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CEO's Message

In 2013, The Helping Hand continues to stay focused on our mission to transform lives of ex-offenders, by the power of Jesus Christ, into good and hardworking men, and re-integrate them back into families, churches and society.

In 2013, The Helping Hand was running at full capacity for all our programs:

Basic 6-month rehabilitation program	120 clients / year
Aftercare 6-12 month program	60 clients / year
Ex-offender employment	30 clients / year
$\frac{3}{4}$ way accommodation program	20 clients / year

In 2013, The Helping Hand expanded our work force to 25 staff to ensure adequate care & counseling for all, and orderly operations.

In 2013, The Helping Hand's expenses increased 15%, while income remained flat. In 2013, Income and expenditure was balanced and in the black. Our income comes from 10% donations, 30% government grants, and 60% social enterprises.

In 2013, The Helping Hand signed a contract with Singapore Prison Service to run the Halfway Houses Service Model 2 for another 3 years (till end 2016) for 80 clients per year.

For the future, The Helping Hand will focus on improving the effectiveness of our rehabilitation programs and expanding our volunteer program. Unfortunately, we cannot expand our client numbers due to physical and financial constraints.

My colleagues and I look forward to 2014 and helping more ex-offenders stay drug and crime free.

Chia Shih Sheung
CEO, The Helping Hand



Foreword

Associate Professor Ho Peng Kee
Former Senior Minister of State for Law and Home Affairs

To The Helping Hand family,

“I am happy to write this Foreword on the occasion of The Helping Hand’s (THH) 27th Anniversary.

The Helping Hand is a pioneer in working hand-in-hand with the Government to rehabilitate recovering drug addicts. When the Prisons-Halfway House scheme (PHHS) started in 1995, THH was part of it. Now, under the Halfway House Service Model (HSM), THH is again a key partner. I note that you have taken in more than 600 residents under the PHHS.

Since the time I was Senior Minister of State in MHA, THH has been a valued partner of Prisons/SCORE. I attended many of your events. Now, I continue to do this as Chairman of the HomeTeam Volunteer Network (HTVN) as all of you are HomeTeam volunteers.

THH regularly host foreign visitors keen to find out how Singapore taps good-hearted volunteers, including reformed addicts, in our fight against drug-abuse. I am grateful that you also provide logistical support to Yellow Ribbon events.

I wish THH all the best as you press on in Singapore’s relentless fight against drug-abuse. In particular, continue to expand your work therapy program, “up-skilling” your residents so that they can be better workers in your moving services and teak furniture business.

Together, let’s do our part to keep Singapore safe and secure.



SOARING LIKE EAGLES

One afternoon in 1967 when I was 13 years old, I was fishing at one of the piers in St. John's Island. That day there was an unusually great number of sea eagles above. They were winging effortlessly, riding on the warm mid-day air. One of them was particularly spectacular and it caught my attention. It would dive recklessly at speed towards the water and at the last moment would make a sharp swoop up again. It would repeat that stunt many times.

Below, the thunderous strong current had stretched my fishing line out far and taut. It was a difficult condition to catch any fish but like all hopeful ardent fishermen, I persisted. Never a moment that day would I have thought that I would catch something really unexpected.

Line in one hand, both eyes on the eagles above I was just enjoying the great spectacle. I had even thought it would be nice if I could fly like them. Suddenly, that daring darting eagle was doing one of those swoops when her feet clipped my fishing line and it tumbled into the water. It was trapped by the fishing line around both her legs. I quickly pulled her in or it would drown being forced under-water by the strong current. How wet, embarrassed and humbled it must have felt, I thought. I showed her to my siblings and we all had a good laugh that I should catch an eagle during a fishing trip. Later when the eagle was dry and had gained her composure, I set her free. I remembered thinking at that time "if an eagle which is so mighty and free with the whole sky to fly around be caught by a single strand of fishing line, so can man be caught in a single smallest sin if he is not careful".

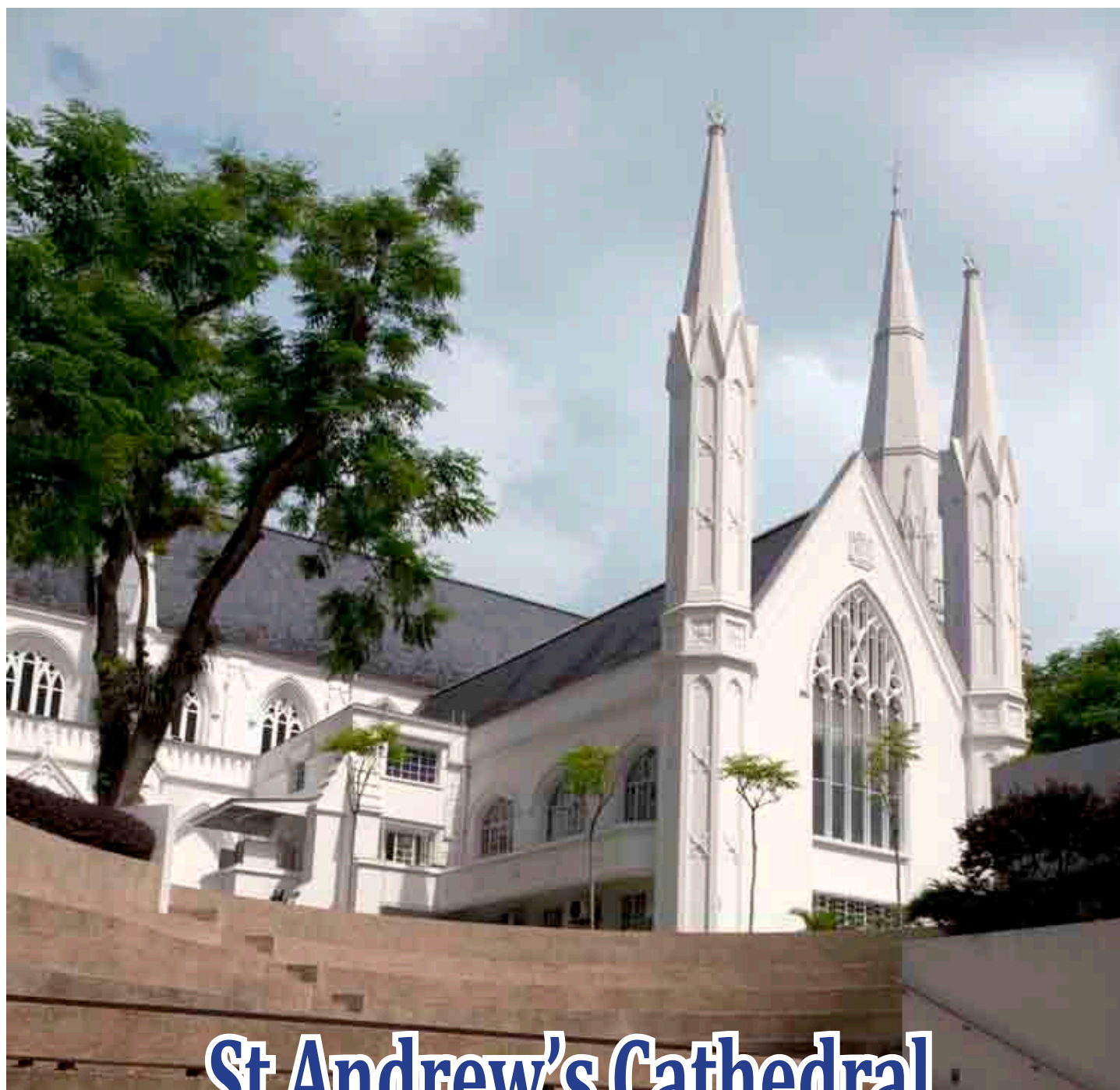
The Bible makes about 30 references to the eagle, mostly about her youthful strength and swiftness, majestic power and supremacy. Its abode is high above on mountain and lofty tree-tops. Its dominion is vast and nothing escapes its keen vision. The eagle is awesome. Its very shadows send preys scampering for cover. It is fearsome. And The Lord says to those who believe and wait on Him, He will renew them with strength like the eagle's. Mounted with wings like eagle, are those who wait on the Lord indeed, and their youth renewed like the eagle said the Psalmist. (Ps 103:5). What a renewal!

We are God's eagles. More than that, we are God's children, raised to rule and reign with Him. Christ on the Cross has regained our dominion over Satan and all things. In Christ we are more than conquerors; God's children to soar with Him above all powers of darkness, healing the sick and casting out demons, healing the broken-hearted and setting captives free. Christ in us is greater than he who is in the world. Hallelujah! Amen.

Now, the saddest kind of eagles is the one in the cage. No doubt still an eagle, but it is only as good as the little noisy parrot in the other



cage. I know of many trying to teach others how to soar with God when they personally have never got off the ground. They are caged with unbelief and religiosity. They take great efforts to look good and sound right but all the same, still in the cage of Satan's lies. Some even conduct courses and award the "Feather of Honor" to others when they have no inkling what it is like to soar. Many others are caught up and caged in some form of addiction or crime. However, praise, glory and honor to the Lord God Almighty, who provided us freedom in His Son Jesus. The Bible tells us that when Christ sets us free we are free indeed. Amen! Why would we want to remain a minute longer in the cage when we have been set free? Get up and be the eagle God wants you to be. Be free, fly and conquer. I say to all of you brothers and sisters, "Arise! Arise! Mount your wings and fly, for Christ has set you free to soar with Him on high to rule and reign. Your past sins and mine have been forgiven and blotted out. Behold your wings are no more wet and heavy in sin from that fall, that you cannot rise and soar. In the name of Jesus you are set free. Arise you eagles on high with Jesus. Amen and Amen!



St Andrew's Cathedral

**rejoices with The Helping
Hand on your 27th Anniversary.
Praise be to God!**



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在祂怀里

当我的辅导员寻找我分享自己在援手之家的生命经历，我感受到极大的压力。我不知如何开始也不知道要说什么。感谢神，在辅导员的引领下，我开始回想到在援手之家的生命历程。

2004年，在政府监狱部门的改造计划下，我第一次走进了援手之家。那时候的我，没有一个完全放下毒品的心。每一天在援手之家，只想等待节目的完成的日子到来。没有一颗愿意领受教导的心态。我以为这几年在监牢里，我已胜过毒品的毒瘾。但我错了，不到三年自由的年月，我又回到监牢里。这次被判五年的监禁。

2011年1月12日，我又在政府监狱部门的改造计划下，走进了援手之家。感觉很不一样，这里象我家。我好像浪子回头故事里的孩子，失去了一切，但因神的爱，祂又让我进入祂怀里。这次的我是带着谦卑与忍耐的心。我学习聆听牧师与辅导员的劝导。接着他们的鼓励和关怀，我带着一颗坚固的心，一步一步走向新的生命。我的C型肝炎也渐渐的康复了。在2011年时，我认识了现有的女朋友。在这两年里，她不断的鼓励和关怀我。我深受感动。父亲与我的关系也有很大的改进。他不在象过去，每天都向我唠叨，反而关心我。



感谢神，我也学会了与人相处的技巧。援手之家也让我有训练的机会。我在这里也学到搬运的技能。虽然，我今天是成为援手之家的同工，但我也警醒自己，我还在学习。

在此，要勉励援手之家的弟兄们及他们的家人，任何人进入援手之家并不等于他的一生完了。不要放弃只要有正确的信仰，只要愿意接受主，必能有生命的改变。

“上帝为爱祂的人所预备的是眼睛未曾看见，耳朵未曾听见，人心也未曾想到的。”林前2:9

最后，没有上帝的爱与援手之家的帮助，就没有今天的我。



朱德兴弟兄



We rejoice with The
Helping Hand in the
Lord's Work.



*With
Compliments
from*



*"We continually remember before
our God and Father your work
produced by faith, your labor
promoted by love, and your
endurance inspired by hope in our
Lord Jesus Christ".
I Thessalonians 1:2*



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生命影响生命

记得在我32岁那一年,我是住在Taman Jurong地带,所结交的居民都是来至马来西亚朋友。他们因着工作的需要都必须住在新加坡。那时候的我,是一个拥有美好家庭和稳定工作的人。每个星期,我可赚至少\$700 到 \$800. 我的太太在 1979和1980年,为我生了两个美丽的宝宝。我感觉非常幸福。但我因着好奇和好胜,又在外结交了很多不良的朋友,我的第一次就是在1981年,吸了第一口白粉。从此进出戒毒所和监狱好几次。这段感情足足花费了我33年的时光。

1994年,当我太太因着患上肺癌而过世。我的内心是十分痛心。感谢神,我被监狱意外的赦免,让我早日被释放,回家照顾两个孩子。我跟自己说,这将是我最后一次进入戒毒所和监狱.我要戒掉我的毒品。可是,我都没有做到.我虽然很尽力做好父亲的责任,但我仍然活在毒品黑暗的生活中。我好想脱离黑暗的生活,直到2006年,2月17日,我通过洪保罗弟兄的鼓励下,走进援手之家。

感谢上帝给了我这么一个又难得宝贵的机会,让我可以在这里学习如何对上帝有更深的认识和以及如何顺服服事主。在这里的众同工,领袖和辅导员们也常常不断的以神的爱来鼓励我,关怀我,并且常常不断的为我祷告,以至让我得着从神而来的力量去胜过毒品的捆绑。可是在2008年,我不想发生的事,爆发了。我的孩子走向毒品的方向而被判监狱里。我好心痛。我开始走回老样“chu lee, chu lee”的行为。我终于在2009年,被援手之家开除了。

感谢主,所冒人的尽头,是神的开始。神接着种种的苦难,种种的打击来使我归向了耶稣。我又回到援手之家的怀抱里。求主给我一颗心,让我带着认真的态度一步一步的改变现有的生命。

没有神,就没有我今天的生命。

求主给我一颗心,为你而活,抛开世上所有,不再思索。

给我力量,不致滑跤,走余剩几里路。无论我在何时何方,愿主来保守。

这是我不断地提醒自己要时时刻刻感谢主恩、珍惜主恩。愿一切荣耀、颂赞都归与我们在天上的阿爸父,阿门。

蔡树海弟兄



人非有信就不能得神的喜悦

“人非有信就不能得神的喜悦。因为到神面前来的人，必须信有神，且信他赏赐那寻求他的人。” - 希伯来书11章6节。



时，我到援手之家只是抱着戒毒的心态，并没有想到要改变生命，所以出去后不久，我又在次被捕。直到1999年被释放后，我又回到援手之家，这一次我跟以往不同，我认真对待生命，也愿意接受耶稣成为我的救主。我每天也会灵修祷告，也愿意让主的话托着我的生命。我继续在援手之家服侍两年。

主的灵感动了，让我学习懂得如何回馈主恩。从2005到2006年，我也成为爱恩之家的同工。我也从这侍奉中学习如何交新朋友。

神的爱与祝福是我无法想像到的，在2011年，我结婚了。这是我人身中最美好的礼物和鼓励。我从来没有想过会有结婚的机会。感谢神。

目前我的职业是德士司机，感谢主，因为有他的话语在我心理扎根，靠着他的恩典，让我面对试探时，能够得胜。如今，我愿意将一切荣耀归给我们在天上的父，阿门。

是的，人非有信就不能得神喜悦。我若非有信，我洪炜杰，会继续是一名吸毒者，会继续应用毒品来麻醉我身体上的瘫痪和疼痛，以逃避这残酷的现实。感谢神，当我愿意完全来到神面前，神赐给了我的新生命。

记得在我还是血气方刚时，我也曾参加私会党的活动，为了要显示自己是英雄。我也纹身了自己。但这一切都无法恢复心灰意冷的心。当我想靠自己的力量来戒毒时，但是几经尝试，都无法成功。最后，我因为吸毒，打架，进出戒毒所和监狱多次。然而，牢狱的刑罚改变不了我。

感谢主，在1996年，我最绝望之极时，神让我遇到一位好朋友。他介绍我到援手之家受改造。我还记得当时的我，体重只是39kg。那

如鹰展翅上腾

新加坡是一个不常能见到鹰的国家，这种善于飞翔的猛禽我们一般在这里也只能在动物园里才看得见，所以大多数的人并不明白当鹰真正在天空中翱翔时是怎样一个情景。如果今天有人用这样的比喻对我们说，“你会如鹰一样展翅上腾”的时候，我们可能会猜想这是一个祝福吧，恭祝我们事业高升或是身体健康。可在古时，当圣经以赛亚书四十章三十一节“但那等候耶和华的、必从新得力、他们必如鹰展翅上腾”这句话、这个上帝的应许第一次被先知宣讲出来的时候，那时的听众们却必定不会和今天身在新加坡的我们做同样的联想。那时的听众可能有人脸上带着还未干的泪，可能有人身体因为激动还在微微颤抖，可能有人在嚎啕大哭。这些听众是谁？为什么这些听众会有这么不一样的反应？

他们是以色列人，是耶和華上帝从世界上分别出来侍奉自己的特选之民，是信奉耶和華的人。他们也是巴比伦的奴隶，庞大帝国中的边缘群体，一群国家被灭、家园被毁、亲人被杀之群体的后裔，在他们的记忆中充斥着痛苦和悲伤，在他们的生活中充满了歧视和伤害，他们生命中太多宝贵的东西已经失去了，而且这样的日子已经快七十年了。今天这一切的遭遇，是因为他们的祖辈以色列人犯了大罪，触怒了公义的耶和華上帝，他们的祖辈因此承受了这惨痛的惩罚并影响他们的子孙直到如今。在这些听众中，没有一个不曾在心里大声的质问过“这样的日子什么时候才会结束？我们的上帝已经忘了我们吗？我们还能重新开始新的、美好的生活吗？！”

“但那等候耶和華的、必从新得力、他们必如鹰展翅上腾”，这句上帝的话，那时就在这群以色列人的耳中响起了。对于以色列人来说，他们太明白这句话的意思了，如鹰展翅上腾是出埃及、过红海时，上帝背负他们脱离为奴之地的救赎；如鹰展翅上腾是宣布申命法典时，上帝对他们保护和引导的应许；如鹰展翅上腾是上帝要使自己的力量，成为这群以色列人之力量的承诺；是上帝在清清楚楚、明明白白的告诉这个曾经犯罪的群体，我原谅你们了，我要爱你们如同之前你们未犯罪时那样，旧的、伤痛的生活结束了，新的、美好的生活开始了。

这样的话怎能不让这群以色列民哭泣和激动，因为在“希望”这个词似乎都从生命中消失的时候，在生活只是在抑郁中无意义继续的时候，上帝大声的说话了。他激励着属他的百姓，这群曾经犯罪的以色列人、这群还在不快乐活着的以色列人。此时耶和華上帝不仅仅说了这句话，他在说出这希望的应许之前，就招集了一群使者，耶和華上帝对他们发命令，你们要去安慰我的百姓。不错，耶和華上帝是一个公义的神，犯罪的他必惩罚，可他更是一个不甘心人受苦的上帝，一个盼着跌倒的人能重新来过的上帝，一个深深的爱着属他子民的上帝。耶和華在他的使者们安慰以色列人时，以自己作为保证，他所说的都必要成就，因为他是创天造地的耶和華！今天我们可以从历史中清楚地知道，以色列人不久便从巴比伦被释放了，回到了自己的家园，重建了自己的城市，开始了新的生活，神的祝福在那个时代重新倾倒在他们中间，神成就了自己的应许。

圣经不是一本只对过去某个时代说话的书，上帝透过圣经对历世历代每一个愿意相信他、依靠他的人说话。今天也对这世代属他的子民，援手之家的每一个弟兄说话。“如鹰展翅上腾”这句话是上帝对每一个信靠他的子民关于脱离苦境、重新来过的保证，更是这伟大的上帝清楚的表达了“他的爱是怎样的长阔高深。”不论我们有着怎样的苦涩的过去，只要我们愿意重新来过，愿意再次依靠上帝，他乐意并且能够像重建古时以色列群体一样，重建我们、祝福我们。因为上帝就是爱、希望、能力的源头，因为这位上帝深爱着我们，这位上帝渴望我们如鹰展翅上腾！



黄黎明（新加坡浸信会神学院）

人生之希望

我有个梦想。我梦想我能够有超人的超能力，尤其是能够自由自在的在天空中飞翔的能力。这也许也是很多人的梦想。可是，重点并不在于‘飞’，而是那种自由自在的感觉，那种无拘无束的感觉，那种无惧无畏的感觉。

人，本来就应该是自由的。自由并不意味着我们可以为所欲为，或者可以任意放纵。自由的意思是我们可以活出一个上帝为我们所预备的丰盛的生命。我们可以赤裸裸的在创造者面前，无畏无惧的享受与他相处的时光。不许任何面具，任何伪装，任何隐藏。

可是，我们却被自己的罪捆绑住。而这捆绑往往使我们动弹不得，眼睛昏花，看不清人生前方的路，使我们失去了人生最重要的东西之一——希望。

当一个人对未来没有希望时，他现在的的生活就毫无意义了。每个人都有罪，我们不仅仅只是会犯罪，而是我们根本就是有个有罪的人。

最近，我就深深的体会到罪在人的生命中是有多么大的影响力。我的女儿还不到六岁，就读幼儿园。有一天，我和太太竟然发现她在学校里欺负另一位女学生！我们一向来很注重对孩子的品德教育，我还是一位牧师！我万万没有想到我的女儿竟然如此胆大妄为，去伤害别人。

当我得知这个消息时，我哭了。我的心很痛。因为我看见罪恶对我孩子所带来的影响；我也知道我必须让我得女儿知道她所犯的恶行是会带来后果的。我相信当上帝看见我们仍活在罪当中时，他很心痛。因为他必须让他的独生爱子耶稣基督为我们罪承担那后果；就是十字架。这也就是我们的希望！

人生的路是崎岖不平的，我们会走得跌跌撞撞。有时候，我们会走得很累；有时候，我们会跌倒受伤；有时候，我们必须得停下来休息；有时候，我们需要等待；有时候，我们需要希望。只要我们愿意不断仰望那给我们希望

10



和力量的十字架，我们就会有希望，我们就可以继续的走下去；甚至可以飞。

因为‘那等候耶和华的必从新得力。他们必如鹰展翅上腾；他们奔跑却不困倦，行走却不疲乏。’（以赛亚书40：31）

这也是我的梦想。

数羊人
李树扬牧师
圣约堂长老会

In Christ alone, I placed my Trust

I thank God for giving me this privilege to share of the things that God had done and will do in my life. I came from a Christian family but never followed the ways of the Lord. My parents were poor and they worked very hard to bring me up. Growing up, I had no interest in studies. I went about my life mixing with friends who were involved in stealing and other illegal activities. When I was 12 years old, I was arrested for theft and sent to the Boy's Home.

After my release from Boy's Home, my life just went from bad to worse. I went in and out of prison for crimes such as house-breaking and arm robbery. I was also introduced to drugs by my friends and I thought I could earn easy money by trafficking in it. Needless to say, I



was caught for drug trafficking and sentenced to 6 years corrective training and 8 strokes of the cane. I spent almost 30 years of my life in this downward spiral and I was tired and weary of it.

During my last sentence, my heart started to seek for God and I began to attend Christian counseling, which was something I never did before. I started to take God and His Word seriously. I knew that there was no other way for me to change my life but by the help of God. I started to pray earnestly and slowly experienced the peace of God in my heart. Towards the end of my sentence, God made a way for me to come to The Helping Hand which was something I never expected. I came to The Helping Hand for a four-month program. After completing my program, I stayed on as a Helper working in the Removal Department and within a year, I managed to get my class 3, 4 and 5 driving licenses. For someone who had no interest in studies and with only a low education, this is truly amazing. God has really been gracious and kind to me.

Presently, I am attending a catechism class at St Paul's Church and preparing for my baptism. I know that there is still a lot more that God will do to make me the man He wants me to be and I gladly place my hope and future in His hands. I thank God once again for giving me this new life and new hope in Christ.

To God Be the Glory!

BORN AGAIN

I would like to thank God for giving me a chance to share my testimony.

Back in my younger days, I was a mischievous rebellious and defiant child who always went against my parents.

As I grew older, I started mixing with the wrong company, joined a secret society and got involved in their 'thrilling' activities. To make matters worse, I also started taking illegal drugs. At the beginning, it was fun to get "high" (sense of euphoria and hallucination) especially when I did it together with my friends.

Sadly, after a period of time, I realised I was addicted and trapped in this bondage of drug addiction. I suffered tremendous weight loss, lost interest in my job, my emotions went up and down and I would get bad temper tantrums. This behaviour ruined my planned marriage and caused my family much concern and worry.



I knew what I was doing was wrong and tried several times to quit drugs but was never successful.

Finally the long arm of the law caught up with me and I was arrested. During the tail-end of my sentence, I was given a chance to come to The Helping Hand for a 6-month programme. At The Helping Hand, I came to understand that I needed God's help to overcome my addiction as I could not do it with my own limited strength.

So, I started to seek God earnestly, surrendering my life wholeheartedly to Jesus, my Lord and personal Saviour. I prayed every day for God's guidance and help. Now with this new hope, I can see the changes taking place within me, transforming me into a better person. I now have a clear purpose in life and am able to go through situations without letting my anger take control of me. With this peace in my heart, I am finding delight in my service to God.

As I end my testimony, I want to thank Jesus for forgiving my sins and bringing me to The Helping Hand where I am building up my foundation in Him.

I would also like to thank St James' Church where I was recently baptised. I thank God for bringing a passionate group of people from the Church into my life. They have been a great help in guiding me and helping me to re-integrate back into mainstream society with confidence.

All praise, glory and honour to God!

THRU' HIS GRACIOUSNESS...

Stephen Ho (Aftercare Program) In 2003, when I was charged in court and sentenced to 9 years Corrective Training, I was devastated and lost. I had a business going on and my wife Joyce whom I married in 1982 was helping to look after the business part-time as she was working for another company. She found it difficult having to cope with two jobs and decided to close down my business.

After my sentencing, I was transferred to Tanah Merah Prison. Every week, I would attend bible study and chapel service and after each session, I would feel recharged by God's Word and my faith grew stronger. I prayed everyday for God to take care of my wife and two children while I served my time.

While in prison, I worked in the electronic part workshop and in 2007, I got a chance to take part in the Yellow Ribbon Recycle Art Fair. It was during this time that my wife of 26 years visited me and told me that she wanted a divorce. I took the news badly but could do nothing except to continue serving my time.

I finished my art project which was a model motorcycle made up of recyclable materials and it was sent in together with 168 other submissions. I was surprised to find out that my piece had been short-listed with ten others and I was elated when I found out that I had won the first prize. At the prize-giving ceremony, I got to meet our Prime Minister, Mr. Lee Hsien Loong who shook my hand and congratulated me on winning first prize.

As I was completing my sentence, God opened the door for me to go to The Helping Hand, a Christian Half-way House for ex-offenders. I had never been to a half-way house and did not really know what to expect but I thank God that he led me here.



At The Helping Hand, I continued to grow spiritually through the morning devotions, bible study and Christian fellowship. I am also thankful that through The Helping Hand, God led me to Adam Road Presbyterian Church where I am now a member and worship there every Sunday.

I have since completed my program at The Helping Hand but continue to stay on while I work outside. I am still picking up the pieces of my life but with God as a light to my path and a lamp to my feet, I am confident that I have a bright future ahead.

All praise, glory and honour to God!

OUR EXECUTIVE COMMITTEE



Freddie Choo (Chairman)

Freddie Choo is the Managing Director of Trinity Casket Private Limited. He is also actively involved in Evangelism in the regions and the support of indigenous missionaries in 3rd world countries. In Singapore, he worships with his family at Bethesda Church, Bukit Arang.



Terence Teo (Vice-Chairman)

Terence worked formerly in the financial sector and is presently on furlough. He worships with his family at the Emmanuel Assembly of God.



Rev. Luke Thuraisingham (Hon. Secretary)

He has been involved with The Helping Hand since 1992 and is currently in the pastoral ministry of Hope Presbyterian Church.



Michael Chew (Hon. Treasurer)

He is the CEO of AVA Insurance Brokers Private Ltd, a Volunteer Master Mediator at the Sub Court and is also an active Grassroots leader in Ang Mo Kio GRC. He worships with his family at Zion Serangoon BP Church.



Rev. Dr. Yap Kim Sin (Member)

He has been involved with the ministry since 2003. He is married to June, and they have two daughters, Erica and Lindsay. Currently, he is the Senior Pastor of Zion Serangoon BP Church.



our services

SATURDAY

- 5:00 pm* : Adult, English
- 5:00 pm : Youth (English)

SUNDAY

- 8:15 am* : Adult (English)
- 9:00 am : Adult (Mandarin)
- 9:00 am : Sec 1 & 2 Teens (English)
- 11:15 am* : Adult (English)
- 11:15 am* : Adult (Mandarin/Cantonese)
- 1:30pm : Adult (Filipino)
- 5:00pm* : Adult (Tamil)

OTHER

- Healing Prayer Sessions : Thursday, 8:00 pm
- Gospel & Healing Service: Monthly (please check for dates)

** indicates concurrent children's programme*



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Church (Anglican)**

30 Dover Avenue, Singapore 139790
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Email: info@sjsm.org.sg | Website: www.sjsm.org.sg

26th Thanksgiving Anniversary Celebration

The Helping Hand held its 26th thanksgiving anniversary celebration on the 16th February 2013. It is a day we honour and give thanks to God for His faithful love, provision and blessings to The Helping Hand.

Even before the big day arrived, the brothers from the maintenance department began the task of sprucing up the premises for the anniversary. Other brothers formed a band and began to practise for the song presentation and congregational singing.



On the morning of the anniversary, we committed the anniversary celebration to The Lord in prayer asking for His blessings and especially for good weather because of the rainy weather in recent days. At 3.30 pm. it began to drizzle, by 4 pm it was really raining hard. Our faith was being tested but still we prayed for the rain to stop so that our guests could come on time and God graciously stopped the rain at around 4.40 pm allowing us to begin our anniversary service at the appointed time of 5 pm. HALLELUJAH! God is good!



The anniversary service for this year, themed “In God’s Hand,” started off with Bro Vincent Tan and the music team leading the congregation in songs of praise and worship. As the singing was progressing, the worship hall began to fill up with guests and family members and soon the sanctuary was filled to capacity. By way of tradition, the residents and staff of The Helping Hand then assembled on stage to present a song titled “I know who holds tomorrow” to the invited guests. Two brothers, Mr Lim Teck Soon and Mr Victor Tan also shared their testimonies about how God delivered them from their bondage of drug addiction and crime and put them on the path of recovery and rehabilitation.



The message “In God’s Hand” was delivered by our chairman, Mr Freddie Choo who reminded us of how important and good it was to be in the hands of a gracious and wonderful God. Our Advisor Dr Ernest Chew finally closed the service with a word of prayer. After the service, our guests were reminded to stay back and partake of a delicious buffet dinner especially prepared for the occasion. Everyone adjourned to the dining area where they had great food and good fellowship under a beautiful clear sky with twinkling stars.

All honour, praise and glory to our great and loving GOD for granting us a successful 26th thanksgiving anniversary celebration!

CHARITY GOLF 2013



The Helping Hand's 3rd fund-raising charity golf event was held on 26 July 2013 at Raffles Country Club. A total of 111 participants responded to the call and we thank GOD and our supporters for the \$70,000 that was raised.

Preparations for the charity golf event began in February and by April, we were sending out our appeal letters to garner support for the event. As the day of the event approached toward the beginning of July, we suffered our first hiccup when Singapore was hit by the heavy haze from neighbouring Sumatra due to crop burning. We were worried that the event might have to be postponed or even cancelled because of this. Nevertheless, we prayed for GOD'S sovereignty to prevail over the weather conditions. We thank GOD that as the event day drew closer, the haze cleared up to healthy levels. PRAISE THE LORD!

On the 26 July 2013, we set out to Raffles Country Club to get our event underway. The weather was fine and everything was going according to plan. After a buffet lunch of chicken rice, all the participants gathered at the buggy bay looking set for an exciting and enjoyable day of golf. At around 3.00 pm in the afternoon, in the middle of the event we suffered our second hiccup. The sky began to darken and started turning grey. In a matter of moments, we could hear the thunder roar and lightning began flashing in the distance. That was it. The 'Stop Play' siren came on and within minutes the players' buggies started rolling in. If the weather had remained that way, the event would have been can-

celled and that would have been a major disappointment. God was again gracious towards us and in about 30 minutes, the skies cleared up and the siren came on again to 'Resume Play'. HALLELUJAH! The event was on again and the golfers resumed their play in wonderful cool weather.



After the game, it was time for the final part of the event which was our appreciation dinner graced by our Guest-of-Honour, Prof Ho Peng Kee, former Senior Minister for Law and Home Affairs. As dinner was being served, prizes were awarded to the winners of the golfing event. We would like to take this opportunity to thank our sponsors, F&N INTERFLAVINE P L for donating 100 PLUS drinks, BOB'S GOLF, PROSIMMON GOLF CENTRE, COURTS (S) P L, CHAMPIONS GOLF P L, G P BATTERIES, BIG FISH INTERNATIONAL P L & ROYAL SPORTING HOUSE (S) P L for donating prizes for our event.

Once again on behalf of The Helping Hand, we would like to thank God and all our supporters for making this a successful fund-raising charity golf event.

All Praise and Glory to God!



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of the Holy Spirit
to the Glory of
God the Father
for the sake
of the world**

*let your light
shine before men,
that they may see
your good deeds and
praise your Father in
heaven.*

Matthew - 5:16



WE WELCOME YOU
to our Sunday Worship Services and Fellowship:

- 8.30am > Hymnbook Service (Sanctuary)
> Upper Room Charismatic Service at Sophia Blackmore Hall, Level 6
- 10.30am > Contemporary Service (Sanctuary)
> Shine Forth (ACS Concert Hall)
> Mandarin Service (Wesley Hall)
> Filipino Service (ACS Movement Gym)
> Indonesian Service (Oldham Hall Chapel)
- 5.00pm > Contemporary Service (Sanctuary)

[Our Sunday Schools run concurrently with the 3 services in the Sanctuary]

Regular SATURDAY Holy Communion and Teaching Service @ 5pm in the BRMC Sanctuary.

Wednesday, mid-week Worship Service in Mandarin @ 7.30pm in the BRMC Sanctuary.

On Fridays, we have Prayer & Praise (Charismatic) Fellowship 8.00pm at Wesley Hall.

We also have Worship Services and Fellowship on Sundays at our Preaching Point:

> Block 153 Bukit Batok Street 11 #02-250 Tel: 6564 3186

Barker Road Methodist Church, 48 Barker Road, Singapore 309917

Tel: +65 6256 4298 Fax: +65 6255 4030 Website: www.brmc.org.sg

Christmas Family Day 2012

On Saturday 15 December 2012, The Helping Hand held its annual Christmas Family Day celebration. The Helping Hand has always set aside a day in December for this very purpose so that the meaning and message of Christmas can be shared to the residents and their families.

Many of our residents, due to their problems with drug addiction and incarceration for various offences have been estranged and separated from their families for many years and The Helping Hand therefore takes this opportunity to help reconcile our residents to their families through these gatherings. Our family gatherings are an important part of our rehabilitation and re-integration process. Besides our Christmas family day gathering, we have five other family gatherings throughout the year.

The event for 2012 Christmas Family Day began at 5.30 pm. The praise and worship was led by our brother Vincent Tay and the music team comprised brothers from The Helping Hand and a volunteer, Mr Vincent Thng. Two other volunteers, Sister Lee May May and Sister Deborah Hong from the Overcomers Group also presented us with two songs.

Our speaker for the occasion was Rev Kwan Yew Weng from Cana BP Church, who shared a Christmas message that spoke about God's goodness, grace and mercy of sending His Son Jesus Christ, born on Christmas day, to save a world of lost sinners. The message highlighted the sinful and fallen nature of mankind and how belief and faith in Jesus offers salvation. After the message, our Executive Director Richard Khalil led the congregation in a closing song and thanksgiving prayer.

As our guests were leaving the worship hall, they were presented with a goodie bag and treated to a sumptuous dinner of saffron rice, mee-hoon, chicken curry, sambal pork and other delicious dishes and desserts, all lovingly prepared by the brothers working in the kitchen department.

The Helping Hand wants to thank and praise God for His blessings for the day and of course for the most wonderful gift of Christmas, His son Jesus Christ.



Back to Basics, Back to life



For the year 2013, a total of 21 residents and 3 staff attended a three-day / two-night training programme conducted by Outward Bound Singapore (OBS) on Pulau Ubin. Titled “Back to Basics, Back to Life!”, this training programme is incorporated as part of the rehabilitation process for our residents and staff. We believe that this course will help our guys build up their character, acquire self-discipline, increase their self-esteem and gain respect from others.

Throughout the programme, the residents and staff participated in a series of physical activities that shared with them the importance of teamwork and trust, challenged them to face their fears, and pushed them to accomplish more than what they thought they could achieve. In this aspect, three activities stood out for them. The first activity was rock-climbing. This activity demonstrated that perseverance and a never-give-up attitude would encourage them to finish any task that is laid out for them. The second activity was sea kayaking. From this activity, our guys learnt that working together in their pairs and encouraging one another would enable them to accomplish any task that they set out to do. The last activity was the night solo walk in the forest. This activity showed our guys that self-confidence and making the right decisions can guide them in their journey of rehabilitation and recovery.

The guys shared that they enjoyed their time at OBS: they learnt more about themselves and that the activities have shown them that they can accomplish anything if they put their mind to doing it. Some of them enjoyed themselves so much that they shared that the training course was too short, and that it should be extended.

The Helping Hand will continue to work together with OBS to conduct this training programme for our residents and staff who are physically fit, as we feel that this programme is beneficial for them.

MIRACLE SERVICE

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Oppression Of
Evil Spirit
得释放于邪灵压制



经历神迹!



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of Deafness
恢复失聪的
听力



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Ovarian Cyst
4.5厘米卵巢
肿瘤消失



A
Triumph Over
Cancer In
Duodenum
十二指肠癌得医治

Delivered From
Financial Crisis
财务难题得到解决



Resolution Of
Life-Threatening
Autoimmune Disease
危害生命的自身免疫系统失调得医治



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& Eczema
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 Lighthouse Evangelism

Staff & Helper's Retreat 2013

Paya Beach, Tioman, West Malaysia

On 2 separate occasions (23 June - 26 June 2013 and 30 June - 3 July 2013), The Helping Hand held its retreat at Paya Beach, Tioman, for its staff and helpers. A total of about 50 members divided into 2 groups attended. The journey was long but the monotony was broken by the warm and chatty atmosphere of the guys and before they knew it, they were stepping foot on the warm and soft sand of Paya Beach.

There was a myriad of fun activities held there which included fishing, swimming, snorkeling, trekking and a visit to the waterfall there. Despite the age group of the staff, many of them were still very sporting and did all the above activities which were quite physically demanding in nature, even more so due to the intense heat. Nevertheless, everyone had an enjoyable time; the fellowship, the brotherhood, camaraderie and all the laughter made it a priceless experience for all.

Besides all the fun and games, this retreat also presented a time of spiritual reflection for the staff and helpers. Daily morning devotions and evening messages by the speakers gave very insightful knowledge to everyone present and this insight was further ingrained into our hearts via the sharing sessions of the small break-out groups that followed.

All good things came to an end on the 4th day as we boarded the boat and headed back to Singapore.



Volunteer Training – “Together we can do so much!”



In our modern day society, many organizations have replaced the work of man with technology but here in The Helping Hand, the work of man (volunteers) can never be replaced. Just as Helen Keller said “Alone we can do so little, together we can do so much”. The need for volunteers will always be there and due to the complex nature of our ministry, we are also committed to prepare our volunteers with the necessary training to equip them for the work ahead.

In August this year, we had our volunteer’s training on “Understanding Addiction and Recovery Process”. The training was conducted over four Thursday evenings and we are thankful for the 30 – 35 people who regularly attended over the four weeks. While the training was done in-house, we engaged professional trainers from WE CARE Community Service to conduct the training. Besides our faithful volunteers who attended, we also had participants from other organizations, as well as some from Singapore Prison Service.

Some of the topics covered and discussed during the training were: Misconceptions about Addiction, Bio Psycho Social Model of Addiction, Stages of Change, Motivational Enhancement Therapy, Intrinsic versus Extrinsic Motivation, Understanding Boundaries, Co-Dependency and Self Care. Not only were the topics relevant and interesting, many questions were raised and personal experiences also shared. One participant wrote to us the day after the graduation and said “he is more aware of the struggles faced by recovering drug addicts and would aspire to inspire them to rid themselves of the drug menace”. Wow, such a statement made all the effort, time, and money put in by the staff worth it. To God be the glory!

If you have any interest in wanting to find out more about being a volunteer with us, to be a blessing to the lives of others, please feel free to contact us at adminsupport@thehelphand.org or telephone us at No 6283 2204. We welcome you!

长老会真恩教会



我们既然有这么多的见证人，像云彩围绕着我们，就应该脱下各样的拖累，和容易缠住我们的罪，以坚忍的心奔跑那摆在我们面前的赛程；专一注视耶稣，就是我们信心的创始者和完成者。

希伯来书 12:1,2

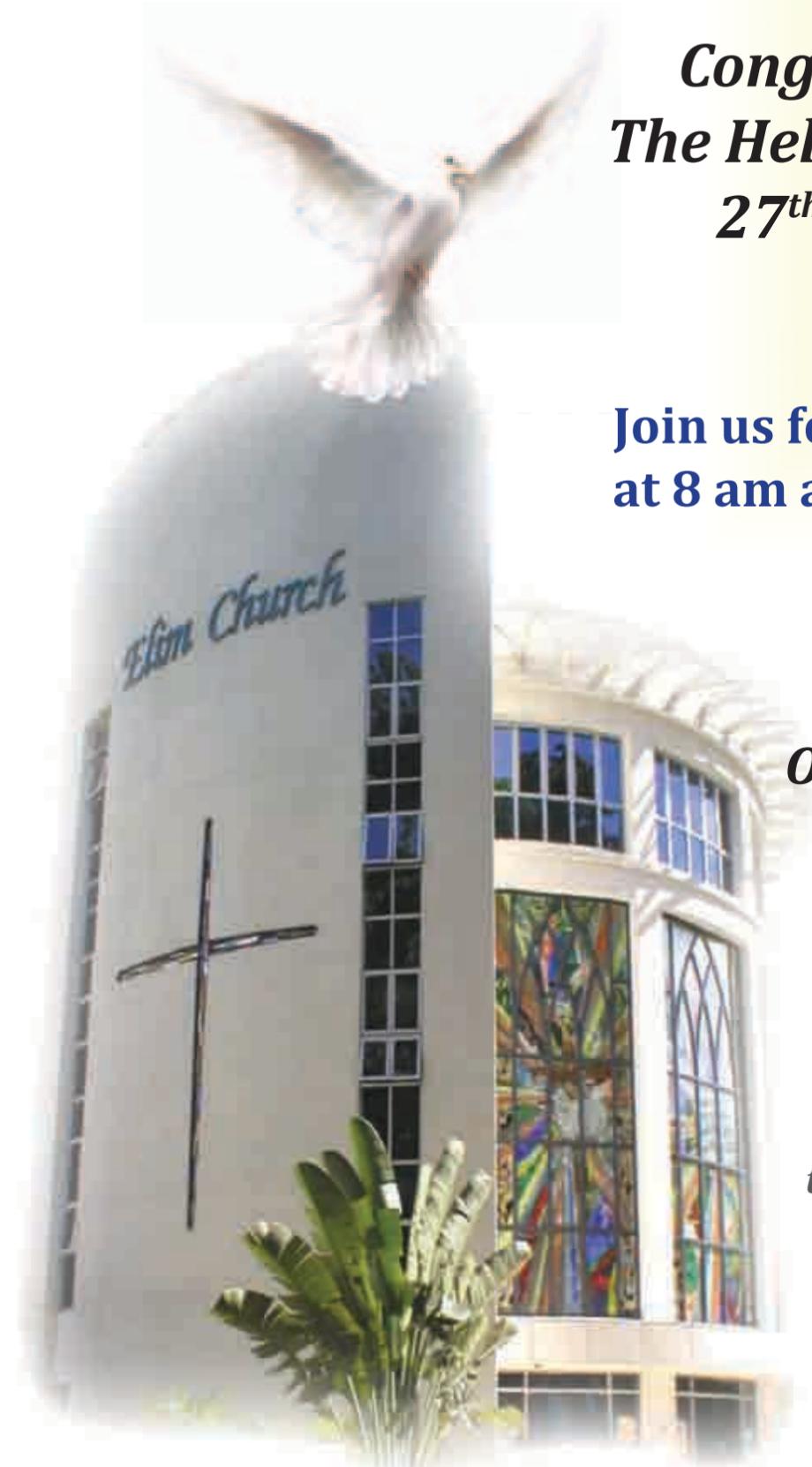


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Social Worker Networking Session

The Helping Hand helped to organize a Social Worker Networking session for all the half-way houses in the Half-way House Service Model (“HSM”) program. The purpose of the networking session was to get our social workers to come together and share experiences, learn each other’s best practices, as well as encourage one another. In the near future, the plan is to invite Prison’s & SCORE’s Social Workers to join in this networking session so that more expertise can be shared and closer relationships among all our social workers will be developed. At the end of the day, the goal of this networking session is to achieve better results in rehabilitating ex-offenders and thus reducing the recidivism rate.





***Congratulations to
The Helping Hand on its
27th Anniversary***

**Join us for Sunday Worship
at 8 am and 10.30 am**

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Spirit-filled church
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With Compliments

SUNDAY SERVICES

Traditional (Sanctuary)

■ 7.30am ■ 9.30am ■ 11.30am ■ 5.00pm

(Communion is celebrated monthly on the 1st Sunday)

Prayer & Praise (Wesley Hall)

■ 9.30am ■ 11.30am ■ 7.30pm

(Communion is celebrated monthly on the 3rd Sunday)

(With sign language interpretation at 9.30am)

Filipino (Chapel) (In English & Tagalog)

■ 11.30am

(Communion is celebrated monthly on the 2nd Sunday)

Mandarin (Wesley Hall)

■ 2.30pm

Youth (YWCA Ballroom)

■ 9.30am

■ 11.30am

Youth Combined Service

(Every 4th Sunday)

■ 9.30am

Children's Ministry (Sundays)

■ 7.30am ■ 9.30am ■ 11.30am

■ 5.00pm

For persons with special needs

■ 5.00pm

SATURDAY SERVICES

The Saturday Service (TSS)

■ 5.00pm

(Communion is celebrated monthly on the 3rd Saturday)

(With sign language interpretation)

WEDNESDAY PRAYER SERVICES

English

■ 7.30pm

Mandarin

■ 7.30pm

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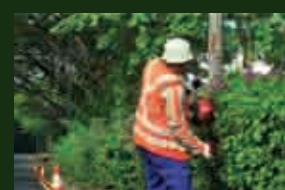


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Church Services

Chinese Congregation : 8.45 am

English Congregation : 11.00 am

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OUR WORSHIP SERVICES 我们的崇拜会

SUNDAY 星期天

上午 9am to 10.45am

English Service 1 英语崇拜会 1

Chinese Service 1 中文崇拜会 1

上午 11.15am to 下午 1pm

English Service 2 英语崇拜会 2

Chinese Service 2 中文崇拜会 2

Children's Service 儿童崇拜会

Indonesian Service 印尼语崇拜会

SATURDAY 星期六

下午 4pm to 6.30pm

Youth Service (Ages 12 to 20 years)

青少年崇拜会 (12 - 20岁)

TUESDAY 星期二

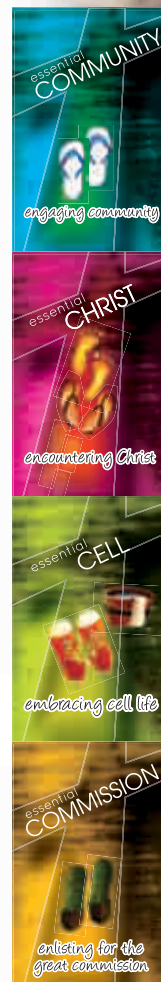
晚上 7.30pm to 9pm

Healing Rooms 医治室

WEDNESDAY 星期三

下午 1.15pm to 3pm

Chinese Service 3 中文崇拜会 3



*Helping people attain financial success and stay wealthy
is more than a business to us – it is our passion.*



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*We help people protect their wealth and
make their money work for them through
sound financial planning advice.*



Firms

*We help firms to manage their risks and
ensure their business continuity through risk
management & business continuity planning.*



Community

*We build a vibrant community of
competent and trusted independent
financial planners and advisers.*



Society

*We help build society by our corporate and
individual social commitment, helping students
and adults to build or rebuild their own lives.*

"Unless the Lord builds the house, its builders labour in vain. Unless the Lord watches over the city, the watchmen stay guard in vain." — PSALM 127:1-2

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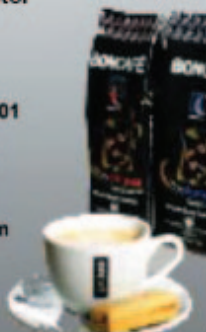
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Church Service Time

ENGLISH Service	8.30 am	Chapel
MANDARIN Service	8.30 am	Bethel Hall
CANTONESE Service	8.30 am	Galilee Hall
BILINGUAL Service (Eng/Mand)	10.45 am	Chapel
HOKKIEN Service (Sunday)	10.45 am	Bethel Hall
HOKKIEN Service (Friday)	7.30 pm	Bethel Hall
FILIPINO Service	10.45 am	Galilee Hall
EVENING Service (Eng/Mand)	5.00 pm	Galilee Hall
MYANMAR Service	6.00 pm	Antioch Hall
CHINA Ministry	6.45 pm	Bethel Hall

教会聚会时间

英语聚会	上午八时三十分	会所
华语聚会	上午八时三十分	伯特利堂
广东聚会	上午八时三十分	加利利堂
双语聚会(英/华)	上午十时三刻	会所
福建聚会(星期日)	上午十时三刻	伯特利堂
福建聚会(星期五)	晚上七时三十分	伯特利堂
菲籍聚会	上午十时三刻	加利利堂
傍晚聚会(英/华)	下午五时	加利利堂
缅甸聚会	晚上六时	安提阿堂
中国事工	晚上六时三刻	伯特利堂



新加坡教会

Church of Singapore

145 Marine Parade Road

Singapore 449274

Tel : 63455575

Fax : 63457651

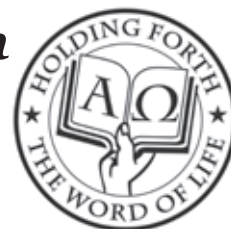
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Email : cosmp@cos.org.sg

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9A, Gilstead Road, Singapore 309063

Mailing Address:

10, Gilstead Road, Singapore 309064

Tel: (65) 6594 9399 Fax: (65) 6250 6955

Website: <http://www.lifebpc.com>

Email: admin@lifebpc.com

8.00 am Worship I

Children's Ministry

9.30 am Sunday School

Catechism Class (Jan-Apr; Jul-Oct)

10.45 am Worship II

Children's Ministry

Chinese Service

Young Lifers Worship (except 1st Sun)

Filipina Service (except 1st Sun)

4.00 pm Indonesian Service

6.00 pm Life Evening Service



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1. Parents for Life – 9 week course for married couples that will change your family forever.
 2. The Marriage Course – Building a healthy marriage that lasts a lifetime.
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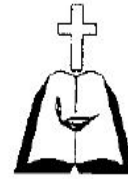
Worship Time

English Services	9am & 11am
Chinese Service	9am
Sri Lankan Service	2.30pm
Youth &	
Young Adult	11.30am
Children & Creche	11.00am

Address

110 Race Course Road
Covenant House S(218578)
Tel: 6293 4394 Fax: 6293 4981
Email: members@cplink.org.sg
Website: <http://cplink.org.sg>

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KHUSH KHABRI FELLOWSHIP

*"I the Lord have called thee in righteousness,
and will hold thine hand, and will keep thee,
and give thee for a Covenant of the people,
for a light of the Gentiles."
- Isaiah 42:6*

SUNDAY SERVICE

5.00PM - English / Hindi / Punjabi
77, Wing Yip Building
Lorong 19, Geylang (enter through the Sims Avenue)
#05-00
Singapore 388518

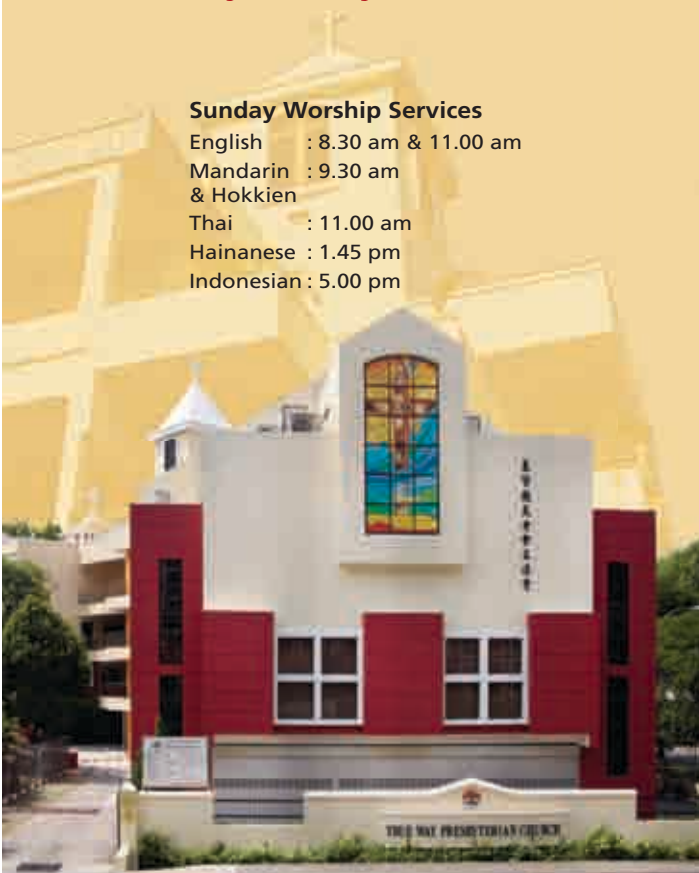
POSTAL ADDRESS

Tanjong Pagar P.O. Box 0183
Singapore 910807
Tel: 6323 0252
Email: Khabri@singnet.com.sg

True Way Presbyterian Church

Sunday Worship Services

English	: 8.30 am & 11.00 am
Mandarin	: 9.30 am
& Hokkien	
Thai	: 11.00 am
Hainanese	: 1.45 pm
Indonesian	: 5.00 pm



156B Stirling Road Singapore 148947 (Next to Queenstown MRT)
Tel: 6474 3527 Fax: 6474 6572 Website: trueway.org.sg

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*"For the eyes of the Lord run to and fro
throughout the whole earth, to show himself
strong in the behalf of them whose heart is
perfect toward him"
(2 Chronicles 16:9)*

BIBLE EVANGELISM CHURCH

Schedule of services

SUNDAY

- 09: 45 am - Sunday School Classes
(Kindergarten, Primary, Youth)
- 11: 00 am - Morning Worship Service
(Toddlers & Children's Church)
- 06: 00 pm - Evening Worship Service

WEDNESDAY

- 08: 00 pm - Home Prayer Meeting

FRIDAY

- 08: 00 pm - Discipleship Class
- 08: 00 pm - Bible Study

CONTACT:

Pastor Lawrence Ang (HP: 9234-1259)
Katrina Ang (HP: 9634-4635)



***To be a people
rooted and built up
in Christ Jesus***

Service Times - Sunday
English Services 9:30am &
11:30am

Children 9:30am
Youth 9:30am

Address
19F Charlton Lane
S (539643)
Directly opposite The
Helping Hand

Contact
Rev Andrew Ong
9151.5562
acjong@singnet.com.sg

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*"How good and pleasant it is when brothers
live together in unity!...It is as if the dew of
Hermon were falling on Mount Zion.
For there the Lord bestows His blessings,
even life forevermore"*

Psalms 133 :1, 3



10 Choa Chu Kang St 52,
Choa Chu Kang Bible Centre #04 – 01
Singapore 689284

Tel : 6766 8903 Fax : 6766 8905

Email : church@hermon.org.sg

Website: www.hermon.org.sg

Pastoral Team :

Rev. Tang Hai Yang

Rev. Daniel Tan Chi Min

Mr Luwin Wong

Mrs Loke Lai Kin

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Let your conversation be without covetousness
and be content with such things as ye have
for he hath said, I will never leave thee, nor forsake thee

HEBREWS 13:5

Worship Services
Children's Ministry at all Services

Tamil Services	English Services	Chinese Services
Sunday 11:30am	Saturday 3:00pm (Youth)	Sunday 9:00am
	Sunday 7:30am	Sunday 11:30am
	9:30am	

St Paul's Church Kindergarten (Since 1963) Tel: 62805418
Morning Session 8.15am - 11.15am
Afternoon Session 11.30am - 2.30pm

ACKNOWLEDGEMENTS

With Great Thankfulness to:

God for enabling us to publish this Annual Magazine that allows us to bring across the message of His amazing love for the lost and the needy.

And

Associate Professor Ho Peng Kee, Former Minister of State for Law and Home Affairs for graciously encouraging us with his Foreword

Our Board of Advisors and Executive Committee for their dedication and service

Our Editorial Committee for their efforts in raising funds and coordinating the publication of this magazine

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Churches, Christian organizations, business associates and friends for their generous support through advertisements, gifts and prayers

Medical and Dental services rendered throughout these past years to our ministry.

All Helping Hand prayer partners and supporters who have contributed in making this publication a success

All Glory to God.

**"Behold, the dwelling place of God is with them.
They will be His people.
No more death, mourning, crying nor pain.
They may have the Tree of Life"**

~ Revelations 21:3-22:14



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