

# Edinburgh North CAP Centre



May to August 2019

christians  
against  
poverty



## Hello from Martin Bethell our new CAP Centre Manager

Having been newly appointed to the position of the Edinburgh North CAP Debt Centre, I wanted to take the opportunity to introduce myself and say hello.

As I am a newcomer, and just through the door this newsletter is going to be brief and give you some background about me plus some dates for the diary and points for Prayer and Thanksgiving.

So here we go.....

I am married to Ann and live through in Livingston, but was born in Stoke-on-Trent and became a Christian when I was 16. I was heavily involved in Youth Work and Local Preaching in my local Methodist Church. As a family we moved to Scotland when I was working for the Lloyds Banking Group Scotland in 1998. Ann and I have four grown up children and 3 grand children, all staying in Livingston.

I took early retirement from Lloyds in 2014 and helped set up the Bridge Community Project in Livingston and worked as their Money Advice Manager. In 2017 I took on a 2-year role with the Salvation Army as their Divisional Debt Advice Co-ordinator, setting up 6 Debt Advice Centers.

I have a real passion for helping people manage their money and control their debt as well as wanting to introduce them to Jesus so that they might know Him as their Lord and Saviour.

I hope over the next few weeks to meet all of you at St Stephens and share with you the ongoing work of the centre and ask for your patience as I put names to faces etc.

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## How it All Began for Martin

As a teenager I was wondering if this was it and what Life really had in store for me, what my future would look like and what I would amount to.

I was an only child and my parents never really seemed satisfied with what I did.....I could always do better! (according to them)

I was pretty good at sport and had a few basic qualifications but nothing brilliant. I felt, however, that there should be something more, but had no real clue as to what that might be.

God and all things Church related meant nothing to me and in fact I was adamant that he did not exist. But despite knowing this my girlfriend at the time introduced me to a bunch of people who made me very welcome and they seemed to have something that I did not and I was very curious.

It turns out they were a bunch of Christians and they shared with me their story.

They told me that I was loved.....I had not heard that before! That Jesus was God's son and that he had died for me and accepted me just as I was. As I heard this for the first time, something stirred in me and I was amazed that He would want to be my friend, and may be this was the "Something More" I had been searching for.

So, I prayed a simple prayer and asked Jesus to become my friend. It was the best decision of my life!

## Dates for the diary

Sunday May 19<sup>th</sup> – Heart + Soul Princes Street Gardens CAP Stall

Monday May 20<sup>th</sup> 19:30 @ SSCB CAP Prayer—CAP Stall

Monday June 24<sup>th</sup> - 19:30 @ SSCB CAP Prayer

Friday July 5<sup>th</sup> to Sunday July 7<sup>th</sup> Gartmore House Client Discovery Break

Monday July 22<sup>nd</sup> - 19:30 @ SSCB CAP Prayer

Monday August 19<sup>th</sup> - 19:30 @ SSCB CAP Prayer

Saturday August 24<sup>th</sup> - 12:00 @ Central Farm CAPucunno Social

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## Prayer and Praise

“ If my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then I will hear from heaven, and I will forgive their sin and will heal their land.” (2 Chronicles 7 v 14)

Prayer is the privilege of sharing our hope in the Living God with others and seeing the comfort and hope our prayers can bring and CAP's ministry, so we Praise God for prayer!

Please pray for all the events in the diary overleaf and especially for the Discovery Break at Gartmore House 5th—7th July.

This weekend away is a gift to our clients from CAP. A chance to reflect, relax and hear testimonies of our God's love for them. Pray for strength and wisdom for the leaders. For open hearts and minds, for spiritual light to be shed on those without hope. Pray for many to come to know the Lord as their personal Saviour

### Other Points for Prayer

- Please would you pray for me as I start my role as the CAP Debt Centre Manger and for my forthcoming CAP Training in June and July.
- Thank God for all of our clients and please hold them up in prayer that we can continue to meet their varied needs.
- Thank God for all our busy volunteers who give up their precious time to serve and if you are considering volunteering please let me know and I would be delighted to meet up with you and chat through how you can help
- Thank God for the funding from the “Go for It” Fund and for all those that support the Edinburgh North CAP Debt Centre financially and for wisdom as we continue to seek financial support to maintain this service.

Bless You all and Thank You for your ongoing Prayers and Support,

Yours in Christ,

Martin

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## Six Steps to a More Affordable Summer

*(based on the blog entry on CAP website by Joseph Allison)*

Have you started making plans for the summer yet? It's just around the corner (and if the weather we had in Britain over the Easter weekend is anything to go by, we're in for a good one!)

However, as with most things, when you're trying to keep to a tight budget, affording to take part in summer fun can be a challenge. Plus, businesses know to raise their prices during the summer, especially when it comes to activities for children and families.

But you know how we think here at CAP – there's always a way to save money! Plan ahead, seek out free and inexpensive things to do and take a look at these tips for making summer life more affordable.

### Look for free family events

To keep the family entertained over the summer break, there are bound to be events near you that are suitable for all ages and free to enter. Many churches often run free fairs and other events – why not check your local church's notice board or website for ideas? There are also lots of museums and country parks with free entry around the UK.

### Temporarily cancel your subscriptions

As you may be out of the house more over summer enjoying the weather, or even going away on holiday, an easy way to save cash is by cancelling subscriptions you won't need as much. For example, you could take a break from Netflix, or cancel your gym membership and go out for a run instead. Often we forget about these things and they can drain our money in the background. If you're not using it, save the money and sign up again later in the year if you need to. It may also be the push you need to explore new hobbies.

### Save energy

Summer is an ideal time to save energy – from turning down your thermostat and switching off the lights when you don't need them, to using a washing line instead of the tumble dryer, to even ditching the car and walking or cycling instead. It's good for your budget and for the environment too.

### Research before travelling abroad

If you decide to head overseas for your summer break, be sure to do your research beforehand. Check restaurant prices in the area you're visiting and consider booking activities in advance. This can help you get the best deals and avoid being hit with unexpected costs. Also, don't underestimate the importance of travel insurance – it may seem like an extra expense, but in the long term it could save you a whole lot of money.

### Holiday at home

Opting for a staycation in the UK this summer is an easy way to save the money you'd ordinarily spend on flights, luggage charges, travel agents and exchange rates. How far do you really need to go to find beautiful and interesting places? Give camping a go if you haven't tried it before – you might find a new hobby! Remember, it's not about where you go, but the people you're with and the memories you'll make.

### Enjoy festivals for free by volunteering

If your family's keen to go to a festival this year, you may be able to bag yourself free entry in exchange for a few hours of your day spent volunteering. Free or discounted food may even be included. This summer, CAP is on the lookout for volunteers to lend a hand in their cafes at the Big Church Day Out (25 - 26 May) and United 19 (27 July -10 August). Find out more and apply at: <https://capuk.org/get-involved/you-join-the-cap-cafe-team>

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