



## HELGA'S EDITORIAL

Dear Friends,

**Rev 3:18 "Therefore I counsel you to buy from me gold refined by fire, that you may be rich.....and salve to anoint your eyes that you may see."**

I wish to offer you thanks on behalf of everyone associated with UCHM for your generosity and support for us during a nationally difficult financial time, similar to the time when there was grain and provision in Egypt and the world had a global famine. I believe that we, a totally faith based organisation, can be seen to prosper, when those who received grants and financial support are cutting their charitable services. **God is able and God is good.**

When we have familiarity with people, surroundings, spiritual practices etc our senses and awareness may become dulled and we fail to "see" and recognise the quality and beauty with which God surrounds our life on a daily basis.

A few weeks ago I moved the furniture around in my lounge which enabled me to fully look out of the window. What a wonderful change it made to my life and the view; I had missed the beauty of nature which had been there all the time and I had been unaware of the beauty and peace I was missing on a daily basis.

It is like that in our spiritual journey as the Holy Spirit pours His love and presence upon us. Things which had seemed impossible become possible; people we see on a daily basis shine with God's love; the Bible beckons us and becomes the most interesting book ever written. Prayer is our natural language and we want everyone to know the peace and love God can give us.

If you are in a difficult time or whether life has just become grey and boring, may God's love be poured upon you and may daily life be touched by His love and power.

Love Helga

**Quote: "The sky above is softer blue, Earth around is sweeter green, Something lives in every hue, Christless eyes have never seen"** Author unknown



## **Can You Sponsor a Worker?**

A small monthly donation would benefit an unemployed person, enabling them to start their journey of paid employment and take responsibility.

It would also benefit UCHM and enable us to offer more counselling sessions at a national time of worry, despair and anxiety.

If you feel you would like to discuss this further then please contact Sandra McSweeney at UCHM on 01484 461098 or email [uchm@uchm.org](mailto:uchm@uchm.org)

Thank you



# Easter Holiday

Easter holiday, is a celebration of the resurrection of Christ!  
Jesus Christ, The Son of God, bled and died for us in a  
sacrifice.

This Spring day's celebrated, generally in the month of April.  
All of the bright and pretty colours, of the Easter outfits with  
frills.

Women and children will wear their Easter  
bonnets...

April will bring many rain showers.

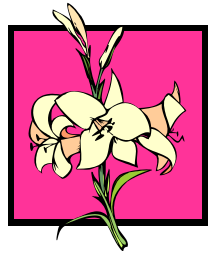
That'll bring us various beautiful flowers.

One special flower for this day is the Easter Lily.

Its colour is white, and yet snowy & milky.

The birds will sing their songs of praise.

As we begin to feel the warmth of the sun's rays.



As we say "Goodbye" to the winter's gloom,  
The flowers and trees have already begun to bloom.

All of life's beauty, The Lord created, for us  
all to share.

Spring breezes begin to flow, sending  
fragrances through the air.

The winter's thawing will let the rivers,  
lakes, and streams rise and flow.



The beauty of the Earth will make us all feel  
aglow!

Farmers and gardeners will start to hoe.

And then they'll begin to sow.

On Sundays, we'll hear the various church  
bells ring.

Let's be grateful for the LORD, let's rejoice and sing.



If it wasn't for the Lord, we wouldn't have anything!

# **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**

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

**UCHM Registered Charity No. 1097753**

# Prayer Diary

## *March*

1st	<b>UCHM Manager's Meeting</b> 4.00 Healing Service Group Supervision UCHM Monthly Worship Time
4th - 5th	Homosexuality Conference
7th	Advanced Counselling Skills Level Three
8th	Advanced Diploma in Counselling Level Four Year Two
11th - 12th	Introduction to Christian Counselling Level Two
21st	Advanced Counselling Skills Level Three
22nd	Advanced Diploma in Counselling Level Four Year Two
29th	<b>UCHM Manager's Meeting</b>

## *April*

4th	Advanced Counselling Skills Level Three
5th	Advanced Diploma in Counselling Level Four Year Two 4.00 Healing Service Group Supervision UCHM Monthly Worship Time
8th - 9th	Introduction to Christian Counselling Level Two
12th	Advanced Diploma in Counselling Level Four Year Two
15th - 16th	An Integrative Approach to CBT Conference
18th	Advanced Counselling Skills Level Three
19th	<b>UCHM Manager's Meeting</b>
22nd - 2nd May	Centre Closed for Easter Holidays

## *May*

3rd	Advanced Diploma in Counselling Level Four Year Two 4.00 Healing Service Group Supervision UCHM Monthly Worship Time
9th	Advanced Counselling Skills Level Three
17th	Advanced Diploma in Counselling Level Four Year Two
23rd	Advanced Counselling Skills Level Three
24th	<b>UCHM Manager's Meeting</b>
30th - 3rd June	Centre Closed for Half Term

# **Last Chance to Book Onto:**



## **UCHM Graduate Diploma in Christian Counselling**

**Trainers: Sandra Conaghan and Michael Huxley  
with progression to Leeds Metropolitan  
University \***

**This course runs over 3 years. The first two years  
are held at United Churches Healing Ministry and  
the 3rd year at Leeds Metropolitan University**

### **Starting September 2011**

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

**\* Progression to the BSc at Leeds Metropolitan University is dependant upon meeting the  
entrance requirements for the BSc and to the ongoing delivery of the course**

# **Upcoming Training -**

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

- **Introduction to Couples Counselling**  
Tuesdays 22nd March, 5th and 12th April 2011 - 1.30pm - 4.30pm  
Trainer: Anne Muir  
Cost: £75
  
- **An Integrative Approach to CBT**  
Friday 15th and Saturday 16th April 2011 - 9:30am - 4:30pm  
Trainer Virginia Taylor  
Cost £90  
'I aim to explain what CBT is, look at how it works, examine its strengths and limitations, and demonstrate how I integrate aspects of this approach into my work as a person centred counsellor'
  
- **An Introduction to Nondirective Sandtray Therapy**  
Friday 10th and Saturday 11th June 2011 - 9:30am - 4:30pm  
Trainers: Roger and Christine Day  
Cost: £100

For booking forms or more information please contact the centre on 01484 461098, email [uchm@uchm.org](mailto:uchm@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.



## HOW TO HAVE A BAD DAY

Wake up late, in a panic  
Rush to get ready  
Dress hurriedly  
Don't eat  
Drink lots of coffee  
No spiritual reflection  
No exercise  
Don't plan your day  
Focus on your failures  
Never smile  
Be selfish and unfriendly  
Criticize, blame, complain  
Think negative thoughts  
Dictate, direct, command  
Don't forget to nag  
Don't overlook mistakes  
Grumble  
No time for lunch  
Harbour resentment  
Keep rushing  
Don't communicate  
Keep it all to yourself  
Worry about tomorrow  
Be rigid and cranky  
Retire with bad thoughts and a  
full stomach



## HOW TO HAVE A GOOD DAY!

Wake up early - don't rush  
Breathe slowly and deeply  
Exercise  
Take 5 minutes to reflect  
Greet everyone  
Smile a lot  
Compliment often  
Communicate  
Listen more - talk less  
Beware of giving advice  
View your work as a privilege  
Express appreciation  
Do your best  
Welcome change  
Relax your neck muscles  
Plan time for relaxation  
Throw away negative feelings  
Let go of anger and guilt  
Leave work at work  
Review your accomplishments  
Plan pleasurable events  
Eat well at night  
Recognize your blessings  
Lots of love



## **The Water Bearer**

It was one of the hottest days of the dry season. We had not seen rain in almost a month. The crops were dying. Cows had stopped giving milk. The creeks and streams were long gone back into the earth. It was a dry season that would bankrupt several farmers before it was through. Every day, my husband and his brothers would go about the arduous process of trying to get water to the fields. Lately this process had involved taking a truck to the local water rendering plant and filling it up with water. But severe rationing had cut everyone off. If we didn't see some rain soon, we would lose everything. It was on this day that I learned the true lesson of sharing and witnessed the only miracle I have seen with my own eyes.

I was in the kitchen making lunch for my husband and his brothers when I saw my six-year old son, Billy, walking toward the woods. He wasn't walking with the usual carefree abandon of a youth, but with a serious purpose. I could only see his back. He was obviously walking with a great effort...trying to be as still as possible.

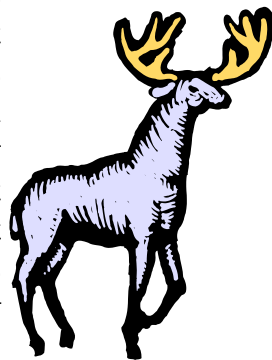
Minutes after he disappeared into the woods, he came running out again, toward the house. I went back to making sandwiches; thinking that whatever task he had been doing was completed. Moments later, however, he was once again walking in that slow purposeful stride toward the woods.



This activity went on for an hour: walk carefully to the woods, run back to the house. Finally I couldn't take it any longer and I crept out of the house and followed him on his journey (being very careful not to be seen...as he was obviously doing important work and didn't need his Mommy checking up on him). He was cupping both hands in front of him as he walked; being very careful not to spill the water he held in them...maybe two or three tablespoons were held in his tiny hands. I sneaked close as he went into the woods. Branches and thorns slapped his little face but he did not try to avoid them. He had a much higher purpose.

As I leaned in to spy on him, I saw the most amazing site. Several large deer loomed in front of him. Billy walked right up to them. I almost screamed for him to get away.

A huge buck with elaborate antlers was dangerously close. But the buck did not threaten him...he didn't even move as Billy knelt down. And I saw a tiny fawn laying on the ground, obviously suffering from dehydration and heat exhaustion, lift its head with great effort to lap up the water cupped in my boy's hand. When the water was gone, Billy jumped up to run back to the house and I hid behind a tree.



I followed him back to the house, to a spigot that we had shut off the water to. Billy opened it all the way up and a small trickle began to creep out.

He knelt there, letting the drip, drip slowly fill up his makeshift "cup," as the sun beat down on his little back.

And it came clear to me: The trouble he had gotten into for playing with the hose the week before. The lecture he had received about the importance of not wasting water. The reason he didn't ask me to help him.

It took almost twenty minutes for the drops to fill his hands. When he stood up and began the trek back, I was there in front of him. His little eyes just filled with tears. "I'm not wasting," was all he said.



As he began his walk, I joined him...with a small pot of water from the kitchen. I let him tend to the fawn. I stayed away. It was his job. I stood on the edge of the woods watching the most beautiful heart I have ever known working so hard to save another life. As the tears that rolled down my face began to hit the ground, they were suddenly joined by other drops...and more drops... and more. I looked up at the sky. It was as if God, himself, was weeping with pride.

Some will probably say that this was all just a huge coincidence, that miracles don't really exist, that it was bound to rain sometime. And I can't argue with that...I'm not going to try. All I can say is that the rain that came that day saved our farm...just like the actions of one little boy saved another life.

Author Unknown

## **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 knows 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?"

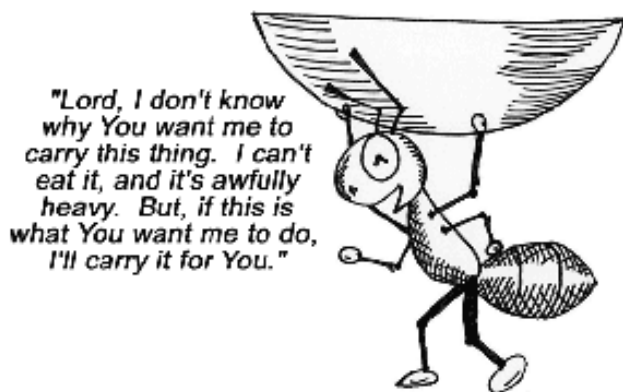
Well, that would be startling enough, wouldn't it? She had found the contact lens! But you know why she saw it? An ant was carrying that contact lens so that it was moving slowly across the face of the rock.

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."

by: Josh and Karen Zarandona

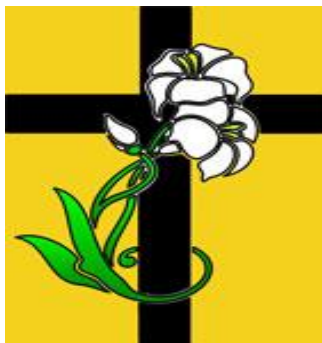


*Easter comes but once a year*

*Easter comes but once a year  
But when it does, we all know its here  
Children filling themselves with chocolate  
Dad's down the pub for a pint of beer!*

*We go to the church for the wine and bread  
Dad's half asleep, and jerking his head  
Baby sister is here too, munching away  
On the free Easter egg that the Priest gave us  
today*

*But remember we must, that the Lord died for us  
And ascended into heaven to give fresh lives  
For each and every one of us.*



# **The Three Trees**

Author Unknown

Once upon a mountain top, three little trees stood and dreamed of what they wanted to become when they grew up.

The first little tree looked up at the stars and said: "I want to hold treasure. I want to be covered with gold and filled with precious stones. I'll be the most beautiful treasure chest in the world!"

The second little tree looked out at the small stream trickling by on its way to the ocean. "I want to be travelling mighty waters and carrying powerful kings. I'll be the strongest ship in the world!"

The third little tree looked down into the valley below where busy men and women worked in a busy town. "I don't want to leave the mountain top at all. I want to grow so tall that when people stop to look at me, they'll raise their eyes to heaven and think of God. I will be the tallest tree in the world."

Years passed. The rain came, the sun shone, and the little trees grew tall. One day three woodcutters climbed the mountain. The first woodcutter looked at the first tree and said, "This tree is beautiful. It is perfect for me." With a swoop of his axe, the first tree fell. "Now I shall be made into a beautiful chest, I shall hold wonderful treasure!" The first tree said.

The second woodcutter looked at the second tree and said, "This tree is strong. It is perfect for me." With a swoop of his axe, the second tree fell. "Now I shall sail mighty waters!" thought the second tree. "I shall be a strong ship for mighty kings!"

The third tree felt her heart sink when the last woodcutter looked her way. She stood straight and tall and pointed bravely to heaven. But the woodcutter never even looked up. "Any kind of tree will do

for me," he muttered. With a swoop of his axe, the third tree fell.

The first tree rejoiced when the woodcutter brought her to a carpenter's shop. But the carpenter fashioned the tree into a feed box for animals. The once beautiful tree was not covered with gold, or with treasure. She was coated with saw dust and filled with hay for hungry farm animals.

The second tree smiled when the woodcutter took her to a shipyard, but no mighty sailing ship was made that day. Instead the once strong tree was hammered and sawed into a simple fishing boat. She was too small and too weak to sail to an ocean, or even a river. Instead she was taken to a little lake.

The third tree was confused when the woodcutter cut her into strong beams and left her in a lumberyard. "What happened?" The once tall tree wondered. "All I ever wanted was to stay on the mountain top and point to God..."

Many, many days and night passed. The three trees nearly forgot their dreams. But one night, golden starlight poured over the first tree as a young woman placed her newborn baby in the feed box. "I wish I could make a cradle for him." her husband whispered.

The mother squeezed his hand and smiled as the starlight shone on the smooth and the sturdy wood. "This manger is beautiful." she said. And suddenly the first tree knew he was holding the greatest treasure in the world.

One evening a tired traveller and his friends crowded into the old fishing boat. The traveller fell asleep as the second tree quietly sailed out into the lake. Soon a thundering and thrashing storm arose. The little tree shuddered. She knew she did not have the strength to carry so many passengers safely through with the wind and the rain.

The tired man awakened. He stood up, stretched out his hand, and

said, "Peace." The storm stopped as quickly as it had begun. And suddenly the second tree knew she was carrying the king of heaven and earth.

One Friday morning, the third tree was startled when her beams were yanked from the forgotten woodpile. She flinched as she was carried through an angry jeering crowd. She shuddered when soldiers nailed a man's hands to her. She felt ugly and harsh and cruel. But on Sunday morning, when the sun rose and the earth trembled with joy beneath her, the third tree knew that God's love had changed everything.

It had made the third tree strong. And every time people thought of the third tree, they would think of God. That was better than being the tallest tree in the world.

The next time you feel down because you didn't get what you want, sit tight and be happy because God is thinking of something better to give you.



## UCHM News

- **New Workers**

We welcome Jackie Hesketh who has joined for 6 months as a CPD counsellor.

We also welcome Morgan Hose, Robert Ammon and Jonathan Devine who have joined on 6 month placements from the Future Jobs Fund scheme. Morgan and Jonathan are working on in the front office doing reception and admin duties and Robert is working in **Counselling Admin.** **Sylviah Kinyanjui's time with us on the Future Job Fund scheme ended on 11th February, however she has volunteered one day a week to help in the office.**

- **Counselling**

Due to work commitments Carole Paxman has needed to give up counselling at Meltham Surgery. We thank Carole for what she has done there and wish her all the best for the future.

Stephanie Walker has agreed to take on the role of counsellor at Meltham Surgery on top of her counselling commitments at UCHM, and will be counselling there on Thursday morning. Stephanie Walker has also been accepted onto the UCHM Core Team due to her taking on this role.

**James Blakeley's placement with UCHM ended at the end of** December, however he is staying on in the role of CPD counsellor. Barbara Shakespeare and Helen Attenborough have both come to the end of their time as placement counsellors and we wish them well for the future.

## He loved and died

When He was being beaten and spat upon  
When His flesh was being torn by the whip  
    When His back was scourged,  
    Then He saw me being baptized  
    and so He permitted them to do so.

When the crown was crushed into His head  
    When He tasted His own blood  
    When the thorns pierced His flesh,  
        Then He saw me praying  
        and so He killed them not.

When His cross was so heavy that he fell  
    When He carried wood on His torn flesh  
When He wished simply to move no more,  
    Then He saw me in confession,  
    and so He got up and walked on.

When His hands were being pierced  
    When He hung from a cross  
    When His side was bleeding,  
        Then He said I love YOU.  
        and so He died.



## **A Prayer in Spring**

OH, give us pleasure in the flowers today;  
And give us not to think so far away  
As the uncertain harvest; keep us here  
All simply in the springing of the year.

Oh, give us pleasure in the orchard white,  
like nothing else by day, like ghosts by night;  
and make us happy in the happy bees,  
the swarm dilating round the perfect trees.

And make us happy in the darting bird  
that suddenly above the bees is heard,  
the meteor that thrusts in with needle bill,  
And off a blossom in mid air stands still.

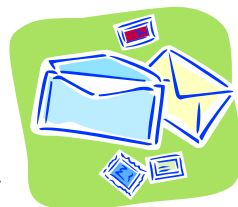
For this is love and nothing else is love,  
To which it is reserved for God above  
To sanctify to what far ends he will,  
But which it only needs that we fulfil.

By Robert Frost



## Mailing Lists

With the price of stamps increasing again in April, we are currently updating our mailing lists, including for our training and the Healing Leaves magazine. The hope is to reduce the number of things send out and therefore help to save the charity money.



Each magazine currently costs 87p to print and post out, so if you have internet access at home, you can choose to receive your copy of the Healing Leaves, and any other literature we may send you, via email instead. If you would like to help us in a small way by doing this please contact the centre on 01484 461098, or email us at [uchm@uchm.org](mailto:uchm@uchm.org).

You may prefer to have a paper copy, either because it is easier to read, or because you like to pass it on to someone else when you have finished with it, so if you still wish to receive your copy of the magazine by post, then you do not need to do anything, we will keep you on our mailing list unless you request otherwise.

Please also remember to add us to the list of people to contact if you are moving house, to either let us know your new address or to remove yourself from the list to avoid magazines being returned to us.

# How to use the microwave oven... on a cruise ship

While on a luxury cruise, the receptionist received a call from a distressed passenger. “I wish to inform you that there is a faulty electrical appliance in my suite. Could you please send someone over to have it repaired immediately?” asked a lady passenger, clearly upset.

“Certainly, I shall arrange for someone to look into the matter immediately. Which electrical appliance would that be?” asked the concierge.

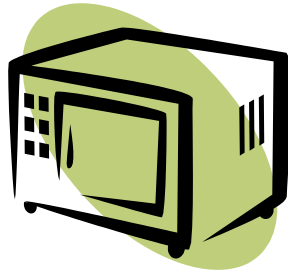
“It’s the microwave. I’ve been trying to warm up some supper for myself but the microwave wouldn’t start,” replied the passenger.

“The microwave, Madam” repeated the bewildered receptionist.

“Yes, the microwave. You know, the heating device that is installed in the wardrobe,” replied the passenger sarcastically. “I’ve been trying for the past hour but my supper is still cold.”

Upon arriving at the suite, the receptionist found the lady passenger standing in front of the wardrobe, pressing vigorously at the control panel of the safe deposit box installed in the wardrobe.

“Let me show you what I have been trying. I key in the number of minutes here, but I don’t really know which one is the start button...?”



# 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 Graduate 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)