



The **HIGHLANDER**

February 2023


The monthly newsletter of Highlands Methodist Church, Leigh on Sea

February 2023

11:00 am Sun 5 th	Morning Worship Café Church	Worship Leaders
6:30 pm Sun 5 th	Circuit Service At Belfairs	Anna Turner
11:00 am Sun 12 th	Morning Worship Communion	Pastor Steve Mayo Pastor Colin Turner
11:00 am Sun 19 th	Morning Worship	Jane Fulford
11:00 am Sun 26 th	Morning Worship	John Phillips

Services above are all live. You do not need to wear a mask but please feel free do so if your doctor advises.



 Highlands (Leigh) Methodist Church

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

All telephone numbers are '01702' unless stated

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Pastoral Co-ordinator	Jean Edmonds	525250
Church Flowers	Jean Edmonds	525250



Today's sermon was going to be about how we all need to simplify our lives. Unfortunately, last night my computer crashed, and I lost it.

From Your Minister



I've always been one for a good voucher. After all, why pay more for something when you can get it cheaper!

Over the years I've used many different vouchers to save money on different things, from Groupon Vouchers to Tesco Club Card vouchers. But all these vouchers have something in common; they all have terms and conditions!

And with some of them, you just can't seem to win

- ❖ A restaurant voucher that can only be used on the 6th Sunday in Lent in a leap year
- ❖ Parents go free holiday voucher, as long as both parents are over 100yrs old
- ❖ Children eat free voucher; as long as your child is no taller than 2' 6", but older than 10yrs!

In February we probably think more about love than we do most other months because of Valentine's Day, and we take this opportunity to show our love for our husbands, wives or partners. But how conditional is that love?

Is there something that we could do which would stop that person loving us? Probably.

But with God, love is different. His love for us, unlike a voucher or

human love, is totally unconditional. Nothing we can do will make God love us any more, and nothing we can do will make God love us any less.

And scripture tells us of this love:

'See what great love the Father has lavished on us, that we should be called children of God!' [1 John 3:1 NIV]

'But God demonstrates his own love for us in this: while we were still sinners, Christ died for us.' [Romans 5:8 NIV]

So, whether you receive a Valentine's card or not this year, remember God's amazing love for you; His unconditional love!

Every blessing,
Pastor Steve
01702 483827
pastorstevemayo@gmail.com

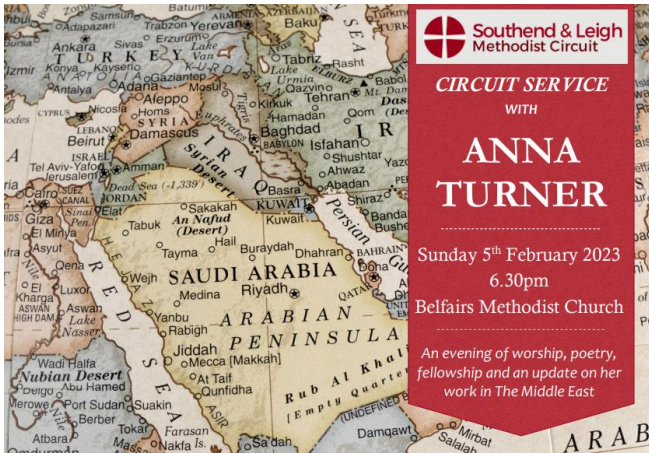
Humour Corner

Police Constable (on radio to his Sergeant)
Sarge, I need back-up here! A woman just shot her husband for stepping on the kitchen floor that she had just mopped. With muddy boots on!

Sergeant
Oh my goodness! Have you arrested the woman?

Constable
Not yet, Sarge. The floor's still wet!





Circuit Service Anna Turner

Sunday 5 Feb: 6:30 at Belfairs.

Don't miss this opportunity to hear about Anna's further experiences in the Middle East. Guaranteed to inspire, uplift and (yes!) entertain. If you need a lift, speak to a steward

Highlands Hobbies

We are delighted to say that Hobbies donated £500 to the heating fund after their Christmas Coffee Morning (see below). Thank you to all who supported a happy morning.

In January we had a bit of a sort-out in readiness for to producing gifts and cards for our Easter Coffee Morning. We tried our hand at decorating boxes with shells - a change of craft enjoyed by all with good results.

We welcome newcomers to our happy group if only to bring your knitting to a warm friendly place. Otherwise, on 2 February we'll be using plastic canvas to make little baskets with stitch craft to hold Easter eggs, plus card making. On 16 February we plan to do beautiful découpage cards and iris folding.

Jean Edmonds 525250.

Serving the Homeless

The following item was written by our Chair as a contribution towards the celebration of twenty years of HARP¹.

¹ Homeless Action Resource Project

StH was started in 1989 as an ecumenical charity comprising Catholic, Anglican and Methodist churches in Leigh that would work together to support the single homeless in the area for whom there was no statutory right to assistance.

It raised funds and provided volunteers to work at the Day Centre in Valkyrie Road and the Night Shelter in York Road. It also worked with Acorn Housing to purchase 13 units of accommodation by 2003.

However, as the housing market began to rise rapidly it became obvious that the purchasing of individual units of accommodation might no longer be the best use of our finances. In 2002 a new charity 'HARP' had been set up to combine the work of the day and night shelters into one operation. It became apparent however, that HARP was experiencing difficulty in accessing gifts and grants as it did not own either property, leasing them on a very informal basis.

In Jan 2003 A special Meeting was called to discuss the way ahead and Peter Thorn, (a former StH Committee member and now the Deputy Chair of HARP) outlined the challenges ahead. A lottery grant to HARP had already been withdrawn because of the lack of a proper lease for the Day Centre in Valkyrie Road.

At the StH AGM in April 2003 it was decided that the way forward was for StH to help by acquiring the freehold of the Valkyrie Road site. It was a protracted task because of the Charity Commission's requirements. However the Baptist Church who owned the freehold made generous arrangements and it was agreed that StH would provide £70,000 to HARP for the purchase, but that HARP would have ownership of the site.

We were able to present HARP with a cheque for £70,000 at our service of Praise and Thanksgiving at St Clements Church Leigh, in Jan 2006. Since then StH has continued to support HARP in many different ways.

- *From 2005 we have given £3,500 each September to HARP for activities and support work with clients.*
- *When Acorn merged with HARP we signed over all the properties that we jointly owned with Acorn to HARP, to provide them with a portfolio which gave them access to further loans and grants.*
- *We financed two of the rooms at the new Bradbury Centre with a £10,000 donation.*
- *We give them £300 per month towards the provision of food at their properties.*
- *We have supported a meaningful activities programme including a football team for a year, trips to Scotland for clients to learn new skills and art classes.*

We also provided

- *benches and bedding for the White Heather House,*
- *CCTV at Vera's House,*
- *Washing machines and tumble dryers for the Bradbury,*
- *Turkeys and warm clothing for clients at Christmas.*

We are delighted that HARP has been able to grow into the ground-breaking Charity that it is today, and we are very glad to have played a part in its success.

Jo Ronan – Chair
Serving the Homeless

As you can see, all your supporting efforts have definitely not been in vain. If you feel that you would like to offer your support as a committee member, please speak with me. You will find it a rewarding experience. Frank Edmonds (☎01702 525250)

Thank you all for your prayers and support during these difficult

times. Homelessness is a very serious problem in the current economic climate.

Frank

Highlands Toddlers

Highlands Toddlers continues to meet on Mondays (school term time only) between 9:30 am and 11:30 am. We started the current term on 9 January when we welcomed 36 children accompanied by adults.

Our grateful thanks to Jackie, Joan, Julia and Sylvia for their meticulous help in cleaning the toys.

Ros and Margaret

Our Christmas Tree

Better late than never, we say 'thank you' to S Stibbards & Sons Ltd for their gift of a Christmas tree for the festive season just ended. I am sure that the excellent and professional staff of Stibbards will understand that we would like, God willing, to use their services rather less in 2023.



Christian Aid at Christmas

Grateful thanks for the generous sum of £477.29 to Christian Aid donated at our Christmas Services. Your present this Christmas could provide training that enables people to grow food for their families in ways that are more resilient to the climate crisis.

It could provide more sustainable technologies such as solar powered water pumps and fuel-efficient cooking stoves that will making the future better and brighter.

Jean Edmonds Christian Aid representative.



Church Flowers for February

- ✿ On 5 February Maureen Kelly is donating flowers in memory of her family.
- ✿ On 19 February Sheila Whitelegg is donating flowers in memory of Ged.

Hobbies Easter Coffee Morning - Save the date

25 March 10:00 am until 12:00 noon.

Please come and support us and have delicious cakes with your coffee. Also on sale - beautiful cards and gifts.

Letter from Circuit Superintendent Minister Peter Moorhouse

The following is the text of a letter dated 23 January to all at Highlands:

Dear Highlands Methodist Church

Within Methodism, we have always had a great tradition of importance of Ministry. Ministry is the way in which we exercise our response to God's love and God's call, as part of the body of God's people. Therefore, over the years, Methodism has stationed ministers within circuits, so that ministers are placed within circuits after a process of discernment, always focusing upon the

work of God as defined by Holy Spirit.

The reason for writing to you today is that at the end of last year we were delighted to hear that Rev Heather Simmons had been granted permission to be a minister in local appointment with us here in Southend and Leigh. Heather has been a member of the Fishermen's Chapel, studying part time for ministry for the last three years at The Queen's Foundation in Birmingham. Ministry in local appointment is nothing new to the circuit. Many will remember the ministry of Rev Brenda Gutberlet and how much of a benefit that was to the circuit in the national shortage of ministers.

It is really good to be granted a full staff team. This means that for the seventh year on the run I have to make change to which members of the staff team have responsibility for which church. As the years go by, this gets harder and harder, this year being no exception. Pastor Steve has served Highlands well and I know is popular, but in August 2023 he will be moving on to another church within the circuit, and Rev Heather Simmons will become the minister at Highlands. The reason for making the move is to take into account the training needs for both Rev Simmons as probationer and Pastor Steve as he finishes his training at Queens, also moving onto probation.

At this stage I want to thank Pastor Steve for all he has done at Highlands, and wish him well for his future ministry and training. I know this may have come as a shock to many within the Highlands family. If anyone wishes to talk to me about the change please contact me.

Thank you for taking the time to read this letter and I wish Highlands well as we continue to do God's work.

Yours faithfully

Peter Moorhouse



We pray for our friends who are ill, housebound, or bereaved and for those in residential care: particularly *Doll Edwards* in *The Cedars* and *Peggy Gosling* at *Westcliff Care Home* Our thoughts and prayers are with them and their families.

We send our **condolences** to the family of Joyce Selman who died on 15 December. Pastor Steve led a Service of Thanksgiving at Highlands on 24 January. Joyce joined Highlands many years ago one Easter and found many friends in the Knit and Natter group which she attended regularly until ill health intervened. We will miss Joyce's smile and gentle nature. Our sympathy goes to Barbara, Maggy and all the family at this sad time.

Condolences also to family and friends of Hazel Monk who has died aged 98. Hazel was a stalwart Scout leader for (I estimate) at least 20 years, and before she became unwell she would join us regularly on Sundays. She leaves a daughter Sally, who has also served as a Scout Leader and Group Scout Leader for many years.

Puzzle of the Month²

I have for you first a riddle:

During which month do people sleep the least?

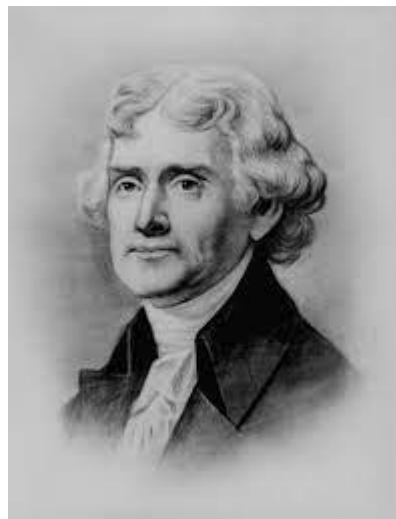
The main puzzle (below) is a famous quotation from which all the vowels – A E I O and U – have been removed. Reinststate the vowels to reveal not only the quotation but also the vertical name

² Solution page 15

of a seasonal celebrity. Thanks to Frank for this.

F		R	G		D	S		L		V		D	T	H		W		R	L	D
		T	H		T	H		G		V										
			H		S		N	L	Y											
		B		G		T	T		N											
						S		N	S											
						T	H		T	W	H		S			V		R		
B		L				V		S		N	H		M							
			S	H		L	L	N		T	P		R		S	H				
B		T	H		V			T		R	N		L	L		F				

From the Editor



We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable rights [US Declaration of Independence, Thomas Jefferson 11 June 1776]

I hope that we would all support Jefferson’s assertion. ³It follows that when we as a society limit or deny someone’s rights unjustly, we challenge our Creator. Rights must sometimes be balanced against responsibilities, but we can only make that reckoning as our Creator directs us in scripture.

My wife has recently been visiting family in the North. She took time out to visit Manchester Art Gallery, where the attractions on offer included a temporary exhibition of work created and curated personally by a talented young artist from Pakistan. However, instead of the promised exhibition, there was a reproduction of a letter to the artist from the UK Home Office, setting out the reasons why his application for a visa to visit the UK was being

³ ‘Men’, of course means ‘men and women’ here.

refused.

I need not spell out the details. The refusal was, I assume, legally sound, and there is no right of appeal. The adjudicator thought that the young artist was liable to overstay. However, the thing that most struck me was the feeling my wife described as she read this letter, imagining how the young artist must have felt as he read it. His ambition was to visit another country, to display his work and to further his career. Now that was thwarted.

This type of empathy is something that most of us will have experienced at some time. Crucially, it works on a one-to-one basis. As an individual, I can put myself in the mind and feelings of another individual, because we are both from the same Creator.

When we think about a large group or class of people, summoning this empathy is more difficult. As an obvious example, we could think of the 45,756 migrants recorded as crossing the English Channel in 2022. How do we feel about them? Some are genuinely fleeing from oppression and danger; others are economic migrants⁴. All are fellow humans with rights.

Did you see what I did there? I slipped in the word 'them'. As soon as we use the plural third person – 'they' or 'them' or 'their' – we run a risk. The risk is that we regard 'immigrants' or 'the homeless' or 'brown people' or even 'Christians' as homogeneous groups. Whereas the truth is that (for example) 'blue-eyed people' are only linked by that one distinction. Other than that, they are all completely different individuals. To treat them otherwise is a path to racism, ageism, sexism *et cetera*. Or in the case of blue eyes, chromophobia...

So, the next time you hear someone using 'they' or 'them' (or even worse, you hear it from your own lips) just pause and consider what it is that is really being said. Every member of every

⁴ By the way, I'm not intending the term 'economic migrant' as one of disapproval. I'm proud of being descended from economic migrants. As should all Brits be.

minority is an individual with rights that Jesus would have recognised and defended. Perhaps the most famous of His parables is that of the Good Samaritan in Luke 10:25-37. Many of you will remember the question posed by the pharisee that provoked Jesus to tell the story:

He wanted to justify himself, so he asked Jesus, "And who is my neighbour?"

The rest, as they say, is His story. And it needs to be our story.

Ananias

Humour Corner

Patient:

I'm a bit worried, Doctor. Can you examine me please?

Doctor (after examining patient):

Sorry but you're not well. You're going to have to take these pills. One each day. For the rest of your life I'm afraid.

Patient:

But you've only given me twelve...

Aha! So that's why the supermarket only charged me 10p for a 50p Bag For Life...



Puzzle of the Month Solution

Riddle solution: February (in which there are fewer nights than in any other month).

F	O	R	G	O	D	S	O	L	O	V	E	D	T	H	E	W	O	R	L	D							
			T	H	A	T	H	E	G	A	V	E															
					H	I	S	O	N	L	Y																
					B	E	G	O	T	T	E	N															
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									T	H	A	T	W	H	O	S	O	E	V	E	R						
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									S	H	A	L	L	N	O	T	P	E	R	I	S	H					
										B	U	T	H	A	V	E	E	T	E	R	N	A	L	L	I	F	E

The answer is 'Valentine' who was a 3rd-century Roman saint, his saint's day associated with a tradition of courtly love. He is also a patron saint of epilepsy and beekeepers. He seems to have been a priest who ministered to persecuted Christians. He refused to deny Christ and was martyred in 270 CE - on February 14, of course.

Humour Corner (True)

I've been arranging some work to be done on a property in Somerset. I asked the trader if he was OK with being paid remotely by bank transfer. Back came the reply:

'Yes, entropic⁵ payment is fine...'

I suppose he meant to say 'electronic' before predictive text intervened. But you never know these days.

⁵ It means 'chaotic; without form or order'. But I'm sure you knew that.

You Could Save a Life

Have you ever wondered what CPR is? And do you know why you might need an AED, and where to find one? Let's just unpack those two sets of initials.

CPR – cardiopulmonary resuscitation - is a lifesaving technique using chest compressions that is essential in many medical emergencies. You would need it if someone's breathing or heartbeat had stopped. Heart attacks or near drownings could be responsible. CPR could prevent the condition getting any worse until help, or an AED arrives.

An **AED – automated external defibrillator** – delivers an electric shock that can restart the heart. This treatment is called defibrillation. Don't worry if you don't know how to use an AED, or



whether your patient needs it. As soon as you open an AED, it gives you recorded instructions, step by step. Part of the process it goes through is to analyse the heart's condition. If the patient does not need defibrillation, the AED will tell you so.

We are lucky in the UK. An AED is now close to hand in most communities. If you ever need an AED at Highlands they are here:

- ♥ The Tesco store/Esso Garage at 1781-1799 London Rd has an AED and staff trained in using it who will come out and help in an emergency.
- ♥ The 'Leafy' shop 1528 London Road (corner of Thames Drive, pictured above)) has an outside AED right on the corner. You must dial 999 or 112 to get the code that lets you access it.

Poem of the Month

This month's poem, sent to me by Anne Jarrett, is typical of its writer, Wendy Cope OBE (1945-). It is witty and light-hearted in a traditional style, but it makes its point. People whom we might casually dismiss as uninteresting are probably nothing of the kind...

Being Boring

Wendy Cope

If you ask me 'What's new?' I have nothing
to say
Except that the garden is growing.
I had a slight cold but it's better today.
I'm content with the way things are going.
Yes, he is the same as he usually is,
Still eating and sleeping and snoring.
I get on with my work. He gets on with his.
I know this is all very boring.



There was drama enough in my turbulent past:
Tears and passion – I've used up a tankful.
No news is good news, and long may it last.
If nothing much happens, I'm thankful.
A happier cabbage you never did see,
My vegetable spirits are soaring.
If you're after excitement, steer well clear of me.
I want to go on being boring.

I don't go to parties. Well, what are they for,
If you don't need to find a new lover?
You drink and you listen and drink a bit more
And you take the next day to recover.
Someone to stay home with was all my desire
And, now that I've found a safe mooring,
I've just one ambition in life: I aspire
To go on and on being boring.

Dining In

I was going to include a recipe with gnocchi, those wonderful little potato dumplings that are fantastic when roasted. However, as we're all trying to use our ovens less at the moment, I've gone for a one pot on the hob dish.

It's very economical, can be easily doubled or halved and is very tasty. It also gives you 2 (at least) of your 5-a-day.

Ingredients

- 300g/10½oz dried penne pasta, or other pasta
- 1 head of broccoli (about 350g/12oz)
- 200g/7oz frozen sweetcorn
- 200g tub full-fat cream cheese (also known as soft cheese)
- ½ lemon, finely grated zest only
- 100g/7oz cheddar, grated
- ground black pepper

Method:

1. Stir the pasta into boiling water and simmer for 8-10 minutes or until it's *al dente*⁶
2. Cut the broccoli into small florets, add it to the pasta, then add the sweetcorn and simmer for 2-3 more minutes.
3. Put 150ml/¼ pint of the water to one side then drain the rest away using a colander. Return the pasta and veg to the pan.
4. Pour the reserved water over the pasta, then add the soft cheese and lemon zest and stir well until the cheese melts and coats the pasta.



⁶ Just short of fully cooked

5. Sprinkle with half the cheddar and season with freshly ground black pepper. Toss together over a low heat until the cheddar melts into the sauce, adding a splash of water if needed. Sprinkle with the remaining cheese to serve.

Highlands Lettings



As you may already know, the people who rent rooms from Highlands church are many and variable. The church building is both a priceless asset for a local community with few communal spaces, and a welcome source of income for the

church. The illustration here shows the Lounge, but to appreciate the full range of available spaces you can go to www.highlandsmethodist.org.uk/lettings/ By contrast (it seems) with the rest of the economy, demand for Highlands lettings seems to be increasing steadily.

So, what's the problem? Well, basically it's the lack of anyone willing and able to take on the administrative work that goes with providing a high-quality lettings service. I need not go into detail, but it is fair to say that the work involved is more than you might imagine. Very obligingly, Jean and Ros have agreed to 'mind the shop, and we thank them sincerely. But this can only be a stopgap measure. So please give them your patience and co-operation when required, and ask in prayer for a more permanent resolution. If by any chance you know of a way to move forward, please have a chat with a steward.

SERVING the COMMUNITY 7 Days a Week

Children and Young People


Fellowship Groups

Services to the Community

Social and Recreational

For a full list of these groups, check November-'s issue if you still have it. Otherwise, go to www.highlandsmethodist.org.uk/monthly-magazine/ and follow the [Download November 2022 Edition](#) link.

For updated news keep following

 Highlands (Leigh) Methodist Church and of course www.methodist.org.uk is an excellent source of information and inspiration.

Items for the March 2023 issue should be emailed to andrewghyde@aol.com before the **deadline of Sunday 26** February, and earlier if possible. No email? Don't despair; just telephone 473111 to arrange an alternative.

