



**Luke 2v 9-11** “And an angel of the Lord appeared to them and the glory of the Lord shone around them and they were filled with fear and the angel said to them “Be not afraid; for behold I bring you good news of great joy which will come to all people; for to you is born this day in the city of David A Saviour, who is Christ the Lord.”

Dictionary definition of Joy: - great happiness, pleasure, bliss, gladness, rapture, solace and many more

**What was your experience of joy this year?** Has it been a good year or one that held more than its fair share of difficulty and pain? Difficult times in our lives may be followed by feelings of low self-esteem. We seem to wrongly connect our suffering with emotions of punishment; atoning for our sins; or with a sense that this is somehow good for our spiritual development.

**Let us meditate together on the birth of Jesus.**

**Why shepherds?** They were considered to be the lowliest people, often thought of as unclean because they were so busy tending their sheep that they were unable to keep the many laws in the Jewish Torah, yet it was granted to them to see the sky lit up with a heavenly choir of angels telling the birth of God's son.,

**Why angels?** The Jewish custom was that at the birth of a boy child all the men in the village came to sing praises to God outside the house to welcome the child. Due to circumstances Jesus could not be born in his own village, so God provided angels and what a message they brought to Mankind.

**Joy is not only a response to a special and wonderful happening**; it is a gift from God and one of the fruits of the Spirit. In the hard valleys of our lives, we suddenly become aware that we feel filled with an incredible joy; an inner strength and knowledge that life is worth living; God is in charge and we have His promise of a happy future ahead. This gift of joy follows a move of the Holy Spirit within our hearts that strengthens us and brings hope.

Everyone at UCHM wish you the Love, Joy and the Peace of Jesus this Christmastime. We send you grateful thanks for your prayers, gifts and support that has energised us during this year and given us, and those we serve, an inexpressible gift of joy.

**Love Helga**

**Quote: - “I asked God for all things, that I might enjoy life. God gave life that I might enjoy all things.” Unknown Author**

**A BIG THANK YOU to  
Lydia Donaghue for raising  
£518.44 for UCHM whilst  
completing the Tough Mudder  
'mud and obstacle course'  
well done Lydia**



# A Lesson from an Ant

*By: Josh and Karen Zarandona*



Brenda was a young woman that wanted to learn to go rock climbing.

Although she was scared to death she went with a group and they faced this tremendous cliff of rock. Practically perpendicular. In spite of her fear, she put on the gear and she took a hold of the rope and she started up the face of that rock.

Well, she got to a ledge where she could take a breather. As she was hanging on there, whoever was holding the rope up at the top of the cliff made a mistake and snapped the rope against Brenda's eye and knocked out her contact lens.

You know how tiny contact lenses are and how almost impossible to find. Well, here she is on a rock ledge, with who know how many hundreds of feet behind and hundreds of feet above her. Of course, she looked and looked and looked, hoping that she would be able to find that contact lens. Here she was, very far from home. Her sight was now blurry. She was very upset by the fact that she wouldn't be anywhere near a place where she could get a new contact lens. And she prayed that the Lord would help her to find it.

Well, her last hope was that perhaps when she got to the top of the cliff, one of the girls that was up there on the top might be able to find her contact lens in the corner of her eye. When she got to the top, a friend examined her eye. There was no contact lens to be found. She sat down with the rest of the party, waiting for the rest of them to come up the face of the cliff.

She looked out across range after range of mountains, thinking of that Bible verse that says, "The eyes of the Lord run to and fro throughout the whole earth." She thought, "Lord, You can see all these mountains. You know every single stone and leaf that's on those mountains and You know exactly where my contact lens is."

Finally, the time came when it was time to go down. They walked down the trail to the bottom. Just as they got there, there was a new party of rock climbers coming along. As one of them started up the face of the cliff, she shouted out, "Hey, you guys! Anybody lose a contact lens?"

Well, that would be startling enough, wouldn't it? She had found the contact lens! But you know why she saw it? An ant was carrying that contact lens so that it was moving slowly across the face of the rock.

What does that tell you about the God of the universe? Is He in charge of the tiniest things? Do ants matter to Him? Of course they do. He made them. He designed them.

Brenda told me that her father is a cartoonist. When she told him this incredible story, he drew a picture of that ant lugging that contact lens (as you see in the comics with a balloon with words in it over his head) with the words: "Lord, I don't know why You want me to carry this thing. I can't eat it and it's awfully heavy. But if this is what You want me to do, I'll carry it for You."

If God is in charge of the ants, don't you think He cares about you and me? I guess Solomon was right. One could learn a valuable lesson from that ant -- trust in God. We could probably all say a little more often, "God, I don't know why you want me to carry this load. I see no good in it and it's awfully heavy. Still, if you want me to, I'll carry it for You."

Taken from <http://gatewaytojesus.com/>



# **UCHM Counsellor Training Courses**

## **FOUNDATION CHRISTIAN COUNSELLING Level 2**

6 Credits at Level 2

Initial introductory training for those wanting to train as a counsellor.

Suitable for those who have experience in Pastoral Care but who have little, or no, previous experience of training.

**COMMENCING JANUARY 2018**

On completion you will gain a Level 2 Foundation Christian Counselling

**Progresses to Level 3**

## **INTERMEDIATE CERTIFICATE IN COUNSELLING - Level 3**

Integrates the Christian faith with good, professional , trained and accredited counselling

27 credits at Level 3

**COMMENCING 2018**

**Enrolment criteria for course entry includes:**

Previous training and successful completion of a UCHM Level 2 or equivalent plus an interview

On completion you will gain a Level 3 in Counselling Skills

**Progress to Level 4**

**For further information please contact:**

Tel/Fax: 01484 461098, E Mail [training@uchm.org](mailto:training@uchm.org)

Web site [www.uchm.org](http://www.uchm.org)

# PASTORAL CARE LEVEL 1

*Integrating counselling practice with the Christian faith*

This course is suitable for those who offer help and caring to others within their church or wider community.

**Bereavement - December 15<sup>th</sup> and 16<sup>th</sup> 2017**

Courses run on a Friday evening 6.00-9.30 and  
Saturday 9.30-4.30 at UCHM, Milnsbridge.

To book a place please contact us for a booking form on 01484  
461098, email [training@uchm.org](mailto:training@uchm.org) or visit [www.uchm.org](http://www.uchm.org)



# Essential / Supervisor Skills

Thursday 1st and Friday 2nd February 2018  
9.00am - 5.00pm



Cost £200.00

Held at UCHM  
78 New Street, Milnsbridge,  
Huddersfield, HD3 4LD

Contact [uchm@uchm.org](mailto:uchm@uchm.org) or 01484 461098  
for a booking form



# Prayer Diary

## December

4th	Intermediate Certificate in Counselling Level 3
5th	Advanced Diploma in Counselling Level Four Year 2 Group Supervision UCHM Monthly Worship Time
11th	Intermediate Certificate in Counselling Level 3
12th	Advanced Diploma in Counselling Level Four Year 1 Group Supervision
15th - 16th	Bereavement Pastoral Care Level 1 Training
19th	Advanced Diploma in Counselling Level Four Year 2
22nd Dec - 2nd Jan	Centre closed for Christmas Holidays

## January

8th	Intermediate Certificate in Counselling Level 3
9th	Advanced Diploma in Counselling Level Four Year 2
16th	Advanced Diploma in Counselling Level Four Year 1 Group Supervision
22nd	Intermediate Certificate in Counselling Level 3
23rd	Advanced Diploma in Counselling Level Four Year 2 Group Supervision
26th - 27th	Foundation Christian Counselling Level 2
30th	Advanced Diploma in Counselling Level Four Year 1

## February

1st & 2nd	Essential Supervision Skills Course
5th	Intermediate Certificate in Counselling Level 3
6th	Advanced Diploma in Counselling Level Four Year 2 Group Supervision UCHM Monthly Worship Time
9th - 10th	Racial Awareness and Child Protection Conference
13th	Advanced Diploma in Counselling Level Four Year 1
16th - 17th	Foundation Christian Counselling Level 2
20th	Advanced Diploma in Counselling Level Four Year 1 Group Supervision
26th	Intermediate Certificate in Counselling Level 3
27th	Advanced Diploma in Counselling Level Four Year 1 Advanced Diploma in Counselling Level Four Year 2

# CHRISTMAS CONCERTS 2017

[www.examiner.co.uk/whats-on/arts-culture-news/christmas-concerts-huddersfield-your-guide-10543308](http://www.examiner.co.uk/whats-on/arts-culture-news/christmas-concerts-huddersfield-your-guide-10543308)

## Monday December 7th 2017

**Huddersfield University Brass Band** is offering a free programme of Christmas music at Huddersfield Town Hall from 1pm. (The ensemble can be heard again at Dewsbury Town Hall on Wednesday, December 9, from 1pm. Tickets are £5.50 (£4 concessions).

## Thursday, December 10th 2017

**Honley Ladies Choir** presents The Colours of Christmas at St Mary's Church, Honley, from 7.30pm. The concert will feature guest flautist Simeon Wood, a Huddersfield musician who now has an international reputation and is returning to his home town for Christmas.

Tickets are £8 from [www.honleyladies.co.uk](http://www.honleyladies.co.uk) or 01484 307189.



## Friday December 11th 2017

Huddersfield's famous **Choral Society** is staging its annual Christmas Concert in Huddersfield Town Hall at 7.30pm. The event features the Black Dyke Band and the Junior Choirs and is presented by former Chorus Master and choral favourite, Brian Kay.



Tickets are available from [tickets.kirklees.gov.uk](http://tickets.kirklees.gov.uk) or 01484 223200

## Thursday 21 December 2017

Huddersfield Lunchtime Christmas Concert  
Gordon Stewart and The Choristers of Wakefield Cathedral directed by Thomas Moore.

Gordon Stewart is once more joined by the Choristers of Wakefield Cathedral in a programme of Christmas music from all round the world. The organ solos include music by Daquin, Bach, Rawsthorne and Cockroft.



[tickets.kirklees.gov.uk/en-GB/shows/huddersfield%20lunchtime%20christmas%20concert/info](http://tickets.kirklees.gov.uk/en-GB/shows/huddersfield%20lunchtime%20christmas%20concert/info)

# **This is Jesus just checking in today**

Author Unknown

A minister passing through his church in the middle of the day, decided to pause by the altar and see who had come to pray. Just then the back door opened, a man came down the aisle. The minister frowned as he saw the man hadn't shaved in a while. His shirt was kinda shabby and his coat was worn and frayed. The man knelt, he bowed his head, then rose and walked away. In the days that followed, each noon time came this chap, Each time he knelt just for a moment, a lunch pail in his lap.

Well, the minister's suspicions grew, with robbery a main fear, He decided to stop the man and ask him, "What are you doing here?"

The old man said, he worked down the road. Lunch was half an hour. Lunchtime was his prayer time, for finding strength and power. "I stay only moments, see, because the factory is so far away; As I kneel here talking to the Lord, this is kinda what I say:

"I JUST CAME AGAIN TO TELL YOU, LORD, HOW HAPPY I'VE BEEN, SINCE WE FOUND EACH OTHER'S FRIENDSHIP AND YOU TOOK AWAY MY SIN.

DON'T KNOW MUCH OF HOW TO PRAY, BUT I THINK ABOUT YOU EVERYDAY. SO, JESUS, THIS IS JIM CHECKING IN TODAY."

The minister feeling foolish, told Jim that was fine. He told the man he was welcome to come and pray just anytime. Time to go, Jim smiled, said "Thanks." He hurried to the door. The minister knelt at the altar, he'd never done it before. His cold heart melted, warmed with love, and met with Jesus there. As the tears flowed, in his heart, he repeated old Jim's prayer:

"I JUST CAME AGAIN TO TELL YOU, LORD, HOW HAPPY I'VE BEEN, SINCE WE FOUND EACH OTHER'S FRIENDSHIP AND YOU TOOK AWAY MY SIN.

I DON'T KNOW MUCH OF HOW TO PRAY, BUT I THINK ABOUT YOU EVERYDAY. SO, JESUS, THIS IS ME CHECKING IN TODAY."

Past noon one day, the minister noticed that old Jim hadn't come. As more days passed without Jim, he began to worry some. At the factory, he asked about him, learning he was ill. The hospital staff was worried, but he'd given them a thrill. The week that Jim was with them, brought changes in the ward. His smiles, a joy contagious. Changed people, were his reward. The head nurse couldn't understand why Jim was so glad, when no flowers, calls or cards came, not a visitor he had.

The minister stayed by his bed, he voiced the nurse's concern: No friends came to show they cared. He had nowhere to turn. Looking surprised, old Jim spoke up and with a winsome smile; "the nurse is wrong, she couldn't know, that in here all the while every day at noon He's here, a dear friend of mine, you see, He sits right down, takes my hand, leans over and says to me:

"I JUST CAME AGAIN TO TELL YOU, JIM, HOW HAPPY I HAVE BEEN, SINCE WE FOUND THIS FRIENDSHIP, AND I TOOK AWAY YOUR SIN.

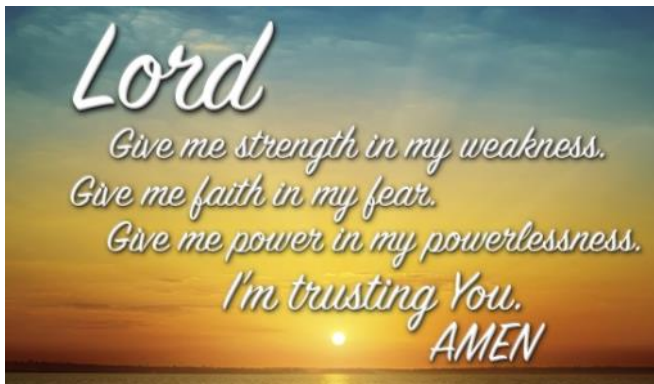
ALWAYS LOVE TO HEAR YOU PRAY, I THINK ABOUT YOU EACH DAY,

AND SO JIM, THIS IS JESUS CHECKING IN TODAY."

Taken from: <http://gatewaytojesus.com>



"I got up early one morning  
And rushed right into the day;  
I had so much to accomplish  
That I didn't have time to pray.  
Problems just tumbled about me,  
And heavier came each task;  
'Why doesn't God help me?' I wondered.  
He answered, 'You didn't ask.'  
I wanted to see joy and beauty  
But the day toiled on grey and bleak  
I wondered why God didn't show me  
He said, 'But you didn't seek',  
I tried to come into God's presence;  
I used all my keys in the lock.  
God gently and lovingly chided,  
'My child, you didn't knock.'  
I woke up early this morning,  
And paused before entering the day;  
I had so much to accomplish  
That I had to take time to pray."  
-Author Unknown



"You will keep in perfect peace him whose mind is steadfast, because he trusts in You." Isaiah 26:3

# Christmas (or any other) Shopping!

Do you shop online?

Raise money with those last minute Christmas gifts and anything else



It's very simple - just visit

<http://www.easyfundraising.org.uk/causes/uchm/> to register and shop with over 2000 well known retailers like Amazon, Argos, M&S, eBay and many more.

Whenever you go to shop, visit Easyfundraising first and click through to the retailer who will make a donation to UCHM.

We have just received a payment for £18.05 for the last quarter and so far this has raised nearly £400



We'd be really grateful if you could use easyfundraising too. It won't cost you a penny extra to shop and you can even save money with special offers and voucher codes.

So please make a difference and take a look at easyfundraising today -

<http://www.easyfundraising.org.uk/causes/uchm/>

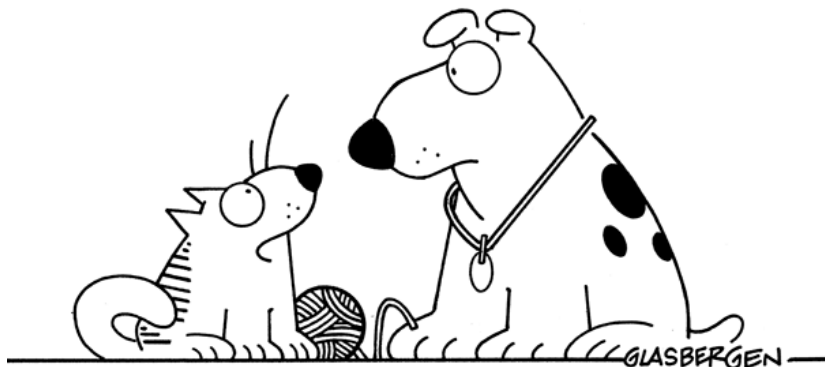
# THE HUMOUROUS PAGES



shutterstock - 81643645



© Randy Glasbergen  
[www.glasbergen.com](http://www.glasbergen.com)



**"My parents believe that a cat has 9 lives,  
but I'm not as religious as they are."**



Wi-Fi went down for five minutes, so i had to talk to my family. They seem like nice people.



DespicableMeMinions.org



**Why did the kid put sugar under his pillow?**

**So he would have sweet dreams!**



FluffyFlowers.com

## **TWO LITTLE BOYS**

A couple had two little boys, ages 8 and 10, who were excessively mischievous. The two were always getting into trouble and their parents could be assured that if any mischief occurred in their town their two young sons were in some way involved.

The parents were at their wits end as to what to do about their sons' behaviour. The mother had heard that a clergyman in town had been successful in disciplining children in the past, so she asked her husband if he thought they should send the boys to speak with the clergyman.

The husband said, 'We might as well. We need to do something before I really lose my temper!' The clergyman agreed to speak with the boys, but asked to see them individually. The 8 year old went to meet with him first. The clergyman sat the boy down and asked him sternly, 'Where is God?'

The boy made no response, so the clergyman repeated the question in an even sterner tone, 'Where is God?' Again the boy made no attempt to answer. So the clergyman raised his voice even more and shook his finger in the boy's face, 'WHERE IS GOD?'

At that the boy bolted from the room and ran directly home, slamming himself in the closet. His older brother followed him into the closet and asked what had happened. The younger brother replied, 'We are in BIG trouble this time. God is missing and they think we did it.'

# Wanted

## Electrical Goods

We are always needing small electrical items to sell in the shop - if you have any you no longer need then please donate them for us to sell on. These are then PAT tested and then put out for sale.



## Winter Goods



We are also needing winter clothing to sell at this time of year. Hats, scarves, gloves, warm coats, sweaters etc all sell well so as you dig your winter things out, if there are items you no longer want or need then please let us have them.

Items can be brought into the shop during opening hours or in to the centre on New Street, Milnsbridge. If you are a UK taxpayer, then please ask about our gift aid scheme for shop donations.

## UCHM News

- **Team News**

We welcome Jo Hamer, Marion Donaldson, Liz Cork, Nathan Alexander, Daryll Hackett, Amanda Booth, Jenny Anderson, Lucienne Anku and Nicky Hall as placement counsellors. Please make them feel welcome if you see them around the building.

- **Bradford Surgery**

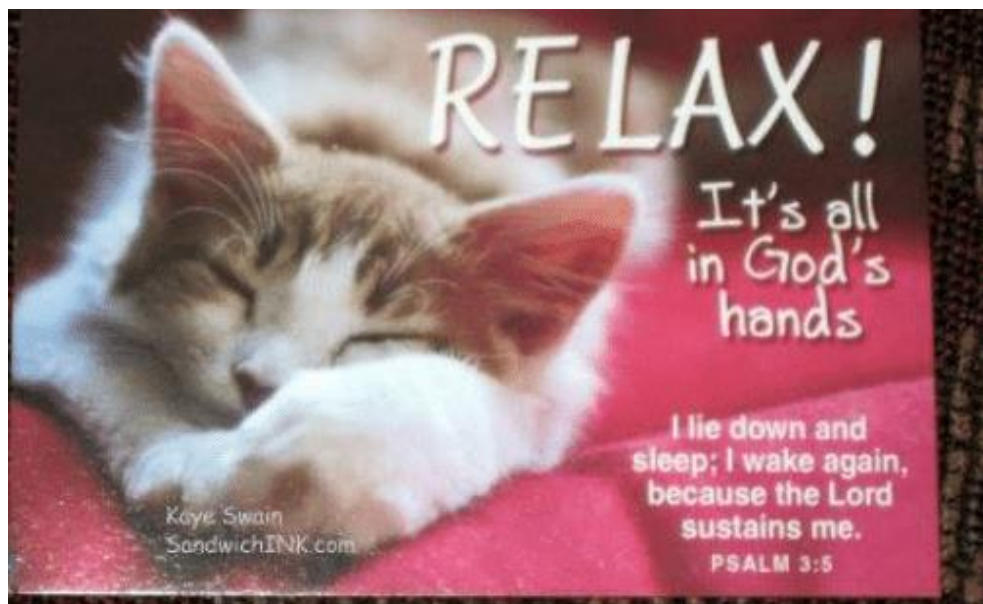
The surgery held at The Life Centre in Bradford closed in mid October. Both Wendy Ferreira and Bethan Green will continue as counsellors but working from the Huddersfield centre instead.

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### **Note for your diary....**

Shrove Tuesday 13th February 2018

Lent begins on Wednesday 14 February 2018  
and ends on Thursday 29 March 2018



# RELAX!

It's all  
in God's  
hands

I lie down and  
sleep; I wake again,  
because the Lord  
sustains me.

PSALM 3:5

Kaye Swain  
SandwichINK.com

WHEN WE PUT  
OUR PROBLEMS IN  
GOD'S HANDS,  
HE PUTS HIS PEACE IN  
OUR HEARTS.

## **A Double Portion For Grandma**

*by Margaret Cagle*

During my childhood years, my Grandma was so dear.  
She was a great part of my life because she lived so near.  
Everyone called her "Grandma," and she loved everybody too.  
The sick would use her remedies, for she knew just what to  
do.

Daddy took us to Grandma's house. It was a mild day in the  
fall. We went to help our Grandma, though my sister and I  
were small. We started toward the field to pick up pecans off  
the ground,  
And as we passed the barn, we thought we heard a sound.

We ran fast to get our daddy. "Someone's in the barn!" we  
cried. Daddy went in to investigate. My sister and I stayed  
outside. Daddy came out with two little boys who looked very  
much alike. They were Miss Elizabeth's twins. Their names  
were Mark and Mike.

"Mama," Daddy came to ask, "What are we going to do?  
Miss Elizabeth has left town, and she left the twins with you."  
"Well since my children left home, now for nearly over a year,  
I've been praying for God to send someone to keep me  
company here."

"Praise God! He sent a double portion! With a little help from  
my family dear, I'll raise these boys just like my own. Son,  
there's nothing we need to fear." Grandma kept those twin  
boys, for Miss Elizabeth never came back. She reared them to  
adulthood, and there was nothing they did lack.

# God Of The Hopeful

by Deborah Ann Belka © 2017

God of the watchful, Lord of the heart  
establish Your ways upon a new day's start.

God of the trustful, Lord of the soul  
gives us Your strength our day be in control.

God of the faithful, Lord of the mind  
may your peace today we again find.

God of the hopeful, Lord of our life  
give us the courage to give You our strife.

God of the watchful, Lord of the heart  
from Your righteous way today, may we not part!

Psalm 31:24

“Be of good courage,  
and he shall strengthen  
your heart, all ye that  
hope in the Lord.”

King James Version  
Public Domain







# **VOLUNTEERS WANTED!**

## **Admin Workers:**

We are looking for gifted workers who could do half a day or more in the office. Duties would include answering the telephone and greeting visitors, and assisting with the admin workload of the centre.

## **Charity Shop Volunteers:**

If you are able to offer half a day or more to work in our charity shop and like working with people. Duties would include sorting stock, and dealing with customers.

If you are interested in volunteering for any of these or would like to see if we have other vacancies then please contact the centre on **01484 461098** or email **[uchm@uchm.org](mailto:uchm@uchm.org)**