

# United Churches Healing Ministry

## Healing Leaves

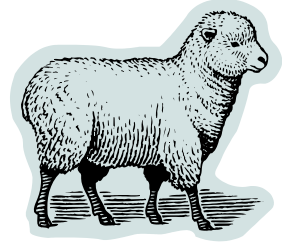
*The Newsletter of the United Churches Healing Ministry*

*Registered Charity No 1097753*



March, April, May  
2013

# Helga's Editorial



Dear Friends,

Jesus said in *John 15:13* ***“Greater love has no man than this that a man lay down his life for his friends.”***

How are you coping with life and all its present changes and struggles? UCHM is a refuge for many from the storms of life; a place where you can receive teaching, counselling, support, friendship and enjoyment in the Sports Hall with attendance at one of the various groups which meet there.

We have had a hard winter and how we are longing for spring. New life, lighter nights, gardens full of colour and fragrance. Life is easier in spring and summer and these seasons seem to be shorter when compared with autumn and winter.

Jesus died at the beginning of spring. I wonder whether we ever think of the thoughts He might have had as He struggled on the long climb to Golgotha. He was 33 years old and in the prime of life and greatly loved by His family and friends. He had a powerful vocation and a deep love for all living things.

How might Jesus have felt as He took the long, torturous

journey to the Cross; when He saw the beautiful vegetation around Him; heard the songs of the birds; smelt the fragrance of the flowers and experienced the teeming daily life of the Via Delarosa?

It was a day of destiny. Jesus died on the Cross to reconcile us to God so He could offer us new life. How precious the friendship of Joseph of Arimathea would have been to Jesus. It was a precious help when Joseph picked up the cross and carried it for Jesus when Jesus was weak and vulnerable.

As we stand at the foot of the Cross on Good Friday, may we thank Jesus for being our friend and resolve to allow Him a deeper place in our life from which we too will be better friends to others.

Happy Easter. May God's blessing rest upon us and the many friends of UCHM.

In deep gratitude.

Helga Taylor

Quote: - **"A friend is a present you give yourself". --Robert Louis Stevenson**

Christmas came and Christmas went,  
In one mad round of merriment.  
The turkeys gone all stale and dry,  
There's bags of rubbish piled up high.  
It's all gone ever so flat,  
But there's something to do about that.  
I can show this year the door,  
It's not needed anymore.

It's Auld Lang Syne and give a cheer,  
I can look forward to a brand New Year.  
I've lots of resolutions to make,  
And most of them to do with cake.  
I will turn over a brand new leaf,  
I will definitely give up beef.  
I must eat more fresh veg and fruit,  
And jog and swim and wear a suit.  
It's so important to look smart,  
My fluffy slippers don't look the part.

The house will look so bright and clean,  
Not a speck of dust or dirt to be seen.  
I'll cook good meals that melt in the mouth,  
And everyone will come from North and South.  
To sample this amazing fare,  
Even Delia Smith would stop and stare.  
But wait a minute this won't do,  
There's better things for a year so new.

Look a little deeper down inside,  
And find those things we try to hide.  
Like being afraid to show we care,  
In a world that can seem so unfair.  
So a more caring soul I'll try to be,  
For the birth of a child in poverty.  
Changed so much and drew a line,  
From where we all now count the time.

Written by a former client, Christmas 2006.

UNITED CHURCHES HEALING MINISTRY

# Advanced Counselling Skills

Level 3

Exploring Counselling Skills and  
Theory From a Christian  
Perspective



Commencing June 2013

Information packs available from UCHM

01484 461 098 [training@uchm.org](mailto:training@uchm.org)

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



# **UCHM Advanced Diploma in Counselling**

**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**

**Starting June 2013**

**Trainers: Helga Taylor and Sandra Conaghan**

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

**Tel: 01484 461098**

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

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

**Solution Focussed Brief Therapy**

Trainer: Michael Huxley

Friday 3rd and Saturday 4th May 2013  
— 9.30am—4.30pm

**Egan Skilled Helper Model**

Trainer: Barbara Joyce

Friday 28th and Saturday 29th June 2013  
—9.00am—5.30pm

**Evidence Based Practice**

Trainer: Michael Huxley

Afternoon of Tuesday 2nd July 2013  
— 1.00pm—4.30pm

## **Racial Awareness**

Trainer: Helga Taylor

Friday 4th October 2013  
— 9.00am—5.30pm

## **Child Protection Issues**

Trainer: Sandra Conaghan

Saturday 5th October 2013  
— 9.00am—5.30pm

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

UCHM is a charity providing accessible counselling services throughout the region. Your contribution will be used to sustain the work of the Charity.





## *Easter Is The Gift...*

Easter is the gift of HOPE  
Easter is the gift of PEACE  
Easter is the gift of LOVE  
Let us rejoice in Him,  
Who gives them all.

May God bless you at Easter,  
And keep you all year through.  
May God give you all the faith it takes,  
To make your dreams come true.  
May His love and wisdom always help,  
To guide you on your way.  
May His light shine down upon you now,  
To bless your Easter Day.

Taken from [www.sassycats.com](http://www.sassycats.com)



# Prayer Diary

## *March*

5 <sup>th</sup>	Advanced Diploma in Counselling Year One Group Supervision UCHM Monthly Worship Time
11 <sup>th</sup>	Advanced Counselling Skills Level Three
15 <sup>th</sup> - 16 <sup>th</sup>	Introduction to Christian Counselling Level Two
19 <sup>th</sup>	Advanced Diploma in Counselling Year One
25 <sup>th</sup>	Advanced Counselling Skills Level Three
29 <sup>th</sup> - 7 <sup>th</sup>	Centre closed for Easter Holidays
April	

## *April*

9 <sup>th</sup>	Advanced Diploma in Counselling Year One Group Supervision UCHM Monthly Worship Time
15 <sup>th</sup>	Advanced Counselling Skills Level Three
17 <sup>th</sup>	Helga away at ACC Board Meeting
19 <sup>th</sup> - 20 <sup>th</sup>	Introduction to Christian Counselling Level Two
23 <sup>rd</sup>	Advanced Diploma in Counselling Year One
29 <sup>th</sup>	Advanced Counselling Skills Level Three

## *May*

2 <sup>nd</sup>	Trustees Meeting
3 <sup>rd</sup> - 4 <sup>th</sup>	Solution Focused Brief Therapy Conference
6 <sup>th</sup>	Centre closed for May Day
7 <sup>th</sup>	Advanced Diploma in Counselling Year One Group Supervision UCHM Monthly Worship Time
13 <sup>th</sup>	Advanced Counselling Skills Level Three
14 <sup>th</sup>	Annual Course Meeting
16 <sup>th</sup> - 30 <sup>th</sup>	<b>UCHM "Come, see His land" Pilgrimage to Israel</b>
21 <sup>st</sup>	Advanced Diploma in Counselling Year One
27 <sup>th</sup> and 28 <sup>th</sup>	Centre closed for Spring Bank Holiday

# HOW WOULD YOU LIKE TO BE REMEMBERED?

About a hundred years ago, a man looked at the morning newspaper and to his surprise and horror, read his name in the obituary column. The news papers had reported the death of the wrong person by mistake. His first response was shock. Am I here or there? When he regained his composure, his second thought was to find out what people had said about him.

The obituary read, "Dynamite King Dies." And also "He was the merchant of death." This man was the inventor of dynamite and when he read the words "merchant of death," he asked himself a question, "Is this how I am going to be remembered?" He got in touch with his feelings and decided that this was not the way he wanted to be remembered. From that day on, he started working toward peace. His name was Alfred Nobel and he is remembered today by the great Nobel Prize.

Just as Alfred Nobel got in touch with his feelings and redefined his values, we should step back and do the same.

What is your legacy?  
How would you like to be remembered?  
Will you be spoken well of?  
Will you be remembered with love and respect?  
Will you be missed?



*2 Peter 3:13 "But according to His promise we wait for new heavens and new earth in which righteousness dwells."*

## The Tomb of Christ is but the Bed

The tomb of Christ is but the bed  
He rested on three days.  
Easter morn He rose again,  
The flower of our spring.  
On Him, arisen from the dead,  
Must we, though flesh decays,  
Bestow our faith that when we die  
Our souls, like His, shall not long lie  
Forsaken in our tomb.  
Christ shall, with deep affection, when  
He sees our soul's affliction, then  
Redeem us with His pain.  
In His eternal suffering  
Shall we find grace enough to bring  
The seed of faith to bloom.

By: Nicholas Gordon  
Taken from [www.christianstories.com](http://www.christianstories.com)



*Mark 16 v 6 "He has risen, he is not here"*

## Hints

May God help you understand the hints contained in everything in the world; may He show you how, through them, you can draw closer to Him each and every day, depending on the individual, the place and the time.

Everything that happens in the world, be it life or death, rising prices or falling prices, poverty or wealth, or any other occurrence or incident that takes place in the world ~ globally, nationally, locally or to an individual ~ all happens only to remind us of God specifically through this. He, in His wisdom and mercy, is the Cause of everything.

Everything that happens is for our eternal good, in order that through everything we should come to know Him, each and every day. For God is indeed working His will at this very moment and will continue to work His will.

### Letter #47

Taken from 'Healing Leaves' from the  
Letters of Rob Noson of Breslov

*Romans 8 v 28 "We know that in everything God works for good with those who love Him"*

## **Time Bank**

Imagine there is a bank that credits your account each morning with  
\$86,400.

It carries over no balance from day to day.  
Every evening the bank deletes whatever part of the balance you  
failed to use during the day.

What would you do? Draw out every cent, of course!!!!

Each of us has such a bank. Its name is TIME.  
Every morning, it credits you with 86,400 seconds.  
Every night it writes off, as lost, whatever of this you have failed to  
invest to good purpose.

It carries over no balance. It allows no overdraft.  
Each day it opens a new account for you.  
Each night it burns the remains of the day.

If you fail to use the day's deposits, the loss is yours.

There is no going back. There is no drawing against the "tomorrow".

You must live in the present on today's deposits. Invest it so as to  
get from it the utmost in health, happiness, and success!

The clock is running. Make the most of today.

To realise the value of ONE YEAR, ask a student who failed a grade.

To realise the value of ONE MONTH, ask a mother who gave birth to  
a premature baby.

To realise the value of ONE WEEK, ask the editor of a weekly news-  
paper.

To realise the value of ONE HOUR, ask the lovers who are waiting to meet.

To realise the value of ONE MINUTE, ask a person who missed the train.

To realise the value of ONE SECOND, ask a person who just avoided an accident.

Treasure every moment that you have! And reassure it more because you shared it with someone special, special enough to spend your time.

Remember that time waits for no one.  
Yesterday is history.  
Tomorrow is mystery.  
Today is a gift.  
That's why it's called the present!

Taken from [www.motivational-messages.com](http://www.motivational-messages.com)



*"Ecclesiastes 3:1 "For everything there is a season, and a time for every matter"*

# UCHM News

- **Billinge Family Church Counselling Service**

Our friends at Bilinge Family Church have decided the time is right to discontinue their affiliation to UCHM. They wish to stay in touch and we pray God's continuing blessing on their counselling ministry.

- **Team News**

It is with sadness that we report the death of our former caretaker, John McGuire, who passed away in February after battling for several months with cancer. Please see the next edition of Healing Leaves for a remembrance tribute.

We say goodbye to Julie Hickson, Nick Janvier, Deniz Cosan, Samantha Barnsley and James Carrie who have concluded their time as counsellors with us. We wish them well in the future.

We welcome Jo Naylor, Rose Jones, David Fletcher and Sarah Marlow-Rowles who have started as placement counsellors. We also welcome Leon Mutambira as an evening receptionist on a Monday evening.

Ian Harrison and Diana Stockford have finished their respective courses and have become CPD counsellors.

Thank you to all whom God has called to follow Him and welcome to those new workers who God has called to serve Him at UCHM,

Helga

*Ps 31:15 "My times are in thy hand"*



## THE COMFORT ZONE

I used to have a "Comfort Zone"  
where I knew I couldn't fail.  
The same four walls and busy work  
were really more like jail.  
I longed, so much, to do the things  
I'd never done before.  
But I stayed inside my "Comfort Zone"  
and paced the same old floor.

I said it didn't matter  
that I wasn't doing much.  
I said I didn't care for things  
like diamonds, furs, and such.  
I claimed to be so busy with  
the things inside the zone  
but deep inside I longed for  
something "special" of my own.

I couldn't let my life go by  
just watching others win!!  
I held my breath and stepped outside  
to let the change begin!  
I took a step and with new strength  
I'd never felt before,  
I kissed my "Comfort Zone" good-bye  
and closed and locked the door!

If you are in a "Comfort Zone"  
afraid to venture out,  
remember that all winners  
were at one time filled with doubt.  
A step or two and words of praise  
can make your dreams come true.  
Greet your future with a smile,  
Success is there for YOU!

# Things You Never Hear In Church

Hey, it's my turn to sit in the front pew!

-

I was so enthralled; I never noticed your sermon went over time by 25 minutes.

-

Personally, I find witnessing much more enjoyable than golf.

-

I volunteer to be the permanent teacher for the Over 11s Sunday School group.

-

I love it when we sing hymns I've never heard before!

-

Since we're all here, let's start the worship service early!

-

Nothing inspires me and strengthens my commitment like our annual stewardship campaign!

-

Isn't it fun when people rush around church when we do it in peace?

Taken from the book 'Heavens Above!'



## **An Easter Angel**

There once was a boy named Angel, who, either because of his name or for some other reason, saw angels all around him.

Whenever he looked towards the heavens, he saw them in their rainbowed magnificence singing in massed choirs to the glory of God. Yet he also saw them on Earth, either in their true form or in human guise, affecting daily the affairs of humankind under orders from above.

In an earlier time, he would have been considered holy, but in our time he was considered disturbed. Even though his parents were religious, they viewed his frequent visions of angels not as a gift but as an aberration, and they sent him for treatment, first to a doctor, who treated him with medications, then to a psychiatrist, who treated him with more sophisticated medications, and finally to a psychologist, who treated him with six months of behavior modification.

Nothing seemed to work. Angel continued to see angels and to delight in their presence. As he grew older, however, he became more cautious about telling anyone what he was seeing, and so little by little his parents' worry receded, and under the cover of silence Angel began to live what seemed on the surface to be a normal life.

Even so, underneath that cloak of silence, what glories filled Angel's days and nights! Whenever he could, he stood alone in the back yard of his house staring at angels swarming like giant birds among the drifting clouds. Their magnificent wings beat slowly as they congregated in the heavens, singing, always singing their joy, though Angel could hear them only rarely, and then only faintly, for they were very far away.

For Angel, the roof of the earthly sphere was transparent, and he could see very clearly the heavenly sphere above, even at times through the masses of angels and saints to the throne of God, where the Lord sat surrounded by His choirs, rejoicing in the beauty of His creation.

One day, however, when Angel was eight years old, a child in his class at school asked the teacher how children on the other side of the world could

look up in a direction that would seem to us to be down. The teacher answered that "up" and "down" depended on where one was standing, and illustrated this idea by having the class line up on opposite sides of the room and pointing out that what was right to one side of the room was left to the other.

"The same is true for people on opposite sides of the Earth," he said. "Gravity holds you down with your feet on the ground. 'Up' is away from your feet; 'down' is towards your feet. Everything is relative to where you are standing."

This graphic lesson in relativity touched the flower of Angel's imagination like an icy finger, freezing it, shriveling it up. If "up" were merely a relative direction, where was Heaven? How could he actually have seen angels above him? Did the heavenly sphere completely surround the earthly sphere, so that it was as much above a child in Australia as it was above him?

Once Angel began to worry about the precise placement of Heaven, his visions of angels became fewer and fewer, more and more dreamlike, until finally they disappeared altogether.

A few months later, Angel's family had just sat down to Easter dinner when the doorbell rang. Angel ran to answer it. At the door was a tall, well-built young man dressed in black. "Angel?" he said. "May I come in?" Angel stood aside to let him in and then accompanied him to the table, where, unaccountably, a place had been set for him.

"Welcome!" Angel's father greeted him as he sat down at his place. "Everyone is welcome at our Easter table. And your name?" "Angel," the stranger said. "The same as your son." The little family joined hands for their usual prayer. "Lord, thank you for the gift of life, and for the food we are about to eat. Amen." They were about to drop hands and begin eating when Angel the angel added, "And for faith in You and in Your angels, which allows us to believe in a world of goodness and love, and to hope for eternal life." "Amen," they all said, and began to eat.

The conversation quickly turned to angels, whom Angel the angel maintained existed only for those who believed in them. "That's impossible!" Angel's

father said. "Something either exists or it doesn't." "These words I'm speaking aren't sound until they touch your ear," Angel the angel said. "Until then they are merely waves of air. Nor are they words until the sounds are interpreted by your brain." "But that's to me," Angel's father said. "To you they are words the moment you say them."

"Just so," Angel the angel answered. "As you can see, they exist in relation to one's perception of them." He turned to Angel. "Do you understand?" "I used to see angels all the time," Angel said. "They were all around me. Above me and by me and everywhere." "But that's because you believed in them." "Do you mean that now that I don't believe in them, they're not there?" "Of course. What is there for you is only what you believe in."

"Aren't some things just true, whether you believe in them or not?" Angel's father asked. "The world is round regardless of whether you believe it's flat." "To the contrary," Angel the angel said. "For you it's flat until you believe it's round." "For you, yes," Angel's father agreed. "But for real?"

Angel the angel sighed. "Take today," he said. "It's Easter. Now the question is: Is Jesus the son of God? Did He die to cleanse our sins? Was He resurrected? Does believing in Him lead to eternal life?" "Does it?" Angel's mother asked anxiously. It was the first thing she said since Angel the angel had arrived. "Simple," Angel the angel said. "If you believe in Him and in His love, it does. If you don't, it doesn't."

"But it has to be either true or false," Angel's father insisted. "Just believing in something doesn't make it so." "Believing in something is precisely what makes it so. How could someone who doesn't believe in it have eternal life?"

"How could someone who does believe in it have eternal life, unless eternal life exists?" Again, Angel the angel sighed and turned to Angel. "Do you understand?" Angel shook his head from side to side to indicate that he didn't.

"Come," Angel the angel said, holding out his hand. Suddenly they had left the dinner table and were flying through space. All around them stars and galaxies glowed like jewels in the distance, while where they were was a

silence and emptiness in which they barely seemed to move.

"You were wondering," Angel the angel said, "where in this endless and magnificent universe Heaven might be."

He reached up and ran his hand rapidly down across the blackness, as though cutting through a black veil with the blade of a carpet knife. The blackness parted, and there was Heaven, just as Angel had previously imagined it from below, with masses of angels standing on enormous pink and gold clouds, singing praises to the Lord.

God Himself sat on a throne almost dissolved in blinding golden light, and in front of Him Jesus bloody and half-naked, as though just emerged from His tomb, with holes in His hands and feet and a long, ugly cut across his left side. Still, he was smiling brightly, holding a pure white dove in His bloody hands, and from the dove came rays of white light that lit up even the brilliant gold of the area around the throne.

Angel tried to step through the tear in the black veil of space, but Angel the angel barred his way. "Not yet," he said. "It isn't time. We must return now to Earth." Instantly, Angel was sitting back at Easter dinner with his family. His mother and father were clearing away the serving platters and large dinner plates in preparation for dessert. There was no place next to him for Angel the angel. It was as if the black-clad stranger had never come to the door.

"Do you understand now?" he heard Angel the angel whisper to him from nowhere, from everywhere. "Yes," Angel thought back to him, knowing that the angel was hearing his thoughts. "Yes, I think I understand."

And from then on, even to the end of his life, Angel was able to see angels both in Heaven and on Earth, taking great pleasure in their beauty. The gift that had almost been taken away from him was returned, and although he continued to look up towards Heaven, he now knew better than to wonder where in the universe it might be.

Author - Nicholas Gordon  
Taken from [www.christianstories.com](http://www.christianstories.com)

## It's the Little Things that Make a Big Difference!

There was a man taking a morning walk at or the beach. He saw that along with the morning tide came hundreds of starfish and when the tide receded, they were left behind and with the morning sun rays, they would die.

The tide was fresh and the starfish were alive. The man took a few steps, picked one and threw it into the water. He did that repeatedly. Right behind him there was another person who couldn't understand what this man was doing. He caught up with him and asked, "What are you doing? There are hundreds of starfish. How many can you help? What difference does it make?"

This man did not reply, took two more steps, picked up another one, threw it into the water, and said, "It makes a difference to this one."

What difference are we making? Big or small, it does not matter. If everyone made a small difference, we'd end up with a big difference, wouldn't we?

Taken from [great-motivational-stories.blogspot.co.uk](http://great-motivational-stories.blogspot.co.uk)



# Volunteers Needed

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 a counselling and training centre based in  
Milnsbridge and are currently looking for people  
to fill the following vacancies:

**Fundraising Coordinator**

**Facilities Manager**

**Admin Support Workers**

**Handyman**

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

01484 461098 or email [uchm@uchm.org](mailto:uchm@uchm.org)  
for more details







# The Elms

## Sports Hall and Room Hire



### Our facilities include:



#### Large sports hall

Suitable for hirers looking to develop a leisure group, nursery, or other facility, as well as parties and other large events.



#### Training/ Meeting Rooms



#### Counselling and Group Rooms

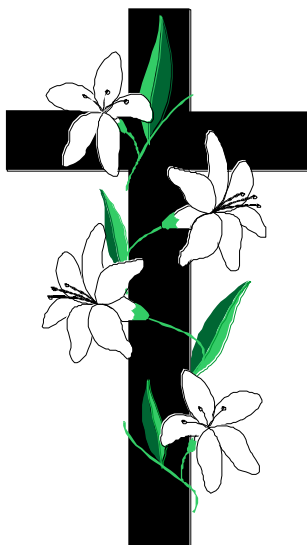


For more information or to hire:

Tel/Fax 01484 461098

E-mail [theelms@uchm.org](mailto:theelms@uchm.org)

Website [www.theelms.btck.co.uk](http://www.theelms.btck.co.uk)



**© United Churches Healing Ministry 2013**  
**Company Limited by Guarantee 4614787**

**Registered Office:**

**The Elms**  
**78 New Street**  
**Milnsbridge**  
**Huddersfield**  
**HD3 4LD**

**01484 461098**  
**Email [uchm@uchm.org](mailto:uchm@uchm.org)**  
**Website [www.uchm.org](http://www.uchm.org)**