

HELGA'S DECEMBER 2016

CHRISTMAS EDITORIAL



*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 a great joy which will come to all the 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 much more.

What was your experience of joy this year? Has it been a good year or one which held more that its fair share of difficulty and pain?

Difficult times in our lives are not helped 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 one of the lowliest people. They were often judged 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 of the birth of God's son.

Why angels? Probably because of the very special child who was being born. 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. Jesus could not be born in his own village so God provided angels and what a message they brought mankind.

Joy is not just a response to a special and wonderful happening; it is a gift from God and one of the fruit of the Spirit. In the hardest valleys of our lives we may suddenly be filled with an incredible joy. An inner strength and awareness that life is worth living, God is in charge and on His throne and there is the promise of a happy future ahead. This gift of joy follows a move of the Holy Spirit within our hearts to strengthen us and bring hope.

Everyone at UCHM wish you the Love, Joy and Peace of Jesus this Christmas.

UCHM sends our grateful thanks for your prayers, gifts and support which has energised us during this year and given us, and those we serve, that 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**



Following a star

*Brightest and best of the sons of the morning,
Dawn on our darkness and lend us thine aid;
Star of the East, the horizon adorning,
Guide where our infant Redeemer is laid.*

*Cold on His cradle the dewdrops are shining;
Low lies His head with the beasts of the stall.
Angels adore Him in slumber reclining,
Maker and Monarch and Saviour of all.*

*Shall we not yield Him, in costly devotion
Odours of Edom and offerings divine,
Gems of the mountain and pearls of the ocean,
Myrrh from the forest and gold from the mine?*

*Vainly we offer each ample oblation,
Vainly with gifts would His favour secure.
Richer by far is the heart's adoration;
Dearer to God are the prayers of the poor.*

*Brightest and best of the sons of the morning,
Dawn on our darkness and lend us thine aid;
Star of the East, the horizon adorning,
Guide where our infant Redeemer is laid.*

Reginald Heber, 1811



A Christmas Carol

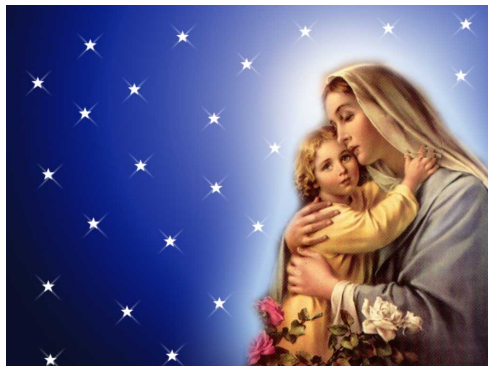
The Christ-child lay on Mary's lap,
His hair was like a light.
(O weary, weary were the world,
But here is all aright.)

The Christ-child lay on Mary's breast
His hair was like a star.
(O stern and cunning are the kings,
But here the true hearts are.)

The Christ-child lay on Mary's heart,
His hair was like a fire.
(O weary, weary is the world,
But here the world's desire.)

The Christ-child stood on Mary's knee,
His hair was like a crown,
And all the flowers looked up at Him,
And all the stars looked down

by G.K. Chesterton
Taken from www.carols.org.uk



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 2017
First Weekend - 27th and 28th January 2017

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 MAY 2017

On completion you will gain a Level 3 in Counselling Skills (for Pastoral Carers if you have completed and achieved the Level 2 and Level 3 you will gain a Diploma in Pastoral Care)

Progress to Level 4

Pastoral Care Conferences:

Times are Friday 6pm - 9.30pm and Saturday 9.30am - 4.30pm

Listening Skills

Friday 13th -
Saturday 14th January
2017

Bereavement

Friday 3rd -
Saturday 4th February
2017

Depression

Friday 10th -
Saturday 11th March
2017

Anxiety

Friday 31st March -
Saturday 1st April
2017

On completion of a Pastoral Care module you will receive a 10 hour Certificate of Achievement from Innovate Awarding. Completing all 4 above modules allows progression onto our Level 3 course.

For booking forms or more information please contact the centre on 01484 461098, email training@uchm.org, or visit our website - www.uchm.org

UCHM is a charity providing accessible counselling services throughout the region. Your contribution will be used to sustain the work of the Charity.

I Heard The Bells On Christmas Day

I heard the bells on Christmas day
Their old familiar carols play,
And wild and sweet the words repeat
Of peace on earth, good will to men.

I thought how, as the day had come,
The belfries of all Christendom
Had rolled along th'unbroken song
Of peace on earth, good will to men.

And in despair I bowed my head:
'There is no peace on earth, ' I said
'For hate is strong, and mocks the song
Of peace on earth, good will to men.'

Then pealed the bells more loud and deep:
'God is not dead, nor doth He sleep;
The wrong shall fail, the right prevail,
With peace on earth, good will to men.'

Till, ringing, singing on its way,
The world revolved from night to day
A voice, a chime, a chant sublime,
Of peace on earth, good will to men.

Henry Wadsworth Longfellow
Taken from www.poemhunter.com



You are invited to attend

UCHM's Annual Commissioning Service



Serving God and the Community

Please join us as we thank and praise God for
another year of His faithfulness and provision

Come and encourage our students as they receive their
certificates and make new commitments to serve and
follow God and His will for their lives

Tuesday 24th January 2017 7.30pm

At Scapegoat Hill Baptist Church
School Lane, Scapegoat Hill, Huddersfield

A Christmas Lesson

*"Is there a purpose? Why are we here?"
A little boy asked as the yuletide drew near.
"I really do hope that someday I will know
the reason we stand out here in the snow,
ringing this bell as people walk by,
while thousands of snowflakes
descend from the sky."*

*The mother just smiled at her shivering son
who would rather be playing and having some fun
but soon would discover before evening was done
the meaning of Christmas
the very first one.*

*The young boy exclaimed, "Mother where does it go?"
"All the pennies we collect - every year in the snow."
"Why do we do it? Why do we care?"
"We worked for these pennies,
so why should we share?"*

*"Because once a baby - so meek and so mild
was born in a manger - so humble the child
the son of a King - was born in this way
to give us the message
He carried that day.*

*"The present God gave the world on that night,
was the gift of his son to make everything right.
Why did he do it? Why did he care?"*

*To teach about loving
and how we should share."*

*"The meaning of Christmas, you see my dear son,
is not about presents or just having fun
but the gift of a father - his own precious Son
so the world would be saved
when his work was all done"*

*Now the little boy smiled - with a tear in his eye
as snowflakes kept falling from out of the sky -
rang louder the bell as the people walked by
while down deep in his heart
at last he knew why.*

*By Tom Krause
Taken from www.christmas-time.com*



Prayer Diary

December

5 th	Advanced Counselling Skills Level Three
6 th	Advanced Diploma in Counselling Level Four Year Two Group Supervision UCHM Monthly Worship Time
13 th	Affiliated Standards Committee Meeting Advanced Diploma in Counselling Level Four Year One
20 th	UCHM Manager's Meeting
22 nd - 2 nd	UCHM closed for Christmas Holidays
January 2017	

January

3 rd	Finance and Property Meeting Group Supervision UCHM Monthly Worship Time
9 th	Advanced Counselling Skills Level Three
10 th	Advanced Diploma in Counselling Level Four Year One
13 th - 14 th	Bereavement Pastoral Care Conference
23 rd	Advanced Counselling Skills Level Three
24 th	Advanced Diploma in Counselling Level Four Year One UCHM Commissioning Service
26 th	Trustees Meeting
27 th - 28 th	Foundation Christian Counselling Level Two
31 st	UCHM Manager's Meeting

February

3 rd - 4 th	Depression Pastoral Care Conference
7 th	Advanced Diploma in Counselling Level Four Year One Group Supervision UCHM Monthly Worship Time
14 th	Advanced Diploma in Counselling Level Four Year One
24 th - 25 th	Foundation Christian Counselling Level Two
28 th	UCHM Manager's Meeting Advanced Diploma in Counselling Level Four Year One



UCHM's 2017 Pilgrimage to Israel

Thursday 27th April – Thursday 11th May

Flying Manchester to Tel Aviv

**Staying Knights Palace in Old City, Jerusalem &
Ma'agan on the shores of Galilee**

**The price is £2225 + £175 silent guide fee and
includes flights, half board accommodation, coaches,
all entrances and gratuities ***

Optional week in Eilat on the Coral Reserve £355

**Request a brochure by contacting UCHM on 01484
461098 or email uchm@uchm.org**

FOR THE EXPERIENCE OF A LIFETIME

To travel around Israel has a profound effect upon one's faith. To be able to gaze at the same hills and valleys which the Lord knew and walked upon; to enjoy the vistas of Lake Galilee and the places whose names we are so familiar with enriches our reading of the Bible. When walking along the streets of the Old City of Jerusalem we are walking in the place where God's relationship with His people has been formed. No-one returns from a pilgrimage like this without our faith being strengthened and encouraged.

We don't stay in busy, modern hotels. We stay in the Knight's Palace Hotel actually inside the Old City Walls of Jerusalem, and in Galilee we stay in Ma'agan, which is literally on the shores of Galilee. Both these places have a lovely atmosphere and the management know us and look after us well.

There are cheaper, shorter, more whistle-stop tours, but we believe that the UCHM Pilgrimage gives a good mix of meditation, teaching, worship and space for personal reflection.

We are aware that this is not a cheap holiday but there are no hidden extras to catch you by surprise. The price covers flights, coach travel inside Israel, all site entrances, half board accommodation and all tips and gratuities. All you need to buy are your lunches! (and souvenirs)

If you would like a brochure containing more details then please contact us on 01484 461098 or email uchm@uchm.org.

*** Effects of Brexit** - Because of Brexit the value of the £ against the \$ has dropped considerably. This has had to be taken into account in pricing the pilgrimage. UCHM faithfully promises that if the rate recovers appreciably we will issue an equivalent refund.

UCHM News

- **Team News**

We welcome Denise Gibson, Helen Brightwell, Dawn Stott, Bethan Green, Beverley Henderson-Fleary, Carol Baines and Emily Orji who are all joining the team as Placement Counsellors.

Annika Hayes and Ella Antoszkiewicz have finished their time as Placement Counsellors here, and Sarah Marlow-Rawles has ended her time as a CPD counsellor. We thank them all and wish them well as they move on to new pastures.

Wanted

Receptionists for Bradford and Meltham Surgeries:

Duties would include greeting clients and making drinks and occasional admin work, and is an essential part of helping maintain our counselling service.

Bradford:

Our surgery at the Life Centre in Bierley, Bradford is looking for a receptionist to work on Monday between 4.45pm and either 6.30pm or 7.30pm.

Meltham:

Our surgery at the Crossroads Centre, Meltham, Huddersfield is looking for a receptionist to work on Tuesday between 12.30pm and 2.30pm

If you are interested in volunteering for either 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

Keeping Christmas

ROMANS, xiv, 6: He that regardeth the day, regardeth it unto the Lord.

It is a good thing to observe Christmas day. The mere marking of times and seasons, when men agree to stop work and make merry together, is a wise and wholesome custom. It helps one to feel the supremacy of the common life over the individual life. It reminds a man to set his own little watch, now and then, by the great clock of humanity which runs on sun time.

But there is a better thing than the observance of Christmas day, and that is, keeping Christmas.

Are you willing to forget what you have done for other people, and to remember what other people have done for you; to ignore what the world owes you, and to think what you owe the world; to put your rights in the background, and your duties in the middle distance, and your chances to do a little more than your duty in the foreground; to see that your fellow-men are just as real as you are, and try to look behind their faces to their hearts, hungry for joy; to own that probably the only good reason for your existence is not what you are going to get out of life, but what you are going to give to life; to close your book of complaints against the management of the universe, and look around you for a place where you can sow a few seeds of happiness - are you willing to do these things even for a day? Then you can keep Christmas.

Are you willing to stoop down and consider the needs and the desires of little children; to remember the weakness and loneliness of people who are growing old; to stop asking how much your friends love you, and ask yourself whether you love them enough; to bear in mind the things that other people have to bear on their hearts; to try to understand what those who



live in the same house with you really want, without waiting for them to tell you; to trim your lamp so that it will give more light and less smoke, and to carry it in front so that your shadow will fall behind you; to make a grave for your ugly thoughts, and a garden for your kindly feelings, with the gate open--are you willing to do these things even for a day? Then you can keep Christmas.

Are you willing to believe that love is the strongest thing in the world--stronger than hate, stronger than evil, stronger than death--and that the blessed life which began in Bethlehem two thousand years ago is the image and brightness of the Eternal Love? Then you can keep Christmas.

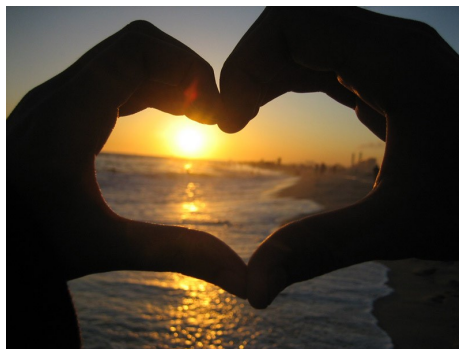
And if you keep it for a day, why not always?

But you can never keep it alone.

by Henry van Dyke

Henry van Dyke was a member of the clergy, the full title of this story is A Short Christmas Sermon: Keeping Christmas.

Taken from www.americanliterature.com



Merry Birthday

This tiny piece of paper goes out to all my friends
As this Holiday called Christmas
Brings this year to an end.

It's now a time of hustle
Shopping bags and mistletoe
Putting up your tree, the lights,
And fighting traffic to and fro.

It's Christmas carols and Christmas cards,
It's wrapping gifts and food,
It's saying "Hi" to Santa
That puts us in a festive mood.

But amongst the cheery crowds,
Decorations and the snow,
Lies a very special birthday
Few remember, and some don't even know.

The reason for the season
Is the birth of Someone's Son,
In buying all your presents
Did you remember to buy Him one?

He wouldn't want a razor
Or a fifty dollar tie,
A brand new tool from Sears, heck no
He's not your ordinary guy.

It's Somebody's birthday
But no need to fill that cart
For the gift that you should give Him
Is right inside your heart.

And Christmas is the holiday
When our hearts are filled with Peace
What if we gave that gift all year
At every birthday feast?

Can you imagine having Christmas cheer
With everyone you meet?
Sounds kind of like His birthday wish
Is really ours to keep.

So here is hoping that your Christmas
Is as beautiful and bright
As the stars that shone on Jesus
On that cold December night.

By: Connie Bathrick
Taken from www.christianstories.com



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 Charity Shop 56 Market Street, Milnsbridge

Opening Times

(Subject to volunteer availability)

Monday	- 9.15am - 3.00pm
Tuesday	- 9.15am - 3.00pm
Wednesday	- 9.15am - 3.00pm
Thursday	- 9.15am - 3.00pm
Friday	- 9.15am - 3.00pm
Saturday	- 10.00am - 2.00pm

We sell a range of items including:

- ♦ clothes
- ♦ bric a brac
- ♦ toys
- ♦ small electrical goods (all tested)

Why not pop in and have a look for yourself.



A Winter Survival Story

The weather was unusually warm for November. There had been a couple of light frosts, but no hard freezes had come to our valley in eastern Tennessee.

That morning began like any other day of the week for my older brother, Doug, and me. We were up at 5:30, got dressed for school, then sat down at the kitchen table for a breakfast of biscuits and gravy while Mom gave us the weather report.

"The weatherman says it's going to be another warm day," she told us. "But the way the hens hung around the chicken house yesterday, I ain't so sure. I'm thinking you boys better wear your heavy coats today." I glanced at my older brother and ever so slightly shook my head "no."

"Mom, we would be chided out of school if we wore our winter coats on a warm day like this," Doug argued. "What if we wore our long-sleeved shirts? Would that be okay?" "Doug's right," I said, hoping that my small input might sway her decision. "We'll be the only ones in school carrying around a heavy coat."

Mom looked down into her coffee as if hoping to see the future in it. "Just make sure it ain't them thin shirts you can see through," she said.

After breakfast, Dad began worrying about being late for work. He told us to hurry up and change our shirts so he could drive us to the school bus stop, about 3 miles away.

When we arrived at school, we went to our classrooms, just like any other day. By the time my sixth-grade class went out for morning recess, the weather had changed. Rolling, dark clouds covered much of the sky. The warm wind was now cold and had picked up considerably. A few drops of rain mixed with ice began to fall.



A Simple Plan

As the morning progressed, the classroom grew colder, and then the icy rain turned to snow. I wondered how much would fall. The wind whipped through the trees, sending a few remaining dead leaves scurrying across the sky.

Just before lunch, our teacher told us the heating system wasn't working and school was dismissed. Students who lived within walking distance gathered their belongings and left. Doug and I rode the bus, so we had to wait for it to arrive. It was late, as usual.

Boarding the school bus, I saw Doug sitting near the rear. The look on his face was one of concern. I made my way to his seat and slid in beside him. He looked at me and smiled.

"Looks like it's going to be a big one," he said. "I don't think we have to worry about school tomorrow."

"No," I said, looking past Doug and out the window. "We don't have to worry about school tomorrow, only getting home today."

"Well, when we get off at our stop, we'll go to the little grocery store, call Dad and wait for him," he said.

I didn't reply, because a little voice in the back of my mind kept telling me that every perfect plan is flawed.

I pushed the thought out of my mind and moved closer to my older brother. Together, we would face whatever was to come.



A Hard Row to Hoe

We stepped off the bus into more than 6 inches of snow and a piercing wind Dad called "the old blue northern." Doug took the lead and ran toward the store. I trailed behind him, stepping into his tracks. Keeping

our heads down against the wind, we made it to the porch and pushed on the door. It was locked.

"I was hoping against hope," Doug said. "Now we really have a hard row to hoe."

Stepping off the snow-covered porch, my brother and I began our long walk home. The wind was swirling the snow around us like a huge, white blanket, making it difficult to see more than a few yards. Each time a car passed, the driver honked and the sound of the horn sent us into the snow-filled ditch.

"Why don't they stop?" I asked. "Don't they know we're just kids?" Doug pulled me up onto the road and charitably noted, "I guess they are afraid of being hit in the rear or sliding into a ditch if they stop."

"Don't Let Go!"

Slowly but surely, my brother and I were freezing to death. By the time we turned from the main road, the wind and the faint crunch of our footsteps on the snow were the only sounds we heard. Looking to my left, I saw a cedar tree not far from the edge of the road. If I made it over there, maybe I could rest a while and get out of the wind. I squatted down and thought about how warm it would be at home now.

"What do you think you're doing?" a voice said. "You can't stop here. You'll freeze to death."

I glanced up to see a faint shadow whirring in the snow and heard a voice that seemed to be off in a valley. Slowly, the shadow moved and stood beside me.

"Come on, Bud," Doug said softly. "There's no protection behind this little tree. If we rest here, we will die here." "But it's warm. Can't you feel it?" I asked, holding out my hand for him to touch. "You go on, and I'll catch up." Doug was silent for a moment. Then he spoke. "Bud, do you remember the four cedar trees at the side of the road near the creek? Remember how you said they almost make a tent?"

"I think so," I said, closing my eyes and trying to remember the place. "Is it where we waded in the creek?"

"That's the place," Doug said, grabbing my arm and pulling me to my feet. "When we get there, we can rest a while and get warm. You just stick your hand down the back of my belt, keep your head down and hold on."



As we struggled through the snow, time seemed to stop. There was no sound, no more pain. The snow became peaceful and warm. My hand slipped from my brother's belt and I fell to my knees. All I wanted to do was lie down and go to sleep.

"Where are the trees?" I said, as the warm snow folded up around me like a feather bed. Once again, Doug pulled me to my feet. "Just a few more steps and we'll be warm," he said.

As the darkness closed around me, I heard a soft voice somewhere in the distance. Someone took my hand and pulled me into a warm, bright light. "The...trees?" I stuttered.

"Don't worry about the trees," the voice said. "You are home."

Doug and I never walked that road again. We went to a different school the following year, and caught a school bus near our house.

If you go down that road today, you will find the four cedar trees standing like sentinels. When the wind blows, I can hear them whispering about two young boys caught in a snowstorm.

I still think about the lesson my brother taught me that day — Lesson learned from our winter survival story: don't give up, no matter what the odds.

Story by Buddy Earl Clark

Taken from <http://www.country-magazine.com>