

## *Helga's Editorial*



**Romans 1:20 “Ever since the creation of the world his invisible nature, namely his power and deity, has been clearly seen in the things that he hath made.**

Dear Friends

There is richness about the summer season. Colour, smells, outdoors, friends, holidays, sound of bird song, fragrance of flowers and the living is easy. We need to revel in it and thank God for His goodness.

May we meditate a fresh at the largeness of the mind of God and all the wonders of God’s creation. May we continue to remind ourselves that His power is infinite and His love is everlasting.

A few years ago I remember looking at the birds newly born. They were enjoying eating, drinking, flying and resting and were quite oblivious to this being a special season. They were so unprepared for the winter wind, the cold and lack of food.

It made me think that life in organisations is not all summer. Autumn comes when dear friends and students move on to the future God has planned for them; in the present financial climate we have storms and find afresh that God does provide but often at the last minute; we struggle to offer help and counsel to the increasing number of troubled and stretched

people. Winter blows in our own lives as we struggle with the same stressful pressures and find that we catch viruses and other illnesses just like everyone else.

Jesus walks with us day by day, giving us His love, stretching our faith, developing our trust in Him. He reminds us that it may be winter but spring and summer will come again. He loves us and cares for us but wants us to grow and enter in to all He has planned for us.

What a saviour! I do not know how anyone can live without Him.

Thanks to you from all members of UCHM. We value and treasure your support and encouragement. May God bless you and keep you and us in His ever constant care.

Love  
Helga

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## **Acknowledgement**

It has been pointed out to us that the quote on page 2 of the March - May edition of Healing Leaves was in fact taken from the hymn "Loved with Everlasting Love" by George Robinson, where we had put the author as unknown.

## Keep your fork

There was a young woman who had been diagnosed with a terminal illness. She contacted her pastor and had him come to her house to discuss certain aspects of her final wishes. She told him which songs she wanted sung at the service, what scriptures she would like read, and what outfit she wanted to be buried in.

"There's one more thing," she said excitedly.

"What's that?" came the pastor's reply.

"I want to be buried with a fork in my right hand." She answered.

The pastor stood looking at the young woman, not knowing quite what to say.

The young woman explained.



I always remember that when the dishes of the main course were being cleared, someone would inevitably lean over and say, 'Keep your fork' It was my favourite part because I knew that something better was coming...like velvety chocolate cake or deep-dish apple pie. So, I just want people to see me there in that casket with a fork in my hand and I want them to wonder "What's with the fork?". Then I want you to tell them: "Keep your fork ... the best is yet to come." The pastor's eyes welled up with tears of joy as he hugged the young woman goodbye.

At the funeral people were walking by the young woman's casket and they saw the pretty dress she was wearing and the fork placed in her right hand. Over and over, the pastor heard the question

"What's with the fork?" And over and over he smiled. During his message, the pastor told the people of the conversation he had with the young woman shortly before she died. He also told them about the fork and about what it symbolized to her.

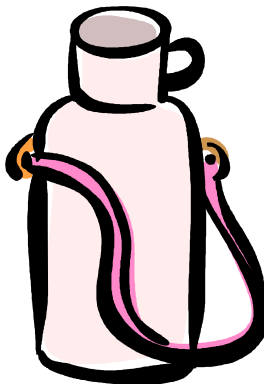
## Gifts from the Heart

According to legend, a young man while roaming the desert came across a spring of delicious crystal-clear water. The water was so sweet he filled his leather canteen so he could bring some back to a tribal elder who had been his teacher. After a four-day journey he presented the water to the old man who took a deep drink, smiled warmly and thanked his student lavishly for the sweet water. The young man returned to his village with a happy heart.

Later, the teacher let another student taste the water. He spat it out, saying it was awful. It apparently had become stale because of the old leather container. The student challenged his teacher: "Master, the water was foul. Why did you pretend to like it?"

The teacher replied, "You only tasted the water. I tasted the gift. The water was simply the container for an act of loving-kindness and nothing could be sweeter."

Michael Josephson





# United Churches Healing Ministry

## ADVANCED COUNSELLING SKILLS

**Trainer: Helga Taylor**

**Friday 24th & Saturday 25th June**

**Cost £80**

An opportunity to “brush up” your counselling skills and integrate new skills into your counselling practice. This training is suitable for practicing counsellors. It is important training for students who have completed a Level 3 counselling course.

**For a booking form or for more information please contact:**

UCHM  
The Elms,  
78, New Street  
Milnsbridge,  
Huddersfield  
HD3 4LD

**Phone: 01484 461098**

**Email: [training@uchm.org](mailto:training@uchm.org)**

**Website: [www.uchm.org](http://www.uchm.org)**

United Churches Healing Ministry is a charity providing accessible counselling and counsellor training services across West Yorkshire. Your fee will be used to support our charitable activities

# WARNING!

THERE'S BEEN A FIGHT IN THE BISCUIT TIN.  
A LAD CALLED ROCKY, HIT A PENGUIN OVER  
THE HEAD WITH A CLUB, TIED HIM TO A WAGON  
WHEEL WITH A BLUE RIBBON AND MADE HIS  
BREAKAWAY IN A TAXI.

POLICE SAY ROCKY WAS LAST SEEN JUST  
AFTER EIGHT IN MARYLAND WITH A GINGER NUT  
AS AN ACCOMPLICE ONLY KNOWN TO THE  
POLICE AS RICH T.

THEY DIDN'T LEAVE A CRUMB OF EVIDENCE, SO  
THE JAMMIE DODGER MIGHT GET AWAY WITH IT!



**Time is Running Out to book onto:**

**PASTORAL CARE TRAINING**

**LOW SELF ESTEEM**



**(ITS ROOTS AND A CHRISTIAN APPROACH)**



**1<sup>st</sup> and 2<sup>nd</sup> July**

**Friday 6:15-9:30pm and Saturday 9:30am-4:30pm**

**Trainer:- Helga Taylor**

**For more information or a booking form, either look at our website,  
[www.uchm.org](http://www.uchm.org) or contact the centre**

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**UCHM Registered Charity No. 1097753**

# Prayer Diary

## *June*

7th	Advanced Diploma in Counselling Level Four Year Two 4.00 Healing Service Group Supervision UCHM Monthly Worship Time
10th - 11th	Introduction to Nondirective Sandtray Conference
13th	Advanced Counselling Skills Level Three
14th	Advanced Diploma in Counselling Level Four Year Two
17th	Racial Awareness Conference
18th	Child Protection Conference
24th - 25th	Advanced Counselling Skills Conference
27th	Advanced Counselling Skills Level Three
28th	UCHM Manager's Meeting

## *July*

1st - 2nd	Low Self Esteem Pastoral Care Conference
5th	Advanced Diploma in Counselling Level Four Year Two 4.00 Healing Service Group Supervision UCHM Monthly Worship Time
11th	Advanced Counselling Skills Level Three
12th	Advanced Diploma in Counselling Level Four Year Two
25th	Advanced Counselling Skills Level Three
26th	UCHM Manager's Meeting Advanced Diploma in Counselling Level Four Year Two

## *August*

1st - 12th	Centre closed for summer holidays
29th	Centre closed for bank holiday
30th	UCHM Manager's Meeting

**Book Now!**



# **UCHM Advanced Diploma in Christian Counselling**

**Trainers: Sandra Conaghan and Michael Huxley**

**As a result of the coalition government putting regulation of counselling and psychotherapy on hold, and under advice from ACC, UCHM are running a **TWO** year Advanced Diploma in Counselling course, commencing **SEPTEMBER 2011**.**

**Starting September 2011**

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

## **Upcoming Training -**

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

### **Racial Awareness**

(part of the Advanced Counselling Skills Course)

Friday 17<sup>th</sup> June 2011 - 9:00am - 5:30pm

Trainer: Helga Taylor                      Cost: £45

### **Child Protection**

(part of the Advanced Counselling Skills Course)

Saturday 18<sup>th</sup> June 2011 - 9:00am - 5:30pm

Trainer: Sandra Conaghan                      Cost: £45

For booking forms or more information please contact the centre on 01484 461098, email [training@uchm.org](mailto:training@uchm.org), or visit our website - [www.uchm.org](http://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.



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# **ADVANCED COUNSELLING SKILLS COURSE LEVEL 3**

## **Exploring Counselling Skills and Theory From a Christian Perspective**

Recognised by ACC and Accredited by National Open College Network

**Commencing  
September 2011**

This 15 month, part-time course is for anyone with a heart for people, who is involved in pastoral care and / or is interested in becoming a Christian counsellor. It progresses to the Advanced Diploma in Christian Counselling.

Information pack available from the office

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



# *United Churches Healing Ministry*

## **ASSESSMENT SKILLS**

**Trainer:- Helga Taylor**

**BACP Snr accredited Trainer 1999-2010; BACP Snr accredited Counsellor;  
ACC accredited Counsellor Manager**

**Friday 9th September 9:30am - 4:30pm**

**Cost £35:00**

**HELD AT**

**UCHM**

**The Elms,**

**78, New Street,**

**Milnsbridge,**

**Huddersfield**

**HD3 4LD**

**To request a booking form please contact UCHM**

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# UCHM News

- **Team News**

- ***Counselling***

We welcome Reg O'Brien who is joining us as a CPD counsellor at the beginning of June. We also have some possible placement counsellors who are currently going through the application process.

Susan Stockall is reluctantly having to end her time as a core counsellor here, due to her other commitments, and we thank her for all she has done and wish her well.

- **Fundraising**

- We have been successful in raising a grant for IT equipment, from Awards for All, and this should be getting installed in the next few weeks.

Our thanks for donations go to:

- Johnson Quarries for a further donation of stone to mend the drystone wall by the rockery. Thanks also to Bruce Jackson and James Conaghan for sorting out the repair, and Trevor Britton (dancing teacher) for approaching Johnson Quarries.
- Angela Jackson who knitted and sold Easter chicks on our behalf

## A Secret Journey

A man is driving down the road and breaks down near a monastery. He goes to the monastery, knocks on the door, and says,

*"My car broke down. Do you think I could stay the night?"*

The monks graciously accept him, feed him dinner, and even fix his car. As the man tries to fall asleep, he hears a strange sound; a sound like no other that he has ever heard. The next morning, he asks the monks what the sound was, but they say,

*"We can't tell you because you're not a monk."*

The man is disappointed but thanks them anyway and goes about his merry way. Some years later, the same man breaks down in front of the same monastery.

The monks again accept him, feed him, and even fix his car..

That night, he hears the same strange mesmerizing sound that he had heard years earlier.

The next morning, he asks what the sound was, but the monks reply,

*"We can't tell you because you're not a monk."*

The man says,

*"all right, all right. I'm dying to know. If the only way I can find out what that sound was is to become a monk, how do I become a monk?"*

The monks reply,

*"you must travel the earth and tell us how many blades of grass there are and the exact number of sand pebbles. When you find these numbers, you will become a monk."*

The man sets about his task. Some forty-five years later, he returns and knocks on the door of the monastery. He says,  
*"I have travelled the earth and devoted my life to the task demanded and have found what you had asked for. There are 371,145,236,284,232 blades of grass and 231,281,219,999,129,382 sand pebbles on the earth."*

The monks reply,

*"Congratulations, you are correct, and you are now considered a monk. We shall now show you the way to the sound."*

The monks lead the man to a wooden door, where the head monk says,  
*"the sound is behind that door."*

The man reach for the knob, but the door is locked. He asks  
*"May I have the key?"*

The monks give him the key, and he opens the door.

Behind the wooden door is another door made of stone... The man requests the key to the stone door.

The monks give him the key, and he opens it, only to find a door made of ruby. He demands another key from the monks, who provide it. Behind that door is another door, this one made of sapphire. And so it went on until the man had gone through doors of emerald...

...silver, topaz, and amethyst.

Finally, the monks say,

*"This is the key to the last door."*

The man is relieved to be at the end. He unlocks the door, turns the knob, and behind that door he is astonished to find the source of that strange sound. It is truly an amazing and unbelievable sight.

.. But I can't tell you what it is because you're not a monk.

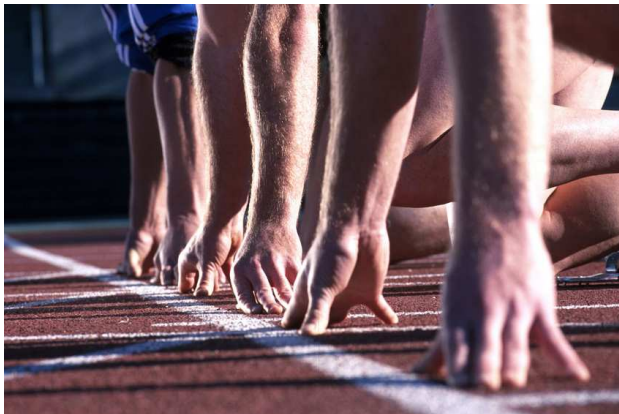
## It's the Taking Part That Matters

A few years ago at the Seattle Special Olympics, nine contestants, all with either physical or mental disabilities, assembled at the starting line for the 100 yard dash. When the gun sounded, they all started, not exactly in a dash, but with a relish to run the race to the finish and win. All, that is, except one boy who stumbled on the asphalt, tumbled over a couple of times and began to cry. The other eight heard the boy. They slowed down, then stopped and looked back. Every one of them turned around and went back.

One girl with Down's Syndrome bent down and kissed him and said,

"This will make it better."

All nine linked arms and walked across the finish line together. Everyone in the stadium stood, and the cheering went on for several minutes. People who were there are still telling the story. Why? because deep down we know one thing. What matters most in this life is more than winning for ourselves. What truly matters in this life is helping others win, even if it means slowing down and changing our course.



## **We Always Have a Choice**

Not too long ago I turned thirty-five. I had made many choices and many decisions that lead me to that point in time and I had been fortunate to experience much of life.

Would I have changed anything? Well perhaps, but those experiences helped make me who I am today. They defined my character.

Permit me to ask you this question. Have you ever considered what it would be like to lose the ability to do something that you have for so long taken for granted? To perhaps lose your sight or the ability to walk for nearly five years? And what if those five years were what you considered to be your most important years in terms of development between the ages of twenty and thirty?

Hmm. Well I was such a case because at the age of twenty-two I had a serious motorcycle accident that smashed my right leg and crushed my ankle thus ensuring it would never be the same again. Nine operations, nearly three years in plaster, numerous skin grafts, bone grafts, steel plates and screws, electric stimulator rods connected to a futuristic battery pack and a metering device that went through my skin and stuck directly into my shin bone along with a plastic joint and months of physiotherapy all assisted in my rehabilitation.

And yet in my heart I knew my leg and my life would never be the same again. It was then that I realized I had two choices. One I could either lay down in the game of life, or get right on back into it. I was very actively engaged in sport prior to this accident but this was a huge turning point for me for I could no longer do what I once did. I had to learn to walk again.

Well some somber moments, and some... no, make that LOTS of resentment for the loss of the ability I had just moments prior to

that accident, but then a realization that I could use this personal challenge as either an opportunity or a depressing anchor in my life. I chose the former and began to search for the seemingly elusive opportunity.

A decision was made to enter the fascinating world of private enterprise. Well so I thought. I started one business then another, and another until six businesses later and just a few short years ago I was CEO and Company Director of my own multi-million dollar company. In fact, my company was rated number two of some fifteen hundred plus associated businesses of its type throughout Australia.

Ahhhh, but I hear the question... So what happened?

Well in life we have many choices and as such not all of those choices will be our best or our wisest. We make our choices based on our experiences, knowledge, advice, understanding, reasoning and wisdom. In my case I didn't choose the best options. I effectively over extended myself and created a very fragile financial situation.

In short I lost virtually everything.

But you know what?

There is something I didn't lose. In fact I gained something from all of this. I gained strength in character and I found a new set of personal values. In fact I became stronger for the experience.

At times the pain is excruciating on my back and legs - especially my not-so-good leg and ankle but I realize in these moments that I still have a choice. I can choose to yield to the screams of pain and emotional distress or I can choose to overcome the challenge and simply deal with it. I choose the latter.

The reasoning behind my choice is that it's not what I'm going to get that matters, but rather who I am going to become from making the decision to push past the pain. I discovered that I could overcome the pain and the associated adversity if I simply chose to push past the mental blocks and limitations I had so appropriately and conveniently imposed upon myself.

And isn't that so true of life as well. Don't we all get little messages that make us want to give up and not go on, but rather retreat to a place where we know we will be safe and comfortable and yet sadly never get the opportunity to realize our true god given potential?

Well from CEO of a Multi Million Dollar Company to Pallet Person on afternoon shift sure helped me to realign my values of what's most important to me. I'm not a religious man as such, but I do thank my god for my life and my experiences.

So in closing I would say to you this: Life is a gift, a very precious gift and whether we lose a leg, an eye or the ability to do anything we once could, we are still complete as human beings. After all it's what's inside of us that really matters!

Question is are you prepared to look inside and discover what YOU are really capable of?



# **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 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 sells 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](http://www.uchm.org)