

Helga's Editorial
A BIG THANK YOU TO ALL

***Jeremiah 29:11 "I know the plans I have for you, plans to prosper you
to give you a future and a hope***

Dear Friends

On the 8th of April, Liz planned a great surprise for me. The Association of Christian Counsellors has awarded me a Counselling Fellowship. Liz contacted many people who have helped, supported and prayed for UCHM and myself over the years and invited them to be present on this special occasion.

To become a fellow of ACC accrediting body is a very high honour in the counselling world and I could hardly believe that this was happening.

On the way there, Liz told me that there were some people waiting to meet me. As I entered the room I was overwhelmed to see so many present and everyone wishing me well and I was also surprised to see Tony Ruddle, the chair of ACC. I was shocked into silence.

It was such a wonderful surprise to receive this award. I was so moved that again I couldn't find my voice. All I did manage to say was a thank you to everyone present and to emphasise that is an award we are receiving together. We are a team. I also want to give God thanks for the way He has trusted me with His vision and for His amazing power and love which prompted this amazing journey of faith.

This is not a platitude, we are a team and this award is received on behalf of all who have had any involvement and played any part in the founding, establishing and development of UCHM

I want to take this opportunity to officially thank everyone who attended and Tony Ruddle and Amanda Georgio for their long journey and the time they have committed to award me this honour.

I want to thank you all for your cards and good wishes. One of the very touching things for me is the way you were all rejoicing and your generosity of spirit in saying well done and well deserved.

I wish to thank my husband Geoff for his support and understanding. One of the hymns at our wedding was "Take my life and let it be sacrificed my Lord to thee" We have sought to fulfil our promise through 40 years of married life.

UCHM is an expression of God's very heart. We are a faith organisation and we look to Him for His wisdom and His guidance. So many Christian organisations claim this but here at UCHM it is how we live and serve. We wait on Him, we seek His will and we rely on His wisdom, guidance and financial support. We also receive His forgiveness and love when we don't get things quite right.

Thank you Lord for your calling upon my life. Thank you for the gifts you have given me and for the daily joy and responsibility it is to work for you and be a part of bringing your vision into being, along with many other called workers.

I hope that in the future years, whoever is called by God to continue this work will ensure that it remains a faith organisation. If God withholds His provision there is a reason and that reason needs to be found and dealt with, then His provision will come. May the arm of flesh never spoil the plans of God and may they be courageous people with a big heart and an overflowing love and trust in the Living God.

To all who have been given a job in God's Kingdom (that is every single believer) may you follow Him, believe in Him and grow His Kingdom. I was a very broken person when I received my call. There wasn't anything in me that would have been able to believe what God has brought to pass by His power and love.

I want to encourage your faith that you may tentatively move forward and follow God's will for **your** life. He will surround you with His love and call His people to encourage and strengthen you. May you too have a day like this when you look in wonder at all that has been achieved in His strength AND KNOW THAT WE DID THIS TOGETHER,

May God bless and keep you always,

Helga

A vicar who was well liked in the parish, but known for his long sermons, was approached by his churchwardens one day. They told him that they had been left a large sum of money and they would like him to take a holiday, all expenses paid, and while he was away they would build a new church.

So the Vicar did this and went away on holiday and came back when he was sent for. The Churchwardens were showing him around the beautiful new church building. On going inside he found that the east end of the church (where the altar is) was also very beautiful with gold and silver inlays and an ornate pulpit. However, he did notice that there was only one row of seats at the front.

Questioning the churchwarden, he said, "Is this the only seating there is?"

The churchwarden pressed a button and another row of seats appeared behind the first row, and he explained, "This is to try and alter the way churches usually fill up (which is from the back). The church will fill up from the front, and as each row is filled, another row will appear."

"What an ingenious idea," said the Vicar. "I will be able to give a good long sermon on Sunday about that."

The churchwarden smiled, and said, "We thought about that too." He pressed another button and the pulpit disappeared into the ground.



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 work to develop their listening skills and gain a basic understanding of counselling theory

TRAINER: Helga Taylor

**23 and 24 January 2015
27 and 28 February 2015
27 and 28 March 2015
24 and 25 April 2015**

**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



Advanced Counselling Skills - Level 3

Commencing September 2014

Exploring Counselling Skills and Theory From a
Christian Perspective

Advanced Diploma in Counselling - Level 4



Commencing September 2014

A distinctive, integrative Counsellor Training
Programme for Christians and all who wish to work
with the Spiritual Dimension of Counselling

A substantial Core Counselling Course
with Supervised Placement which may be counted for
Accreditation Purposes

More information available from UCHM
01484 461 098 training@uchm.org
www.uchm.org

Upcoming Training -

As part of UCHM's Continuing Professional Development



Racial Awareness

Trainer: Helga Taylor

Friday 13th June 2014 -
9.00am—5.30pm

Child Protection

Trainer: Sandra Conaghan

Saturday 14th June 2014 -
9.00am—5.30pm



Working With Depression in a Pastoral Care Setting

Trainer: Helga Taylor

Friday 20th June - 6.00pm—9.30pm
and Saturday 21st June 2014 - 9.30am—4.30pm

Brief Therapy

Trainer: Michael Huxley

Friday 27th and Saturday 28th June 2014 -
9.30am—4.30pm



Looking at Homosexuality

Trainer: Michael Huxley

Friday 4th and Saturday 5th July 2014 -
9.30am—4.30pm



Working with Sexual Trauma

Trainer: Liz Hardy

Friday 18th and Saturday 19th July 2014 -
9.30am—4.30pm



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.

Prayer Diary

June

2 nd	Advanced Counselling Skills Level Three
3 rd	Advanced Diploma in Counselling Year Two Group Supervision UCHM Monthly Worship Time
6 th - 7 th	Eating Disorders and Addictions Conference
10 th	Advanced Diploma in Counselling Year One
13 th	Racial Awareness Conference
14 th	Child Protection Conference
16 th	Advanced Counselling Skills Level Three
17 th	Advanced Diploma in Counselling Year Two
21 st - 22 nd	Working with Depression in Pastoral Care weekend
24 th	UCHM Manager's Meeting Advanced Diploma in Counselling Year One
27 th - 28 th	Brief Therapy Conference
30 th	Advanced Counselling Skills Level Three

July

1 st	Advanced Diploma in Counselling Year Two Group Supervision UCHM Monthly Worship Time
4 th - 5 th	Looking at Homosexuality Conference Pastoral Care Counselling Skills Course at New Life Christian Centre, Wakefield
8 th	Advanced Diploma in Counselling Year One
14 th	Advanced Counselling Skills Level Three
15 th	Advanced Diploma in Counselling Year Two
18 th - 19 th	Working with Sexual Trauma Conference Inner Healing In Pastoral Care
22 nd	Advanced Diploma in Counselling Year One
24 th	Trustees Meeting
28 th	Advanced Counselling Skills Level Three Affiliated Standards Meeting
29 th	UCHM Manager's Meeting Advanced Diploma in Counselling Year Two

August

20 th	Core Members Annual Retreat Day at the House of Resurrection, Mirfield
25 th	Centre closed for bank holiday

For Thought and Meditation

The generous man St Columba said, is sure of Heaven for his life is the Gospel.

And sure too is he who kindles at beauty: he who never sees a man but wishes him well; and he who cries heartily to the wanderer "Come Thou in brother, and let the night go by"

Taken from Hebridean Altars by Alistair MacLean



You Shall Not Want

The Lord is my Shepherd, I shall not want. Psalm 23:1

To the lost sheep, He is the seeking Shepherd;
To the needy sheep, He is the providing Shepherd;
To the hurting sheep, He is the comforting Shepherd;
To the bruised sheep, He is the healing Shepherd;
To the anxious sheep, He is the peaceful Shepherd;
To the wandering sheep, He is the guiding Shepherd;
To the fearful sheep, He is the protecting Shepherd;
To all His sheep, He is the Good Shepherd.

Roy Lessin

The Therapist

The therapist always begins to see
his or her clients when they first arrive,
sometimes seeing horrors you can't describe.

They see patients at their very worst,
when they are bewildered, devastated, broken and hurt.
They even work with clients who are not fully alert.

They sometimes see things, that would make the average person cry,
and with valiant hearts they are encourage to try.

It takes certain compassion and special constitution,
to continue to do what they do everyday,
try to restore some independence so that in this world you can make
your own way.

With a kind spirit and dauntless font,
they continue to comfort those who have been hurt like a battle harden
grunt.

Therapists see clients when they are wounded and hurt,
and for the sake of their client they won't allow them to see them cry,
though many times tears want to fall, freely from their eyes.

When they took on this responsibility, along the way,
it becomes more than an occupation. Their joy and reward, comes in
your full rehabilitation.

You came in lost, bewildered and frantic
but with jovial hearts and determination a Therapist never panics,
they face each challenge, everyday, with renewed spirits,
and they give their clients, nothing less, than their very best.

A therapist knows what tomorrow she will see.

Be it a spinal injury or an amputee
it be flutters the imagination, how they continue to be inspired when
you deal with victims of abuse, and many have been burnt by fire.

A therapist cannot see or predict the future, but they do feel your
pain and sorrow.

That's why, today, they help make better your tomorrow.

A therapist has to have a heart of gold,
because what she does and gives can never be bought or sold.

Therapists are like angels, but without wings,
because of all the joy and happiness they bring.

Written by a client



UCHM's 2015 Pilgrimage to Israel

"Joy in the Journey"

Thursday 30th April – Thursday 14th May 2015

Flying Manchester to Tel Aviv



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



£1999 – 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

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)

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 £450 to UCHM so your flight can be secured immediately. (Saving scheme available if required).

Trust Me

Me: God, can I ask You a question?

God: Sure

Me: Promise You won't get mad

God: I promise

Me: Why did You let so much stuff happen to me today?

God: What do you mean?

Me: Well, I woke up late

God: Yes

Me: My car took forever to start

God: Okay

Me: at lunch they made my sandwich wrong & I had to wait

God: Huummm

Me: On the way home, my phone went DEAD, just as I picked up a call

God: All right

Me: And on top of it all off, when I got home ~I just want to soak my feet in my new foot massager & relax. BUT it wouldn't work!!! Nothing went right today! Why did You do that?

God: Let me see, the death angel was at your bed this morning & I had to send one of My Angels to battle him for your life. I let you sleep through that.

Me (humbled): OH

GOD: I didn't let your car start because there was a drunk driver on your route that would have hit you if you were on the road.

Me: (ashamed)

God: The first person who made your sandwich today was sick & I didn't want you to catch what they have, I knew you couldn't afford to miss work.

Me (embarrassed): Okay

God: Your phone went dead because the person that was calling was going to give false witness about what you said on that call, I didn't even let you talk to them so you would be covered.

Me (softly): I see, God

God: Oh and that foot massager, it had a shortage that was going to throw out all of the power in your house tonight. I didn't think you wanted to be in the dark.

Me: I'm Sorry God

God: Don't be sorry, just learn to Trust Me.... in All things , the Good & the bad.

Me: I will trust You.

God: And don't doubt that My plan for your day is Always Better than your plan.

Me: I won't God. And let me just tell you God, Thank You for Everything today.

God: You're welcome child. It was just another day being your God and I Love looking after My Children...



Faith and Trust

A person's main test and the essence of his free will stems from the fact that he does not really comprehend his own situation. For if he were to realise exactly what was happening at all times, if he were aware of his true position at every moment ~ if he were to appreciate how precious to God is his every single good movement and thought ~ then he would certainly be chasing after God with all his might, and he would be a *tzaddik!* (*righteous teacher*)

The fact that this knowledge and awareness is obscured is the main test of mankind and the essence of free will. Therefore, in truth it is absolutely impossible for anyone to be truly aware of his position during his lifetime, as I heard in Rebbe Nachman's name. For it is on this very uncertainty that free will depends. But someone who really cares about his eternal goal ought to draw strength from this and at the very least should know and understand that he really does not comprehend at all. For "God's thoughts are very deep."

Letter #224

Taken from 'Healing Leaves'
From the letters of Reb Noson of Breslov



I Will Move This Rock

A man was sleeping at night in his cabin when suddenly his room filled with light and the Saviour appeared. The Lord told the man he had work for him to do and showed him a large rock in front of his cabin. The Lord explained that the man was to push against the rock with all his might.

This the man did, day after day. For many years he toiled from sun up to sun down, his shoulders set squarely against the cold, massive surface of the unmoving rock, pushing with all his might. Each night the man returned to his cabin sore and worn out, feeling that his whole day had been spent in vain.

Seeing that the man was showing signs of discouragement, **Satan** decided to enter the picture by placing thoughts into the man's mind such as: *"You have been pushing against that rock for a long time, and it hasn't budged. Why kill yourself over this? You are never going to move it."*

Thus giving the man the impression that the task was impossible and that he was a failure, these thoughts discouraged and disheartened the man even more. **"Why kill myself over this?"** he thought. "I'll just put in my time, giving just the minimum effort, and that will be good enough."

And that he planned to do until one day he decided to make it a **matter of prayer** and take his troubled thoughts to the Lord. "Lord," he said, "I have laboured long and hard in your service, putting all my strength to do that which you have asked. Yet, after all this time, I have not even budged that rock by half a millimetre. What is wrong? Why am I failing?"

To this the Lord responded compassionately, "My friend, when I asked you to serve me and you accepted, I told you that your task was to push against the rock with all your strength, which you have

done. **Never once did I mention** to you that I expected you to move it. Your task was to push. And now you come to me, with your strength spent, thinking that you have failed. But, is that really so? Look at yourself. Your arms are strong and muscled, your back sinewed and brown, your hands are callused from constant pressure, and your legs have become massive and hard. Through opposition you have grown much and your abilities now surpass that which you used to have. Yet you haven't moved the rock. But your calling was to be **obedient** and to push and to **exercise your faith** and **trust** in My wisdom. This you have done.

"I, my friend, will now move the rock."

At times when we hear a word from God, we tend to use our own intellect to decipher what he wants, when actually what God wants is just simple obedience and faith in him...

By all means, exercise the faith that moves mountains, but it is still God who moves the mountains.

God, You call us to obedience everyday. Sometimes, I want to see beyond obedience. I want to know why, how and when. Yet, it is usually long after the obedience that I begin to realize what Your plan was back then. So help me just be obedient for today. I am learning, Lord that by being obedient today, I am stronger for tomorrow. In Jesus' Name, AMEN!

Taken from <http://www.christianstories.com>



A Testimony

This week I got new glasses. “So what?”, you may be thinking, “That’s just an ordinary, every-day event for lots of us.”. And so it has been for me, many times over the last 50 years. This time was very different, though, as to me it represents a miracle.

Last summer I went to my optician to report some weakening of my vision, fully expecting I’d be given a prescription for new glasses, and all would be well again. Instead, I ended up having major surgery to my right eye at the beginning of December, as I’d developed a significant hole in my retina. Very scary stuff indeed!

Before the operation, I had asked God to protect me, and keep me safe, and also to guide the hands of the surgeons involved. As I have discovered, He most certainly did that! When I came round, I did think it rather odd that I resembled a character in “Return of the Mummy”, whereas the others who’d had similar operations seemed to have just little eyepatches on, but it wasn’t until next morning that I was told there had been major complications during surgery, and I’d needed a great deal of unscheduled laser work to save my sight. I’d also developed very severe inflammation in my eye as a result, and the doctors were battling against time with various treatments, in order to save my eye. The following day I was allowed home, as we were winning.

Much later, when I saw my optician again, she read my hospital letters and was amazed at all the work my surgeon had done for me; and I began to understand just how greatly the Lord

has blessed me. She told me that the original damage to my eye was so severe that many would have thought it had gone too far, and wouldn't even have attempted to operate. And again, during the operation, many would have given up when the complications occurred, and accepted that they couldn't save my eye. But the Lord sent me to a surgeon who specialised in that field, and was prepared to try and operate, and to a hospital with a superb eye department and state-of-the-art equipment that could cope when things went wrong. And he gave my surgeon the skills, and the determination, to carry on trying everything she possibly could to help me.

So now, after several weeks of healing, further treatments, and many, many prayers, at last I have my new glasses prescription, and I can see the miracle that God has wrought in my damaged eye. And so I thank all those who have prayed for me. I acknowledge the Lord's healing power, and I praise and thank him for his healing mercies.

Helen Walinski-Kiehl



UCHM News

- **Workers Leaving**

We say goodbye to Julie McEwen, our Monday evening receptionist and Rose Jones who was a placement counsellor here and at our New College Surgery. We thank them both for what they have done, and wish them well for the future. Ian Harrison has taken on the role of Surgery Counsellor working with Helen Walinski-Kiehl.

VOLUNTEERS WANTED!

Do you have a few hours a week to spare?
Would you like to help us make a difference in people's lives?

We are currently looking for people to fill the following vacancies:

Monday Night Receptionist

Fundraising Coordinator

Shop Volunteer

If you are interested in any of these roles, then please contact United Churches Healing Ministry on:

01484 461098 or email uchm@uchm.org
for more details

Memorial Bushes

The following are the Memorial Bushes which were planted to remember our former colleagues:



John McGuire, our former caretaker

Gillian Clarkson, who was a core Counsellor and ran the Bradford Surgery



David Johnson, who was an Administrator

A HAVEN

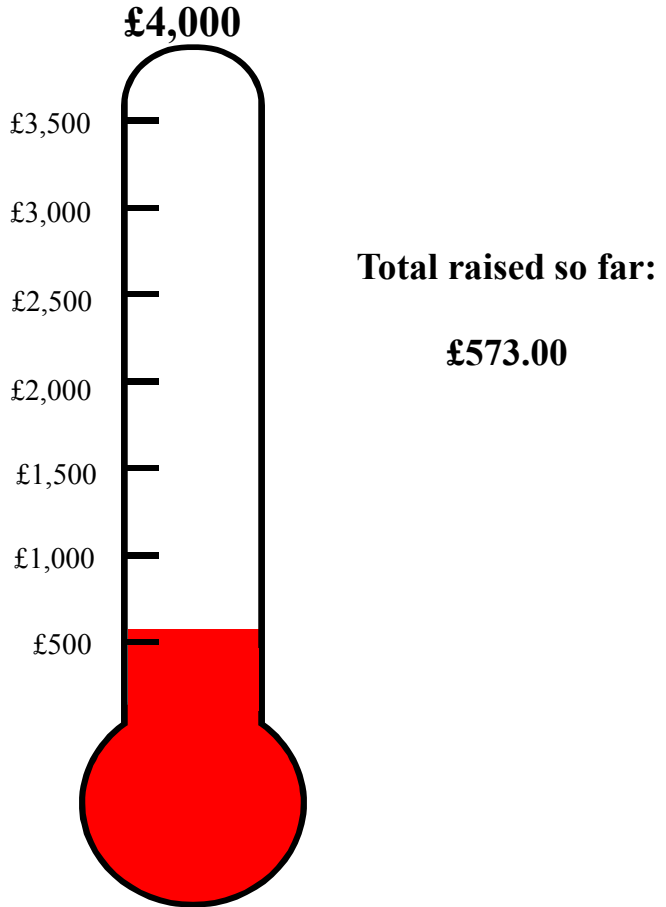
Lord, take this song
and fill it with Your presence.
Let it bring a word of hope
to weary care-full hearts.
Take this song
and fill it, Lord.
Fill it with Yourself.

Lord, take my life
and fill it with Your praises.
Let me speak a word of peace
that Jesus brings in me.
Take this life
and fill it, Lord.
Fill it with Yourself.

Lord, take this place
and fill it
with Your blessing.
Let it be a haven
where the
poor in spirit
sing.
Take this place
and fill it, Lord.
Fill it with Your praise.

From Celtic Daily Prayer

UCHM's Balcony Conversion Appeal



Help us to raise £4,000 to improve the balcony space.

We want to partition the balcony from the hall, including a large viewing window, to create a more comfortable environment for all. This would also create a larger room that would host larger training events.

Would you like to organise a fundraising activity to help us raise money towards this? Or give a donation, no matter how small? Thank you!