

HELGA'S 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 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 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.

I have just come back from leading a pilgrimage to the Holy Land. At the shepherds field in Bethlehem we meditated 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 many of the 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? Well probably because of the very special child who was being born. The Jewish custom was that at the birth of a boy child was, all the men of 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 on His throne and in charge and there is a promise of a happy future ahead. This gift of joy follows a move of the Holy Spirit within our hearts which strengthens us and brings hope.

All at UCHM wish you Jesus' Love, Joy and Peace this Christmastime, may you know His love. Also 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**

God's Christmas Gift

T'was the night before Christmas and in Heaven above,
The angels were watching with such intense love!
For the Prize of all Heaven was coming to
earth.

And, a manger was chosen as His place of
birth.



Mary, his mother (so weary and worn),
Was glad Joseph found a place cosy and
warm.

And now, as she laboured, a new life began ...
Destined to bring life to each willing man.

While out on the hillsides, the angels sang, "Glory!" ...
Shepherds stood, trembling, as they heard the story.
Quickly, they followed the angel's clear way ...
And found baby Jesus upon the clean hay.



Down from the heavens, there came a new
light.

A star born anew on that very night!
Softly, the mother sang sweet lullabies ...
'Til sweet baby Jesus closed His little eyes.

Humbly, the shepherds gave worship and
praise;

Bowing down softly where God's baby lay.
They told how the angels had spoken to them,
"Joy to the world and peace to all men!"

The wise men were coming, they followed the star.
They were bringing the Saviour their gifts, from afar.

And up in God's Heaven, a great sigh was heard;
As the Angels looked down on God's own Living Word.

They had to come closer. They loved Him so much!
Their wings swept by Him, for just one more touch.
Then they nestled by legions, above His wee bed,
And spread out their wings; enclosing the shed.

Yes, trials would follow. A plan was engaged.
But just for tonight, the angels would

say,
"Oh, men of earth, who struggle in
vain ...
Seek here and find release from all
shame.



Peace on the earth! Oh, learn it anew.
Peace! God has sent His own Son to
you!"



Book **NOW** or miss out!!

UNITED CHURCHES HEALING MINISTRY



INTRODUCTION TO COUNSELLING SKILLS IN A CHRISTIAN SETTING

ACC Recognised

OCN Accredited

Trainer: Helga Taylor

Course dates

Fri 6.30 pm - 9.30 pm

Sat 9.30 am - 4.30 pm

United Churches Healing Ministry
"The Elms"
78 New Street
Milnsbridge
Huddersfield
HD3 4LD

Tel 01484 461098
Email: uchm@uchm.org
Website: www.uchm.org

14 - 15 Jan 2011

11 - 12 Feb 2011

11 - 12 Mar 2011

8 - 9 April 2011

UCHM Registered Charity No. 1097753 UCHM OCN Accredited Centre No. YH41613



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ADVANCED COUNSELLING SKILLS COURSE LEVEL 3

Exploring Counselling Skills and Theory From a Christian Perspective

ACC Recognised OCN Accredited

Commencing January 2011

Information pack available from the office



UCHM Graduate Diploma in Christian Counselling

Trainers: Sandra Conaghan and Michael Huxley

with progression to Leeds Metropolitan
University

This course runs over 3 years. The first two
years are held at United Churches Healing
Ministry and the 3rd year at Leeds
Metropolitan University *

Starting September 2011

**For a Diploma pack with more information
please contact the centre**

* Progression to the BSc at Leeds Metropolitan University is dependant upon meeting the entrance requirements for the BSc and to the ongoing delivery of the course

Our Jesus From Galilee Poem

Verna Parks

*It must have been a long hard trip,
Into Bethlehem that day.
Mary's thoughts were filled with wondering
As they slowly went their way.*



*She wondered why the Lord chose her,
To be the Mother of his Son.
She thought of what His life would bring
What lay ahead for the Holy One.*

*At last the day was over
The inn was now in sight,
A place to rest her weary body
For this might be the night.*

*No room they said - no room at all,
And Mary's head did nod.
What was His plan? This was His Son.
She would have to trust in God.*



*A worried frown crossed Josephs brow,
He knew Mary's time was near.
We have to have a place he said.
We can not go from here.*

*The stable then, he pointed out,
That's the best that I can do.
There is no room within the inn.
That I can offer you.*

*We know not, if it was a building,
Or a cave against the hill.
Where she laid her precious Baby.
In a manger dark and still.*

**Christ
is Born!**

*But, a King was born that night.
A King to set us free,
We praise Him now, and love Him
Our Jesus from Galilee.*

Prayer Diary

December

21st	UCHM Manager's Meeting
22nd - 3rd	UCHM closed for the Christmas holidays
January	

January

4th	4.00 Healing Service Group Supervision UCHM Monthly Worship Time
11th	Advanced Diploma in Counselling Level Four Year Two
14th - 15th	Introduction to Christian Counselling Level Two
17th	Start of new Advanced Counselling Skills Level Three
18th	Advanced Diploma in Counselling Level Four Year Two
25th	UCHM Manager's Meeting
27th	UCHM Trustee's Meeting
31st	Advanced Counselling Skills Level Three

February

1st	Advanced Diploma in Counselling Level Four Year Two 4.00 Healing Service Group Supervision UCHM Monthly Worship Time
7th	Advanced Counselling Skills Level Three
11th - 12th	Introduction to Christian Counselling Level Two
15th	Advanced Diploma in Counselling Level Four Year Two
21st - 25th	Closed for half term

March

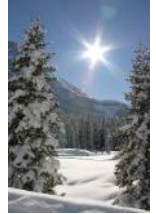
1st	4.00 Healing Service Group Supervision UCHM Monthly Worship Time
4th - 5th	Homosexuality Conference
7th	Advanced Counselling Skills Level Three
8th	Advanced Diploma in Counselling Level Four Year Two
11th - 12th	Introduction to Christian Counselling Level Two
21st	Advanced Counselling Skills Level Three
22nd	Advanced Diploma in Counselling Level Four Year Two

Another Christmas

Another year is ending as I watch the Christmas tree,
I have been doing this for over half a century.
I smile as I cannot believe that I am now this age,
And every Christmas it's as if I turn another page.

My favourite thing to do each year is sit and reminisce,
Peacefully at Christmas time, I love it just like this.
The Christmas tree and candles burning giving off their light,
And I just savour moments as I stare out in the night.

The snow is softly falling and it's blanketing the trees,
I love to sit and watch the snowfall on bright nights like these.
The moon is shining brightly and the snowflakes glitter so,
And all the world seems fresh and pure in newly fallen snow.



I think about when I was young as I begin to dream,
There was a time when you could use snow to make snowcream,
Vanilla and some sugar and then you were on your way,
Nothing you could ever buy could taste that good today.

I smile as something tickles me that I just saw this morning,
Everything you eat today must always post a "warning"
I laugh out loud to think of all the work that it would take,
If someone had to print "don't eat" somewhere on each snowflake.

"Ridiculous" I softly said the world is not that bad,
But in this modern world you sometimes long for days you had.
I look upon the table where my used newspaper lay,
And see a full page ad announcing "big sale starts Sunday."

I smile when I remember as I sit here in my prime,
When no stores opened up on Sunday once upon a time.
Sunday was a day for church and then relax at best,
Now it seems we never take the time to stop and rest.



I see the candle flicker on my table in the jar,
And realize it's really great that we have come this far.
The modern world we live in is so great in many ways,
But sometimes as I sit and think, I long for yesterdays.

A day when books lay by the chair not just a TV guide,
A day when people just went out to take a Sunday ride.
A day when family sat around and talked about the day,
A day when people actually sat down to eat and pray.

Today the meals are fast food places where the families swoop,
There was a time when fast food meant a can of chicken soup.
Drive through this and drive through that and talk into the speaker,
And then we buy a treadmill wondering why our legs are weaker.

Everybody wants a Christmas the old fashion style,
Just to gather and enjoy the Spirit for a while.
But it never happens even with the plans at hand,
Christmas comes and goes and they just cannot understand.

There was a time when people gathered and sung by the tree,
Now the only music that you hear is a CD.
There was a time when people made tree ornaments to trim,
Now the tree has built in lights and you just plug it in.

I smile as I think of my years and changes I have seen,
And wonder what He thinks of us as He has viewed this scene.
Two thousand years of Christmas' that He has watched on earth,
I wonder what He thinks of how we celebrate His birth.



The lights, the decorations and the shopping at the mall,
The gatherings and presents I'm sure he won't mind at all.
I'm sure he has no problems with the modern Christmas trees,
But sometime during Christmas we should get down on our knees.

Just to let Him know that we know what it's all about,
Just to let Him know that in our mind there is no doubt.
We remember all the words the angels had to say,
When they first announced the words "For unto you this day"

James A. Kisner

Coming up as part of UCHM's Continuing Professional Development Programme:

➤ **Inner Child**

Tuesdays 11th, 18th January and 1st and 15th February 2011 - 1.00pm - 4.30pm

Trainer: Helga Taylor

Cost: £100

➤ **Homosexuality**

Friday 4th and Saturday 5th March 2011 - 9.30 am - 4.30 pm

Trainer: Michael Huxley

Cost: £90

➤ **Introduction to Couples Counselling**

Tuesdays 22nd March, 5th and 12th April 2011 - 1.00pm - 4.30pm

Trainer: Ann Muir

Cost: £75

➤ **An Integrative Approach to CBT**

Friday 15th and Saturday 16th April 2011 - 9:30am - 4:30pm

Trainer Virginia Taylor

Cost £90

'I aim to explain what CBT is, look at how it works, examine its strengths and limitations, and demonstrate how I integrate aspects of this approach into my work as a person centred counsellor'

For booking forms or more information please contact the centre on 01484 461098, email uchm@uchm.org, or visit our website - www.uchm.org - where booking forms can be downloaded to print out

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

Harvard

A lady in a faded gingham dress and her husband, dressed in a homespun threadbare suit, stepped off the train in Boston, and walked timidly without an appointment into the president of Harvard's outer office. The secretary could tell in a moment that such backwards country folks had no business at Harvard and probably didn't even deserve to be in Cambridge. She frowned. "We want to see the president," the man said softly. "He'll be busy all day," the secretary snapped. "We'll wait," the lady replied.

For hours, the secretary ignored them, hoping that the couple would finally become discouraged and go away. They didn't. And the secretary grew frustrated and finally decided to disturb the president, even though it was a chore she always regretted to do. "Maybe if they just see you for a few minutes, they'll leave," she told him. He sighed in exasperation and nodded. Someone of his importance obviously didn't have the time to spend with them, but he detested gingham and homespun suits cluttering his office.

The president, stern-faced with dignity, strutted toward the couple. The lady told him, "We had a son that attended Harvard for one year. He loved Harvard, and was very happy here. But about a year ago, he was accidentally killed. And my husband and I would like to erect a memorial to him somewhere on campus. "The president wasn't touched, he was shocked. "Madam," he said gruffly, "we can't put up a statue for every person who attended Harvard and died. If we did, this place would look like a cemetery."

"Oh, no" the lady explained quickly, "we don't want to erect a statue. We thought we would give a building to Harvard." The president rolled his eyes. He glanced at the gingham

dress and homespun suit, then exclaimed, "A building!! Do you have any earthly idea how much a building costs? We have over seven and a half million dollars in the physical plant at Harvard!!"

For a moment the lady was silent. The president was pleased. He could get rid of them now. The lady turned to her husband and said quietly, "Is that all it costs to start a university? Why don't we just start our own?" Her husband nodded. The president's face wilted in confusion and bewilderment. Mr. and Mrs. Leland Stanford walked away, travelling to Palo Alto, CA where they established the University that bears their name...a memorial to a son that Harvard no longer cared about.



"You can easily judge the character of others by how they treat those who can do nothing for them or to them."

- Malcolm Forbes

Christmas Reunion

The brand new pastor and his wife, newly assigned to their first ministry, to reopen a church in urban Brooklyn, arrived in early October excited about their opportunities. When they saw their church, it was very run down and needed much work. They set a goal to have everything done in time to have their first service on Christmas Eve. They worked hard, repairing pews, plastering walls, painting, etc. and on Dec. 18 were ahead of schedule and just about finished.

On Dec 19 a terrible tempest - a driving rainstorm hit the area and lasted for two days. On the 21st, the pastor went over to the church. His heart sunk when he saw that the roof had leaked, causing a large area of plaster about 6 feet by 8 feet to fall off the front wall of the sanctuary just behind the pulpit, beginning about head high. The pastor cleaned up the mess on the floor, and not knowing what else to do but postpone the Christmas Eve service, headed home.

On the way he noticed that a local business was having a flea market type sale for charity so he stopped in. One of the items was a beautiful, hand-made, ivory coloured, crocheted table cloth with exquisite work, fine colours and a cross embroidered right in the centre. It was just the right size to cover up the hole in the front wall. He bought it and headed back to the church.

By this time, it had started to snow. An older woman running from the opposite direction was trying to catch the bus. She missed it. The pastor invited her to wait in the warm church for the next bus 45 minutes later. She sat in a pew and paid no attention to the pastor while he got a ladder, hangers, etc. to put up the tablecloth as a wall tapestry. The pastor could hardly believe how beautiful it looked and it covered up the entire problem area. Then he noticed the woman walking down the center aisle.

Her face was like a sheet. "Pastor," she asked, "Where did you get that tablecloth?" The pastor explained. The woman asked him to check the

lower right corner to see if the initials, EBG were crocheted into it there. They were. These were the initials of the woman, and she had made this tablecloth 35 years before, in Austria.

The woman could hardly believe it as the pastor told how he had just gotten the tablecloth. The woman explained that before the war she and her husband were well-to-do people in Austria. When the Nazis came, she was forced to leave. Her husband was going to follow her the next week. She was captured, sent to prison and never saw her husband or her home again. The pastor wanted to give her the tablecloth; but she made the pastor keep it for the church. The pastor insisted on driving her home, that was the least he could do. She lived on the other side of Staten Island and was only in Brooklyn for the day for a housecleaning job.

What a wonderful service they had on Christmas Eve. The church was almost full. The music and the spirit were great. At the end of the service, the pastor and his wife greeted everyone at the door and many said that they would return. One older man, whom the pastor recognized from the neighbourhood, continued to sit in one of the pews and stare, and the pastor wondered why he wasn't leaving.

The man asked him where he got the tablecloth on the front wall because it was identical to one that his wife had made years ago when they lived in Austria before the war and how could there be two tablecloths so much alike? He told the pastor how the Nazis came, how he forced his wife to flee for her safety, and he was supposed to follow her, but he was arrested and put in a concentration camp. He never saw his wife or his home again for all he 35 years in between.

The pastor asked him if he would allow him to take him for a little ride. They drove to Staten Island and to the same house where the pastor had taken the woman three days earlier. He helped the man climb the three flights of stairs to the woman's apartment, knocked on the door and he saw the greatest Christmas reunion he could ever imagine.

Author Unknown

Receptionist Required

We are urgently in need of a receptionist for Monday evenings,
5.00pm - 8.30pm.

Duties will include answering the telephone and greeting clients.

This is a vital role and without a receptionist we may be unable to
continue offering Monday evening appointments.

If you are interested please contact us on 01484 461098 for
more information or to apply.

UCHM News

- **New counsellors**

We welcome 4 new counsellors, Nick Janvier, who started counselling with us in November as a CPD Counsellor, and Catherine Cheshire-Neal, Debbie Bristow and Elaine Joseph, who are due to start their placements with us in January from Leeds Metropolitan University.

- **Administration**

We welcome Maggie Pereira our new Admin. Support Worker working Mondays on training.

Corinne Dickinson and Julia Riant's time with us on the Future Job Fund scheme ended on 2 December. They have been a great blessing to us and we are so thankful that both of them have offered voluntary time to continue helping us. Interviews will take place on 14 December to employ a further two workers on this scheme from January to June 2011.

Miniature Presents for the Christmas tree

By: Amanda Formaro

Difficulty: **Easy**



These cute little miniature present ornaments will look wonderful hanging on your tree! They are super-easy to make, but are quite elegant-looking.

What you'll need:

- Wooden cubes
- Acrylic paint in festive colours
- Festive ribbon
- White craft glue

How to make it:

1. Paint each cube with desired colour. Let dry.
2. If you like, make polka dots on your cube using a toothpick dipped in paint. Let dry.
3. Cut a piece of ribbon about 12 inches long. Find the centre of the ribbon and place a painted cube onto it. Wrap the ribbon around the cube as you would a regular present.
4. Tie the ends into a bow, and then double knot the bow.
5. Take the two open ends of the ribbon and bring the up together, tie in a knot at the top to create the hanger.

Use a few dots of white glue to secure the ribbon to the cube.

Tips:

- Wood cubes are available at your local craft supply store.
- If you prefer to make this a recycling project, use small boxes, such as a toothpick box.

Our Services

Counselling



We offer counselling to anyone in need at various locations - our main centre is at Milnsbridge, Huddersfield but we also have surgeries in Bradford, Old Colwyn and 2 in Huddersfield, Meltham and New College. We also have affiliated organisations in Todmorden, Bacup and Wigan.

Training

We have our own counselling training courses, from Introduction Level to Graduate Diploma Level. We also run CPD conferences for counsellors who are already qualified.



Resource Centre and Sports Hall

We have a large sports hall and several rooms, including counselling, group and training room for hire at reasonable rates.

Pastoral Care

We hold two Pastoral Care Conferences each year on a variety of subjects.

We also hold a Healing Service on the first Tuesday of each month, from 4.00pm - 5.00pm, which is open to anyone who wishes to join in.



Each Wednesday afternoon we have an Intercessory Prayer hour. Contact us with anything you would like praying for.

Charity Shop

Based in the centre of Milnsbridge, our shop is open selling good quality second hand goods. Please call in and have a look. Volunteers and donations are most welcome, enquire in the shop.



For more info about our work, visit our website www.uchm.org