

Helga's Editorial



Luke 6:38 “Give, and it will be given to you; good measure, pressed down, shaken together, running over will be put in your lap.”

Dear Friends,

How has your summer been and how are you? This magazine wishes to thank you all for your love and support. UCHM is very blessed by having so many prayer supporters, friends and close links to leaders in the Church, Training and Counselling worlds.

The Lord has been showing me that this is a time to bear fruit, to move out into His world and offer help and support to more people and a wider network.

We are seeing His practical provision in improving the facilities we have at UCHM. We are a faith organisation and we wait upon Him. Recently he has sent (we have not purchased anything), painters and decorators, office furniture, double glazed windows, office equipment and a chair lift (cost and fitting).

We are also seeing new opportunities to serve Him in other places. Some Churches in the wider vicinity are setting up Pastoral Care teams and requesting UCHM to help with forming strong foundations. We are also being requested to deliver specialised teaching weekends on appropriate subjects so their congregations can be supported and cared for in times of crisis.

This comes at a time when a few of the main leadership at UCHM are ill and at a time of change as people are called to follow and serve Him in an ever widening area of Ministry.

I was very struck with one of my daily readings which emphasised that God's blessings are because He wants us to live in His blessings. He is a God of love and loves to bless His children and He expects those recipients of His giving to reach out to a hurting world with God's love.

So please pray for UCHM as we reach out further to God's hurting people. May He give us strength as we follow Him. May we have a deeper empathy for His hurting world gained through a time of illness and the blessings from it, as we have been able to spend precious days in His presence and enjoy His fellowship.

Again, thank you from all at UCHM for your prayers and support.....you are part of the adventure.

Love
Helga

An unknown poet wrote: "When things go wrong as they sometimes will, and the road you're trudging seems all uphill. When funds are low and the debts are high, and you want to smile but you have to sigh. When things are pressing you down a bit, rest if you must, but don't you quit! Life is strange with its twists and turns, as every one of us sometimes learns. And many a failure turns about, when he might have won if he'd stuck it out. Don't give up, though the pace seems slow – you might succeed with another blow. Often the goal is nearer than it seems, to a faint and faltering man. Often the struggler has given up, when he might have captured the victor's cup. And he learned too late, when the night slipped down, how close he was to the golden crown. Success is failure turned inside out – the silver tint of the clouds of doubt. You can never tell how close you are, it may be near when it seems afar. So stick to the fight when you're hardest hit – it's when things seem worst that you mustn't quit".

Forgiveness Lesson

Holding a grudge harms no one
Except he who continues the feud,
Though the other party in question
May have been thoughtless or even just rude.

The hours spent hating another
Are a terrible waste of time,
Bitterness destroys your connections
To others, with no reason or rhyme.

All religions teach their followers
To be peaceful and not purvey hate,
So set aside your negative thoughts,
Learn to love before it's too late.

Life is short and passes too quickly
To waste it on hatred and contempt
For another's supposed shortcomings,

At least try to make the attempt
To accept what you view as flaws

And realize God made us all;
However imperfect in your eyes,
Judging others is only God's call.

Author: Mary Eileen Butera

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

**23 and 24 January 2015
27 and 28 February 2015
27 and 28 March 2015
24 and 25 April 2015**

**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

Upcoming Training -

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

Bereavement and Loss

Trainer: Helga Taylor

**Held at Sunbridge Road Mission Church,
Bradford**

Fri 19th September - 6.00pm-9.30pm

Sat 20th September - 9.30am—4.30pm

Initial Assessment Training

Trainer: Helga Taylor

**Friday 26th September -
9.30am—4.30pm**

Understanding Spiritual Abuse

**Trainers: Peter Barraclough and Dr Gail
Coleman-Oluwabusola**

**Saturday 11th October -
9.30am—4.30pm**

For booking forms or more information please contact the centre on 01484 461098, email training@uchm.org, or visit our website - 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.

Prayer Diary

September

| | |
|-------------|---|
| 2nd | Group Supervision UCHM Monthly Worship Time |
| 5th - 6th | Advanced Counselling Skills Conference |
| 16th | Advanced Diploma in Counselling Level Four Year One |
| 19th - 20th | Bereavement and Loss Conference at Sunbridge Road Mission Church, Bradford |
| 22nd | Start of Advanced Counselling Skills Level Three |
| 23rd | New Advanced Diploma in Counselling Level Four Year One |
| 26th | Initial Assessment Training |
| 30th | Advanced Diploma in Counselling Level Four Year One |

October

| | |
|------|---|
| 6th | Advanced Counselling Skills Level Three |
| 7th | New Advanced Diploma in Counselling Level Four Year One Group Supervision UCHM Monthly Worship Time |
| 11th | Understanding Spiritual Abuse Conference |
| 14th | Advanced Diploma in Counselling Level Four Year One |
| 20th | Advanced Counselling Skills Level Three |
| 21st | New Advanced Diploma in Counselling Level Four Year One |

November

| | |
|------|--|
| 4th | New Advanced Diploma in Counselling Level Four Year One Group Supervision UCHM Annual Commissioning and Thanksgiving Service |
| 10th | Advanced Counselling Skills Level Three |
| 11th | Advanced Diploma in Counselling Level Four Year Two |
| 18th | Advanced Diploma in Counselling Level Four Year Two New Advanced Diploma in Counselling Level Four Year One |
| 24th | Advanced Counselling Skills Level Three |
| 25th | Advanced Diploma in Counselling Level Four Year Two |

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 4th November 2014 7.30pm

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

The Perfect Pastor

1. The perfect pastor preaches exactly 10 minutes.
2. He condemns sin roundly but never hurts anyone's feelings.
3. He works from 8 AM until midnight and is also the church janitor.
4. The perfect pastor makes £40 a week, wears good clothes, drives a good car, buys good books, and donates £30 a week to the church.
5. He is 29 years old and has 40 years experience.
6. Above all, he is handsome.
7. The perfect pastor has a burning desire to work with teenagers, and he spends most of his time with the senior citizens.
8. He smiles all the time with a straight face because he has a sense of humour that keeps him seriously dedicated to his church.
9. He makes 15 home visits a day and is always in his office to be handy when needed.
10. The perfect pastor always has time for church council and all of its committees. He never misses the meeting of any church organization and is always busy evangelizing the unchurched.
11. The perfect pastor is always in the next church over!

12. If your pastor does not measure up, simply send this notice to six other churches that are tired of their pastor, too.
13. Then bundle up your pastor and send him to the church at the top of the list.
14. If everyone cooperates, in one week you will receive 1,643 pastors.
15. One of them should be perfect.

Have faith in this letter. One church broke the chain and got its old pastor back in less than three months.



DEAR LORD

Hello dear Lord, it's been a long long time

I hope that you still know me

I've been hiding quite a while

I know that you know all things

Still, I think I should explain

The reason I've been hiding

Is because of all the shame

I know that I don't look so great

For meeting up with you

But I hope you understand

I've been alone from such a young age

You probably see the dirt marks

And smudges on my face

But it seems no matter how I try

Some things cannot be erased

They say that eyes are windows

That peer into the soul

I'm afraid that if you look there

You'll find it dark and cold

I'm not sure why it is Lord

But you won't see my tears

I guess they've just been locked up

Inside me all these years

I know that limp and lifeless

Is my unruly hair

I guess that's just what happens

When no-one really cares

And if you ask a question

I won't have much to say

I've found that no-one really wants
To hear me any way
And if you care to listen
Sit quiet and you will hear
How hard my heart is pounding
That's because of all the fear
You'll notice that I wrap my arms
Around me all the time
I DO THAT FOR PROTECTION
Of all the things that should be mine
See, all so very long ago
Without an ounce of care
Some-one took away from me
Things I never meant to share
And if you find I tremble
When you come close to me
It's because of all the dreadful things
That someone did to me
Lord I am so sorry
If these things sadden you
But when I cried out to you
You never told me what to do
I know that in my mother's womb
That you created me
And I can't help but wonder
Is this what I was meant to be?
They say that you are everything
With each and everyone
But it seems that on those dark nights
You left me all alone.

UCHM's 2015 Pilgrimage to Israel

"Joy in the Journey"

Thursday 30th April – Thursday 14th May 2015

Flying Manchester to Tel Aviv



Staying Knights Palace in Old City, Jerusalem & Ma'agan on the shores of Galilee



£1999 – includes flights, half board accommodation, coaches, all entrances and gratuities

For a brochure and a booking form please contact UCHM on 01484 461098 or email uchm@uchm.org

FOR THE EXPERIENCE OF A LIFETIME

To travel around Israel has a profound effect upon one's faith. To be able to gaze at the same hills and valleys which the Lord knew and walked upon; to enjoy the vistas of Lake Galilee and the places whose names we are so familiar with enriches our reading of the Bible. When walking along the streets of the Old City of Jerusalem we are walking in the place where God's relationship with His people has been formed. No-one returns from a pilgrimage like this without our faith being strengthened and encouraged.

We don't stay in busy, modern hotels. We stay in the Knight's Palace Hotel actually inside the Old City Walls of Jerusalem, and in Galilee we stay in Ma'agan, which is literally on the shores of Galilee. Both these places have a lovely atmosphere and the management know us and look after us well.

There are cheaper, shorter, more whistle-stop tours, but we believe that the UCHM Pilgrimage gives a good mix of meditation, teaching, worship and space for personal reflection.

We are aware that this is not a cheap holiday but there are no hidden extras to catch you by surprise. The price covers flights, coach travel inside Israel, all site entrances, half board accommodation and all tips and gratuities. All you need to buy are your lunches! (and souvenirs)

There has been a lot of interest in next year's pilgrimage, so to secure your place please could you send your booking form and first instalment of £450 to UCHM so your flight can be secured immediately. (Saving scheme available if required).

The Choice

It's quiet. It's early. My coffee is hot. The sky is still black. The world is still asleep. The day is coming.

In a few moments the day will arrive. It will roar down the track with the rising of the sun. The stillness of the dawn will be exchanged for the noise of the day. The calm of solitude will be replaced by the pounding pace of the human race. The refuge of the early morning will be invaded by decisions to be made and deadlines to be met.

For the next twelve hours I will be exposed to the day's demands. It is now that I must make a choice. Because of Calvary, I'm free to choose. And so I choose.

I choose love . . .



No occasion justifies hatred; no injustice warrants bitterness. I choose love. Today I will love God and what God loves.

I choose joy . . .



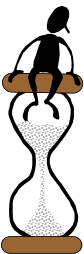
I will invite my God to be the God of circumstance. I will refuse the temptation to be cynical . . . the tool of the lazy thinker. I will refuse to see people as anything less than human beings, created by God. I will refuse to see any problem as anything less than an opportunity to see God.

I choose peace . . .



I will live forgiven. I will forgive so that I may live.

I choose patience . . .



I will overlook the inconveniences of the world. Instead of cursing the one who takes my place, I'll invite him to do so. Rather than complain that the wait is too long, I will thank God for a moment to pray. Instead of clenching my fist at new assignments, I will face them with joy and courage.

I choose kindness . . .

I will be kind to the poor, for they are alone. Kind to the rich, for they are afraid. And kind to the unkind, for such is how God has treated me.



I choose goodness . . .

I will go without a dollar before I take a dishonest one. I will be overlooked before I will boast. I will confess before I will accuse. I choose goodness.

I choose faithfulness . . .

Today I will keep my promises. My debtors will not regret their trust. My associates will not question my word. My wife will not question my love. And my children will never fear that their father will not come home.



I choose gentleness . . .

Nothing is won by force. I choose to be gentle. If I raise my voice, may it be only in praise. If I clench my fist, may it be only in prayer. If I make a demand, may it be only of myself.

I choose self-control . . .

I am a spiritual being. After this body is dead, my spirit will soar. I refuse to let what will rot, rule the eternal. I choose self-control. I will be drunk only by joy. I will be impassioned only by my faith. I will be influenced only by God. I will be taught only by Christ. I choose self-control.

Love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. To these I commit my day. If I succeed, I will give thanks. If I fail, I will seek His grace. And then, when this day is done, I will place my head on my pillow and rest.

Author: Max Lucado

UCHM News

- **Team News**

We are sorry to say goodbye to Debbie Bristow who finished her Diploma training in July and leaves UCHM to continue her counselling practice elsewhere and Ian Harrison who has come to the end of his time as a CPD counsellor. Sarah Marlow-Rawles is also taking time out from counselling as she awaits the arrival of her baby. We thank them for what they have done and wish them well for the future.

Teresa Hampson has taken over from Jennifer Gilling as the counsellor at Meltham surgery, and Tracy Shields will be joining Helen Walinski-Kiehl at New College surgery in September.

Joanna Buglass, Joanna Daniel, Jennifer Gilling, Tracy Shields, Anne Graham and Jo Naylor are staying on as CPD counsellors now they have finished their courses. We welcome Val Haigh, Diane Govan and Delores Croasdell who are due to start as CPD counsellors in the near future.

- **Telephone System**

We have had a new telephone system installed at the centre, after the old one developed an unrepairable fault. We say a massive thank you to Community Spirit (Slaithwaite Charity Shop) who came to our rescue with a grant for the new system.

- **New Windows**

We have also been able to install new double glazed windows in the centre after receiving a grant from the Big Lottery, which will help us to reduce our heating costs during the winter months.

Help us Raise Free Donations When You Shop Online

1. Visit Easyfundraising.org.uk
2. Support United Churches Healing Ministry
3. Shop and raise with over 2,700 retailers!
4. Let someone else know so they can raise free donations too!

UCHM CHARITY AUCTION

UCHM are holding a Charity Auction to raise funds for our Balcony Appeal.

This will be held in our Sports Hall on
Saturday 15th November starting at 3pm

Come along and grab a bargain!

Also if you, or anyone you know, may be able to donate items for us to auction then please let us know.

VOLUNTEERS WANTED!

Do you have a few hours a week to spare?
Would you like to help us make a difference in people's lives?

We are currently looking for people to fill the following vacancies:

Monday Night Receptionist

Facilities Manager

Shop Volunteers

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

01484 461098 or email uchm@uchm.org

She Never Saw The Cake

Cindy glanced nervously at the clock on the kitchen wall. Five minutes before midnight.

"They should be home any time now," she thought as she put the finishing touches on the chocolate cake she was frosting. It was the first time in her 12 years she had tried to make a cake from scratch, and to be honest, it wasn't exactly an aesthetic triumph. The cake was . . . well, lumpy. And the frosting was bitter, as if she had run out of sugar or something.

Which, of course, she had.

And then there was the way the kitchen looked. Imagine a huge blender filled with all the ingredients for chocolate cake – including the requisite bowls, pans and utensils. Now imagine that the blender is turned on. High speed. With the lid off.

Do you get the idea?

But Cindy wasn't thinking about the mess. She had created something, a veritable phoenix of flour and sugar rising out of the kitchen clutter. She was anxious for her parents to return home from their date so she could present her anniversary gift to them. She turned off the kitchen lights and waited excitedly in the darkness. When at last she saw the flash of the car headlights, she positioned herself in the kitchen doorway. By the time she heard the key sliding into the front door, she was THIS CLOSE to exploding.

Her parents tried to slip in quietly, but Cindy would have none of that. She flipped on the lights dramatically and trumpeted: "Ta-daaa!" She gestured grandly toward the kitchen table, where a slightly off-balance two-layer chocolate cake awaited their inspection.

But her mother's eyes never made it all the way to the table.

"Just look at this mess!" she moaned. "How many times have I talked to you about cleaning up after yourself?" "But Mom, I was only . . ."

"I should make you clean this up right now, but I'm too tired to stay up with you to

make sure you get it done right," her mother said. "So you'll do it first thing in the morning."

"Honey," Cindy's father interjected gently, "take a look at the table."

"I know – it's a mess," his wife said coldly. "The whole kitchen is a disaster. I can't stand to look at it." She stormed up the stairs and into her room, slamming the door shut behind her.

For a few moments Cindy and her father stood silently, neither one knowing what to say. At last she looked up at him, her eyes moist and red. "She never saw the cake," she said.

Unfortunately, Cindy's mother isn't the only parent who suffers from Situational Timbircular Glaucoma – the occasional inability to see the forest for the trees. From time to time we all allow ourselves to be blinded to issues of long-term significance by Stuff That Seems Awfully Important Right Now – but isn't. Muddy shoes, lost lunch money and messy kitchens are troublesome, and they deserve their place among life's frustrations. But what's a little mud – even on new carpet – compared to a child's self-esteem? Is a lost dollar more valuable than a youngster's emerging dignity? And while kitchen sanitation is important, is it worth the sacrifice of tender feelings and relationships?

I'm not saying that our children don't need to learn responsibility, or to occasionally suffer the painful consequences of bad choices. Those lessons are vital, and need to be carefully taught. But as parents we must never forget that we're not teaching lessons – we're teaching children. That means there are times when we need to see the mess in the kitchen.

And times when we only need to see the cake.

Author: Joseph Walker



Five More Minutes

The radio blaring startled me awake. Just five more minutes, I told myself, as I banged around on the headboard and finally found the snooze button.

Four times, I said just five more minutes, only my snooze alarm is random, it goes off at intervals every where from five to nine minutes. Suddenly it was 33 minutes later than I was supposed to get up and I was in a panic. The rest of the day was thrown off kilter because of just five more minutes.



I haven't decided if the snooze button is a great invention or a curse. I know it impacts me, because I'll play mind games with it. I'll set my alarm ten minutes early because, I can "sneak" a few extra minutes of sleep in when it goes off.

The quality of the sleep isn't very good, but it seems so much better because it is some sleep I've managed to "steal". Truth be known, I would have slept better if I had set the alarm for the right time and simply got up with it.

I wondered this morning how often God had been calling me and I hit my internal snooze button instead. Just wait a little longer God, just a little longer, just a little longer. Suddenly I'm running way behind and I missed out on the opportunity to listen or to serve.

God puts someone on my heart and says give them a call or drop them a

note. Okay God, just as soon as I and then it's weeks later. I find out that in the interim they had been going through a crisis time and really could have used some encouragement.

We all do it. I think I do it less now than I used to earlier in my walk, but I'm far from perfect. I'm so glad He is a loving, patient and merciful God.

He's used to people putting other things ahead of time with Him or in obedience to Him.

As Jesus and his disciples were on their way, he came to a village where a woman named Martha opened her home to him. She had a sister called Mary, who sat at the Lord's feet listening to what he said. But Martha was distracted by all the preparations that had to be made. She came to him and asked, "Lord, don't you care that my sister has left me to do the work by myself? Tell her to help me!"

"Martha, Martha," the Lord answered, "you are worried and upset about many things, but only one thing is needed. Mary has chosen what is better, and it will not be taken away from her. Luke 10:38-42 NIV

Martha would have made time after the house was perfect. The disciples in the Garden of Gethsemane would have prayed with Jesus after a little nap.

When will you make time to listen and obey?

Until next time, may you take the time with Him instead of playing games with life's snooze alarm.

Author: Kevin Corbin
Taken from <http://www.christianstories.com>

WHEN I STOP AND PRAY

When the storm clouds boil around me,
And the lightning splits the sky--.
When the howling wind assails me,
And life's sea is rolling high--
When my heart is filled with terror,
And my fears, I can't allay--
Then I find sweet peace and comfort,
When I simply stop and pray.

When the things of life confound me,
And my faith is ebbing low--
When my trusted friends betray me,
And my heart is aching so--
When the night seems black and endless,
And I long for light of day--
Then I find a silver dawning,
When I simply stop and pray.

There are things beyond the heavens
I can't begin to understand,
But I know that God is living,
And I know He holds my hand.
Yes, I know He watches o'er me
All the night and all the day--
And He's always there to hear me
When I simply stop and pray.

By William Morrison

Quotes to Overcome Worry and Anxiety

Don't waste your life in doubts and fears: spend yourself on the work before you, well assured that the right performance of this hour's duties will be the best preparation for the hours or ages that follow it.

Ralph Waldo Emerson

No longer forward nor behind
I look in hope and fear;
But grateful take the good I find,
The best of now and here.

John G. Whittier

It is not work that kills men, it is worry. Work is healthy; you can hardly put more on a man than he can bear. But worry is rust upon the blade. It is not movement that destroys the machinery, but friction.

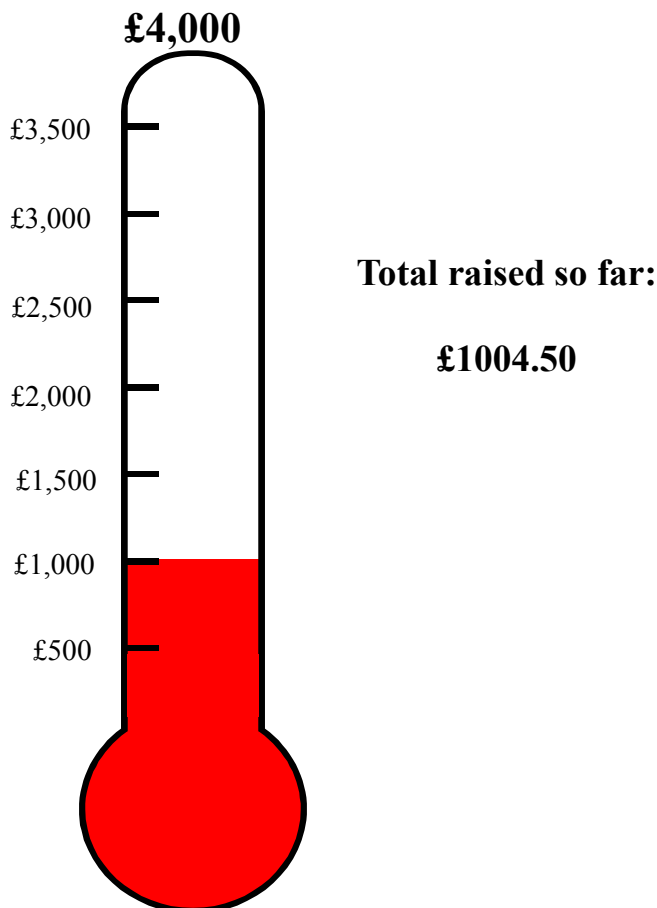
Henry Ward Beecher



Never give up
Never lose hope.
Always have faith,
It allows you to cope.
Trying times will pass,
As they always do.
Just have patience,
Your dreams will come
true.

So put on a smile,
You'll live through your
pain,
Know it will pass,
And strength you will gain.

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!