 16 May from 10:00 am to 1:00 pm.

An exhibition and sale of needlework, and Hobbies cards and gifts, plus plants and refreshments, (and hopefully much more) is at the planning stage. If you wish to join the fundraising group, please talk with Jean Edmonds (☎01702 525250).

Highlands Hobbies

We will be meeting on Thursday 5 March at 10:00 am in No 1 room when we will be continuing with Easter card making and lunch will follow for those who wish to stay.

We will also meet Thursday 19 March at 10:00 am also in No 1 room when we will be making posies in the lead up to Mothering Sunday

Please note we will not be meeting on 2 April due to other Showstopping plans. However, we're very excited to say that on Thursday 16 April Susan Smith, a highly respected local artist, has agreed to come and guide us with a simple acrylic painting.

If you would like to try out Hobbies for the first time or simply want to find out more about what we do, please call either Jean or Julie - All are welcome.

Contacts - Jean Edmonds ☎525250 Julie Peek ☎479804

P.S. on Saturday 14 March don't forget to come along and buy your Easter gifts and cards



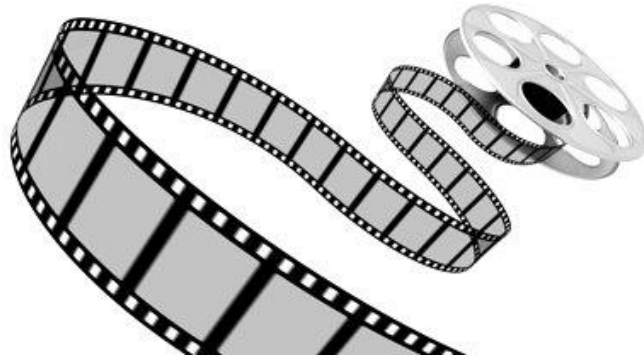
(Proceeds to Highlands church funds) at our special coffee morning

PinPoint

All are welcome to join our happy band of needleworkers, whatever your talent, or maybe just to be guided or to do your mending. We will be meeting on Wednesdays 11 and 25

March from 10:00 am to 12:30 pm.





Movies @ Highlands
A HIGHLANDS FRIDAY HUB EVENT
Friday 20 March 1:30 pm
'Downton Abbey' [2019 PG]



The worldwide phenomenon Downton Abbey returns in a spectacular motion picture, as the beloved Crawleys and their intrepid staff prepare for the most important moment of their lives: a royal visit from King and Queen of England. Written by series creator Julian Fellowes and starring the original cast, this grand cinematic experience will have you cheering for your favourite characters all over again.

This is a FREE EVENT (come from 12 noon with your picnic and enjoy some soup. Tea and coffee and Rossi Ice cream also available
Circuit Meeting

GOD IN LOVE UNITES US Session

This important meeting considers a report with an impact on the future direction of Methodist worship not only locally but across the whole of the UK. Details below. If you can't be there but would like to put your point of view, you can use the Highlands Facebook page, or just contact me.



CIRCUIT PLENARY SESSION
*on the Report of Marriage and Relationships
Task Group 2019*
Led by Rev Pete Moorhouse

**GOD IN LOVE
UNITES US**

At Highlands Methodist Church
Sutherland Boulevard, SS9 3PT
Saturday 28th March 2020
10am-1pm
Limited Parking in the Car Park
Street parking available
All Are Welcome

Elsewhere

Lent Course

Pastor Steve Mayo advises that Reverend Teresa Rutterford has kindly offered to lead a Lent Bible Study entitled:

A Methodist Way of Living - Preparing Through Lent.

This is open to Belfairs, Hadleigh, Highlands & Wesley Methodist Churches. (And anyone else who wishes to attend!)

It will be held at Belfairs Methodist Church on Wednesdays starting at 1:45 pm until about 3:00 pm and will run for 5 weeks from 4 March 2020 until 1 April 2020. Each section will stand alone, so if you can't make them all, you won't be left behind.

Quiz Evening

Leigh Road Baptist Church (Marguerite Drive SS9 1NN) is holding a quiz evening on Friday 6 March 2020 from 7:30 pm to 10:30.

Cost will be £5 per person (£40 for a Table of 8) but please note that the proceeds will go to Alzheimer's Research. For further details or to book a table please contact Nick Johnson on 07733 068726.





75TH ANNIVERSARY V E DAY!

**VICTORY IN
EUROPE
8TH MAY 1945**

**JOIN US AT A SPECIAL COFFEE
MORNING 10 - 12 NOON AT
BELFAIRS METHODIST CHURCH
EASTWOOD ROAD N. SS9 4NG
FRIDAY 8TH MAY.**

Puzzle of the Month

EEL, YAK, ASP, BOA, WREN, BULL, LION, COW, OWL, HART, HIND, APE, SEAL, ANT, VOLE, COLLIE, FOX, OX, BAT.

Kneel in the kayak, grasping the boat, but don't wrench the bullion or scowl at the chart.

Behind the taped and sealed planter is a benevolent collier. The foxglove is in the bath.

Well done if you got them all.



Serving the Homeless

Serving the Homeless

We continue to support HARP, Southend YMCA and the work of the Winter Night Shelter Scheme and are pleased to report that these facilities are now available seven nights a week.

The AGM on Monday 2 March is your opportunity to hear what we have achieved in the past year and our hopes for the future. All are welcome at St Margaret's Lower Church Hall at 7:45 pm.

You can find our calendar of future fundraising events in the Jubilee Room. Thank you all for your continued support by attending the functions we organise, your continuing contributions at the back of the church and of course your prayers that are always needed.

HARP

HARP reports that in 2019 they saw a total of 558 new service users. 216 of them were sleeping rough, 213 were 'sofa surfing' and 129 were at risk of losing their accommodation and needed help and support to keep it.

All received specialist advice on their situation. 423 people were housed in HARP accommodation and 95 people were moved on from HARP to live independently. HARP also provided 76,087 meals, 2,293 night packs and 336 emergency food parcels.

As you can see the problem is not diminishing and your help, in any way, is most appreciated. Next month's *Highlander* will include a fuller report from HARP.

Winter Night Shelters

Another thank you now due. Affinity Restaurant (the one just around the corner from Highlands) have promised 25 desserts for our hosting the Night Shelter on 29 February

Highlands Methodist Church Eggstra-ordinary Easter

coffee morning



Do you know someone who cannot see too well? Someone who can no longer read a Newspaper? We can help!

SOUTHEND TALKING NEWSPAPER

(registered charity no. 280590)

An entirely FREE weekly audio recording of local news sent by first class post to people with visual impairment, plus two regular magazine editions. All are available on memory stick or CD, and where needed a FREE memory stick player can be supplied.

The service is also accessible on internet via British Wireless for the Blind or check with us if you use smart devices

phone 01702 89 89 00 or email us at southendtalkingnews@gmail.com
website <http://southendtalkingnewspaper.org.uk>



Jobs for the Garden

From our Special Gardening Correspondent

Rather than write about what's happening outside, I thought I'd tell you how pleased I am with my new propagator. I really haven't wanted to be outside these last few weeks in all the wind and rain but I've been busy getting my tomatoes going.

I treated myself to a new electric propagator, a really basic one from a chain store – nothing sophisticated - and wow, those tomato seeds germinated within a few days. The soil temperature stayed at 22 degrees which is perfect for tomatoes. It would be just right too if you wanted to germinate parsley, onions, cabbages, basil, beets, swiss chard etc. If you want to get basil, chilli peppers, aubergines going, you'll need to have the temperature a little higher.

Once the seeds have germinated, you need to prick on as quickly as you can. Whilst the seeds like heat, the seedling roots want cooler conditions so get them into little pots as soon as you can. So now I've got the tomatoes going, I'm about to put the next lot of seeds into the propagator.

Hopefully the weather will improve over the next few weeks and I'll be able to get outside and do all those jobs that need to be done this time of year.

Meanwhile, enjoy the spring flowers – it's so wonderful to see the colours of everything coming back into life. There's even blossom on the trees. Happy gardening until next month ... SGC

Dine with the Homeless

Oaty fruity cookies

Brenda made these to take to the night shelter last month and they went down a treat with a welcoming cup of tea. One of our guests said they were the best cookies he had ever tasted and gave Brenda a big hug. Needless to say, we're taking more down with us next time.

250g butter	225g porridge oats
175g soft brown sugar	50g raisins
175g SR flour	175g fruit – mix of apricots, candied peel, cherries, all chopped.

1. Heat oven to 180°C/fan160°C/gas 4. Line two large baking sheets with baking parchment (or grease if you don't have parchment)
2. Beat butter and sugar until light and fluffy. Stir in flour, oats and mix well. Blend in the fruit until evenly spread throughout the mixture.
3. Make 20 pieces and roll each piece into a ball. Arrange on baking sheets and flatten the rounds with your fingers to a nice cookie shape.
4. Bake for 15-20 minutes until pale golden but still a little soft in the centre. Cool on the baking sheet for 5 minutes and then transfer to a wire rack where they will harden as they cool

Poem for March

This month's poem is a rather satirical take on the Ten Commandments – *The Last Decalogue* by Arthur Hugh Clough (1819-1861). Be amused rather than outraged, because Clough's target is Victorian hypocrisy rather than holy scripture.

*THOU shalt have one God only; who
Would be at the expense of two?
No graven images may be
Worshipped, except the currency.
Swear not at all; for, for thy curse
Thine enemy is none the worse.
At church on Sunday to attend
Will serve to keep the world thy friend.
Honour thy parents; that is, all
From whom advancement may befall.
Thou shalt not kill; but need'st not strive
Officiously to keep alive.
Do not adultery commit;
Advantage rarely comes of it.
Thou shalt not steal; an empty feat,
When it's so lucrative to cheat.
Bear not false witness; let the lie
Have time on its own wings to fly.
Thou shalt not covet, but tradition
Approves all forms of competition*

Humour Corner

Some traffic news
announcements that have
probably never happened.
But who knows?

On the A13 a lorryload of raspberries has collided with a lorryload of sugar, causing an enormous jam. Drivers should stick to the inside lane

Report just in: a van has spilled its load of cold remedy, but Essex Police are reporting no congestion.



Hello Life! is a free service provided by South Essex Advocacy Services (SEAS) to help and support

- local people (living in the Southend Borough)
- over the age of 60,
- experiencing loneliness and feeling socially isolated.

We aim to achieve this by introducing clients to local clubs and activities, enabling them to build confidence, independence and hopefully to make new friends. Our support can extend to attending an activity alongside our clients for the first time. The clients will then hopefully feel confident to attend independently.

We have produced a 'Hello Life' booklet detailing clubs and activities that clients might want the opportunity to rekindle. They might also like to take up a hobby, maybe try something new, or perhaps just meet other people for tea/coffee, cake and chat.

We are delighted to feature clubs and activities at Highlands. We introduced a very special lady, Doreen, to the Pinpoint Christmas project. Now she has completed this she continues to attend Pinpoint.

Our partners Age Concern support Hello Life! further through their Befriending service if this is more suitable. We also refer clients to Age Concern, for help on transport with a volunteer driver, at a very reasonable mileage rate.

Hello Life! has been made possible by the three-year funding received from the National Lottery Community Fund; SEAS look forward to being able to grow the service in 2020.

For further details please contact:

Lisa Bartlett – Coordinator 'Hello Life' ☎01702 340566 or 07436 283701 📧 lisa.bartlett@southessexadvocacy.org

Message from Church Action on Poverty **Our message to the UK's churches**

There is a pressing need to bring the deepening crisis of poverty, afflicting many of our families and communities, to the centre of our life together as a nation.

Brexit debates and the recent General Election have revealed and exacerbated painful divisions in society. Far too many feel left behind, ignored and marginalised. As local churches, we bear witness to these realities in communities the length and breadth of the UK, and to the powerful currents that continue to sweep so many into debt and destitution.

The Church cannot remain silent for as long as this situation continues to exist. For us, this is a matter of faith: It is about responding to the gospel priority to put the needs of the poorest and most vulnerable first.

As churches, we must redouble our efforts not just to alleviate the symptoms of poverty, but to call out the root causes, systems and structures which ensnare so many in poverty today.

At local level, we commit to becoming genuinely part of a 'church at the margins' where those on the margins of society feel welcomed, where their God-given dignity is recognised, and where their talents, hopes and visions for the future are celebrated and affirmed.

At national level, we call on our church institutions to commit to the task of becoming a true church at the margins and to properly resource this, as a genuine expression of the gospel priority for the poorest and most vulnerable.

Above all, as Churches we are compelled to speak truth to power, with and alongside those whose voices are consistently ignored by those in power in corporate, media and public life. Poverty and gross inequality are not acts of God but structural defects that can be corrected. Speaking truth to power is a task for the whole Church, and one given greater urgency now, amid political debates that continue to expose the divisions within society.

As the Lord heard the cry of his people in exile in the Old Testament and intervened, let churches hear the cry of the poor in our neighbourhoods, and work with them to realise a vision of a society in which all can enjoy life in all its fullness.

Humour Corner



Alternative Worship

Gospel@The Fishermen's Chapel

Sunday 9 February at 7:00 pm for 7:30 pm (second Sunday). Gospel Music and reflection with tea/coffee and cake before and after the service.

Belfairs

Thirsty For??

Thursday 12 March at 7:00 pm (second Thursday)

Wesley

Informal Service

Tuesday 24 March at 8:00 pm (fourth Tuesday).

Memory Worship

Worship for those with and without Dementia
Monday 16 March at 2:00 pm (third Monday)

Humour Corner

Computer: *What password would you like to use?*

Computer user: *'b-e-e-f-s-t-e-w'*

Computer: *I am sorry, but beefstew is not an acceptable password*

Computer user: *Why not?*

Computer: *It's not stroganoff.*





Coffee Mornings in March

7 March Music @ Highlands

14 March Hobbies (Easter crafts – more on page 11)

21 March Church

28 March Church



Flower Rota

	Donated by	In memory of	Arranged by
1 March	Frank Edmonds	Mum	Jean
8 March	Sylvia Cornwell	Alan	Margaret
15 March	Meriel Mallet	Tony	Pauline
22 March	Rosalie Bryant	Parents	Jean
29 March	Betty Hall	Arthur	Margaret

There are some vacant slots on the flower rota. Please contact Jean if you would like to take one up.

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 Haddow	☎ 710207
Cub Scouts	Thursday 5:45-7:15 pm	Lesley Bacon lesleykbacon@googlemail.com	
Scouts	Thursday 7:30-9:00 pm	Sally Monk	☎ 558857
Rangers	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 am.

Social and Recreational

Knit & Natter Group	Tue 10:00 am-12:00 noon	Sylvia ☎556433
Badminton Club	Mon 8:00 pm	Sarah ☎902235 or Sophia ☎07796 265676
Hobbies	1 st & 3 rd Thu 10.00 am – 12:00 noon	Jean ☎525250
Ladies' Badminton	Fri 10.00 am – 12:00 noon	Dilys ☎710207
Pin Point	2 nd /4 th Wednesday 10:00 am – 12:30 pm	Teresa 07704 016391 Glenis 07484 744540
Adult Art Classes	Thu 2:00 – 4:00 pm	Susan ☎551025 or 07875 079739
Children's Art Club	Thu 4:00 – 5:00 pm	

Items for the **April 2020 issue** should be emailed to andrewghyde@aol.com **before Sunday 22 March**. No email? Don't despair; just telephone 473111 to arrange an alternative.