

## Helga's Editorial

***1 Corinthians 1v 26-27 "For consider your call, brethren; not many of you were wise according to worldly standards, not many were powerful, not many were of noble birth, but God chose what was foolish in the world to shame the wise, God chose what is weak in the world to shame the strong"***

Dear Friends,

Recently, while watching the Olympics, I was deeply touched by the amazing achievements of the British team.

The love and commitment they had for one another shone out. The result of this commitment and dedication was that each person was enabled to excel at a high level of achievement. Their care and love encompassed each other, encouraged each other, and sustained each other.

This caused me to remember the early days of UCHM. There was a great sense of being called and gifted for a special purpose.

There was a faith and trust in God which enabled us to accomplish things we could never have done on our own. There were no grumbling or unkind words and opinions. In the most difficult valley the gifts of time and love were offered to the Lord and His people. It did not feel like sacrifice, it felt like love.

Jesus' time on Earth was spent with a team of His chosen disciples. He did not serve alone. They were called disciples, meaning a follower of Jesus. They had to learn to love Jesus, to love one another and those they were called to minister healing to.

It is my wish that UCHM continues to grow in our love of God and our fellow man.

May nothing be too hard or difficult for our fellow workers and those whom we serve.

Jesus set us an example. His team of 12 disciples were very human and had many flaws but the wonderful leadership of Jesus the Messiah meant that they were supported and loved in times of difficulty and grew into strong, caring, believing Christians who then became avenues of blessing to many suffering people.

May UCHM be a picture of the beauty and wisdom of Jesus and may we give God the glory for the many wonderful things we see in our life of service at UCHM.

If there is anyone who would also like to offer your service to the Lord at UCHM, please get in touch.

May God bless you,

Helga Taylor  
Managing Director UCHM



## If Jesus Came To Your House

"Behold, I stand at the door, and knock: if any man hear my voice, and opens the door, I will come in to him, and will eat with him, and he with me." - Revelation 3:20

If Jesus came to your house to spend some time with you, and you didn't know He was coming, what do you think you would do? You'd probably start by giving him the finest room in your place, and tell Him over and over, that you're glad to see His face. You'd serve Him the best foods and try to make Him feel right at ease, using all the polite words like, "thank you," and "If you please."

But I wonder what would happen if you saw Him coming up the road, would you run to greet Him and welcome Him to your abode? Or, would you scatter about the house to hide the videos? Would you place the Holy Bible where the magazine goes? Would you change the radio station to music more appealing. If Jesus came to your home, would your TV be revealing?

Would your behaviour at all change, when He was around the house? Would you act more loving to your children and your spouse? At dinner time when you looked across the table at His face, would you find it very difficult before eating to say grace? And what about your friends, would you invite them over too? Or would you be afraid of what they would say about you?

Would you keep right on saying the things you always say? Would the things you always do be done the same that day? And what about your life, would it continue just the same? Could you keep right on living like you were before He came? Do you think you would be able to take Jesus where you had planned to go? Or would there be a change of plans, because you

don't want Him to know?

Would the books you read still be read, and the songs you sing still be sung? Would you be happy to have him around, or dreading that the doorbell rung? And if the Lord could read your mind while He was your honoured guest, would you be ashamed of your thoughts, your motives, attitude and the rest?

Where would He see you spend your time, would it offend or flatter? Would He see you working for the Kingdom, or living for things that don't matter?

And when the visit drew to an end and He left would you grieve? Or, would you with a sigh of relief be glad to see Him leave? Sometimes it's good to think about how we'd live with Jesus around, because that's the way we should live, for in our hearts He is found. So today as you go about your life, consider what you would do, if Jesus came to your house to spend some time with you.

By: Jimmy D. Brown  
Taken from [Christianstories.com](http://Christianstories.com)



# **UNITED CHURCHES HEALING MINISTRY**

## **Christian Counselling, College and Resource Centre**

**We offer Innovate Awarding and Association of Christian Counsellors (ACC) recognised counsellor training courses from Foundation to Diploma level for people who are interested in becoming a counsellor or learning some counselling skills.**

**We also offer Continuing Professional Development Training for counsellors in a variety of subjects and Pastoral Care conferences for people doing more informal listening roles**

### **FOUNDATION CHRISTIAN COUNSELLING Level 2**

**6 Credits at Level 2**

**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.**

**COMMENCING JANUARY 2017  
First Weekend - 27th and 28th January 2017**

**On completion you will gain a Level 2 Foundation Christian Counselling**

**Progresses to Level 3**

## **INTERMEDIATE CERTIFICATE IN COUNSELLING Level 3**

Integrates the Christian faith with good, professional , trained and accredited counselling

27 credits at Level 3

**COMMENCING MAY 2017**

On completion you will gain a Level 3 in Counselling Skills (for Pastoral Carers if you have completed and achieved the Level 2 and Level 3 you will gain a Diploma in Pastoral Care)

**Progress to Level 4**

## **ADVANCED DIPLOMA in COUNSELLING Level 4**

**This is a substantial core counselling course with supervised placement which trains and equips counsellors towards the standard required for counsellor accreditation.**

60 credits at Level 4

**COMMENCING SEPTEMBER 16th 2016**

On completion and achievement of both years you will gain a Level 4 Diploma in Christian Counselling which is the gateway to accreditation

**For further information please contact:**

Tel/Fax: 01484 461098, E Mail [training@uchm.org](mailto:training@uchm.org)

Web site [www.uchm.org](http://www.uchm.org)

## **Upcoming Training -**

### **As part of UCHM's CPD Training Programme:**

#### **Understanding Addictions and Eating Disorders**

Friday 23rd - Saturday 24th September - 9.30am - 4.30pm

Trainers: Jackie Raine and Susan Kepczyk

### **Pastoral Care Conferences:**

Times are Friday 6pm - 9.30pm and Saturday 9.30am - 4.30pm

#### **Anxiety**

Friday 18th - Saturday  
19th November 2016

#### **Bereavement**

Friday 13th - Saturday  
14th January 2017

#### **Depression**

Friday 3rd - Saturday  
4th February 2017

#### **Listening Skills**

Friday 10th - Saturday  
11th March 2017

On completion of a Pastoral Care module you will receive a 10 hour Certificate of Achievement from Innovate Awarding. Completing all 4 above modules allows progression onto our Level 3 course.

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.

## UCHM News

- **Team News**

We welcome Jullianne Odede who has joined us as a placement counsellor. Ellen Martin, Jess Atkinson and Lesley Davenport have finished their time as placement counsellors. We thank them both and wish them well as they move on to new pastures.

- **Grants and Donations**

We have received a grant of £2,000 from the Huddersfield Common Good Trust, and another of £1,000 from Sir George Martin Trust to go towards updating the heating systems.

We have also had a grant of £1,000 from Bradford City Challenge towards the cost of providing the surgery at Bradford.

James Blakeley's work, Capita Registrars, have collected £112.30 for us by having a dress down day.

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### Shop Volunteers Needed

If you can give half a day or more a week to help in our charity shop then please get in touch on 01484 461098, email [uchm@uchm.org](mailto:uchm@uchm.org) or call in to the shop for an application form.

### Commissioning Service

Please note that due to the finish dates of courses, the Commissioning Service is not being held in November and instead will be on 24th January 2017. More details will be in the next magazine.



# Does Your Cat Own You?

1. Do you select your friends based on how well your cats like them?
2. Does your desire to collect cats intensify during times of stress?
3. Do you buy more than 50 pounds of cat litter a month?
4. Do you scoop out the litter box after each use? Do you wait at the box with the scoop in your hand?
5. Do you think it's cute when your cat swings on the drapes or licks the butter?
6. Do you admit to non-cat owners how many cats you really have?
7. Do you sleep in the same position all night because it annoys your cats when you move?
8. Do you kiss your cat on the lips?
9. Do you feed your cat tidbits from the table with your spoon?
10. Does your cat sit at the table (or ON the table) when you eat?
11. Does your cat sleep on your head? Do you like it?
12. Do you have more than four opened but rejected cans of cat food in the refrigerator?
13. Do you watch bad TV because the cat is sleeping on the remote?
14. Did you buy a dvd of fish swimming in an aquarium to entertain your cat?
15. Will you stand at the open door indefinitely in the freezing rain while your cat sniffs the door, deciding whether to go out or come in?

16. Would you rather spend a night at home with your cat than go out on a bad date?
17. Do you give your cat presents and a stocking at Christmas? Do you spend more for your cat than you do for your spouse?
18. Do the Christmas cards you send out feature your cat sitting on Santa's lap? Does your cat sign the card?
19. Do you put off making the bed until the cat gets up?
20. Does your cat eat out of cut crystal stemware because you both watched the same commercial on television?
21. Do you microwave your cat's food? Prepare it from scratch?
22. Do you climb out of bed over the headboard or foot board, so you won't disturb the sleeping cat?
23. When you are preparing to leave for the day, do you seek out each cat and inform them of your anticipated return time?
24. Do you sleep with no pillow under your head, because the cat wants to sleep on it?
25. Do you stand at the computer because the cat is sleeping on the chair?
26. At the store, do you pick out the cat food before you pick out anything for yourself?
27. Do you go to sleep sitting up in bed because you were reading and the cat is curled up on your lap asleep?
28. Does it always take you longer than expected to read a magazine, because the cat keeps curling up on it while you're reading?
29. Do you frequently leave your dresser drawer open when you leave for the day, because the cat jumped into one of them and is asleep in one of

the drawers?

30. Do you cook a special turkey for your cat on holidays?

31. Does your cat "insist" on a fancy Sunday breakfast consisting of an omelette made from eggs, milk, and salmon, halibut, or trout?

32. Do you have pictures of your cat in your wallet? Do you bring them out when your friends share pictures of their children? (Pollsters claim that 40 percent of cat owners carry their pet's pictures in their wallets, by the way.)

33. When people call to talk to you on the phone, do you insist that they say a few words to your cat as well?

34. Do you accept dates only with those who have a cat? If so, do you eventually double-date with the cats to see how they get along?

35. When someone new comes to your house, do you introduce your cat by name, to them?

36. Do you keep old, empty boxes instead of throwing them away, because the cat likes to sleep in them?

Taken from [www.skywriting.net](http://www.skywriting.net)



# **UCHM's 2017 Pilgrimage to Israel**

**Thursday 27<sup>th</sup> April – Thursday 11<sup>th</sup> May 2017**

**Flying Manchester to Tel Aviv**

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

**The price is £2225 + £175 silent guide fee and includes  
flights, half board accommodation, coaches, all  
entrances and gratuities \***

**Optional week in Eilat on the Coral Reserve £355**

**Request a brochure by contacting UCHM on 01484  
461098 or email [uchm@uchm.org](mailto: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)

If you would like a brochure containing more details then please contact us on 01484 461098 or email [uchm@uchm.org](mailto:uchm@uchm.org).

\* **Effects of Brexit** - Because of Brexit the value of the £ against the \$ has dropped considerably. This has had to be taken into account in pricing the pilgrimage. UCHM faithfully promises that if the rate recovers appreciably we will issue an equivalent refund.

# Prayer Diary

## September

5 <sup>th</sup>	Advanced Counselling Skills Level Three
6 <sup>th</sup>	Advanced Diploma in Counselling Level Four Year Two Group Supervision UCHM Monthly Worship Time
9 <sup>th</sup> - 10 <sup>th</sup>	Racial Awareness and Child Protection Conference
16 <sup>th</sup> - 17 <sup>th</sup>	Advanced Counselling Skills Conference
19 <sup>th</sup>	Advanced Counselling Skills Level Three
20 <sup>th</sup>	Advanced Diploma in Counselling Level Four Year Two Finance and Property Meeting
23 <sup>rd</sup> - 24 <sup>th</sup>	Understanding Eating Disorders and Addictions Conference
27 <sup>th</sup>	Managers Meeting

## October

3 <sup>rd</sup>	Advanced Counselling Skills Level Three
4 <sup>th</sup>	Advanced Diploma in Counselling Level Four Year Two Group Supervision UCHM Monthly Worship Time
11 <sup>th</sup>	Advanced Diploma in Counselling Level Four Year One
17 <sup>th</sup>	Advanced Counselling Skills Level Three
18 <sup>th</sup>	Advanced Diploma in Counselling Level Four Year One
	Advanced Diploma in Counselling Level Four Year Two
31 <sup>st</sup>	Advanced Counselling Skills Level Three

## November

1 <sup>st</sup>	Advanced Diploma in Counselling Level Four Year One Advanced Diploma in Counselling Level Four Year Two Group Supervision UCHM Monthly Worship Time
8 <sup>th</sup>	Advanced Diploma in Counselling Level Four Year One
14 <sup>th</sup>	Advanced Counselling Skills Level Three
15 <sup>th</sup>	Advanced Diploma in Counselling Level Four Year Two
18 <sup>th</sup> - 19 <sup>th</sup>	Anxiety Pastoral Care Weekend
22 <sup>nd</sup>	Advanced Diploma in Counselling Level Four Year One Advanced Diploma in Counselling Level Four Year Two
28 <sup>th</sup>	Advanced Counselling Skills Level Three
29 <sup>th</sup>	Managers Meeting Advanced Diploma in Counselling Level Four Year One

# The Sun Already Set In The Valley

Recently on my return trip from western Pennsylvania I had another one of those awakening experiences. I had been driving for over five hours and listening to one of my favourite speakers, Les Brown. When I drive I always bring motivational tapes with me so that I don't waste that precious time.

Les had me on fire with his very first tape of the set of seven that I listened to on this round trip. I had decided to turn everything off for the final hour and just think. My mind was churning as my thoughts jumped from plans for tomorrow to how well my presentation went earlier that day.



Suddenly I was overwhelmed by the thought that when I arrived home it would be too late to start working on some of these new ideas I came up with while listening to Les.

I just hit a portion of this all too familiar interstate that offers an incredible view. This day was even more spectacular.

To my left was the very beginning of what would be a gorgeous sunset. The sun was still high enough and this portion of the roadway would not be blocked by mountains or trees for miles yet. I would get to see it all. Of course when it's that great I have been known to stop until I've witnessed the whole thing. One never knows how many more sunsets are in their



future. So I grab them when I can.

But then . . . panic! Sunset? That means the day's gone. It's over. I have things to do.

As if God Himself gently grabbed my head and turned it to the right it dawned on me. There down the mountainside in the valley were towns and people who live in them. The sun had already set for them. Most likely someone sat on their porch or on a park bench and watched the sun set for them. Their day ended already.



But I was on the mountain and still could see the sun.

I love that line I just wrote above:

"But I was on the mountain and still could see the sun." Sounds like a line from a poem or song.

How many times I have been down in the valley and couldn't see the sun. I was depressed and defeated. I had lost hope and couldn't care less if the sun ever came up again. I remember looking at those mountain top people who always seemed to have a better attitude about things. Their view of the world was so much different.

They could see the sun. I wanted to be up there with them. And this is the story of how I got there:

Down in the valley of depression and despair  
I had never seen the sunshine or breathed hope's fresh  
clean air.



Then one day God spoke to me and said "You are the one."

"I need for you to climb up there so you can see the sun."

I tried so hard to reach the top but fell along the way.

I sat along the pathway then I would hear God say:

"Get up and stop your crying. They need to know I care."

"Stand upon the mountain top. Tell them I sent you there."

I tried a little harder and scraped a knee or two

But then upon arrival my life began anew.

I saw the non believers who think their life is done

But I was on the mountain and still could see the sun.

The end? No just the beginning!

"I Believe in YOU!"

~ Bob Perks ~

Taken from [www.skywriting.net](http://www.skywriting.net)



## **A Letter of Hope**

I spoke once with someone and asked him, “Were you the first person born?” (Jb 15:7). This is what Job’s friends asked him in response to his bitter complaint. Rashi explains their question as “Were you born before Adam, the first man, so that you are in a position to know what has happened to every person in the world?”

Each person can apply this thought to whatever he is going through, be it in connection with his physical needs and livelihood, or with regard to his own personality traits and behaviour. Were you born before Adam, the first man, that you understand what is behind what every person goes through?

The whole reason a person is placed in this world is to go through all that he must! He must be as strong and as solid as a rock, so that he may bear everything in life. Whatever a person experiences, he must hope and yearn and wait for God, and under no circumstances should he despair of God’s mercy.

My son! Gain the upper hand in your life, and cast away all your feelings of dejection and fear about both the past and the future. Fortify yourself always to grasp whatever Torah, prayer or mitzvah you can! Trust in great power of the tzaddik, who has the capacity to rectify everything.

Letter #217

Taken from Healing Leaves,  
From the letters of Reb Noson of Breslov

## Trials

You perhaps recall the story of the blacksmith who gave his heart to God. Though conscientious in his living, still he was not prospering materially. In fact, it seems that from the time of his conversion more trouble, affliction and loss were sustained than ever before.

Everything seemed to be going wrong.

One day a friend who was not a Christian stopped at the little forge to talk to him.

Sympathizing with him in some of his trials, the friend said "It seems strange to me that so much affliction should pass over you just at the time when you have become an earnest

Christian. Of course, I don't want to weaken your faith in God or

anything like that. But here you are, God's help and guidance, and yet things seem to be getting steadily worse. I can't help wondering why it is."



The blacksmith did not answer immediately, and it was evident that he had thought the same question before. But finally, he said "You see here the raw iron which I have to make into horse's shoes. You know what I do with it? I take a piece and heat it in the fire until it is red, almost white with the heat. Then I hammer it unmercifully to shape it as I know it should be shaped. Then I plunge it into a pail of cold water to temper it. Then I heat it again and hammer it some

more. And this I do until it is finished."

"But sometimes I find a piece of iron that won't stand up under this treatment. The heat and the hammering and the cold water are too much for it. I don't know why it fails in the process, but I know it will never make a good horse's shoe."

He pointed to a heap of scrap iron that was near the door of his shop. "When I get a piece that cannot take the shape and temper, I throw it out on the scrap heap. It will never be good for anything."

He went on, "I know that God has been holding me in the fires of affliction and I have felt His hammer upon me. But I don't mind, if only He can bring me to what I should be. And so, in all these hard things my prayer is simply this: Try me in any way you wish, Lord, only don't throw me on the scrap heap."

By: Lynell Waterman  
Taken from [Christianstories.com](http://Christianstories.com)



## Fall Season

Autumn leaves speckle the forest floor  
Leaving a mottled view.  
The river lazily provides a path for leaves  
To journey through.

Determined trees continue to hang on,  
Will not, yet, let go  
So the leaves can gently fall away,  
Instead, they glow  
With tans and grays and reds and gold  
Makes a glorious show.

These breath-taking beautiful scenes  
After summer's gone,  
Is the Creator's designated plan,  
This season's 'song'.

And so it is in life our seasons  
Do come then go,  
Each with a particular purpose:  
God's plan to know.

Taken from [www.skywriting.net](http://www.skywriting.net)



A man goes into a cinema with his dog to watch a film. It's a romantic comedy and when there's a funny scene, the dog starts laughing. A little later there's a sad part, and the dog starts crying.

This goes on throughout the entire film - laughing and crying at all the right places. A man sitting a few rows back has witnessed the entire thing and decides to follow the man out. In the foyer, he approaches the dog owner and says, "That's truly amazing!"

"It certainly is," the dog owner replied, "He hated the book!"



\*

### **Church Announcements**

Thursday night - Faith supper.  
Prayer and medication to follow.

On Thursday at 5.00pm there will be a meeting of the Young Mothers Group. Anyone wishing to become a Young Mother, please see the Vicar.

At this evening service the sermon topic will be "What is Hell?" come early and listen to the choir practice.

Taken from Heavens Above -  
A Collection of Funny Church Stories

## Faith, Hope and Charity

We seek and search and try to find,  
In life what gives peace of mind,  
The answer is easy in our *Father* above  
For *He* has given *His* perfect *Love*.

Not only *His* love but faith for each day,  
By sending *His Son* who is the *Only Way*,  
So take hope in your heart and you will find,  
Your doubts and fears will soon leave your mind.

If you will only trust what *Jesus* did say,  
And take this thought for each new day,  
To love one another as *I* have loved you,  
For this is the *Way to the Peace that is True*.

So go in Faith, Hope and Charity,  
And glorify the *Blessed Trinity*,  
Help us Lord to take love as our Guide,  
Until that day, when we can sit by *Your Side*.

Author - A E Wood  
Taken from Scottish Christian Messengers





# The Elms

## Sports Hall and Room Hire



### Large Training and Meeting Room for Hire



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 £18 per hour, £60 for half day and £115 for full day

Complete with smaller group room included



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E-mail [theelms@uchm.org](mailto:theelms@uchm.org) Website [www.theelms.uchm.org](http://www.theelms.uchm.org)