



# The HIGHLANDER


## June 2023

The monthly newsletter of Highlands Methodist Church, Leigh on Sea

These are services for June 2023.

11:00 am Sun 4 <sup>th</sup>	Morning Worship Café Church	Worship Leaders
11:00 am Sun 11 <sup>th</sup>	Morning Worship Communion	Rev Pete Moorhouse
7:00 pm Sun 11 <sup>th</sup>	Gospel Service <b>@ The Fishermen's Chapel</b>	Rev Pete Moorhouse
11:00 am Sun 18 <sup>th</sup>	Morning Worship Parade & Annual Ch Meeting	Pastor Steve Mayo
11:00 am Sun 25 <sup>th</sup>	Morning Worship	Eileen Simmons
6:30 pm Sun 25 <sup>th</sup>	Circuit Service <b>@ Highlands</b>	Rev Pete Moorhouse

Details may change, so please check in advance if you are in any doubt.

 Highlands (Leigh) Methodist Church  
[www.highlandsmethodist.org.uk](http://www.highlandsmethodist.org.uk)



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



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

All telephone numbers are '01702' unless stated

Minister	Pastor Steve Mayo <a href="mailto:pastorstevemayo@gmail.com">pastorstevemayo@gmail.com</a>	483827
Secretary to Church Council	Patrick Smith (minutes Secretary Margaret Wood)	557702 (557512)
Church Stewards	Andrew Hyde Donald Mayes Andreas Botzios (also Web Editor) Lesley Hyde	473111 473787 479476 473111
Worship Leaders	Jennifer Courtenay Frank Edmonds	556140 525250
Church Treasurer	Steve Watson	07543 905641
Children's Worker	Ros Bryant	478631
Pastoral Co-ordinator	Jean Edmonds	525250
Church Flowers	Jean Edmonds	525250
Lettings/Use of Premises	Jean Edmonds	525250

## From Your Minister



As I've been driving around recently, I've noticed that the horse chestnut trees are all out in blossom, and this has reminded me of times gone by, when I have collected conkers with my daughters, when they were younger.

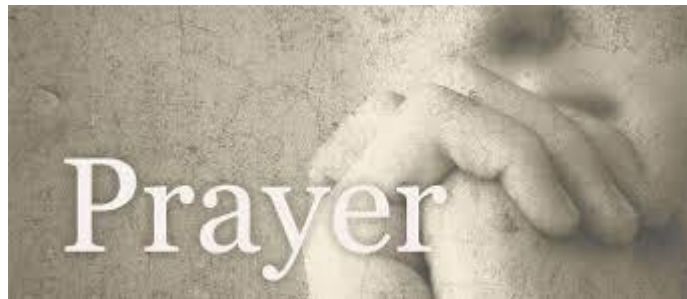
However, looking at these blossoms on the trees, I had a thought about the potential of each individual flower to become a conker or horse chestnut. This got me thinking about our potential in Christ as his disciples. As we read our bibles, we come across many characters who may have started out small, but over time, with God's power and the Holy Spirit walking through them, they did fulfil their full potential. People such as Gideon, Moses and King David to name but a few. They all may have started out small and weak, but eventually each of them fulfilled their potential, because they allowed God himself to use them.

So what about us? How can we fulfil our full potential in Christ? Jesus tells us that  
*with God all things are possible* [Matthew 19:26 NIV]

So, as we strive to become more like Jesus in our lives, may each one of us open ourselves up to God, allowing the Holy Spirit to direct

and empower us so that each of us too will be able to fulfil our full potential in Christ.

Every blessing,  
**Pastor Steve**, June 2023  
01702 483827  
pastorstevemayo@gmail.com



**We pray for** our friends who are ill, housebound, or bereaved and for those in residential care: particularly *Sheena Hunter* in *Westerley Methodist Care Home*. Our thoughts and prayers are with them and their families.

**Our heartfelt sympathy** to the family and friends of Kate Bacon née Smith who died after a long illness, peacefully at home with her husband Rob and Daughter Jessica. Kate was very much a part of Highlands in her young days together with her family. She will be so sadly missed. May she rest in peace.

We also send our condolences to the family and friends of **Meriel Mallett** who died on 16 May after a long illness graciously borne. She will be sadly missed. For many years the widow of Tony, she had two boys, Ricky and David, the latter a member here at Highlands. Our thoughts and prayers are with them.

Also our thoughts and prayers are with the family of **Doll Edwards**, who used to be an enthusiastic crafter and 'knit and natterer' here at Highlands before moving to residential care some years ago, where she died peacefully last month.

Finally a word of congratulation to **Dave and Janet Watson** whose great-grandson Arthur (1) was christened recently in Copenhagen where his parents live. Interestingly, the minister conducted the whole service in her native Danish in the form of a rap! Tillykke, and one to note for Steve...

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**

On the 1 and 15 June we plan card making in the form of découpage and iris folding.

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

Jean Edmonds 52525



### **Leigh Floral Group at Highlands**

Leigh Floral is back in full swing, meeting at Highlands on the last Friday of each month at 7:30 pm.

We have a full programme of events, demonstrations and workshops. All are welcome at Leigh Floral, so why not come along and see what we are about? For more information contact Karen Cobb on 07818 431552.

## Recharge | Refresh Circuit Day



To book onto the Circuit Prayer Day (Saturday 3 June 10:00 to 14:00 at St Andrews Shoeburyness you can use the Eventbrite link below, [Circuit Prayer Day: Repair & Restore Tickets, Sat 3 Jun 2023 at 10:00 | Eventbrite](#) or you can email Deacon Sarah at [deaconsarahmcd@gmail.com](mailto:deaconsarahmcd@gmail.com)

Now, if neither of these options suit you, just telephone Anne Briant on 01702 297508. You may get an answerphone, so have your details ready just in case.



## All Gas and Gaiters

British Gas Lite ('BGL') have contacted Highlands offering early renewal of our electricity contracts.

Seemingly BGL have set aside a limited fund to facilitate discount renewal prices for small businesses & not-for-profit organisations. We qualify as we have contracts that were started between August 2021 and December 2022.

BGL calculate that we would save £4,222.19 p.a. (a 40% extra saving). The contracts would be for 1 year from 28/12/23 to

27/12/24. BGL anticipate that prices will stay high even if they do not escalate as steeply as they have done over the last few months.

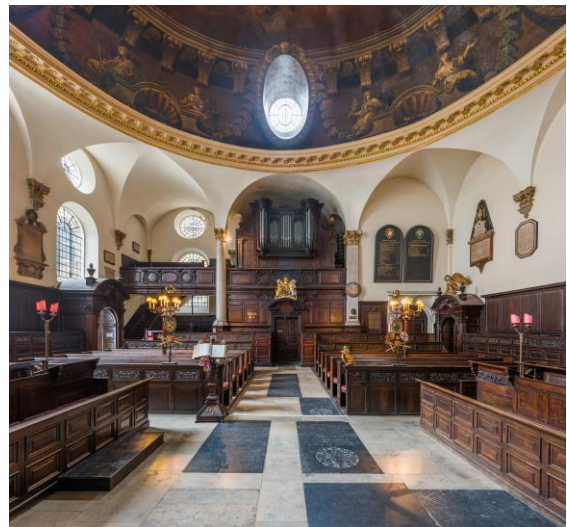
On the advice of our treasurers, we will accept the offer as it gives us some much-needed certainty going forward. We cannot guarantee being accepted – it is a limited fund, so (to borrow a phrase from the world of supermarkets) once it's gone it's gone. We should be quite optimistic, because we responded promptly.

Trivia footnote: the phrase 'all **gas and gaiters**' is an invention of Charles Dickens. A character in Nicholas Nickleby uses it to mean 'all's well'. Today we might say 'tickety-boo' which derives from Hindi!

## **Organ Recital**

Congratulations to our organist, Tim Francis, on his splendid organ recital on 23 May at St. Mary Abchurch, London, which was thoroughly enjoyed by all who attended.

MGW



## **Church Flowers...**

... on 4 June will be donated by Joan Ford in memory of Gordon.

## **Humour Corner (History Section)**

What was responsible for Ann Boleyn being covered in bite marks?  
Henry Tudor...

## From the Editor



I do like starlings. They are very common hereabouts. 1.75 million of them live in the UK, and we tend to take them for granted. For example, we might think that they are a dull black, but in fact, their adult plumage is a beautiful glossy purple with iridescent green spots. We might notice them most easily in the winter, because they do not migrate from our relatively mild

climate. They club together in large numbers to roost the long winter nights, but before doing so they will put on a spectacular show of co-ordinated mass aerobatics. This is properly called a 'murmuration' from the sound of hundreds – sometimes thousands – of wings beating the air.

This though is the time of fledging, and there is splendid entertainment to be had. Firstly there is feeding. Mum and Dad show them where to find food and eat it safely. Despite this, they wait to be fed by their parents. The parents go along with this once or twice but then they resist, so that the fledglings have no choice but to watch, learn and imitate.

Then it's bath time. Nothing compares with starlings sharing a bath. Feathers and water fly in all directions, but eventually the youngsters emerge with the clean, efficient plumage they need to fly from danger and forage away from the nest.



Lastly, it's song time. Starlings have no song of their own but they are superb mimics, as Shakespeare well knew. In *Henry IV Part 1* (Act 2 Sc 3) Hotspur imagines training a starling to endlessly repeat "Mortimer" in order to annoy



the King. If you go into the garden and hear a distinctive bird song that doesn't 'belong', it's possibly a starling. In our garden I sometimes hear the bubbling call of a curlew – normally found on moors and marshes. It's a starling of course, and he's fooled me again.

It does seem to me that starlings are a good example of parenting. They support their offspring, but gently steer them towards using their skills and knowledge to achieve independence and autonomy. This is surely a gift that all of us can offer to our children, even if they sometimes reject it. Sooner or later, we will be recognised and rewarded:

*If you then... know how to give good gifts to your children, how much more will your Father in heaven give the Holy Spirit to those who ask him!* [Luke 11:13 NIVUK]

Rather like a bird (or a good human) parent, our Father gives us everything we need. This he does through His son Jesus, who says:

*I have come that [you] may have life and have it to the full.* [John 10:10 NIVUK]

It's true of course that gifts can be used foolishly as well as wisely. But we know that the foolish starling will be caught by the cat.

*Andrew*

## Puzzle of the Month<sup>1</sup>

Below may be found a well-known quotation from C Northcote Parkinson (1909-1993) which many of us found to be true in our working lives. Unfortunately, the quotation has been chopped into pieces that are of the wrong length and in the wrong order. I am confident however that you can return them to their original meaning.

**ETI OASTO FILLTH KEXPA ETION MEAVA  
RITSC NDSS ILA BLEFO WOR OMPL**

If all else fails, write the words, cut them out, and rearrange them. To be really helpful there's a free clue below<sup>2</sup>, if you need one...

## Humour Corner

Driver: *Why did you stop me?*

Traffic Copper: *Your back light is broken, your tyres are bald, your exhaust is chucking out black smoke, and your MoT expired last week. I reckon that's going to cost you about £300.*

Driver: *Excellent! I'll take that. The garage wanted £750...*



---

<sup>1</sup> Solution page 18

<sup>2</sup> The quotation begins with the letters WOR

## **No Mow May**

Many of you will have noticed the fine crop of daisies (and other wild flowers) that has graced the front of the church throughout the month of May.

This is not laziness or negligence on the part of the gardener. Rather it is a deliberate action. No Mow May is a movement that encourages people to let their lawns grow wild during the month of May, and it has been gaining popularity in recent years. But why...? What's the problem with a normal lawn?



There are 15 million lawns in Britain, give or take a few, and they generate growth — both grassy and economic. We spend about £70 million on lawn fertilisers. UK lawns cover 125,000 hectares, the size of Bedfordshire. It's just under 1% of the total land area, but it's still an awful lot of green space. Maintaining these lawns takes up huge effort and resources, such as mowing, fertilising, weeding, and chemical treatments, which can be time-consuming and expensive.

Despite this, lawns offer minimal benefits to wildlife and can even be harmful due to their lack of floral resources and nesting sites for bees, as well as the use of pesticides.

The common association with habitat loss is usually linked to images of bulldozers and damaged earth, yet the loss of habitat caused by well-maintained lawns covering acres can be just as significant as any construction site.

The website for PlantLife (who promote No Mow May) tells us:

*We've lost nearly 97% of flower rich meadows since the 1970's and with them gone are vital food needed by pollinators, like bees and butterflies. A healthy lawn with some long grass and*



*wildflowers benefits wildlife, tackles pollution and can even lock away carbon below ground – and best of all, to reap these benefits all you have to do is not mow your lawn in May.*

So, although it's a little late for No Mow May, you can still go for June. Pop the mower back into the shed. Instead of mowing, sit back, relax, and enjoy the beauty of your lawn in its natural state. Ahhh!

## **A message from St Vincent de Paul**

**ITEMS OF NEED  
SUMMER LIST**

As the weather is starting to change we want to ensure we can support people in need.

	<b>Sun Cream</b>	
	<b>Bottled Water</b>	
	<b>Baseball Caps/ Hats</b>	
	<b>Sunglasses</b>	
	<b>Flip Flops/Sliders</b>	
	<b>T Shirts -All Sizes</b>	
	<b>Shorts All Sizes</b>	
	<b>Hoodies ALL Sizes</b>	
	<b>Tracksuit Bottoms All Sizes</b>	
	<b>Kids Clothing</b>	
	<b>Underwear</b>	
	<b>Socks</b>	

**Donations: Monday to Friday 11am - 4pm and Saturday 10am - 12pm  
Unit 9, Victoria Business Park, Short Street Southend SS2 5BY  
01702 592980**



**Highlands needs you...**

**PROPERTY CO-ORDINATOR**

Highlands Methodist Church, Southend & Leigh Circuit  
(6 hours per week, flexible)

Highlands has served the local community as a place for worship and social events for nearly 100 years. A team of volunteers works hard to keep this much-loved building and grounds safe, clean, tidy and in good repair.

We are looking for someone to support our volunteers by taking responsibility for necessary maintenance and regulated safety checks, and responding to various prompts which will include requests from church officers and feedback from our lettings customers. You will co-ordinate volunteers, manage one paid cleaner, and report to a church officer representing the minister and church council.

Salary: £10.90 per hour (£3,400 pa: *FTE* £29,405 pa)  
Annual leave: 28 days *pro rata* (inc Bank Holidays). Pension available.

Applicants should send the following by email to [highlandsleighmethodistchurch@gmail.com](mailto:highlandsleighmethodistchurch@gmail.com):

- A covering letter of application
- A brief CV (one sheet of A4 will suffice)
- Names and addresses of two referees

**BY THE CLOSING DATE: 14 JULY 2023**

For further information: Contact Andrew Hyde 07938 536921

**With your help we can keep up the tradition of  
Highlands Church that we have held from the first day...**

**all are welcome  
in this place.**

## What I'm Reading

### Ultra Processed People by Chris van Tulleken.

I don't usually read horror or sci fi - crime is more my genre - but I was drawn to this book by extracts in the national press. It's fascinating and horrifying in equal measures.



Van Tulleken, a British doctor and television presenter, explains how ultra processed foods (UPFs) now make up 60% of the average UK diet and 80% of children's diets. UPF is cheap, available everywhere and is made, quite intentionally, to be addictive. But it's not food – it's industrially produced edible substances.

Here in Leigh, we still have access to good food, but in many areas it's impossible to buy fresh fruit or vegetables. UPFs are almost all that's available. I think that most of us have the time and knowledge to cook from scratch, but we are very lucky. Processed foods have been with us for years - cooking is a form of processing - but the book explains how UPFs are made from normal foodstuffs, reducing them to basic molecules and then putting them back together after refining, bleaching, deodorising and then adding emulsifiers, bulking agent, etc with flavours to mask the horrible chemical smells.

I found the book addictive reading, much like UPFs themselves. It explains how profit is the main driver, how the big companies manipulate research and how it's not just a 'first world' problem.

There's a large amount of data and details of the research carried out so I'm going to read it again because it's too much to absorb in one go. But be warned, it does put you off a lot of foodstuffs you previously enjoyed.

LH

[Ed – if you're reading a book (other than *The Bible*) that you're finding enjoyable or interesting, please share your thoughts here.]

## **Poem of the Month**

This is a poem by Lemn Sissay OBE, an English poet of Ethiopian descent who overcame 'harsh memories' of his childhood in care to become (among other distinctions) chancellor of Manchester University and official poet of the 2012 Olympics. He said of his OBE:

*I'm honoured.... If you had gone to my 17-year-old self and said: 'In 2021 the Queen's going to give you [an honour], I would have said: 'No way.' So, it's worth believing.*

This poem was heard as a reading at the recent thanksgiving service for our dear friend Jocelyn Greenway. As such it makes a fine selection here, as a work that speaks of Jocelyn's view on life.



### **Let There Be Peace** **By Lemn Sissay (1967 - )**

Let there be peace,  
So frowns fly away like albatross  
And skeletons foxtrot from cupboards,  
So war correspondents become travel show presenters  
And magpies bring back lost property,  
Children, engagement rings, broken things.

Let there be peace,  
So storms can go out to sea to be  
Angry and return to me calm,  
So the broken can rise up and dance in the hospitals.  
Let the aged Ethiopian man in the grey block of flats  
Peer through his window and see Addis before him,  
So his thrilled outstretched arms become frames  
For his dreams.

Let there be peace  
Let tears evaporate to form clouds, cleanse themselves  
And fall into reservoirs of drinking water.  
Let harsh memories burst into fireworks that melt  
In the dark pupils of a child's eyes  
And disappear like shoals of silver darting fish,  
And let the waves reach the shore with a  
Shhhhhhhhhhhhhhhhhhh Shhhhhhhhhhhhhhhhhhh Shhhhhhhhhhhhhhhhhhh.

## **Dining In** **Spicy Chicken**

I was so pleased to get good feedback on last month's recipe and to introduce people to gnocchi. This month I've chosen a recipe with bulghur wheat, which is a grain that we love. It's a common ingredient in of West Asian and Mediterranean cuisines with a light, nutty flavour.

### **Spicy chicken for 2** **Ingredients**

- 1 courgette
- 2 medium tomatoes
- Chicken stock cube
- 120g bulghur wheat
- 200g chicken ( thigh or breast)
- 2 tspns harissa paste
- 75 g natural yogurt
- Bunch of mint
- 1 tsp dried cranberries





## Method

- Chop tomatoes and courgette into small chunks. Pick off mint leaves and chop. Chop cranberries.
- Put 240 ml of water in a saucepan, add stock cube and bring to boil. Add bulghur, boil for 1 minute and then turn off heat, cover and leave to stand.
- Heat frying pan and dry fry courgette for 6-8 minutes until nicely charred. Remove from heat and pop in a bowl.
- Put frying pan back on the heat with drizzle of oil. When hot, add diced chicken and fry for 8-10 minutes until cooked through. Thigh meat will take a little longer than breast.
- Turn off the heat and stir harissa paste into pan, coating the chicken. Adjust quantity of harissa depending on how spicy you like it and how strong your paste is.
- Fluff up bulgur and stir in cranberries, courgette, tomatoes and half the mint. Put the yogurt and remaining mint in small bowl and mix.
- Serve the bulgur wheat, topped with chicken and drizzled with minty yogurt.

## **Humour Corner**

*Boss: Harry, I need you to give me budget estimate for our new project. I don't have a design or scope for it yet...*

*Harry: That'll be £4.52 million*

*Boss: Hang on, you don't know anything about this project.*

*Harry: That makes two of us.*

## **Puzzle of the Month Solution**

Here is the correct arrangement of the letters:

WOR KEXPA NDSS OASTO FILLTH ETI MEAVA ILA BLEFO  
RITSC OMPL ETION

And that gives you:

WORK EXPANDS SO AS TO FILL THE TIME AVAILABLE FOR  
ITS COMPLETION

So true.

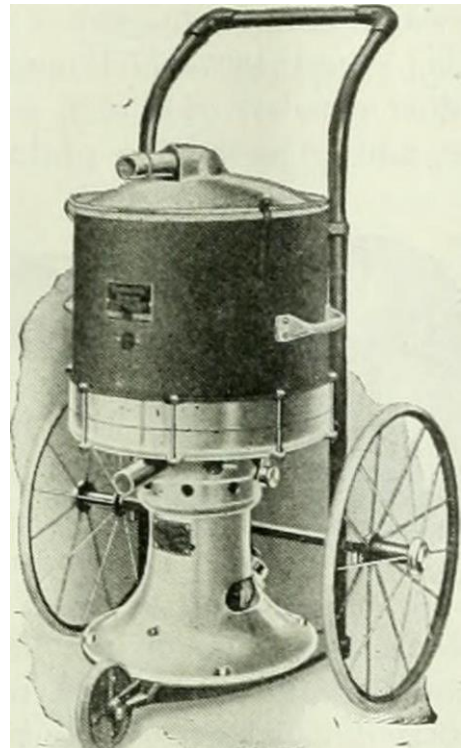
## **Humour Corner**

Doorstep Salesman: *This new product I'm offering today will quite literally cut your workload by 50%. At least!*

Househusband: *50%?*

Salesman: *Oh yes! That's a promise!*

Househusband: *Fantastic! I'll take two of those.*



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

### **Children and Young People**

<b>Group</b>	<b>Time</b>	<b>Contact</b>
Scouts	Thu 7:30 to 9:00 pm	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 <sup>3</sup> 7:00 to 9:00 pm	Jacqui Hendle 07961 545037
Toddlers	Mon 9:30 am to 11:30	Ros: 478631 Margaret: 557512

### **Fellowship Groups**

<b>Group</b>	<b>Time</b>	<b>Contact</b>
Prayer	Tue 9:00 to 10:00 am	Andrew Hyde 473111
Chatter	Tue 10:00 am to 12:00 noon	Rosalind 478631

### **Services to the Community**

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


### **Social and Recreational**

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

---

<sup>3</sup> Every fortnight

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

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

Items for the July 2023 issue should be emailed to  
andrewghyde@aol.com before the **deadline of Sunday 25 June**,  
and earlier if possible. No email? Don't despair; just telephone  
473111 to arrange an alternative.

### **A Final Image**

Picture of a narrowboat crossing the Pontcysyllte Aqueduct on the  
Llangollen Canal – just to remind myself I'll be on holiday soon.

