



The **HIGHLANDER**

November 2023


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

These are services at Highlands for November 2023.

11:00 am Sun 5 th	Morning Worship Café Church	Worship Leaders
10:45 am Sun 12 th	Morning Worship Remembrance Sunday Parade	Rev Heather Simmons
11:00 am Sun 19 th	Morning Worship	John Phillips
11:00 am Sun 26 th	Morning Worship Communion	Rev Heather Simmons

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



 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.

These are services at The Fishermen’s Chapel (TFC) for November 2023.

09:30 am Sun 5 th	Morning Worship Communion	Rev Heather Simmons
7:00 pm* Sun 12 th *for 7:30	Gospel Service	Rev Heather Simmons
5:00 pm Sun 19 th	Anchored	
7:00 pm Sun 26 th	Mindfulness	

Editor’s Note - Mindfulness.

Have you ever been asked, ‘What’s on your mind?’. Sometimes people find this difficult to answer, for any of several reasons.



Very broadly, and apparently, mindfulness is the skill of knowing what’s on your mind - including sensations, perceptions, emotions and thoughts. It has a therapeutic impact on a number of conditions. How exactly you achieve mindfulness is well over my paygrade, but a start would be taking part in the mindfulness

service that will be at the Fishermen’s Chapel at 7:00 pm on Sunday 26 November.

(The opposite, I think, of mindfulness is ‘absent-mindedness’. Now, I am an expert practitioner of that, but I think that the object is actually to avoid it.)



Highlands Methodist Church

Hospitality in the Midst of our Community

All telephone numbers are '01702' unless stated

Minister	Rev Heather Simmons heather.simmons@methodist.org.uk	07879 232231
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 Jean Edmonds	473111 473787 479476 473111 525250
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

Dear Church Family,

You all continue to show me how God is working in this place. I have now had a few firsts ~ my first church council, my first coffee morning, my first parade, my first confirmation and membership service and next Sunday will be my first church anniversary.

In those times I have noticed the care you show for one another; you constantly look out for each other's needs. You have shown an open-mindedness to times changing and to people needing to see church in new ways. I have seen new people come through our doors and receive a wonderful warm welcome.

When I think of firsts, I think of the story which we heard today in church, of the wedding at Cana. This is the first time we hear of Jesus deciding to reveal his glory. He doesn't do this straight away; at first he says that His hour has not yet come. In my sermon I talked about how God spoke through Mary. Not only did she try to prompt Jesus but she continued on, and spoke to the servants. We know of course that Jesus changed his mind and turned water into fine wine. Could we all try to do something for the first time and as we do it look and listen for the 'Mary' voice of God? Let us see what God is asking of us.. how exciting! Let me know if you have any stories of your own or even better send them to Andrew Hyde to print in the next Highlander.



My letter to you can't be sent without me expressing my deep sorrow about this dreadful war between Israel and Hamas. I can hardly bear to watch the news; I can only imagine you feel heartbroken, like me, at what we are seeing and hearing reported. Where we can, let us keep up to date by reading the Methodist Website, www.methodist.org.uk. They are very quick at responding to how we can help. Let us keep praying that the people who are initiating these atrocities will suddenly, perhaps for the first time, see God and they will respond by changing their minds and loving their neighbour.



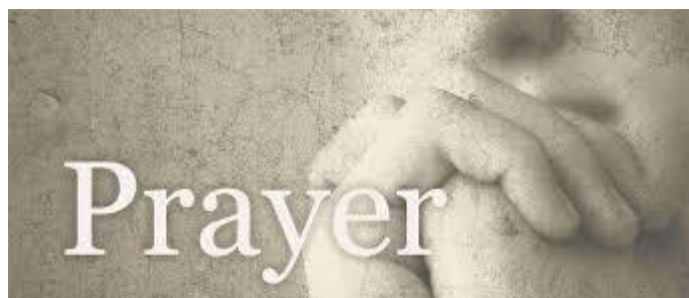
We can ALWAYS hope - that can never be taken away.

Thank you once again, for your continued support and care as I serve you.

God bless you all,

Rev'd Heather (Rev Hev!) x





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.

We **pray especially for** a number of church members afflicted by long-term illnesses and short-term accidents; may God grant in each case a speedy recovery.

We **offer our condolences** for the family and friends of Rev Dr Martine Stemerick, who has died after a short illness. Martine served the Castle Point churches from 2006 to 2011 and then re-joined the circuit as a supernumerary when retiring in 2017 to her home in Benfleet. Her Memorial Service of Thanksgiving will take place at Benfleet MC on Saturday 4 November at 11:00am, followed by refreshments. All are welcome.

Prayers from the President of Conference the Methodist Peace Fellowship

God of peace and compassion,

We pray for all impacted by the escalation in conflict in Israel-Palestine

For all who are mourning

For all who are fearful, today, and for what may lie ahead

For all traumatised and re-traumatised by what they have experienced.

Enable us to stand in solidarity with people of peace

May your Spirit bring peace and healing to your troubled world.

Oh Jerusalem, how we long for all peoples to be gathered up under the wings of peace; and yet your heart is shattered and your sides



pierced by swords of grief. Beloved city, may mercy and justice walk in your streets and markets, show us how to look into each other's eyes with love and equity so that all humanity might die to violence and live to trust our neighbours once again.

As always, we **pray for the people of Ukraine**, wherever they find themselves, and for a just and lasting peace in their homeland.



Snippets

Highlands Toddlers

Calling all 'little people' (up to school age) with their adult carers to join our friendly group on Monday mornings from 9:30 to 11:30 am. Price remains £3 per child, £4 per family, which includes refreshments – a bargain! Come and enjoy meeting old friends and making new ones. Further details on our website:

www.highlandsmethodist.org.uk

or contact Ros (478631) or Margaret (557512).

Humour Corner

Devil:

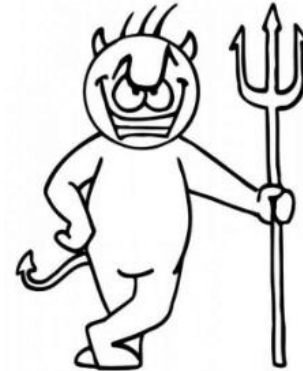
Welcome to Hell, Mr Green. Come over here and look at the lake of lava in which you'll be spending eternity.

Mr Green

Well, actually, we're underground so this would be magma, not lava.

Devil:

This is why you're here, you realise...



Anna Turner

Many of you will be worried about the safety of Anna, who works with Arab World Ministries in Lebanon. I'm very pleased to say that Dad Colin wrote on October:



her
19

Thank you for your faithful prayers for Anna. Latest news: The UK Gov changed travel advice late yesterday for UK Nationals against travel in the whole of Lebanon. Anna has therefore taken the 0800 flight to Jordan today for a strategic break. Anna is sad to have left under this guidance and hopes to be back soon. Meanwhile, she will be working online from her new temporary home in Jordan. God Bless. Colin and Cathy Turner

10TH Leigh Brownies

The Brownies are enjoying getting back to more activities outdoors and in the hall. It is lovely to have the girls moving up from Rainbows, but it's rather sad to say goodbye to the older girls as they move up to Guides.



The Brownies are enjoying a full programme so far this term and will be quite busy in the run up to Christmas. Once we are into November, we will be planning for the January 2024 term. Many Brownies have gained their Bronze and Silver Awards. We have also presented several Gold Awards. We are very grateful for all the help we get from our Young Leaders. Many are working towards their Young Leader certificates, and we have also had girls doing their Duke of Edinburgh community service section.

We have had the support of Brenda Chesterton for many years as our Unit helper and cook when we went on our Pack



Holidays. For a number of years Girlguiding did not give our unit helpers service awards but are now doing so. We were very pleased to present Brenda with her 10-year award in July - even though Brenda has been with us for 17 years!!! Brenda is still a valued member of our team.

We also congratulate Sarah - our Barney Owl - on her marriage to Thomas Barningham on September 2nd. They had a wonderful day and we wish them all best for their future.

Save the Dates

Christmas Coffee Morning Saturday 2 December
10:00 am until 12:00 Noon

Fri 10 and Sat 11 November ***Once Upon a Dream***, a comedy musical thriller performed by MODS the Southend Mencap Operatic and Dramatic Society. Full details in last month's issue.

The **Highlands Carol Service** is at 4:00 pm on 10 December this year, for all the family. Also for families is the **Christingle** service at 5:00 pm on Christmas Eve. Later that night, our **Midnight Mass** will be a united service at Wesley at 11:15 pm. Finally, on **Christmas Day** our service is back at Highlands at 11:00 am.

From the Editor

Like Heather I cannot ignore the torrent of awful news from the Middle East. A well-known adage (wrongly attributed to Einstein) holds that it is insanity to do the same thing over and over, then to be disappointed at getting the same result.

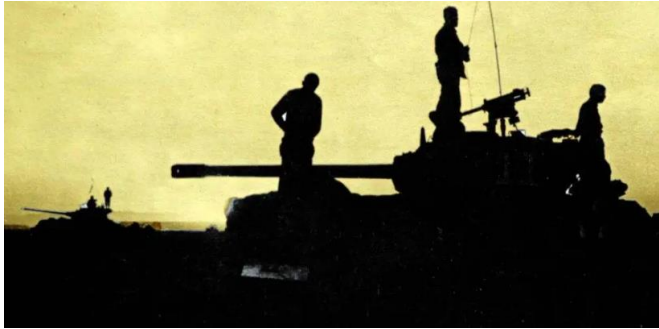
Famously, in 1337 England began a war with France that lasted 116 years (the so-called '100 Years War')¹. Each side in this war had 5 different kings. Apparently not one of these monarchs sat down with their advisers and said: 'It seems neither side can get the outcome they want. Maybe we should talk about it?'



The Israel-Palestine conflict has many of the same aspects. The same war, basically, has broken out in 1948, 1956, 1967, 1973 (followed by several peace treaties), the second intifada 2000-

¹ Not the worst example, by the way. Apparently, the Isles of Scilly and the Netherlands were formally at war from 1651 (just after the English Civil War) until the signing of a peace treaty in 1986. That's 335 years.

2005, 2015 and now, 2023. The intervals have typically been marked by instability and sporadic violence.



The Bible is quite clear on how we should deal with aggression:

Do not repay anyone evil for evil. Be careful to do what is right in the eyes of everybody. If it is possible, as far as it

depends on you, live at peace with everyone. Do not take revenge, my friends, but leave room for God's wrath, for it is written: "It is mine to avenge; I will repay," says the Lord. [Romans 12:17-19]

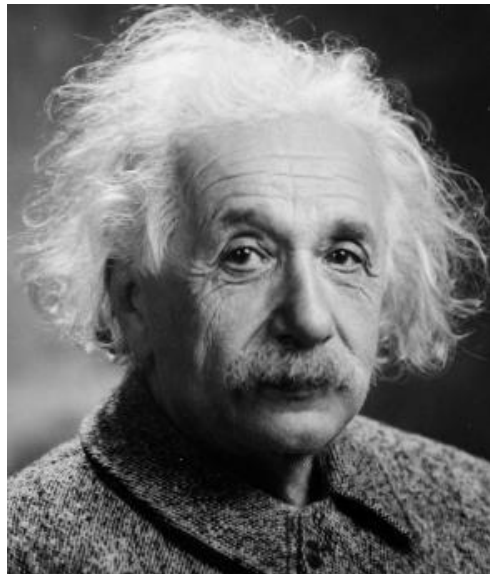
The Qu'ran is equally clear. It notes [Surah 59:23] that *as-salaam* ('the peace') is one of the 99 names of Allah. The passage below chimes perfectly with St Paul's message to the Romans:

And if [your enemy] incline to peace, then incline to it [also] and rely upon Allah [Surah 8:61]

Echoing the Qu'ran, the Torah confirms that *shalom* (peace) is a name of God². Many of you will know this simple instruction from the Old Testament: *Turn from evil and do good; seek peace and pursue it. [Psalm 34:14]*

Finally, a correct attribution:

Peace cannot be kept by force. It can only be achieved by understanding [Albert Einstein].



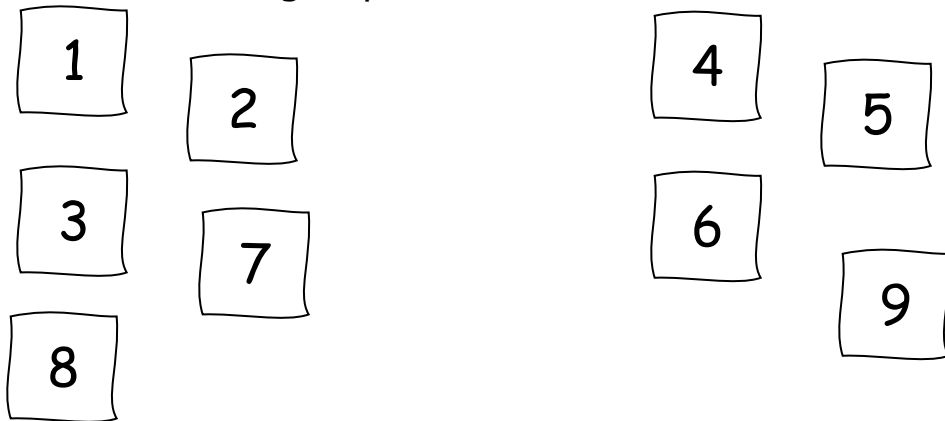
² Leviticus Rabbah 9:9

At the time I write this, the world is pondering over who was responsible for the explosion at the Al-Ahli Hospital in Gaza (founded and run, incidentally, by Christians). I wonder whether the victims and their loved ones care to know who did it. Or do they want everybody responsible for the current hostilities to heed the guidance of their faith? Or failing that, the wisdom of Albert Einstein?

Anon

Puzzle of the Month³

The whole numbers between 1 and 9 have been written on cards and set down in two groups thus:



Your task is simple. You must move one card only to create two groups that add up to the same number. You may not take away a card, nor add one. You may move a card from one group to the next

³ Solution page 17

Dining In

I enjoy watching *Masterchef* on TV. I am never less than awed by the skill and imagination of the contestants but I do notice that they have no apparent budget. Whatever expensive ingredient they want is



supplied. They typically have a limitless store cupboard and a huge choice of fresh vegetables, herbs and spices.

Out in the world of food banks, soup kitchens and B&B accommodation, things are different. We are however lucky in that local supermarkets and

fast-food outlets often give away unsold stock. Sometimes in great quantities. This gives the chef a challenge to use this bounty to make nutritious and flavoursome food safely.

At St Vincent de Paul we frequently receive chicken, often uncooked drumsticks and thighs. These sell less well than breasts (even though they have more flavour and less tendency to dry up). At other times we get cooked and coated chicken from the local branch of a well-known chain, and this needs to be uncoated before use. The cooking time of this month's dish is long enough to avoid any worries about safety.

Incidentally I was shocked this week by a local newspaper story 'celebrating' 10 years of a local food bank. Surely this should have focussed only on thanking the volunteers for their hard work. A local dignitary just about summed it up by saying: 'I hope to support [the food bank] for a very long time to come.' Really?

One Pot Chilli Chicken (Serves 8)

Ingredients

2 large onions
2 tbsp olive oil
265g chorizo ring (peeled/sliced)
4 red peppers (deseeded/chunked)
2 x 400g tins chopped tomatoes
2 x chicken stock cubes
½ tsp chilli flakes
2 tsp dried oregano
16 boneless, skinless chicken thighs
3 x 410g tins red kidney beans

To serve

15g coriander (chopped)
2 avocados (sliced)
good squeeze lime juice

1. Preheat oven to 160°C fan, 180°C, gas 4. Fry the onions in the olive oil for 5 minutes until soft and beginning to colour. Add the chorizo and fry for 2-3 more minutes. Stir in the peppers, then pour in the tomatoes, followed by a tin of water. Stir in the stock cubes, oregano and chilli flakes.
2. Arrange the chicken pieces on top of the sauce then push them under. Bring to a simmer then cook in the oven for 40 mins. Stir the beans in, then cook for a further 20 mins. You can make this up to 2 days in advance and chill.
3. If reheating, ensure it's piping hot - give it 70 minutes in the oven at 170°C fan, 190°C, gas 5. Stir in most of the coriander, toss the rest with the avocado, lime and a little salt, piled on top. Nice with garlic bread and a green salad with olives, cherry tomatoes and sliced red onion.



Humour Corner

Customer:

I'd like to purchase a dozen bees, please.

Shop assistant (counting out 13 bees)

There you are sir

Customer:

I only wanted 12.

Shop assistant (counting out 13 bees)

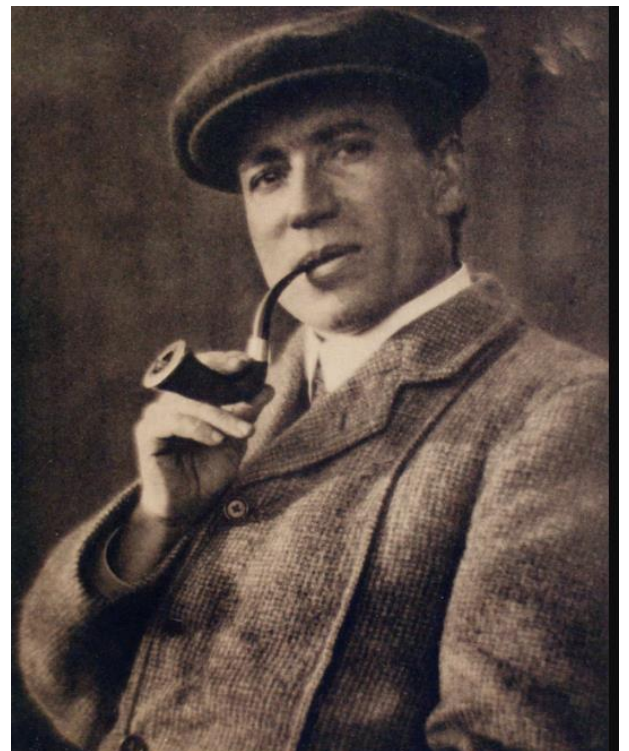
That one's a free bee, sir



Poem of the Month

Rev Hev has chosen this month's poem for the excellent reason that we all seem to rush around without making time to look - *really* look - at the beauty of the revelation that is going on all the time before our eyes. We are just too busy, and the promise that we had as children (of plentiful leisure time) is one that we have let slip through our fingers. Perhaps our grandchildren will do better.

William Henry Davies was a man with leisure thrust upon him. Losing his working-class father at the age three, he had a tough upbringing in the Welsh city of Newport. After a failed apprenticeship, and with a record of petty theft, he became a tramp in the UK and the USA, finally trying to join the Klondyke 'gold rush'. He lost a leg in an accident and returned to London, starting to sell the poems he was now writing. He was 'discovered' in 1905 and



helped by fellow Welsh poet Edward Thomas, and from then on, his work became known and admired.

Leisure
by W H Davies (1871-1940)

What is this life if, full of care,
We have no time to stand and stare.

No time to stand beneath the boughs
And stare as long as sheep or cows.

No time to see, when woods we pass,
Where squirrels hide their nuts in grass.

No time to see, in broad day light,
Streams full of stars, like skies at night.

No time to turn at beauty's glance,
And watch her feet, how they can dance.

No time to wait till her mouth can
Enrich that smile her eyes began.

A poor life this if, full of care,
We have no time to stand and stare

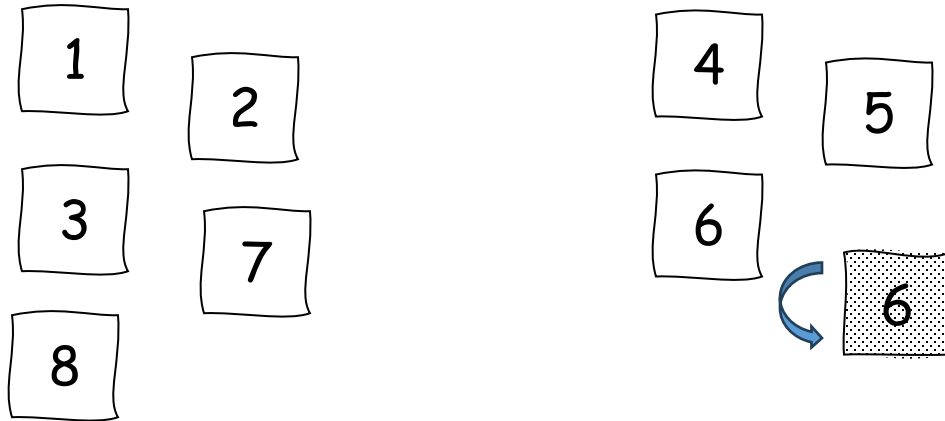
Humour Corner

A couple of children's prayers that probably made God smile:

- *I want to be like daddy but without hair all over*
- *Thanks for the younger brother, but I asked for a puppy.*

Puzzle of the Month Solution

The two groups together add up to 45 - an odd number. Because you may not take away nor add a card, they will always add up to 45, so two equal groups cannot be achieved - unless of course you turn the number 9 round 180 degrees. Now the 9 becomes a 6, and each group adds up 21. QED⁴



There are also some clever-clogs solutions such as placing the 1 on top of the 5 so that both sides make 20. Well done if you got any of those!

Editor's Note

You may notice one of two regular items missing from this issue. This is entirely my fault, because I will be working away in Alnmouth, Northumberland and Sedbergh, Cumbria for 8 days. This has meant that I've gone to print earlier than usual. Both of the places mentioned are beautiful, and I've given you a view of Alnmouth on p20. John Wesley visited in 1742, describing it later as

a small sea-port town, famous for all kinds of wickedness.

I'm sure it's changed since then.

⁴ Quite easily done! Or if you are a Latin scholar, *quod erat demonstrandum*

WELCOME TO WESLEY

Thursday Lunches at 12:30pm

£7 Donation

Jacket Potato and salad, and Dessert

October 2023

Please book by phoning Jane on 01702
714213 for catering purposes

Please pay cash on the day. Thank you.

Looking forward to seeing you.

Please note there will be no lunches on
Thursday 12th October.

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 ⁵ 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	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


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

⁵ Every fortnight

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 December 2023/January 2024 issue should be
emailed to andrewghyde@aol.com before the **deadline of
Sunday 25 November**, and earlier if possible. No email? Don't
despair; just telephone 473111 to arrange an alternative.

A Final Image

St Cuthbert's Cross where Alnmouth (Northumberland) church
once stood. A storm in 1806 changed the course of the River Aln
and cut the church off from the village.

