



The **HIGHLANDER**

July/August 2022

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

July

**These are services for July 2022. See next page for
August**

11:00 am Sun 3 rd	Morning Worship Café Church	Worship Leaders
11:00 am Sun 10 th	Morning Worship Communion*	Colin Turner
11:00 am Sun 17 th	Morning Worship General Church Meeting	Pastor Steve Mayo
11:00 am Sun 24 th	Morning Worship United Service @ Wesley	Worship Leaders
11:00 am Sun 31 st	Morning Worship United Service @ Highlands	Rev Clifford Newman

*officiant to be confirmed



August


These are services for August 2022. See previous page for July

11:00 am Sun 7 th	Morning Worship Café Church	Worship Leaders
11:00 am Sun 14 th	Morning Worship Communion*	Colin Turner
11:00 am Sun 21 st	Morning Worship	Pastor Steve Mayo
11:00 am Sun 28 th	Morning Worship United Service @ Wesley	Worship Leaders

*officiant to be confirmed

Services above are all live, but details may be altered.



 Highlands (Leigh) Methodist Church
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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Children's Worker	Ros Bryant	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

We're coming into the holiday season now and already there has been dismay and disappointment for many! Because airlines are understaffed or over-selling seats on their planes, people have either had holiday cancelled, delayed, or even been stuck at their holiday destination (which I don't think is as good as it sounds!)



How heartbreaking it has been to see people actually getting to the airport, all excited about their holiday, only to be turned away. As I reflected on these events, two things came to my mind. My first thought was **consistency** and the second was **acceptance**.

Firstly, **consistency**: in a world where everything is changing from one week to the next, whether due to the now abating pandemic, or the financial crisis looming on the horizon, we all need to be able to cling to something; something stable, something with consistency. For Christians, that's our faith in God. The Bible tells us that God never changes.

'I the Lord do not change.' [Malachi 3:6 NIVUK]

His love, His protection, His providence, His guidance, His omnipresence, always remain the same. Jesus too remains the same.

Jesus Christ is the same yesterday and today and forever.'
[Hebrews 13:8 NIVUK]

So, no matter what changes come upon us, be it a financial change,

a health change, or anything else, we can rely on a God who never changes and is there for us as we journey along life's road. In the words of the hymn writer, Theodore Hopkins Kitching [1866-1930]

*How wonderful it is to walk with God
Along the road that holy men have trod;
How wonderful it is to hear him say:
Fear not, have faith, 'tis I who lead the way!*



Secondly, **acceptance**: When we come to Jesus, unlike an airport, we will never be turned away. Probably one of the most well known portions of scripture says;

For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life.' [John 3:16 KJV]

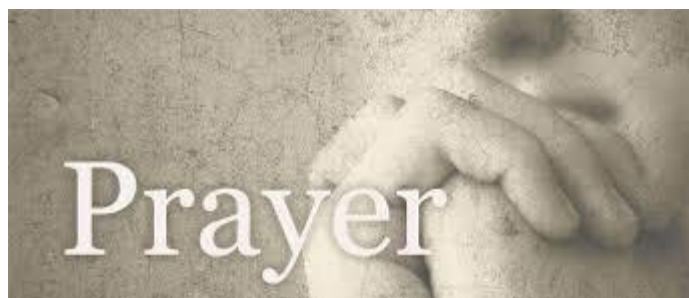
Again, in the words of another hymn writer, William John McAlonan (1863-1925)



*Whosoever will may come,
And who comes to him shall never
Disappointed turn away;
Praise the Lord! 'tis whosoever.*

That means anyone! No matter what we have done or where we have been, Jesus will accept any contrite heart! He always has, and He always will. So, if you're planning an away holiday or a 'staycation' this summer, may you be richly blessed and assured as you experience God's consistency and acceptance.

Every blessing,
Pastor Steve July 2022
pastorstevemayo@gmail.com
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.

We send our **condolences** to Sam Monaghan and family on the loss of Rev Julia. A fuller appreciation appears elsewhere in this issue.

Our **condolences** also to friends and family of Elise Thomas who sadly died on 25 May aged 93. years of life. Many will remember her as a member, and until recently a regular attender at Highlands. Refined, elegant and fiercely independent, she was happily married twice and donated flowers in the memory of her late husbands; Ralph and Gordon. She leaves children, step-children, grandchildren and great grandchildren all of whom she adored. Fair Havens Hospice looked after Elise in her last weeks and her family will remain eternally grateful for their kindness. To reflect this, they ask for donations to be made to the hospice, which can be done through <https://www.funeralguide.co.uk/obituaries/>

We also **remember in our prayers** family and friends of Jill Thorn who dies recently. She was for many years a leading light in encouraging and providing music for Highlands, especially in her own forte of woodwind. Her funeral will be at Highlands – date to be confirmed. The relevant information will be on the FaceBook page.

Finally (and please let it be so) Derek Garrood died on 13 June following a short illness. He was brother-in-law to Betty, uncle to Heather (Stanford née Garrood). Many will remember him from the Badminton Club at Highlands, where he was an enthusiast for many years before moving to Norwich. Our **thoughts and prayers** are

with his family.

Two of our stalwarts are currently receiving treatment at Southend. Tony Downing has now spent considerable time there and we **pray for his recovery**

Andrew Saville has suffered a stroke but is making slow but steady progress. The fact of his survival at all is due to prompt treatment immediately after the stroke, and this only happened because his daughter Katie was on hand and able to spot the signs of the illness. A timely reminder that we all need to be able to do this – find advice at www.stroke.org.uk. Meanwhile we **ask in prayer** for Andrew's recovery to continue.

We continue to **pray for peace** in Ukraine – may all parties reach a fair and just conclusion which respects the rights and wishes of the people of that land.

Snippets

Hobbies.

At the wonderful Community Day, it was lovely to see, adorning the tables, red, white and blue flowers, all arranged by Hobbies ladies on our celebration morning at The Croft.

Our next meeting will be on 7th July with card crafts of Quilling and Iris folding. On 21 July we will offer Flower arranging and Découpage.

We meet on Thursdays at 10:00 until 12:00 noon. All are welcome. Contact Jean Edmonds 525250

Christian Aid

Thank you to all who so generously donated to our Christian Aid collection. So far, we have raised an amazing £901.31.

Church Flowers

On 10 July flowers will be in memory of Julia Monaghan

On 17 July Dorothy Allen has donated in memory of her husband John.

Serving the Homeless

Thanks to a donation towards the cost of the evening, the Daisy Bowlers' event produced a magnificent profit of over £600. A big thank you to the Daisy Bowlers as they were still recovering from COVID. We had a great evening.

The homeless situation in our area does not seem to get any better. The economic climate and variable weather seem to make matters worse.

Plans for future fundraising events are:

Wed 20 July	Spring Raffle draw – tickets at £1 are still available. A huge selection of hampers to be won – wine, cheese, gardening, pamper etc.
Sat 10 September	Wine tasting evening arranged by Pipe of Port @ St Margaret's Church Hall
Sat 8 October	A Floral display with Arts and Crafts @ Our Lady of Lourdes – all day

Thank you all for your prayers and support during these difficult times.

Frank

From the Editor

Once again, I need not waste time on deciding what to write about. However painful the task, however inadequate my words, my subject is Rev Julia. I want of course to write a celebration of her life, not a lamentation of her death. A recent number of untimely deaths in recent months has made this especially important.



Julia had been a Methodist Minister for about 15 years, in Birmingham, here in Leigh on Sea and more recently as a Minister without Appointment in the Wey Valley Methodist Circuit, based in Surrey. Before that she worked for 25 years as a social worker

in mental health and child protection. Married to Sam, she was mother to Beth and Andrew, and grandma to toddler Leon. She had more interests than I can list here, but art – her own and that of others – was a particular passion, and she told of finding God in an art gallery. She was also tireless in raising money for cancer charities having suffered from 2 different cancers. For many years she lived with the disease simply through believing rightly that God still had work for her to do.

One talent (of many) that I admired in Julia was her ability to explain complicated stuff in a way that anyone could understand. She believed in the power of conversation, that differences could be solved just by listening and understanding. She was fearless in the way she channelled God's love into any difficult or awkward situation. She made inspiring others look easy and natural (often it isn't).

I got to appreciate some of her talents during a week's walk in the

north-west of Spain (Galicia) from Sarria to Santiago de Compostela. There were 20 of us including Julia, Sam and others of her family and church. My role was to find the hotels, buses and rations; with a great deal of help from my wife, that was the easy bit. Julia had the tough job; turning a hike into a pilgrimage. We all had spiritual needs that she recognised and helped us to meet. Hers was the real leadership.

If you want to know how smart Julia could be, listen to some (all if you like) her spiritual reflections on YouTube. They are easy to find. Go to <https://www.youtube.com/> and type her name into the search box. If you have any difficulty, ask friends or family to help. Like me, you will be lost in admiration of her clarity and the way she confronts difficult subjects.

I want to conclude this with an insight into how much fun she had in her ministry, and how much joy she brought to everyone she knew. For the 2013 Harvest Festival Julia set up a scarecrow competition. I can't remember who won but most people's (and Julia's) favourite entry was the one shown on the right...



We know that Julia touched countless lives in many different ways and she will be so sadly missed. Gone now to be held in the arms of Jesus, may she rest in peace.

Anne

Highlands Tuesday Lunch Club

2nd Tuesday of the month (starting Tues 12 July)

£5.00

Have you looked in the kitchen recently? Plans are afoot!

With the help of a very generous donation and a grant from Fowler, Smith and Jones Trust we have been able to provide the kitchen with a lovely new oven and hood and all the necessary safety equipment required for a venture of this nature.

We are very pleased to announce the start date of Tuesday 12 July as the first for the new Highlands Lunch club. Afterwards the Club will continue to serve lunch on the 2nd Tuesday of the month.

We will have a maximum of 30 places available which you will have to book in advance. For the first lunch on 12 July please reserve your seat with Julie or Jackie and complete your registration form by popping into church between 10:00 am and 12:00 on any Tuesday morning before 12 July.

Subsequent months can be booked and paid ahead for the following month on the day of lunch club. You must tell us about any allergy or dietary requirement you have.



Subs per month will be £5 which will let you enjoy a main course, pudding and tea or coffee to follow. Lunch will be served at 12.30 pm and you are welcome to join us in Room 1 from 12.15 pm.

We are very lucky to be welcoming Jackie Carter as our volunteer Lunch Club Cook. If you came along to Holidaying at Home, Tuesday

Chatter Christmas lunch or Jubilee Community Day, you already know that you will not be disappointed.

We are all looking forward to welcoming you to your first Highlands Tuesday Lunch Club.

Julie, Jackie & the Team



Jobs for the Garden

From our Special Gardening Correspondent

There's been a lot of interesting articles recently about low maintenance gardening. There are times when we all need a low maintenance garden – maybe because we're short of time with family/work commitments or when illness or age force us to reconsider our garden.

You'll know from previous articles that I'm a wildlife fan and I think it's important that we all embrace a bit of wilderness in our garden. A friend's garden is a riot of flowers in all colours, bees, butterflies and ladybirds everywhere, frogs in the small wildlife pond that has a good natural balance (but with no fish). When asked how he knew which weeds to pull up, he said that he just let all the plants grow; no time for fiddly weeding. When they got big, if he didn't like what they were, he pulled them up then. Maybe we all need to relax more?

Anyway, the top tips for low maintenance gardening seem to be:

- **Ditch the lawn.** If your lawn is small and you don't have children, consider doing away with a lawn all together. Larger borders, gravelled areas can be less work than keeping grass looking good. And definitely remove small fiddly areas of grass. If you do have a lawn, make sure you have bricks or paving stones at the edge so you don't have to trim the edges. Maybe mow less frequently or at least leave one area that is unmown.
- **Pots.** Pots do need maintenance but if you do have pots, have the biggest ones that are possible. Small pots have to be watered more frequently, equals more work.
- **Borders.** Keep it simple and move towards shrubs that don't need to be replaced every year. Bedding plants are beautiful but a lot of work. In between the shrubs, use ground cover plants that will keep the weeds down. And if there is still any bare soil, use a mulch. This also cuts down the need to water so often as the mulch stops water evaporation.
- **Plan.** When the need or opportunity arises to redesign areas of the garden, think about how to cut down the work. If you love growing vegetables, make a smaller area with raised beds. Maybe another water point where you need it most, perhaps near the green house. What about an automatic irrigation system?

So, don't pave it over when it gets too much. Let it be a little more natural and wild, don't strive for perfect lawns and borders and enjoy the wildlife that comes with a more chilled approach. Happy gardening

Dining In – Spiced Paneer

Paneer is Indian cottage cheese, made by curdling milk with an acid such as lemon juice. Lovers of mature Cheddar or heavyweight Stilton will find it rather bland, but it's a good ingredient. Most large supermarkets have it, but my tip for quality is the Spice Boat (spiceboat.co.uk) on London Road, next door to Waitrose, who have a wonderful range of fresh and packed world foods. Good quality paneer will have a 'squeak' (as does Greek halloumi cheese) when chewed.



This recipe is a home version of a restaurant classic, oven-baked in a single tin or dish. Spinach works just as well as peas.

Ingredients

500g potatoes, 2cm cubed	2 tbsp oil
200g cherry tomatoes, halved	½ tsp ground turmeric
1 onion, roughly chopped	1 tsp ground cumin
500g paneer, 2cm cubed	1 tsp ground coriander
2 cloves garlic, grated	1 tsp sea salt flakes
5 cm ginger, grated	100 ml water
250g frozen peas	Juice of 1 lime

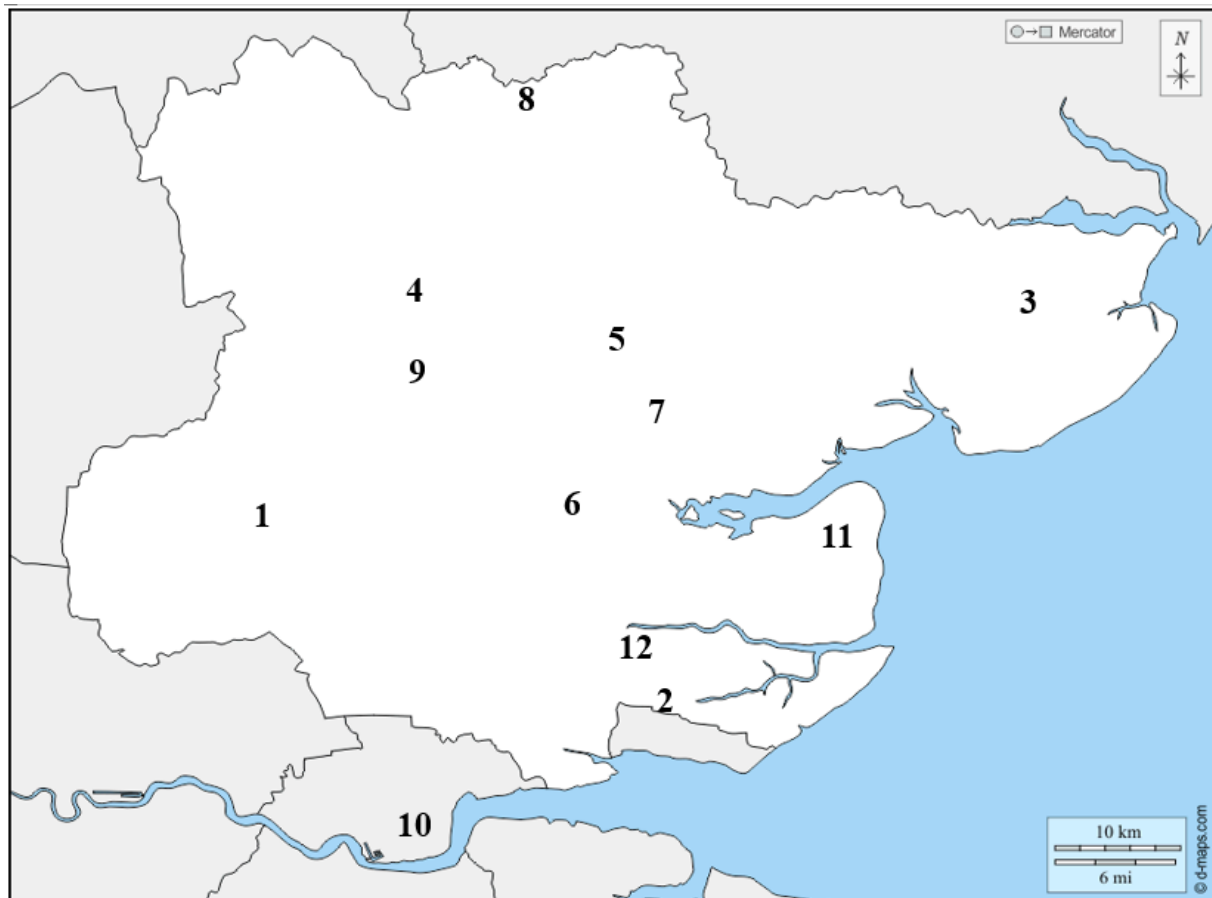
Method

- Preheat oven to 180°C fan/200°C/Gas mark 6
- Mix together the potatoes, tomatoes, onion, paneer, garlic, ginger, oil, spices and salt in a roasting tin large enough to hold everything in one layer.
- Roast for 35-40 mins, or until paneer and potatoes are evenly browned.
- Add the water and peas, return tin to oven for 10 mins
- Season with lime juice, extra salt, then scatter fresh coriander and serve with flatbreads or rice

Puzzle of the Month¹

Essex Villages

All you need to do for this month's puzzle is to identify 12 Essex villages. You have 12 clues and the number of letters in the answer (in brackets). To make things even easier, their approximate positions are on the outline map of Essex below.



1	Organ arrangement (5)	
2	Succeed at door-to-door selling (8)	
3	Look after wedding symbol (8)	
4	Fantastic! Finished cutting grass, I hear (5,6)	
5	Second place finish (6,3)	
6	Succeed at athletics (7)	

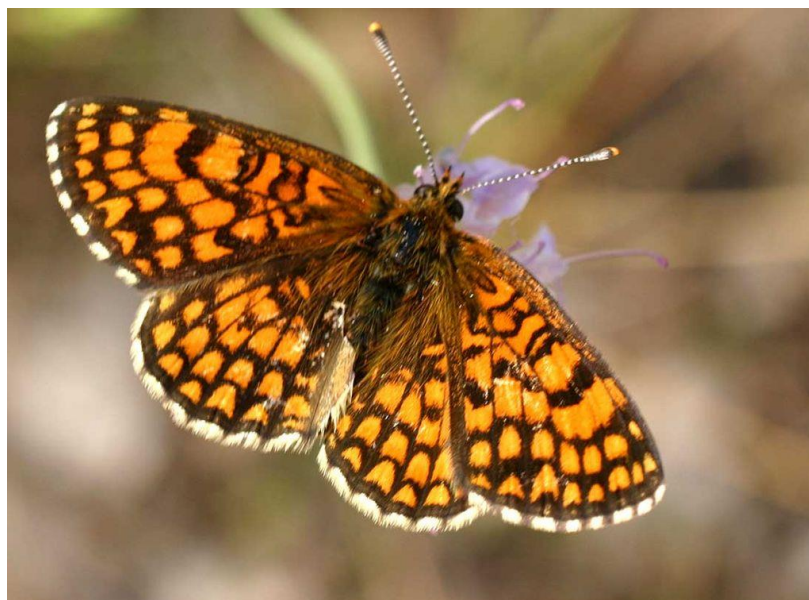
¹ Solution page 18

7	Effect of an overlong sermon, I hear (7)	
8	Bird – <i>Fringilla</i> – neither in hand nor bush (13)	
9	Not a bad Sunday to end Lent (4,6)	
10	Former athlete Christie (7)	
11	Film star Pitt OK on voyage (8,2,3)	
12	Surely this should be on the Humber? (10)	

Lepidoptra Corner

Did you know that you live in a stronghold of a nationally rare butterfly? This is the sublime Heath Fritillary, only found until recently in Devon and Cornwall in only about 30 colonies.

However, it's now in Belfairs Woods. To help it thrive, selected areas are being cleared of saplings, bramble and bracken to allow cow-wheat to grow. The cow-wheat is a vital food source for caterpillars and a refuge for the adult butterflies to perch, mate and lay eggs,



The team at Belfairs hope to create a connected network of havens to encourage further spread of the species. To find out more, visit the Belfairs Nature Discovery Centre which is open free of charge every day from 10:00 am to 5:00 pm.

Poem of the Month



This month's poem is an editor selection. I was inspired by coming across this poem posted at the tiny church of St Mary in Charlcombe, just outside Bath and worth a visit if you are around there.

Edward Estlin Cummings was an American poet, painter, essayist, author, and playwright. He wrote approximately 2,900 poems, two autobiographical novels, four plays, and several essays, making one of the most important American writers of the 20th century. The unconventional orthography in his poetry often extends to writing his name in lower case. He wasn't fussy about it.

i am a little church e e cummings (1894-1962)

i am a little church (no great cathedral)
far from the splendor and squalor of hurrying cities
i do not worry if briefer days grow briefest,
i am not sorry when sun and rain make April



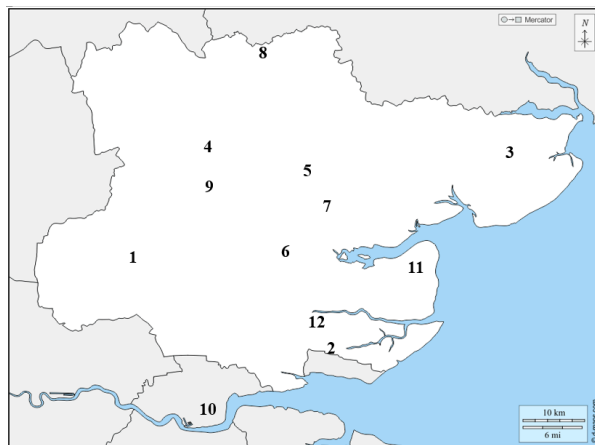
my life is the life of the reaper and
the sower;
my prayers are prayers of earth's
own clumsily striving
(finding and losing and laughing and
crying) children
whose any sadness or joy is my
grief or my gladness

around me surges a miracle of unceasing
birth and glory and death and resurrection:
over my sleeping self float flaming symbols
of hope, and i wake to a perfect patience of mountains

i am a little church (far from the frantic
world with its rapture and anguish) at peace with nature
i do not worry if longer nights grow longest;
i am not sorry when silence becomes singing

winter by spring ,i lift my diminutive spire to
merciful Him Whose only now is forever:
standing erect in the deathless truth of His presence
(welcoming humbly His light and proudly His darkness)

Puzzle of the Month Solution



- | | | | |
|---|--------------|----|-----------------|
| 1 | Ongar | 7 | Boreham |
| 2 | Hawkewell | 8 | Finchingfield |
| 3 | Tendring | 9 | Good Easter |
| 4 | Great Dunmow | 10 | Linford |
| 5 | Silver End | 11 | Bradwell on Sea |
| 6 | Runwell | 12 | Hullbridge |

SERVING the COMMUNITY 7 Days a Week

Children and Young People

Group	Time	Contact
Scouts	Thu 7:30 to 9:00 pm	Carl Mason 07814 226133
Cubs	Thu 5:45 to 7:15 pm	Lesley Bacon 07947 116891
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 ² 7:00 to 9:00 pm	Jacqui Hendle 07961 545037
Toddlers	Mon 9:30 am to 11:30	Ros: 478631 Margaret: 557512

Fellowship Groups

Group	Time	Contact
Prayer ³	Tue 9:00 to 10:00 am	Andrew Hyde 473111
Chatter	Tue 10:00 am to 12:00 noon	Jean Edmonds 525250

Services to the Community

Group	Time	Contact
Lunch Club	2 nd Tuesday 12:00	Registration essential


Social and Recreational

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

² Every fortnight

³ on Zoom

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 2022 issue should be emailed to
andrewghyde@aol.com before the **deadline of Sunday 21
August**, and earlier if possible. No email? Don't despair; just
telephone 473111 to arrange an alternative.

Note from the Editor

Next month's expedition is illustrated below – beautiful beaches
ring this southern western town. Last month was the Shropshire
Hills, and well done if you guessed it. See you in the autumn.
Have a great summer in the mean time.

