



piercing
the
darkness



55%
miss meals

66%
couldn't sleep

47%
suffer with
mental ill-health

34%
thought about or
attempted suicide



'Is not this the kind of fasting I have chosen: to loose the chains of injustice and untie the cords of the yoke, to set the oppressed free and break every yoke? Is it not to share

*your food with the hungry and to
provide the poor wanderer with
shelter – when you see the naked, to
clothe them, and not to turn away
from your own flesh and blood?*

*Then your light will break forth
like the dawn, and your healing
will quickly appear; then your
righteousness will go before you,
and the glory of the Lord will be*

*your rear guard. Then you will call,
and the Lord will answer; you will
cry for help, and he will say: Here
am I. "If you do away with the yoke of
oppression, with the pointing finger*

and malicious talk, and if you spend yourselves on behalf of the hungry and satisfy the needs of the oppressed, then your light will rise in the darkness, and your night will become like the noonday.

Isaiah 58:6-10 (NIV)





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***‘CAP are unsurpassed
when it comes to debt help’***

Martin Lewis, Money Saving Expert



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38%

of Job Club members
find work

37%

of Fresh Start members reach
their freedom goal

23,000+

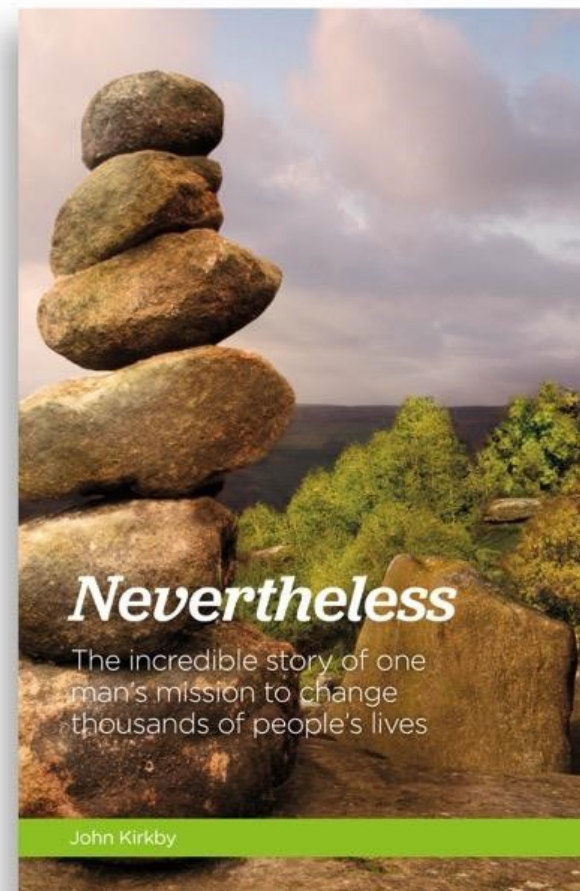
people are helped by
CAP every year



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Your free gift

Just fill in section two on the form





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