



# The **HIGHLANDER**


## September 2022

The monthly newsletter of Highlands Methodist  
Church, Leigh on Sea

**These are services for September 2022.**

11:00 am Sun 4 <sup>th</sup>	Morning Worship Café Church	Worship Leaders
6:30 pm Sun 4 <sup>th</sup>	Circuit Service <b>@ Thorpe Bay</b>	
11:00 am Sun 11 <sup>th</sup>	Morning Worship Communion	Rev Peter Moorhouse
11:00 am Sun 18 <sup>th</sup>	Morning Worship Church Anniversary	Pastor Steve Mayo
11:00 am Sun 25 <sup>th</sup>	Morning Worship <b>United Service @ Wesley</b>	Susie King



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

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**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	Margaret Wood	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	Dave Watson	555702
Property Co-ordinator	Anne Lane <a href="mailto:annelane8@btinternet.com">annelane8@btinternet.com</a>	01268 755291
Children's Worker	Ros Bryant	478631
Pastoral Co-ordinator	Jean Edmonds	525250
Church Flowers	Jean Edmonds	525250
Lettings/Use of Premises	Les Davis	558381
Older Persons' Worker	Julie Peek	479804

## **Humour Corner**

Restaurant customer:

*Waiter! Come here, please. I have a complaint. This soup is absolutely stone cold.*

Waiter:

*With respect sir, it's gazpacho.*

Restaurant customer:

*Gazpacho! Come here, please, I have a complaint...*

## From Your Minister



We are living in a massive time of change! Not only are we coming to the end of the summer with the trees starting to shed their summer coats, but our whole country, and world, is going through massive changes too.

Environmentally, we are seeing changes in our weather, from summers of extreme heat, to winters of extreme cold.

Politically, we are going through a massive time of change, with political parties jostling for power and position. By the time you read this the government leadership contest will be over, so we'll be in for more change; good or bad!

And even at this time of year some of our churches and ministers will be facing change as the stationing process takes place. And I know that each one of us will have our own list of changes which have affected us personally.

All this change can leave us with a sense of uncertainty and can unsettle us. But God reveals, within the book of Malachi, something of His character when He says;

*I the Lord do not change. [Malachi 3:6 NIV]*

The same is revealed about Jesus in the book of Hebrews;

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

Many of our hymns also reiterate this unchanging promise...

*Great is thy faithfulness, O God my Father,  
There is no shadow of turning with Thee;  
Thou changest not, Thy compassions, they fail not;  
As Thou hast been Thou forever wilt be.  
[51 STF v1]*

*In Christ alone my hope is found,  
He is my light, my strength, my song;  
This Cornerstone, this solid Ground,  
Firm through the fiercest drought and storm.  
What heights of love, what depths of peace,  
When fears are stilled, when strivings cease!  
My Comforter, my All in All,  
Here in the love of Christ I stand.  
[351 STF v1]*

So, as we prepare ourselves for whatever the future brings, remember we have an unchanging God. So, step out on His promises, as these, never change. I leave you with a quote;

*I know not what the future holds, but I know who holds the future. [attributed to Homer, ancient Greek author]*

Every blessing,

Pastor Steve  
01702 483827  
pastorstevemayo@gmail.com

## **Humour Corner**

Why do you never see giraffes hiding in trees?  
*Because they are very, very good at it...*



**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.

Our **condolences** to friends and family of Kathy Burrell who had a fall just after Easter and died after some weeks in hospital. Kathy was a great friend to so many and had a great love for her Lord choosing to serve His church with every moment of her life. She has filled every role possible in the church, not just locally but across the Connexion. She will be greatly missed.

Also we learn with regret that Keith McCullough has died after his long illness. We **send our sympathy** to Kathy and all family and friends.

**We ask** for a swift recovery for Pete and Natalie Moorhouse, both (at the time I write this) stricken with COVID. Hopefully by the time you read this they'll be better, and Man Utd will have won a game.

We **give thanks** for the slow but steady recovery of Andrew Saville who is now home, as is Keith Carter. We ask also for improvement for Peggy Gosling and Hazel Owens (Petra's mum) who are hospitalised as I write this. Tony Downing is also away from home in respite care. For all these and more, we recognise with gratitude the professionalism and hard work of NHS and other carers.

**Congratulations** to Pat MacDermott on her 90th Birthday on 29 August

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**

More bad tidings? It seems to dominate my daily diet of news. War in Ukraine, global warming, economic crisis, the worst inflation for 40 years – need I go on? I do my best here to steer around politics, as a careful cyclist might treat a pothole. But now the health and happiness of millions of people seem to be in the balance, and effectively we have no Prime Minister (I leave it to you to decide if that is a plus or a minus...)

Closer to home, the *Highlander* regularly records deaths. This month is no exception. Is this entirely bad news? As Peter Moorhouse said in a recent email you may have seen, we should:

*give thanks that [Kathy Burrell] has now entered the Glory of Heaven*



Yet the folk left behind, family and friends, will experience grief and sadness. Grief is a natural thing, a way of processing what has happened, and the price we pay for love. Each death is different. Some deaths are sudden and shocking. Others are expected

and may even come as a relief from suffering. There is no right or wrong way to react to bereavement. Some of us will be loud and animated, but others tend to be quiet and reserved.

I have heard grief compared to a wound. Initially there is severe pain and bleeding, but these will gradually moderate. It's true that events or words can make the wound reopen, but eventually the injury heals. Again, there is no 'normal' time for the wound to heal. It may be weeks, or it could be years. It depends on many things, not least how close the bereaved was

to the deceased.

When the wound heals, it leaves a scar that is permanent, and as we go through life, each one of us must acquire a collection of these scars. Each scar has still the potential to cause pain. I recently watched a documentary about the partition of India. A full 75 years after the event, memories of the deaths still had the power to bring tears to the elderly survivors and even to descendants unborn in 1947. We can and must learn to live with memories even when they bring pain. Yet St Paul asks:

*Where, O death, is your victory? Where, O death, is your sting?  
[1 Corinthians 15:55 NIVUK]*

Paul refers of course to the death and resurrection of Jesus Christ through which God gives us victory. Moving on to an ultimate destiny, the Glory of Heaven which Peter Moorhouse describes, we can anticipate that:

*[God] will dwell with them. They will be his people, and God himself will be with them and be their God. He will wipe every tear from their eyes. There will be no more death or mourning or crying or pain, for the old order of things has passed away [Revelation 21:3-4 NIVUK]*

The pain and grief we feel will change over time. Usually (but not always) it will mellow. However, I will continue reporting deaths as a consequence of the age profile of our Church. Highlands Church will not die, but it must change. We for our part must accept change and suffer the pain that goes with it. Or if we do not...



## **Humour Corner**

Newspaper headline:

*ARIZONA PSYCHIC HIT BY CAR NEVER SAW IT COMING.*

## Snippets

### **Mission Enabler for Older People**

After serving in this role, at Wesley and at Highlands for (I think) over six years, Julie Peek has resigned. The parting is entirely amicable and Julie, I am happy to say, will continue some roles, such as facilitating Memory Worship and Lunch Club, on a voluntary basis as long as other commitments allow. Space here is too limited to express in full our gratitude for all her work. For the moment, please join me in a simple:



### **Highlands Tuesday Lunch Club**

2<sup>nd</sup> Tuesday of the month £5.00

Here now is a copy of a recent letter sent. It needs no introduction (but I have added a couple of photographs):

*Fowler Smith and Jones Trust  
Chelmsford*

*Dear Sirs,*

*From everyone at Highlands Methodist Church, we would like to extend a huge THANK YOU for the Grant of £3,000 made available to us to install a catering oven and extractor with the intention of equipping our church to offer a monthly lunch club for the older people within our local community.*



*It has taken time and a good deal of planning, however, yesterday saw the first Tuesday Lunch Club. It was a resounding*



*success with 19 people in attendance and 24 already booked in for next month.*



*Together we are making a real difference in addressing the issue of social isolation for older people, particularly those living alone in our local community.*

*Yours sincerely,*

*Julie Peek  
Older Peoples Worker  
Highlands Methodist Church*

The next Lunch Club will be on Tuesday 13 September – book now!

## **Highlands Hobbies**

After our August break we restart on Thursday 1 September then 15. We plan various card crafts (don't mention it will soon be Christmas) led by Marjorie and Margaret. In October we will be thinking about Harvest flower arranging and trying our hand at shell crafts.

We have a range of abilities and talents to share and try. All are welcome. Come as you wish maybe with your Knitting or Needlework, share our fun and friendship in Room 1 from 10:00 am until 12:00 noon.  
Jean Edmonds 525250

## Highlands Toddlers

Thank you to all who have supported Highlands Toddlers. As always, we shall be sorry to lose our older children, as they progress to pre-school/infant school. We have very much enjoyed their company, and our love and best wishes go with them for the future.



A big thank you also to the Tuesday Chatter ladies who very kindly helped cleaning the toys ready for the new term. (The bribe of cake possibly helped!). It was much appreciated.

The new term starts on Monday 12 September, 2022 (9:30 am to 11:30 am) when we look forward to welcoming old and new faces.

For further details please visit our website:  
[www.highlandsmethodist.org.uk](http://www.highlandsmethodist.org.uk).

Ros and Margaret

## Serving the Homeless

Thanks for your support for our Summer Raffle. We were pleased to see that people who bought tickets at Highlands won three of the prizes. We raised a wonderful £1,081. Plans for future fundraising events are as follows: -

Saturday 10 September	A Floral display with Arts and Crafts @ Our Lady of Lourdes – all day
Saturday 8 October	Wine tasting evening (arranged by Pipe of Port) @ St Margaret's Church Hall. Tickets are now available from Frank.

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

## St Vincent de Paul (SVP)



St Vincent  
de Paul Society  
England and Wales  
Turning Concern into Action

SVP is a worldwide charity founded in Britain in 1844. Supported by the Catholic Church, it is non-denominational in its active roles, which include tackling poverty in all its forms

by providing practical assistance to people in need. You can learn more at [www.svp.org.uk](http://www.svp.org.uk) or talk to Lesley Hyde about local activities.

Several local supermarkets donate food, but Lesley wanted to record here her thanks to Barry Jeffries of BJ Meats in London Road for a truly enormous consignment of sausages that he was kind enough to donate last month. These have all been cooked and used to feed literally dozens of people in need.

## National Society for the Prevention of Cruelty to Children (NSPCC)



A lunch in support of the NSPCC will take place on Sunday 11 September (door open 12:00 noon, food 1:00 pm) at Chalkwell Park Rooms. Cost is £25 per head and tickets/information from Gill Metcalfe (email: [thegillianmetcalfe@hotmail.com](mailto:thegillianmetcalfe@hotmail.com) )

## Christian Aid (CA)

CA have sent grateful thanks for the generosity of Highlands folk for donating the sum of £936.31 during CA week to help families transform their own lives.

My grateful thanks to Steve, Andrew S and Janet for their house-to-house collections and to the congregation for their generosity. And thanks for your gifts.

Jean Edmonds CA representative.

## Church Flowers for September

11<sup>th</sup> Donated by Les Davis in memory of Margaret

18<sup>th</sup> Donated by Ros Bryant in memory of her Mum and Dad

25<sup>th</sup> Donated by Sheila Whitelegg in memory of Ged

## Save the Date

The following important dates beckon:

Sunday 18 Sep	Church Anniversary with Pastor Steve
Sunday 23 Oct	Harvest Festival with Pastor Steve
Sunday 13 Nov	Remembrance with Sarah McDowall

The Harvest and Remembrance services will be designed for all ages with a mix of traditional and interactive worship that will reflect the main theme.

## Dining In – The Best Recipe for Tabbouleh



Tabbouleh (from an Arabic word meaning 'seasoning') is a variable salad from the Eastern Mediterranean region that has become popular here and in the USA. It's based on bulgur wheat from the same part of the world. Bulgur wheat is our favourite of many grains such as couscous that are made from durum wheat. Not only do we like it

but it's actually pretty good for health too. It's not refined, so it's high in fibre and also a good source of various minerals, vitamins antioxidants and phytonutrients.

You can simply pour boiling water over your bulgur and let it stand while absorbing the water. However, I've just found a recipe where the bulgur cooks in the oven. Now, I wouldn't put the oven on just to cook bulgur, but as the oven was on

anyway, I gave it a try. And wow! It was the best tabbouleh I've had. This recipe makes enough for 4 as a side but it keeps well in the fridge for lunch the next day.

## Ingredients

- 200g bulgur wheat
- 250ml boiling veg stock
- 6 tomatoes, chopped
- 1 lemon, zest and juice
- 25g coriander, finely chopped
- 50g parsley, finely chopped
- 1 tbsp olive oil
- 4 spring onions
- 1 avocado

## Method

1. Mix bulgur, stock, chopped tomatoes and lemon zest in a roasting tin and cook uncovered in the oven heated to 180° fan for 20 mins.
2. Remove from oven, give a good stir and let it stand for 5 minutes. Then mix through the lemon juice, herbs, oil and seasonings.
3. Add whatever you want – avocado, sliced spring onion, pomegranate seeds, olives, nuts - whatever you have in the fridge or cupboard.



All this of course assumes you have food in the fridge or cupboard. Many don't.

Find out how you can help at

[www.trusselltrust.org](http://www.trusselltrust.org)

We rightly thank God for our daily bread. Ensure that others can do the same, today and every day.

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

### Alphabet Soup

For this month's puzzle, all you need to do is fit 10 words into the grid below. All the answers read across, left to right. As you can see, we've put some letters in, leaving 26 spaces to fill.

But there is a snag (as always). You must use each letter of the alphabet once only. Here they are, so you can cross them off as you use them:

**A B C D E F G H I J K L M N O P Q R S T U V W X Y Z**

1		R	I		T		
2		A	L	A			
3		E			E	S	T
4		E			R	Y	
5		R	A		E		
6	S			R			
7			A	M	Y		
8		E	B	R			
9		O		E	Y		
10		R	O		E	C	

1. Part of your arm 2. Milky Way, for example  
 3. Ask 4. Plant with edible stalk 5. Endured 6.  
 Insincere smile 7. Containing bubbles 8. African  
 equine 9. Product of apiary 10. Complex plan

If you're struggling, I have generously put some crossword-styled clues at the side. But first, try it without.

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<sup>1</sup> Solution page 18

## **Poem of the Month**

This month's poem was selected by Rev Julia to be read out at her funeral.

The author is T S Eliot, born in the USA but took British citizenship, arguably the greatest of 20<sup>th</sup> century English poets. This is a fraction of a poem named Little Gidding. Last of a series of poems called Four Quartets, it was published in 1943 and widely regarded as Eliot's masterpiece.



Eliot argued in this work that humanity's flawed understanding of life and turning away from God led to a cycle of conflict, only overcome by recognising the lessons of the past. Thus, he ends on a note of optimism, and his assertion (borrowed from Julian of Norwich) that:

*'...all shall be well and all manner of thing shall be well,'*

is the second most quoted line of all Eliot's writings.<sup>2</sup>

### **Little Gidding (extract) T S Eliot (1888-1965)**

We shall not cease from exploration  
And the end of all our exploring  
Will be to arrive where we started  
And know the place for the first time.  
Through the unknown, unremembered gate  
When the last of earth left to discover  
Is that which was the beginning;

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<sup>2</sup> Since you ask, 'April is the cruellest month,' from The Waste Land is the most quoted.

At the source of the longest river  
The voice of the hidden waterfall  
And the children in the apple-tree  
Not known, because not looked for  
But heard, half-heard, in the stillness  
Between two waves of the sea.

Quick now, here, now, always--  
A condition of complete simplicity  
(Costing not less than everything)  
And all shall be well and  
All manner of thing shall be well  
When the tongues of flames are in-folded  
Into the crowned knot of fire  
And the fire and the rose are one.



## **Jobs for the Garden** **From our Special Gardening Correspondent**

If you're a gardener, there is probably only one topic that dominates your thoughts now – heat and drought.

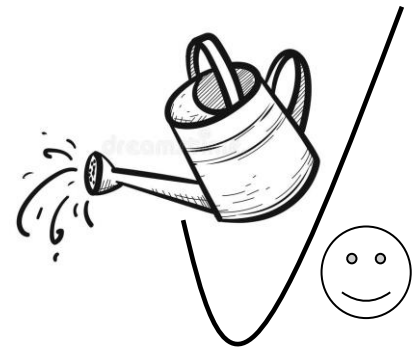
Now that may sound like two topics – not necessarily so. Some plants that can tolerate drought including certain cacti and succulents, are also those that love direct sunlight, and they'll thrive in a sunny spot. Tomato plants on the other hand love the heat AND a good drink.



I assume that by the time you read this, Essex will still have drought conditions. It will take an awful lot of rain before things are back to normal. We may as well get used to it. So here are some tips:



- Collect rainwater however you can. Watch the forecast to see when rain is likely, then catch it however you can – upturned buckets, trugs, even empty wheelbarrows will help you eke out your water supply. Don't forget to hoard your 'grey' water from the kitchen.
- Water carefully in the right way and at the right time of the day. Watering early in the morning or after dusk prevents water loss through evaporation in the heat. Make sure you always water the soil, not the plant.
- Watering for longer but less often ensures that water seeps below the surface layer, making water available to the plants' roots for longer.
- Use watering cans rather than hoses and sprinkler systems – they will allow you to be more accurate and less wasteful with your watering.
- Cover bare soil with good, preferably homemade, organic compost as a mulch. This will do three things: during rainfall it will stop the water from just running off dry compacted soil. Secondly it will retain moisture when the sun comes back. Thirdly it will improve the condition of your soil.
- If you know that your area of the country is particularly susceptible to droughts and extreme heat, plant drought resistant or drought tolerant varieties such as lavender,



rosemary and thyme, or sedums, sempervivums or yucca. Perennial veg and fruit bushes are also a great choice.

- Prioritise which plants need water most. Mature shrubs, trees and grass do not need watering as they will recover quickly, but food crops, pots, hanging baskets and young plants will need to be looked after.
- Don't worry about the lawn. The grass defends itself against drought by going into hibernation. It will turn brown and appear dead, but it will nevertheless reawaken and spring back when the rain returns
- If your compost heap is looking dry, make sure you're keeping it topped up with 50/50 greens (such as raw veg peelings, grass clippings and weed foliage) and browns (such as cardboard, paper and woody prunings).

Happy gardening (but remember  
*Mad dogs and Englishmen - Go out in the midday sun.*)

### **Puzzle of the Month Solution**

1	W	R	I	S	T		
2	G	A	L	A	X	Y	
3	R	E	Q	U	E	S	T
4	C	E	L	E	R	Y	
5	B	R	A	V	E	D	
6	S	M	I	R	K		
7	F	O	A	M	Y		
8	Z	E	B	R	A		
9	H	O	N	E	Y		
10	P	R	O	J	E	C	T

It's not impossible that there's another solution. If you find one, let me know.

## **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 <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**

Group	Time	Contact
Prayer <sup>4</sup>	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 <sup>nd</sup> Tuesday 12:00	Registration essential

### **Social and Recreational**


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

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<sup>3</sup> Every fortnight

<sup>4</sup> on Zoom

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 October 2022 issue should be emailed to  
andrewghyde@aol.com before the **deadline of Sunday 25  
September**, and earlier if possible. No email? Don't despair; just  
telephone 473111 to arrange an alternative.

## **A Final Message**



Our vision is for a UK without the need for food banks. Until that  
happens, donate food or money.