



# *The* **HIGHLANDER**

## **October 2018**

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

## **Sunday Worship in October 2018**

7 <sup>th</sup>	10:30	Café Church Homeless Sunday	Kathy McCullough
14 <sup>th</sup>	10:30	Morning Worship Harvest Parade	Rev Norman Hooks
21 <sup>st</sup>	10:30	Morning Worship Communion	Rev Peter Perowne
28 <sup>th</sup>	10:30	Morning Worship Church Anniversary	Kathy McCullough

**'Crafty Church' meets at 10:30 am on Sundays**  
**For young people - meeting Jesus through art and craft**  
**Come in and FaceTime with Jesus**

Find more information at: **[www.highlandsmethodist.org.uk](http://www.highlandsmethodist.org.uk)**



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

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

All telephone numbers are '01702' unless stated

Minister	Rev Norman Hooks <a href="mailto:norman.hooks@methodist.org.uk">norman.hooks@methodist.org.uk</a>	311900
Secretary to Church Council	Patrick Smith	557702
Church Stewards	Lesley/Andrew Hyde Jean/Frank Edmonds Steve Jones Kathy McCullough Donald Mayes	473111 525250 553898 714528 473787
Worship Leaders	Jennifer Courtenay Frank Edmonds	556140 525250
Church Treasurer	Janet Watson	555702
Property Co-ordinator	Anne Lane <a href="mailto:annelane8@btinternet.com">annelane8@btinternet.com</a>	01268 755291
Crafty Church Leaders	Jean Edmonds Ros Bryant	525250 478631
Pastoral Co-ordinator	Maureen Kelly	556152
Church Flowers	Jean Edmonds	525250
Lettings/Use of Premises	Les Davis	558381

## **From the Editor**

Welcome to the October edition of the Highlander.

Did you ever wonder why 'October' has a name that signifies the eighth month, whereas it is of course the tenth month of the year? (In the same way, September, November and December seem to be 2 months late).

The answer is that until about 700 BCE the Romans (who more or less invented the system) didn't start their year until March. What we now call January and February were nameless. They were just 'winter'. February was eventually the last month to be created, and it didn't require a full complement of 30-31 days to make up a year. So February still only has 28 or 29 days.

All this proves is that the ways in which we measure and enumerate time are more or less arbitrary, within the framework that the moon and sun set for us. So when we celebrate Christmas on December 25, the actual date has no genuine significance. Indeed some Eastern Christian churches celebrate on December 25 of the older Julian calendar, corresponding to 7 January in our Gregorian calendar. Most people agree that the choice of 25 December reflects the approximate date of celebrating the winter solstice – a practice much older than Christianity - rather than the anniversary of Jesus's birth.

Does this mean we should desist from celebrating Jesus's birth on December 25? I don't think so. What it means to me is that I should celebrate it on every day of the year. Not perhaps by overindulgence! Rather I should celebrate His birth by living His examples of peace and goodwill on every day of the year. Tough challenge!

God bless all here.

**AH**

## **A Message from your Minister**

As some of you know I occasionally cycle from home to meetings at Highlands, about 6 miles each way. No big deal really, but why do I do it? Well I could say that I love cycling and take every opportunity I get to do it - NOT TRUE!

I am very happy when I do cycle but it is definitely not something I am passionate about. On the other hand I could claim that I am doing it for the environment; this might be my way to trying to save the planet - NOT TRUE!

My conscience does get a little bit of a boost when I cycle or take the bus, but if I'm really honest I would need to do a lot more cycling to make any impact on my carbon footprint. I think the real reason is that back in June when Jan and I went to 'Bootcamp' (see July's Highlander) I made a commitment to myself to exercise three times each week and by cycling twelve miles in an evening I have managed to tick off one of my three weekly exercise slots.

Life is all about 'problem solving', finding ways of making things happen when it would be so much easier to lose interest and let things slip. Another important commitment Jan and I made on my retirement was that we would spend more time together, so guess what? - we have bought ourselves a 'Tandem Bicycle'. Some people would say - "Killing two birds with the one stone", but since I don't like the



idea of killing birds I prefer to say that we are, "Catching two birds in the one net"! We get to exercise and also spend time together.

Having goals is so very important, but these are only valuable if we find creative ways of delivering on them. Of course there will always be obstacles in the way of us reaching these goals, but let us always remember that obstacles are simply opportunities for us to step out of our boxes, over the line and into that zone where we find new and different ways to achieve what really matters to us!

So then as a church, what are our goals for the year ahead? Don't just think about it - let me or one of the stewards know what you come up with! Let me make a few suggestions to get us going -

- To be a more loving pastoral community. Let's not look to our pastoral leaders to make this happen. Rather, think 'outside the box'! Is there someone in Highlands you are concerned about? An old friend who seems lonely? Meet up for a coffee, invite them round for a game of Scrabble or to help you do a jigsaw. It might just start with a phone call to someone you haven't spoken to for a while, but who knows where it might lead? Being pastoral is about every one of us reaching out, building bridges and making connections in our everyday lives!

- To strengthen and develop our spiritual disciplines of daily prayer and Bible reading! Boil the kettle, make a cuppa, sit down with a note book and your Bible and just have a lovely 10-15 minutes of quiet reflection. Jesus is there with you while you sip your tea and dunk your biscuit - talk to him about your day, mention a few people to him and jot their names in your book. Read a short passage in the Bible and just write one sentence about what you think this might mean, or what God might be saying to you through it. If it would help, we could suggest Bible reading notes or a simple reading plan for you, or you could just

start with the book of Mark and do one paragraph each day.

- To be a church that shows more of the love of Jesus to those outside the church. Family, neighbours, friends, strangers. Every day ask God to give you the opportunity to bless someone and think up imaginative and creative ways to do it! There might be someone who winds you up, or who you think isn't your kind of person. Just bless them with a smile, a kind word, and an act of kindness. In other words let us encourage each other to overflow with the love of Jesus into the wider community - it becomes infectious!

What I have learned through cycling is that this is a roundabout way for me to achieve two of the goals I have set myself. There are so many ways for us to be the kind of church and people that puts a big smile of the face of our Heavenly Father!

Looking forward to Harvest! See you there!

Norman.

**Rev Norman Hooks**

### **Humour Corner**

Bookshop customer:

*I want to purchase a copy of a play by Shakespeare*

Bookshop customer:

*Certainly sir. Which one?*

Customer:

*William of course.*

## **Prayer**

We pray for our friends who are ill, housebound or bereaved and for those in residential care: *Pat Gare in Admirals Court, Marie Moore at Archers Court (Hitchin), Mary Barter in Langley Lodge and Arthur Hall in Bliss*. Our thoughts and prayers are with them and their families at this time.

## **Congratulations ♥**

To Ian Sperring (currently living in Portsmouth) on becoming engaged to Miss Olivia Jones. Olivia's parents Graham and Rosemary are members of Leigh Road Baptist Church and will be known to many.

## **Let there be light!**

The new lighting system is now up (literally up) and running. As yet the stewards have not, it would be fair to say, completely mastered the control panel. But generally speaking the levels of brightness now achievable are fantastic. No longer can the preacher lurk in the gloom! Nor can the organist excuse missing a few notes because he or she didn't see them coming!

Thanks to everyone who helped make this happen.

## **Becoming a member**

One of the church family is contemplating formal membership, and with that in view Rev Norman will arrange some informal 'classes'. If there is anyone else who is considering such a step they would be very welcome to join in.

---

## **Dates to Remember**

### **Knit and Natter Social Group**

Would you like to come and join us? We are a friendly group who enjoy each other's company. Some of us knit or crochet but we all natter and support and care for each other. Just come along on Tuesday at 10:00 am to share a cup of tea/coffee and a biscuit. You will be made most welcome. We meet in the Church Lounge.

### **Harvest Festival**

Sunday 14 October is the date to remember, and donations will go to Southend Food Bank. Some more information on page

### **X-Cite**

Saturday 20 October sees the start of our new young people's event – 'X-cite'. More detail on the back page. If your neighbour or friend has a young family, make sure you bring this to their attention.

### **Christmas Celebrations**

The Christmas dates are just about finalised. In advance of 'official' publication here are some for your diary

9 Dec	10:30 am Toy Service, Parade, with Rev Norman
23 Dec	4:00 pm Carol Service with Gaudeamus,
24 Dec	5:00 pm Christingle Service with Rev Norman
	11:30 pm Midnight Service <b>at Wesley</b> with Rev Norman
25 Dec	10.30 am Morning Service with Rev Norman
30 Dec	10:30 am (?) United Service <b>at Rochford</b> .



And make a note in your diary some other special events coming up

3 Nov\* Christmas Fayre  
22 Nov Winter Wonder Community Day at Highlands  
7 Dec Christmas 'Music Man' show  
9 Dec 4:00 pm Michael Glaysher

\*No, this is not an error. This year's Fayre needs to be held early because of clashes with other events.

## **Music**

### **Concerts at Wesley**

The concert on Saturday 13 October at 19:30 pm is by the combined Leigh and Southend Salvation Army Bands, together with the excellent Orpheus Singers (details in earlier issues).



On Sunday 14 October at 4:00 pm the Southend Woodwind Orchestra will be performing

### **Serving the Homeless**

StH is proud to present Elizabeth Upsher in 'My Kind of Music' (popular songs through the ages) at Our Lady of Lourdes on Saturday 27 October from 7:30 pm to 10.00 pm.

It's £12 including a cheese and paté supper (BYO drinks) and Frank ☎525250 has tickets.



### **From Our Walton on Thames Correspondent**

*I asked Julia to give us 'a couple of lines' on how things were going...*

'So, we are doing really well. We have unpacked a lot of boxes and are finding places for things. We have the river nearby and a set of beautiful parks to walk Jess the dog. Hampton Court and Bushy Park are both local and Jess respectfully keeps her distance from the herds of the male deer, adorned now with their antlers.

Leon is now nearly 5 months old, and I went with Beth tonight to his swimming lesson! Wonderful to see him in his nappy trunks, bobbing in and out of the water to his favourite nursery rhymes, as Beth pulled him along. Being able to be involved in the 'day to day,' of his life is lovely.

I had my 5th chemo on Friday at the Marsden and received very good blood results. My blood cancer markers have now returned to a healthy normal, which we are all very pleased about. So the task is keeping them this way. I shall have the 6<sup>th</sup> (and final) chemo in 3 weeks' time and will then progress to a 9 month maintenance programme called 'target therapy,' - a ½ hr infusion every 3 weeks of a new wonder treatment called Avastin. This acts to cut the food supply to any bad cells left behind. So with this, and the target therapy of prayer, I am making good progress.

For the last 3 Sundays we have been along to Walton Methodist Church and had tea with the minister last Sunday evening! That made us laugh. The Superintendent is new to the Circuit as is the minister, Rev Sydney Samuel, who as the Spirit would have it, is a great friend of Chris Sandy's! Chris came to his welcome service.

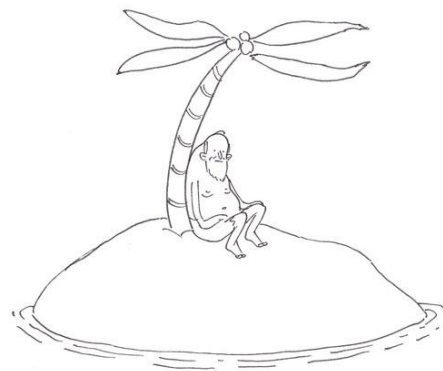
Sam continues to thrive at MHA and has found the journey to work shorter by 20 minutes from here! In a fortnight, MHA will celebrate its 75<sup>th</sup> anniversary, and I'm hoping to keep well enough to be able to attend with him. Please pray for that, as I would like to do that for him.

Needless to say we miss you all terribly. I feel it particularly at the end of a Sunday service. The church in Walton is lovely, but the coffee is standing around in the vestibule, and it misses the cafe atmosphere that is such a blessing at Highlands.'

## **Humour Corner**

Passenger on cruise ship:  
*Excuse me Captain, but who is that man on the island over there? The one jumping up and down and waving and shouting?*

Captain:  
*Sorry I've no idea. Every month we sail past here and he always behaves like that.*





## **Jobs for the garden**

From our Special Gardening Correspondent

As autumn gets a grip I have little time to stop and admire the blazing spectacle of my acer bushes. The crafty gardener is even now thinking forward to spring.

For colour next spring, it's time to plant bulbs (but not tulips yet – they get tulip rust). If you have plants that have done well this year, for example salvias and penstemons, it's not too late to propagate this healthy and vigorous stock by taking cuttings. Many perennials can be divided with good results.

In the greenhouse, you can sow sweet peas now and they will be ready to plant out in springtime. Don't forget to insulate your greenhouse – bubble wrap is the ideal material for this. While you're there, clear the tomato vines. If you have any green tomatoes left, pick them and bring them inside. They won't ripen outside but they will do so if left on a sunny windowsill. As you clear up, put aside your plastic plant pots to recycle next year.

Now you must look forward to the dormant season of winter and do some clearing up. Deciduous trees and shrubs (and roses) may be pruned now. Apple trees should wait until winter is just setting in.

You should also now scarify your lawn, and put any moss you gather into the compost heap. If you have a pond, put some netting over it – it's easier to stop falling leaves falling in than it is to dredge them out once they are in the water.

Inevitably, frost will come. You can beat it now by insulating outside pipes and taps, using offcuts of the bubble wrap you put on the greenhouse. The frost will blacken the leaves of your dahlias, and that will be your signal to lift them and store them in your now-cosy greenhouse.

SGC

## **Dine with the Homeless**

### **Sugar free Lemon drizzle cake**

This isn't a recipe that we've served to our homeless guests but one that Lesley has found and made for diabetic friends. It's been very well received, and I thought you might like to try it and then see if anyone notices!

Xylitol by the way is a natural ingredient ( $\text{CH}_2\text{OH}(\text{CHOH})_3\text{CH}_2\text{OH}$  since you ask) found in fruits and vegetables with a GI value of 7. Your dentist will approve, as will your dietician.

#### **Ingredients**

- 225g self-raising flour
- 1/2 tsp baking powder
- 225g xylitol
- 2 lemons, zest only
- 2 large eggs (room temperature)
- 125ml sunflower oil
- 1 tbsp milk
- 200g 0% fat Greek yogurt

#### **Drizzle**

- 1 lemons, juice only
- 50g xylitol
- Method

1. Heat oven to 160° fan, Gas 4. Grease and line a 1.2 litre loaf tin.
2. Mix eggs, oil, milk and yogurt together.
3. Mix flour, baking powder, xylitol and lemon zest together.
4. Combine wet and dry ingredients, spoon into tin, level top and bake immediately.
5. Check after 50 mins – if getting too brown, cover loosely. Bake for about an hour.
6. Whilst cake is cooking, make drizzle by combining lemon juice and xylitol.

Once cake is cooked, remove from oven. Allow to cool slightly and make holes with skewer. Pour over drizzle and allow to cool completely in tin.

## **Humour Corner**

Caller to 999 operator:

*Hello – I need an ambulance. I just came across a man unconscious in the street.*

Operator:

What is your location?

Caller:

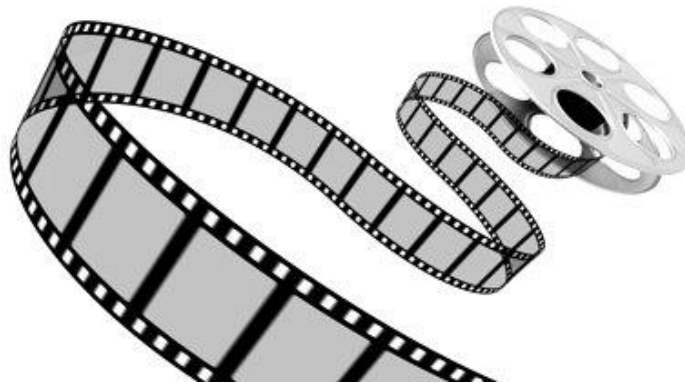
*Woolfardisworthy Avenue*

Operator:

*Can you spell that for me please?*

Caller:

*Hang on I'll drag him round to Church Road...*



**Movies @ Highlands**  
**A HIGHLANDS WEDS HUB EVENT**  
**Weds 17 October 1.30 pm**

**"SINGIN' IN THE RAIN"**



A 1952 American musical-romantic comedy film often cited as the best film musical ever made. Gene Kelly directs, choreographs and stars with Donald O'Connor and Debbie Reynolds, in a light hearted depiction of Hollywood in the late 1920s, with the three stars portraying performers caught up in the transition from silent films to "talkies".

This is a FREE EVENT (come from 12 noon with your picnic and enjoy some soup. Tea and coffee and Rossi Ice cream also available)





## **Arts & Crafts**

### **Highlands Hobbies**

We will be meeting on Thursday 6 October at 10:00am in the church. We are looking forward to welcoming some new members to join in our activities of flower arranging, card making and various crafts. Lunch will follow for those who wish to stay. We will also meet on 20 October. All are welcome. Contacts - Jean Edmonds 525250 or Ros 478631

### **PinPoint**

It will be lovely to welcome new members into PinPoint every 2<sup>nd</sup> and 4<sup>th</sup> Wednesday each month. Come and join us then.

"The Hub" provide us with refreshments and help us to spend an enjoyable morning, chatting, sewing, mending or learning how for the first time.

We are a friendly, open group and our members are both new and experienced sewers who enjoy embroidery, tapestry, cross stitch, quilting etc. We also bring our own mending to do - sewing up hems and replacing buttons. We enjoy helping and encouraging each other.



## **Serving the Homeless**

Just so that you can keep the dates free:

- there's a Music Evening and Buffet at Our Lady of Lourdes Church Hall on Saturday 27 October
- Wine Tasting evening by *Vino Vero* at St Margaret's Church Hall on Friday 16 November
- Service of Carols and Poems on Friday 14 December at Our Lady of Lourdes

Many of you will have noticed the temperatures starting to fall away in these autumn nights. It's a natural and correct reaction to click your central heating on. But as you do so, say a small prayer for everyone on the street.

## **The Southend Food Bank**

The Food Bank (branches at churches all over Southend) makes up parcels that consist of:

<b>Breakfast cereals</b>	<b>Tinned beans</b>	<b>Sugar</b>
<b>Soup</b>	<b>Tinned meat</b>	<b>Biscuits</b>
<b>Pasta</b>	<b>Tinned vegetables</b>	<b>Snacks</b>
<b>Rice</b>	<b>Tinned fruit</b>	
<b>Pasta sauce</b>	<b>Tea/Coffee</b>	

Now here's the important bit. The Bank has lots and lots of PASTA and BEANS. But they specially need

<b>Tinned or long life puddings</b>	<b>Long life fruit juice</b>
<b>Meat pies/meat meals</b>	<b>UHT milk</b>
<b>Tinned fruit</b>	<b>Money, of course!</b>

If you can donate any of these, you are really helping somebody in real need. And finally, you can always find out more at <https://southend.foodbank.org.uk/>

Southend Foodbank helps people in food crisis by giving them a food parcel equivalent to three days' worth of food when they are no longer able to buy the food they need for themselves and/or their families. Food poverty can happen for a whole range of reasons such as low income, illness, benefit delays, redundancy, or a large unexpected bill. Guests are referred by partner organisations in the community

We can all fall into the trap of thinking that many people on low incomes wouldn't be so poor if they got their 'act together', used their money more 'wisely' and stopped expecting others to sort out the consequences of their 'bad' decisions. However as Christians we must resist judging people this way.

### **Wednesday Coffee Morning at the HUB**

We are waiting to serve you a special coffee at our Wednesday Hub morning from 10:00 to 12:00 every Wednesday

Take a break from your busy life, look in for a chat or information about Highlands through the week.

### **Humour Corner**

Sheriff entering Wild West saloon:

*OK – which one of you deadbeats has whitewashed my horse?*

Deadly Black Jake – 6 foot 6 inch gunslinger:

*I did. Why d'yer wanna know?*

Sheriff:

*The first coat's dry now.*

•

## **Kathy's Corner 3**



When I was ten years old I was in a class with a strict teacher. She was tired of children wanting to go out of the classroom too often. On one occasion I was desperate to go to the toilet but she

wouldn't let me. Embarrassment of embarrassment, I made a puddle under the desk! It was just after the time of the floods in North Devon, so all my classmates called me "Lynmouth Floods" for weeks after that. The memory of that has stayed with me all these years. It just goes to show how powerful words are, and should be used with care.

My Primary School days came to an end. I was selected to go to the Grammar School. I'm amazed that at 11 years of age I travelled to the other side of town on two trains, steam trains in those days.

A group of us travelled together in our bottle green uniforms with our berets. For me, life in the big world beyond our village was opening up. I was so glad I had my friend Jesus with me for the challenges ahead.

**KMcC**

---

## **The Revolving Door –**

### **What to do about Southend's Long-term Rough Sleepers?**

We are presented with this question every week when patrolling as Street Pastors as we encounter those sleeping week after week in shop doorways, churchyards and tents on the cliffs. They attract a lot of sympathy (and hence revenue) from passers-by. Perhaps they feel guilty about from spending £5-plus for each drink in the nightclubs and bars. Observers often ask an underlying question: "Why is nobody helping them?" This is directed not only at Southend Borough Council, but also at our faith in terms of: "Why does God allow this?"

That last question may also refer to disease and ill-health - particularly if the questioner has recently lost a family member through cancer or another ailment. It may also refer to disasters such as earthquakes and tornadoes and the big one: War.

Our response is typically that human behaviour causes many of these circumstances. Lung cancer, heart disease through poor diet and eviction through gambling away all the domestic income are prominent examples of wholly or partly self-inflicted woes. God has given us choices and many people make the wrong ones!



Many of the world's conflicts are inspired by religion-based cultural differences. So some people criticise God for starting wars. Even

within Christianity, tiny differences of interpretation of the Bible have led to loud arguments between some denominations with consequent disaffection - particularly amongst young people. My personal response - needing to keep it simple because we only have a few minutes of conversation available - is to draw those we meet to Jesus's teaching that we should love others as we love ourselves. This is second only to the Greatest Commandment. I find that most take to heart that, if we can focus on loving one another, our differences will fade into insignificance and we might start resolving the hurt and damage we see across the World.

But life in our modern world is not so simple and homelessness is no exception. Most are there because of broken relationships and often because their perception of love has been distorted by an absence of love in their own lives. Domestic violence and a childhood in care are often part of their stories. So they need the opportunity to relearn the kind of love which a faithful Christian belief in God inspires. We have grown to understand how anxiety and depression rooted in domestic disruption can compound mild learning difficulties.

This now informs the strategies we offer to resolve the chaotic lifestyles of The Street. We now have a quite deep service provision in Southend for those with dependency and difficult social problems. Central Government grants, giving prospects of further improvement, have recognised the recent successes delivered through collaboration of local agencies under the auspices of the Council's Complex Needs Panel.

Intervention programmes now recognise the needs of each individual, and may involve

- Family Mosaïc (now operating as part of Peabody Trust),
- HARP - long supported by our churches,
- STARS rehabilitation service (for substance abuse)
- together with the Police and the Council's Housing and Health agencies.

Some refuse to engage – often because it's really tough to address

their personal challenges and behaviours. But the general message now is that giving money to them on the street will only prolong their vulnerable status. Much more is of course desirable – not least a cohesive strategy for building more homes, but that is another story.

When discussing God's responsibility for the troubles around us, I sometimes tell a story – perhaps invented to poke fun at clerics - about the vicar who was concerned about his church in an approaching flood. He refused help: first from the Fire Brigade offering passage to the community refuge in their boat, second from the farmer offering a ride on his high wheelbase tractor and finally from a Coastguard helicopter hovering over the now engulfed church roof, all the while protesting that God would save his church. He duly drowned, met God in Heaven and he complained that God had not acted to save him and 'their' church. God responded that He had sent the Fire Brigade, the farmer and the Coastguard. What more could He have done? The vicar had made his own choices in refusing all those offers of help. And anyway, God's Church is people not buildings; everyone else had been rescued and they were all safe within the refuge.

## **Humour Corner**

Patient:

*Doctor I think I'm a kleptomaniac.*

Doctor:

*You need to take something for that.*

---

# **HIGHLANDS METHODIST CHURCH WINTER WONDER COMMUNITY DAY**

**featuring**

**Southend Mencap "Showstoppers"**

**Thursday 22nd November**

**11am - 3pm**

**including all age Community Service  
at 2pm**

---

**COME ALONG AND JOIN  
THE FUN**

---



**ALL AGE CHRISTMAS CRAFT  
SHOWSTOPPING PERFORMANCES \* SINGING  
REFRESHMENTS**

## **Alternative Worship**

### **Gospel@The Fishermen's Chapel**

Sunday 14 October at 7:00 pm for 7:30 pm (second Sunday). All are welcome for this relaxed evening of Gospel Music and reflection with tea/coffee and cake before and after the service. This occasion is not only tuneful and uplifting but a whole lot of fun.

The Fishermen's Chapel was formerly called New Road Church, situated (logically enough) in New Road just north of the railway line.

### **Belfairs Thirsty For?**

Thursday 11 October at 7:00 pm (second Thursday)

### **Wesley Informal Service**

Tuesday 23 October at 8:00 pm (fourth Tuesday)

If you would like to take part in any of these but need a lift to get there, contact AH ☎ 473111 and I'll do my best to make it happen.



## **Committees**

Family Committee	22 October at 8:00 pm
Property & Finance	21 January 2019 at 8:00 pm
Pastoral	22 January 2019 at 10:00 am
Church Council	28 November at 8:00 pm

## **Coffee Mornings in October**

Saturday 6 October	Music @ Highlands
Saturday 13 October	Serving the Homeless
Saturday 20 October	(X-cite*)
Saturday 27 October	Church

\*We hope to run a coffee morning while X-cite is in progress. If anyone can help – do get in touch with Ros ☎478631.

## **Flower Rota**

	<b>Donated by</b>	<b>In memory of</b>	<b>Arranged by</b>
7 October	Church Flowers		Margaret
14 October	Sylvia Cornwell	Ellie	Sylvia
21 October	Maureen Kelly	Parents	Pauline
28 October	Church Anniversary		Jean

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

### **Children and Young People**

<b>Highlands Toddlers</b>	Monday 9:30-11:30 am	Margaret Wood	 557512
<b>Rainbows</b>	Wednesday 4:00-5:00 pm	Jacqui Hendle	 557147
<b>Brownies</b>	Wednesday 5:30-7:00 pm	Dilys Haddow	 710207
<b>Cub Scouts</b>	Thursday 6:00-7:30 pm	Lesley Bacon <a href="mailto:lesleykbacon@googlemail.com">lesleykbacon@googlemail.com</a>	
<b>Scouts</b>	Thursday 7:30-9:00 pm	Sally Monk	 558857
<b>Rangers</b>	Alternate Thursdays 7:30-9:00 pm	Jacqui Hendle	 557147
<b>Guides</b>	Friday 7:00-9:00 pm	Jacqui Hendle	 557147

### **Fellowship Groups**

Housegroup meets on 2<sup>nd</sup> and 4<sup>th</sup> Tuesdays.

## **Services to the Community**

### Regular **Sunday Worship**

Tuesday Morning **Prayer Service** at 9:00 a.m.

**Traidcraft:** Catalogue available for orders. Please contact Pamela and Patrick Smith - ☎557702.

## **Social and Recreational**

Knit and Natter Group	Tue 10:00 am-12:00 noon	Sylvia ☎556433
Badminton Club	Mon 8:00 pm	Sarah ☎476009 or Sophia ☎07796 265676
Hobbies	1 <sup>st</sup> & 3 <sup>rd</sup> Thu 10.00 am – 12:00 noon	Jean ☎525250
Ladies' Badminton	Fri 10.00 am – 12:00 noon	Dilys ☎710207
Adult Art Classes	Thu 2:00 – 4:00 pm	Susan ☎551025 or 07875 079739
Children's Art Club	Thu 4:00 – 5:00 pm	

Items for the **October 2018 issue** should be emailed to [andrewghyde@aol.com](mailto:andrewghyde@aol.com) before **Sunday 28 October**. No email? Don't despair; just telephone 473111 to arrange an alternative.

# X-Cite

Saturday Morning Children's  
Club



Starts 20th Oct

**10.30am - 12 O'clock**  
**(3rd Sat of the month)**

**Puppets \* Games \* Crafts \* Stories \* Songs**

**Highlands Methodist Church**  
**Sutherland Boulevard, Leigh-on-Sea**