



The **HIGHLANDER**


May 2022

**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	Worship Leaders
11:00 am Sun 15 th	Morning Worship	Eileen Simmons
11:00 am Sun 22 nd	Morning Worship Communion	Pastor Steve Mayo Rev Norman Hooks
11:00 am Sun 29 th	Morning Worship United Service at Belfairs	TBC

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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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 meet people every week who don't feel that they have anything to offer to the church in way of gifts and talents; disheartened people who have very little hope and positivity about their role within God's church.

I think it's probably human nature to look at others and wish we had their gifts or talents. But God has made us all as individuals, all different, all for a purpose and necessary for the smooth working of the church. We are all cogs in God's great plan.

1 Corinthians 12:14-22 tells us;

'14 Yes, the body has many different parts, not just one part.

15 If the foot says, 'I am not a part of the body because I am not a hand,' that does not make it any less a part of the body.

16 And if the ear says, 'I am not part of the body because I am not an eye,' would that make it any less a part of the body?

*17 If the whole body were an eye, how would you hear?
Or if your whole body were an ear, how would you smell
anything?*

*18 But our bodies have many parts, and God has put each
part just where he wants it.*

19 How strange a body would be if it had only one part!

20 Yes, there are many parts, but only one body.

*21 The eye can never say
to the hand, 'I don't need
you.' The head can't say
to the feet, 'I don't need
you.'*



*22 In fact, some parts of
the body that seem
weakest and least
important are actually the most necessary.' [NLT]*

So, if you're feeling that you don't have a role or don't seem to fit in anywhere in church, then think again. YOU are important to God and to the smooth working of His church. You are a cog! Vital and important. Take strength and encouragement from the reading above from 1 Corinthians and find where you fit into your church.

Easter blessings,
Pastor Steve, March 2022
01702 483827
pastorstevemayo@gmail.com



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.

Unwell at the moment are Kathy Burrell and Marjorie Charnock. We send our prayers to both for a prompt and complete recovery.

We send our **condolences** to family and friends of Betty Malt, who was an occasional Hobbies member. The funeral is at 11:40 am on Friday 6 May at Southend crematorium, and any friends are welcome.

Congratulations to Lesley Hyde on the birth of a third grandson – Huxley Ray is a first child for Ian and Olivia. Also to Huxley's other grandparents Graham and Rosemary Jones, whom some will know as members of Leigh Rd Baptist Church.

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.



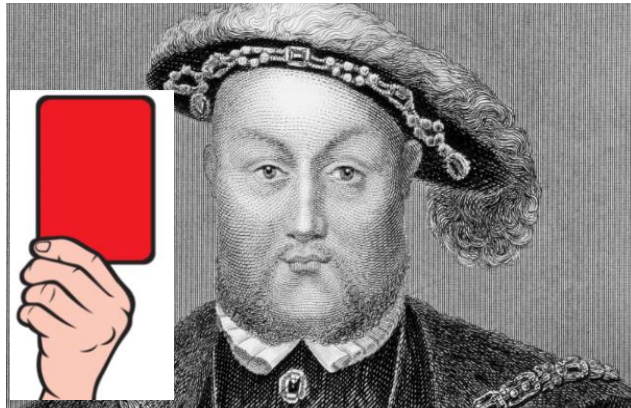
From the Editor

A short quiz to begin with. Only two questions and surprisingly, only one answer.

1. Who is the Supreme Governor of the Church of England?
2. Who is Head of State of the United Kingdom of Great Britain and Northern Ireland?

The answer may be found on the change in your purse or pocket. Elizabeth II is not only head of state but also *fidei defensatrix* (defender of the faith), often abbreviated to 'FD'.

Historians out there will know that this coinage (sorry!) dates back to Henry VIII, whom Pope Leo X created FD in 1521. In 1543 Pope Paul III excommunicated Henry, but the English Parliament confirmed him as FD and



supreme governor of the CofE. Twenty-one monarchs later Elizabeth II still holds the title and role.

Politicians tend to object to clerics (for example the Archbishop of Canterbury recently) stating their views on matters that are 'political'. Again, history has a perspective; in 1170 an argument between another Henry (II) and another archbishop (Thomas À Becket) ended badly for both of them.

So should clerics keep out of politics? And should politicians stay away from religion? The answer in both cases, I think, is no.

Priests, pastors, rabbis, imams, gurus (apologies to any I have omitted) are citizens, with human rights, as well as religious leaders. Millions of people expect them to provide sound moral and spiritual guidance that is based on their own conscience and

on the word of God. This will not always be what the politicians want to hear. I bring as my final witness from history Pastor Dietrich Bonhöffer, whose death in 1945 resulted from his very vocal criticism of the Nazi regime in Germany. Bonhöffer wrote:



If I sit next to a madman as he drives a car into a group of innocent bystanders, I can't, as a Christian, simply wait for the catastrophe then comfort the wounded and bury the dead. I must try to wrestle the steering wheel out of the hands of the driver.

I'm not for a moment suggesting that any current UK politician deserves the description 'madman'. But some world leaders over many years clearly have earned it.

Anon

Humour Corner

Man (to friend):
Yesterday my wretched dog bit me on the leg.

Friend:
Well, it's karma, isn't it?

Man (to friend):
Certainly not! If anything, he's more aggressive now.



Snippets

A great pleasure to welcome Anna Firth MP and her husband to our service on 24 April. Anna is of course Sir David's successor. (Other local politicians are available and to coin a phrase - All Are Welcome).



Anna Firth for Southend West

21h · 🌐

🙏 Thank you to [#HighlandsMethodistChurch](#) for a lovely service with one of my favourite hymns. "Oh what peace we often forfeit, oh what needless pain we hear, all because we do not carry, everything to God in prayer". Eternal words that you have sung from childhood are always very special. 🌸

Tuesday Chatter

A local charity 'Packed with Smiles' visited us last month.

Packed with Smiles provide children in our local community with new uniform parcels and other school essentials, to ensure that they can fully participate in school. The aim is that all children are given the opportunity to attend school feel equal, confident, and ready to create their own future.

Anna Baker (Trustee and Co-founder of Packed with Smiles) writes:

It was an absolute delight to meet your members and listen to their feedback on Packed with Smiles. It was also very generous of them to donate £50.00 in cash which we will ensure goes to good use for new uniform supplies in our summer parcels this July.



Hobbies

Thank you to all who donated for our Easter gifts and Cards raising much needed funds for our church. At our next meeting on 5 May we plan to do Spirelli cards and Découpage, led by Marjorie and Margaret. Feel free to do stitch craft or crochet if you prefer.

On 19 May we will have a variety of card making choices and flower arranging if you wish. All are welcome. From 10:00 am until 12:00 noon. Jean 525250 Julie 479804

Christian Aid Week 15-21 May.

To support Christian Aid as we always do, this year we can do our usual house-to-house collections, a church collection and online options on our Website and Facebook. We hugely appreciate any help as there is a desperate need for funds to help areas of dreadful drought which leads to so much hunger and starvation.

Contact Jean Edmonds 525250. Christian Aid Representative.

Highlands Toddlers

We're continuing to meet on Mondays from 9:30 am to 11:30 during the school term time. We are always pleased to see old and new faces. Your support has enabled us to donate £200 to the Church Boiler Fund and £50 for humanitarian aid during the Russia/Ukraine crisis.



All are welcome at our Saturday Coffee Mornings and especially the Highlands Toddlers Coffee Morning on Saturday, 21 May, from 10:00 am to 12:00 noon.

Thank you.

Ros and Margaret

Serving the Homeless

Plans for future fundraising events are as follows:

- 11 May Afternoon Tea @ Park View Restaurant
- 10 June Evening of Jazz @ Our Lady of Lourdes
- 20 July Spring Raffle draw
- 10 September A Floral display with Arts and Crafts @ Our Lady of Lourdes

Raffle tickets, for a huge selection of hampers, are now available from Frank Edmonds, together with tickets for the Afternoon Tea.

HARP reports that the topping out ceremony for the new Bluebird Project, opposite the Kursaal site, has now been accomplished. All building work has been done and it now needs to be fitted out. When completed there will be an additional 50 beds.

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

Platinum Jubilee/Pentecost Church Celebration

On Sunday 5 June Pastor Steve Mayo will lead our Pentecostal Service. We plan a Buffet picnic immediately afterwards outside the church (weather permitting) to share our joy with the neighbourhood.

If you would like to join in, please let Ros, Jean or Marion know. The support that would be much appreciated is to help organise in any way, with a food contribution or supplying/hanging the bunting.

Elsewhere you can read about the Community Day that is the second part of our Platinum Jubilee celebration.

Jean Edmonds 525250

Church Flowers...

...on 1 and 22 May will have been donated by Joan Ford in loving memory of her family and of Gordon.

Property and Equipment News

The new cooker and extractor have been received and are awaiting installation as I write this. The new cooker is a 'Smeg' made by an Italian company (Smalterie Metallurgiche Emiliane Guastalla) who are renowned for their design aesthetic and use of technology. It has a larger footprint than the old appliance, accommodating 6 burners that can be used for a better range of catering. The installation of the larger appliance means that a cupboard has to be removed, and some further minor alterations for safety.

The organ is still out of action due to what appears to be a failure in the power supply. It is an Allen electronic rather than a traditional pipe organ, so the power supply is key. Hopefully the engineer, based in Allen's UK headquarters in High Wycombe will

ne able to effect a repair within a few days. In the meantime the piano is doing sterling service as an understudy, played by our regular organist Tim.

The Platinum Jubilee at Highlands



Highlands Platinum Jubilee Community Day

featuring
Southend Mencap 'Showstoppers'

Thursday 9 June 11:00 am – 3:00 pm

Time flies and I have been working as the Older Peoples worker for Highlands for over six years now. The most rewarding of all of the initiatives that I have been involved with at Highlands continues to be Highlands Community Days of which we have had seven to date.

Initially, the idea from the leaders at Mencap 'Showstoppers' who meet on a Thursday in the church hall. It came out of 'The Great Get Together' inspired by Jo Cox, who was killed on 16 June 2016. Jo believed that

'We share far more in common than that which divides us'

Now that sounds to me like a familiar philosophy, does it not?
Compare this:

'Though we cannot think alike, may we not love alike? ...Herein all the children of God may unite, notwithstanding these smaller differences.' John Wesley, Sermon 39, c.1750

Jo believed we all have our part to play in tackling loneliness from individuals and communities through to businesses, charities and

Government. Jo set up a cross-party Loneliness Commission with her colleague Seema Kennedy MP. After Jo's murder the Commission's work culminated in the publication of this report 'Combating loneliness one conversation at a time' at the end of 2017.



Rev Julia, Elvis and Sir David Amess in the building with Showstoppers

So, in July 2017 Highlands, in joint venture with Mencap Showstoppers, decided to join this initiative with our first Community Day. We had crafts, flower arranging, refreshments, entertainment from the talented Showstoppers and completed the day

with a Community service lead by Rev Julia Monaghan.

Every Community Day has brought a variety of different friends popping in to entertain us, and we have preserved all the lovely memories at www.highlandsmethodist.org.uk/photos/

At the 2018 Winter Wonder Community day the inspiring 'Mencap Showstoppers', Smiley Pre-School, Michael Glaysher as Elvis and The Daisy Bowlers all entertained and enchanted us with a festive repertoire before Rev Norman Hooks led an All Age Community Service.



It's so hard to find words to express the sadness of hearing the terrible news that unfolded on 15 October 2021 when Sir David Amess died after being stabbed at his constituency surgery at our sister church. He was a Mencap patron and friend of the Showstoppers who would often be spotted dropping into Highlands to buy thank you cards made by our lovely friend Susan.

Both Jo and David worked tirelessly for their communities.

This Community Day is to be a celebration to mark the Platinum Jubilee of our Queen, who Queen will become the first British monarch to celebrate a platinum jubilee after 70 years' service, having acceded to the throne, aged 25, on the 6 of February 1952.

We are planning a traditional street party with church memorabilia spanning her reign, tap dancing demonstration, traditional seaside entertainment, singing, trip through the decades. We would love you to come dressed in red, white and blue or simply an outfit from your favourite decade.



The afternoon will culminate at 2:00 pm with an All Age Community Service led by both Pastor Steve Mayo and Rev Norman Hooks. Methodist Mission in action has never been more evident to me than at Highlands Community days and it is always wonderful to see our community coming together to celebrate all that unites us.

All our welcome in this place.

Julie Peek

Mission Enabler for Older People & Memory Worship facilitator
Highlands Methodist Church



So, is it just the refreshments that attract the crowds to our Community Days? Perish the thought! And pass me another cake please.

Dining In – Banz Meanz less Sugarz

Traditional baked beans have become an alternative national dish for many of us. No wonder – they are cheap, quick and easy, a good source of plant-based protein and are high in fibre, as well as being low in fat and calories. They also contain minerals such as iron and zinc, and are a good source of B vitamins such as folate.



True, the tins you get at the supermarket are quite high in sugar and salt. So here is a recipe that's got all the health benefits, but really tasty as well with a bit less sugar. Lovely poured over baked potatoes!

Ingredients

1 tsp vegetable oil
1 large onion, chopped
2 garlic cloves, grated
3 pitted dates (about 15g),
roughly chopped

500g passata
1 tbsp balsamic vinegar
2 tsp bouillon powder/veg stock
1 bay leaf
3 x 400g haricot (or similar)
beans, drained

Method

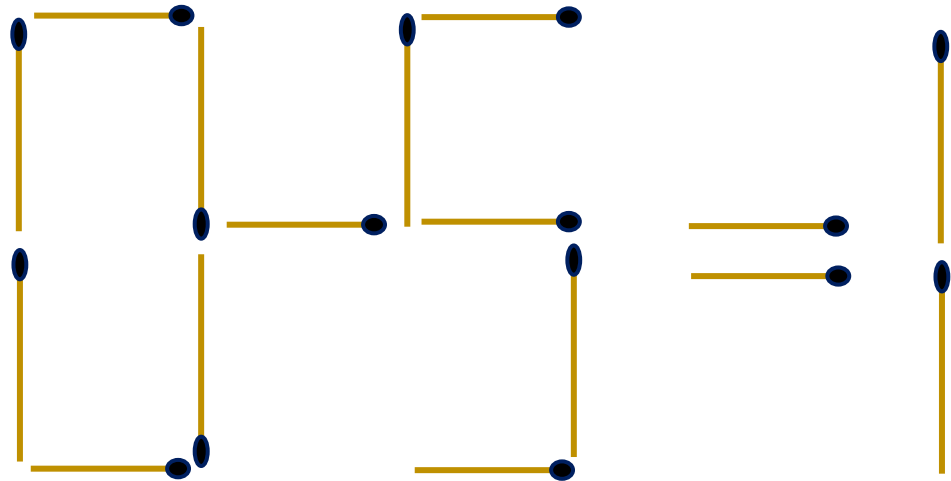
Step 1: fry the onion for 5 mins until golden

Step 2: add the garlic, passata, dates, vinegar, bouillon and bay leaf.
Season with black pepper and simmer for 5 mins

Step 3: add the beans and 400ml water, then simmer for 10 mins.

Puzzle of the Month¹

1. Here's a very easy one. Lay out 16 matches as shown, then move one match only in order to make the equation correct...



2. A bit harder. Bill and Ben decide to play ping-pong for cash – the winner of each game wins £1 from the other. Through constant cheating Bill wins three games, but Ben finds at the end that he has £5 more than he started with. How many games did they play?

Humour Corner

Dress shop customer:
Excuse me, but is this dress satin?

Assistant:
Certainly not madam! It's brand new.

¹ Solution page 18



Jobs for the Garden

From our Special Gardening Correspondent

I am always thankful for living in such a beautiful place and never more so than in the spring. To be able to walk to where there are native bluebells is such a joy. Go into Tile Wood, off Dawes Heath Road or just down the steps into Hadleigh Country Park and there are swathes of bluebells, mixed with white stitchwort and yellow



archangels. That got me thinking - how to tell the difference between our native and Spanish bluebells, how did the Spanish ones get here etc?

The native bluebells – which go by other names such as wild hyacinth, wood bell, bell bottle, Cuckoo's Boots, Wood Hyacinth, Lady's Nightcap and Witches' Thimbles – prefer shady places in our ancient woodlands.

You'll never see an English bluebell in the open sunshine. So, when you see a carpet of bluebells, you're probably standing in a rare and special habitat. Our bluebells are shorter, slimmer, deeper blue, more scented and never lift their heads towards the sun. The bells are on just one side of the stem which causes them to tip their heads.

Almost half the world's bluebells are found in the UK, they're relatively rare in the rest of the world and they take a long time to establish – around 5 -7 years from seed to flower. And if a bluebells leaves are crushed, the plant will die from lack of food as the damaged leaves cannot photosynthesise.

How did Spanish bluebells get here? Blame those Victorians who introduced them as garden plants. They escaped into the wild probably from the careless disposal of bulbs and pollination. They were first noted as growing 'over the garden wall' - in 1909. Today, Spanish bluebells can be found alongside our native bluebell in woodlands and along woodland edges, as well as on roadsides and in gardens.



So does it matter? Well yes, as the Spanish bluebell is more vigorous than our native bluebell, outcompeting it for resources like light and space. It can hybridise with our native ones, too, producing fertile plants that show a whole range of mixed features from both species. Over time, this hybridisation changes the genetic makeup of our native species, diluting its characteristics, weakening it and potentially evolving it into something else. If we value our traditional shy flowers, we need to make sure that any we plant are native ones. And never deliberately pick or uproot bluebells, it's against the law.

I love it that there are countless folklore tales surrounding bluebells, many of which involve dark fairy magic. Bluebell woods are believed to be intricately woven with fairy enchantments, used by these mischievous beings to trap humans. If you are to pick a bluebell, many believe you will be led astray by fairies, wandering lost forevermore.

Bluebells have been used for a variety of different things throughout history, not just for ornamental purposes. Their sticky



sap was once used to bind the pages of books and glue the feathers onto arrows. During the Elizabethan period, the bulbs were crushed to make starch for the ruffs of collars and sleeves. As they are toxic, there has been little use for bluebells in modern medicine. However, their bulbs have diuretic and styptic properties, and research on how these flowers could potentially help fight cancer is ongoing.

So this time of year, if you can, go out now into our wonderful woodlands and enjoy this short-lived spectacle.

SGC

Poem of the Month

Edward Thomas is known as a war poet, not because he wrote a great deal about WW1 (he didn't) but because he had the misfortune to be killed on active service.

In this his best-known poem he writes of the memory of being on a train that stops at a country station in rural Gloucestershire in summer. The sight and sound of the train contrasts with that of the station with birdsong its soundtrack, wildflowers its palette.

Thomas must have compared the hell of an industrial war with the bucolic heaven of his homeland.



In the same way the people of Ukraine now cherish the memory of their vast plains and ancient cities, now despoiled by a needless and senseless and wicked war. We pray for an end to their

suffering; for the aggressors to realise the futility of their war; and for a peace with justice.



Adlestrop
Edward Thomas (1878-1917)

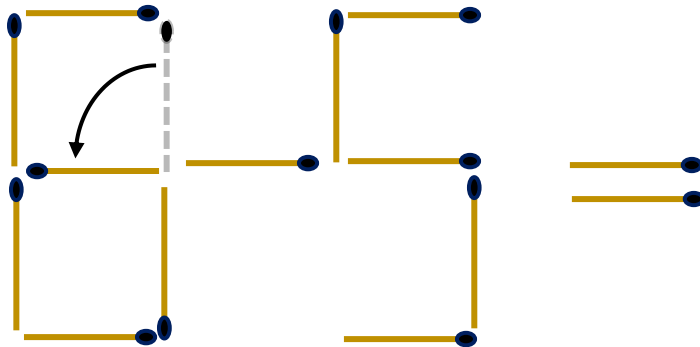
Yes. I remember Adlestrop—
The name, because one afternoon
Of heat, the express-train drew up there
Unwontedly. It was late June.

The steam hissed. Someone cleared his throat.
No one left and no one came
On the bare platform. What I saw
Was Adlestrop—only the name

And willows, willow-herb, and grass,
And meadowsweet, and haycocks dry,
No whit less still and lonely fair
Than the high cloudlets in the sky.

And for that minute a blackbird sang
Close by, and round him, mistier,
Farther and farther, all the birds
Of Oxfordshire and Gloucestershire.

Puzzle of the Month Solution



1. Move the upper right match from twelve o'clock to nine o'clock (as shown) to produce $6-5=1$

2. They play 11 games. 3 that Bill won, 3 that Ben won to balance his losses, and 5 that Ben won to put him in profit.

Humour Corner

Here are some genuine extracts from car insurance claims:

- ✗ A bull was standing near and a fly must have tickled him because he gored my car.
- ✗ A lamp-post bumped into my car, damaging it in two places.
- ✗ A pedestrian hit me and went under my car
- ✗ A truck backed through my windshield into my wife's face.
- ✗ After the accident a working gentleman offered to be a witness in my favour.
- ✗ An invisible car came out of nowhere, struck my car and vanished.
- ✗ As I approached an intersection a sign suddenly appeared in a place where no stop sign had ever appeared before.

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	TBA	TBA
Staying Steady	Wed 1:00 pm	TBA


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 June 2022 issue should be emailed to
andrewghyde@aol.com before the **deadline of Sunday 22** May,
and earlier if possible. No email? Don't despair; just telephone
473111 to arrange an alternative.

Note from the Editor

I hope by the time you read this to be *en route* for the location
shown below. See you next month.

