

Helga's Editorial

Psalms 95:6-7 "O come, let us worship and bow down; let us kneel before the Lord our maker! For he is our God, and we are the people of his pasture, and the sheep of his hand."



Dear Friends,

Summer is a wonderful season. Full of colour and vibrant with new life. The sun warms us, the earth produces crops and the air smells of the fragrance of flowers.

Can we sense the majesty of God around us?

Can we see His wonderful mind revealed in creation?

Can we touch His love, care and joy over everything living?

May we kneel and bow down before Him in grateful thanks. May the Holy Spirit renew in us the mighty presence of the Lord and lead us to reverence Him and praise Him. To wait in the presence of the heavenly King in the wonder that He hears us, accepts us and teaches each one of us personally about His kingdom and His love. We are His sheep and He knows each one of us and lovingly cares for us even in the darkest valley.

Quote from Henri Nouwen:

“When we honestly ask ourselves which person in our lives means the most to us, we often find that it is those who, instead of giving much advice, solutions, or cures, have chosen rather to share our pain and touch our wounds with a gentle and tender hand. The friend who can be silent with us in a moment of despair or confusion; who can stay with us in an hour of grief and bereavement, who can tolerate not knowing, not curing, not healing and face with us the reality of our powerlessness, that is a friend who cares.”

The above quote reminds me of counselling and the privilege of walking alongside those who suffer. Thank you for the support you give to UCHM both in donations and in your prayers. You are enabling UCHM to continue to offer comfort and hope to many.

God bless you,

Helga Taylor
Managing Director



Days of the week

Monday - Wash Day

Lord, help me wash away all my selfishness and vanity, so I may serve you with perfect humility through the week ahead.

Tuesday - Ironing Day

Dear Lord, help me iron out all the wrinkles of prejudice I have collected through the years so that I may see the beauty in others.

Wednesday - Mending Day

O God, help me mend my ways so I will not set a bad example for others.

Thursday - Cleaning Day

Lord Jesus, help me to dust out all the many faults I have been hiding in the secret corners of my heart.

Friday - Shopping Day

O God, give me the grace to shop wisely so I may purchase eternal happiness for myself and all others in need of love

Saturday - Cooking Day

Help me, my Saviour, to brew a big kettle of brotherly love and serve it with clean, sweet bread of human kindness.

Sunday - The Lord's Day

O God, I have prepared my house for you. Please come into my heart as my honoured guest so I may spend the day and the rest of my life in your presence.

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

The Dark Candle

A man had a little daughter - an only and much-beloved child. He lived for her - she was his life. So when she became ill and her illness resisted the efforts of the best obtainable physicians, he became like a man possessed, moving heaven and earth to bring about her restoration to health. His best efforts proved unavailing and the child died.

The father was totally inconsolable. He became a bitter recluse, shutting himself away from his many friends and refusing every activity that might restore his poise and bring him back to his normal self. But one night he had a dream. He was in Heaven, and was witnessing a grand pageant of all the little child angels. They were marching in an apparently endless line past the Great White Throne.

Every white-robed angelic child carried a candle. He noticed that one child's candle was not lighted. Then he saw that the child with the dark candle was his own little girl. Rushing to her, while the pageant faltered, he seized her in his arms, caressed her tenderly, and then asked: "How is it, darling that your candle alone is unlighted?" "Father, they often re-light it, but your tears always put it out."

Just then he awoke from his dream.

The lesson was crystal clear, and its effects were immediate. From that hour on he was not a recluse, but mingled freely and cheerfully with his former friends and associates. No longer would his darling's candle be extinguished by his useless tears.

"For You have delivered my soul from death. Have you not kept my feet from falling, That I may walk before God in the LIGHT of the living?" (Psalms 56:13)

Author Unknown
Taken from www.christianstories.com

A Parent's Prayer

Now I lay me down to sleep,
I pray my sanity to keep.
For if some peace I do not find,
I'm pretty sure I'll lose my mind.

I pray I find a little quiet,
Far from the daily family riot.
May I lie back and not have to think
About what they're stuffing down the sink,

Or who they're with, or where they're at
And what they're doing to the cat.
I pray for time all to myself
(did something just fall off a shelf?)

To cuddle in my nice, soft bed
(Oh no, another goldfish - dead!)
Some silent moments for goodness sake
(Did I just hear a window break?)

And that I need not cook or clean
(well heck, I've got the right to dream)
Yes now I lay me down to sleep,
I pray my wits about me keep,
But as I look around I know,
I must have lost them long ago!

Author Unknown

Taken from www.funnypoets.com



UNITED CHURCHES HEALING MINISTRY

Christian Counselling, College and Resource Centre

We offer ACC recognised counsellor training courses from Introduction to Diploma level for people who are interested in becoming a counsellor or learning some counselling skills.

We also offer Continuing Professional Development Training for counsellors in a variety of subjects and Pastoral Care conferences for people doing more informal listening roles

FOUNDATION CHRISTIAN COUNSELLING Level 2

6 Credits at Level 2

Initial introductory training for those wanting to train as a counsellor.

Suitable for those who have experience in Pastoral Care but who have little, or no, previous experience of training.

COMMENCING JANUARY 2017

On completion you will gain a Level 2 Foundation Christian Counselling

Progresses to Level 3

INTERMEDIATE CERTIFICATE IN COUNSELLING Level 3

**The Knowledge, Skills and Attitudes Framework for Counselling -
Basic Practice Course**

27 credits at Level 3

COMMENCING SEPTEMBER 2016

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

Progress to Level 4

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This is a substantial core counselling course with supervised placement which trains and equips counsellors towards the standard required for counsellor accreditation.

60 credits at Level 4

COMMENCING OCTOBER 2016

On completion and achievement of both years you will gain a Level 4 Diploma in Christian Counselling which is the gateway to accreditation

For further information please contact:

Tel/Fax: 01484 461098, E Mail training@uchm.org

Web site www.uchm.org

UCHM News

- **Team News**

We welcome Anuja Zachariah who has joined as a CPD counsellor and Emily Fletcher who is volunteering one day a week in the office.

- **Grants**

We have received a grant of £5,000 from the Screwfix Foundation towards the cost of replacing the heating systems at the centre, and are nearly at the total needed to get this work done.

We have also received a grant of £1,500 from Crosland Moor Community Association to pay for the building maintenance, and a grant of £250 from Slaithwaite charity shop Community Spirit to enable us to purchase new vacuum cleaners.

Praise the Lord for his provision.

- **Easyfundraising**

Thank you to all those who use Easyfundraising when doing their online shopping. We have recently received a cheque for £28.00. If you want to sign up to this go to www.easyfundraising.org.uk/uchm and register your details, then simply go through the Easyfundraising site before you shop.



Honest in a Pinch

Things have been kind of tough lately for Shannon Baker and her little family.

They have each other — mom, dad and young daughter — and for that they are profoundly grateful. But she and her husband are both currently unemployed. And their car is in desperate need of repair. And then there is the matter of their second child, who is due soon.

As in, imminently.

As in, right now.

So yeah, things are a little tense for the Baker family these days.

Which is why, when they were walking through a store parking lot recently and Shannon picked up an envelope from the ground that contained \$4,000 in cash, there were a number of different interpretations that could be considered. Was this an extraordinary stroke of good luck? Could it be a little cosmic feng shui, an attempt by the universe to balance everything that had been so neatly stacked up against the Bakers? Or was it simply a gift from God?



Shannon didn't know about any of that. The only thing she knew was that the cash in that envelope belonged to someone — and that someone was not her.

Oh, and one other thing she knew: her young daughter was watching.

“My kid was standing right there when I found it,” Shannon told WLS-TV in Chicago. “So basically I wanted to teach my daughter how to be honest. And for me that was enough.”



Never mind the bills that were piling up, or the car that needed to be fixed, or the baby that would soon need formula and diapers.

And forget that when she turned the money over to the police she was told that there was actually “nothing illegal” if she just kept it.

The money wasn’t hers. She knew that. And she had been taught as a child, she told FOX 32 News, “to be honest about what you do.”

Even when you’re unemployed, pregnant and riding on bald tires.

The police were able to return the money to the person who lost it: an older woman who, it turns out, was carrying the cash for her employer when it somehow fell out of her pocket in the parking lot. One can only imagine the awkward position she was in, trying to explain to her boss how she had lost \$4,000 in cash. And one can only imagine the joy and relief she felt when the police handed the lost envelope back to her — courtesy of one woman’s honesty.

“She came to my house and she was almost in tears, thanking me,” Shannon said. “She gave me a hug and an envelope with a small amount in it.”

But the amount, large or small, wasn't important. What was important, she said, was the opportunity "to teach my daughter honesty, and morally showing what I was taught growing up."

That, she added, and being able to sleep at night with a clear conscience.

I've been thinking about that ever since I heard about this story. What's the price of a good night's sleep these days? How much is my personal integrity worth to me? How much is your honour worth to you? Clearly, Shannon's could not be purchased for \$4,000. But what if there had been \$40,000 in that envelope? Or \$400,000? Would that have made a difference to Shannon? Would that have made a difference to me? Or to you?



I think most of us believe we're honest. But are we honest in a pinch? Like Shannon, my parents taught me that integrity isn't relative. That honour isn't dependent upon circumstance. That honesty isn't a behavioural option to be used on an "as needed" basis, or an adjustable tool in your ethical toolbox. Either you are honest, Dad used to say, or you are not. There really is no middle ground. And if you are honest, I'm sure he would agree, you don't keep money that doesn't belong to you.

No matter how tough things may have been.

Author Joseph Walker
Taken from www.skywriting.net

UCHM's 2017 Pilgrimage to Israel

Thursday 27th April – Thursday 11th May 2017

Flying Manchester to Tel Aviv

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

Because the currency market is volatile at the moment, we are expecting the cost to be in the region of £2,300.

(Should this alter by the time of the pilgrimage we will inform you and issue a refund) - includes flights, half board accommodation, coaches, all entrances and gratuities

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

FOR THE EXPERIENCE OF A LIFETIME

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

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

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

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

We are just finalising the details for the pilgrimage so if you are interested in receiving more information then please contact us on 01484 461098 or email uchm@uchm.org and we will send you out a brochure as soon as these are ready.

Things You Should Know

1. For every action, there is an equal and opposite government program.
2. Never, under any circumstances, take a sleeping pill and a laxative on the same night.
3. Don't worry about what people think, they don't do it very often.
4. Going to church doesn't make you a Christian anymore than standing in a garage makes you a car.
5. Artificial intelligence is no match for natural stupidity.
6. If you must choose between two evils, pick the one you've never tried before.
7. My idea of housework is to sweep the room with a glance.
8. Not one shred of evidence supports the notion that life is serious.
9. It is easier to get forgiveness than permission.
10. If you look like your passport picture, you probably need the trip.
11. Bills travel through the mail at twice the speed of cheques.
12. A conscience is what hurts when all of your other parts feel so good.
13. Eat well, stay fit, die anyway.



14. Men are from earth. Women are from earth. Deal with it.

15. No man has ever been shot while doing the dishes.

16. A balanced diet is a beer in each hand.

17. Middle age is when broadness of the mind and narrowness of the waist change places.

18. Opportunities always look bigger going than coming.

19. Junk is something you've kept for years and throw away three weeks before you need it.



20. Experience is a wonderful thing. It enables you to recognise a mistake when you make it again.

21. By the time you can make ends meet, they move the ends.

22. Thou shalt not weigh more than thy fridge.

23. Someone who thinks logically provides a nice contrast to the real world.

24. If you had to identify, in 1 word, the reason why the human race has not achieved, & never will achieve, its full potential, that word would be "meetings".



25. There is a very fine line between "hobby" and "mental illness".

26. People who want to share their religious views with you never want you to share yours with them.

27. You should not confuse your career with your life.

- 28. Nobody cares if you can't dance well. Just get up and dance.
- 29. The most destructive force in the universe is gossip.
- 30. You will never find anybody who can give you a clear and compelling reason why we put the clocks back.



- 31. The one thing that unites all human beings, regardless of age, gender, religion, economic status or ethnic background, is that, deep down inside, we ALL believe that we are above average drivers and have a sense of humour

- 32. There comes a time when you should stop expecting other people to make a big deal about your birthday. That time is age eleven.



- 33. A person who is nice to you, but rude to the waiter, is not a nice person.
- 34. Never be afraid to try something new. Remember that a lone amateur built the Ark. A large group of professionals built the Titanic.

Author unknown
Taken from www.skywriting.net



WHO AM I ?

I sometimes find I'm drifting
Through this life without effect
I often wonder if I'm truly
Worth what I've been blessed

I search through days that have been hard
To try to understand
The many trials I have known
The life that I have had

You see me in my daily grind
So confident and strong
Yet when I am alone, I question
Just where do I belong?

I often try too hard, I find
To analyse and guess
To scrutinize, investigate
My life, I will confess

For somewhere deeper there must be
Some meaning to this life
Some way to make a difference
A reason for this strife

Is there some hidden meaning?
Some agenda to be found?
A greater purpose waiting
If I care to hang around

It teases and it taunts me
Always slightly out of sight

A hazy vision out of reach
Where darkness hides the light

I struggle to bring clarity
To what awaits me there
And yet this weak illusion
Always fades before my stare

It seems the harder that I try
To focus through the haze
Just serves to add more questions
Through my endless tired gaze

Perhaps I'm trying just too hard
To understand it all
For can we ever truly know
Just what we have in store

Each incident, each moment passed
Just adds upon the next
But in the end, will I find truth
Or will I be perplexed

Perhaps I make it harder
Than it has to be sometimes
But will my searching bring to me
Some meaning over time

Or will it leave me broken
And confused as I feel now
While questions bring no solitude
to this my wrinkled brow.

Written by a client

A Lesson From An Ant

Brenda was a young woman that wanted to learn to go rock climbing. Although she was scared to death she went with a group and they faced this tremendous cliff of rock. Practically perpendicular. In spite of her fear, she put on the gear and she took a hold of the rope and she started up the face of that rock.

Well, she got to a ledge where she could take a breather. As she was hanging on there, whoever was holding the rope up at the top of the cliff made a mistake and snapped the rope against Brenda's eye and knocked out her contact lens.

You know how tiny contact lenses are and how almost impossible to find. Well, here she is on a rock ledge, with who know how many hundreds of feet behind and hundreds of feet above her. Of course, she looked and looked and looked, hoping that she would be able to find that contact lens. Here she was, very far from home. Her sight was now blurry. She was very upset by the fact that she wouldn't be anywhere near a place where she could get a new contact lens. And she prayed that the Lord would help her to find it.



Well, her last hope was that perhaps when she got to the top of the cliff, one of the girls that was up there on the top might be able to find her contact lens in the corner of her eye. When she got to the top, a friend examined her eye. There was no contact lens to be found. She sat down with the rest of the party, waiting for the rest of them to come up the face of the cliff.

She looked out across range after range of mountains, thinking of that Bible verse that says, "The eyes of the Lord run to and fro throughout the whole earth." She thought, "Lord, You can see all these mountains. You know every single stone and leaf that's on those mountains and You know exactly where my contact lens is."

Finally, the time came when it was time to go down. They walked down the trail to the bottom. Just as they got there, there was a new party of rock climbers coming along. As one of them started up the face of the cliff, she shouted out, "Hey, you guys! Anybody lose a contact lens?"

Well, that would be startling enough, wouldn't it? She had found the contact lens! But you know why she saw it? An ant was carrying that contact lens so that it was moving slowly across the face of the rock.

What does that tell you about the God of the universe? Is He in charge of the tiniest things? Do ants matter to Him? Of course they do. He made them. He designed them.

Brenda told me that her father is a cartoonist. When she told him this incredible story, he drew a picture of that ant lugging that contact lens (as you see in the comics with a balloon with words in it over his head) with the words: "Lord, I don't know why You want me to carry this thing. I can't eat it and it's awfully heavy. But if this is what You want me to do, I'll carry it for You."

If God is in charge of the ants, don't you think He cares about you and me? I guess Solomon was right. One could learn a valuable lesson from that ant -- trust in God. We could probably all say a little more often, "God, I don't know why you want me to carry this load. I see no good in it and it's awfully heavy. Still, if you want me to, I'll carry it for You."

Author Josh and Karen Zarandona
Taken from www.gatewaytojesus.com



Beautiful Lesson

This is a story from a book written in 1875 by a man named Robert Boyd. It's called the Trials and Triumphs of Faith. It put me in tears, more than once.

A minister tells us that he was spending several days in one of our western cities. He put up at a hotel, and one morning he heard, while up in his room, the most wonderful whistling he had ever listened to. It seemed like the note of a bird, but he thought it could not be that, for there was a perfectly regular tune kept up with much power. He was in the third storey, yet the music came gushing up in its sweet melody, and seemed to fill the whole house. He ran downstairs to get a sight of the wonderful performer, looking every man that he met in the face.

At last, he asked the clerk who it was that had such amazing power as a whistler. Laughing at his simplicity he pointed to a canary bird that had been trained to perform in this way, and was valued at \$150.

"How was that bird trained to sing this way?" the gentleman inquired. In reply the clerk told him that during the training process the bird was nearly starved and shut up in a room that was almost dark. While it is under this severe discipline, and its attention undivided, a bird organ is made to play this one tune over and over again, for days. Hearing nothing else, and taught by his troubles, the poor little bird takes up the tune which he performs so perfectly.

Blessed are those who patiently wait the Lord's good time to work out their deliverance. When the song of Grace is fully learned, he brings them into a large place, sets their feet upon a rock, and others learn from them the sweet song of redeeming love.

Author - Robert Boyd
Taken from www.christianstories.com



Blue Rose

Why do I always have to be the one that starts to do laundry and there's no detergent? I guess it was time for me to do my "Dollar Store" run, which included light bulbs, paper towels, trash bags and Clorox. So off I go.

I scurried around the store, gathered up my goodies, and headed for the checkout counter only to be blocked in the narrow aisle by a young man that appeared to be about sixteen-years-old. I wasn't in a hurry, so I patiently waited for the boy to realize that I was there...

This was when he waved his hands excitedly in the air and declared in a loud voice, "Mommy, I'm over here." It was obvious now, he was mentally challenged, and also startled as he turned and saw me standing so close to him, waiting to squeeze by. His eyes widened and surprise exploded on his face as I said, "Hey Buddy, what's your name?" "My name is Denny and I'm shopping with my mother," he responded proudly. "Wow," I said, "that's a cool name; I wish my name was Denny, but my name is Hal." "Hal like Halloween?" he asked. "Yes," I answered. "How old are you Denny?"

"How old am I now Mommy?" he asked his mother as she slowly came over from the next aisle. "You're fifteen-years-old Denny; now be a good boy and let the man pass by." I acknowledged her and continued to talk to Denny for several more minutes about summer, bicycles and school. I watched his brown eyes dance with excitement because he was the centre of someone's attention.

He then abruptly turned and headed toward the toy section.

Denny's mom had a puzzled look on her face and thanked me for

taking the time to talk with her son.

She told me that most people wouldn't even look at him, much less talk to him... I told her that it was my pleasure and then I said something I have no idea where it came from, other than by the prompting of the Holy Spirit.

I told her that there are plenty of red, yellow and pink roses in God's garden, however, "Blue Roses" are very rare and should be appreciated for their beauty and distinctiveness. You see, Denny is a "Blue Rose" and if someone doesn't stop and smell that rose with their heart and touch that rose with their kindness, then they've missed a blessing from God.

She was silent for a second, then with a tear in her eye she asked, "Who are you?" Without thinking I said, "Oh, I'm probably just a "daffodil or maybe even a dandelion, but I sure love living in God's garden."

Author unknown
Taken from www.skywriting.net





UCHM Charity Shop 56 Market Street, Milnsbridge

Opening Times

Monday	- 9.15am - 3.00pm
Tuesday	- closed
Wednesday	- 9.15am - 3.00pm
Thursday	- 9.15am - 3.00pm
Friday	- 9.15am - 3.00pm
Saturday	- closed



We sell a range of clothes, bric a brac, toys etc. Why not pop in and have a look for yourself.

Also, if you have any items that you no longer need then please feel free to drop it in either to the shop or the centre. If you are a UK taxpayer, then please ask about our gift aid scheme for shop donations.

Volunteers

If you have a few hours a week to spare we would welcome more volunteers to join our friendly shop team. Contact us for more details.