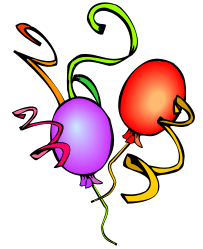
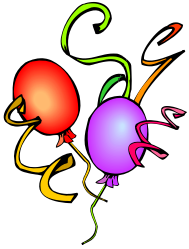


United Churches Healing Ministry

Healing Leaves

The Newsletter of the United Churches Healing Ministry



Celebrating



20

Years

1992 - 2012

September,
October,
November,
2012



Helga's Editorial



Philippians 3:13-14

"Forgetting things which are behind and reaching forward to those things which are ahead, I press toward the goal for the prize of the upward call of God in Christ Jesus."

Dear Friends,

What a special time this is for UCHM. 20 years ago four members of Scapegoat Hill Baptist Church were called by God to form a Pastoral Counselling team. Initially we worked from the Church and from counsellor's homes.

One of the tests for authenticating that the voice of the Holy Spirit has really been heard is "did the calling of God actually happen?"

Well today we celebrate that it really was His voice and reflect on the amazing faithfulness and provision of the Lord and our honouring of Him in all parts of UCHM's work and calling. We have a lovely building; accreditation as Christian Counsellors; an accredited Counsellor Training Programme and a good name in the counselling field. We have been privileged to counsel and train many clients and students while supporting the growth of Christian counselling in the wider field.

Recently, as I watched this year's special Olympic Games, I recognised that it wasn't just the athletes who achieved their medals but being part of Team GB, which included Scotland, Wales and Northern Ireland, along with the amazing crowd who supported and encouraged them and were also a major part of the athlete's great achievements.

Today, you who are reading this also play a special part in UCHM's continuing ability to serve God in the Community. We so appreciate you, your faithful prayer support and giving. You enable us to continue to grow and serve at a time when even the country's Banks are struggling.

To all who have been a part of UCHM in any way, which of course includes all past volunteers, we continue to value you and thank God for you. Thank you for all your help and support and please continue to play your part in the work of UCHM and the achievements of the Ministry.

In our service for God we often experience hardship. We have to dig deep into the life of the Holy Spirit to be able to stand day by day and absorb and contain the hurt and heartbreak of so many people. Serving together, along with members of the team who were part of the early ministry, demonstrates not only our faithfulness but is a miracle of love for God and one another.

Please join us at our service of Celebration on the evening of 6th November for a cream tea and a time of great rejoicing and thankfulness to God. We know that He continues to have plans for our future. We want to follow Him and let Him bring even more of His vision into view.

In this special team of workers, He has found a people who love Him with all our hearts and no sacrifice or personal struggle is too much for us to honour God and love His people.

Love

Helga

Upcoming Training -

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

WORKING WITH ANGER IN PASTORAL CARE HELGA TAYLOR

A Pastoral Care training weekend which helps you to recognise the causes and expressions of anger and how to support those who have difficulty expressing and containing this emotion. There will be time to explore this from a biblical perspective and practice listening skills.

DATES: Friday 19th October 2012 6.00pm - 9.30pm
Saturday 20th October 2012 9.30am - 4.30pm **COST: £35**

CHILD SEXUAL ABUSE - Body Memories and Dissociation SAM WARNER

The aims of this course are to enable participants to be able to:

1. Identify the breadth of child sexual abuse and the range of theories and models that are drawn on to explain its effects and occurrence.
2. Identify how different understandings affect practice and our ability to understand child sexual abuse.
3. Develop a framework for making sense of the effects of child sexual abuse, focussing specifically on dissociative strategies.
4. Identify issues for assessment and intervention (including, for example, 'signs', 'symptoms', 'triggers' and coping strategies).

DATES: Friday 9th November 2012 6.00pm - 9.30pm
Saturday 10th November 2012 9.30am - 4.30pm **COST: £90**

WORKING CREATIVELY WITH THE UNCONSCIOUS MICHAEL HUXLEY

Working creatively with the unconscious aims to enable clients to make links to their inner world of unknown thoughts and feelings, where words initially do not provide a route to that rich world. 'Play' is an important route to our unconscious and the way we express ourselves. In this work shop there will be opportunity to explore a number of different modes of 'play' - different materials, objects, use of our body etc.

DATES: Friday 23rd November 2012 6.00pm - 9.30pm
Saturday 24th November 2012 9.30am - 4.30pm **COST: £75**

Contact Details:

If you have any queries about the training, or would like further information, then please contact the centre on 01484 461098 or email training@uchm.org

INTRODUCTION TO COUNSELLING SKILLS IN A CHRISTIAN SETTING

Level Two

Entry stage for anyone wanting to become a counsellor or for people involved in pastoral care work to develop their listening skills and gain a basic understanding of counselling theory

TRAINER: Helga Taylor

Starting January 2013

**4 Friday evening all day Saturday weekends over
4 months**

**For an information pack please contact us on :
Tel: 01484 461098**

Email: training@uchm.org

Advanced Counselling Skills Level Three

For anyone who has a heart for people, is involved in pastoral care and/or is interested in becoming a Christian Counsellor. Entry: 36 hour Introduction to Christian Counselling course at Level 2 or equivalent.

Diploma in Pastoral Care

Together with the UCHM Level 2 Introduction to Christian Counselling certificate this forms the UCHM Diploma in Pastoral Care

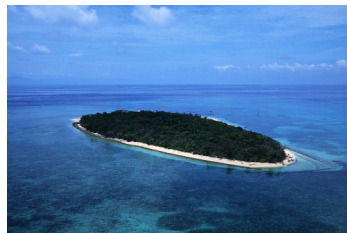
Please contact UCHM or look at our website, www.uchm.org, for the date of the next course

Tel: 01484 461098
Email: training@uchm.org

The Three Hermits

I was reminded the other day of a short story by Tolstoy, well it was short by Tolstoy's usual standard. It is called *The Three Hermits*. This is my condensed version of the story:

A Bishop was on a voyage to a monastery in Solovétsk when he gets to hear about three hermits living on a remote island near to where the ship he was on was sailing. They are reckoned to be old and foolish and don't have a lot to say even to each other. He persuades the Captain to heave to so that he can go and pay a pastoral visit to the hermits. A boat is lowered to get the Bishop to the island and as they approach he can see the three standing on the shore holding hands.



The Bishop lands and blesses the three remarking that he has heard that they live on the island praying for their own salvation and for the salvation of mankind but he discovers that the three do not know the Lord's Prayer. 'How do you pray?' He asks. 'We pray in this way,' replied one of the hermits. 'Three are ye, three are we, have mercy upon us.' 'That is not the way to pray' says the Bishop, 'this is the way we are all taught to pray.' So as he cannot stay long he tries to teach them to pray the Lord's prayer, he goes through it bit by bit with the three repeating what he has said.

The time comes for the Bishop to return to his awaiting vessel and as he returns looking back he can see the three standing on the shore holding hands reciting the Lord's Prayer. Once back on board the ship sets sail and resumes course, but something is noticed coming across the sea towards the ship, it is not another vessel and to the amazement and fear of those on board it turns out to be the three hermits, still

holding hands, shining white and “Running” across the sea!



When they reached the ship they confessed that they had already forgotten the Bishops teaching, ‘teach us again’ they cried. The Bishop crossed himself and replied “Your prayers will be heard in heaven, men of God, there is nothing I can teach you, pray for us”.

The three returned the way they came, still shining white with a humbled Bishop watching them go.

As someone once said *"There's a difference between learning prayers and prayerfulness." Christ likeness and spiritual growth does not depend on our ability to learn and recite facts, even facts about God and prayer".*

He dances on the sands

Articles for Healing Leaves



If you have anything you think would be good to go in the Healing Leaves magazine, either something you have written yourself or something you have seen elsewhere, either online or in print, then please feel free to send it to us.

All articles considered and greatly appreciated.
(Please acknowledge the source for articles which are not your own so we can put this in the magazine)

Send them to uchm@uchm.org or pop them in the post to the address on the back cover.

Thank you

Changes to Healing Leaves

Sadly, due to the rising costs of mailing out the Healing Leaves Magazine, it has been decided that we will alter the circulation of the magazine.

We will continue to produce four editions per year, however they will be distributed as follows:

December - Post and Email

March - Email **only**

June - Post and Email

September - Email **only**

To continue receiving all the copies of the magazine, please let us have your email address by contacting us on:

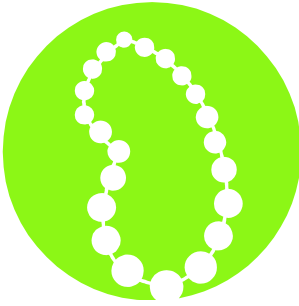
Tel: 01484 461098

Or Email: uchm@uchm.org

Alternatively paper copies will be available to pick up from the office.



Dime Store Stuff



The cheerful girl with bouncy golden curls was almost five. Waiting with her mother at the checkout stand, she saw them: a circle of glistening white pearls in a pink foil box. "Oh please, Mommy. Can I have them? Please, Mommy, please?"

Quickly the mother checked the back of the little foil box and then looked back into the pleading blue eyes of her little girl's upturned face. "A dollar ninety-five. That's almost \$2.00. If you really want them, I'll think of some extra chores for you and in no time you can save enough money to buy them for you. Your birthday's only a week away and you might get another crisp dollar bill from Grandma."

As soon as Jenny got home, she emptied her penny bank and counted out 17 pennies. After dinner, she did more than her share of chores, and she went to the neighbour and asked Mrs. McJames if she could pick dandelions for ten cents.



On her birthday, Grandma did give her another new dollar bill, and at last she had enough money to buy the necklace.

Jenny loved her pearls. They made her feel dressed up and grown up. She wore them everywhere - Sunday school, kindergarten, even to bed. The only time she took them off was when she went swimming or had a bubble bath.

Mother said if they got wet, they might turn her neck green.



Jenny had a very loving daddy, and every night when she was ready for bed, he would stop whatever he was doing and come upstairs to read her a story. One night when he finished the story, he asked Jenny, "Do you love me?"

"Oh yes, Daddy. You know that I love you."

"Then give me your pearls."

"Oh, Daddy, not my pearls. But you can have Princess - the white horse from my collection. The one with the pink tail. Remember, Daddy? The one you gave me. She's my favourite."

"That's okay, Honey. Daddy loves you. Good night." And he brushed her cheek with a kiss.

About a week later, after the story time, Jenny's daddy asked again, "Do you love me?"

"Daddy, you know I love you."

"Then give me your pearls."

"Oh Daddy, not my pearls. But you can have my baby doll. The brand new one I got for my birthday. She is so beautiful and you can have the yellow blanket that matches her sleeper."



"That's okay. Sleep well. God bless you, little one. Daddy loves you," And as always, he brushed her cheek with a gentle kiss.

A few nights later when her daddy came in, Jenny was sitting on her bed with her legs crossed Indian-style. As he came close, he noticed her chin was trembling, and one silent tear rolled down her cheek. 'What is it, Jenny? What's the matter?'

Jenny didn't say anything but lifted her little hand up to her Daddy. And when she opened it, there was her little pearl necklace. With a little quiver, she finally said, "Here, Daddy. It's for you."

With tears gathering in his own eyes, Jenny's kind daddy reached out with one hand to take the dime-store necklace, and with the other hand he reached into his pocket and pulled out a blue velvet case with a strand of genuine pearls and gave them to Jenny. He had them all the time. He was just waiting for her to give up the dime-store stuff so he could give her genuine treasure.

Jenny's father is like our heavenly Father. He also is waiting for us to give up our dime store stuff and seek Him first ... so He can fling open the windows of Heaven and pour us out such a blessing that we will not have room enough to hold it.

Author Unknown–taken from www.christianstories.com



Prayer Diary

September

4 th	Advanced Diploma in Counselling Year One Group Supervision UCHM Monthly Worship Time
5 th	UCHM Retreat Day for Affiliates and Surgeries
10 th	Advanced Counselling Skills Level Three
15 th	Assessment Training
17 th	Advanced Counselling Skills Level Three (New Course)
18 th	Advanced Diploma in Counselling Year One
22 nd	Exploring Pastoral Care and Counselling—Helga training at Sunbridge Mission church, Bradford
24 th	Advanced Counselling Skills Level Three
25 th	UCHM Managers Meeting

October

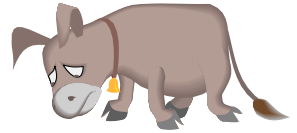
1 st	Advanced Counselling Skills Level Three
2 nd	Advanced Diploma in Counselling Year One Group Supervision UCHM Monthly Worship Time
8 th	Advanced Counselling Skills Level Three (New Course)
15 th	Advanced Counselling Skills Level Three Helga chairing the ACC Training Development Committee
16 th	Advanced Diploma in Counselling Year One
19 th - 20 th	Working with Anger in Pastoral Care Conference
22 nd	Advanced Counselling Skills Level Three (New Course)
23 rd	UCHM Managers Meeting

November

5 th	Advanced Counselling Skills Level Three
6 th	Advanced Diploma in Counselling Year One UCHM 20th Anniversary and Commissioning Service
12 th	Advanced Counselling Skills Level Three
19 th	Advanced Counselling Skills Level Three (New Course)
23 rd - 24 th	Working Creatively with the Unconscious Conference
26 th	Advanced Counselling Skills Level Three
27 th	UCHM Managers Meeting Advanced Diploma in Counselling Year One
29 th	UCHM Trustees Meeting and AGM

Shake it Off

One day a farmer's donkey fell down into a well. The animal cried piteously for hours as the farmer tried to figure out what to do. Finally he decided the animal was old and the well needed to be covered up anyway, it just wasn't worth it to retrieve the donkey.



He invited all his neighbours to come over and help him. They all grabbed a shovel and began to shovel dirt into the well. At first, the donkey realized what was happening and cried horribly. Then, to everyone's amazement, he quieted down. A few shovel loads later, the farmer finally looked down the well and was astonished at what he saw.

With every shovel of dirt that hit his back, the donkey was doing something amazing. He would shake it off and take a step up. As the farmer's neighbours continued to shovel dirt on top of the animal, he would shake it off and take a step up.

Pretty soon, everyone was amazed as the donkey stepped up over the edge of the well and trotted off!

Life is going to shovel dirt on you, all kinds of dirt. The trick to getting out of the well is to shake it off and take a step up. Each of our troubles is a stepping stone. We can get out of the deepest wells just by not stopping, never giving up! Shake it off and take a step up!

Remember the six simple rules to be happy:

1. Remember God
2. Free your heart from hatred.
3. Free your mind from worries.
 4. Live simply.
 5. Give more.
 6. Expect less.

CHOOSE HOW YOU START YOUR DAY

Michael is the kind of guy you love to hate. He is always in a good mood and always has something positive to say. When someone would ask him how he was doing, he would reply, 'If I were any better, I would be twins!'

He was a natural motivator. If an employee was having a bad day, Michael was there telling the employee how to look on the positive side of the situation.

Seeing this style really made me curious, so one day I went up to Michael and asked him, "I don't get it! You can't be a positive person all of the time. How do you do it?"

Michael replied, "Each morning I wake up and say to myself, Mike, you have two choices today. You can choose to be in a good mood or you can choose to be in a bad mood. I choose to be in a good mood.

Each time something bad happens, I can choose to be a victim or I can choose to learn from it. I choose to learn from it.

Every time someone comes to me complaining, I can choose to accept their complaining or I can point out the positive side of life. I choose the positive side of life."

"Yeah, right, it isn't that easy," I protested. "Yes, it is, Michael said. Life is all about choices. When you cut away all the junk, every situation is a choice. You choose how you react to situations. You choose how people will affect your mood. You choose to be in a good mood or bad mood.

The bottom line is: It's your choice how you live life."

I reflected on what Michael said. Soon thereafter, I left the tower industry to start my own business. We lost touch, but I often

thought about him when I made a choice about life instead of reacting to it.

Several years later, I heard that Michael was involved in a serious accident, falling some 60 feet from a communications tower. After 18 hours of surgery and weeks of intensive care, Michael was released from the hospital with rods placed in his back.

I saw Michael about six months after the accident. When I asked him how he was, he replied. "If I were any better, I'd be twins. Wanna see my scars?" I declined to see his wounds, but did ask him what had gone through his mind as the accident took place.

"The first thing that went through my mind was the well being of my soon to be born daughter," Michael replied. "Then, as I lay on the ground, I remembered that I had two choices: I could choose to live or I could choose to die. I chose to live."

"Weren't you scared? Did you lose consciousness?" I asked. Michael continued, "..the paramedics were great. They kept telling me I was going to be fine. But when they wheeled me into the ER and I saw the expressions on the face of the doctors and nurses, I got really scared. In their eyes, I read 'he's a dead man.' I knew I needed to take action." "What did you do?" I asked.

"Well, there was a big burly nurse shouting questions at me," said Michael. "She asked if I was allergic to anything. 'Yes', I replied. The doctors and nurses stopped working as they waited for my reply. I took a deep breath and yelled, 'Gravity'. Over their laughter, I told them, 'I am choosing to live. Operate on me as if I am alive, not dead.'"

Michael lived, thanks to the skill of his doctors, but also because of his amazing attitude. I learned from him that every day we have the choice to live fully. Attitude, after all, is everything.

- Author Unknown - taken from www.motivational-messages.com

The Computer Contest

Jesus and Satan were having an ongoing argument about who was better on their computer. They had been going at it for what seemed like an eternity.

Finally God said, "Cool it you two, I will conduct a contest that will last 2 hours, and I will judge who does the best job. So Satan and Jesus sat down at their keyboards and went at it.

They typed.
They moused.
They did spreadsheets.
They wrote reports.
They sent faxes.
They sent e-mails.
They sent attachments.
They downloaded.
They made cards.



They did every known job that a computer could do. But 5 minutes before their time was up, lightning suddenly flashed across the sky, thunder clapped, the rain poured, and of course the electricity went off. Satan stared at his blank screen and screamed every curse word known in hell. Jesus just sighed.

The electricity flicked and then came back on. They both restarted their computers. Satan started searching frantically and screamed, "It's gone. It's all gone. I lost everything when the power went off."

Meanwhile, Jesus quietly started printing out all of the files from the past 2 hours. Satan observed this and became irate.

"Wait! He cheated! How did he do it?"

God shrugged and said, "Jesus saves."

How They Forecast a Cold Winter

One day in early September the chief of a Native American tribe was asked by his tribal elders if the winter of 2011/12 was going to be cold or mild. The chief asked his medicine man, but he too had lost touch with reading signs from the natural world around the Great Lakes.

In truth, neither of them had idea about how to predict the coming winter. However, the chief decided to take a modern approach, and the chief rang the National Weather Service in Gaylord, Michigan.



'Yes, it is going to be a cold winter,' the meteorological officer told the chief. Consequently, he went back to his tribe and told the men to collect plenty of firewood.

A fortnight later the chief called the Weather Service and asked for an update. 'Are you still forecasting a cold winter?' he asked. 'Yes, very cold', the weather officer told him.

As a result of this brief conversation the chief went back to the tribe and told his people to collect every bit of wood they could find.

A month later the chief called the National Weather Service once more and asked about the coming winter. 'Yes,' he was told, 'it is going to be one of the coldest winters ever.'

'How can you be so sure?' the chief asked.

The weatherman replied: 'Because the Native Americans of the Great Lakes are collecting wood like crazy.'

UCHM CELEBRATES

1992 – 2012

20 Years

Our annual Thanksgiving and Commissioning Service on Tuesday, 6th November will be the focus of our celebration. The aim of the celebration will be to give glory to God, for His faithfulness, His grace, His compassion and His provision.

We are gathering testimonies together from people that have had any contact with UCHM, whether through training, counselling, pastoral care, Israel pilgrimages, use of facilities etc and have known the Lord's blessing in any way. If this has been your experience, we would invite you to write to us and share your story. Please be aware, we are not looking for praise or details about any UCHM worker involved – but how God has blessed you.

So, remember the date for your diary: 6th November

You are warmly invited to join us as UCHM

GIVES GLORY TO GOD

Please mark any testimonies for the attention of Liz

Celebrating Our Achievements Over 20 Years:

My connection with UCHM goes back a long way to the time the ministry was based in St. James Church Slaithwaite, that's where I first went for counselling, a chance meeting with someone signposted to me the way to go for help.

Although I was a Christian at the time I was an emotional wreck, I saw counselling as me being weak and I have to say that I was ashamed to tell people I was being counselled. I just thank God that I found UCHM at that time. It has taken many years for God to work in me, giving me a true sense of who I am and giving me the courage to face working through all my insecurities and inner pain, but in God's grace He led me to UCHM.

That was the start of my journey towards emotional maturity and freedom. I really want to thank everyone who walked with me and encouraged me, and wish them God's blessing on the work now and in the years to come.

2 Corinthians 3: 17 ***“Now the Lord is Spirit and where the Spirit of the Lord is, there is freedom”***

Madeline Moore

I first attended for counselling in 1989 when the ministry was then Scapegoat Hill Healing Ministry and I know it was the Lords leading for me to attend. I had been recommended to go for counselling by a friend, and I didn't really know why I was going for counselling. I was desperate for help. I had been struggling with a skin rash that had become worse over a number of years and I had to be hospitalised 3 times for periods of 3 weeks.

On attending counselling I learned that I was oppressed, I didn't really fully understand at the time what was meant, but through counselling the rash began to clear up and a year later I was baptised in the Holy Spirit. It was literally like weights had been lifted off my shoulders.

I have had several visits over the past 20 years for counselling when it has been the right time and God has blessed me so much through the ministry of UCHM. It has been amazing when I have gone for counselling for something then the Lord has opened up other areas I didn't know I was going for that needed dealing with. God knows best though, He is in control and it has been a painful journey but well worth it.

In 2006, I went on my first Israel pilgrimage with UCHM. This was the Lord's leading I had the witness, word and circumstances to go and through that journey I was introduced to Aglow International and now we have a candlelight chapter in Dewsbury. I went again in 2010 to Israel and the Lord spoke there again re: going on a prayer for Israel journey. 6 months later I found myself in Israel again with Aglow International on a Prayer for Israel Journey.

The first verse I was given in counselling was Psalm 37:7 – Be still before the Lord and wait patiently for Him, and it was worth waiting as I know (although not at the time) He wanted me to learn more of Him, to grow closer and trust Him more and learn more about myself. I could probably say a lot more, God has blessed me so much, and I just want to give Him the glory for all He has done for me through the ministry of UCHM.

Blessings
Liz Nichols

I have enjoyed serving with you all and I am sure UCHM will go on being a tremendous resource and blessing to the clients, counsellors and community, in the professional way it presents the Lord's work and it is an shining example of good practice that I have been proud to associate with albeit a small part.

Steven Peters

Former Affiliated Standards Committee Member

My story with UCHM by Sandra McSweeney

UCHM are my employer and the place where I met my husband, so I don't know what my life would be like without them.

I first heard about UCHM through the friend of a friend. She encouraged us to attend a conference that was being held in St John's church in Golcar (it must be around 18 years ago). I can't remember what the subject was, but I believe God used this event to put UCHM into my heart.

From this day I felt strangely pulled to offer my help to them as a volunteer, but for a long time I pushed it to the back of mind as I didn't know what I could offer to a counselling service. Then one day an envelope arrived. It had been addressed incorrectly, and there were at least 3 different alterations to the address saying 'try this'. Inside was the Healing Leaves magazine and it spoke of UCHM having to close for several months over the summer. It was as though God was saying, 'see how I have struggled to get this news to you. Offer them your help'.

So I gave in, not knowing what I could do - I rang Helga and she met with me and said they needed a receptionist on a Thursday evening. That was the start.

A little while after this I said to God one day while praying, it would be nice to be able to use my office skills to work for you, and not just to help the company who employ me to make a profit for themselves. It was more like a passing thought than a deep conviction, but God took me at my word and a few weeks later I was made redundant.

UCHM were going to Israel, and with time on my hands I offered to man the office for a few days, which was in St James church in Slaithwaite at that time. Just before this was due to happen I was offered a part time job with Kirklees Council who wanted me to start straight away. I explained I had this commitment, and although they tried different ways to fit the part time job around it, it couldn't be worked out. I wondered what God was doing, bringing the hope of this new job but at a time when I couldn't take it unless I broke my commitment to UCHM. But looking back I think he honoured that commitment because a few days later Kirklees rang me back and offered me another part time job in a different department, and this job started after the UCHM Israel trip. And a few months further on the first job that I was interviewed for became vacant again and they offered it to me, so here I was employed full time again (albeit two separate part time positions).

In the meantime UCHM had moved premises to the YMCA building in Cowlersley. As the work grew the Trustees decided they needed to employ a part time office worker, and they offered me the post. As I sought God's approval of this in prayer, one of the part time jobs at Kirklees came to the end of its contract and was not renewed. I was informed I needed to get written permission from the Personnel Dept. to take the part time work at UCHM as well as working for Kirklees part time. I could already sense God's hand in the timing, but thought if permission was given this would be indication that God meant me to

have the job at UCHM, and the permission was granted. Then six months later just as my remaining part time job with Kirklees reached the end of its temporary contract, UCHM offered me a full time position.

So miraculously- two years after my prayer to be able to use my office skills for God - it had come about and I felt so privileged to be able to earn my living in His service. When I first got the job at Kirklees I wondered why God had taken me there, but all the new skills I learned while working there, especially in personnel, have been put to use in UCHM, so I can now see why.

It was through working at UCHM that I met Phil, who was a student on the counselling course and later a counsellor there. Again I can see how God orchestrated that we should meet, then grow a friendship that developed into love and marriage. Due to our finances we were only going to have a small wedding with very few guests, but our family in Christ at UCHM and the two churches we attended had other ideas, and they organised a faith reception. It was such a special and most wonderful day, with love demonstrated in practical ways of giving food, flower arrangements, decorating the hall, singing and dancing, you name it, it was all provided in love. It was deeply moving and will live in our hearts forever.

The prayer and spiritual side of UCHM, quiet days, conferences, worship times, have also had a massive impact on my spiritual walk with God. I love my church but UCHM fed me spiritually in a way that church couldn't. There are many illustrations I could share of special God moments, but to keep this brief I can only say that because of the way God has used UCHM I am the very happy and blessed person I am today.

Reflections on UCHM - 20 years on!

Thinking back to pre-UCHM days is to go back to where it all started, as Scapegoat Hill Baptist Christian Counselling Team. In 1990 -91 counselling was still a fairly new profession. Accredited Christian counselling had not yet been born! So UCHM came into being at a time when there were no guidelines set down, no code of ethics, very little accountability and no proper training. Things have moved on apace since then. I was recently reading minutes of the early Trustees meetings (Dec 1991) and came across a comment from the pastors of the 'umbrella' churches stating that UCHM should become a Centre of Excellence for Christian Counselling. Rather heady words considering where we were, at the beginning of our journey.

Because there was so little training, Helga began to write conferences on different topics. We worked out of the Vicar's Vestry at St James' Church, Slaithwaite from 1992 - 1996. During those four years at times there were 15 people counselling and a faithful band of volunteer receptionists.

Within a couple of years the Association of Christian Counsellors was formed. We encouraged our counsellors to enter into training and to apply for accreditation. Some did not want to pursue this but others went on to train and become accredited.

By September 1996 all Helga's training material had developed into our own 3 year training programme. Since that time we have had 112 people training and practicing as counsellors at UCHM. Now the quality of the service offered is recognised by GP's, Psychological Services, local universities etc.

That may sound impressive, but it begs the question 'how did we get here?' Because we certainly didn't set off with any great skills and talents of our own. What has happened is that we have walked in the bit of light the Lord has given us until He has given us more.

There have been many challenges with getting courses accredited, so the option is give up and defend yourself or rise to meet the challenge. We have always sought to choose the latter. The British Association for Counselling & Psychotherapy (BACP) is one of the major professional bodies in the counselling world. They worked with us until we met all the standards to become a BACP Accredited Service. We are one of only eight in the Yorkshire / Humberside region and the only one explicitly Christian. Responding to the challenges has caused us to grow, to improve the quality of what we offer, to have the professionalism and skills of the other helping agencies out there, and to do this as a Christian charity.

Are we proud? Yes, proud of the dedication of our students who become competent counsellors and then go on to serve the Lord in their own areas; proud that the Lord graciously meets with those who come in need and find help; proud when people come to visit and see the Lord and His work - not us

We have a lovely Centre to work from. Many, many people speak of the peace they feel when walking into the building. Students get excellent training, client feedback is positive, but how vital it is that we have our feet very firmly on the ground. It comes down to the walk of faith, trusting the Lord to lead us. The Lord isn't interested in big names and success, the only big name around here is HIS! I love the way Graham Kendrick expresses this "He turns our weaknesses into His opportunities, so that the glory goes to Him". 1 Corinthians 1:27 says "But God chose the foolish things of the world to shame the wise; God chose the weak things of the world to shame the strong." That keeps our feet firmly on the ground!

Looking back it makes me chuckle as I ask the Lord how He managed to bring us from 'there' to 'here'. You probably have heard it said, "a man asks another man for directions to a certain place - the other man replies 'well, if you're going there, I wouldn't have set off from here'" What safety there is in knowing our lives are in His hands and He directs our paths.

Liz Hardy - Director

“COME SEE THE PLACE” – UCHM’s Israel Pilgrimages

In Matthew 28:6 the angel addresses the women looking for Jesus’ body saying ‘... come see the place...’ (where His body had laid). I believe that this invitation is still offered to us today.

After years of dreaming of going to Israel, in 1990 the dream came true. Since coming to know the Lord as my Saviour in 1979 nothing has impacted my faith as much as going to the Holy Land. I just love sharing what I have learned. In 1996 UCHM led our first pilgrimage to Israel. Phil Hunter (Exobus) organised the pilgrimage with Helga leading very special times of meditation.

Since then it has been our immense privilege to lead numerous tours. It is such a pleasure to see the impact Israel has upon the pilgrims. This is on many levels. Actually seeing the places whose names we are familiar with from the scriptures makes such a difference when we read the Word. These places are real, they do exist and it really happened here. Comprehending the setting increases our understanding of the Bible. Learning about the Jewish world that Jesus lived in and was such a part of helps us correct any ‘western’ (mis)interpretation we have absorbed and opens up deeper understanding of the original meaning of the scriptures. Spending times of meditation and worship with other believers is very precious.

Over the years the Lord has touched many on the pilgrimages, restoring or deepening faith, healing bodies and relationships, touching marriages, and calling into ministry. To walk where Jesus walked, to look at the same hills He looked at is such a blessing. It is His land. And just as an added bonus, it is a beautiful land, full of sunshine, flowers and life.

Our next pilgrimage “Come, see His land” is going on 16 May 2013.



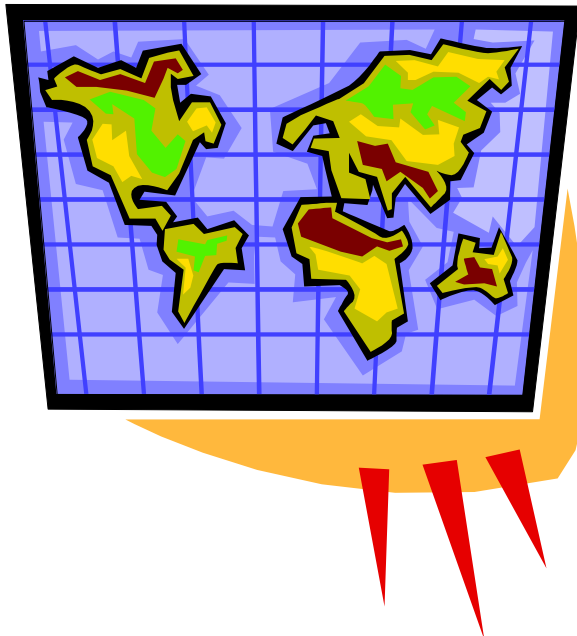
THE WORLD MAP

A father wanted to read the paper, but was being bothered by his little daughter, Vanessa.

Finally, he tore a sheet out of his magazine, on which was printed the map of the world. Tearing it into small pieces, he gave it to Vanessa, and said, "Go into the other room and see if you can put this together."

After a few minutes, Vanessa returned and handed him the map correctly fitted together. The father was surprised and asked how she had finished so quickly.

"Oh," she said, "on the other side of the paper was a picture of Jesus. When I got Jesus in His place, then the world came out all right."



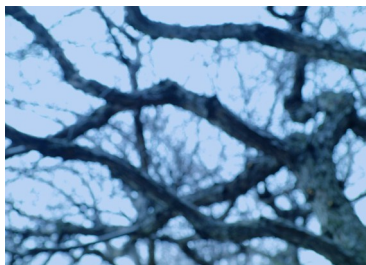
The Tree

Angela Jackson

As I look this morning at the tree at the bottom of the garden it reminds me of how nature and our lives can be closely linked. The tree has almost shed all its leaves in preparation for winter which enables me to see the branches which had previously been hidden from view. Some of them look strong and sturdy but some of them look quite weak and flimsy, so I know which ones to be careful with and which ones could do with removing altogether but I also know the ones which are its 'backbone' and keeping it tall and strong, conveying the life giving sap to the rest of the tree. When summer returns all this will be hidden from view again by the leaves and possibly forgotten for a time.

How much like the tree are we sometimes? Hiding our strengths and weaknesses under our foliage in an attempt to prevent the rest of the world (or even our self) seeing what we are really like, in some vain attempt to protect ourselves. But, it is important that we see the bits which need removing so they do not spoil or damage the rest of the tree either by remaining where they are or through falling off.

When a branch tears from a tree not only does it leave a scar it occasionally hurts passers by as it falls. In the hands of a skilled tree surgeon a branch can be taken out with minimal scarring and is brought to the ground safely and effectively. Praise God for His pruning knife, it is every bit as important as the leaves.



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