



The **HIGHLANDER**

August 2021

The monthly newsletter of Highlands Methodist Church, Leigh on Sea

| | | |
|--|---|-------------------|
| 11:00 am Sun 1 st | Morning Worship Café Church | Kathy McCullough |
| 11:00 am Sun 8 th | Morning Worship Communion | Pastor Steve Mayo |
| 11:00 am Sun 15 th | Morning Worship | Worship Leaders |
| 11:00 am Sun 22 nd | Morning Worship | Jane Fulford |
| 11:00 am ¹ Sun 29 th | Morning Worship United Service at Wesley | Pastor Steve Mayo |

These services are scheduled to be held live in Highlands Church and we recommend facial covering (unless exempt) and observing distancing. If, as is likely, there are changes, these will be notified by email or on Facebook.



Highlands (Leigh) Methodist Church

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

¹ This timing is not an error. Wesley services are now at 11:00 not 10:30.

Highlands Methodist Church

Hospitality in the Midst of our Community

All telephone numbers are '01702' unless stated

| | | |
|-----------------------------|---|--|
| Minister | Pastor Steve Mayo pastorstevemayo@gmail.com | 483827 |
| Secretary to Church Council | Kathy McCullough/Margaret Wood | 714528 |
| Church Stewards | Andrew Hyde Jean Edmonds Steve Jones Kathy McCullough Donald Mayes | 473111 525250 553898 714528 473787 |
| Worship Leaders | Jennifer Courtenay Frank Edmonds | 556140 525250 |
| Church Treasurer | David Watson | 555702 |
| Property Co-ordinator | Anne Lane annelane8@btinternet.com | 01268 755291 |
| Children's Workers | Jean Edmonds Ros Bryant | 525250 478631 |
| Pastoral Co-ordinator | Jean Edmonds | |
| Church Flowers | Jean Edmonds | 525250 |
| Lettings/Use of Premises | Les Davis | 558381 |
| Older Persons' Worker | Julie Peek | 479804 |

From Your Minister



I'm sure that at this time of year, many of us find our minds drifting off to thoughts of sun-soaked holidays. Whether that holiday be overseas or within the UK, one of our dilemmas is what to pack and what not to pack. I know from previous experience that I never end up wearing half the clothes I pack for a sunshine holiday! Many of us are very careful with our packing, even making lists so we don't forget anything.

But we also have to make sure we pack the right things. We don't need woolly hats and heavy coats if we're travelling to the Middle East for a holiday in the sun; nor do we need beachwear on a skiing holiday in the Alps!

However, packing the wrong things can't stop us packing the right things. And life can be very similar to packing for a holiday.

In our 'suitcase of life,' we need to pack the things that will be useful for Christian living, even essential, and not pack the wrong thing

which could push out the good important things we need on life's journey. So, what thing do we pack in our 'life's suitcases?'

Well, 1 Corinthians 13 gives us the ideal packing list for life's journey. A list of good things we should pack, but also a list of the things we shouldn't. It reads:

Love is patient and kind. Love is not jealous or boastful or proud or rude. It does not demand its own way. It is not irritable, and it keeps no record of being wronged. It does not rejoice about injustice but rejoices whenever the truth wins out. Love never gives up, never loses faith, is always hopeful, and endures through every circumstance.

[1 Corinthians 13:4-7 NLT]

My prayer for all of us is that we would make sure, with God's help, that we have packed correctly for life. And if we haven't, that we



would allow God to work in our lives, removing the unwanted traits and behaviours and replacing them with the positive, righteous things from His 'packing' list.

So, whether you're holidaying abroad or at home, or not holidaying at all, have a great summer and remember to pack the right things for life's journey.

**Every blessing,
Pastor Steve, May 2021
01702 483827**



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

Friends who remember **Janet** (nee Allen) **and Les Barclay** from Highlands in the 1950s will be sorry to learn that Janet died on 17 June at home in Ripon where she was cared for by both her daughters, Sue and Mary. She had lost Les in the summer of 2019, and had been in very poor health herself, but continued writing wonderful poetry, articles and stories into her last months. We send our love and condolences to all her family.

Congratulations to **Vicky and Ian Nicholson-Goodhew** who married on Saturday 17 July at Highlands.

From the Editor

Tell out, my soul, the greatness of the Lord!
Timothy Dudley-Smith (1926 -)

I don't know about you, but I can't read that line without hearing it sung inside my head. Often, I want to join in, but I'm a little bit too British and inhibited to do that in the middle of a busy street. It's usually sung to a tune called *Woodlands* by Walter Greatedorex. Here is the first line in case you want to give it a go...



...and you can find the rest of the words in *Singing the Faith* 186. It may seem like an ancient text, and in a way, it is, being based on the *Magnificat* of Jesus's mother Mary, recorded in the Gospel of Luke. But the adaptation was written in 1961 and the writer (who later became Bishop of Thetford) is still with us, aged 94, and still writing hymns.

I apologise for what will seem like a sudden screeching turn, but did you like me watch most of the Euro 2020 matches? Whether you did or not, you probably know that the England team did very well². England only failed to win the competition because they lost out on a penalty shoot-out. As much I hate penalty competitions, it's worthwhile remembering that until 1970, the method of breaking a deadlock in a tournament match was by the toss of a coin! But I digress.



One of the things I noticed was that before every match the England team actually sang the National Anthem. This has not always been the case; some of the players in the past have stood still during the Anthem without any attempt at warbling. But my guess is that the manager Gareth

Southgate insisted that every player joined in. Mostly the players were much better at football than singing – luckily for all of us that it was the European Football competition not the Eurovision Song Contest³.

² and, for supporters of any other teams who happen to read this, your team did very well also.

³ You may wish to insert your own joke here.

Possibly Mr Southgate recognised the importance of singing together as a way of promoting (to use a musical term) harmony within his squad. By doing this he hoped to achieve unison, another word with musical connections.

So it is that I, and many others, have been delighted to resume singing in church. 'Tell out my soul, the greatness of the Lord' is exactly what we want to do; to sing praise. Using literally hundreds of other hymns we can proclaim God's goodness, His work and His enduring purposes. We can celebrate, commiserate, mediate and re-create. Above all, we sing with one voice, whether in harmony or unison, and He is glad once more to hear us.

*Omega and Alpha he!
Let the organ thunder,
While the choir with peals of glee
Now rends the air asunder.*
Percy Dearmer (1867-1936)

A handwritten signature in black ink, appearing to read 'Andrew'.

Humour Corner

Student sitting by the pool, trying to impress a young lady:
Tell me, have you read Marx at all?

Young lady:
Not half! It's these bloomin' wicker chairs.

Snippets

Hobbies

We are very happy to report that Hobbies returned to Highlands on 22 July with a little additional housekeeping - signing in, hand sanitising on arrival, spacing out tables with face coverings optional whilst seated and refreshments served through the hatch.



We got off to a super start with decoupage card making lead ably by Margaret and Marjorie. This will continue on Thursdays 5 August and 19 August. We meet in Number 1 room, and we start at 10:30 am

All are welcome but it would be helpful if you let Julie ☎479804 or Jean ☎525250 know.

Flower Rota



If anyone wishes to donate Sunday flowers in memory of loved ones, please contact Jean Edmonds ☎525250.

Now that we are physically back in church on Sundays, I have started a new Rota. So, most dates are free.

ABRSM EXAMS

I would like to thank all those involved with the recent series of ABRSM music exams. All the examiners were full of praise for the efficiency and smooth running of the sessions, particularly in view of the pandemic restrictions. The friendliness of the stewards was commented on, and they all thought that Highlands was an ideal centre for the exams. The exams of course are an invaluable source of income for Highlands. LD



Serving the Homeless

StH is holding its Summer Raffle to raise funds so that we can continue to contribute to HARP and YMCA projects. Tickets for our 'Hamper Bonanza' are now on sale, with the draw taking place at the beginning of September. Tickets can be purchased from any of our committee members.

In the meantime, we are hopeful of a return to more freedom of movement and are looking to fix dates for future fund-raising events including the popular Sunday lunch at Chalkwell Park Rooms at the end of January. Watch this space.



Thank you for your prayers and support. Please remember the HARP charity shops when donating or buying. We also hope to be able to receive donations at the back of church when unrestricted services begin again at Highlands.

Winter Night Shelters

Several people have asked whether WNS will resume this winter, and I cherish their concern. The answer at present is no, as far as I am aware. We no longer have the Whittingham Avenue premises available. Also, finance and a team of volunteers are not in place.

Southend Borough Council (SBC) have a strategy in place of working with charitable organisations such as HARP and St Vincent de Paul (SVP) to help homeless people into secure accommodation. You can read their long-term plan by going to www.southend.gov.uk and searching 'housing-homelessness-and-rough-sleeping-strategy'.

SVP provide a wide range of services including

- a foodbank supplying food, toiletries, household essentials and clothing and household items, as well as nappies and baby food.
- a 'Knock and Drop' service delivering food parcels and medicine to the most vulnerable beneficiaries
- a free hot meal from 7 pm – 8 pm every Tuesday, Wednesday, Friday, Saturday and Sunday
- a weekly food club where people and families can come along to the centre and purchase heavily discounted good quality food items donated by businesses and individuals.
- medical and veterinary checks
- befriending and dementia support

You can find out more about HARP at www.harpsouthend.org.uk and SVP at www.svp.org.uk/microsite/st-vincent-southend (or ask one of us)

Anyone who is in urgent need should contact

- HARP on 01702 615000, or
- SVP on 01702 592980 or
- the SBC Housing Solutions Team on 01702 215002, or email: housingsolutionsteam@southend.gov.uk

Lesley and Andrew

HOLIDAYING AT HOME - THURSDAY 26 AUGUST

10:30 am to 4:00 pm

Here we are again, Happy as can be!

For those of you that attended previous Holidaying at Home events at Highlands you will know we always have a wonderful day.

You don't need me to tell you that we all need a little light relief this year, so, Holidaying at Home is returning to Highlands this summer. We did set the bar high last time, so I have really enjoyed trying to make this year's event similar yet different. For this reason, the theme of the event this year is "Here we are again, happy as can be"

We have what I know will be a fascinating local history talk with local councillor Carole Mulroney; An exercise demonstration from Michael Rattigan from Everyone Health; a lovely home cooked lunch with after lunch musical accompaniment, a dance show which will get your toes tapping and an ice cream in the sunshine with a traditional Punch & Judy Show to round off the afternoon.

Cost for this Holidaying at Home Day is £10 per person.



THAT'S
THE WAY
TO DO IT!

If you would like to book a place, please do not hesitate to call me on 01702 479804

Julie Peek

Mission Enabler for Older People

Eating In

Hazelnut Fruitcake

Courgettes grow well in our climate, especially if well fed and watered. They usually fruit for many months, from early summer onwards, sometimes right through to the first frost. At first, they are welcome, especially when served *à la grecque* in a tomato sauce, but after a while, as they pile up in the vegetable rack, their charm fades.



Cake on the other hand never fails to please. So, what better than a cake recipe that uses up some of those pesky courgettes?

Ingredients

| | |
|--|-------------------------------|
| 225g/8oz unsalted butter | 1 tsp vanilla extract |
| 100g blanched hazelnuts, roughly chopped | 2 tsp mixed spice or cinnamon |
| 225g/8oz muscovado sugar | 1 tsp baking powder |
| 225g/8oz S/R flour | 175g/6oz courgettes, grated |
| 3 eggs | 85g/3oz grated eating apple |
| | 250g/9oz mixed dried fruit |

Method

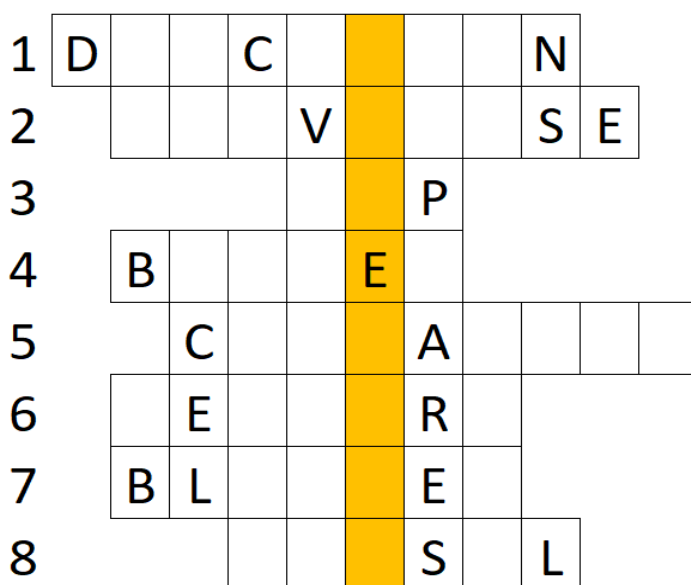
1. Pre heat oven to 180C/160C fan/gas 4.
2. Butter and line a 20cm cake tin with parchment
3. Put half the hazelnuts, 1 tbsp sugar, 1 tbsp of flour into a food processor and whizz until fine
4. Add to the processor the remaining butter, sugar and flour, eggs, vanilla, spice, baking powder and a pinch of salt. Whizz until smooth, then remove the blade and stir in courgettes, apple and dried fruit.
5. Spoon the mixture into the tin, then scatter the rest of the hazel nuts on top.

6. Bake for 70 minutes. It may need more if the courgettes are very watery, so test with a skewer and adjust up to 20 minutes longer. For the last 25-30 minutes, cover loosely with foil to produce rising.

Puzzle of the Month⁴

This month's puzzle is a crossword. I've put in a few letters to help.

All you need to do is solve the clues, then say what the answers all have in common. When you have filled the grid in, you'll find a clue by reading downwards in the shaded squares. Here goes with the clues:



1. Very harsh and severe (usually about laws and how they are applied)
2. To shock into action, or to coat something with zinc
3. Unit of electric current
4. Small adjustable gas burner used in laboratories
5. Surgical procedure used to effect delivery of a baby when a normal delivery is not desirable or possible
6. Stretchy one-piece garment worn for dance or other exercise
7. Large piece of woollen or similar material used for warmth.
8. Type of internal combustion engine that uses compression to heat fuel, typically in trucks, buses and railway locomotives.

⁴ Solution page 17

A Poem for August

Talking to Sylvia Cornwell this month I learned that one of her favourite poems was *The Rime of the Ancient Mariner* by Coleridge who incidentally went to the same school as me⁵. We agreed that it was too long, but there's no reason I can't share the opening, where the old mariner stops a man who is on his way to a wedding. If you go to Watchet in Somerset, you can find a statue that marks this fictional meeting. He carries the albatross that brings bad luck, and the crossbow with which he shot it. I leave you to find and read the rest of his story

The Rime of the Ancient Mariner

Samuel Taylor Coleridge (1772-1834)

Argument

How a Ship having passed the Line was driven by storms to the cold Country towards the South Pole; and how from thence she made her course to the tropical Latitude of the Great Pacific Ocean; and of the strange things that befell; and in what manner the Ancyent Marinere came back to his own Country.

It is an ancient Mariner,
And he stoppeth one of three.
'By thy long grey beard and glittering
eye,
Now wherefore stopp'st thou me?

The Bridegroom's doors are opened
wide,
And I am next of kin;
The guests are met, the feast is set:
May'st hear the merry din.'



⁵ No, we were not contemporaries.

He holds him with his skinny hand,
'There was a ship,' quoth he.
'Hold off! unhand me, grey-beard loon!'
Eftsoons his hand dropt he.

He holds him with his glittering eye—
The Wedding-Guest stood still,
And listens like a three years' child:
The Mariner hath his will.

The Wedding-Guest sat on a stone:
He cannot choose but hear;
And thus spake on that ancient man,
The bright-eyed Mariner.



Music Matters

From our Special Music Correspondent:

SMC concludes their introduction to traditional organ music.

Texts and tunes

The popular hymn *For the Beauty of the Earth* raises an interesting question. To which tune is it sung? In StF (102) two are given. The first tune, '*Lucerna Laudoniae*' by David Evans (1874-1948) is one I had never come across until I heard it on TV, sung at a memorial service in Scotland. I believe it is more known in the Presbyterian, Baptist and Methodist churches than in the Church of England. For example, it appears in StF, *Common Praise* and in *Hymns and Psalms*, but not in the *New English Hymnal*, *Hymns Ancient and Modern* or *Hymns Old and New*.

The second tune, '*Noricum*' is of a similar vintage but curiously occurs only in StF. The tune I had always known to these words is '*England's Lane*', which is an adaptation by Geoffrey Shaw of an English folk song. Its cheerful optimism seems to go well with the

words. Yet, whilst it appears in *Hymns and Psalms*, it is curiously absent from StF. It is also missing from *Hymns Ancient and Modern Revised* but appears in all the other hymnals mentioned above. So, we have one set of words and three possible tunes. And there's one more. In *Hymns Ancient and Modern Revised*, 'Dix' is given as the only tune⁶. It also appears in *Hymns Old and New*. 'Dix' is the tune to which *As with Gladness Men of Old* is sung, usually at Epiphany. It sounds odd to deploy it for *the Beauty of the Earth*, but this may simply be a question of familiarity and custom. A very old Baptist hymnal I have contains two further tunes which, strangely enough, have died a death.

One might ask how this situation is arrived at. Tradition has undoubtedly played a role, or is it/was it a case of withheld copyright? Or both? Or something else, such as ownership or the personal preference of the editors?

39.37 inches?

How is it possible to sing a text to different tunes? The answer is *metre*. In any music edition of a hymn book, you will find a metrical index. Metre means the number of syllables in each line. Many hymn tunes fall into the categories of SM (short metre), CM (common metre) or LM (long metre), although there are many, many others that don't. SM is a hymn of four lines, six syllables, six, eight and six. A good example is 'Trentham' or 'Carlisle' to *Breathe on me Breath of God*.

- CM is the formula 8686, such as 'St Anne' to *O God, our Help in Ages Past*.
- LM is 8888 such as 'Rockingham' to *When I Survey the Wondrous Cross*.

So, you can easily take the text of one hymn that fits, say CM, and sing it to another CM tune. You could, for example, sing *O God, Our Help in Ages Past* to 'Richmond' (*City of God, How Broad and*

⁶ Note to French readers: no, the editor doesn't know what happened to the other nine.

Far. You could even sing the words of *Jerusalem* (double LM) to 'Rockingham' twice, just to make a change from the familiar tune that Sir Hubert Parry created in 1916, at the height of the First World War. Can you imagine that? No wonder, then, that four tunes can fit *For the Beauty of the Earth*, which, incidentally, has a metre of 7777. Which one is your favourite? Why?

And then there are four tunes to *O Jesus, I have promised...* but let's leave it there!⁷

SMC

Puzzle of the Month Solution

All the answers are words derived from European historical figures.

1. Draco was a lawmaker in 7th century BCE Athens who believed in harsh punishments
2. Luigi Galvin (1737-98) was an Italian scientist and pioneer of electricity



3. André Ampère (1775-1836) was a French physicist
4. Robert Bunsen (1811-99) was a German chemist
5. Julius Caesar (100 BCE – 14 CE) was a Roman statesman, allegedly born by caesarean section. It's unlikely to be true.
6. Jules Léotard (1839-70) was a French ↩trapeze artist
7. Thomas Blanquette was a Flemish weaver who traded in the 14th century in Bristol
8. Rudolf Diesel (1858-1913) was a German engineer

| | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|
| 1 | D | R | A | C | O | N | I | A | N | |
| 2 | | G | A | L | V | A | N | I | S | E |
| 3 | | | | | A | M | P | | | |
| 4 | | B | U | N | S | E | N | | | |
| 5 | | | C | A | E | S | A | R | E | A |
| 6 | | L | E | O | T | A | R | D | | |
| 7 | | B | L | A | N | K | E | T | | |
| 8 | | | | D | I | E | S | E | L | |

⁷ Just in case you have any problem bringing some of these tunes to mind – just go into www.youtube.com and type in the name of any tune to hear a recording



Jobs for the garden

From our Special Gardening Correspondent

My garden is keeping me really busy at the moment so I've only time for a very short snippet this month. With the warm weather and the rain, everything is growing rapidly. So, there's just time for a few handy reminders and to share a couple of interesting facts.

Firstly, the reminders – keep cutting your sweet peas, feeding your tomatoes and all baskets/pots. Keep your birdbaths topped up and make sure that your pond has a ramp for wildlife to get out easily if they need to. Prune your flowering shrubs such as philadelphus and weigela and dead-head everything regularly. And don't forget to actually enjoy your garden – it's so enriching to be able to sit out in a garden, be it only a small patio area. Don't spend all your time fretting about the odd weed here and there or thinking about all the jobs still to be done.



On the matter of weeds, I was reading a piece by James Wong. He said that the question he is most often asked is: 'Is this a weed or a flower?' His answer? If you like it, it's not a weed. The only difference between a weed and a wildflower is cultural perception. Further on, James was talking about pruning roses. Don't worry about 'rules' of how it should be done – just cut back new growth by about half each autumn and all will be fine. New gardeners don't worry about doing things right. Experiment, learn from the results and enjoy your gardening. **SGC**

Singing

Lunch

Seaside Fun

Local history

Dancing



Here we are again, happy as can be

H



LIDAYING

AT HOME

HIGHLANDS METHODIST CHURCH

THURSDAY 26TH AUGUST
10.30AM TIL 4PM

COST £10 PER PERSON

TO BOOK YOUR PLACE TELEPHONE JULIE ON 01702 479804

This not for profit event has been planned for the older people of Leigh on Sea by the
Older peoples worker for Highlands Methodist Church

SERVING the COMMUNITY 7 Days a Week

Children and Young People

Fellowship Groups

Services to the Community

Social and Recreational

These services are suspended at the moment. We now feel confident that they can be restored soon.

For updated news keep following

www.highlandsmethodist.org.uk

or  Highlands (Leigh) Methodist Church

also www.methodist.org.uk is an excellent source of information and inspiration.

Items for the September 2021 issue should be emailed to andrewghyde@aol.com before the **earlier-than-usual deadline of Sunday 15 August**. No email? Don't despair; just telephone 473111 to arrange an alternative.



Hainault, looking over London. The 'Shard' is easily spotted