



# The Helping Hand

“Come unto me, all ye that labor and are heavy laden,  
and I will give you rest” Matthew 11:28

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Jul - Sep 2019 MCI (P) 003/01/2018

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## Trust in God for He is Faithful

*“Anxiety does not empty tomorrow of its sorrows, but only empties today of its strength.” – Charles Spurgeon.*

The Standard Dictionary defines “Worrying” as a form of ‘torment’ usually self-inflicted. It is unusual excessive thoughts or anxieties of a current or future event and its outcome.

Worry is a choice. It is inside our own head and, as such, it is within the sphere of our own influence. Worries can be classified into different sphere of influences - financial, job security, relationship, lack of confidence, loss of self-esteem, ageing etc.

Majority will certainly say “yes” that they do worry but what exactly do we mean by worrying and what are we really worrying about? Some may say that it helps them to solve problems and dealing with issues daily and it also helps them to “think constructively” about the problems they’re facing.

But to some, worrying is not a constructive thinking process. It is a mental health issue and worrying has become both a complex and an unmanageable behaviour.

As Christians, we must acknowledge that the same God who created life in us can be trusted with the details of our life. Worrying about the future hampers our efforts today and it is more harmful than helpful and worrying doesn’t add a single hour to our life.

If we persist to worry about the problems of tomorrow, we will be excluded from the blessings of today.

Living one day at a time will keep us from being consumed with worry.

Worrying is unproductive. Worrying is like rocking in a rocking chair with a lot of activity but we end up nowhere. We won’t make any progress and that is what worrying is all about. Worrying doesn’t change yesterday, neither will it affect tomorrow.

The Helping Hand is no stranger to it either and to the powerful negative effects it can have.

Instead of just sitting down, worrying and brooding over our problems, The Helping Hand continually seek the Lord for His counsel and direction to resolve our problems. By faith, The Helping Hand know that God will meet them in any given situation, painful or joyful. By faith, The Helping Hand trust that God will uphold them just like He has upheld others. The Word of God has taught us clearly that God will not ignore those who diligently seek Him. Worrying only shows a lack of faith and understanding of God and keeps us away from focusing on what God wants us to pursue. The Helping Hand will continue to pray and seek God diligently for what we need, be thankful and exchange our worry for His peace.

**“Keep thy heart with all diligence; for out of it are the issues of life.” - Proverbs 4:23 (KJV)**

## FAMILIAL BOND DINNER

Researches have shown that people with strong family associations are generally healthier and stand a better chance in their recovery than those who have no close family associations or social network to support them. Families coming together help to remind them that they are not alone in their fight, and it encourages them in their path to move forward towards their recovery.

On 7 September 2019, The Helping Hand organized a "Familial Bond Dinner" to complement the above. All the residents were told to invite their family members for this night. The organising committee



came out with a list of menu items and topping the list was 60 kg of large crabs. The kitchen guys were then put to the task of preparing a feast "fit for a king". Preparations begun as early as 0700hrs and by 1600hrs, all the tables and chairs were neatly arranged for the arrival of guests and food readied for a grand feasting.

Vehicle after vehicle started streaming into the grounds of The Helping Hand. The parking lots were almost full, and it was so encouraging to witness such a turn-out. The event started promptly at 1800hrs with Praise and Worship led by Bros Jason Gwee and Kelvin Chua, followed by an exaltation from our Executive Director, Bro Richard K on the importance of meeting up together, taken from Hebrews 10: 25.

Family support has always been an important aspect in our curriculum. It helps to keep the relapse rate down and prevent our guys from returning to prison. Those with close family ties stand a better chance than those without and evidence demonstrated that families are an important factor in reducing re-offending and supporting the welfare of a recovering addict. There's a need to rebuild those broken bonds and re-unify families.

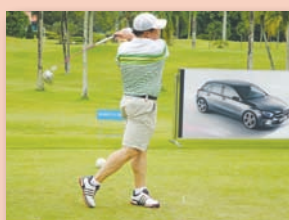


After the message, the residents and their loved ones, proceeded to the buffet table for a sumptuous spread laid out on chafing containers. The atmosphere of having the residents and their families eating together was truly encouraging. The entire kitchen area was packed with people eating, sharing laughter, and enjoying their meal. Many alumni also returned to join us for this occasion, and it made the evening more special. The meal ended with a round of old school ice-cream provided for by a guy riding a scooter with a sidecar. It was a fantastic time for all of us, but as with all good things, it must come to an end, and our night ended with the last of our guests leaving our premises at about 2100 hours





## 9TH CHARITY GOLF @ ORCHARD COUNTRY CLUB



After months of preparations, on 23 July 2019, The 9th Helping Hand Charity Golf 2019 took off at the Orchard Country Club. Over the last 8 years, we have witnessed countless individuals participating on a regular basis to support causes they believe in, as well as for the positive effect it has on their own lives. All came not only for a game of golf but for a charitable cause.



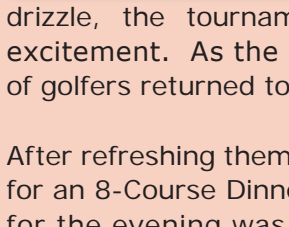
The registration counter opened at 1000hrs and streams of participants, started trickling in. A strong feeling of excitement was in the air as golfers began registering and golfing terminology was at the core of their conversations.



This year's event attracted 116 participants who were all ready to tee-off at 1315hrs. However, darkened skies and distant thunder caused the game to be put on hold.



Moans and groans were heard when the PA system announced that the tournament will be temporary suspended until further notice. There was apprehension that the event might be withdrawn. The golfers headed off to the Vanda Terrace to await clearance from the Club Management and finally, at 1430hrs, clearance was given, and the game got underway. Despite the occasional drizzle, the tournament proceeded on with much camaraderie and excitement. As the sky began to darken at 1900 hours, the last flight of golfers returned to the clubhouse in the coolness of the evening.



After refreshing themselves, the participants headed to the Emerald Suite for an 8-Course Dinner, specially catered for them. The Guest-of-Honour for the evening was Mr Melvin Yong, MP for Tanjong Pagar GRC. Our Vice-Chairman Mr Tan Teik Seng, officially welcome our Guest-of-Honour and the dinner got underway. Midway, one of our staff, Mr John Siva, gave a testimony on how miraculously his life was transformed when he surrendered all to the Lord Jesus Christ.

During the dinner, a raffle draw was conducted, and prizes were awarded to the winners of the tournament. We want to thank God for the sumptuous dinner and wonderful time of fellowship.

The Helping Hand would take this opportunity to thank God for the 116 golfers who came to support us and the \$67,050 that was raised. We thank AVA Insurance Brokers Pte Ltd for sponsoring the Hole-in-One prize of \$50,000, cash at two par-3 holes and Daimler South East Asia Pte Ltd, who sponsored a Mercedes C190 at two other par-3 holes. We also thank all the other sponsors who contributed in making this a successful endeavour for us.



# The Helping Hand

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## 信靠因祂是信实的上帝

“焦虑不会消除明天的悲伤，它只消除它在今天的力量。”——司布真。

标准词典将“忧虑”通常定义为自我施加的“折磨”形式。是当前或将来不寻常的过度思考或焦虑事件的及其结果。

忧虑是一种选择。它就在我们的脑海里，因此，它无时无刻都会在其空间和范围内影响我们。忧虑可以在我们生命不同范围里发挥其影响力。例如：财务状况方面，就业保障前提，人际关系，缺乏个人信心和自尊，年老体弱等等。

大多数人都会认同，自己心里都会有些的“忧虑”。而到底何为“忧虑”，为什么会产生忧虑，倒有不同的见解。有人认为“忧虑”可以帮助他们解决与处理生活中的日常问题，还可以促使他们面对困境时产生有“建设性”的解决问题的正面思想。

但是对某些人来说，忧虑却不是建设性的思考方式而是一种心理健康问题。忧虑已演变成即为复杂又难以控制的非自然行为。

身为基督徒的我们，我们深信创造我们生命气息的造物主也必关乎我们生命中的每个细节，我们可以全然的交托给他。忧虑未来不单不能加添我们一刻的寿命倒是会影响我们此时，现在，今天所要积极的努力成果。

我们也将失去今天的祝福如果我们继续为明天而忧虑。单单为今天而生，我们将会免于被忧虑的困扰所吞噬了。

忧虑是徒劳无效的。就如坐在摇椅上摇晃一样，有很多的活动，最终还是无处可去。忧虑不会带给我们任何的进展，它也不能改变昨天，更也不会影响明天。

援手之家对它以及可能产生的强大负面影响也不陌生。

援手之家以其坐着忧虑和担心我们所面对的问题，我们积极的不住地寻求主的引导与智慧来解决我们的问题。凭着对主的信靠，我们深信无论是高山还是低谷，是喜乐还是悲伤，上帝都在其中。上帝的恩手眷顾从未离开过我们。

上帝的话语清楚地教导我们，祂不会忘记那全心寻求祂的人。“忧虑”让我们看见我们对上帝信心的不足，也使我们的焦点离开了神在我们生命中的命定与追求。

援手之家会继续以祷告将我们所需的一切来寻求交托予神，并以感恩的平安心来取代忧虑的灵。

**“你要保守你心，胜过保守一切，因为一生的果效是由心发出。”**

**——箴言4：23节**



# The Helping Hand

## Panel of Advisors:

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# Pray With Us

## The Helping Hand's prayer requests and needs

1. Pray for the staff to continue serving the Lord with zeal and diligence. That together in unity and harmony, they will live exemplary lives that will encourage the residents and bring glory to God's name.
2. Pray that the residents who walk through the gates of The Helping Hand will come to know Jesus as their personal Lord and Saviour.
3. Pray that the Lord will bless our Furniture and Moving businesses so that we can generate the necessary funds to sustain our ministry.

## Bicentennial Community Fund (BCF)

This year marks the 200<sup>th</sup> anniversary of Sir Stamford Raffles's arrival in Singapore. The Bicentennial Community Fund (BCF) through the National Volunteer and Philanthropy Centre (NVPC) will be matching dollar for dollar donations received between 1<sup>st</sup> April 2019 to 31<sup>st</sup> March 2020 for organizations recognized as Institution of Public Character (IPC). All donations are 250% tax deductible. The Helping Hand has just passed our halfway mark for qualifying for the maximum amount of \$400,000. We really need your help in reaching the maximum amount and would greatly appreciate your support.

S/No	Items	Amount
1	One Grasscutter Machine	\$450
2	Publication of The Helping Hand 33 <sup>rd</sup> Anniversary Magazine	\$8,000

We are grateful to all the people who are being used by the Lord to provide for our needs. Your every act of generosity is deeply appreciated and is a great encouragement to us as we continue to labour for the Lord.

**All Cash donations to The Helping Hand are tax-exempt**