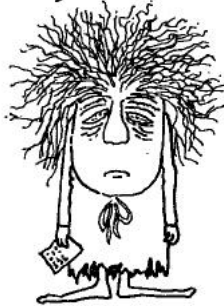


Helga's Editorial

New Living Translation (©2007)

And I am convinced that nothing can ever separate us from God's love. Neither death nor life, neither angels nor demons, neither our fears for today nor our worries about tomorrow--not even the powers of hell can separate us from God's love.

I try to take just
one day at a time...



but lately several days
have attacked me at once

Dear Friends,

I am very aware of how many people today are suffering financially and how this can change the security of daily life while increasing anxiety for tomorrow.

God has called UCHM to stand alongside His people. To offer a listening ear, to be a companion along the difficult daily journey and to seek His face in prayer so that faith can rise in His love.

HE can heal, provide, strengthen, guide, redeem and bless.

To those of you who in love support UCHM and hold us in prayer and encourage us as we struggle on our journey of faith thank you so much.

Times are hard for charities at present. Many counselling agencies have had to close due to withdrawal of government or local council funding as well as there being fewer grant bodies offering funding to charities.

BUT, UCHM is still here and we continue to grow and develop as well as surviving the continual onslaught of various disasters; the latest being where a car was driven into our new wall causing thousands of pounds worth of damage.

WHY, because God has called us, He upholds those whom He calls; because so many people give of their time and love to stand alongside those who suffer; because we have a lot of prayer support; because there is good guidance and experienced leadership from Trustees and the many professional people who support us.

Truly a God given call!! May He be thanked and praised and His people healed, loved and supported. Surely the future will be secure and blessed.

Thank you so much for your support and love.

Helga

Nuns discussing drinks

Arthur was sitting outside his local pub one day, enjoying a quiet pint and generally feeling good about himself, when a nun suddenly appears at his table decrying the evils of drink.

“You should be ashamed of yourself, young man! Drinking is a sin!
Alcohol is the blood of the devil!”

Now Arthur gets pretty annoyed about this, and goes on the defensive.

“How do you know, Sister?”

“My Mother Superior told me so.”

“But have you ever had a drink, yourself? How can you be sure that what you are saying is right?”

“Don’t be ridiculous – of course I have never taken alcohol myself.”

“Then let me buy you a drink – if you still believe afterwards that it’s evil, I’ll give up drink for life.”

“How could I, a Nun, sit outside this public house drinking?”

“I’ll get the barman to put it in a teacup for you, and then no-one will know.”

The nun reluctantly agrees, so Arthur goes inside to the bar.

“Another pint for me, and a triple vodka on the rocks,” then he lowers his voice and says to the barman “...Could you put the vodka in a teacup?”

And the barman says, “Oh no! It’s not that drunken nun again, is it?”

Taken from “Heavens Above”



INTRODUCTION TO COUNSELLING SKILLS IN A CHRISTIAN SETTING

Level Two

Entry stage for anyone wanting to become a counsellor or for people involved in pastoral care to develop your listening skills, grow spiritually and gain a basic understanding of counselling theory

TRAINER: Helga Taylor

Starting January 2013

**4 Friday evening all day Saturday weekends over
4 months**

**For an information pack please contact us on :
Tel: 01484 461098**

Email: training@uchm.org

Starting Soon:

Advanced Counselling Skills Level Three

Commencing September 2012

Exploring Counselling Skills and Theory from
a Christian Perspective

This 15 month, part-time course is for anyone with a heart for people and has achieved the Introduction to Christian Counselling Level 2 or equivalent.

It is the second level of Christian Counsellor Training and progresses to the Advanced Diploma in Christian Counselling.

Diploma in Pastoral Care

People who complete the UCHM Introduction to Christian Counselling Level 2 and Advanced Counselling Skills Level 3 are entitled to receive the UCHM Diploma in Pastoral Care

Upcoming Training -

**As part of UCHM's Continuing Professional Development
Training Programme:**

Working With Anger in Pastoral Care Pastoral Care Training Programme

19th and 20th October 2012—

Fri 6.00pm—9.30pm, Sat 9.30am-4.30pm

Trainer - Helga Taylor

Cost: £35

Working Creatively with Unconscious

23rd and 24th November 2012—

Fri 6.00pm—9.30pm, Sat 9.30am-4.30pm

Trainer - Michael Huxley

Cost: £75

For booking forms or more information please contact the centre on 01484 461098, email training@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.

Paying The Bill

A scraggly looking guy goes into a restaurant and orders some food. The waiter, looks at the man's appearance, and says: "No way. I don't think you can pay for it."

The guy says, "You're right. I don't have any money, but if I show you something you haven't seen before, will you give me the food?"

"It's a deal!" replies the waiter.

The guy reaches into his coat pocket and pulls out a hamster.

Then he places the hamster down and it immediately runs to the end of the counter, jumps down on the floor and runs across the room.

Then it hops-up on the piano stool, and then up on the keyboard, and starts playing Gershwin songs. To everyone's surprise, the hamster is really good.

The waiter says, "Wow, you're right. I've never seen anything like that before. That hamster is truly a good piano player." The guy downs the hamburger he ordered and asks the waiter for another.

"Money or another unique surprise," says the waiter.



The guy then reaches into his coat pocket again and pulls out a frog.

He puts the frog on the counter, and the frog starts singing. Again, much to the surprise of everyone, the frog has a marvellous voice.

Truly a very good singer. Suddenly, a stranger from the other end of the counter runs over to the guy and offers him \$300 for the frog.

Without hesitation, the guy says, "It's a deal!" He takes the three hundred cash and gives the stranger the frog.

The stranger runs out of the restaurant, shouting with joy.

The waiter says to the guy, "Are you crazy? You sold a singing frog for \$300? That frog is probably worth over a million dollars."

"Not really," says the guy, "the hamster is also a ventriloquist."



Taken from www.skywriting.net

Prayer Diary

June

25th Advanced Counselling Skills Level Three
26th UCHM Managers Meeting
Advanced Diploma in Counselling Year One

July

3rd Advanced Diploma in Counselling Year One
Finance Committee Meeting
Group Supervision
UCHM Monthly Worship Time
9th Advanced Counselling Skills Level Three
10th Advanced Diploma in Counselling Year One
12th Trustees Meeting
13th Helga chairing Training Standards Meeting at ACC
16th Affiliated Standards Meeting
17th UCHM Placement Meeting
23rd Advanced Counselling Skills Level Three
24th UCHM Managers Meeting
Advanced Diploma in Counselling Year One
30th July— UCHM closed for the summer holidays
10th August

August

21st UCHM Annual Retreat Day at the House of Resurrection
27th UCHM closed for bank holiday
28th UCHM Managers Meeting

September

4th Advanced Diploma in Counselling Year One
Group Supervision
UCHM Monthly Worship Time
10th Advanced Counselling Skills Level Three
18th Advanced Diploma in Counselling Year One
24th Advanced Counselling Skills Level Three
25th UCHM Managers Meeting

UCHM CELEBRATES

1992 – 2012

20 Years

Our annual Thanksgiving and Commissioning Service on Tuesday, 6th November will be the focus of our celebration. The aim of the celebration will be to give glory to God, for His faithfulness, His grace, His compassion and His provision.

We would like to gather some testimonies together from people that have had any contact with UCHM, whether through training, counselling, pastoral care, Israel pilgrimages, use of facilities etc and have known the Lord's blessing in any way. If this has been your experience, we would invite you to write to us and share your story. Please be aware, we are not looking for praise or details about any UCHM worker involved – but how God has blessed you.

So, remember the date for your diary: 6th November

Cream Tea will be served from 5pm and the service will begin at 7pm, a little earlier than usual.

You are warmly invited to join us as UCHM

GIVES GLORY TO GOD

Please mark any testimonies for the attention of Liz

Angelus

*Here I am Lord.
I ran from You
When I thought that
You died.*

*I have been sleeping for four years in sorrow
But my eyes are opening slowly.
Be patient with me.*

*Forgive my 'tardiness.
My inability to see.
My inability to speak
Your Name.*

*When emotions take over –
I can sing and sew
And I can paint and write
About You*

Heartworks

Join UCHM's 2013 Pilgrimage

FOR THE EXPERIENCE OF A LIFETIME

To travel around Israel has a profound affect upon one's faith. To be able to gaze at the same hills and valleys 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 where for over three thousand years God's relationship with His people has been played out. No-one returns from a pilgrimage like this without their 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, 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, whistle-stop tours, but we believe the UCHM Pilgrimage gives a good mix of times 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 (with meals), 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)

There has been a lot of interest in next year's pilgrimage, so to secure your place please could you send your booking form and first instalment of £350 to UCHM by 1st August. (Saving scheme available if required)

UCHM's 2013 Pilgrimage to Israel

"Come, see His land"



Thursday 16 ~ Thursday 30 May 2013



Flying Manchester to Tel Aviv



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



£1875 ~ includes flights, half board accommodation, coaches, all entrances and gratuities

For a brochure and a booking form please contact
UCHM on 01484 461098 or email uchm@uchm.org

The Bus Passenger

The passengers on the bus watched sympathetically as the attractive young woman with the white cane made her way carefully up the steps. She paid the driver and, using her hands to feel the location of the seats, walked down the aisle and found the seat he'd told her was empty. Then she settled in, placed her briefcase on her lap and rested her cane against her leg.

It had been a year since Susan, thirty-four, became blind. Due to a medical misdiagnosis she had been rendered sightless, and she was suddenly thrown into a world of darkness, anger, frustration and self-pity. Once a fiercely independent woman, Susan now felt condemned by this terrible twist of fate to become a powerless, helpless burden on everyone around her. "How could this have happened to me?" she would plead, her heart knotted with anger.

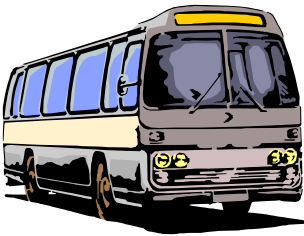
But no matter how much she cried or ranted or prayed, she knew the painful truth her sight was never going to return. A cloud of depression hung over Susan's once optimistic spirit. Just getting through each day was an exercise in frustration and exhaustion. And all she had to cling to was her husband Mark.

Mark was an Air Force officer and he loved Susan with all of his heart. When she first lost her sight, he watched her sink into despair and was determined to help his wife gain the strength and confidence she needed to become independent again. Mark's military background had trained him well to deal with sensitive situations, and yet he knew this was the most difficult battle he would ever face.

Finally, Susan felt ready to return to her job, but how would she get there? She used to take the bus, but was now too frightened to get around the city by herself. Mark volunteered to drive her to work each day, even though they worked at opposite ends of the city.

At first, this comforted Susan and fulfilled Mark's need to protect his sightless wife who was so insecure about performing the slightest task. Soon, however, Mark realized that this arrangement wasn't working - it was hectic, and costly. Susan is going to have to start taking the bus again, he admitted to himself. But just the thought of mentioning it to her made him cringe. She was still so fragile, so angry. How would she react?

Just as Mark predicted, Susan was horrified at the idea of taking the bus again. "I'm blind!" she responded bitterly. "How am I supposed to know where I'm going? I feel like you're abandoning me."



Mark's heart broke to hear these words, but he knew what had to be done. He promised Susan that each morning and evening he would ride the bus with her, for as long as it took, until she got the hang of it. And that is exactly what happened.

For two solid weeks, Mark, military uniform and all, accompanied Susan to and from work each day. He taught her how to rely on her other senses, specifically her hearing, to determine where she was and how to adapt to her new environment. He helped her befriend the bus drivers who could watch out for her, and save her a seat. He made her laugh, even on those not-so-good days when she would trip exiting the bus, or drop her briefcase.

Each morning they made the journey together, and Mark would take a cab back to his office. Although this routine was even more costly and exhausting than the previous one, Mark knew it was only a matter of time before Susan would be able to ride the bus on her own. He believed in her, in the Susan he used to know before she'd lost her sight, who wasn't afraid of any challenge and who would never, ever quit.

Finally, Susan decided that she was ready to try the trip on her own. Monday morning arrived, and before she left, she threw her arms around

Mark, her temporary bus riding companion, her husband, and her best friend.

Her eyes filled with tears of gratitude for his loyalty, his patience, his love. She said good-bye, and for the first time, they went their separate ways. Monday, Tuesday, Wednesday, Thursday... Each day on her own went perfectly, and Susan had never felt better. She was doing it! She was going to work all by herself!

On Friday morning, Susan took the bus to work as usual. As she was exiting the bus, the driver said, "Boy, I sure envy you." Susan wasn't sure if the driver was speaking to her or not. After all, who on earth would ever envy a blind woman who had struggled just to find the courage to live for the past year?



Curious, she asked the driver, "Why do you say that you envy me?" The driver responded, "It must feel so good to be taken care of and protected like you are." Susan had no idea what the driver was talking about, and asked again, "What do you mean?"

The driver answered, "You know, every morning for the past week, a fine looking gentleman in a military uniform has been standing across the corner watching you when you get off the bus. He makes sure you cross the street safely and he watches you until you enter your office building. Then he blows you a kiss, gives you a little salute and walks away. You are one lucky lady."

Tears of happiness poured down Susan's cheeks. For although she couldn't physically see him, she had always felt Mark's presence. She was lucky, so lucky, for he had given her a gift more powerful than sight, a gift she didn't need to see to believe - the gift of love that can bring light where there had been darkness.

Taken from www.soulpeace.com—author unknown

Testimony from a Former Student

I want to express my gratitude to you for the training I have received while attending UCHM. Not only did I thoroughly enjoy it, and even in my 60's grew as a person. I am a better counsellor because of it. I work with a new confidence and such hope in seeing changed lives in my clients. God does not waste a thing. I returned from Mercy Ships a couple of weeks ago and wanted to share this with you-

I worked up country in Togo, next to Liberia in West Africa, one of the poorest countries in the world, they have no health care to speak of.

The World Health Organisation maintains that in a few years depression will overtake HIV and AIDS as the most prevalent disease globally. A mental health doctor and myself did 4 weeks training in mental health, what can be delivered at a basic level which is where most people need treatment. I practically taught level 3 with cultural changes. We trained groups such as social workers, teachers, attorneys, prison workers, magistrates, pastors, military and the police. We reached the 'top' officials from all of the groups ie the head prison warden, police commander and military officers.

They were enlightened and attitudes changed, they networked with each other and want to set up organisations to look into mental health care!

We also did a week's counselling and play therapy at a camp for traumatised children-orphans, child soldiers, refugees, many of them received healing and gave their lives to the Lord.

Really it was surreal and there were times I wondered what God was doing with me, most of all we saw God at work.

So be encouraged, your seed goes far. Thank you for your part in it, we are all workers for the Lord.

Interview With God

In a dream, I had an interview with God.

"Come in," God said to me, "So, you would like to interview Me?"

"If you have the time," I said.

God smiled and said: "My time is called eternity and is enough to do everything; what questions do you have in mind to ask me?"

"None that are new to you. What's the one thing that surprises you most about mankind?"

God answered: "That they get bored of being children, are in a rush to grow up, and then long to be children again.

That they lose their health to make money and then lose their money to restore their health.

That by thinking anxiously about the future, they forget the present, such that they live neither for the present nor the future.

That they live as if they will never die, and they die as if they had never lived..."



God's hands took mine and we were silent. After a long period, I said, "May I ask you another question?" "As a Parent, what would you ask your children to do?"

God replied with a smile: "To learn that they cannot make anyone love them. what is important is who they love. To learn that it takes years to build trust, and a few seconds to destroy it.

To learn that what is most valuable is not what they have in their lives, but who they have in their lives.



To learn that it is not good to compare themselves to others. There will be others better or worse than they are.

To learn that a rich person is not one who has the most, but is one who needs the least.

To learn that they should control their attitudes, otherwise their attitudes will control them.

To learn that it only takes a few seconds to open profound wounds in persons we love, and that it takes many years to heal them.

To learn to forgive by practicing forgiveness.

To learn that there are persons that love them dearly, but simply do not know how to show their feelings.

To learn that money can buy everything but happiness.

To learn that while at times they may be entitled to be upset, that does not give them the right to upset those around them.

To learn that great dreams do not require great wings, but a landing gear to achieve.

To learn that true friends are scarce, he/she who has found one has found a true treasure.

To learn that it is not always enough that they be forgiven by others, but that they forgive themselves.

To learn that they are masters of what they keep to themselves and slaves of what they say.

To learn that they shall reap what they plant; if they plant gossip they will harvest intrigues, if they plant love they will harvest happiness.



To learn that true happiness is not to achieve their goals but to learn who they are through striving towards them.



To learn that happiness is a decision. They decide to be happy with what they are and have, or die from envy and jealousy of what they lack.

To learn that two people can look at the same thing and see something totally different.

To learn that those who are honest with themselves without considering the consequences go far in life.

To learn that even though they may think they have nothing to give, when a friend cries with them, they find the strength to appease the pain.

To learn that by trying to hold on to loved ones, they very quickly push them away; and by letting go of those they love, they will be side by side forever.

To learn that even though the word "love" has many different meanings, it loses value when it is overstated.

To learn that they can never do something extraordinary for Me to love them; I simply do.

To learn that the shortest distance they could be from Me is the distance of a prayer.

Taken from www.christianstories.com

UCHM News

- Team News

We welcome Deniz Cosan, Teresa Hampson, Anne Graham, Tracy Shields, Joanna Buglass, Joanna Daniels and Jennifer Gilling who have joined us as trainee placement counsellors.



The Elms

Sports Hall and Room Hire



Our facilities include:



Large sports hall

Suitable for hirers looking to develop a leisure group, nursery, or other facility, as well as parties and other large events.



Training/ Meeting Rooms



Counselling and Group Rooms



For more information or to hire:

Tel/Fax 01484 461098

E-mail theelms@uchm.org

Website www.theelms.btck.co.uk

Teacher Knows Best

One day during her lesson to the class, a teacher used the following lesson plan with the children. The teacher asked a little boy:

Tommy do you see the tree outside?

TOMMY: Yes.

Do you see the grass outside?

TOMMY: Yes.

TEACHER: Go outside and look up and see if you can see the sky.

TOMMY: Okay. (He returned a few minutes later)

Yes, I saw the sky.

TEACHER: Did you see God?

TOMMY: No.

TEACHER: That's my point. We can't see God because he isn't there. He doesn't exist. That's why we don't pray at school.

A little girl spoke up and wanted to ask the boy some questions. The teacher agreed and the little girl asked the boy:

Tommy, do you see the tree outside?

TOMMY: Yes.

LITTLE GIRL: Tommy do you see the grass outside?

TOMMY: Yessssss (getting tired of the questions by this time).

LITTLE GIRL: Did you see the sky?

TOMMY: Yessssss

LITTLE GIRL: Do you see the teacher?

TOMMY: Yes

LITTLE GIRL: Do you see her brain?

TOMMY: No

LITTLE GIRL: Then according to what we were taught today in school, she must not have one!

Taken from www.christianstories.com - Author unknown

God Gave Me a Fistful of Dreams

God gave me a fistful of dreams
Without the funds to pursue them
The mountain was high and steep
Each moment full of worry.

God gave me a fistful of dreams
Without the cash to use them
To teach me He opens doors
By His grace I enter in.

I picked up the tools of my trade
And steadfastly faced the sun
All I needed was His aid
To get the job done.

God gave me a fistful of dreams
He wanted them to have foundations
So the Holy Spirit was the means
I used to face every situation.

There is much I would have missed
If I had had the money to pay
Through that hardship I learned to trust
In Him - He makes a better way.

~ Barbara ~

Taken from www.skywriting.net

Easyfundraising

Do you shop online?

Why not read on to find out how you can help us raise money while you do it:



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.

They've helped other causes raise over £2,000,000 so it really does work.

We'd be really grateful if you could use easyfundraising too. It won't cost you a penny extra to shop through easyfundraising 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/>