

26 January 2020

## HOPE - CAP Centre next steps

Monday 20 January is given the title *Blue Monday* due to a combination of post-Christmas blues, cold dark nights and the arrival of unpaid credit card bills.

Apparently, a university professor managed to precisely calculate the most depressing day of the year, using a complex calculation including weather, debt, time since Christmas, time since failing our new year's resolutions, low motivational levels and the feeling of a need to take action! (In reality, this was all a publicity stunt by a travel firm!)

However, it does illustrate the power of debt to disrupt and disturb and drive us to drastic action. Research by Christians Against Poverty (CAP) shows 38 per cent of all people calling for debt help are feeling suicidal and three quarters seek help from their GP to cope.



So, our Debt Centre here is a vital ministry in reaching out to those in need. Today we are saying thank you to Clare Brown who for five years has been Mrs CAP! Thank you, Clare, for all you have done alongside our brilliant team, to champion those who are on the edge and give them hope. It has been brilliant to see clients become debt free, become friends and community members and above all find HOPE!



So, what next? I am delighted to say that we interviewed candidates (it happened to be on *Blue Monday*) and we are forwarding them on to the next stage of the process which is an interview with CAP headquarters on 26 February - after this we shall be able to make an announcement!

Finally, it's good news that the CAP national debt help line has reopened this week (0800 328 0006) after a pause to upgrade systems and train staff and, if all goes to plan after the second interview in February and initial training, our Debt Centre will reopen for new clients in May.

Martin Wainwright

### You are welcome at any of our activities this coming week at St Paul's

#### This Sunday 26 January

10am *Look Up: Why is it hard to love God?*  
Speaker: Martin Wainwright  
6pm Communion Service  
*The power of prayer*  
Speaker: David McKie

**Monday** 9:15am Prayer Meeting (Upper Lounge)  
9:45am Toddlers  
2pm Wrigglers

**Tuesday** 11am Spartans (Club Room)  
2pm Book Club (The Hub)  
8pm Holiday Club Team Meeting

**Wednesday** 11am Mid Week Focus  
**Thursday** 9:30am Prayer & Pastries  
10am Refresh! (Cheyham Hall)  
**Friday** 10am Little Church  
5:45pm Kidzone Friday (Y3-6)  
7:45pm Youth Social

**Sunday 2 February**  
10am Communion Service  
*Look Out: Why love your neighbour?*  
Speaker: Paul Dever  
6pm *The power of story*  
Speaker: David Wright

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www.saintpauls.co.uk

Office hours 9:30am-2:30pm Monday to Friday

## Please pray for:

- people we know who are ill, injured, recovering or dealing with grief; for the family of Betty Robinson (daughter Liz Fellows) whose funeral is tomorrow; Sheila Harris and wider family following the sudden death of Sheila's mother, Dorothy Houghton, on Tuesday.
- the issue of plastic waste, and our responsible use of it, as Christians living as stewards of the earth our Father created.
- Hazel Maunsell, recuperating from illness and now back in the UK from Ethiopia.
- the work of Christians Against Poverty, giving thanks for the sacrificial gift of time and energy that Clare Brown has given over past years, and praying for the ongoing recruitment to the team.

You're welcome to join us to pray on Monday mornings at 9:15-9:45am in the Lounge. If you would like prayer for anything, please contact Sally Thomas [sallyt@saintpauls.co.uk](mailto:sallyt@saintpauls.co.uk) / 0208 224 7360.

### Teddy Bears Alpha Picnic

**Tuesday 28 January 10:15-11:30am** Come with your children (under 5 yrs) and bring a teddy bear with you, to find out more about the mid-week Alpha Course for our Toddler Families which starts **4 February 10am**.

Please sign up on *ChurchSuite*. Further details from Keren Hillman [kerenh@saintpauls.co.uk](mailto:kerenh@saintpauls.co.uk) / 020 8224 4121

### Key Partners

**Saturday 1 February 7:30pm** at 3 Cornwall Road, Cheam. Come and hear stories of how God is transforming lives and communities through Bible translation. You are invited to a lamb tagine supper with our Mission Partners, David & Georgina Gray. RSVP to Ian Ayres by **Monday 27 January** [ianlayres@aol.com](mailto:ianlayres@aol.com)

### Holiday Club

**Thursday 20–Sunday 23 February**

**Kids' applications are open!**

Come and meet Jesus and learn how to live life to the full. Sign up online at [saintpauls.co.uk/children](http://saintpauls.co.uk/children) or pick up a form from the Welcome Area.

### Team applications

Team spaces are still available. Sign up in the welcome area or talk to Caroline Russell for more information [carolineruss91@yahoo.co.uk](mailto:carolineruss91@yahoo.co.uk).

### Holiday Club Craft

We need lots of cardboard cut out and other materials prepared. Gill and Jill will be in The Hub on **Wednesday 5 February** from 1:30-3pm if anyone is around to join them and lend a hand.

### Church Lunch

The next church lunch is on **Sunday 16 February**. To book, or cancel, please contact Richard & Liz Fairhurst by **Wednesday 12 February**. [thefairhursts@gmail.com](mailto:thefairhursts@gmail.com) / 01737 355063

### Prayer Team

We are planning another training course, starting **24 February 8pm** for 5 weeks, for those who would like to prepare for serving on the Prayer Team, offering ministry after services. The dates for the course are **24 February plus 2, 9, 23 & 30 March**. Sign up at [saintpauls.co.uk/prayerteam](http://saintpauls.co.uk/prayerteam) or speak to Sally for more information [sallyt@saintpauls.co.uk](mailto:sallyt@saintpauls.co.uk) / 0208 224 7360

### Exploring Anxiety & Depression

Starts **Wednesday 26 February 7:45pm**

A self-help support group for people suffering from anxiety or depression. We seek to provide helpful perspectives in a friendly and supportive atmosphere, but not counselling or therapy [saintpauls.co.uk/ead](http://saintpauls.co.uk/ead) or contact Judith [exploringanxietydepression@gmail.com](mailto:exploringanxietydepression@gmail.com)

### New Beginnings

Starts **Thursday 27 February 7:30pm** This course is for anyone who is suffering divorce, separation or a broken relationship. It helps people to make a fresh start and good friends too. It is free and open to everyone. [saintpauls.co.uk/newbeginnings](http://saintpauls.co.uk/newbeginnings) or contact Colin 07855 245 619 / [new.beginnings@blueyonder.co.uk](mailto:new.beginnings@blueyonder.co.uk)

### Choir for Easter

The choir will be singing at the **Good Friday Service on 10 April at 1pm**, with rehearsals on Friday 27 March and 3 April, 8pm in the church.



This is a service of reflection, when we sing to help people focus on Christ's sacrifice on the cross. For more information, contact Liz Fairhurst [liz.fairhurst42@gmail.com](mailto:liz.fairhurst42@gmail.com)

### Holy Land Visit 2021

Ken Hobbs and Sandra Faccini are leading a party of 30 to 40 pilgrims to visit the Holy Land 1-10 March 2021. Pick up a leaflet in the Welcome Area with further information. To express an interest, contact Ken [revken.hobbs@gmail.com](mailto:revken.hobbs@gmail.com) or Sandra [sandrafster@gmail.com](mailto:sandrafster@gmail.com)

## Giving to St Paul's

God's work here is funded by our church family and we encourage planned giving. Information on how to give regularly is available in the Welcome Area and online at [saintpauls.co.uk/giving](http://saintpauls.co.uk/giving). There is a plate and card reader by the door for any who may wish to give today. Charity No 1128212