




The **HIGHLANDER**

March 2021

The monthly newsletter of Highlands Methodist Church, Leigh on Sea

11:00 am Sun 7 th	Café Church Using ZOOM <i>All are welcome</i>	Kathy McCullough
11:00 am Sun 14 th	Morning Worship Using ZOOM <i>All are welcome</i>	Pastor Steve Mayo
11:00 am Sun 21 st	Morning Worship Using ZOOM <i>All are welcome</i>	Worship Leaders
11:00 am Sun 28 th	Morning Worship Using ZOOM <i>All are welcome</i>	Rev Norman Hooks

NB All the above services are subject to possible amendment if pertinent circumstances change. Changes will be published where possible on Facebook, at www.highlandsmethodist.org.uk and by email.

 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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From the Editor

It gives me great pleasure to welcome back Pastor Steve to the pages of *Highlander* following his recent encounter with Coronavirus COVID-19. So, without further ado...



Lent is a season of forty days, not counting Sundays, which begins on Ash Wednesday and ends on Holy Saturday. Lent comes from the Anglo-Saxon word '*lencten*', which means 'spring'. The forty days of Lent represent the time Jesus spent in the wilderness, enduring the temptation of Satan and preparing to begin His ministry.

Traditionally, Lent has been all about giving things up, and over the years people have given up all sorts of things like chocolate, sweets, deserts, and even more recently Facebook and other social media activities!



I think giving things up *can* be helpful if it focuses our thoughts and prayers on our preparation for the arrival of Easter. But I don't believe that Lent should be a time for *just* giving things up, but also for taking things up!

Sometimes, I think when we *really* look at our lives and the time we spend with God, we can often come to the conclusion that we've fasted all year since the last Lenten season, or even longer; fasting our prayer life, fasting our daily devotional time, fasting our giving?

So, my prayer for all of us, me included, is that this Lenten season we would take some things up, and really prepare ourselves for the death and resurrection of our Lord and Saviour, Jesus Christ.

And as we grow in our knowledge and personal relationship with Him, Easter will be a far greater experience for us as we commune and bring ourselves into His presence in this time of preparation and confession.

1 Thessalonians 5:16-18 [NIVUK] tells us;

Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus.'

Every blessing,

Pastor Steve

March 2021

pastorstevemayo@gmail.com

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

We give thanks on behalf of **Sylvia Cornwell**, now allowed to go home and for **Pastor Steve** now on the way to recovery. Elsewhere in this issue you'll find a message from Steve, and it looks likely that he'll be back at the spiritual coalface very soon.

We remember **Beryl Owen** who passed away peacefully on 25 January at Tendring Meadows Dementia Care Home, Tendring, near Clacton. Many will remember Mum as an active member both of the church and as a former leader of 10th Leigh Guides. Also she thoroughly enjoyed performing as a Badminton Player in many of their productions. Her husband Michael, their four children Mary, David, Elizabeth, Kathleen and their families survive her. Due to COVID restrictions, a 'family-only' funeral service will be held at Weeley Crematorium, Clacton, on 16 March.

We also remember **Sue Hookings**. Full details of Sue's funeral service are below in 'Snippets'. Andrew Watson, Director of Southend Mencap Showstoppers, has sent us this tribute:

In life there are many things that we value but the most important of all is a sense of belonging, friendship, and togetherness. Sadly, sometimes all these values get overlooked.



Susan never lost sight of the importance of community and carried it with her constantly. She would more often than not pop into our Showstoppers sessions on Thursdays, bringing with her this sense of friendship and warmth which we all enjoyed. She very quickly became part of the fabric of our Showstoppers group. Although not stopping long, she added greatly to our sessions.

On the wonderful Highlands Community Days, she would often join in with the performance, and her love for all shone through.

Showstoppers is many things to many people, not only for our students, but for reaching out to the wider community. Susan understood this and embraced it as much as we embraced her.

What we leave behind us that is of any great value is how we reached out to others. Touching other lives with kindness and friendship, Susan has left us with many fond memories. Her kind heart really understood the true value of life and the people around her. God bless you Susan - you touched many lives with your warmth and kindness.

Fly free always now dear lady.

Love Andrew, Tammy, Carol and all your friends at Showstoppers.

From the Editor

'I wholly disapprove of what you say and will defend to the death your right to say it.'

François-Marie Arouet (k/a 'Voltaire') 1694-1778

Some recent news stories from around the world would probably have made Voltaire even more grumpy than he usually was. They certainly had that effect on me.

In Russia, people protesting at the prosecution and attempted murder of opposition leader Alexei Navalny are being brutally suppressed. In Myanmar, a military coup has removed an elected leader and now seeks to crush opposition. In Hong Kong, safeguards for the people of the former British colony are being systematically removed. In the USA, loud and violent people have tried (but failed, happily) to drown the voices of reason and democracy.

Meanwhile, here in the UK, you and I can write or say what we please, more or less. It's true that the law frowns on telling lies about people, or inciting others to criminal acts, but generally we're OK to speak our minds. It's called freedom of speech, and we should not allow a day to pass without thanking God for it.

But life teaches us that every helping of freedom comes with a side dish of responsibility. Scripture explains why:

James 3:5

'The tongue is a small part of the body, but it makes great boasts. Consider what a great forest is set on fire by a small spark.'

Writing in the *Highlander* I have a degree of control of what gets written and what doesn't. I have to use that control sparingly, but at the same time ensure that facts and opinion are identified and treated correctly.

- Facts must be true, as far as I can ensure. If I get them wrong, I must correct them and apologise.
- Opinions must be published as such, and consistent with the Christian principles that we share. If people disagree with opinions here, I must give them the chance to say so.

If certain publications and mass media are unable or unwilling to distinguish fact from opinion, that is regrettable. However, we should not suppress them on that account. As a personal protest, I try to boycott them. But that's just my opinion!

Free speech is a precious and valuable thing. To ensure that it continues, we not only need to defend it resolutely; we also need to exercise it carefully.

Finally, the most important use of free speech is the propagation of the Word of God. Many have tried to suppress it, but all eventually fail, and always will.

Ananias

Humour Corner



Late reports are coming in of a lorry load of jam and a lorry load of sugar being spilled on the A127.

It has caused a huge jam. Drivers are urged to stick to the inside lane.

Snippets

Hobbies

Marjorie Charnock has kindly agreed to a last-minute request for some additions to folders. If you wish to make some Easter cards she will get together a little pack to add to your folder to keep your hand in. Call Marjorie on 479658 and Jean and Julie will arrange delivery.



Having just heard about the proposed easing of lockdown, it looks as if a few of us may be able to meet in our garden after Easter before we reopen at the church. So hopefully on a rota basis you will be welcome to visit. More news in the next *Highlander*.

Sue Hookings - Funeral

The funeral and committal will be at 9:40 am on **Thursday 11 March** at Southend Crematorium South Chapel. Because of the present restrictions only 12 mourners in total can take part. This allocation is divided between Highlands, St Barnabas and the choir to which Sue belonged. Sadly, therefore, I need to advise everybody that unless you have already been invited, it will not be possible for you to be there in person. I know how many of you loved and will miss Sue, so there are two ways by which you can pay your respects:

1. The funeral cortège will drive the length of Olive Avenue and then turn right into Sutherland Boulevard before joining London Road at 9:10 am on **Thursday 11 March**. I suggest that friends from Highlands line up (2 metres apart please, unless you are members of the same 'bubble') on the pavement on the north side of the church from about 9:00 am.
2. The service at the South Chapel will be streamed live (then available three days later) at www.obitus.com. You'll need to know a User name (**Sote5629**) and a password (**788553**).

If you have any memories or photographs of Sue you would like shared, please do pass them to Rev Ruth Cartwright at St Barnabas.

Serving the Homeless



As with many charities it has been a difficult year and fundraising in the 'usual' way has been impossible. Innovation was the name of the game.

We did manage a summer raffle which raised £1,045. Later on, an on-line Christmas Service of carols and readings raised an amazing £2,800. Because our community has been generous in donating, the 200 Club raised £3,070 allowing us to continue our support to HARP, Southend YMCA and the SVP initiative at Short Street.

If you would like to hear more about our efforts throughout last year, we are holding our AGM on Zoom this year on 1 March at 7:00 pm. For details of the link please contact Frank Edmonds who can supply you with the details.

Thank you all for your continued support whilst we pray for God's blessing on this work.

Money Matters

Just a quick update from last month, involving good news and bad news. Let's get the bad news out of the way first, then end on a positive.

- The boilers in the church are rather poorly. They failed once during the cold snap, but some cunning prestidigitation¹ by the engineer got them going again. Nevertheless, they need some

¹ No extra charge for that word

possibly expensive repairs. The recent heavy rain also exposed a crack in the roofing in one place, which will need to be fixed.

- Recognising financial strain across the Circuit, the Circuit Leadership Team (CLT) has decided to offer all churches a reduction of 50% for their spring quarter assessment. This amounts to £50,000 in total, and some of that will benefit Highlands. Nevertheless, if you happen to find some spare cash down the back of the settee, treasurer Dave Watson will be glad – very glad in fact - to hear from you.

Future Mission Planning

The District is organising some Zoom sessions in May and June for circuits and churches to plan for the future of Mission in a post-COVID world. District Discipleship Enabler, Angela Brydon and Emma Nash from the Evangelism and Growth Team will discuss some basic principles for mission planning.

If you are interested or for more information, please visit Eventbrite. Now, many of you will not have used Eventbrite yet. Please don't be put off – it's really quite easy and costs nothing. Follow this link: <https://www.eventbrite.co.uk/e/mission-planning-training-for-beds-essex-herts-methodists-tickets-141452639653>

If following the link doesn't seem to work, do ask a steward to help.

Worship Academy

WA is restarting on Wednesday 3 March at 7:00 pm when the guest is Rev Steve Chalke, a Baptist Minister and founder of the Oasis Trust (www.oasisuk.org) who will speak about Whole Life Worship.

Oasis' work around the UK spans from youth work to housing, and education to reforming youth justice. Once again, the event takes place online and needs to be booked using Eventbrite. Go to www.eventbrite.co.uk and type 'Chalke' into the 'Search events' box right at the top of the page

Puzzle of the Month²

This puzzle is a *logogram* – that is to say a word that changes into a new word every time you remove a letter. If that’s not clear, there’s an example here on the right.

TRAIN
RAIN
RAN
AN
A

All you have to do is read the short story below then fill in the blanks so that it makes sense.

Visiting my friend, I entered his garden and met a medium sized bird with glossy black plumage speckled with white, whom I recognised as *Sturnus Vulgaris*, a common _____. He was _____ at me intently, and then he greeted me with a _____ of chirps and clicks. Entranced by this, I failed to notice a tall nettle and allowed it to _____ me painfully. Due to this assault, I too began to _____ loudly, with several rude words, which I realised was a dreadful _____. My friend opened the door and invited me ____, on condition I ceased my profanity at once, which _ did.

Additional Puzzle

Who is this fellow? He’s bright red and a handsome beast...

But he’s a real pest! See page 14



² Solution page 18

Poem for March

This month's poem, chosen by Meriel³ Mallett, is by Siegfried Sassoon, a First World War poet who survived the trenches, much affected by his experience. He was awarded the Military Cross for bravery but later suffered mental illness that we would call PTSD.

This poem was published at the time of the armistice in 1919 and can be seen an outpouring of joy at that event. As such, it echoes across a century, to the present experience of prevailing (if God wills) against the COVID-19 pandemic. About this poem Meriel writes, very pertinently:

'I've always sung in choirs. We are all missing our choir so much at the moment, but at least we can hear the birds sing.'



Everyone Sang Siegfried Sassoon CBE MC (1886-1967)

Everyone suddenly burst out singing;
And I was filled with such delight
As prisoned birds must find in freedom,
Winging wildly across the white
Orchards and dark-green fields; on - on - and out of sight.



Everyone's voice was suddenly lifted;
And beauty came like the setting sun:
My heart was shaken with tears; and horror
Drifted away ... O, but Everyone
Was a bird; and the song was wordless; the
singing will never be done.

³ Apologies to Meriel, whom I misnamed last month. I blame Bill Gates and 'autocorrect'.



Jobs for the garden **From our Special Gardening Correspondent**

I write this on an absolutely glorious day and I've been out in the garden, making the most of it. The soil is drying out beautifully and it's just right for hoeing and weeding at the moment. Those annual weeds come up without too much effort.

My daffodils are in full bloom, but I'll be pinching off the flowerheads and seed capsules as they die back. Leave the stems to die back naturally as this helps the bulbs and ensures good blooms next year.

I am going to renew my strawberry plants this year – I've got some runners that I potted up last year, but I think a trip to the garden centre is called for to buy a few more. It's a good excuse for a trip out as garden centres are 'essential shops' and still open. When buying plants, do make sure you give them a thorough inspection – you don't want added extras, such as lily beetles. You can find the overwintering adult beetles on any plants, but eggs (bright orange-red clusters on the undersides of leaves) are only laid on lilies and fritillaries in spring. They can cause a tremendous amount of damage and I don't like using insecticides.

The soil is still cold but it's a good time to move evergreen shrubs as the roots will quickly re-establish as the soils warms up over the next few weeks. I love the way that gardens are constantly changing.

Happy gardening **SGC**

Memory Worship, **For Those with and without Dementia**

This article is condensed in two parts from an essay by Julie Peek. The first part appeared last month

Repetition is key in the Memory Worship service, as is evident in the symbolism of the opening of the Memory Worship Box. The box contains a red cloth, a cross, a candle and a Bible, which we unpack in the same way in each service. Firstly, we open the box and take out the red cloth with the words

'This beautiful red cloth reminding us that our hearts are alive to Jesus'.

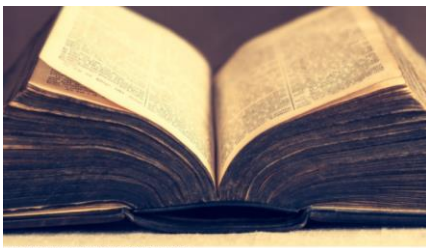
This cloth then dresses the table.



We take out the cross and give it to a member of the congregation by name to hold saying
'We remember that Jesus died on the cross and we remember that it is a sign of forgiveness.'

Then we take a candle and give it to another member of the congregation by name to hold saying:

'We remember that Jesus came as the light of the world.'



Then we take the Bible and give to another member of the congregation to hold saying
'We remember that the Bible is the word of God and we remember that through the Bible God speaks to us'

Then we are ready to prepare the Memory Worship table by receiving the cross back and saying

We remember that the cross is a symbol of hope and we remember that Jesus is alive and with us.'

Then we receive back the candle saying

'We remember that we all have dark times. But dark times cannot put out Jesus's light.'

This is where we come to what I find to be the most profound part of the service when we light the Memory Worship candle. This is when the person leading the service calls to the congregation:

'And the Lord said: Let there be...'

No matter how badly we struggle with memory everyone knows that God said, 'Let there be Light'. Lastly, the Bible is accepted back and we then consider the question 'What are we reading from scripture today?'

Rev Julia and I devised a programme of monthly services with a regular pattern of welcome, singing well-known hymns, reading familiar passages of scripture and saying the Lord's Prayer together. We also held a Memory Worship training day, when all our volunteers attended for Dementia Friend guidance delivered by the Alzheimer's Society.

The Memory Worship team was formed from a strong community network; Age Concern, Waitrose, carers, family members with experience of caring for loved ones and church members with a real gift for listening and caring. After each service carers have the opportunity to share with professionals working in the Memory field and to meet with other people in the same situation. Everyone also has an opportunity to connect with their own creativity by participating in art activities, where we always aim to reinforce the theme of the service.

Our vision when we set up this new ministry over four years ago was to find a way in which people, with or without dementia, could join in worship. We take comfort that God accepts us all and meets us where we are today. It has becoming a warm safe supportive environment for everyone involved where all understand they are held by God.

Memory Worship has also become a beacon for churches across the country to address the spiritual needs of people living with dementia and of their carers. Every month, churches contact me asking to come and learn how they can adapt our work for their own communities, in locations that include Somerset, Scotland, Yorkshire, Hereford, Birmingham and South Woodham Ferrers.

It feels tangible to me that God wants me to follow Memory Worship wherever He leads me. However, like you I wasn't expecting a global pandemic to be thrown into the mix.

We will shortly have gone 12 months without a live Memory Worship service. The shock to our Memory Worship family has been devastating and we had to find a way to carry on with our worship. So, I have posted a monthly Memory Worship service at home ever since. Has it been easy? Certainly not, but God never said it would be easy.

Every month God puts wonderful people in my line of vision that propel the Memory Worship story forward. God has taught me along this journey that we need each other to learn and collaborate. Every day I read Kathy's Blessing scripture and so many times it provides exactly what I need that day. Or I read the daily reflection of Highlands FaceBook page which offers me a new way to look at a situation.

As we move into 2021, I sometimes wonder how I will manage to bring Memory Worship back to Wesley or continue Memory Worship at home. Better perhaps
'one more step along the world I go'
and to trust that
'where I see no way to go, you'll be telling me the way, I know⁴.'

Julie Peek

Mission Enabler for Older People and Memory Worship facilitator

⁴ Lyric by Sydney Carter 1915-2004

Puzzle of the Month Solution

Visiting my friend, I entered his garden and met a medium sized bird with glossy black plumage speckled with white, whom I recognised as *Sturnus Vulgaris*, a common **STARLING**.

He was **STARING** at me intently, and then he greeted me with a **STRING** of chirps and clicks. Entranced by this, I failed to notice a tall nettle and allowed it to **STING** me painfully.

Due to this assault, I too began to **SING** loudly, with several rude words, which I realised was a dreadful **SIN**. My friend opened the door and invited me **IN**, on condition I ceased my profanity at once, which **I** did.

Humour Corner

Spoken too soon →

Seems a bit harsh



Dining In



We had quite a discussion about this month's recipe but 'her indoors' won. No change there.

She wanted to share her new recipe for dumplings. I have to admit that when we tried them out, they were excellent. We had them with a rich chicken, tomato and chilli stew but they would go well with any stew, casserole or thick soup. And as the

recipe calls for butter, rather than beef suet, they are vegetarian.

Parmesan Dumplings

80g cold unsalted butter
150g SR flour
80g parmesan (or mature cheddar)
50-60ml milk

Rub the butter, flour and ½ tsp salt together in a bowl until they resemble fine breadcrumbs. Add the cheese, mixing well, then stir in most of the milk and mix quickly with a knife until you have a soft dough. (Add the rest of the milk if it's too dry.) Bring the dough together on the work surface or board and then divide into eight balls.

I had cooked our stew in the slow cooker and so, I turned it up to high and added the dumplings for 25 mins. You could also cook the dumplings in the oven if you've cooked the stew/casserole that way. Again, add for the last 25 mins. The dumplings should double in size and be light and fluffy.

SERVING the COMMUNITY 7 Days a Week

Children and Young People

Fellowship Groups

Services to the Community

Social and Recreational

These services are suspended at the moment. We hope of course that they can be restored soon.

For updated news keep following

www.highlandsmethodist.org.uk

or  Highlands (Leigh) Methodist Church

also www.methodist.org.uk is an excellent source of information and inspiration.

Items for the April 2021 issue should be emailed to andrewghyde@aol.com before Sunday 21 March. No email? Don't despair; just telephone 473111 to arrange an alternative.