

Dear Friends,

1 Corinthians 1v 26 “For consider your call, brethren; not many of you were wise according to worldly standards, not many were powerful, not many of noble birth, but God chose what was foolish in the world to shame the wise, God chose what was weak in the world to shame the strong”.

During summer last year as I watched the Olympics, I was deeply touched by the amazing achievements of the British team.

The love and commitment they had for one another shone out. The result of this commitment and dedication was that each person was able to excel at a high level of achievement. Their care and love encompassed each other, encouraged each other and sustained one another.

This caused me to remember the early days of UCHM where we had a great sense of calling and knowing we were anointed for a special purpose.

There was a faith and trust in God which enabled us to accomplish things we could never have done on our own.

There was no grumbling or unkind words and over strong opinions. In the most difficult valleys, we continued to offer the gifts of time and love in service to the Lord and His people. It did not feel like sacrifice, it felt like love.

Jesus' time on Earth was spent with a team of His chosen disciples. He did not serve alone. They were called disciples, meaning a follower of Jesus. They had to learn to love Jesus, to love one another and to love those they were called to minister healing to.

It is my wish that UCHM continues to grow in our love of God and our fellow man.

May nothing be too hard or difficult for our fellow workers and those whom we serve?

Jesus set us an example. His team of 12 disciples were a mixture of personalities who had many flaws, but the wonderful leadership of Jesus the Messiah meant that they were supported and loved in times of difficulty and grew into strong, caring, believing Christians who then became avenues of blessing to many suffering people.

May UCHM be a picture of the beauty and wisdom of Jesus and may we give God the glory for the many wonderful things we see in our life of service at UCHM.

If there is anyone who would also like to offer your service to the Lord at UCHM, please get in touch.

May God bless us as we go forward together?

Helga Taylor
Managing Director UCHM



Walking Through Life

An unusual thing happened to me a few years ago. I spoke casually with a woman who served tables at a restaurant I frequented. We knew each other by first name only, but usually chatted for a few minutes each time I dined there.

One day, she asked me, “Do you have a son about eight years old?”

‘What has he done?’ I thought. I nodded yes.

She pressed on. “Does he play soccer?”

When I said that he did, she asked if he played in a game the previous week at a particular field. Again, I answered, “Yes.”

“I thought so,” she smiled. “I saw him and thought he must be your son.”

Since there were tens of thousands of young boys in the city, I was amazed and exclaimed, “I didn't know he looked that much like me!”

“Oh, I didn't see his face,” she said smiling as if she were keeping a secret.

“Then how did you know he was my son?” Now I was puzzled.

“I was just sitting in the car, and I saw a little boy in a baseball cap walking across the field to join his team. He walks like you.”

Walks like me? Now I was curious. How do I walk? Since I'm doing the walking, I don't notice how I look to others. Maybe I could watch him amble around to get an idea.

That said, how we walk down a street and how we walk through life are very different things. Perhaps I can't help how I walk down a street, but I want to be intentional about how I walk through life.

Through life, I want to walk gently. I want to treat all of life – the earth and its people – with reverence. I want to remove my shoes in the presence of holy ground. As much as possible, I want to walk in peace.

I want to walk lightly, even joyfully, through whatever days I am given. I want to laugh easily. I want to step carefully in and out of people's lives and relationships. I don't want to tread any heavier than necessary.

And throughout life, I think I would like to walk with more humility and less anger, more love and less fear. I want to walk confidently, but without arrogance. I want to walk in deep appreciation. I want to be genuinely thankful for life's extravagant, yet simple, gifts – a star-splattered night sky or a hot drink on an ice-cold day.

If life is a journey, then how I make that journey is important.
How I walk through life.

But still I wonder how I look when I walk down a street.

~ Steve Goodier ~
Taken from www.skywriting.net



Life

LIFE, believe, is not a dream
So dark as sages say;
Oft a little morning rain
Foretells a pleasant day.
Sometimes there are clouds of gloom,
But these are transient all;
If the shower will make the roses bloom,
O why lament its fall?

Rapidly, merrily,
Life's sunny hours flit by,
Gratefully, cheerily,
Enjoy them as they fly!

What though Death at times steps in
And calls our Best away?
What though sorrow seems to win,
O'er hope, a heavy sway?
Yet hope again elastic springs,
Unconquered, though she fell;
Still buoyant are her golden wings,
Still strong to bear us well.
Manfully, fearlessly,
The day of trial bear,
For gloriously, victoriously,
Can courage quell despair!

Charlotte Brontë
Taken from www.poemhunter.com

Counsellor Training Courses

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 2018

On completion you will gain a Level 2 Foundation Christian Counselling

Progresses to Level 3

ADVANCED DIPLOMA in COUNSELLING - Level 4

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 SEPTEMBER 2017

Enrolment criteria for course entry includes:

Completion and achievement of a UCHM Level 3 or equivalent plus an interview

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

PASTORAL CARE LEVEL 1

Integrating counselling practice with the Christian faith

This course is suitable for those who offer help and caring to others within their church or wider community.

Depression - September 29th and 30th 2017

Listening Skills - October 27th and 28th 2017

Anxiety - November 24th and 25th 2017

Bereavement - December 15th and 16th 2017

Courses run on a Friday evening 6.00-9.30 and
Saturday 9.30-4.30 at UCHM, Milnsbridge.

To book a place please contact us for a booking form on 01484 461098, email training@uchm.org or visit www.uchm.org



Joy in Your Life

Life is precious, never to be squandered
On acts unloving or cruel;
Happiness lives in kindness
And following the golden rule.
If you send out misery to others,
The same to you will return;
The way life always turns out
Is you get just what you earn.
It may seem that others are evil
And still get along quite well,
But the face of this is deceitful
As time in the end will tell.
Believe me that being evil
Gives no one true joy in living;
But if you give joy away by the handful
You'll always have more than you're giving.

Betty Killebrew
Taken from www.inspirationalarchive.com

Prayer Diary

June

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| 5 th | Intermediate Certificate in Counselling Level Three |
| 6 th | Advanced Diploma in Counselling Level Four Year One Group Supervision UCHM Monthly Worship Time |
| 7 th | Charity Shop Committee Meeting |
| 13 th | UCHM Manager's Meeting Year Two Placement Meeting |
| 19 th | Intermediate Certificate in Counselling Level Three |
| 20 th | Advanced Diploma in Counselling Level Four Year One Year One Placement Meeting |
| 27 th | Advanced Diploma in Counselling Level Four Year One UCHM Counsellor's Meeting |

July

| | |
|------------------|-------------------------------------------------------------------------------------|
| 3 rd | Intermediate Certificate in Counselling Level Three |
| 4 th | Affiliated Standards Meeting Group Supervision UCHM Monthly Worship Time |
| 11 th | Finance and Property Meeting Advanced Diploma in Counselling Level Four Year One |
| 17 th | Intermediate Certificate in Counselling Level Three |
| 18 th | UCHM Manager's Meeting |
| 25 th | Advanced Diploma in Counselling Level Four Year One |
| 27 th | UCHM Trustees Meeting |
| 31 st | Intermediate Certificate in Counselling Level Three |

August

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| 28 th | Centre closed for bank holiday |
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UCHM News

- **Team News**

We say goodbye to Michael Wrest and Diane Govan who have finished their time as an Admin Support Worker and Core Counsellor respectively. We thank them for what they have done and wish them both well for the future.

We welcome Claire Moorhouse as a new Trustee and look forward to the new ideas and thinking she will bring.

- **Roofing Work**

We have had a new guttering installed at our centre in Milnsbridge, along with repairs to parts of the roof. This has been paid for by the grant from Awards for All and part of the Screwfix grant that was obtained last year.

- **Easyfundraising**

Thank you to all those who use Easyfundraising when doing their online shopping. We have recently received a payment for £29.94. 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.

Parable of the Candles

There was a blackout one night. When the lights went out, I fumbled to the closet where we keep the candles for nights like this. I lit four of them. I was turning to leave with the large candle in my hand when I heard a voice, "Now, hold it right there."

"Who said that?"

"I did." The voice was near my hand.

"Who are you? What are you?"

"I'm a candle."

I lifted up the candle to take a closer look.
There was a tiny face in the wax.

"Don't take me out of here!"

"What?"

"I said, Don't take me out of this room."

"What do you mean? I have to take you out. You're a candle.

Your job is to give light. It's dark out there."

"But you can't take me out. I'm not ready," the candle explained with pleading eyes.

"I need more preparation."

I couldn't believe my ears. "More preparation?"

"Yeah, I've decided I need to research this job of light-giving so

I won't go out and make a bunch of mistakes. You'd be surprised how distorted the glow of an untrained candle can be...."

"All right then," I said.

"You're not the only candle on the shelf.

I'll blow you out and take the others!"

But right then I heard other voices,

"We aren't going either!"



I turned to the other candles,
"You are candles and your job is to light dark places!"

"Well, that may be what you think," said the first one,
"You may think we have to go, but I'm busy...
I'm meditating on the importance of light. It's really
enlightening."...

"And you other two," I asked, "are you going to stay too?"

A short, fat, purple candle with plump cheeks spoke up. "I'm
waiting to get my life together, I'm not stable enough."

The last candle had a female voice, very pleasant to the ear.
"I'd like to help," she explained, "but lighting the darkness is
not my gift...I'm a singer. I sing to other candles to encourage
them to burn more brightly."

She began a rendition of "This Little Light of Mine" The other
three joined in, filling the closet with singing....I took a step
back and considered the absurdity of it all. Four perfectly
healthy candles singing to each other about light but refusing
to come out of the closet.

"Ye are the light of the world. A city that is set on an hill
cannot be hid. Neither do men light a lamp, and put it under
a basket, but on a lamp stand; and it giveth light to all that
are in the house. Let your light so shine before men, that they
may see your good works, and glorify your Father who is in
heaven."

- Matthew 5:14-16

Taken from www.christianstories.com
Author Unknown

I Wandered Lonely as a Cloud

I wandered lonely as a cloud
That floats on high o'er vales and hills,
When all at once I saw a crowd,
A host, of golden daffodils;
Beside the lake, beneath the trees,
Fluttering and dancing in the breeze.

Continuous as the stars that shine
And twinkle on the milky way,
They stretched in never-ending line
Along the margin of a bay:
Ten thousand saw I at a glance,
Tossing their heads in sprightly dance.

The waves beside them danced; but they
Out-did the sparkling waves in glee:
A poet could not but be gay,
In such a jocund company:
I gazed- and gazed- but little thought
What wealth the show to me had brought:

For oft, when on my couch I lie
In vacant or in pensive mood,
They flash upon that inward eye
Which is the bliss of solitude;
And then my heart with pleasure fills,
And dances with the daffodils.

William Wordsworth
Taken from www.poemhunter.com



VOLUNTEERS WANTED!

Receptionist for Bradford Surgery:

Duties include greeting clients and making drinks and is an essential part of maintaining our counselling service.

Our surgery is at the Life Centre in Bierley, Bradford and the role would be on Mondays between 4.45pm and either 6.30pm or 7.30pm.

Admin Workers:

We are looking for gifted workers who could do half a day or more in the office. Duties would include answering the telephone and greeting visitors, and assisting with the admin workload of the centre.

Fundraising Co-ordinator:

Someone with a passion for organising events who can help us raise funds to sustain and develop the work of the charity.

Charity Shop Volunteers:

If you are able to offer half a day or more to work in our charity shop and like working with people. Duties would include sorting stock, and dealing with customers.

If you are interested in volunteering for any of these or would like to see if we have other vacancies then please contact the centre on 01484 461098 or email uchm@uchm.org

The Man and the Bank Loan

A man walked into a bank in New York City one day and asked for the loan officer.

He told the loan officer that he was going to Philippines on business for two weeks and needed to borrow \$5,000. The bank officer told him that the bank would need some form of security for the loan, so the man hands over the keys to a new Ferrari, which costs quarter of a million dollars.

“The car is parked on the street in front of the bank,” says the man, “and I have all the necessary papers.”

The bank officer agrees to accept the car as collateral for the loan. **After the man leaves, the loan officer, the bank’s president and all their colleagues enjoy a good laugh at the man for using a \$250,000 Ferrari as collateral against a \$5,000 loan.**

An employee of the bank then drove the Ferrari into the bank’s underground garage and parked it there. Two weeks later, the guy returned, repaid the \$5,000 and the interest, which came to \$15.41.

The loan officer said, **“Sir, we are very happy to have had your custom and this transaction has worked out very nicely, but we are a little puzzled. While you were away, we checked you out and found that you are a multi millionaire. What puzzles us is, why would you bother to borrow “\$5,000”.**

The millionaire replied: **“Where else in New York City can I park my car for \$15.41 and expect it to be there when I return”.**



Author unknown
Taken from www.quora.com

Helping a Moth

A man found a cocoon of an emperor moth. He took it home so that he could watch the moth come out of the cocoon.

On the day a small opening appeared, he sat and watched the moth for several hours as the moth struggled to force its body through that little hole. Then it seemed to

stop making any progress. It appeared as if it had gotten as far as it could and it could go no farther. It just seemed to be stuck.



Then the man, in his kindness, decided to help the moth, so he took a pair of scissors and snipped off the remaining bit of the cocoon. The moth then emerged easily, but it had a swollen body and small, shrivelled wings. The man continued to watch the moth because he expected that, at any moment, the wings would enlarge and expand to be able to support the body, which would contract in time.

Neither happened! In fact, the little moth spent the rest of its life crawling around with a swollen body and shrivelled wings. It never was able to fly.

What the man in his kindness and haste did not understand was that the restricting cocoon and the struggle required for the moth to get through the tiny opening was God's way of forcing fluid from the body of the moth into its wings so that it would be ready for flight once it achieved its freedom from the cocoon. Freedom and flight would only come after the struggle. By depriving the moth of a struggle, he deprived the moth of health.

Sometimes struggles are exactly what we need in our life. If God allowed us to go through our life without any obstacles, He would cripple us. We would not be as strong as what we could have been.

How true this is! How many times have we wanted to take the quick way out of struggles and difficulties, to take those scissors and snip off the remaining bits in an attempt to be free. We need to remember that our loving Father will never give us more than we can bear and through our trials and struggles we are strengthened as gold is refined in the fire. May we never let the things we can't have, or don't have, or shouldn't have, spoil our enjoyment of the things we do have and can have.

Don't focus on the things you DON'T have, enjoy each moment of everyday God has given you.

Taken from www.inspirationalarchive.com



I Took The Wrong Road

As I came to a turning point in my life
I knew what I was doing was not right

I felt as if a door was locked shut tight
No way to get out try as I might



I did some wrong things that I never would dream
But right then and there good is what it seemed

Everyday I sit back and try to enjoy the good things
But every time in my head old memories ring

I want to break a chain which my problem binds me
But everyway I look hopelessness is what I see

I was dragging all my problems heavily down the road with me
At last I found Jesus which was the key



With his everlasting love he broke the chains
that once held me down

It was such a burden lifted off my shoulders that a spun all around

As I look back now compassion is what I see
I see the love that Jesus gave to me

He took my life and place me on the right track
I never ever want to go back

Now that I am on the right road
I feel so much better after Jesus lifted that load

Jesus loves me and all of us
To go to heaven Jesus is a must

He can straighten you out
And put you back on the right route



Now I am on the right road

By: Lorie Beth

Taken from www.christianstories.com

An elderly woman walked into the local country church. The friendly usher greeted her at the door and helped her up the flight of steps. "Where would you like to sit?" he asked politely.

"The front row please." she answered.

"You really don't want to do that", the usher said, "The pastor is really boring."

"Do you happen to know who I am?" the woman inquired.

"No." he said.

"I'm the pastor's mother," she replied indignantly.

"Do you know who I am?" he asked.

"No." she said.

"Good," he answered.

Little Johnny

Little Johnny went to Sunday school one Sunday. The lesson for the day was from Genesis. "God opened up Adam's side, took a rib from him, and created Eve from it," was what really struck Johnny.

Later, that afternoon, Johnny started feeling sick, and his side began to hurt. He layed down on the couch, and after about half an hour, his mother came over and asked him if he was feeling okay. He said, "Not really - I think I'm gonna have a wife."

Taken from <http://www.inspire21.com>



UCHM Charity Shop 56 Market Street, Milnsbridge

Opening Times

| | |
|------------------|---------------------------|
| Monday | - 9.15am - 3.00pm |
| Tuesday | - 9.15am - 3.00pm |
| Wednesday | - 9.15am - 3.00pm |
| Thursday | - 9.15am - 3.00pm |
| Friday | - 9.15am - 3.00pm |
| Saturday | - 10.00am - 2.00pm |

(Subject to change depending on availability of volunteers etc)



We sell a range of women's, men's and children's 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.