



The **HIGHLANDER**

November 2019

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

Worship in November 2019

3 rd	10:30	Café Church	Kathy McCullough
10 th	10:30	Morning Worship Remembrance Sunday	Rev Norman Hooks
17 th	10:30	Morning Worship	Worship Leaders
24 th	10:30	Morning Worship Communion	Rev Norman Hooks

Children of all ages are welcome at all our services
Come in and FaceTime with Jesus

Find more information at: www.highlandsmethodist.org.uk

 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 the Editor

Autumn this has brought many things. A bumper crop of mushrooms for example. There is at the time of writing a beautiful display of (I think) Field Mushrooms (*agaricus campestris*) along the middle of Highlands Boulevard towards the eastern end. But don't trust my identification. According to Terry Pratchett: 'All mushrooms are edible – but some only once.'

But what about the news? Hands up if you've recently silenced the radio, or switched TV channels, to get away from the worst litany of bad news stories that I can recall. I don't just mean B***** (though that's bad enough). I'm thinking about the appalling death of 39 migrants in Grays, the riots in Hong Kong, Barcelona and Chile, the conflicts in Syria and Sudan, global warming... (I'll stop before anyone gets too depressed).

Let's take stock. We live in a place that is peaceful and prosperous. Most people living here enjoy health and freedom and there is work available. Yes, we have food banks and homelessness, but we can conquer those problems if we try.

The places that seem to dominate the bad news are different. In various countries there is armed conflict, famine, poverty, disease, oppression and corruption. It's no surprise that people from those places want to come and live with us, even at risk to their own lives. We as Christians should see them as victims and not offenders, and be proud to belong to a church whose motto is displayed on our front wall for all to see: 'ALL ARE WELCOME'.

Long may that continue. The instruction that Jesus gave us is this: 'love your neighbour'? If we all continue doing that, as individuals and as nations, tomorrow's news could be a little bit brighter.



From your Minister

Conker season has come and gone, and I haven't collected any! A shame really, since over the past few years I've so enjoyed doing this with one of my grandchildren while walking a neighbour's dog on Thursday mornings. Sadly, my youngest grandson has now started 'big' school, so no more morning walks. However, I do have a daily reminder of the joy we had walking home with bulging pockets! A couple of weeks after our last conker collecting session my little three year old treasure presented me with one of our chestnuts as a thank you and I have kept it in my dressing gown pocket as a reminder each morning of those precious times we shared together last year.

Jesus was big on this kind of thing. Like the time he shared bread and wine with his disciples and told them - *'Every time you do this, remember me!'* In later years, every meal they had must

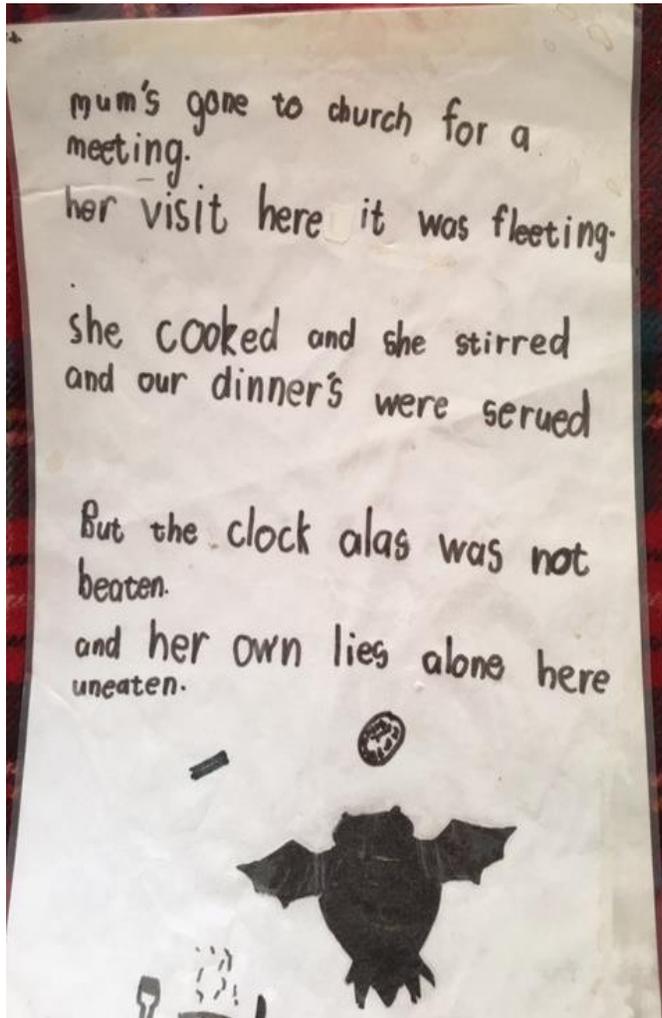


have been such a powerful and emotional reminder of that evening, his death the following day and then the wonder and joy of his resurrection!

I have a number of objects or faith connections that I use to help me to stay true to Jesus and remind me of my spiritual roots. One is a decision card that I signed when I was 11 years old and now carry around in my Bible with me.

My journey of faith over the past 57 years has taken many twists and turns, but it's important that I never forget where it all began, and return constantly to that simple but profound commitment - to

'...follow Jesus as my Lord and to trust him as my Saviour!'



Since joining Highlands I have had the joy of bringing home communion to some folks who are no longer able to attend church, always accompanied by one or more others.

On several occasions now I have had the privilege, along with Maureen, to visit Linda, and on our most recent visit I met her son Tim who used to go to Sunday School at Highlands.

He often remembers his mum attending meetings at the church and with fondness they both shared a little poem Tim wrote of this time so many years ago so, I thought I would share it with you.

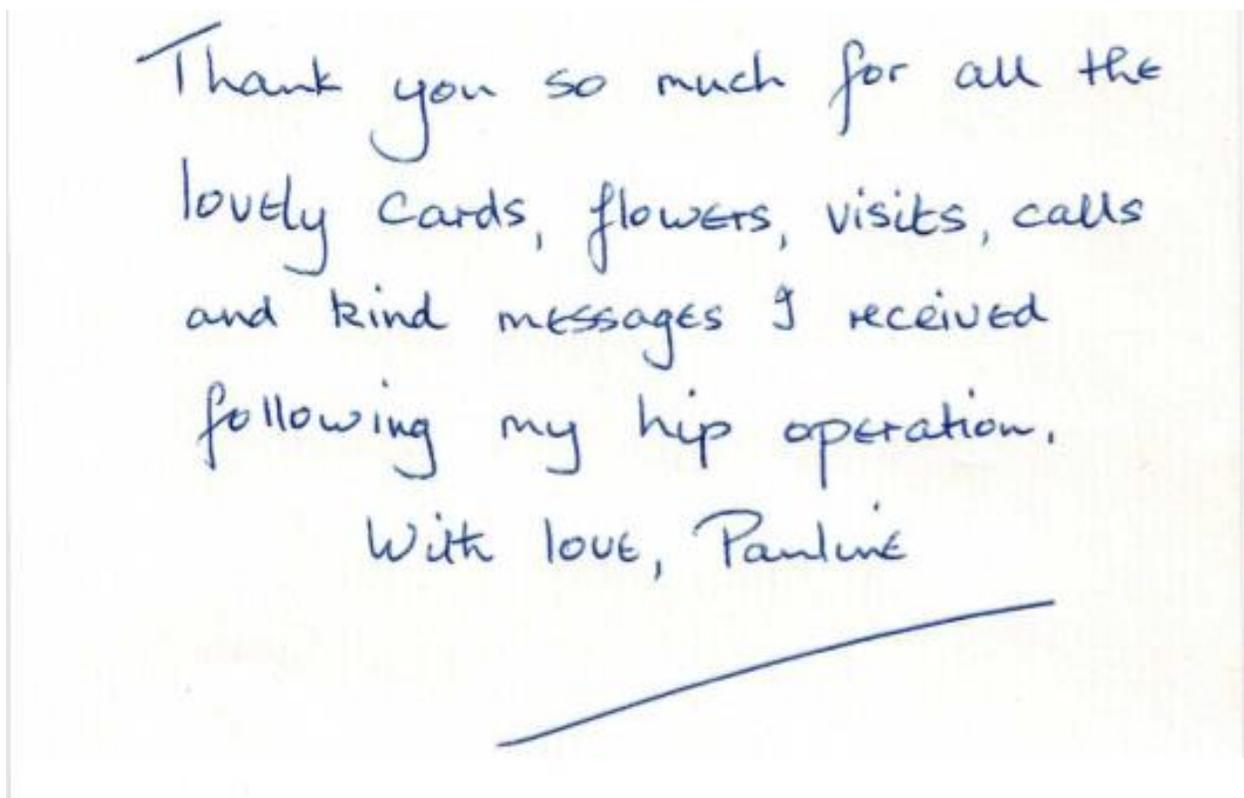
I was wondering - what other connections do you have of significant faith moments or seasons in your life? The challenge for all of us is to look back with fondness and move forward with open hearts desiring to ever grow closer to Jesus and keep our relationship with him sweet!

God bless, Norman

Prayer

We pray for our friends who are ill, housebound or bereaved and for those in residential care: Pat Gare in Admirals Court, Jean Burgess in St Martins Care Home, Doll Edwards in The Cedars and Marie Moore at Rosedale Court, Rayleigh. Marie would welcome visitors. Our thoughts and prayers are with them and their families.

Well down the road to recovery are Betty Hall, Woody Reynolds (9th Leigh Scouts) and Pauline Saville, who writes:



Meanwhile Ros Bryant has sent this message:

Thanks to everyone for their good wishes during my time in hospital and since I have been home. Also thanks to Norman for his visits.

If anyone wants to come and visit please ring beforehand to ensure I am available.

Thanks also to Les who has held the fort for the coffee mornings. However, please note there are many gaps in our programme especially in 2020. If you want to run a coffee morning for your favourite cause or church funds please sign up.

*Thank you.
Ros.*

Our prayers of thanks for their recovery and of course for all the dedicated people involved in caring for them.

And finally, congratulations to David and Eira Sperring who are expecting their first child (a first grandchild for Lesley) in April 2020.



You Are Invited To

Community Carols

At 7:30pm on Friday 6th December at
The Plaza Centre
600 Southchurch Road, SS1 2PT

Come and sing your favourite Christmas Carols.

Seasonal Refreshments Included

Puzzle of the Month

Can you find the names of 24 books of the Bible in this paragraph? This is a most remarkable puzzle. Someone found it in the seat pocket on a flight from Los Angeles to Honolulu, keeping himself occupied for hours. One man from Illinois worked on this while fishing from his boat. Roy Clark studied it while playing his banjo. Elaine Vicks mentioned it in her column once. One woman judges the job to be so involving, she brews a cup of tea to help calm her nerves. There will be some names that are really easy to spot...that's a fact. Some people will soon find themselves in a jam, especially since the book names are not necessarily capitalized. The truth is, from answers we get, we are forced to admit it usually takes a minister or scholar to see some of them at the worst. Something in our genes is responsible for the difficulty we have. Those able to find all of them will hear great lamentations from those who have to be shown. One revelation may help, books like Timothy and Samuel may occur without their numbers. And punctuation or spaces in the middle are normal. A chipper attitude will help you compete. Remember, there are 24 books of the Bible lurking somewhere in this paragraph.

Answer p24. And thanks to
Anne Jarrett for supplying this



Jobs for the garden

From our Special Gardening Correspondent

I thought I'd start this month with your editor's favourite fruit – rhubarb! There are not many foods he doesn't like but for some reason, rhubarb tops his list. I can't even tempt him with those first tender, pinks stems.

Anyway, you might want to think about replanting your rhubarb plants now. Over the years, your rhubarb plants will have expanded but lost productivity in the process.

To keep them in peak condition, producing quality stems, dig out each plant carefully. On the outer edges you'll find new buds that you can replant, preferably in new ground. It takes some effort to completely remove old plants but it's worth it. Don't forget to put some fertilizer on the area where you removed the old plants and keep an eye on your new plants over the winter. As always, don't pick any stems from their first year's growth – so you may want to do this job in stages.



I love penstemons and they don't need much attention. They're my kind of flowers! They cope well with dry conditions and hate sitting in wet soil. But they do need dividing every 3 – 4 years

to reinvigorate flowering and this can be done now unless it continues to be very wet. You can also take cuttings to grow on and plant out next May. If this wet spell continues, leave dividing them till spring.



Give the greenhouse a good tidy – brushing benches and pots, pick up the dead leaves and remove any shading. Give your tools a clean too. Then you'll be well prepared and have room to move any tender plants inside to overwinter. Water these sparingly. But leave those spiders' webs when you're cleaning – the spiders are still doing an excellent job catching late hatching bugs. And the webs are so beautiful in the morning when covered with dew.

Any pots left outside can be wrapped in bubble wrap to protect them from frost.

Finally if you're looking for an autumn day out (perhaps with youngsters over half-term) RHS Hyde Hall has some fabulous autumn colours and super cafés with top cakes.

SGC

Humour Corner

Customer:

Waiter! This food isn't fit for a pig.

Waiter:

My apologies sir. I'll take it away and bring you some food that is

Dates to Remember

Highlights at Highlands

Autumn Fair

This takes place on Saturday 2 November from 10:00 am to 1:00 pm. More detail on page 12.

Local Issues

There will be a Local Community Meeting on Monday, 2 December, in Room 1. Members of the Police and local councillors will be in attendance to update on crime and other local issues.

All are genuinely welcome to participate, or to just listen and be informed about local issues. These meetings are often held at inconvenient venues, so this is an opportunity well worth taking.

Carols and Lights

Yes I know it's too early to mention the C-word but please note in your diaries that there are Carols and Readings on Friday 13 December at Our Lady of Lourdes church at 7.30 pm – in aid of Serving the Homeless. More detail on page 24.

And while you've got diaries out, also note that Leigh Lights will be lit on Friday 29 November at 5:00 pm.



Harvest Festival

This message speaks for itself:

Big Thank You from Storehouse Community Centre

I wanted to say thank you for the Harvest Parade Service donations from Highlands Methodist Church, they were gratefully received. We are supporting over 500 people each week from Street homeless to struggling families.

With food poverty on the increase many people are not know where to turn to. Last year our community café provided over 23,000 free meals for the community and the team of staff and volunteers provided additional to support to people from accessing the correct benefits, housing issues and health care.

We now have over 4,000 people registered with us so your donation is much appreciated.

Many thanks once again.

Kind Regards

*Rob Carvosso | Project Manager | Southend Vineyard | Storehouse
rob@southendvineyard.org.uk
07827 974367 | 01702 612900*

Rob will be glad to receive thoughtful donations at any time – not just at Harvest Festival. Why not buy two of your favourite non-perishable food items each time you shop and put them aside? Leave them at the back of the church and they will reach the people who need them.

Time for Soup



Who doesn't love a really nice bowl of soup with your favourite roll at this time of year? Tinned soup is nice, and powder soup if you've no other option, but nothing beats making your own soup for quality and satisfaction. Smug in a mug! This recipe is really tasty, quite substantial and filling, and easy to do, even for a beginner. As you'll see, it suits

veggies and vegans. To serve 4 in about 30 minutes:

Red Lentil, Chickpea and Chilli Soup

1. heat a large saucepan and dry-fry cumin seeds and chilli flakes for 1-2 minutes or until they jump round the pan and give aroma
 2. Add oil and chopped onion. Cook 5 minutes.
 3. Stir in lentils, stock and tomatoes. Bring to the boil and simmer 15 minutes in order to soften the lentils
 4. Whizz the soup with a stick blender or food processor until it's a rough purée.
 5. Return soup to the pan. Add the chickpeas and coriander and reheat gently. Season to taste and maybe add a dollop of plain yoghurt or crème fraîche to serve.
- 2 tsp cumin seeds
 - Pinch of chilli flakes (easy does it if you're not a fan)
 - 1 tbsp olive oil
 - 1 medium red onion, chopped
 - 140g red split lentils
 - 850ml vegetable stock
 - 400g tin of tomatoes
 - 200g carton of chickpeas
 - Chopped coriander (save some to garnish)

For lots more souper recipes, check out the posters in the church



MODEL RAILWAY EXHIBITION

Saturday 16th November 2019

10 am – 3 pm

THUNDERSLEY METHODIST CHURCH

KENNINGTON AVENUE, SS7 4BS

Entrance by Donation

£3 per Adult

£2 for Senior Citizens / Students

50p per Child (5 – 16)

Children under 5 Free

LIGHT REFRESHMENTS AVAILABLE

Show includes: Displays & layouts in N, OO, & 009 including a layout for the young of heart to run themselves, and Trade Support.

Proceeds to Church's Maintenance funds.

Show is presented by Thundersley Methodist Church with the support of friends from local model railway Clubs & societies, to whom we express our thanks.



Music

At Wesley

Sat 9 Oct 7:30 pm – Southend Vox Choir (in aid of Music man Charity and Wesley)

Tickets on the door or email wesleyconcerts@outlook.com

Elsewhere

Plaza Centre Southend

Sat 9 Nov 7:30 pm

The Orpheus Singers + Southend Band + Southend Wind Orchestra

Festival of Remembrance – Contact 07518 382390

St Peter's Westcliff

Sat 16 Nov 7:30 pm

Southend Choral Society

Autumn Concert – Contact 01702 465460

Leigh Lights

Sat 29 Nov 5:00 pm

Leigh Orpheus Male Voice Choir

Concert & Quiz – Contact 07432 456281

Fishermen's Chapel Gospel Choir

...are due to sing as part of Sunday Worship on BBC Radio 4 at 08:10 am on Sunday 5 January

Quick Music Question Can anyone identify the very famous operatic piece from which the line of score at the top is taken? (Answer next month. Or just ask me).

While on the Subject of Music

Scientists has shown that not only does singing in a choir make you feel good, it's got health benefits. So I'm happy to pass on this message from Sir David Amess MP. I guess that you might have trouble reading it here, so this is a partial transcript:

'I have been contacted to ask for assistance from Leigh Orpheus Male Voice Choir, a group of which I am patron. The choir is currently struggling to recruit members

and is eager to promote the introduction of new people. It is a friendly group which brings together men of all ages in the area to sing and perform at various events.'



On the next page is some more information about the group. So if you currently only sing in the shower, this is the chance to expand your repertoire. Who knows where your musical journey might end?

LEIGH ORPHEUS MALE VOICE CHOIR



LOMVC is open to men of all ages, the main thing members have in common is that we enjoy singing together.

Rehearsals take place at the Salvation Army Temple in London Road, Hadleigh on Friday evenings and most concerts take place on Saturday evenings.

There is no formal audition, but our Musical Director, Jan Walker, will want to hear you sing a few notes. It doesn't matter if you can't read music, as we have many ways of helping you to learn the music.

Apart from formal concerts, there are other enjoyable events such as singing on the Pier in summer and at the Royals at Christmas. We raise thousands of pounds each year for mainly local charities.

You are welcome to come along and try us out by sitting in on, or taking part in, a rehearsal. If you like it you can come along regularly and become a choir member – there is no commitment.

Call our recruitment line – **07754 673600** to find out more. We look forward to welcoming new members to our friendly choir and sharing the joy of singing.



Highlands Hobbies

We will be meeting on Thursday 7 Nov at 10:00 am in No 1 room when we will be creating Christmas craft and cards and lunch will follow for those who wish to stay.

We will also meet on Thursday 21 Nov at 10:00 am in No 1 room continuing the Christmas craft theme.

If you would like to try Hobbies or simply want to find out more about what we do please do not hesitate to call either Jean or Julie - All are welcome.

Contacts - Jean Edmonds 525250 Julie Peek 479804

Humour Corner

I knew the dog was possessive about the car but I would not have asked her to drive it if I had thought there was any risk.

Some more insurance claims:

First car stopped suddenly, second car hit first car and a haggis ran into the rear of second car.

I was on the way to the doctor with rear end trouble when my universal joint gave way causing me to have an accident.



PinPoint

We are delighted that all places have been filled for our exciting Christmas project.

Any visitors will be welcome to look in over the next few Wednesday mornings and normal PinPoint activities will start again on 13 November when new members are welcome.

Normal PinPoint days are 2nd and 4th Wednesday mornings from 10.00 am to 12.30 pm.

Humour Corner

Wife:

Hey, you're eating a packet of crisps...

Husband:

Yep. And your point is?

Wife:

You started a 14-day diet this morning.

Husband:

Correct. And I've finished it in a personal best of 4 hours 24 minutes!

ABRSM

Once again, we'll have the privilege soon of hosting the music exams that are an important part of developing good musicians – mostly children, though not all.



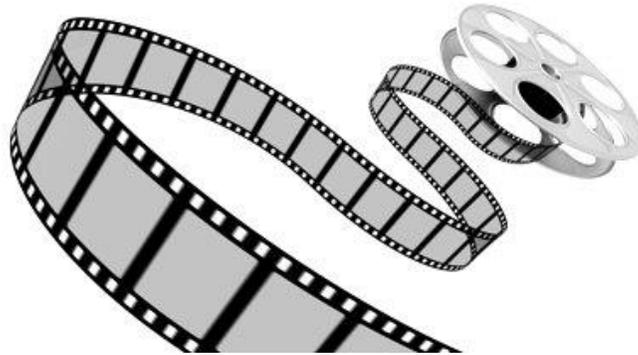
All our ABRSM examiners appreciate being able to use

Highlands, not only because the premises are very suitable, but also because our people provide a reception service that is both professional and welcoming. This gives the candidates a good deal of reassurance and support at a time that is quite stressful for most. The exams they take range from Grade 1 upwards, on a variety of instruments. For many it's the first time they perform in front of anyone other than their teacher or their family.

It should also be said that holding the exams is a good and reliable source of income for the church, and one where any of you could help out.

The next period of examinations is Monday 18 to Wednesday 20 November, then the whole week from Monday 2 to Friday 6 December. If you could help out during those periods, please put your name on the list that will be posted in the Jubilee Room. If you haven't done this before, be assured that you'll be given simple and clear instructions. Normally the only mishap that might occur is that someone arrives late, and the examiner is usually able to fit them in somewhere in the day.

Or perhaps ring Les Davis (01702 558381) who will be happy to give you any further information you need.



Movies @ Highlands
A HIGHLANDS FRIDAY HUB EVENT
Friday 8 November 1:30 pm
'Reach for the Sky' [U]

This month's Movie is earlier than usual to coincide with Remembrance Day.

"Reach for the Sky" is the remarkable true story of Douglas Bader, a pilot in the RAF who overcomes every obstacle to prove his worth. He is a young and ambitious pilot who after a plane crash, is badly injured.

Despite losing both his legs Douglas Bader re-enters the RAF where he is determined to continue his career as a pilot. He went on to score major victories in both the Battle of France and the Battle of Britain.



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



HIGHLANDS METHODIST CHURCH

AUTUMN FAIR

**SATURDAY
2ND NOV, 2019**

10.00AM TIL 1.00PM

CHRISTMAS CARDS

GIFTS & CRAFTS

CAKES

REFRESHMENTS

CHRISTMAS DECORATIONS



A Poem for November

This has been a special request from a loyal reader. Rudyard Kipling, whose best-known poem this is, has a reputation as an outdated colonialist whose work can be set aside as inappropriate and irrelevant to the 21st century. But perhaps that is too hasty a judgement; make your own mind up. And if you've read this many times before, try it again...



If...

Rudyard Kipling

If you can keep your head when all about you
Are losing theirs and blaming it on you,
If you can trust yourself when all men doubt you,
But make allowance for their doubting too;

If you can wait and not be tired by waiting,
Or being lied about, don't deal in lies,
Or being hated, don't give way to hating,
And yet don't look too good, nor talk too wise:

If you can dream—and not make dreams your master;
If you can think—and not make thoughts your aim;
If you can meet with Triumph and Disaster
And treat those two impostors just the same;

If you can bear to hear the truth you've spoken
Twisted by knaves to make a trap for fools,
Or watch the things you gave your life to, broken,
And stoop and build 'em up with worn-out tools:

If you can make one heap of all your winnings
And risk it on one turn of pitch-and-toss,
And lose, and start again at your beginnings
And never breathe a word about your loss;

If you can force your heart and nerve and sinew
To serve your turn long after they are gone,
And so hold on when there is nothing in you
Except the Will which says to them: 'Hold on!'

If you can talk with crowds and keep your virtue,
Or walk with Kings—nor lose the common touch,
If neither foes nor loving friends can hurt you,
If all men count with you, but none too much;

If you can fill the unforgiving minute
With sixty seconds' worth of distance run,
Yours is the Earth and everything that's in it,
And—which is more—you'll be a Man, my son!

Puzzle Solution

Below are the 24 books of the Bible concealed in the passage, and these are in the same order they appear. Well done if you found them all!

17. Lamentations	18. Revelation	19. Timothy	20. Samuel	21. Numbers	22. Malachi	23. Peter	24. Kings
9. Acts	10. James	11. Ruth	12. Romans	13. Titus	14. Matthew	15. Genesis	16. Hosea
1. Amos	2. Mark	3. Luke	4. Joel	5. Judges	6. Job	7. Hebrews	8. Esther



Serving the Homeless

Wow! What an evening, and Wow! what a result.

No fewer than 117 people took part in the fundraising Wine Tasting event at St Margaret's Church Hall, had a very enjoyable evening and raised over £1,200 from the evening. Thank you for your support.

In December we celebrate the Season with our Carols and Readings on Friday 13 December at Our Lady of Lourdes church at 7.30 pm. The church choir will sing the Coventry Carol, the YMCA will also provide a contribution. Mince Pies and seasonal drinks will follow. A retiring collection will be taken for the work of Serving the Homeless.

We will continue to support the work of the Winter Night Shelter Scheme which commence in early December. We are pleased to have been able to assist St Helen's Catholic Church as they fill the vacant Friday night slot.

Thank you all for your continued support by attending the functions we organise, your continuing contributions at the back of the church and of course your prayers that are always needed.



Coffee Mornings in November

2 November Music @ Highlands
9 November Missions
16 November Church funds
23 November Church funds
30 November

MacMillan Coffee Morning - Thank you to all who supported the event at Highlands when we raised £125.71



Flower Rota

	Donated by	In memory of	Arranged by
3 November	[Café Church]		
10 November	Mary Mapp	Parents	Jean
17 November	[Church]		Margaret
24 November	Andrea Ames	Parents	Pauline

There are some vacant slots on the flower rota. Please contact Jean if you would like to take one up.

SERVING the COMMUNITY 7 Days a Week **Children and Young People**

Highlands Toddlers	Monday 9:30-11:30 am	Margaret Wood	☎ 557512
Rainbows	Wednesday 4:00-5:00 pm	Jacqui Hendle	☎ 557147
Brownies	Wednesday 5:30-7:00 pm	Dilys Haddow	☎ 710207
Cub Scouts	Thursday 5:45-7:15 pm	Lesley Bacon lesleykbacon@googlemail.com	
Scouts	Thursday 7:30-9:00 pm	Sally Monk	☎ 558857
Rangers	Thursdays 7:30-9:00 pm	Jacqui Hendle	☎ 557147
Guides	Friday 7:00-9:00 pm	Jacqui Hendle	☎ 557147

Fellowship Groups

Housegroup meets on 2nd and 4th Tuesdays.

Services to the Community

Regular **Sunday Worship**

Tuesday Morning **Prayer Service** at 9:00 am.

Social and Recreational

Knit & Natter Group	Tue 10:00 am-12:00 noon	Sylvia ☎556433
Badminton Club	Mon 8:00 pm	Sarah ☎902235 or Sophia ☎07796 265676
Hobbies	1 st & 3 rd Thu 10.00 am – 12:00 noon	Jean ☎525250
Ladies' Badminton	Fri 10.00 am – 12:00 noon	Dilys ☎710207
Pin Point	2 nd /4 th Wednesday 10:00 am – 12:30 pm	Teresa 07704 016391 Glenis 07484 744540
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 **December 2019/January 2020 issue** should be emailed to andrewghyde@aol.com **before Sunday 24 November** No email? Don't despair; just telephone 473111 to arrange an alternative.