



# The **HIGHLANDER**


## June 2024

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

**These are services at Highlands for June 2024.**

<b>10:00 am Sun 2<sup>nd</sup></b>	Morning Worship Café Church	Worship Leaders
<b>4:00 pm Sun 2<sup>nd</sup></b>	Circuit Service MWIB Easter Offering @ Benfleet	A N Other
<b>10:00 am Sun 9<sup>th</sup></b>	Morning Worship Communion	Rev Heather Simmons
<b>10:00 am Sun 16<sup>th</sup></b>	Morning Worship	Maureen Gutteridge
<b>10:00 am Sun 23<sup>rd</sup></b>	Morning Worship	Rev Heather Simmons
<b>6:30 pm Sun 23<sup>rd</sup></b>	Circuit Service Sri Lanka Reflections @ Belfairs	Pastor Steve Mayo
<b>11:00 am Sun 30<sup>th</sup></b>	Morning Worship United Service here	Pastor Steve Mayo

Details may change, so please check in advance if you are in any doubt.

 Highlands (Leigh) Methodist Church  
[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.

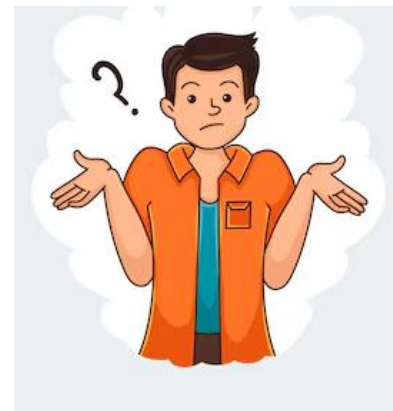
## These are services at The Fishermen’s Chapel (TFC) for June 2024.

09:30 am Sun 2nd	Morning Worship Communion	Rev Heather Simmons
7:00 pm* Sun 9 <sup>th</sup> *for 7:30	Gospel Service	Rev Heather Simmons
7:30 pm Sun 16 <sup>th</sup>	Anchored	Rev Heather Simmons
7:30 pm Sun 23 <sup>rd</sup>	Mindfulness	Worship Leaders
For details of services on Sundays 2 and 23 June (afternoons) and 30 June (morning) see the Highlands information on page 1.		

### Sunday Services at Highlands

In June, July and August we are having an experiment with times of services. The normal time for Sunday morning services will be 10:00 – ten o’clock. There are some exceptions:

- the circuit services on 2 and 23 June are in the afternoon, at 4:00 pm and 6:30 pm respectively
- the service on 30 June is a united service with Wesley, TFC and Belfairs – it will begin at 11:00 am.



Confused? Don't be like him. Check on page 1 for details of the service you want to take part in...

None of this affects the Fishermen’s Chapel



## **Highlands Methodist Church**

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

All telephone numbers are '01702' unless stated

Minister	Rev Heather Simmons <a href="mailto:heather.simmons@methodist.org.uk">heather.simmons@methodist.org.uk</a>	07879 232231
Secretary to Church Council	Patrick Smith (minutes Secretary Margaret Wood)	557702 (557512)
Church Stewards	Andrew Hyde Donald Mayes Andreas Botzios (also Web Editor) Lesley Hyde	473111 473787 479476 473111
Worship Leaders	Jean Edmonds Jennifer Courtenay Frank Edmonds	525250 556140 525250
Church Treasurer	Steve Watson	07543 905641
Children's Worker	Ros Bryant	478631
Pastoral Co-ordinator	Jean Edmonds	525250
Church Flowers	Jean Edmonds	525250
Lettings/Use of Premises	Sam Watson <a href="mailto:highlandslettings@gmail.com">highlandslettings@gmail.com</a>	07510 808519

## **From Your Minister**

Dear Church Family,

My theme for the month of May has been 'imagine'. I have really enjoyed exploring the topic with you, I hope you have taken something away from it too. So, a little bit of homework?

Perhaps you would like to take the time to listen to John Lennon's song *Imagine*. Here are the lyrics to read and ponder...

Imagine there's no Heaven  
It's easy if you try  
No Hell below us  
Above us only sky  
Imagine all the people  
Living for today  
Ah, ah, ah-ah

Imagine there's no countries  
It isn't hard to do  
Nothing to kill or die for  
And no religion, too  
Imagine all the people  
Living life in peace  
Yoo-hoo, ooh-ooh

You may say I'm a dreamer  
But I'm not the only one  
I hope someday you'll join us  
And the world will be as one

Imagine no possessions  
I wonder if you can  
No need for greed or hunger  
A brotherhood of man  
Imagine all the people  
Sharing all the world  
Yoo-hoo, ooh-ooh

You may say I'm a dreamer  
But I'm not the only one  
I hope someday you'll join us  
And the world will live as one



Or perhaps you would like to take some time to imagine your Christian journey and where it might lead you?

I have quoted this month from Walter Brueggemann's (1933-) book *Prophetic Imagination*, that we need to:

- *be able to imagine a different world before we can do anything else, then we need to*
- *be critical of the way our world operates and lastly*
- *be energised by the promise of God's gifts and to*
- *live in fervent anticipation of the newness that God has promised and will surely give.*

Something to think about...

Now, I am off on holiday to take time to imagine...  
so my letter is a little shorter this month.

God bless,  
Rev'd Heather (Rev Hev!) x



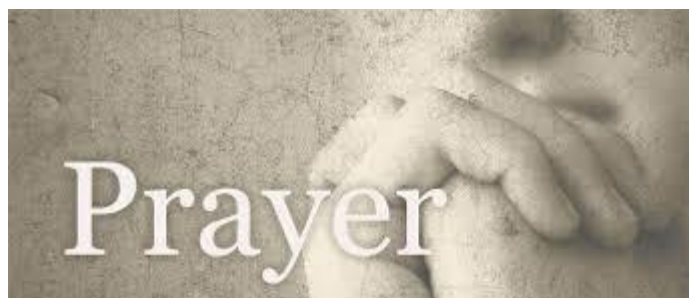
### **Support Group for Parents of Children Not Attending School**

Persistent absence in 2022-2023 in England (defined as missing more than 10% of lessons) was 17% in primary schools and 28% of secondary school pupils. That's about twice the pre-COVID level. This is, make no mistake, a huge problem. Our support group will not expect to solve the problem, but we hope we can make parents feel that they are not alone, and it's not anyone's fault.



The group aims to meet on every third Wednesday of the month at 8:00 pm at the church. Hence the next meeting will be 19 June.

If you know of somebody whom this might help, let them know about the group and encourage them to contact the church for further details. All are welcome, as always.



**We pray for** our friends who are ill, housebound, or bereaved and for those in residential care: particularly *Sheena Hunter* in *Westerley Methodist Care Home*, *Peggy Gosling* and *Joan Ford*. Our thoughts and prayers are with them and their families.

We **pray especially for** a number of church members afflicted by long-term illnesses and short-term accidents or recovering from surgery; may God grant in each case a speedy recovery.

**We pray** that peace, help and recovery will come to the peoples of Gaza and Israel after the wars that have caused so much loss and grief in those countries.

As always, we **pray for the people of Ukraine**, wherever they find themselves, and for a just and lasting peace in their homeland.

We **remember** on 6 June the 80<sup>th</sup> anniversary of D-Day and give thanks for almost 80 years of peace and prosperity in Western Europe.



## **Snippets**

### **General election – Thursday 4 July**

It's likely that we'll need the coffee lounge and Room 2 for the election on 4 July. This may affect other room users, so if you're going to take part in an event on that day, please be aware of the likelihood of rearrangements, even if it's only a move to another room. Sam Watson will be in touch to discuss changes.

Regarding the election, please try to get out and register your vote. It is said with some justification that if you vote, you may get the government that you want; if you don't vote you may get the government you deserve.

Postal votes are available to all (you don't need to give a reason). You can find out more from the Electoral Registration Officer

- ❖ by telephone 01702 215010
- ❖ by post at Civic Centre, Victoria Ave, Southend SS2 6FA
- ❖ by email at [elections@southend.gov.uk](mailto:elections@southend.gov.uk)

### **Music at Highlands**



On 11 May Rayleigh Brass ('RB') delivered a memorable concert full of unexpected moments - including full-on entertainment and pathos. The highlight perhaps was the Pearl Fishers' Duet, arranged from Bizet's opera and delivered by a duet of euphoniums - instruments that are said to resemble most closely the human voice.

I have great news. RB will return with a 'Sounds of Summer' concert (to take your mind off the election) on Saturday 22 June. As a bonus they will have special guests - the award winning and hugely popular 'Cantare', choir whose repertoire includes Nina Simone's *Feeling Good*, Duke

Ellington's *It Don't Mean a Thing if it ain't Got That Swing* and *Say a Little Prayer*, made famous by Dionne Warwick and Aretha Franklin.

RB promise something for everyone, from ELO and the Beatles to 1940s swing, marking the 80<sup>th</sup> anniversary of D-Day and the 200<sup>th</sup> anniversary of the founding of the RNLI.

The concert starts at 7:30 pm with doors opening at 7:00 pm. Tickets are £10 (£8 concessions). Those aged 15 and under are free, but must be accompanied. Please call (07939) 228052 to book your seats for an uplifting evening of summer sunshine.



Before that we have the Southend Symphony Orchestra ('SSO') concert on Saturday 8 June. Details last month. Tickets appear to be available only on line – from [www.wegottickets.com](http://www.wegottickets.com). Just enter 'Southend' into the search box.

The main point of featuring these performances is our belief that Highlands remains as the best venue for professional-standard music in the west of Southend (not to mention the east of Castle Point). Only by supporting musicians such as RB and SSO can we ensure that we get further bookings of all genres of music, and cement our place in the local music landscape.

So, if you like music of any kind, even if you think that what's on offer might not be your cup of tea, please please me<sup>1</sup> and...get booking. Remember that nothing is quite like the atmosphere of live music in a packed house.

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<sup>1</sup> Sorry about that. Just couldn't resist it.



## Hobbies

As an extra morning, we will be meeting on 30 May to make Wind Spinners from decorated CDs. We will also do this on 6 June. Our thanks to Marjorie for organising this. On 20 June we will be doing various card crafts.

Thank you to all who support our card sales raising much needed funds for our church.

## Games

Our Games mornings continue (see below). Adding to our fun we played UNO and Rummikub together with Scrabble and Puzzles.

We will be in the lounge from 10:00 am till 12:00 noon all are welcome on Thursdays 13 and 27 June.



## It's Summer – it's Picnic Time!

On Saturday 13 July we will be having a picnic - on the grass outside the church. Bring your own food and drink. Everybody (except the wasps) is welcome.

Picnic is originally from the French *pique-nique*, a habit of the French aristocracy which spread all over the world after the revolution. It is very well established in British culture (see Kenneth Grahame's *The Wind in the Willows*, Jane Austen's *Emma*). We don't expect period costume, and don't follow the example of Manet's *Dejeuner sur l'Herbe*. It may be chilly.

Some advice on catering appears on Pages 13-14

## **From the Editor**



Is it possible that 'A Nightingale Sang in Berkeley Square' as the 1940 song suggests? Almost certainly not, I'm afraid. However, to be fair, the songwriter<sup>2</sup> also refers in the song to 'magic abroad in the air' and 'angels dining at the Ritz' so we can extend some poetic licence here.

I'd hazard a guess that most of us have not heard a live nightingale. I say 'heard' and not 'seen' deliberately because there's nothing spectacular about their appearance and they are quite reclusive. The picture here is of a male. The female if anything is even plainer. It's all in the song.

Now, the nightingale spends the winter months in West Africa before migrating to temperate Europe (including southern Britain) and Asia. The boys arrive in the second half of April. They come about two weeks before the females, because nest-building is a male responsibility and must be completed when the females arrived. The males will then compete in trying to lure the females with the volume, variety, beauty and romance of their song. As soon as a mate is found, the males stop singing and get on with breeding. Some have compared this with human behaviour, but I couldn't possibly comment.

The song is a truly wonderful thing, full of whistles and whoops and at times a machine-gun delivery. The world record volume is an astonishing 93 decibels, taped next to a German *autobahn*. One can only assume that the male was trying to compete.

Where do I go to find a nightingale singing? We are fortunate in Essex

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<sup>2</sup> Eric Maschwitz (1901-1969) wrote the lyrics.

that we have one of the largest UK colonies of nightingales - about 30 to 40 pairs comprising about 1% of the total British population. They used to be more common, found for example in Belton Hills Woods. But numbers fell by 53% between 1995 and 2008, and Essex nightingales are confined to an EWT<sup>3</sup> reserve at Fingringhoe, near Colchester. Too late this year, but I recommend you look ahead and find a date next April when you might go to hear, while you can, one of the most astonishing manifestations of nature within the county of Essex.

Our county is blessed with all kinds of wonderful sounds and images, some made by the hand of Man, but all by the grace of God. We tend to take them for granted, but what will our grandchildren think of us if we neglect and destroy their legacy?

As I write this, the announcement of a 4 July general election has just been made. It is no part of my brief to tell you how to vote. However, if you get the chance to question the candidates, find out what they know about wildlife in danger from overdevelopment and climate change; and what they propose to do about it.



## **Humour Corner**

*Doctor: Nothing wrong with you, except you are overweight.*

*Patient: Can I have a second opinion, perhaps from someone who knows what he's doing?*

*Doctor: Yes of course. Nothing wrong with you, except you are overweight and rude.*

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<sup>3</sup> Essex Wildlife Trust

## **Puzzle of the Month**<sup>4</sup>

Everyone is liable to be busy as we cross the threshold of summer, so here is a very quick puzzle.

Today is Tarquin's birthday! However, his first thought on waking is not 'Where're the presents then?' Being a mathematical genius, Tarquin muses that today he has reached an age precisely one-third of the age of his father Hannibal. He also notes that in exactly 12 years' time he will become half as old as Hannibal.

How many candles should Tarquin's mum (Nutella) put on his cake?

## **Poem of the Month**

Possibly the most famous of Welsh poets (though he wrote in English) Dylan Thomas was also notorious for a colourful private life, a lack of money, and a fondness for strong liquor that contributed to his death at an early age.

It should not be assumed however that he had no relationship with the faith shared by many members of his family. Although his father was an atheist, his mother was a staunch Christian, and Dylan would have known the Bible well. He wrote this poem, one of his best known, aged just 19. It borrows its title and theme from Romans 6:9. We have space here only for the first stanza (of three). Do read the others.



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<sup>4</sup> Solution page 14.

## **And Death Shall Have No Dominion.** **By Dylan Thomas (1914-1953)**

And death shall have no dominion.  
Dead men naked they shall be one  
With the man in the wind and the west moon;  
When their bones are picked clean and the clean bones gone,  
They shall have stars at elbow and foot;  
Though they go mad they shall be sane,  
Though they sink through the sea they shall rise again  
Though lovers be lost love shall not;  
And death shall have no dominion.

## **Dining Out** **It's Picnic Time**

Our picnic on Saturday July 13 is an EcoPicnic – everyone brings their own food, though swapping is not forbidden. So, what can I bring to the table (or rather, grass) that is tasty, healthy and easy?

The perfect answer is hummus. It's so easy to make that you really shouldn't have to buy a plastic pot of it. The basic hummus has four ingredients: chickpeas, tahini (pounded sesame seeds), garlic and lemon juice. To this is you can add spices (cumin is a popular choice), herbs or even other vegetables such as peppers or beetroot. In Egypt, hummus is often flavoured with cumin. Use it as a dip for your *crudités*<sup>5</sup> or eat your hummus with flatbreads or pitta bread.

### **Ingredients**

200g/7oz canned chickpeas	1 tbsp tahini
2 tbsp lemon juice or more	4 tbsp water
2 garlic cloves, crushed	2 tbsp extra virgin olive oil
1 tsp ground cumin	1 tsp paprika
pinch salt	

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<sup>5</sup> Raw vegetables. Dieticians recommend at least 30 different veg each week!

## Method

1. Drain the chickpeas and rinse. Reserve a few whole chickpeas for serving.
2. Combine the chickpeas, lemon juice, garlic, cumin, salt, tahini, and water in a food processor, and blend to a creamy purée.
3. Add more lemon juice, garlic, cumin or salt to taste. Turn out into a dinner plate and make smooth with the back of a spoon. Drizzle with extra virgin olive oil and scatter with the reserved chickpeas.
4. Sprinkle with paprika

Quick flatbreads can be made by combining 300g self-raising flour with  $\frac{1}{2}$  tsp baking powder, 150g natural yoghurt, 1 tbsp veg oil, 2 tbsp water and 1 tbsp salt. Knead until smooth, roll out into saucer size and fry for 1-2 minutes.

## Puzzle of the Month Solution

Time for some algebra:

- Let's say that Tarquin's age today is  $x$
- So his dad Hannibal's age today is  $3x$ ...
- and dad's age in 12 years will be  $3x + 12$ .
- In 12 years Tarquin's age will be  $x + 12$
- And we can double that to find Hannibal's age, so...
- $2(x + 12) = 3x + 12$
- Let's multiply that out  $x + 24 = 3x + 12$
- Then deduct  $2x$  from each side  $24 = x + 12$

It's now clear that Tarquin's age today is 12. Happy birthday!

Of course, you could done it by trial and error. Well done if you did, but please note that skydiving may not be ideal for you.



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

### **Children and Young People**

<b>Group</b>	<b>Time</b>	<b>Contact</b>
Scouts	Thu 7:30 to 9:00 pm	Jack Reeve 07847 355859
Cubs	Thu 5:45 to 7:15 pm	Jordan Rutherford 07804 065933
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>6</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**

<b>Group</b>	<b>Time</b>	<b>Contact</b>
Prayer	Tue 9:00 to 10:00 am	Andrew Hyde 473111
Chatter	Tue 10:00 am to 12:00 noon	Rosalind 478631

### **Services to the Community**

<b>Group</b>	<b>Time</b>	<b>Contact</b>
Lunch Club	2 <sup>nd</sup> Tuesday 12:00	Registration essential


### **Social and Recreational**

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

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<sup>6</sup> Every fortnight

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 July/August 2024 issue should be emailed to  
andrewghyde@aol.com before the **deadline of Sunday 23 June.**  
No email? Don't despair; just telephone 473111 to arrange an  
alternative.

## **A Final Image**

I found this 'ghost' on the side of a Georgian building in Gay Street,  
Bath. Apparently, the asylum (which had a broader meaning than  
that we use today) was founded in 1819, took in destitute female  
children and trained them as the words suggest. I don't know when it  
closed, but it definitely has. Probably just as well. Picture A Hyde

