

Diocese of Chester

STOCKPORT PARISH CHURCH

St Mary's in the Marketplace

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Stockport Parish Church - St Mary's

Service times at St Mary's

Sunday: 10:30 Holy Communion / Morning Prayer

Normally the first and third Sunday is Holy Communion with Morning Prayer on the second and fourth.

15.30 Zeal Church

Tuesday: 10.00 Holy Communion

12.15 Lunchtime Service

Friday: 10.45 Café Worship

Wedding, Baptism, Funeral and other services by arrangement.

St Mary's and the Nave Café is open – Tuesday, Thursday, Friday & Saturday from 9.00am – 3.00pm

This magazine is written (and other submissions edited as deemed necessary) by S M Heap with additional material used by permission from www.parishpump.co.uk. Electronic copy available on pdf format via the church website.

STOCKPORT PARISH CHURCH [St Mary's in the Marketplace]

in the parish of Stockport and Brinnington

The LORD bless you and keep you, The LORD make His face shine upon you, And be gracious to you, The LORD lift up His countenance upon you, And Give you peace.

Parish Magazine
March 2019



March

Friday, 1st Manah	10.45
Friday, 1 st March Café Worship	10.45
St David's Day	
World Day of Prayer Trinity Methodis	t 14.00
Bramhall Lane	
Davenport	
Sunday, 3 rd March Holy Communion	10.30
Zeal Church	15.30
Tuesday, 5 th March Holy Communion	10.00
Shrove Tuesday Lunchtime Service	te 12.15
Wednesday, 6 th March Service at St Tho	mas'
ASH WEDNESDAY details to be conf	firmed
Friday, 8 th March Café Worship	10.45
Sunday, 10 th March Morning Prayer	10.30
Zeal Church	15.30
Tuesday, 12 th March Holy Communion	10.00
Lunchtime Service	te 12.15
Friday, 15 th March Café Worship	10.45
Sunday, 17 th March Holy Communion	10.30
St Patrick's Day Zeal Church	15.30
Tuesday, 19 th March Holy Communior	10.00
Joseph of Nazareth Lunchtime Service	te 12.15
Friday, 22 nd March Café Worship	10.45
World Water Day	
Saturday, 23rd March CONCERT	19.00
Reuben's Retreat Lawrence Singers	S
Sunday, 24 th March Morning Prayer	10.30
Zeal Church	15.30
Tuesday, 26 th March Holy Communior	10.00
Lunchtime Service	e 12.15
Friday, 29 th March Café Worship	10.45
Sunday, 31 st March Morning Prayer	10.30
Mothering Sunday Zeal Church	15.30



There is an old Jewish saying: God could not be everywhere, and therefore He made mothers.

Mother Church, Mother Earth, Mother of the Gods - our human mothers – all of them have been part of the celebration of 'Mothering Sunday' - as the fourth Sunday in Lent is affectionately known. It has been celebrated in the UK since at least the 16th century. In Roman times, great festivals were held every Spring to honour Cybele, Mother of all the Gods. Other pagan festivals in honour of Mother Earth were also celebrated. With the arrival of Christianity, the festival became one honouring Mother Church. During the Middle Ages, young people apprenticed to craftsmen or working as 'live-in' servants were allowed only one holiday a year on which to visit their families - which is how 'Mothering Sunday' got its name. This special day became a day of family rejoicing, and the Lenten fast was broken. In some places the day was called Simnel Day, because of the sweet cakes called simnel cakes traditionally eaten on that day. In recent years the holiday has changed and in many ways now resembles the American Mothers' Day, with families going out to Sunday lunch and generally making a fuss of their mother on the day.

Mothering Sunday 31st March 2019

NB: Summer Time begins

Join us at St Mary's for Morning Prayer 10.30am



World Water Day

Clean water is one thing we take completely for granted. After all, when did you last turn on the tap and expect filthy water to come out?

But sadly, bad water is still a daily reality for billions of people. The United Nations wants to help them

by ensuring that everyone can access clean water by 2030. It is part of the so-called '2030 Agenda for Sustainable Development', and an enormous challenge. Meanwhile, this year each one of us can do at least something to help on 22nd March. A donation to Water Aid will help provide safe water to marginalised communities worldwide.

Simply go to: www.wateraid.org/uk



When you walk past the Crocus outside church give a thought to "End Polio Now" and this little clump of bulbs planted by the Rotary Club of Stockport as part of the "End Polio Now" campaign.

March 2019

Welcome to our March magazine for St Mary's - not forgetting that we are now part of a larger area that incorporates Stockport St Thomas and Brinnington St Luke - but we're not yet in a position to launch a new magazine for the new Parish — or yet - a new combined web site, but we'll get there in due course.

For anyone having difficulty gaining access to our existing web-site [www.stmarysinthemarketplace.com] my apologies, there are a few ongoing problems at the moment between the credit card that pays the monthly fee and the computer payments system - we are trying to get this sorted. Why after several years of behaving nicely the computer has said NO - I (or the credit card company) have no idea and nor at the moment does anyone else - you should have access but my editing rights are another matter. We will continue to update any important parish news (as it happens) on the web-site – hopefully!

Please, note in your diary that the Meeting of Parishioners and Annual Parochial Church Meeting is to be held after our joint service at St Mary's on Palm Sunday (14th April). It is important you are there as we set sail into a new era and a new chapter in the life of St Mary's.

Equally important (if not more so) is that if you wish to be on the Electoral Roll for the Parish of Stockport and Brinnington you will need to complete a new Electoral Roll Application form. Margaret Forester (our present Electoral Roll Officer) will be getting in touch with everyone she can on the existing roll. Applications from the three churches will be collated together to form the new Electoral Roll for the Parish by Acting Electoral Roll Officer (for the new parish) Eric Tomlinson so that everything is in place before the

APCM. A notice is presently on display in Church on the table next to the copier – along with blank forms for completion and a box to put completed forms in. We will sort out application forms for PCC Members, Churchwardens etc. in due course.

Thank you to those who have returned new "Gift Aid" forms from those of you who are signed-up to the planned giving envelope scheme. If you have not already completed your form and wish to do so please return it as soon as possible. We will need new paperwork for the new parish. For those of us who pay by bank transfer, new details will be given to you as to which bank account to use as soon as these arrangements have been made and a new "gift aid" mandate form also made available. In the meantime all churches have new white "gift aid" envelopes available and spare books of planned giving envelopes for anyone wishing to join the scheme.

On the subject of money..... Many thanks to those who have kindly increased their contribution to the ministry and mission of St Mary's recently – this has not gone unnoticed and is much appreciated.

Our year-end accounts will be available shortly combined with our Annual Report for the past year. This will be available to anyone wishing to have a copy in advance of the APCM (same arrangements at St Thomas and St Luke).

NEXT MONTH: We very much hope that you will join us on Palm Sunday for our joint service of Holy Communion, Meeting of Parishioners and Annual Parochial Church Meeting.

SMH





Reuben's Retreat

On the 21st August 2012, at just 23 months of age, little Reuban died in his mother's arms. Reuben had suffered an ATRT, a very rare and aggressive form of Cancerous tumour. Despite the devastating grief his parents set up a charity in his name. They took on a massive chal-

lenge converting the former "Woods Hospital" into a most valuable facility – undertaking the work in phases.

REUBEN'S RETREAT - Work commenced in February 2015 on phase one, "The Lodge at Reuben's" the retreat's bereavement, support and counselling centre. The lodge opened it's doors to beneficiaries in November 2015 and in the same month, phase 2 was complete, the surrounding gardens. 2016 saw the building made watertight, by carrying out a much needed full roof renovation including pointing and also a full damp proof course. So the work continues - the hydrotherapy suite, sensory room, movie room and full completion of the day activity wing. Offices at the top of the West wing, an "Orangery" boasting a Victorian tea room, "Nannies at Reuben's" and the final phase – renovation and refurbished of four apartments for beneficiaries. This is a huge multi million pound 10 phase project, due to be entirely up and running by 2020.

<u>Do join us at St Mary's on Saturday, 23rd March at this special concert with the Lawrence Singers – organised by Stockport Homes.</u>



St David (Dewi Sant): guiding the Welsh Church On 1st March Wales celebrates its patron saint, David – or, in Welsh, Dewi or Dafydd. He is indisputably British, and is revered wherever Welsh people have settled. As with most figures from the so-called 'Dark Ages' (he lived in the sixth century), reliable details about his life are scarce, but there are enough for us to form a picture of a formidably austere, disciplined and charismatic leader, who led the Church in Wales through turbulent years and fought tenaciously for the faith. It's likely that he was strengthened in his ministry by time spent in Ireland, where the Church was stronger and more confident. Early records tell of a meeting of Irish church leaders with three 'Britons', as they were described, among them 'bishop David'. His mother, Non, is also celebrated as a saint in Wales, where a number of churches are dedicated in her name. That he founded a monastery at Menevia, in Pembrokeshire, seems beyond doubt. It later became the site of St David's cathedral and the settlement which is now the smallest city in the United Kingdom. From Menevia David embarked on preaching and teaching missions across Wales, and probably beyond. His eloquence was legendary. At a famous Synod of the Church, held at a Carmarthenshire village called Brefi, he preached passionately against the Arian heresy – indeed, so passionately that he was (according to some accounts) immediately named as archbishop of Wales. The village is now known as Llandewi Brefi - brefi in Welsh is a hillock, and legend claims that it appeared miraculously in order to provide the eloquent bishop with a pulpit. His monks avoided wine and beer, drinking only water. Indeed, he and they lived lives of rigorous austerity and constant prayer, in the manner of the Desert Fathers of the Eastern Church. The date of David's death is disputed – either 589 or 601. It wasn't until the twelfth century that he was generally accepted as the patron saint of Wales, and pilgrimages to St David's were highly regarded in the following centuries – including two made by English

kings, William I and Henry II.

Making sense of Lent Rev Paul Hardingham

This month sees the start of Lent, the six-week period leading up to Easter. In the early Church, it was a time when new converts were instructed in the faith, ready for their baptism at Easter. Over the years, Lent has become a season of penitence, self-examination and fasting. Jesus began His earthly ministry by fasting in the wilderness for 40 days and taught his disciples to fast, 'when you fast...' (Matthew 6:17). Fasting might involve missing one or two meals in a day, refraining from TV or alcohol, or whatever gets in the way of us fully focusing on God. What are the reasons for fasting?

- The act of giving up something is a tangible sacrifice to God, reminding us of our desire to put him first in our lives.
- Giving up things I value shows me how depend I can be on other things rather than God.
- Fasting helps me to surrender my 'idols' to God.
- When fasting I am reminded of a deeper hunger and need for God in my life: 'Blessed are those who hunger and thirst for righteousness, for they will be filled.' (Matthew 5:6). I learn to be more dependent on God, while releasing the stuff I depend on in my life.

Lent can also be a time to embrace new spiritual disciplines eg joining a study group, 'random acts of kindness', giving more time to prayer and Bible study Whatever you do, have a great Lent!

'Jesus takes it for granted that his disciples will observe the pious custom of fasting. Strict exercise of self-control is an essential feature of the Christian's life. Such customs have only one purpose - to make the disciples more ready and cheerful to accomplish those things which God would have done.' (Dietrich Bonhoeffer).

Palm Sunday 14th April 2019 10.30am

Joint Service of Holy Communion

St Mary / St Thomas / St Luke

at Stockport Parish Church (St Mary's in the Marketplace)

with the Ven Ian Bishop (Archdeacon of Macclesfield)

<u>Parish of Stockport and Brinnington</u> <u>St Mary / St Thomas / St Luke</u>

Meeting of Parishioners & Annual Parochial Church Meeting

Sunday, 14th April 2019 at Stockport Parish Church (St Mary's) following morning service

At Christmas, we thanked God for entering the ever moving and changing life of the world. But one great characteristic of Jesus was His stillness. Busy, harassed, injured people found someone with neither clever chat nor idle gossip, neither vulgar boasting nor loud opinion. His life always seemed to rotate round a still central point, which gave Him His balance and authority.

"Be still then and know that I am God" wrote the Psalmist. Lent is a time for us to stop and remember that. Lent is a good time to be a little more silent than usual — quicker to listen and slower to speak. And the more silent spaces we give ourselves, the more we'll give that still, small Voice within.

God's stillness is still full of energy. That still centre of the spinning disc is also the point which drives the rest of the rotating circle. Equally, when we're in touch with that still centre, we'll be able to give strength and support to those who feel they're spinning at the edges.

Being still does mean that we need to take time to pause, to take stock, to take a critical look at our lives. That's what Lent is about. On the spinning discs of our own lives, we need to remember that there is a still centre, calm and yet full of energy – which is where God is.

Barbie turns 60

This month Barbie celebrates her diamond anniversary. And the fact that she needs no introduction is proof that this plastic doll became an international celebrity many decades ago. Indeed, if you were a little girl in the 1960s, you will probably have loved a Barbie doll yourself.

Barbie was launched at the International Toy Fair in New York City on 9th March 1959. An American businesswoman, Ruth Handler, created her, and the American toy company Mattel Inc manufactured her. So far, Mattel have sold over a billion Barbies.



Glamourous Barbie did wonders for the toy business, because once you bought a Barbie, you could also go on and buy her all sorts of clothes, and even a boyfriend. Little girls loved her idealised upscale life-style, and Barbie doll collections grew and grew.

These days Barbie is a collectable, and if you still have your Barbie from the early 1960s, she could be worth hundreds, if not thousands.



SHROVE TUESDAY: Pancake Day

Ever wonder why we eat pancakes just before Lent? The tradition dates back to Anglo-Saxon times, when Christians spent Lent in repentance and severe fasting. So on the Tuesday before Ash Wednesday, the church bell would summon them to confession, where they would be 'shriven', or absolved from their sins, which gives us *Shrove* Tuesday. At home, they would then eat up their last eggs and fat, and making a pancake was the easiest way to do this. For the next 47 days, they pretty well starved themselves.

Pancakes feature in cookery books as far back as 1439, and today's pancake races are in remembrance of a panicked woman back in 1445 in Olney, Buckinghamshire. She was making pancakes when she heard the shriving bell calling her to confession. Afraid she'd be late, she ran to the church in a panic, still in her apron, and still holding the pan.

Flipping pancakes is also centuries old. A poem from Pasquil's Palin in 1619 runs: "And every man and maide doe take their turne, And tosse their Pancakes up for feare they burne."

Some people have noted that the ingredients of pancakes can be used to highlight four significant things about this time of year: eggs stand for creation, flour is the staff of life, salt keeps things wholesome, and milk stands for purity.

Shrove Tuesday is always 47 days before Easter Sunday and falls between 3rd February and 9th March.

Round, like a circle in a spiral, like a wheel within a wheel... The Rev Dr Gary Bowness

Many years ago, at the Pleasure Beach at Blackpool, there was a certain 'ride' or amusement that was strictly for the physically fit. It consisted of a flat wooden disc about 20 feet in diameter and set at an angle of 45 degrees in the floor. When it began to rotate, the aim was to get to the centre where there was a pole. As the disc rotated faster and faster, everyone who failed to get to the pole got flung off. Nowadays there's probably a regulation banning it as far too dangerous!

The principle of the game was a basic law of physics. When any wheel rotates, the outer rim moves fastest of all. Half way to the centre and you are moving a lot more slowly. And, at least theoretically, at the absolute centre will be a point which is totally still. That's why anyone who reached that pole could stand there quite comfortably.

We have just started the Church's season of Lent. It's generally thought of as being a time for giving up chocolate, wine, whatever. But it's really a time to remind us that in our own rapidly spinning world, God is the still centre.

All around God is motion, sound, change and decay – galaxies circling, seasons and years rotating, life developing and decaying. And at the still centre, where there is no variableness, is God, the same yesterday, today and forever.

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BBC to run a 'Year of Beliefs'

The BBC is going to 'shine a light' on faith and spiritual values in Britain today by running a year of programmes dedicated to religion and ethics.

The move comes a year after the BBC promised to 'raise our game' in the way that it treated religion. That promise followed a year-long review of its religious and ethics output.

So what series should we look out for? Here are just some:

On BBC 1, Earth's Sacred Wonders will look at the rituals and monuments of faith around the world; Medical Ethics will be a documentary filmed at Great Ormond Street Hospital; and Pregnant and Platonic will be a documentary on people who have children without being in a romantic relationship.

On BBC 2, *Inside the Vatican* will show a year in the life of the Vatican community, including Pope Francis; and the popular *Pilgrimage* series will return.

The Bishop of Repton, the Rt. Revd. Jan McFarlane, who chairs the Sandford St Martin Trust, welcomed the BBC's plans. Especially "bringing issues of faith, belief and ethics to as wide an audience as possible."

You may have surprised your parents, but never God

Rev Tony Horsfall

I'm a March baby, the youngest of five children born to my parents in a small Yorkshire pit village in 1950. I think I was something of an afterthought, a surprise even, and the story of my entry into the world is quite amusing.

In those days my mother, a stout lady, wore an apron (or pinnie) almost all the time, and my siblings had no idea that she was pregnant. One day my two older brothers (Dave 14 and Sam 12) were outside playing when someone told them, "Hey, your mother has had a baby!" They were shocked to the core.

"She hasn't," replied Dave defiantly.

"She has," said the informant, "and it's a boy."

They ran home to find the truth, and sure enough there was mother with a baby (me!) on her knee. Dave was disgusted, ran upstairs and refused to come down. Next morning when he appeared for breakfast my mum asked him a question. "What do you think then, shall we keep him?"

"I suppose so," said Dave, somewhat reluctantly.

So that was my not very auspicious welcome into the world, and it makes me smile every time I think about it. I can laugh because I

Continued

know that although I was a surprise, and unplanned, I was wanted and loved. But more than that, I know my conception was no accident as far as God was concerned. He knew me from the very beginning and had a plan and purpose for my life.

This is what God said to Jeremiah, "Before I formed you in the womb I knew you, before you were born I set you apart; I appointed you as a prophet to the nations (Jeremiah 1:5)."

Whatever the circumstances of your birth, remember you were made by God and He has a purpose for your life. You are wanted and loved.





Lent and Easter Appeal

Rise up against climate change with Lope and Eva this Lent.

Join us at the Nave Café—Lent Lunch — all profits to Christian Aid — 12^{th} , 19^{th} & 26^{th} March. Donations appreciated throughout Lent — Gift Aid envelopes available.

Jerusalem, and who presumably taught his son the trade of a carpenter.

Joseph has become an icon of the working man – there are many churches nowadays dedicated to 'Joseph the Worker'. He can stand in the calendar of saints for the 'ordinary' person, a straight-forward craftsman who never expected or chose to be in the spotlight of history. He did what he could, and he was obedient to everything that he believed God required of him. To do the 'ordinary' thing well, to be kind, caring and open to guidance: these are great gifts, and Joseph seems to have had them in abundance.



Lent and Easter Appeal



"Heal Nepal" – help find a cure and heal people with leprosy – reaching people before they develop permanent disabilities and the good news is that all donations received by the Leprosy Mission before the 27th April will be doubled by the UK Government. As part of our Lent/Easter

appeals we would like you to take a little disposable (one-off usage) square box, fill it with cash, return it to us and we'll ensure all donations are sent to the charity in time for them to claim the extra money.

Return your lent gift box (or make your donation – gift aid envelopes available) before Easter Sunday to give us time to make the necessary arrangements.

Your co-ordinator for this appeal – Ann West.

St Patrick: beloved apostle to Ireland

St Joseph the Carpenter: gracious descendant of King David

Many people know that Joseph was the father of the most famous man who ever lived, but beyond that, we know very little about him. The Gospels name him as the 'father' of Jesus, while also asserting that the child was born of a virgin. Even if he wasn't what we call the 'biological' father, it was important to them that he was a distant descendant of the great King David – a necessary qualification for the Messiah. It's obvious that Joseph (usually described as a 'carpenter') was not wealthy, because he was allowed to offer the poor man's sacrifice of two pigeons or turtle doves at the presentation of his infant son. No one expected eloquence or wisdom from this man's son. Jesus was born into an unremarkable family, with a doubtless hard-working artisan as His father. There would have been few luxuries in that little home at Nazareth. Matthew begins his birth narrative with the bald statement that Mary was engaged to Joseph, but before they lived together she became pregnant 'with child from the Holy Spirit'. Joseph was not apparently privy to the divine intervention in her life, and drew the obvious conclusion: it was another man's child. However, he was not the sort of man who wished to disgrace her publicly, so he resolved to 'dismiss her quietly' - end their engagement without fuss, we might say. However, at that point Joseph had a dream in which he was told by 'an angel of the Lord' not to hesitate to take Mary as his wife, because the child conceived in her was 'from the Holy Spirit', and that the baby was to be named 'Jesus' ('saviour') because He will 'save His people from their sins'. On waking, Joseph did as he had been instructed and took Mary as his wife. So far as Joseph himself is concerned, we can be pretty sure of a few things. In human, legal terms he was the father of Jesus, he was a carpenter and he had probably died before Jesus began his public ministry. The little we are told suggests a devout, decent and sensitive man, one who shared Mary's anxiety when the 12 year-old Jesus went missing in

St Patrick is the patron saint of Ireland. If you've ever been in New York on St Patrick's Day, you'd think he was the patron saint of New York as well... the flamboyant parade is full of American/Irish razzmatazz. It's all a far cry from the hard life of this 5th century humble Christian who became in time both bishop and apostle of Ireland. Patrick was born the son of a town councillor in the west of England, between the Severn and the Clyde. But as a young man he was captured by Irish pirates, kidnapped to Ireland, and reduced to slavery. He was made to tend his master's herds. Desolate and despairing, Patrick turned to prayer. He found God was there for him, even in such desperate circumstances. He spent much time in prayer, and his faith grew and deepened, in contrast to his earlier years, when he "knew not the true God". Then, after six gruelling, lonely years he was told in a dream he would soon go to his own country. He either escaped or was freed, made his way to a port 200 miles away and eventually persuaded some sailors to take him with them away from Ireland. After various adventures in other lands, including near-starvation, Patrick landed on English soil at last, and returned to his family. But he was much changed. He had enjoyed his life of plenty before; now he wanted to devote the rest of his life to Christ. Patrick received some form of training for the priesthood, but not the higher education he really wanted. But by 435, well-educated or not, Patrick was badly needed. Palladius' mission to the Irish had failed, and so the Pope sent Patrick back to the land of his slavery. He set up his see at Armagh, and worked principally in the north. He urged the Irish to greater spirituality, set up a school, and made several missionary journeys. Patrick's writings are the first literature certainly identified from the British Church. They reveal sincere simplicity and a deep pastoral care. He wanted to abolish paganism, idolatry, and was ready for imprisonment or death in the following of Christ.

The World Wide Web – 30 years on Tim Lenton

The World Wide Web was invented 30 years ago this month, on 12th March 1989, by Tim Berners-Lee while he was working at CERN, the European particle physics laboratory.

His innovation – a global hypertext document system originally described by his superior as "vague but exciting" – was intended to help scientists share data across a then obscure platform called the Internet, but his decision to make the source code freely available meant it took on a life of its own and is now used by almost everyone with a computer.

He has never profited directly from his invention, but now spends much of his time trying to protect it from malign influences and is working on Solid, a project designed to provide "true data ownership as well as improved privacy".

As a result of his original invention, Berners-Lee was named one of the 20th century's most important figures by *Time* magazine, received the prestigious Turing Award for achievements in the computer sciences, and was honoured at the Olympics. He was also knighted by the Queen.

Raised as an Anglican, he turned away from religion but then became an active member of the Unitarian Universalist Church, which he describes as tolerant and liberal.

Give your garden birds a feast!

March is a hungry time for birds, but you can easily help them. Here are some things they will love:

Seed and grains like nyjer, millet, oats, and sunflower seeds.

Unsalted peanuts fit for human consumption. (cut them up, or the chicks could choke)

Cooked pasta, rice and boiled potatoes.

Grated cheese, unsalted uncooked bacon rind.

Raisins and sultanas (be careful! These are poisonous for dogs)

Suet and fat balls.

Mealworms and waxworms.

Apples, pears and soft fruits, cut small.

New Electoral Roll

Please note that if you wish to be included on the Electoral Roll for the Parish of Stockport and Brinnington you will need to complete a new application form. These are available from church and need to be completed before the cut-off date for notice to be given in advance of the Annual Parochial Church meeting. Margaret Forster (Electoral Roll Officer) will be contacting everyone on the existing roll at St Mary's. Completed forms may be left at church or handed to Margaret. Closing date for receipt of forms is the 8th March in order for applications to be collated together from the three churches and the new Roll completed for the Parish. The new roll is effective from the 14th April.

But they don't live here any more David Pickup (Solicitor)

Let no debt remain outstanding, except the continuing debt to love one another... (Romans 13:8)

Suppose you move home and then start getting letters from a debt collecting agency about a person who used to live there? You then get people coming to your house or even the police looking for someone. You apply for a loan which is then refused. Do you start applying for more credit? Perhaps you find that a person you were in a relationship with has used your address to get credit? If you get letters clearly addressed to a person who does not live at your address you can write 'return to sender' on the unopened letter and then post it. You can sometimes find out if it is a debt collecting letter by googling the PO Box address on the envelope. If it keeps happening write, 'Return to sender; Joe Bloggs does not live here!' and date it and then take a photograph of the envelope. You can also challenge the accuracy of personal data held about you by an organisation and ask for it to be corrected or deleted. This is known as the 'right to rectification'. Clearly state clearly what you believe is inaccurate or incomplete and explain how the organisation should correct it. You can complain to the organisation and if this does not work then you can report it to Information Commissioner. If it is an 'ex' who has let you down, you still need to correct any incorrect information that someone might hold. Was he or she getting packages sent to your home? If you are refused credit you are entitled to know why. Do not just fire off lots of credit card applications as this may make the situation worse. As always, this is a lighthearted guide to a complex area. Always get advice from a solicitor or advisor such as Citizens' Advice or the Information Commissioner. The Money Advice Service is a very good source of advice.

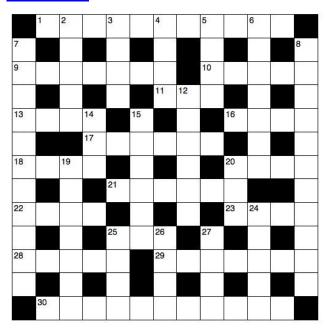
How many friends should you have?

Have you ever stepped back and reviewed the friendships in your life?

According to the anthropologist Dr Robin Dunbar of University College London, the maximum number of relationships we can have peaks at about 150, known as Dunbar's Number. He then divides this into: five close friends, 15 good friends, 50 general acquaintances, and the remaining 130 as people we relate to in a friendly fashion. Our five close friends are the ones to whom we can say anything, who have seen us at our worst, and on whom we can call on anytime, night or day, in a crisis. If you know five such people, you are blessed indeed! Our 15 good friends are the ones we may not see for months, but we can pick up the friendship again at any time, without any effort. Our 50 general acquaintances are the people whose company we also enjoy. We may not make any specific regular efforts to see them, but when we do see them, we are glad.

How does a friendship start? There is a standard formula needed for all of them: some initial 'spark' of empathy, plus proximity to the person, plus time to spend with that person. How much time does it take to turn an acquaintance into a friend? According to Jeffrey Hall, associate professor of communication studies at the University of Kansas, it takes 50 hours to turn an acquaintance into a casual friend. If that goes well, then at 90 hours you begin to carve out time to see each other on purpose. By 200 hours, you are close friends, see each other often, and support each other emotionally.

Crossword



Across

- 1 These letters come between Romans and Galatians (11) 9 'You will not me to the grave' (Psalm 16:10) (7) 10 King of Moab to whom the Israelites were subject for 18 years (Judges 3:14) (5)
- 11 Town possessing mineral spring (3)
- 13 Mede (anag.) (4)
- 16 High-fidelity (abbrev.) (4)
- 17 He succeeded his father Rehoboam as king of Judah (1 Kings 14:31) (6)
- 18 A son of Simeon (Genesis 46:10) (4)
- 20 Controversial religious book of the 1970s, The of God Incarnate (4)
- 21 'He has received from the Father the promised Holy Spirit and has poured out what you — and hear' (Acts 2:33) (3,3)
- 22 'You me together in my mother's womb' (Psalm 139:13) (4)
- 23 Edit (anag.) (4)
- 25 'Who has believed our message and to whom has the of the Lord been revealed?' (Isaiah 53:1) (3)
- 28 Abraham's brother (Genesis 22:23) (5)

- 29 'When Mordecai learned of that had been , he tore his clothes' (Esther 4:1) (3,4)
- 30 Sympathetic (Proverbs 11:16) (4-7)

Down

- 2 'That was why his parents said, "He is ——; ask him"' (John 9:23) (2,3)
- 3 Integrated Services Digital Network (1,1,1,1) 4
- 4 'Saul has slain his thousands, and David his of thousands' (1 Samuel 18:7) (4)
- 5 Concept (John 8:14) (4)
- 6 'Do we, then, the law by this faith? Not at all! Rather, we uphold the law' (Romans 3:31) (7)
- 7 Industrious (2 Timothy 2:6) (11)
- 8 'I pray also that the eyes of your heart may be in order that you may know the hope to which he has called you (Ephesians 1:18) (11)
- 12 'Out of the same mouth come and cursing' (James 3:10) (6)
- 14 This was how many of the Jewish leaders described Jesus (John 10:20) (3)
- 15 Vitality (Job 20:11) (6)
- 19 He urged David to kill Saul at Hakilah (1 Samuel 26:8) (7)
- 20 'So for a whole year Barnabas and Saul with the church and

taught great numbers of people' (Acts 11:26) (3)

- 24 'Hear, O Israel: The Lord our God, the Lord - ' (Deuteronomy 6:4) (2,3)
- 25 Parched (Matthew 12:43) (4)
- 26 'In the image of God he created him;
 and female he created them' (Genesis 1:27) (4)
- 27 Disparagement (Psalm 15:3) (4)

