



# *The* **HIGHLANDER**

## **October 2021**

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

11:00 am Sun 3 <sup>rd</sup>	Morning Worship Café Church	Kathy McCullough
11:00 am Sun 10 <sup>th</sup>	Morning Worship Communion Church Anniversary	Pastor Steve Mayo
11:00 am Sun 17 <sup>th</sup>	Morning Worship	Worship Leaders
11:00 am Sun 24 <sup>th</sup>	Morning Worship	Eileen Simmons
11:00 am Sun 31 <sup>st</sup>	Morning Worship United Service	Pastor Steve Mayo

All of these services are scheduled to be held live in Highlands Church. We recommend facial covering (unless exempt). Also, a section of the church will be set aside for 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.

# **Highlands Methodist Church**

## **Hospitality in the Midst of our Community**

All telephone numbers are '01702' unless stated

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Older Persons' Worker	Julie Peek	479804

## **From Your Minister**



Autumn is now upon us, and we thank God for giving us a 'freer' summer this year; enabling us to enjoy the warmth of the sun and the beautiful blue skies. And at this time of year, we rejoice at all the wonderful gifts from God through our Harvest Festivals; decorating our churches with the produce God himself has provided.

But, rapidly advancing upon us is the 'busy season'. It is so easy to get stressed with shopping for Christmas, tidying the garden and preparing it for next spring and so on, and we forget that God gave us a season for everything, not just seasons of varying weather, but seasons of life.

We will all experience times of hardship, perhaps an illness ourselves or within our family. We might feel angry with God for something which goes wrong; particularly when someone dies at a relatively young age. People ask: "Why has God done this?" Please be assured God does not single out anyone to hurt, annoy or embarrass them. Things go wrong in our bodies. Sometimes we know why, but often we don't, and the medical profession can't always give us the answer.

If you are reading this and are feeling that life's not good just now, remember that Jesus was born to save us all from sin and gave us God's promise of eventually having eternal life with him if we believe; an eternity where

*'there will be no more death or mourning or crying or pain.'*

[Revelation 21:4, NIV]

Life is hard and believing is not an insurance policy or a promise that life will be easy and plain sailing, but it is a promise that, through the Holy Spirit, we can cope and can receive the peace that passes all understanding. We have been given life to enjoy in all its fullness and that has nothing to do with money or possessions. God knows what we need.



So, whatever you are planning to do this coming season, include Jesus in your plans and receive his peace.

Pastor Steve  
pastorstevemayo@gmail.com  
01702 483827

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

What do the following ten people all have in common?

Frances Gumm

Alphonso d'Abruzzo

Eric Bishop

Ilyena Mironov

Nicholas Bronstein

Archie Leach

Margaret Hyra

Demetria Guynes

Krishna Pandit Bhanji

László Löwenstein

### **Humour Corner**

Question:

*How many psychotherapists does it take to change a lightbulb?*

Answer:

*Only one, but the lightbulb has to really want to change.*

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<sup>1</sup> Solution page 19



**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 Hilary and John Houlding, parents of Christopher who has died following a heart attack, and to all the family. For many years they were all members at Highlands.

**Condolences** also to another former member of Highlands David Johnstone, and his family on the death of his wife Veronica (formerly Monk). She died on 9 September in hospital following a fall, having been ill with dementia for some time. Veronica had the distinction of being the first Chair of Serving the Homeless when it was founded in 1990.

Our heartfelt **congratulations** to

- 
- Irene and Tony Downing on their 70th (Platinum) Wedding Anniversary on 1 September.
- David and Charlotte (nee Pickford) Sims on the birth of their daughter, Beatrice Lily, on 22nd August. A sister for Phoebe and a fourth granddaughter for Roger Pickford.
- David and Eira Sperring (in Cheshire), and Ian and Olivia Sperring (in Bath) on anticipated additions to both families in the New Year.
- Justina Nzeribe on the award of a BSc Honours in Human Resources and Business Management from Anglia Ruskin University. The scale of her achievement should be measured against considerable disruption to her personal life and having to hold down a job at Southend Hospital while fitting in 1,200



hours of lectures in each of four years, plus personal study and research and practical work. She generously thanks not only God but also the support and encouragement she received from friends at Highlands. Well done everyone, but especially our newest graduate, Justina.

- Christiana Botziou and Athanasios Papathanasiou who married on 21 August 2021 in the Greek Orthodox Church of Saint Anna, in Katerini, North Greece. Celebrating with them were family and friends, including brother of the bride (and Highlands Church Steward) Andreas.



## **From the Editor**

After a patchy summer, September 2021 has been a month of good weather. Figures are not yet available, but it seems that here in sunny South Essex we'll comfortably surpass the average daytime temperature.



Meanwhile, other countries are less comfortable with the warm weather. Wildfires have caused significant damage and loss of life in California, Greece, Turkey, Australia, Siberia and Brazil, along with many more locations. And it seems that human-generated climate change may be to blame.

Let me share two quotes from the same leading politician:

- 2015: *'fear that the present ambient warm weather is somehow caused by humanity...is ... without foundation.'*
- 2021: *'it's time for us to grow up and realise who we are and what we're doing [to the planet]*

Even former sceptics, it seems, accept the prevailing evidence.

Meanwhile, back in the UK, you may care to visit the local supermarket. As you look along the shelves of fresh produce the shelves glisten and shimmer with reflections of the neon store lights. Shiny plastic cases almost every fruit and every vegetable, not to protect the buyer, but to contain the CO<sub>2</sub> that inhibits decay and delays the sell-by date. Millions of other products are either protected by or made of plastic. Where this plastic is discarded, only 9% is recycled; 91% is not<sup>2</sup>. Across the world we

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<sup>2</sup> [www.nationalgeographic.com](http://www.nationalgeographic.com)

use and discard 480 billion plastic bottles, 1 trillion plastic bags, half a billion plastic straws<sup>3</sup>. Current estimates are that 30,000 tonnes of plastic waste enters the world's oceans every single day.



I could go on. But the point is clear. Unless we confront and reverse these destructive behaviours immediately, we will leave an appalling legacy to our children. As Christians we need to pray and act. Our prayer could usefully focus on the UN Climate Change Conference ('COP26') to be held in Glasgow, Scotland between 31 October and 12 November, under the presidency of the UK. Why not ask God to intervene and produce real progress?

In terms of personal action, I'm reminded of the words of a song by Jill Jackson-Miller

*Let there be peace on earth  
And let it begin with me...*

Now, for the word 'peace', substitute 'action'. Fighting back cannot be left to others. It may be correct to say that say China or India are bigger polluters than the UK, but saying it achieves nothing. It may seem futile to try to avoid buying plastic, but 60 million of us doing and saying the same thing will make a difference. Green must not just be the flavour of the month – it has to be the flavour of the century.

To fail in this endeavour would be a catastrophe for us, a shocking emergency for our blameless descendants, and a grievous insult to God who left this beautiful planet in our care.

*Anne*

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<sup>3</sup> [www.earthday.org](http://www.earthday.org)



## **Snippets**

### **Home Group**

The Home Group is beginning again on Tuesday 5 October at 7:30 pm at Glenda's. We will be studying the Methodist Way of Life. If anyone would like to attend a daytime group, please contact Kathy ☎ 714528.

### **Circuit News**

On each Tuesday at 2:00 pm on Zoom, beginning on 5 October 2021 for a period of 6 weeks Sundays in October, Peter Moorhouse invites you going through the course A Methodist Way of Life. Details from Jane Fulford ☎714213<sup>4</sup> and more about the content of the course from <https://www.methodist.org.uk/our-faith/life-and-faith/a-methodist-way-of-life>.

For six consecutive Monday evenings, beginning 25 October, Southend Christian Fellowship are running Chaplaincy Everywhere at the Plaza Centre, Southchurch, Again you can get details online at <https://www.southendandleigh.org/news/chaplaincy-everywhere-course.html>

### **Heating**

Investigation shows that our building performs well enough to need only one boiler. The boiler that is still running might make it through the winter, while permanent solutions are sought. Please pray for this. A further report next month.

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<sup>4</sup> Stop press: Pam Smith will also be running this course live at Highlands, commencing 6 October at 2:30 pm

## Macmillan Coffee Morning

Wesley's Macmillan coffee on 25 September morning raised nearly £500 (probably more when all payments have been collected). Well done to all involved.



## Serving the Homeless

Thank you all so much for your fantastic support for our Summer Hamper Raffle. Virtually all the tickets were sold, we raised an amazing £1,465 and some of the prize winners were from the Highlands Community. The full list of winners can be seen in the Jubilee Room. As a result, we have been able to send £2,500 to HARP for their new Bluebird Project and £500 for continued provision of fresh meat and vegetables for the next couple of months. The Bluebird Project, based in Southchurch Road Southend, is to provide a further 50 units of accommodation.

The HARP furniture store at London Road, Westcliff has now been closed and business transferred to the larger premises at Southend High Street. Other HARP shops are open at Southchurch Road, Leigh Broadway, and Hamlet Court Road. Full details at [www.harpsouthend.org.uk/shops](http://www.harpsouthend.org.uk/shops)

Richard Hair, the Chair of Trustees for HARP for many years, is standing down at the end of the year as he enters retirement and moves away from the area. We thank him sincerely for the tremendous support that he has given to HARP.

We are also looking to work with YMCA and their new Homily Project, in Church Road Shoeburyness. This will be for 16-18 year-old adolescents who are unable to live at home.

In the meantime, we have fixed dates for future fund-raising events including:

- the popular Sunday lunch at Chalkwell Park Rooms on 30 January 2022
- There is to be a wine tasting evening on Saturday 9th October presented by "Vino Vero". If you would like to attend, tickets are £20,
- our Christmas Concert on 17 December which will be filmed, as last year, and shown at Our Lady of Lourdes Parish Centre. Mulled wine and mince pies will be served.

Please contact Frank Edmonds for further information.

Now that we are back in church, we are ready to receive any additional gifts at the back of the church for distribution to the various services.

On a sad note, we have to announce the passing of Veronica Johnstone, formerly Monk, who was a founding member of Serving the Homeless and the first chairperson. She had been suffering from Alzheimer's for some time and died following a fall in hospital. We send our sympathy to her husband David and all her family and friends.

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

Frank

## **Highlands Hobbies**

October meetings are on Thursdays 7 and 21 October, at 10:30 am to 12:00 noon when we will start our Christmas card making under the expert guidance of Marjorie and Margaret. If you are interested in needlecraft Glenis will keep you company or maybe you wish to bring knitting and share good friendship. All are welcome.

Note the date - We are planning a Christmas Coffee Card and Craft morning on Saturday 20 November from 10:00 am till 12:00 noon.

Jean ☎ 525250      Julie ☎ 479804

## Church Anniversary 10th October

Sylvia Cornwell has donated the church flowers for 10th October, Church Anniversary, in memory of Ellie.

### Crunch Time

Crisp packet supremo Derek Bill writes:

I'm proud to say we've recycled over 50,000 crisp packets that would have gone into landfill. It's a great success thanks to your efforts. Together we're helping to protect our planet. I collect and sort the packets, box them and dispatch them to Terracycle, who recycle them and turn them into other sustainable products, such as garden benches and playground equipment.



If you are collecting packets and depositing them in the church hall, please empty them thoroughly<sup>5</sup>, flatten them and make sure they are **ONLY** crisp packets. Walker's Crisps sponsor this scheme, and only accept crisp bags (any brand). So please no popcorn bags, biscuit packets, sweet wrappers, chocolate wrappers or coffee bags. If it hasn't got the word **CRISPS** on the packet, dispose of it responsibly somewhere else. This will save me many hours of sorting and discarding. Thank you again for your help and support.

### Humour Corner

Question:

*How many Anglicans does it take to change a lightbulb?*

Answer:

*Not applicable, they use candles.*

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<sup>5</sup> I always do! - Ed

## Pastoral Report

I share with you Julie's pastoral report to the Church Council:

We don't know what the future holds but we do know who holds our future.

I have been thinking a lot about how to explain how I support Highlands and my job title really is the best way to explain. I am a Mission Enabler for older people and Memory Worship facilitator. I am sometimes not present at the outcome, but I have facilitated or enabled the action – made it happen.



The 1½ years of COVID have been tricky for all of us. I have struggled to carry on supporting and caring. But supporting the mental, physical and spiritual wellbeing of older Highlands members and wider church family has been my priority; through networking with other local community connections to make a difference. Very often enabling or facilitating has meant sanitising the car, delivering the Highlander, putting on a face covering and offering a lift to a church.



Memory Worship online has also facilitated Worship for Leigh & Southend Methodist circuit family, care homes and others isolated at home. Holidaying at Home represented a statement to the wider community that Highlands were back as a community supporting church. So, it was really important to invite local and practical community connections to be involved.



Eleven church members attended *Holidaying at Home*; Heather is an absolute pastoral star – thank you and God bless you Heather. Jean and Frank were there with their usual solid support with music and flowers. Ros helped get everything all back to its rightful place after the day. Janet picked up two of the ladies and made their day happen. Brenda our trolley dolly served tea, water and gravy but not all at the same time. Finally Jacky and Sharon prepared and served a delicious meal for 40 people.

Moving forward into the Autumn and Winter, I would like to bring back monthly movies so, hopefully look out for a post appearing around church for the first one in October.

Julie Peek

Mission Enabler for Older People & Memory Worship facilitator

## **Humour Corner**

Question:

*How many Methodists does it take to change a lightbulb?*

Answer:

*20. 15 people to make up three committees to approve the new lightbulb and 4 people to serve tea and cakes. Oh yes, and 1 person to actually change the bulb.*

## **A Poem for October**

The past few years, for many of us, have been difficult. Imagine how much more difficult to be working in a land riven with sectarian strife, subject to conflicts both internal and external, politically unstable, and yet beautiful both in its landscapes and the hearts of its people. This is Lebanon, where our poet Anna has worked, and this poem reflects her yearning for peace and justice.

## **Peacemakers**

### **By Anna Turner**

Rise up you peacemakers  
You forgers of the way.  
Rise up you sayers  
For those who have no say.  
Let us stand together,  
Far stronger than apart,  
Side by side and different  
Let our actions be the start,  
Of a peace that's lasting  
Fierce and strong and free,  
That starts within our friendship  
And changes community.

Rise up you peacemakers  
You builders of bridges.  
Rise up you respecters  
Of all differences.  
We will stand together  
To speak for peace and hope,  
We will declare diversity  
Beautiful like a kaleidoscope.  
We will not be satisfied  
With otherness derided,  
We will seek togetherness  
Community undivided.



©Anna Turner 2016



CREATIVE FAITH COMMUNITY  
*'COME AWAY AND REST AWHILE'*

# RETREAT/QUIET DAY

*Join us as we spend time reflecting on  
Scripture, praying, and engaging our  
creative senses.*

**OCTOBER 16TH 2021**

**10AM-3PM**

**LOCATION: RAYLEIGH**

**10 SPACES AVAILABLE**

Cost £5 towards lunch and materials

Bookings contact

[ramona.samuel@methodist.org.uk](mailto:ramona.samuel@methodist.org.uk)

## **Dining In**

At the moment there seems to be a good deal of celeriac in the shops. It's not the prettiest vegetable, so you might ignore it, but it has lots of uses. You can roast or chip it like potatoes, and it makes a mash with a pleasant nutty flavour. Nutritionally it's packed with fibre and vitamins B6, C and K, but it's also low-carb.

If you find you have more celeriac than you can easily use, here's a spicy soup that uses it:

### **Ingredients**

2 x cups of red lentils  
Medium beetroot peeled and cubed  
¼ of a large celeriac peeled and cubed  
Veg stock cube

Water for stock  
1 tsp paprika  
1 tsp cumin  
1 tsp coriander  
½ tsp cinnamon  
Pinch nutmeg

### **Method**

1. Fry the onion for 5 minutes until translucent
2. Add all the spices and stir for 2 minutes
3. Add beetroot and celeriac and allow spices to coat
4. Add 1 litre of stock and simmer 10 minutes
5. Add lentils and simmer until all vegetables are cooked through
6. Blend with a hand blender or food processor
7. Optionally, add some chopped dill and flat leaf parsley



## **9<sup>th</sup> Leigh Cubs/Scouts - Camp report**

Back in May, the word 'camp' was mentioned. Could we? Should we? Would anyone want to come? After much thought and planning, and two years without camping, we were back at Belchamps for a weekend in September with 22 boys and girls.

We had a brilliant time. There were a few rain spots when we were putting up the tents, but then the sun got his hat on. A mild breeze helped blow away the slight smell of mildew.

The cubs walked and the scouts cycled from Highlands to Belchamps on the Friday evening. Hot dogs, (Barry's lovely chipolatas) and hot chocolate were waiting for us when we got there.



The scouts cooked a great breakfast for us – eggy bread as we scouts call it but 'French Toast' in posh cafés. Then the scouts set off to cycle to Wallasea whilst the cubs did activities on site. We were very grateful to Tim, our organist at Highlands, who joined the scouts on their ride.

During the day, the cubs tried rifle shooting, archery, fire lighting and then they gathered blackberries from the surrounding bushes. We'd brought apples from Bob and Lesley's garden. Hence blackberry and apple crumble was on the menu that night. The cubs made the crumble - quite the best I've tasted. Finally, after washing up, campfire rounded off the day.

One problem that we've had over the last 18 months, is that many boys have joined cubs but have not been invested. Many have attended only 2 or 3 meetings before coming to camp. So we planned to invest 5 cubs at our closing ceremony but they needed to learn the law and promise beforehand. The scouts stepped up and helped our newest cubs to be ready to be invested.



On Sunday, it was time to pack the tents away again and we were very grateful for all the mums and dad that came to Belchamps to help us. They struck and stowed the tents in no time at all leaving the cubs and scouts to tackle the traversing wall, which was not as easy as it looked. After lunch we held a closing ceremony and investiture before we all headed home - grubby, tired but having had a fabulous time. That was all of us, the leaders as well.

The children were smashing and kept us entertained with their funny comments and ways. There was plenty of free time for them to enjoy kicking a ball around or hanging out with friends. Not a mobile phone or laptop in sight. There was only one other group camping at Belchamps so we basically had the whole glorious site to ourselves and it was splendid in the autumn sunshine. Many thanks to all the volunteers who have worked hard to keep Belchamps going over the last 18 months.

A final plea – we are desperate to keep the group running but we need leaders. We are so grateful for our army of helpers but without new leaders, our future is in doubt. So please pray that someone will step forward. They are assured of the best possible support.

## **Puzzle of the Month Solution**

All these are better known as film stars

Frances Gumm	= Judy Garland
Eric Bishop	= Jamie Foxx
Nicholas Bronstein	= Douglas Fairbanks
Margaret Hyra	= Meg Ryan
Krishna Pandit Bhanji	= Ben Kingsley
Alphonso d'Abruzzo	= Alan Alda
Ilyena Mironov	= Helen Mirren (former pupil of St Bernard's)
Archie Leach	= Cary Grant
Demetria Guynes	= Demi Moore
László Löwenstein	= Peter Lorre



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

**Children and Young People**

**Fellowship Groups**

**Services to the Community**

**Social and Recreational**

Some of 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](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 November 2021 issue should be emailed to [andrewghyde@aol.com](mailto:andrewghyde@aol.com) before the **deadline of Sunday 24** October, and earlier if possible. No email? Don't despair; just telephone 4731111 to arrange an alternative.



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