

Eph 4:12-13

“To prepare God’s people for works of service, so that the body of Christ may be built up until we all reach unity in the faith and in the knowledge of the Son of God and become mature, attaining to the whole measure and fullness of Christ.”



Dear Friends,

How are you enjoying summer with its mixture of heat, rain, wind and Sun!

I have been spending some time quiet with God, resting and praying. One day I sat in a different place on the settee. Usually I am a creature of habit, but this day I chose a different seating position.

What an eye opener..... I saw a completely different view and it was beautiful, green and rich. It had been there all the time, hidden behind my daily habits, waiting to be seen and enjoyed.

This made me think about how we see and experience Jesus and the Scriptures. I wondered whether the familiarity of our way of being may block out the majesty, grandeur, splendour and beauty of Christ. The Holy Spirit is longing to take us into a deeper and richer relationship with Jesus. He longs to show us new things, develop long held beliefs and to encourage us to grow into the full

maturity, full manhood of Christ.

When Isa saw God in all His glory he was afraid. We too would tremble if we suddenly saw the full majesty of God. Perhaps some of these dearly held beliefs are a defence mechanism to protect ourselves from being stirred and challenged into new ways of acting and believing by the Holy Spirit.

God has yet more light and truth to shine forth from His Word. Together may we seek His face. May those precious lessons and truths the Holy Spirit teaches each one of us be shared **and received** among us. May we find humility in knowing that we are all on a journey and that age and experience are not the only criteria for knowing Jesus. What He asks of each one of us is a living relationship with Him and for each of us to share with one another those lessons He teaches, so that we can all be blessed and built up by one another.

Looking forward to all God has for us this autumn.

Helga Taylor
Managing Director

Quote: - Leaders are more powerful role models when they learn than when they teach. --*Rosabeth Moss Kantor*



UCHM



Holy Spirit Training Weekend

Trainer: Helga Taylor

**Held at
United Churches Healing Ministry
Huddersfield**

**Friday 9th October 2015 6.00pm - 9.30pm
Saturday 10th October 2015 9.30am - 4.30pm**

**Please contact UCHM on 01484 461098 or
training@uchm.org for a booking form**

The Obstacle in Our Path

In ancient times, a king had a boulder placed on a roadway. Then he hid himself and watched to see if anyone would remove the huge rock. Some of the king's wealthiest merchants and courtiers came by and simply walked around it. Many loudly blamed the king for not keeping the roads clear, but none did anything about getting the big stone out of the way.

Then a peasant came along carrying a load of vegetables. On approaching the boulder, the peasant laid down his burden and tried to move the stone to the side of the road. After much pushing and straining, he finally succeeded. As the peasant picked up his load of vegetables, he noticed a purse lying in the road where the boulder had been.

The purse contained many gold coins and a note from the king indicating that the gold was for the person who removed the boulder from the roadway. The peasant learned what many others never understand. Every obstacle presents an opportunity to improve one's condition.

Author Unknown



In Remembrance

The following are the Memorial Bushes which were planted to remember our former colleagues:



John McGuire, our former caretaker

Gillian Clarkson, who was a core Counsellor and ran the Bradford Surgery



David Johnson, who was an Administrator

INTRODUCTION TO COUNSELLING SKILLS IN A CHRISTIAN SETTING - Level 2

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(CERTA is an operating name of Open College Network, Yorkshire and Humber Region)

Initial introductory training for those wanting to train as a counsellor.

Suitable for those who have experience in Pastoral Care but who have little, or no, previous experience of training.

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A distinctive Christian Counsellor Training Programme, integrating spirituality with Person Centred Counselling Skills and Psychodynamic Insight

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Tel/Fax: 01484 461098, E Mail training@uchm.org

Web site www.uchm.org

Upcoming Training -

As part of UCHM's CPD Training Programme:

Solution Focused Brief Therapy

11 - 12 September 2015

9.30am - 4.30pm

Trainer: Michael Huxley

Assessment Skills for Counsellors

6 November 2015

9.30am - 4.30pm

Trainer: Helga Taylor

Advanced Counselling Skills

27 - 28 November 2015

9.30am - 4.30pm

Trainer: Helga Taylor

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.

Small Blessings

You thank God for the little things
That make for a brighter day,
The loving mate, the caring child
Who calls when far away.
You're thankful for the gift of health,
Though you may not be as bright,
And not as strong as once you were
And you don't sleep as well at night.
Still, you're better off than others,
Your problems are relatively few,
Compared to those with no roof o'er their heads
Or no sight and unable to do
The simplest things for themselves,
Like walking or fixing a meal.
When you contemplate others' problems
Your little problems don't even seem real.
So, you bow your head to your God
And thank him for being so kind,
And ask the Lord in his mercy
To keep all the others in mind.

Author: Mary Eileen Butera

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 1st December 2015 7.30pm

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

Our Daily Path

I have studied the ways of the world: it is clear to me that if a person wants to focus on what is lacking, he will always lack very much. For even the richest and most powerful people still lack a great many things they believe are necessities. On the other hand, if a person remembers that all he has is a gift he has not earned, that man came naked from his mother's womb and everything he has is his only because of God's great kindness, then he can be truly happy with his lot, even if he has no more than a torn cloak and patched shoes, God forbid. How much more should he rejoice if he has some other old garment, even one made of thick rough cloth! When it comes to serving God, a person must be looking constantly for opportunities to rise ever higher. Still, when he sees that he is going through a difficult time, he must not despair ~ he should encourage himself with every last good point that is in him.

Our continued existence and all our vitality come through awesome miracles from God, gifts we receive through the tremendous lovingkindness He extends to us every moment of every day. This is expressed in the holy words that the Rebbe spoke, explaining the verse "In suffering You gave me relief" (Ps. 4:2; *Likutey Moharan* I, 195): there is relief to be found even in the suffering itself; that is, we can find some relief before God, Who in His kindness, releases us from our suffering.

Letter #117

Taken from Healing Leaves

From the letters of Reb Noson of Breslov



Pass It On

Growing up in my Grandma's house as a boy was an experience that would shape me for the rest of my life. We were poor in everything but spirit, yet I learned so much about life there. My Mom, Dad, Nana, two brothers, and I were crowded into a home made from two old shanty cars and several built on rooms. I always knew what my next set of clothes would look like because I had seen my older brother wearing them the year before. I always knew what we were going to be eating in the Winter, because I had weeded it in the garden during the Summer. Still, I never felt poor. No king ever ate as good as we did on Sundays after church when Nana cooked her homemade meatballs, spaghetti, and freshly baked bread.

Even though we had so little I can still remember Dad, Mom, and Nana giving so much. We were always sharing with others. Everyone who visited us could expect a plate of spaghetti, or a mason jar of canned vegetables, or a flower pot full of fresh blossoms to be given to them. I can still remember the sparkle in Mom and Nana's eyes whenever they passed something on to others. We never felt richer or more blessed than when we shared what God had given us. I learned early on that the greatest joy comes from giving rather than getting. Giving fills your heart with love. Giving fills your soul with God. Giving brings your spirit closer to Heaven.

Don't be afraid to pass on your blessings, riches, gifts, and talents to others. That is why God gave them to you in the first place. Share everything you have. If you have a beautiful smile then pass it on. If you have a lovely laugh then pass it on. If you have a few extra dollars then pass them on. If you give great hugs then pass them on. If you have a special talent then share it with others. If you have a heart full of love then give it to the everyone. No life is ever truly lived until it becomes a gift in itself, so make your whole life a gift to the world.

Author: Joseph J. Mazzella



Catch of a Lifetime

There was once an 11 year old who went fishing every chance he got from the dock at his family's cabin on an island in the middle of a New Hampshire lake. On the day before bass season opened, he and his father were fishing early in the evening, catching sunfish and perch with worms. Then he tied on a small silver lure and practiced casting. The lure struck the water and caused coloured ripples in the sunset, then silver ripples as the moon rose over the lake.

When his pole doubled over, he knew something huge was on the other end. His father watched with admiration as the boy skilfully worked the fish alongside the dock. Finally he very gingerly lifted the exhausted fish from the water. It was the largest one he had ever seen, but it was a bass.

The boy and his father looked at the handsome fish, gills playing back and forth in the moonlight. The father lit a match and looked at his watch. It was 10 p.m. -- two hours before the season opened. He looked at the fish, then at the boy. "You'll have to put it back, son," he said.

"Dad!" cried the boy. "There will be other fish," said his father. "Not as big as this one," cried the boy. He looked around the lake. No other fishermen or boats were anywhere around in the moonlight. He looked again at his father.

Even though no one had seen them, nor could anyone ever know what time he caught the fish, the boy could tell by the clarity of his father's voice that the decision was not negotiable. He slowly worked the hook out of the lip of the huge bass, and lowered it into the black water.

The creature swished its powerful body and disappeared. The boy suspected that he would never again see such a great fish.

That was 34 years ago. Today the boy is a successful architect in New York City. His father's cabin is still there on the lake. He takes his own son and daughters fishing from the same dock.

And he was right. He has never again caught such a magnificent fish as the one he landed that night long ago. But he does see that same fish...again and again...every time he comes up against a question of ethics. For, as his father taught him, ethics are simple matters of right and wrong. It is only the practice of ethics that is difficult.

Do we do right when no one is looking? Do we refuse to cut corners to get the design in on time? Or refuse to trade stocks based on information that we know we aren't supposed to have? We would if we were taught to put the fish back when we were young. For we would have learned the truth. The decision to do right lives fresh and fragrant in our memory. It is a story we will proudly tell our friends and grandchildren. Not about how we had a chance to beat the system and took it, but about how we did the right thing and were forever strengthened.

Author unknown

Taken from www.christianstories.com



Prayer Diary

September

1 st	Advanced Diploma in Counselling Level Four Year Two Group Supervision UCHM Monthly Worship Time
4 th - 5 th	Advanced Counselling Skills Conference
7 th	Advanced Counselling Skills Level Three
8 th	Advanced Diploma in Counselling Level Four Year One
11 th - 12 th	Solution Focussed Brief Therapy Conference
14 th	New Advanced Counselling Skills Level Three
15 th	Advanced Diploma in Counselling Level Four Year One Advanced Diploma in Counselling Level Four Year Two
21 st	Advanced Counselling Skills Level Three
22 nd	Advanced Diploma in Counselling Level Four Year One
28 th	New Advanced Counselling Skills Level Three
29 th	UCHM Managers Meeting Advanced Diploma in Counselling Level Four Year Two
30 th	UCHM "Community" Away Day at Blackley Centre

October

5 th	Advanced Counselling Skills Level Three
6 th	Advanced Diploma in Counselling Level Four Year One Group Supervision UCHM Monthly Worship Time
9 th - 10 th	Holy Spirit Pastoral Care Seminar
12 th	New Advanced Counselling Skills Level Three
13 th	Advanced Diploma in Counselling Level Four Year Two
19 th	Advanced Counselling Skills Level Three
20 th	Advanced Diploma in Counselling Level Four Year Two

November

2 nd	New Advanced Counselling Skills Level Three
3 rd	Advanced Diploma in Counselling Level Four Year One Group Supervision UCHM Monthly Worship Time
5 th	Trustees Meeting
10 th	Advanced Diploma in Counselling Level Four Year One
16 th	New Advanced Counselling Skills Level Three
20 th - 21 st	Addictions and Eating Disorders Conference
24 th	UCHM Managers Meeting Advanced Diploma in Counselling Level Four Year One
27 th - 28 th	Working with Sexual Trauma Conference Advanced Counselling Skills Conference
30 th	New Advanced Counselling Skills Level Three

UCHM Prayer and Worship Meeting

Held on the 1st Tuesday of each month

There is no meeting in August

6.30pm start

Held at UCHM 78 New Street,
Milnsbridge, Huddersfield

The meeting will be a time of prayer and worship with the opportunity for healing prayer if so desired. It is open to anyone who wishes to join in.



Confessions

The new priest is nervous about hearing confessions, so he asks an older priest to sit in on his sessions. The new priest hears several confessions, and then the old priest asks him to step out of the confessional for a few suggestions.

The old priest suggests, "Cross your arms over your chest and rub your chin with one hand."

The new priest tries this.

The old priest suggests, "Try saying things like 'I see', 'Yes, go on', and 'I understand, how do you feel about that?'"

The new priest says those things, trying them out.

The old priest says, "Now, don't you think that's a little better than slapping your knee and saying 'No way! What happened next?'"

Taken from Heavens Above! A collection of favourite church jokes



Silver Boxes

My words were harsh and hasty
And they came without a thought.
Then I saw the pain and anguish
That my bitter words had brought.

Bitter words that I had spoken
Made me think back through the past;
Of how many times I'd uttered
Biting words whose pain would last.

Then I wondered of the people
I had hurt by things I'd said;
All the ones I had discouraged
When I didn't use my head.

Then I thought about my own life,
Of painful words I've heard;
And of the times I'd been discouraged
By a sharp and cruel word.

And now clearly I remember
All the things I might have done;
But, by a word I was discouraged
And they never were begun.

Lord, help my words be silver boxes,
Neatly wrapped up with a bow;
That I give to all so freely
As through each day I gladly go.

Silver Boxes full of treasure,
Precious gifts from God above;
That all the people I encounter
Might have a box of God's own love.

Author: Michael Bright
www.christianstories.com

UCHM News

- **Team News**

We welcome Andrew Norris who is on a six month placement with us through Interserve. He has IT skills and is working with Lee in the office. We also welcome Andrew Hardcastle who has joined the Trustee Board.

Sarah Marlow-Rawles has successfully completed her Diploma training and has become a CPD counsellor for UCHM. Well done Sarah.

We say goodbye to Liz Charton who has moved to Kenilworth shortly and finished as a Placement Counsellor. We also say goodbye to Tracy Shields who is starting a new job and has ended her time as a CPD counsellor working at New College. We thank them both for their time with us and wish them well in their new ventures.

- **Changes at Bradford Surgery**

Julia Hyliger and Joanna Daniel are going to move their counselling to an agency nearer their homes. Delphine Arinze will take over the management of the surgery and it is hoped Wendy Ferreira will join her in the near future.

- **Donations**

We have recently been blessed by several donations towards our work. Our thanks to a client who raised £300 by doing a sponsored swim. James Blakeley's work collected £101.03 for us by having a dress down day. We also had an anonymous donation of £125 which was put through the letterbox.

We have also received a cheque from Easyfundraising for £28.39 which people have raised through their online shopping.

We send our deepest appreciation to all those who donate regularly (you know who you are). May God bless you for your generosity.

As I grew old

It was a long time ago.
I have almost forgotten my dream.
But it was there then,
In front of me,
Bright like a sun—
My dream.
And then the wall rose,
Rose slowly,
Slowly,
Between me and my dream.
Rose until it touched the sky—
The wall.
Shadow.
I am black.
I lie down in the shadow.
No longer the light of my dream before me,
Above me.
Only the thick wall.
Only the shadow.
My hands!
My dark hands!
Break through the wall!
Find my dream!
Help me to shatter this darkness,
To smash this night,
To break this shadow
Into a thousand lights of sun,
Into a thousand whirling dreams
Of sun!

Langston Hughes



The Elms

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Suitable for a variety of uses including training, meetings and other groups. Would suit First Aid trainers, weight loss classes and many more.

Cost is £20 per hour, £70 for half day and £130 for full day

Complete with smaller group room included



For more information or to hire:

Tel/Fax 01484 461098

E-mail theelms@uchm.org Website www.theelms.uchm.org

When I Have a Bad Day

When I have a bad day;
A cool wisp of a breeze,
My skin burns.

When I have a bad day;
The soft glow of a candle,
My eyes hurt.

When I have a bad day;
The quiet patter of spring rain,
My ears ring loudly.

When I have a bad day;
The glorious scent of summer flowers,
My nose sneezes.

When I have a bad day;
The soft squeeze of a friend's hug,
My body screams.

When I have a bad day;
Kind words from a friend,
My spirit soars.

Author: Anne L. Suplee
Taken from www.scrapbook.com



Do You Ever Feel

Do you at times feel helpless
Like a ship against the tide?
You feel the darkened waters
Constant crashing 'gainst the side?

You're in tumultuous waters
You have been tossed to and fro
Your thoughts are turning frantic
And the tides too strong to row

You're out in the great open
At the mercy of the sea
And suddenly you're feeling
All your inadequacies

Feeling so awfully helpless
Forces out of your control
For they are so much bigger
Without help, affect your soul

There is one force that's greater
That is stronger than the rest
It is our Lord Almighty
For solutions, He's the best

When you're feeling tossed about
And your future's looking bleak
May it be God you call for
And the first one that you seek

For He's the greatest calmer
Greatest peace you'll ever find
When our own understanding
Leads us in these waters blind

He is always there for us
We need give control to Him
And let the Lord take over
When you're just too tired to swim

For He is your protector
Safely carry you ashore
So call on Him and trust Him
Let His love for you outpour

By: Rebecca Grant

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



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:

Fundraising Coordinator

Facilities Manager

Shop Volunteers

If you are interested in any of these roles or know anyone who may be, then please contact United Churches Healing Ministry on:

01484 461098 or email uchm@uchm.org