



## Helga's Editorial

**Malachi 3:6 "For I the Lord do not change"**

**Hebrews 13:8 "Jesus is the same, yesterday and today and forever"**

**Dear Friends,**

Well, what a summer we have had and how wonderfully uplifting and healing it has been to watch people, flowers, birds and animals relaxing and enjoying the weather.

I always feel sad at this time of year when I see the early nights creep in and the leaves fall from the trees. I want to stop the clock and remain in this place of summer forever.

Change is the human condition. I don't know whether you have ever meditated in this thought. From the actual moment of birth we are changing. We change from a dark, safe, protected life in the womb to emerge into a noisy, bright and complicated world. We learn to eat, control our limbs, separate from our parents, become our own person, go to school, marry, have children of our own etc. Our bodies change and age. The seasons change along with the world in which we live.

We change spiritually as we are born again in Jesus by believing in His death for us and by receiving forgiveness for our sins.

It is important for us to see God as the One who never changes. He does not grow old, change His mind, have bad moods or deal with us in a capricious fashion. He is the one person in our lives here on earth and in eternity that will never change. As He has been in our lives so far, so will He ever be.

Jesus is the same, Yesterday, Today and Forever. He wants us to mature in our faith and trust Him more. He wants us to know that His presence and friendship will shelter, guide and lead our entire journey through life. The same friend who has been with us during our lifetime on earth will be with us in the valley of the shadow of death and bring us through to eternal life.

As well as having an individual plan for our lives, God has a plan for UCHM. As He leads us on to discover His plans and negotiate change, may He find us a people who love and trust Him. A people who follow Him because we love Him. A people who are stable in our witness because our roots go down into the life of God who never changes. May we continually seek to serve Him and His people more and may He bear His fruit through us.

With love and thanks for your fellowship in the Gospel; for the way you encourage us; for your prayers and love.

THANK YOU.

Helga

Quote- "The only thing that doesn't change is change". Anonymous



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Is hosting a Training Assessment Day  
for the British Association for  
Counsellors and Psychotherapists

**"THE BACP CERTIFICATE OF  
PROFICIENCY ASSESSMENT" -  
for entry onto the Accredited  
Voluntary Register**



**Friday 22<sup>nd</sup> November 2013**  
1.30 pm - 5.00 pm

The Certificate of Proficiency is your route of entry onto the BACP Register if you are in the **MBACP** category of membership, or the new **Individual Member** category and have not completed a BACP accredited course. If you are working towards accreditation you are still welcome to sit the assessment to get onto the Register, and once you are accredited your registered status would change to reflect this.

Contact us for a booking form with more details or to book on

# "Sweet Lemonade"

Life is like sweet lemonade  
You savour every taste  
Live it to its fullest  
Never a day should you waste.

Drink in all your surroundings  
Fill yourself from within  
Close your eyes and relish it all  
Enjoy everything once again.

This is nourishment for your soul  
It will quench your appetite  
The hunger that grips your very core  
Can also give you sheer delight.

Feed upon the bounty before you  
Don't ever be afraid  
Just venture out and take a sip  
Because life is like sweet lemonade.

*Author: Jodi Seidler*

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



# **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**

**17-18 January 2014**

**14-15 February 2014**

**14-15 March 2014**

**11-12 April 2014**

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

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

**Advanced Counselling Skills**

Trainer: Helga Taylor

Friday 13th September and Saturday 14th  
September 2013 — 9.30am—4.30pm

**Domestic Abuse Awareness Training**

Trainers: Sara Kirkpatrick and  
Susie Waddington

Friday 27th (6.00pm—9.30pm) and Saturday  
28th (9.30am—4.30pm) September 2013

**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

## **A Healing Journey - Pastoral Care**

Trainer: Helga Taylor

Friday 11th (6.00pm -9.30pm) and  
Saturday 12th (9.30am—4.30pm) October 2013

## **Post Traumatic Stress Disorder and EMDR**

Trainer: Jackie Darke

Friday 15th (6.00pm—9.30pm) and Saturday  
16th (9.30am—4.30pm) November 2013

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.

## Atheist In The Woods

An atheist was taking a walk through the woods, admiring all that the accident of evolution had created. "What majestic trees! What powerful rivers! What beautiful animals!" he said to himself.

As he walked alongside the river he heard a rustling in the bushes behind him. He turned to look, just in time to see a 7-foot grizzly charge towards him. He ran as fast as he could up the path. He looked over his shoulder & saw the bear closing in on him. He tried to run even faster, so scared that tears were coming to his eyes. He looked over his shoulder again, and the bear was even closer.

His heart was pumping frantically as he tried to run even faster, but he tripped and fell on the ground. He rolled over to pick himself up and saw the bear right on top of him raising his paw to kill him.

At that instant, he cried out, "Oh my God!"

Just then, time stopped... The bear froze; the forest was silent; even the river stopped moving. A bright light shone upon the man, and a voice came out of the sky, saying, **"You deny My existence all of these years; teach others I don't exist; even credit My creation to a cosmic accident, and now do you expect Me to help you out of this predicament? Am I to count you as a believer?"**



The atheist, ever so proud, looked into the light and said, "It would be rather hypocritical to ask to be a Christian after all these years. But could you make the bear a Christian?"

"Very well," said the voice.

As the light went out, the river ran, the sounds of the forest continued, and the bear put his paw down. The man breathed a sigh of relief. Then the bear brought both paws together, bowed his head and said: "Lord, I thank you for this food, which I am about to receive."

Author unknown

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



# Prayer Diary

## September

2 <sup>nd</sup>	Advanced Counselling Skills Level Three (new)
3 <sup>rd</sup>	Advanced Diploma in Counselling Year Two Group Supervision UCHM Monthly Worship Time
9 <sup>th</sup>	Advanced Counselling Skills Level Three
13 <sup>th</sup> —14 <sup>th</sup>	Advanced Counselling Skills Conference
16 <sup>th</sup>	Advanced Counselling Skills Level Three (new) Israel Pilgrimage Reunion Meeting
17 <sup>th</sup>	Advanced Diploma in Counselling Year Two
23 <sup>rd</sup>	Advanced Counselling Skills Level Three
24 <sup>th</sup>	<b>UCHM Manager's Meeting</b> Advanced Diploma in Counselling Year One
27 <sup>th</sup> -28 <sup>th</sup>	Domestic Abuse Awareness Training

## October

1 <sup>st</sup>	Advanced Diploma in Counselling Year Two Group Supervision UCHM Monthly Worship Time
4 <sup>th</sup>	Racial Awareness Conference
5 <sup>th</sup>	Child Protection Conference
7 <sup>th</sup>	Advanced Counselling Skills Level Three
8 <sup>th</sup>	Advanced Diploma in Counselling Year One
11 <sup>th</sup> —12 <sup>th</sup>	A Healing Journey Pastoral Care Conference
14 <sup>th</sup>	Advanced Counselling Skills Level Three (new)
15 <sup>th</sup>	Advanced Diploma in Counselling Year One Advanced Diploma in Counselling Year Two
21 <sup>st</sup>	Advanced Counselling Skills Level Three
22 <sup>nd</sup>	<b>UCHM Manager's Meeting</b> Advanced Diploma in Counselling Year One Advanced Diploma in Counselling Year Two

## November

4 <sup>th</sup>	Advanced Counselling Skills Level Three (new)
5 <sup>th</sup>	Advanced Diploma in Counselling Year One Advanced Diploma in Counselling Year Two Group Supervision UCHM Commissioning Service
11 <sup>th</sup>	Advanced Counselling Skills Level Three
12 <sup>th</sup>	Advanced Diploma in Counselling Year Two
14 <sup>th</sup> —15 <sup>th</sup>	Post Traumatic Stress Disorder and EMDR training
18 <sup>th</sup>	Advanced Counselling Skills Level Three
19 <sup>th</sup>	Advanced Diploma in Counselling Year One
22 <sup>nd</sup>	UCHM hosting BACP Certificate of Proficiency assessment
25 <sup>th</sup>	Advanced Counselling Skills Level Three (new)
26 <sup>th</sup>	<b>UCHM Manager's Meeting</b> Advanced Diploma in Counselling Year One Advanced Diploma in Counselling Year Two



### Prayer

If you have anything which you would like prayer for, we have an Intercessory Prayer session each Wednesday afternoon. Please contact us with your request and it can be entered onto our prayer board, or if you would prefer it can just be passed onto our prayer intercessor.

## **The Talking Frog**

The old priest was out fishing one afternoon when he heard a noise beside him. He looked down and saw a frog sitting next to him. The frog said, “Father, I’ve had a spell cast on me. If you’ll kiss me, I’ll turn into a beautiful princess, and I’ll make you happy for the rest of your life.”

The old priest smiled, picked up the frog and put it in his pocket. A little later, he looked into his pocket to see how the frog was doing.

The frog said to him again, this time with exasperation, “Father, I’ve had a spell cast on me. If you’ll kiss me, I’ll turn into a beautiful princess, and make you happy for the rest of your life.”

The old priest just smiled and kept on fishing. A little later, he checked on the frog again.

This time it said, “What’s wrong with you, Father? I said I’ve been bewitched. Just kiss me and I’ll turn back into a princess, and make you the happiest man on earth for the rest of your life.”

The old priest just smiled and said, “Frog, I hate to tell you this, but at my age, I’d rather have a talking frog than a beautiful princess!”

Taken from ‘Heavens Above’ book



*Luke 2:52 “ And Jesus increased in wisdom and in stature, and in favour with God and man.”*

## *IF*

*If you can keep your head when all about you  
Are losing theirs and blaming it on you;  
If you can trust yourself when all men doubt you,  
But make allowance for their doubting too;  
If you can wait and not be tired by waiting,  
Or, being lied about, don't deal in lies,  
Or being hated, don't give way to hating,  
And yet don't look too good, nor talk too wise;*

*If you can dream - and not make dreams your master;  
If you can think - and not make thoughts your aim,  
If you can meet with Triumph and Disaster  
And treat those two imposters just the same:  
If you can bear to hear the truth you've spoken  
Twisted by knaves to make a trap for fools;  
Or watch the things you gave your life to, broken,  
And stoop and build'em up with worn-out tools;*

*If you can make one heap of all your winnings  
And risk it on one turn of pitch - and - toss:  
And lose, and start again at your beginnings,  
And never breathe a word about your loss:*

*If you can force your heart and nerve and sinew  
To serve your turn long after they are gone,  
And so hold on when there is nothing in you  
Except the Will which says to them: "Hold on!"*

*If you can talk with crowds and keep your virtue,  
Or talk with Kings - nor lose the common touch,  
If neither foes nor loving friends can hurt you,  
If all men count with you, but none too much:  
If you can fill the unforgiving minute  
With sixty seconds' worth of distance run,  
Yours is the Earth and everything that's in it,  
And - which is more - you'll be a Man, my son.*

*Author: Rudyard Kipling*



# UCHM News

- **Team News**

We welcome John Ramsbottom, who has joined us as a volunteer handyman and is working on Fridays, and Janet Davison who has volunteered to work in training admin on Wednesdays. We also welcome Delphine Arinze who has joined us as a CPD counsellor.

We say goodbye to Diana Stockford who was a CPD counsellor working at the centre and at Meltham, who is in the process of moving house. We thank her for all she has done and wish her well for the future. Jennifer Gilling has agreed to take on the role of surgery counsellor.

We welcome as new Core Counsellors Julia Hyliger, Reg O'Brien, Peter Barraclough and James Blakeley

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## Can You Help Us?

Would you be interested in helping us advertise our services etc? If you are able to put a poster up every few months in your local church, library etc, then please contact us so we can add you to our advertising contact list..

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## Cleaner Wanted

This is a paid position for 4 hours per week on a Wednesday afternoon.

Duties include cleaning kitchen, toilets and showers, moving tables and stacks of chairs and sweeping the sports hall.

For more information or to apply please contact us on 01484 461098 or email [uchm@uchm.org](mailto:uchm@uchm.org)

## Testimony from a Former Client

I'm a 49 year old woman and I teach for a living. I came to UCHM for counselling 6 years ago. I'd been suffering from acute stress in my job, finding myself crying regularly at work. My doctor prescribed antidepressants for panic attacks and advised that some counselling may help.

I have been to see several counsellors at various points over the past 25 years, none of which have helped me to change any of my behaviours. I found myself constantly repeating patterns of seeking approval, allowing others to manipulate me and feeling out of control.

I was also aware that I did have some unhappy childhood memories, but really I didn't plan to 'go there' in counselling; I just wanted an outlet to help me sort out how to cope with work. I also didn't really have much faith in counselling, given my past experiences.

I've always had some sort of faith in God. My first memory of talking to Him was at the age of 7. I had a strong faith in my early teens, but then found it just too hard to be a 'Christian' and so turned my back on Him. Essentially I replaced God with alcohol, finding that drinking helped me to let go of my inhibitions and function more confidently. I used alcohol in this way for the next 24 years, holding down a successful career, but at the same time numbing any chance I had of developing emotionally and of having a happy personal life.

At the age of 41 I hit an all-time spiritual low; I'd reached the end of the road with my drinking, having suffered yet another humiliating incident due to drunkenness. I'd quit a steady job and moved to Spain looking for love and excitement. Instead I found myself in utter despair; desperately lonely and isolated in a foreign country, I had only alcohol for company. I had reached the end of the road. Falling to my knees I offered myself to God in complete surrender. My words were 'you can have me if you can make anything of me. I'm complete rubbish but do with me what you want'.

That was a life-changing prayer. It also marks the last time I had a drink. Two years on, I had a steady full time job in West Yorkshire and had bought a house and settled in Holmfirth.

So at the point of seeking counselling due to work-related stress, I decided for the first time that it might be a good idea to try a Christian counsellor. I googled 'Christian counsellor west yorkshire' and a name came up from UCHM, an organisation I'd never heard of.

On my first session, I felt very sceptic; I was looking across at this middle aged woman thinking to myself, 'I bet she hasn't got a clue about the side of life I've seen'. I told her as much as she started with a few tentative questions. I said basically, 'look,

I've got a drinking problem, I've been abused physically as a child, I'm a Christian I think, I've never been able to have a fulfilling personal relationship in my life and I haven't a clue where I am sexually. So can you handle that? If you can't, there's no point in even filling out the paper work...' She smiled back calmly and replied, 'I've been a counsellor for 26 years and yes, I can!' Filled with some sense of confidence, I thought I'd give it a shot.

The deal was to make a 6 week 'contract', seeing her on a weekly basis, and then to review how we felt about working with each other and whether more counselling was needed after that point. It was the start of a 3 year journey, and, 6 years on, this woman is now one of my most beloved treasured friends and sister in Christ.

We were stood together very recently at Tel Aviv airport, having completed our second Christian pilgrimage together in the Holy Land and reflecting on just how far I had travelled emotionally and spiritually since that first meeting!

The thing about counselling is that, very often, you go with the intention of talking about one particular issue, but you more often than not end up talking about something completely different. It was often that way in sessions; I started with the work-related stress but, as the dialogue progressed, memories would rise up in me from years ago. We can have this innate ability to store deep down in ourselves painful events, often blocking out memories of them. I ended up trawling back and reliving painful events that started in my life at the age of 2 ½. I come from a middle class background and wanted for nothing materially. Yet I couldn't wait to leave home and I hated my mother and father fiercely. I was hit with a leather belt by my father, '6 of the best' he'd call it, throughout my childhood. My mother would send me to my room to wait for this punishment when dad would come home from work. The mental cruelty of being shut away, often for hours, anticipating the leather belt was actually more damaging to me than hitting itself. It robbed me of the chance to develop any self-esteem or self-love. My mother did not know how to nurture me so I grew up permanently frightened of making any mistakes and constantly people pleasing.

For the first 2 years of counselling, God rarely popped up in the conversation. There was so much hidden debris and damage deep within my soul that needed to come up and breathe air for the first time. It was a slow and laborious process of feeling memories of events as my counsellor helped me to feel, and letting the pain out. I realised that I had to do this; it was the only way I could be the person I wanted to be and the person that God intended me to be.

I often didn't feel like going, knowing that it was likely I'd break down. Yet the desire to be emotionally well was so strong, I rarely missed a session. I had a strong sense that, even though it was hard work, this woman sat opposite me was helping me to feel as if I was moving towards emotional wellness and wholeness for the first time in over 40 years – a feeling I had never felt with the counsellors I'd tried in previous



years.

The more I relived memories in the safe and comfortable environment of sessions, the more pain I got out and the more I understood psychologically how the damage caused by events in my earlier life had affected later events as an adult – it was a domino effect, and it had happened because I had never been enabled to develop any emotional intelligence. I had lived in fear of ‘messing up’ and people-pleased all my adult life, just I as I had in my childhood. I also came to understand and forgive my mother and father, realising that they had grown up themselves in a culture of physical discipline and that they had done their best for me, having their own personal issues. In fact I was better off than them, because, in their lives, going for counselling was seen as taboo or a sign of weakness. So they had never even had the chance to bring out their ‘demons’ into the open.

God’s timing in all of this was perfect. Two years into the counselling, I found that I had the strength to approach my parents as an adult equal. As my self-esteem and self-love increased, they and other people around me started to respond to me differently, showing more respect. I felt genuine love and forgiveness for my mother and father for the first time, as we started to forge a relationship based on equality and mutual respect.

God also started showing up to our sessions in a more verbal way. I began to see that the more the pain poured out of me, the more room there was in my heart for God to pour His love in. I understood that surrendering to God, truly surrendering, was just the first step. He had a plan in my life, a very clear plan, and the 3 year process of counselling was a very necessary and perfectly-timed part of that plan.

Soon after my parents and I were reunited in love, my father fell seriously ill. I was able with love to serve him and my mother, right up to his death. I could never have done that without the counselling.

Through counselling I developed the skill to observe my behaviour patterns as a third person. For example, when I found myself people-pleasing, a ‘third person’ within me would say ‘ah, you are doing this because you are transferring back to when you would bend over backwards to please your mother as a child’. Somehow, recognising that would enable me to break the pattern.

I also learnt to recognise that, within me, there was living a very delicate small child. This child needed love and nurturing as she had missed out on this years ago. Through counselling, I developed another persona who acted as a caring parent. So now when, for example, I feel hurt or self-pitying in a situation, I can connect internally with my small child, recognise that in fact she is crying out for some love and care, and I can ‘turn on’ the caring parent within me, and say to my young child, ‘it’s OK, you’re fine, we’re going to take care of you’. This makes an immense difference to the quality of my daily life. Situations occur often in which I need to

assert myself and make sure that the adult me has a voice and is taking care of what I want to happen. Through counselling I've learnt how to make sure this happens.

What I'm describing here are known counselling processes. What makes the difference and in fact what makes it all work, not just so I can function as a confident human being, but so that I can feel love and joy daily in my life, for myself and for others, is that God is a living spirit present throughout the whole process.

The Holy Spirit resides in my spirit; He has taken up residence there. And when I come across any situation that challenges me in anyway, I can feel Him nudge me silently, prompting me with His guidance. I can feel Him giving me that loving care and attention I have missed for so long, directing my caring parent to care for my inner child and filling me with His love directly – in a sense, reparenting me. God is our Father, abba; in my life now, these aren't just words. God's spirit is my living father inside of me... and it's an absolutely awesome way to live!

Several months after finishing counselling, I went with UCHM on a Christian pilgrimage. I had no idea that what would happen there would change my life again, making it even better! It was intensely joyful two weeks of complete and utter joy walking where our Lord walked, seeing His life from birth to resurrection. The pages of the gospel sprang to life so that reading the Bible has never been the same since! We were enabled to not just see how and where Jesus lived, but to feel how he must have felt. I can honestly say it was the happiest two weeks of my life. I committed myself to Jesus once again by being baptised in the Jordan River. Rising up in the green warm waters of the Jordan wearing a white robe, I felt all the pain of past years vanish. I was truly and utterly alive in His spirit for the first time, and I knew that each and every day from the point on would be dedicated in service to God.

I've met with some dark times since, but I realise that life is not all mountain-top experiences. I trust God completely and know that He will always act in my best interests. When I developed a lifelong illness, I knew that God was equally capable of healing me instantly or of giving me the strength and grace I need in order to live with it. As things have turned out, it's the latter case. What is extraordinary is that He not only daily holds me up when I have symptoms but He is using the illness to teach me to be more dependent on Him. Somehow God brings good out of any situation. And, if we let Him, He will show us what we need to work on and when we need to work on it, giving us the grace to achieve it.

I believe God led me to UCHM, I have no doubts about that. Through their help, I am a restored, balanced, happy and emotionally well individually. I've experienced abundant blessings through going on, not one, but two UCHM Christian pilgrimages! I've made lifelong friendships, I'm excited to see what God has next for me and I have God's rock-solid promise of grace and love as I continue the rest of my journey with Him. There aren't enough words to express my gratitude to UCHM.

*You are invited to attend*  
**UCHM's Annual  
Commissioning  
Service**



***Serving God and the Community***

*Please join us as we thank and praise God for  
another year of His faithfulness and provision*

*Come and encourage our students as they receive  
their certificates and make new commitments to  
serve and follow God and His will for their lives*

***Tuesday 5th November 2013  
7.30pm***

***At Scapegoat Hill Baptist Church  
School Lane, Scapegoat Hill, Huddersfield***

***Matthew 22:36-40 “ ‘Teacher, which is the great commandment in the law?’ And he said to him, ‘You shall love the Lord your God with all your heart, and with all your soul, and with all your mind. This is the great and first commandment. And a second is like it, You shall love your neighbour as yourself. On these two commandments depend all the law and the prophets.’ ”***

## **Unconditional Acceptance**

I am a mother of three (ages 14, 12, 3) and have recently completed my college degree. The last class I had to take was Sociology. The teacher was absolutely inspiring with the qualities that I wish every human being had been graced with. Her last project of the term was called "Smile." The class was asked to go out and smile at three people and document their reactions. I am a very friendly person and always smile at everyone and say hello anyway, so, I thought, this would be a piece of cake, literally.

Soon after we were assigned the project, my husband, youngest son, and I went out to McDonald's one crisp March morning. It was just our way of sharing special playtime with our son. We were standing in line, waiting to be served, when all of a sudden everyone around us began to back away, and then even my husband did. I did not move an inch...an overwhelming feeling of panic welled up inside of me as I turned to see why they had moved.

As I turned around I smelled a horrible "dirty body" smell, and there, standing behind me were two poor homeless men. As I looked down at the short gentleman, close to me, he was "smiling". His beautiful sky blue eyes were full of God's Light as he searched for acceptance. He said, "Good day" as he counted the few coins he had been clutching.

The second man fumbled with his hands as he stood behind his friend. I realized the second man was mentally deficient and the blue eyed gentle man was his salvation. I held my tears as I stood there with them. The young lady at the counter asked him what they wanted. He said, "Coffee is all, Miss" because that was all they could

afford. (If they wanted to sit in the restaurant and warm up, they had to buy something. He just wanted to be warm). Then I really felt it - the compulsion was so great I almost reached out and embraced the little man with the blue eyes.

That is when I noticed all eyes in the restaurant were set on me, judging my every action. I smiled and asked the young lady behind the counter to give me two more breakfast meals on a separate tray. I then walked around the corner to the table that the men had chosen as a resting spot. I put the tray on the table and laid my hand on the blue eyed gentleman's cold hand. He looked up at me, with tears in his eyes, and said, "Thank you." I leaned over, began to pat his hand and said, "I did not do this for you. God is here working through me to give you hope."

I started to cry as I walked away to join my husband and son. When I sat down my husband smiled at me and said, "That is why God gave you to me, Honey. To give me hope." We held hands for a moment and at that time we knew that only because of the Grace that we had been given were we able to give. We are not churchgoers but we are believers. That day showed me the pure Light of God's sweet love.

I returned to college, on the last evening of class, with this story in hand. I turned in "my project" and the instructor read it. Then she looked up at me and said, "Can I share this?" I slowly nodded as she got the attention of the class. She began to read and that is when I knew that we, as human beings and being part of God, share this need to heal people and be healed. In my own way I had touched the people at McDonald's, my husband, son, instructor, and every soul that shared the classroom on the last night I spent as a college student.

I graduated with one of the biggest lessons I would ever learn: UNCONDITIONAL ACCEPTANCE: Much love and compassion is sent to each and every person who may read this and learn how to LOVE PEOPLE AND USE THINGS - NOT LOVE THINGS AND USE PEOPLE.

Author Unknown

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

## ***Growing Apples***

One day I stopped to think about growing apples. I was munching a delicious, juicy apple and took a big bite. As a result I got an apple seed into my mouth. I spat it out into my hand, with the intention of throwing it away. But instead I looked at the apple seed. Really looked. It was very dark brown, almost black. Its shape reminded me of a candle flame. A little dark brown candle flame...



I realized I was holding an apple tree in the palm of my hand. A little seed with the potential to become a beautiful big tree - a tree that could grow thousands of apples in its lifetime. Thousands of apples, each containing several seeds, each capable of growing a new tree which again could produce thousands of apples. Why then the world wasn't filled with apple trees?

It is a rule of nature that only a few of these seeds grow. Most never do or are destroyed early on in their growth.

And it came to my mind it's quite often so with people's dreams also. Wonderful ideas come to our minds but they die too soon - we don't tend to the little saplings, we don't protect them as we should. And then one day we wonder what happened to our dreams - why did they never come true?

I put the apple seed on the table, and bent down to see how the light was reflected from it, this nature's tiny wonder. I wondered when someone was seriously growing apples, how many times they had to try to get a seed to germinate? How much work did it require?

Maybe it was like with our dreams: the seeds of your dreams did not automatically grow. Like planting an apple tree it might take many tries:

like a hundred job applications to get that good job. You might send your manuscript out two hundred times before it was accepted. You might meet dozens of people until you met the true friend.

But if you kept on sowing the seeds of your dream, one day you would succeed. And after that others would comment you were lucky to be successful - when in fact you probably failed more often than you would like to count. But you were good at failing - you learned, you adapted, and then with your new knowledge you tried again. And again. And again. And one day success was yours.

I picked up the apple seed again - but instead of throwing it away I took an empty flower pot, poured some earth into it and planted the seed. Maybe one day it would grown into a proud tree. I'd never know if I didn't try.

Author: Leena Pekkala

Taken from <http://www.inspirational-short-stories.com/>





# 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, and 2 in Huddersfield, Meltham and New College. We also have affiliated organisations in Todmorden and Bacup

## Training

We have our own counselling training courses, from Introduction Level to Advanced Diploma Level for people who are wanting to become qualified counsellors, while the Introduction and Advanced Skills are useful for those in a pastoral care setting. We also run CPD conferences for counsellors who are already qualified.



## The Elms - 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 Pastoral Care Conferences each year on a variety of subjects, details of which will be put in the magazine and on our website.

## 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)