



The Helping Hand

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

Jan - Mar 2020 MCI (P) 037/12/2019

Give Thanks with a Grateful Heart

When was the last time that we were thankful to God?

One distinctive mark of a Christian whose heart is attuned to God is that of having a spirit of thankfulness.

We often complain about the bad things that happened to us that we feel we don't deserve but we seldom mention the good ones and what we have done to deserve them. We focus so much on what we don't have that we fail to see and appreciate what we do have.

When our expectations are met, it's easy to be thankful but the real test of our faith is when things don't go our way. We are quick to count our losses with our minds and forget to count our blessings with our hearts.

As Christians, thankfulness should not be based on what is happening in the here and now but rather on the fact that God has forgiven us a debt we ourselves could never repay. The more we understand that, the more grateful we will be, and our lives will overflow with thanksgiving even through difficult times.

As a people, as a nation, we are presently going through a tough time dealing with the Covid-19 situation, but we can still be thankful to our government who is doing a good job to prevent the situation from getting worse. We thank God for our government.

As Christians, how do we deal with the Covid-19 situation? Should we allow ourselves to succumb

to fear, worry and apprehension or can we say with conviction that God is still in control and He is our Fortress and our Deliverer.

We are not promoting recklessness but at the same time we should not let fear paralyze and immobilize us. So, while we acknowledge that the situation is serious and it is not business as usual here at The Helping Hand, we will continue to run the ministry with all the recommended precautionary measures in place and be thankful to God for it.

In closing, let us remember that our God is a good God. Just as He has seen us through all our difficulties and challenges, He will see us through this one as well. Covid-19 will come and go but the faithful God who we follow and serve will remain forever and for this we can be eternally thankful.

"In everything give thanks; for this is the will of God in Christ Jesus concerning you."

– 1 Thessalonians 5: 18

CHRISTMAS AT THE FORT



A Night At The Fort



Receiving their goodies



Looks good!



Taking a break



A Breezy Evening



Latin music, anyone



Unplugged



Coffee Break



Christmas At The Fort

To many people, Christmas represents a time of festivities in giving and receiving presents, feasting on delicious food and decorating the Christmas tree but here at The Helping Hand, we know that Christmas represents more than that. Christmas is about God reaching out to His people through His son Jesus Christ who came into this world to save underserving sinners like us. So, while it is not wrong to enjoy the festivities, let us not forget that Christmas is about the birth of a Saviour who came to rescue men from their sins.

On 19th December 2019, The Helping Hand was invited by Wesley Methodist Church to spend an evening to celebrate Christmas at Fort Canning.

54 of our residents, staff and family members were ferried from The Helping Hand in two chartered buses sponsored by Wesley Methodist Church to this extravaganza of fun and entertainment. We had performances from Ireson Latin Band, WindWorkz Jazz Band and Charlie Lim a Singapore-based singer-songwriter. We also had food

and plenty to choose from as there was a food bazaar with 11 different stores offering yummy and delicious food. There was a Christmas market with eco-friendly brands and playground activities for the kids.

It was truly an enjoyable experience for the guys and their families, and we thank God and Wesley Methodist Church for bringing across the message of Christmas in such a memorable manner for us.

OUR ALLIANCE WITH UNITED AGAINST DRUGS COALITION (UADC)



Mr Amrin Amin, Senior Parliamentary Secretary, Ministry for Home Affairs and Ministry for Health, launched the United Against Drugs Coalition (UADC) at the Central Narcotics Bureau's Workplan Seminar on 25 April 2017. The United Against Drugs Coalition (UADC) is an initiative by Central Narcotics Bureau and the National Council Against Drug Abuse (NCADA). The objective is to form a strong network of advocates and to achieve a multiplier effect through this coalition, via organisations who have pledged their commitment to the anti-drug cause. There are 47 organisations and The Helping Hand is one of them.

On 13 January 2020, Mr Amrin Amin, Senior Parliamentary Secretary, Ministry for Home Affairs and Ministry for Health, paid a visit to The Helping Hand. Besides strengthening relationships, Mr Amrin wanted to know about the programmes run by The Helping Hand and the post release engagements of our residents especially in the area of employment and accommodation. A discussion on reducing recidivism was also talked about.

After the dialogue session ended, Mr Amrin Amin was given a tour of the premises and he was introduced to the living quarters of the residents. He was then brought to our Furniture Gallery to view our teakwood furniture imported from Indonesia. It's truly our privilege to be able to host Mr Amrin Amin for this visit and we want to thank him for his dedication towards the fight against drug abuse.

DRUG EDUCATION TALK



On 8 January 2020, 19 Korean students and a Professor from Samhyook University visited The Helping Hand accompanied by 2 staff from National Addictions Management Service (NAMS). The students who were here on a learning journey were led through a slide presentation showcasing the programs and services of our ministry. After the presentation, we had a dialogue session and some of topics discussed were:

- Guiding drug abusers towards a specific direction that could change their lives.
- Helping drug abusers attain certain skills to prepare them to find a job after completion of their program.
- Helping those who relapse after completion of their program.

Many questions were raised by the students and we could detect their concerns against drug abuse. This talk is important in helping the students understand how specific drugs affect the mind and body and the consequences that addiction can have on one's physical and mental health, family and relationships. We hope that these group of students will bring back to their homeland what they had learnt about the dangers of drug abuse and be a representative against drug addiction.

HANDS GALLERY

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LIVING ROOM, BEDROOM, OFFICE AND OPEN SPACES.

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INVITING AND COMPLETE. YOU WILL BE SPOILT FOR CHOICES AND YOU CAN TRUST
US TO PROVIDE YOU WITH PRODUCTS THAT SUITS YOU IF YOU SHOP WITH US.



819 Upper Serangoon Road (near Kovan MRT)
Mon-Sat, 10am-8pm. Closed on Sunday

献上感恩的心

我们最后一次感谢上帝是在什么时候？

一位敬虔与神的心对齐的基督徒其特征就是他具有一颗感恩的心。

我们经常抱怨为什么坏的事情会发生在我们的身上，并觉得那是不合理的。但是，当好事发生时，我们却往往会提到那是因为我们的付出而这是我们所应得的。我们就专注在我们没有的，却忘了感恩那些我们所拥有的。

当我们的期望得到满足时，我们很容易的由衷发出恩感，而真正信心的考验是当事实与我们相违背时。我们会很快的用我们的思想去盘算自己的损失，却忘了以感恩的心去数算恩典。

作为基督徒，感恩不应该基于此时此刻所发生的事情，而应该在于上帝已经饶恕了我们的罪，并为我们偿还了我们自己永远无法负起的过犯。我们若能越多明白这事实，我们就会越懂得感恩。即使在困难时刻，我们的生命也会源源不断地流露出满满的感恩。

作为一个国民，一个国家，我们目前正处在应对2019冠状病毒病的艰难时期，但我们仍要谢谢我们的政府为防止疫情恶化而做的防范。同时为着我们的政府向上帝感恩。

作为基督徒，我们如何应对2019冠状病毒病的境况呢？我们是否应该让自己屈服于恐惧，烦恼和忧虑中，还是我们可以坚定地说，上帝仍在掌权，祂是我们的堡垒与拯救者。

我们不是在提倡掉以轻心的心态但与此同时，我们也不应让恐惧瘫痪了我们，成为无法动弹。让我们带着感恩的心，谨慎而不是恐慌地面对每一天。

当我们看到疫情日益严重，营业不如以往时，我们援手之家将会继续我们的服侍事工和加强防备措施并感谢上帝的恩典。

因此，我们不可忘记我们所信靠的神是一位好上帝。祂在我们所遇见的困难和挑战中看顾我们，同样的祂也必会保守和看顾我们到底。2019冠状病毒病来了就会退去，但是，我们所服侍和跟随的信实上帝，将永远长存，因此我们可以永远感激不尽。

凡事谢恩，因为这是神在基督耶稣里向你们所定的旨意。- 帖撒罗尼迦前书 5 : 18

The Helping Hand

Panel of Advisors:

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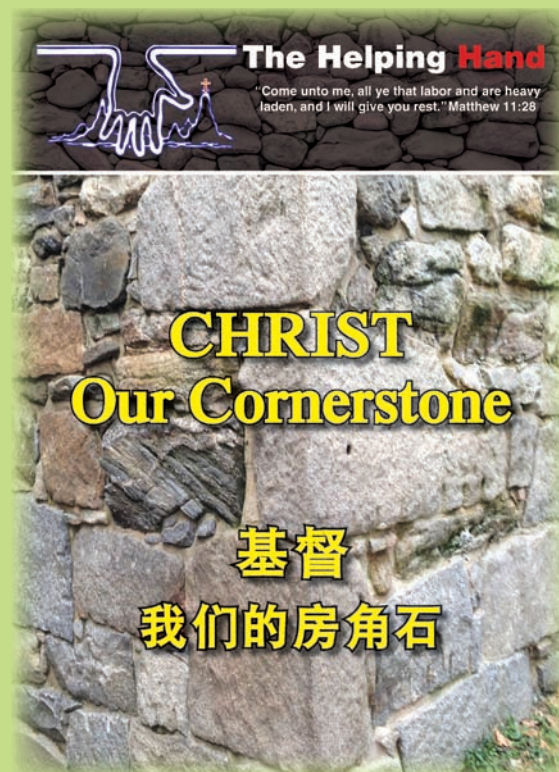
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Pray With Us

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.
4. A vaccine to be found for Covid-19 as soon as possible.

S/No	Items	Amount
1	Surgical Face Masks and Hand Sanitizers	\$2,500
2	Urine Test Kits	\$2,300
3.	English and Chinese Bibles	\$900

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

CHRIST Our Cornerstone