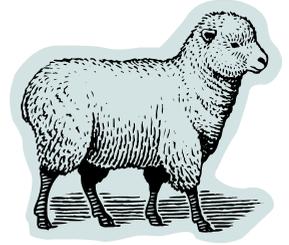


## HELGA'S EDITORIAL



Dear Friends,

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

What a joy it is to see the beginning of spring which ushers in new life, lighter nights, gardens full of colour and fragrance. Life appears easier in spring and summer but shorter term when compared with autumn and winter. We learn to revel in, and cherish; this time of year.

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

How might Jesus have felt when He took the long and torturous journey to the Cross? Surrounded by the signs of God's love; hearing the bird songs and saying goodbye to familiar Holy places full of memories where He had healed people and taught His disciples while experiencing in the present the teeming everyday 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 so that we would experience the miracle of having our sins forgiven. How precious was the friendship of Joseph of Aramathea when he picked up Jesus' cross and carried it for Him. How it touches our hearts when we stand with Jesus at His time of weakness and vulnerability.

When we worship 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 lives from which we too will be better friends to others.

All at UCHM wish you a peaceful and God blessed Easter.

Helga Taylor  
Managing Director

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



# The Cracked Pot

A water bearer in China had two large pots, each hung on the ends of a pole which he carried across his neck.

One pot had a crack in it, while the other pot was perfect and always delivered a full portion of water. At the end of the long walk from the stream to the house, the cracked pot arrived only half full.



For a full two years this went on daily, with the bearer delivering only one and a half pots full of water to his house.

Of course, the perfect pot was proud of its accomplishments, perfect for which it was made. But the poor cracked pot was ashamed of its own imperfection, and miserable that it was able to accomplish only half of what it had been made to do.



After 2 years of what it perceived to be a bitter failure, it spoke to the water bearer one day by the stream... "I am ashamed of myself, because this crack in my side causes water to leak out all the way back to your

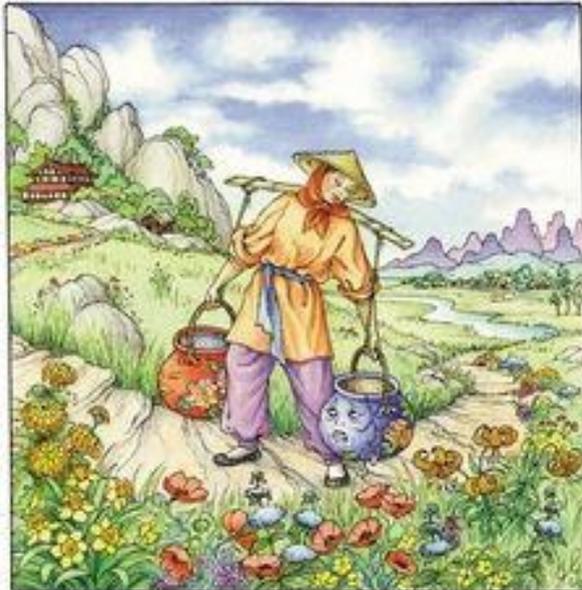
house."

The bearer said to the pot, "Did you notice that there were flowers only on your side of the path, but not on the other pot's side? That's because I have always known about your flaw, and I planted flower seeds on your side of the path. Every day while we walk back, you've watered them. For two years I have been able to pick these beautiful flowers to decorate the table. Without you being just the way you are, there would not be this beauty to grace the house."

*Moral: Each of us has our own unique flaws. We're all cracked pots. But it's the cracks and flaws we each have that make our lives together so very interesting and rewarding. You've just got to take each person for what they are, and look for the good in them.*

Author: Unknown

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





## Advanced Counselling Skills - Level 3

Commencing September 2014

Exploring Counselling Skills and Theory From a  
Christian Perspective

## Advanced Diploma in Counselling - Level 4



Commencing September 2014

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

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

More information available from UCHM  
01484 461 098 [training@uchm.org](mailto:training@uchm.org)  
[www.uchm.org](http://www.uchm.org)

## Upcoming Training -

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



### Egan Skilled Helper Model

Trainer: Barbara Joyce

Friday 28th and Saturday 29th March 2014 -  
9.00am—5.30pm

### Assessment Training

Trainer: Helga Taylor



Friday 4th April 2014 -  
9.30am—4.30pm



### Spiritual Abuse

Trainers: Peter Barraclough and  
Gail Coleman

Saturday 17th May 2014 -  
9.30am—4.30pm

## **Eating Disorders and Addictions**

Trainers: Jackie Darke and Susan Kepczyk



Friday 6th and Saturday 7th June 2014 -  
9.30am—4.30pm



## **Racial Awareness**

Trainer: Helga Taylor

Friday 13th June 2014 -  
9.00am—5.30pm

## **Child Protection**

Trainer: Sandra Conaghan



Saturday 14th June 2014 -  
9.00am—5.30pm



## **Working With Depression in a Pastoral Care Setting**

Trainer: Helga Taylor

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

## **Brief Therapy**

Trainer: Michael Huxley

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



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.

# Smiling Through the Storms

**A** little girl walked to and from school daily. *Though the weather that morning was questionable and clouds were forming, she made her daily trek to the elementary school.*

*As the afternoon progressed, the winds whipped up, along with thunder and lightning. The mother of the little girl felt concerned that her daughter would be frightened as she walked home from school and she herself feared that the electrical storm might harm her child.*

*Following the roar of thunder, lightning, like a flaming word, would cut through the sky full of concern; the mother quickly got into her car and drove along the route to her child's school.*

*As she did so, she saw her little girl walking along, but at each flash of lightning, the child would stop, look up and smile.*

*Another and another were to follow quickly and with each, the little girl would look at the streak of light and smile.*

*When the mother's car drove up beside the child, she lowered the window and called to her, "What are you doing? Why do you keep stopping?"*

*The child answered, "I am trying to look pretty, God keeps taking my picture"*



*Face the storms that come your way and don't forget to SMILE!"*

# UCHM News

- **Team News**

We welcome Julie McEwan as an evening receptionist for Monday evenings, and Maggie Pereira who is working in training admin on Tuesdays.

- **WISH Project**

Thank you to everyone who collected the WISH tokens out of the Examiner. We collected 7,768 tokens which raised £116.10 for the charity.

- **Easyfundraising**

Thank you to everyone who uses Easyfundraising when they shop online, as we have recently received a cheque for £16.33.

If you would like to sign up to raise money for UCHM while you shop online, then go to [www.easyfundraising.org.uk/uchm](http://www.easyfundraising.org.uk/uchm) to find out more.



# *Would You?*

*Would you die for Jesus,  
The way He died for you?  
Or, would you bow your head  
And say, "This, I can't do?"*

*What if Jesus, Himself, said  
To His Father, up above,  
"Why do I have to die for them?  
They lack in Faith, and Love?"*

*What if our Heavenly Father said;  
"Son, I'll spare you from the cross.  
You don't have to perish  
For the sinners that are lost."*

*It would be sad, for all of us,  
To look into the face  
Of our Father, up above,  
Without His Saving Grace.*

*God could have said,  
"I don't think it's wise  
To punish My Son,  
For their wicked demise."*

*But, I'm so glad*

*That God told His Son,  
"It's a huge sacrifice.  
But, it has to be done."*

*For God loved us so much,  
He let His Son take our place;  
When He died on that cross,  
For the whole human race.*

*Easter's when Jesus  
Arose from His grave,  
Sacrificing His own life,  
So that we could be saved.*

© 2002 by Vickie Lambdin



*Psalm 107:8 "Let them thank the Lord for his  
steadfast love, for his wonderful works to the sons of  
men!"*

# The Birdcage

There once was a man named George Thomas, pastor in a small New England town. One Easter Sunday morning he came to the Church carrying a rusty, bent, old bird cage, and set it by the pulpit. Eyebrows were raised and, as if in response, Pastor Thomas began to speak...

"I was walking through town yesterday when I saw a young boy coming toward me swinging this bird cage. On the bottom of the cage were three little wild birds, shivering with cold and fright. I stopped the lad and asked, "What you got there, son?" "Just some old birds," came the reply.

"What are you gonna do with them?" I asked.

"Take 'em home and have fun with 'em," he answered. "I'm gonna tease 'em and pull out their feathers to make 'em fight. I'm gonna have a real good time." "But you'll get tired of those birds sooner or later. What will you do?"

"Oh, I got some cats," said the little boy. "They like birds. I'll take 'em to them." The pastor was silent for a moment. "How much do you want for those birds, son?"

"Huh?? !!! Why, you don't want them birds, mister. They're just plain old field birds. They don't sing. They ain't even pretty!" "How much?" the pastor asked again. The boy sized up the pastor as if he were crazy and said, "\$10?"

The pastor reached in his pocket and took out a ten dollar bill. He placed it in the boy's hand. In a flash, the boy was gone.

The pastor picked up the cage and gently carried it to the end of the alley where there was a tree and a grassy spot. Setting the cage down, he opened the door, and by softly tapping the bars persuaded the birds out, setting them free.

Well, that explained the empty bird cage on the pulpit, and then the pastor began to tell this story.

One day Satan and Jesus were having a conversation. Satan had just come from the Garden of Eden, and he was gloating and boasting. "Yes, sir, I just caught the world full of people down there. Set me a trap, used bait I knew they couldn't resist. Got 'em all!"

"What are you going to do with them?" Jesus asked.

Satan replied, "Oh, I'm gonna have fun! I'm gonna teach them how to marry and divorce each other, how to hate and abuse each other, how to drink and smoke and curse. I'm gonna teach them how to invent guns and bombs and kill each other. I'm really gonna have fun!"

"And what will you do when you get done with them?" Jesus asked. "Oh, I'll kill 'em," Satan glared proudly. "How much do you want for them?" Jesus asked.

"Oh, you don't want those people. They ain't no good. Why, you'll take them and they'll just hate you. They'll spit on you, curse you and kill you. You don't want those people!!"

"How much?" He asked again. Satan looked at Jesus and sneered, "All your blood, tears and your life." Jesus said, "DONE!" Then He paid the price.

The pastor picked up the cage he opened the door and he walked from the pulpit.

Author Unknown



# Prayer Diary

## March

3 <sup>rd</sup>	Advanced Counselling Skills Level Three
4 <sup>th</sup>	Advanced Diploma in Counselling Year Two Group Supervision UCHM Monthly Worship Time
11 <sup>th</sup>	Advanced Diploma in Counselling Year One
12 <sup>th</sup>	Level Two training at Manchester Christian College
14 <sup>th</sup> –15 <sup>th</sup>	Introduction to Christian Counselling Level Two
17 <sup>th</sup>	Advanced Counselling Skills Level Three
18 <sup>th</sup>	Advanced Diploma in Counselling Year Two
25 <sup>th</sup>	UCHM Manager's Meeting Advanced Diploma in Counselling Year One
26 <sup>th</sup>	Level Two training at Manchester Christian College
28 <sup>th</sup> –29 <sup>th</sup>	Egan Skilled Helper Model
31 <sup>st</sup>	Advanced Counselling Skills Level Three

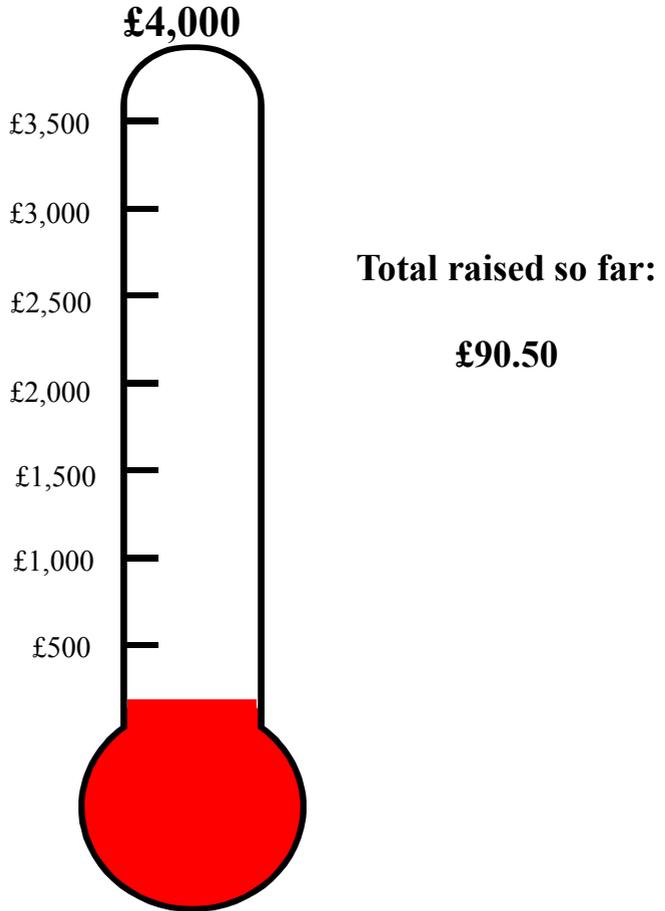
## April

1 <sup>st</sup>	Advanced Diploma in Counselling Year One Advanced Diploma in Counselling Year Two Group Supervision UCHM Monthly Worship Time
8 <sup>th</sup>	Finance and Property Committee Meeting
9 <sup>th</sup>	Level Two training at Manchester Christian College
11 <sup>th</sup> –12 <sup>th</sup>	Introduction to Christian Counselling Level Two
14 <sup>th</sup>	Advanced Counselling Skills Level Three
15 <sup>th</sup>	Advanced Diploma in Counselling Year One Advanced Diploma in Counselling Year Two
18 <sup>th</sup> - 22 <sup>nd</sup>	Centre Closed for Easter
29 <sup>th</sup>	UCHM Manager's Meeting Advanced Diploma in Counselling Year One Advanced Diploma in Counselling Year Two

## May

5 <sup>th</sup>	Centre Closed for May Day
6 <sup>th</sup>	Advanced Diploma in Counselling Year Two Group Supervision UCHM Monthly Worship Time
12 <sup>th</sup>	Advanced Counselling Skills Level Three
13 <sup>th</sup>	Advanced Diploma in Counselling Year One
19 <sup>th</sup>	Advanced Counselling Skills Level Three
20 <sup>th</sup>	UCHM Manager's Meeting Advanced Diploma in Counselling Year Two
26 <sup>th</sup> - 27 <sup>th</sup>	Centre Closed for Spring Bank Holiday

# UCHM's Balcony Conversion Appeal



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

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

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

# A Crown of Thorns

There was, upon this earth, a Saviour  
Who came to cleanse and heal.  
He wore a crown of thorns upon His head,  
Our souls to ever seal.

He gave up the crown of Glory  
That was rightfully His, that day ~  
That He came to earth to give  
Unto all men, a glorious stay.

He put aside His own sweet crown,  
His signet ring that day,  
That, maybe, all would come and walk  
In His dear righteous way.

He loved us with a love so pure.  
On His head He wore a crown of thorns,  
That His love would cleanse the world  
And man could be reborn.

Mighty is the name of this Saviour,  
Jesus. He redeemed the day  
For all who would accept Him  
And walk along His righteous way.

They hung Him upon  
an old rugged Cross,  
A thief on either side.

But, the day He comes back, again,  
He'll take us to be His bride.

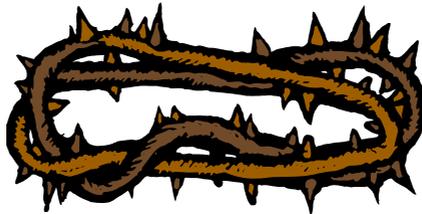
If we give our Hearts to Him  
Who bore our shame on Calvary's Cross,  
Though we've sinned o'er and o'er,  
We'll suffer no loss ...

But, only if we claim Him as Saviour  
And are not filled with shame.  
Then, that fateful day, in Glory,  
He'll proudly proclaim our name.

This is the love of one so dear ~  
That He suffered agonizing pain  
So, when this life on earth is over,  
Through Him, we'll be joined again.

By His tender mercies and pain  
Of a crown of thorns upon His head,  
He will raise us up to Glory, as was He  
After they pronounced Him dead.

© 2002 by Pearlie Duncan Walker



*John 19:5 "Pilate said to them, 'Behold the man!'"*

# "Don't Quit"

*Don't quit when life is at its lowest  
For it just about to turn,  
Don't quit over doubts and questions  
For there's something which may be born.*

*Don't quit when the night is darkest  
For it's just a while 'till dawn,  
Don't quit when you've run the farthest  
For the race is almost won*

*Don't quit when the hill is steep  
For your goal is almost high,  
Don't quit for you're not a failure  
Until you fail to try.*

*Author: Lalayn*

*Taken from <http://www.scrapbook.com>*



# Don't We All?

One evening I was parked in front of the mall wiping off my car. I had just come from the car wash and was waiting for my wife to get out of work. Coming my way from across the parking lot was what society would consider a bum. From the looks of him, he had



no car, no home, no clean clothes, and no money. There are times when you feel generous but there are other times that you just don't want to be bothered. This was one of the "Don't want to be bothered" times.

"I hope he doesn't ask me for money," I thought. He didn't. He came and sat on the curb in front of the bus stop and he didn't look like he could have enough money to even ride the bus. After a few minutes he spoke. "That's a very nice car," he said. He was ragged but had an air of dignity around him. I said, "Thanks," and continued wiping off my car.

He sat there quietly as I worked. The expected plea for money never came. As the silence between us widened, something inside said, 'ask him if he needs any help.' I was sure that he would say yes, but I held true to the inner voice.

"Do you need any help?" I asked. He answered in three simple but profound words that I shall never forget. We often look for wisdom in great men and women. We expect it from those of higher learning and accomplishments. I expected nothing but an outstretched grimy hand. He spoke three words that shook me.

"Don't we all?" he said.

I needed help. Maybe not for bus fare or a place to sleep, but I

needed help. I reached in my wallet and gave him not only enough for bus fare but enough to get a warm meal and shelter for the day. Those three little words still ring true. No matter how much you have, no matter how much you have accomplished, you need help too. No matter how little you have, no matter how loaded you are with problems, even without money or a place to sleep, you can give help. Even if it's just a compliment, you can give that.



You never know when you may see someone that appears to have it all. They are waiting on you to give them what they don't have. A different perspective on life, a glimpse at something beautiful, a respite from daily chaos, that only you through a torn world can see.

Maybe the man was just a homeless stranger wandering the streets. Maybe he was more than that. Maybe he was sent by a power that is great and wise to minister to a soul too comfortable in themselves.

Maybe God looked down, called an Angel, dressed him like a bum, then said, "Go minister to that man cleaning the car, that man needs help."

"Don't We All?"

Author Unknown  
Taken from Butlerweb.com

*Psalm 121:1-2 "I lift up my eyes to the hills. From whence does my help come? My help comes from the Lord, who made heaven and earth."*



# The 'Triple Filter' Test

In ancient Greece, Socrates was reputed to hold knowledge in high esteem. One day an acquaintance met the great philosopher and said, "Do you know what I just heard about your friend?"

"Hold on a minute," Socrates replied. "Before you talk to me about my friend, it might be good idea to take a moment and filter what you're going to say. That's why I call it the triple filter test. The first filter is Truth. Have you made absolutely sure that what you are about to tell me is true?"

"Well, no," the man said, "actually I just heard about it and..."

"All right," said Socrates. "So you don't really know if it's true or not. Now, let's try the second filter, the filter of Goodness. Is what you are about to tell me about my friend something good?"

"Umm, no, on the contrary..."

"So," Socrates continued, "you want to tell me something bad about my friend, but you're not certain it's true. You may still pass the test though, because there's one filter left—the filter of Usefulness. Is what you want to tell me about my friend going to be useful to me?"

"No, not really."

"Well," concluded Socrates, "if what you want to tell me is neither true, nor good, nor even useful, why tell it to me at all?"

# UCHM Charity Shop



Our charity shop is located at 56 Market Street,  
Milnsbridge, Huddersfield



## Having a clear out?

Donations of goods are always welcome -  
and if you are a tax payer then ask for a form  
so we can claim Gift Aid back on items sold!

## Have half a day or more a week to spare?

Volunteers wanted - contact us for details

## Opening Hours:

Monday 9.15 - 4.30

Tuesday closed

Wednesday 9.00 - 4.15

Thursday 9.00 - 4.15

Friday 9.00 - 4.15

Saturday 10.00 - 2.00