

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

#### **Editor**

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The Helping Hand

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The Helping Hand seeks the Lord continually for financial and practical support in the operations of the ministry through the generous support of the body of Christ.

All cash donations to The Helping Hand are Tax-Exempt.

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### **Foreword**



The most arduous journey for ex-offenders is not during the period when they are incarcerated, but at the initial aftercare phase, whereby they are subjected to various temptations and challenges. Ex-offenders need to adapt to the world outside and at the same time, deal with the stigma associated with their past. This is where support from aftercare agencies and the community can make a difference in their lives.

As one of the 8 Halfway Houses that signed the Halfway House Service Model (HSM) with Singapore Prison Service in October 2010, The Helping Hand plays an important role in facilitating the transition of inmates from a controlled prison environment into the larger community. Singapore Corporation of Rehabilitative Enterprises (SCORE), as the managing agent of HSM as well as Secretariat for CARE Network and Yellow Ribbon Project, has had the pleasure of partnering the staff and volunteers of the Helping Hand who have contributed their time and effort in helping ex-offenders get back on track.

Besides their work in supporting ex-offenders' reintegration, The Helping Hand has also been actively supporting the Yellow Ribbon cause, spreading the message of second chances to the public through their continued involvement in various Yellow Ribbon Project and Yellow Ribbon Fund events. I would like to take this opportunity to thank The Helping Hand for being a valued partner of SCORE through the years.

On The Helping Hand's 29th anniversary, I would like to congratulate and commend the team for your unwavering commitment and determination in providing throughcare support for ex-offenders. May The Helping Hand continue to enjoy more fruitful years in your work and continue to help ex-offenders navigate through their challenges in their aftercare journey.

Stanley Tang CEO, SCORE

## CEO's Message

The Helping Hand's vision is

#### "To transform ex-offenders to live Christ-centred lives."

#### The Helping Hand's mission is as follows:

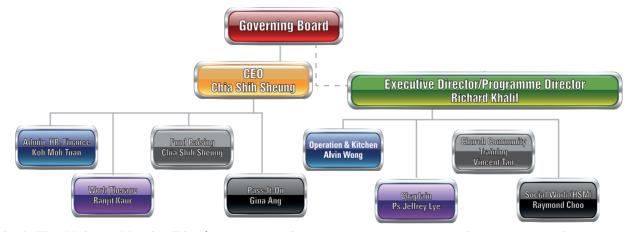


- a. We are a Christian organization which helps ex-offenders restore their lives by the transforming power of Jesus Christ, re-integrate them back into society as a stable and contributing member, and into a local church community for continuation of spiritual support.
- b. We provide rehabilitation programs based on four aspects of therapy Spiritual Therapy, Work Therapy, Social Therapy and Physical Therapy, to regain self-confidence, self-esteem and teach individuals to exercise self-discipline for a regular daily routine.
- c. We adopt a holistic approach for life transformation by providing full-cycle support to the ex-offender including family counseling, life-skills learning and after-care counseling.

#### The Helping Hand's core values are:

- a. **H** We Honor God in our daily work activities through honest, open communication with one another guided by the spirit of humility and make conscious efforts to work in harmony.
- b. **A** We embrace Adaptability in our work culture to keep our spiritual and life-skills teaching relevant, and to delight our customers at all times.
- c. N We are committed to Nurture and help one another to grow from potential to fulfilment in our spiritual walk with God, find purpose and joy in our work and encourage one another to be physically fit at all times.
- d.  $\mathbf{D}$  We are Determined to help the ex-offender lead a changed life and inculcate a " $\mathbf{Can}\ \mathbf{Do}$ " attitude through Christ who strengthens us.

The Helping Hand has adopted a renewed organization structure with effect from August 2015 in response to the current needs and challenges of the present day.



In 2016, The Helping Hand will be focusing mainly on improving our spiritual programs in alignment with our Vision and Mission. I invite all staff, volunteers and friends to join me in making The Helping Hand better than before, by striving towards excellence in helping ex-offenders rehabilitate, re-integrate back into society, and be members of a local church.

Chia Shih Sheung CEO

## Chairman's Message



Once again, I would like to thank all of you who have volunteered to help in The Helping Hand - for spending time, effort and money in partnership with us to help our fellow brothers who made some wrong decisions in the past to rebuild themselves again. I would also like to thank our residents and those undergoing our programme and receiving our ministry for trying and doing their best to turn around for better.

This year, our focus is on "being rooted and established in love" (Ephesians 3:17). This is not the kind of love the world knows but the one God shows. The kind of love that makes God give His very best and even of Himself. How?

Firstly, God gave us of His very best in the person of His only Son, Jesus Christ, the Darling of Heaven, His most and well beloved Son. Secondly, when God gave us His Son, God gave of Himself because the Bible tells us that The Father and The Son are One. So when God gave His Son, He gave of Himself.

It is this kind of love that Ephesians 3:17 is telling us to be rooted in and thereby be established. The intended purpose of doing this is found in verses 18 and 19 and that is "that we may have the strength to know what is the breadth and length, height and depth of the love of Christ that surpasses knowledge, that we may be filled with all the fullness of God!" Wow! To be filled with all the fullness of God! This is awesome.

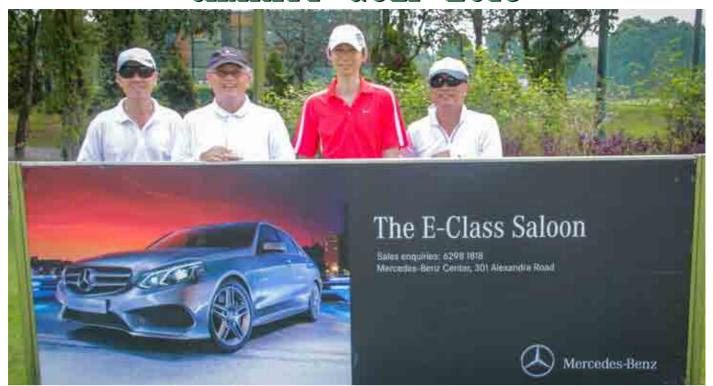
King Solomon declared during the dedication of the Temple that "The heaven of heavens cannot contain You; how much less this house that I have built". I shudder to note that if the Heaven of Heavens cannot contain God, how can all the fullness of God fill us as stated in Ephesians 3:19?

Here, I want to put to you that it is not possible for us to contain all the fullness of God except only when you are in a relationship with God. This is the "I abide in you and you in me" relationship that Jesus is talking about in John 15. Apart from Christ, we can do nothing. As a branch, we derive all our sustenance from the vine. The fullness of His essence is only real when we are part of Him and not apart from Him; and in this relationship with Christ, we show and demonstrate with the bearing of much fruit.

From John 15, Jesus told us that the branches that do not bear fruit will be cut off and be burned. Another lesson we can learn is from the fig tree that was cursed by Jesus. The next day, the tree had withered away from the roots. Jesus had cursed the fig tree because He could not find any fruit although the tree was covered with leaves. In Palestine, the fig tree usually bears fruit before the leaves and so when Jesus saw from a distance that the tree already had leaves He must have assumed there would be fruits. But alas He was disappointed that He found none. These two lessons: the cutting off of unfruitful branches to be burned and the withering of the fig tree from the roots must be taken seriously by all. Unless we take root and be established in Christ, we are taking roots and establishing in the wrong person or thing. We will wither from the roots and we will be cut off to be burned. It boils down to one thing and one thing only. It is not how you feel, how lush your "leaves" are and how good you look as a branch or tree. The question is "Where and what are your fruits?" Stop being barren now. Let Jesus come into your life now. He says, "I have come to give you life and life more abundantly".

Thank You Jesus. Amen!

## **CHARITY GOLF 2015**



On 21 July 2015, The Helping Hand held its 5th fund-raising charity golf event at the Orchid Country Club. After running this event for the last 4 years at the Raffles Country Club, we decided for a change in the venue after some feedback from our regular golfers.

Our event got underway with the registration and a buffet lunch of Nasi Lemak. At 1 pm, the participants gathered at the buggy bay raring to begin their game of golf and hopefully win a hole-in-one prize in the process. This year's event was made even more exciting because besides our regular hole-in-one sponsorship of \$50,000 cash at two par 3 holes sponsored by AVA Insurance Brokers Pte Ltd, we also had Daimler South-East-Asia Pte Ltd sponsor a Mercedes-Benz C-Class at two other par 3 holes. Although nobody won the hole-in-one prize this year, there is always the next year.

It was a glorious day for golf with the brilliant sunshine but as we were nearing the end of the event, we became worried when the sky started to darken and a slight drizzle began to fall. We could hear the 'Stop Play' siren sounding at the neighbouring





Seletar Country Club and we prayed that would not happen at the Orchid Country Club. By the grace of God, the weather cleared up and to the delight of the golfers, they were able to complete their game.

After the game, the golfers were treated to a sumptuous dinner at the Emerald Suite where we had the privilege of having Mr Sam Tan Chin Siong, Minister of State, Prime Minister's Office, and Minister of State for Culture, Community & Youth as our Guest-of-Honour. During dinner, one of our staff, Mr Shanmugam s/o Ramaiya shared his testimony about how Jesus touched and changed him for the better. Life which was miserable and ugly before, is now meaningful and beautiful - all thanks to Jesus. Tournament prizes and raffle draw prizes were also given out during dinner. It was truly an enjoyable time of food, fun and fellowship.

On behalf of The Helping Hand, we would like to thank God for the 116 golfers who came and supported us, the \$66,000 that was raised and the sponsors who contributed in making this a successful event for us.

All Praise and Glory to God!

## 28th Thanksgiving Anniversary Celebrations

On the 28 February 2015, The Helping Hand celebrated its 28th thanksgiving anniversary where we marked another year of God's faithfulness, grace and mercy upon our ministry.

As with all our other anniversaries, the day started with a general spring cleaning of our premises as we all wanted our place to look good when our guests arrived. When the time came for the service to start, we were once again grateful to God for the good turnout of about 300 people. The hall was so packed and filled to capacity that our guys had to to give up their seats for our visitors.

The theme for this year's anniversary was "Rooted and Built-Up in Him" and this truth was made evident by the testimonies of two of our staff workers, Joseph Lai and Ho Peck Hai. They testified about how they were lost and aimlessly drifting through life but because of our Lord and Saviour Jesus Christ, they are now found and have a firm foundation, rooted and built-up in Christ. After the testimonies, we had a song presentation by The Helping Hand's staff and residents. As they sang the song "Beautiful Words of Life", you could see family members and friends smiling broadly as they watched their loved ones singing up on stage.

We were then privileged to have Rev Jeffrey Quek from Adam Road Presbyterian Church and a long-time friend of The Helping Hand encourage us with the Word of God from Colossians 2: 6-7 to truly stay rooted and built-up in Christ.

After the service, every one was treated to a catered buffet dinner as we wanted to give our staff from the kitchen department a long deserved break.

In conclusion, we want to thank God for granting us a blessed  $28^{th}$  thanksgiving anniversary service. We know that as we remain in Him, Jesus Christ will use the ministry of The Helping Hand to achieve His purpose of bringing the lost back to Him. We would also like to thank all our faithful supporters who have partnered with us for the last 28 years and our prayers are that all of you will continue to support us for the years to come.

All Glory Be To God.









## **CARE Network Sports Carnival**



Since the beginning of April, a group of residents and staff have been playing futsal at Kovan Sports Centre and in May we sent a futsal team compromising 8 of our guys to CARE Network Sports Carnival "Supporting Re-integration Through Sports" at Uber



Sports East Coast. We played a total of 6 games where we won 2, drew 2 and lost 2. Although we did not make it to the second round, we still had an enjoyable time of exercise and fellowship with the other participants.

## **Let's Carnival @ Bishan**



Let's Carnival@ Bishan is an event organised by Adam Road Presbyterian Church as part of the President's Challenge Volunteer Drive 2015. The event was held at Kuo Chuan Secondary School and the Guest-of-Honour for the event was our President, Tony Tan Keng Yam.

We thank God that The Helping Hand was chosen to be one of the beneficiaries for the event and as a beneficiary, we received a \$10,000 donation. Not only were we blessed with a generous donation, we also got an opportunity to serve that day by providing logistic support and manning one of the food-stalls.

We thank God for His blessings and a fun-filled day of food, games, and fellowship.



## STAFF RETREAT 2015

In October, 39 staff members and 11 family members made their way in two groups to Cameron Highlands (West Malaysia) for The Helping Hand's annual staff retreat. The retreat is a time for the staff to take a break from their busyness of work, spend time bonding with one another outside of their working environment and to enjoy quiet moments being spiritually recharged by the Word of God.

The theme for this year's retreat is "Rooted and Built-Up in Him." Our speakers for the retreat were Rev Bob Phee from Herald BP Church and our Board member, Rev Yap Kim Sin from Zion Serangoon BP Church who faithfully fed and encouraged us from the Word of God.

Besides being spiritually recharged, the staff and family also got to enjoy the fantastic cool weather and sights of Cameron Highlands. Our two wonderful tour guides, Mr Benedict and Mr Chandran not only took us to beautiful sights and good places to eat but also provided us with interesting background snippets of the places we visited.

All in all, we had a refreshing and wonderful time in Cameron Highlands and look forward to the next annual retreat.

All praise and glory to God!











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## Stepping Stones@ The Helping Hand

Stepping Stones is a poem written by Kelvin Sim, Chua Chin Poh, Jasper Chow, Wang Wei Long and Winfield Lim who are helpers and residents of The Helping Hand. With the help of artist-educator Peggy Ferroa, their poem was made into a skit and they got to perform it at the SCORE Appreciation Award Ceremony 2015 as well as the Singapore Prisons Service Volunteers Award Ceremony 2015.

#### **STEPPING STONES**

Some roads are full of obstacles Some roads make you lose your way Some roads end up nowhere And some roads bring you back to where you started

Which way do we go? Where is our destination? What do we do now? We're lost.

We can just sit and wait But we can also look for stepping stones. Why?

Stepping stones help us move us forward
Stepping stones give us the momentum of hope
Stepping stones can lead us to roads that are full of promise
But the right stepping stones are hard to find

Not all are safe
Some look stable but with one step, they break
Some look like stepping stones but are reflections, like empty promises
Some are slippery, one move and you're lost
Sometimes, we need a helping hand

Find us some stepping stones

Stepping stones of FORGIVENESS - everyone makes mistakes. Allow yourself to let us move on

Stepping stones of TRUST – believe that our intentions are good

Stepping stones of FAIRNESS - treat us like you would treat yourself

Stepping stones of ACCEPTANCE - look at the new person I am now, not who I was

Stepping stones of SKILLS and KNOWLEDGE – we need them for a stable career

Stepping stones of SHELTER - not just a place to stay, but shelter from the emotional and mental strain of discrimination

Find the stepping stones in yourselves and help us move on

We hope and pray that all our residents will be able to find good stepping stones to help them regain their footing in life.





#### **GOING THE DISTANCE**

Eight runners from The Helping Hand participated in Osim's Sundown Marathon, Asia's largest night marathon. Two of them went for the 21.1km while the other six brave souls went for the 42.195km run.



For many of us, it was our first attempt at running a half- or full-marathon and also to do it in the dead of the night. While it was a joy to run in the coolness of the night under a starlit sky, it was a challenge to our bodies and minds as our biological clocks kept reminding us we should be bed, fast asleep!

There were moments during the run that some of us were tempted to give up but we thank God that we did not. We ran the race with perseverance and all of us managed to complete the run within the stipulated time.

All Glory to God!



### SG World Water Day Reservoir Clean-Up

To mark Singapore's World Water Day 2015 Celebrations by The Public Utilities Board, FishingKaki.com with their adopted charity, Big Fish @ The Helping Hand, were happy to be community partners participating in a tri-reservoir clean-up.

A total of 3 staff and 15 residents of The Helping Hand went to some areas in Bedok, MacRitchie, and Lower Seletar reservoirs to clean-up their waterways. Once the clean-up was done, the collected rubbish was properly disposed of by the trucks of The Helping Hand.





### **Workplace Literacy Program Talk**

On 10 March 2015, a trainer from Asia Gold Bell Education came to The Helping Hand to talk to our residents about the Workplace Literacy (WPL) Program, an initiative from the Workfare Skill Up (WSU) program by WDA.

The objective of the WPL Program is to improve the English language proficiency of our residents, which in turn will help improve their chances of securing an employment. The program would involve a 2-Day Motivational Workshop and a 45-hour conversational English program.



This course will be 100% fully subsidized by the Singapore Government, and on top of that, there will be a training remuneration of 4.50/training hour which every participant is entitled for. After the program, all participants will be awarded with a certificate.

We believe that this program will not only improve the English literacy of our residents, but will also further motivate them to have the mindset of continuously upgrading themselves and at the same time expose them to the available courses and pathways that WDA can offer to them.

A total of 43 residents signed up for the course.

## With Compliments from





## We rejoice with The Helping Hand in the Lord Work.

Or e 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 ChristO

I Thessalonians 1:2

ARPC is a Bible-centered and Christlike community committed to:

- 1. Growing in LOVE for God
- 2. Growing in **LOVE** for God@ People
- 3. Growing in **LOVE** for **God** World

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O

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#### **Service Times**

(Sat @5pm & Sun @ 9am & 11:30am)

#### Children@ Church

(Sat @ 5pm, Sun @ 9am & 11:30am)

#### Rhoda (Filipina) Fellowship

(Sat 1st & 3rd Week @ 5pm) Singapore Bible College

#### Tabitha (Indonesian) Ministry

(Sat @ 5pm) Singapore Bible College

#### **ARPC@ Bishan**

8A Bishan Street 13 Singapore 579794 Tel: 62591943 Fax: 62594279

#### **Service Times**

(Sun 9am & 11:30am)

**Mandarin Ministry** 

(Sun @ 9am)

Children<sup>®</sup> Church

(Sun 9am)

**BASIC (Youth)** 

(Sat @ 5pm)



#### **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

上午八时三十分 上午十时三刻 上午十时三刻 晚上七时三十分 上午十时三刻	伯特利堂 加利利 会所 伯特利利 加利利利
	101313-
下午五时	加利利堂
晚上六时	安提阿堂
晚上六时三刻	伯特利堂
	上午十时三刻 上午十时三刻 晚上七时三十分 上午十时三刻 下午五时 晚上六时



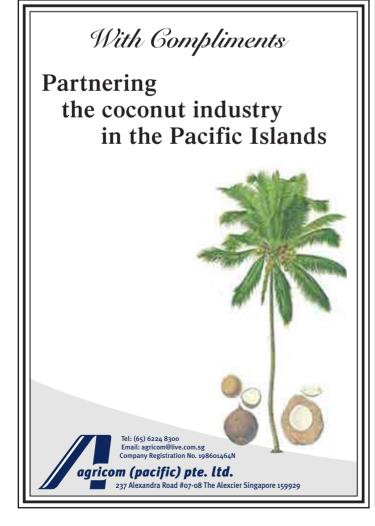
#### 新加坡教会

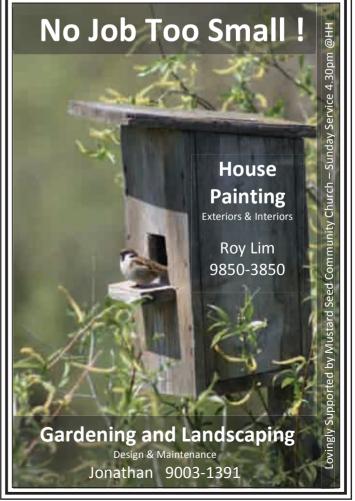
#### **Church of Singapore**

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### With Compliments

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#### 厦语崇拜

HOKKIEN CONGREGATION 崇拜时间: 早上 9.30AM

#### 儿童崇拜

CHILDREN WORSHIP SERVICE 崇拜时间: 早上 11.15AM

#### 华语崇拜

CHINESE CONGREGATION 崇拜时间: 早上 11.15AM

#### 青少崇拜

YOUTH WORSHIP SERVICE 崇拜时间: 周六下午 5.00PM

#### 托儿所

CHILD DEVELOPMENT CENTRE 星期一至星期五: 7.00AM-7.00PM 星期六: 7.00AM-2.00PM

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#### CONTACT

www.btpc.sg Andrew Ong 9151.5562 andrewongcj@singnet.com.sg



## Congratulations on your 29th Anniversary!



#### **Worship Time**

English Services 9am & 11am 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

### With Compliments

"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

9:45am - Sunday School Classes (Kindergarten, Primary, Youth)

11:00am - Morning Worship Service (Toddlers & Children's Church)

6:00pm - Evening Worship Service

#### **WEDNESDAY**

11:00am - Ladies Bible Study

8:00pm - Home Prayer Meeting

#### FRIDAY

8:00pm - Discipleship Class

#### CONTACT:

Pastor Lawrence Ang (hp: 9234 1259) Katrina Ang (hp: 9634 4635

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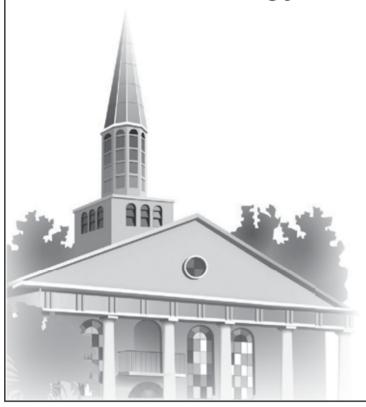


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8.00 am Worship I

Children's Ministry

9.40 am Sunday School

Catechism Class (Jan-Apr; Jul-Oct)

11.00 am Worship II

Children's Ministry Chinese Service

Filipina Service (except 1st Sun)

4.00 pm Indonesian Service 6.00 pm Life Evening Service

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**Activities** 

Lord's Day : 9.30 am – English & Mandarin Worship Service

11.30 am – Sunday School & Bible Class

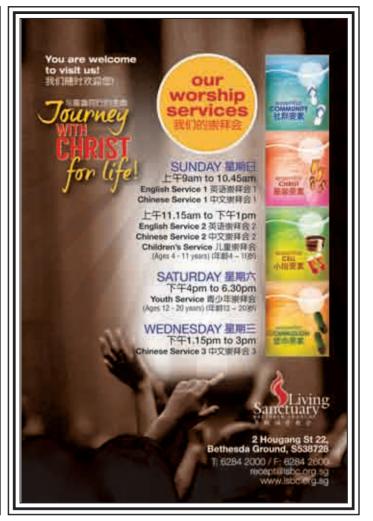
Tuesday : 7.30 pm – Mainland Chinese Fellowship
Thursday : 8.15 pm – Central Prayer Meeting
Saturday : 4.00 pm – Youth Fellowship

#### Contact:

No. 8 Lorong 27A Geylang, #04-01 Guilin Building Singapore 388106.

Tel: 6746-5664, email: heraldch@singnet.com.sg





## With Compliments

"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"

Psalm 133 :1. 3



10 Choa Chu Kang St 52, Choa Chu Kang Bible Centre #04 – 01 Singapore 689284 Tel: 6766 8903

Email: <a href="mailto:church@hermon.org.sg">church@hermon.org.sg</a>
Website: <a href="mailto:www.hermon.org.sg">www.hermon.org.sg</a>

#### **Pastoral Team:**

Rev. Daniel Tan Chi Min Mr Luwin Wong

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Sunday ₱9.00am ₱Worship Service 华语崇拜时间 Tamil Service 每逢星期天 11.30am

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## **BUILDING BRIDGES, CHANGING LIVES**

SCORE is a statutory board within the Ministry of Home Affairs with the mission to rehabilitate and help reintegrate offenders to become responsible and contributing members of society.





#### **Employ**

Meet your manpower needs by employing ex-offenders who have gone through certified training and job-matching



#### Lease

Expand your production capacity by leasing workshop space inside prison and also help inmates pick up useful skills



#### Collaborate

Partner Yellow Ribbon Project as part of your corporate social responsibility strategy





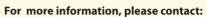
#### Outsource

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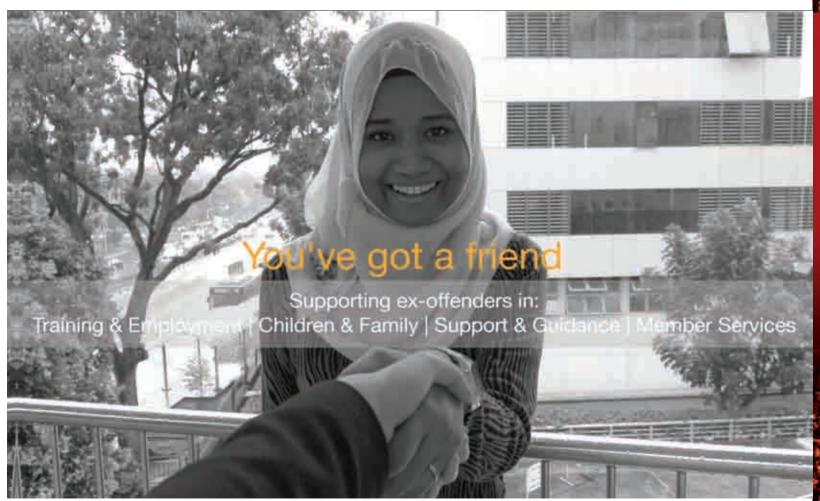
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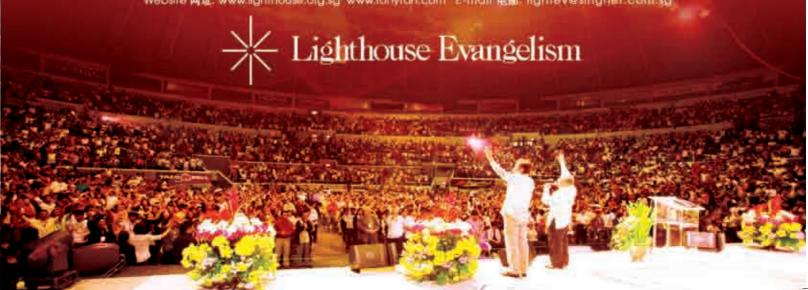
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### **OUR ADVISORY BOARD**



#### Dr. Ernest Chew

An Elder of Bethesda (Frankel Estate) Church, he also serves as Vice-Chairman of the Evangelical Fellowship of Singapore, Vice-President of the Bible Society of Singapore and the Fellowship of Evangelical Students, Vice-Chairman of the St. Luke's Hospital Board and the Singapore Bible College Management Committee.

#### **Professor Philip Lee**

He has been involved in our ministry since our inception in 1987. He is a Professor at the Saw Swee Hock School of Public Health, National University of Singapore.





#### Rev. Dr. William Wan

Rev. Dr. William Wan is a lawyer, ordained minister and psychometric analyst. Currently, he is the General Secretary of the Singapore Kindness Movement and the World Kindness Movement. He is the Author of Pastoral Reflections and columnist for Asian Beacon. He has been involved in the Helping Hand since the 70s.

#### Rev. John Ting

The Rev John Ting is a full-time pastor at the Adam Road Presbyterian Church and a visiting teacher at the Discipleship Training Centre. He has been involved in drug ministry since 1974 and prison ministry since 1975.





#### Rev. Dr. Quek Swee Hwa

Pastor Quek has been deeply involved in helping substance abusers and traffickers as well as prisoners since 1979. He is currently Senior Pastor at Large of Zion Bishan BP Church and Pastor of Emmanuel BP Church, a former daughter church of Zion. He is also Principal of the Biblical Graduate School of Theology and heads Shelter Care Ltd, a non-residential organization newly-set up to help ex-addicts, ex-prisoners and other who are in need.

## **OUR EXECUTIVE COMMITTEE**



#### Freddie Choo (Chairman)

Freddie Choo is the Managing Director of Trinity Casket Pte Ltd which undertakes Christian funerals mostly. He is also an ordained Pastor with Global Ministries of Indonesia and is in-charge of Training and Evangelism and Church planting in many areas of Indonesia and internationally, covering The Philippines, Fiji, Australia, India and Africa.



#### Tan Teik Seng (Vice-Chairman)

He is the Director at Teleios SC Pte Ltd, Independent Director in two public listed Companies and member of Advisory Committee in two Institutes. He worships with his family at Bethesda Bukit Arang Church.



#### Erik Ang (Hon. Secretary)

He works in the healthcare sector. He worships with his family at Adam Road Presbyterian Church and serves in the Prisons Ministry there.



#### Michael Chew (Hon. Treasurer)

He is the CEO of AVA Insurance Brokers Private Ltd, a Volunteer Master Mediator at the State and Family Justice Court as well as a Tribunal Mediator 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 grown-up daughters, Erica and Lindsay. Currently, he is the Senior Pastor of Zion Serangoon BP Church.



#### Rev. Luke Thuraisingham (Member)

He has been involved with The Helping Hand since 1992 and is the Senior Pastor of Hope Presbyterian Church.

#### Terence Teo (Member)

Terence is the CEO of ECICS Ltd. He worships with his family at the Emmanuel Assembly of God.

## Ministry Staff & Project Staff



Chia Shih Shueng CEO



Richard khalil ED



Vincent Tan Liaison & Training Manager



Koh Moh Tuan Admin, HR & Accounts Manager



Ranjit Kaur Business Manager



Alvin Wong
Operation Manager



Raymond Choo Snr Social Worker



Sophia Tan Social Worker



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Moses Arulandu Counsellor



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## 弗3:17 爱中扎根

曾经听过一首歌, 耶稣爰我我知道, 因为圣经告诉我 ………

另外一首诗歌: 爰是从神而耒, 爰是恒久忍耐, 爱里没我惧怕, 只要仗靠, 爰就与你同在,爰是从神而耒, 仗了就能明白, 爰是生命盼望, 永不止息, 因神就是爱.

想起以往在援手之家初仗主前的生命, 犹如一间刚买的三房式旧组屋, 里面还放置着旧主人各式各样的物品, 以及多年累积下耒的廃物, 这些东西都反映了旧主人的品味与喜好, 当新主人接管这所房屋之后, 他就会清理旧有的家具, 以及那些无用的廃物, 并按照自巳的喜好与品味重新装修粉刷布置新家具等等!

位主之前的心思意念与行事为人, 都反映出当时主宰其内心的旧有主人的特性, 当位主后就学靠圣灵的能力, 努力清理其内心累积己久的世俗思维与自我慾念, 好腾空其心灵最核心的位置,邀请基督耶稣耒居住,掌管生命的主权,然而在内心经年累月积聚下耒的垃圾与污洉,并不是一 次就可以清里乾净的,往往需要经过长时间,不断的清理才能

够遂一澈底清除, 有些时候由於心灵 己经习惯了装载那些旧有的廃物, 仗 主己后幼嫩的新生命竟然察覚不出它 们的威脅与禍害, 而继续容誏它们存 留们心中癸挥其负面的影响, 过着一 个世俗化基督徒的生活,而要在主爱 中扎根, 唯有靠圣灵的内住, 把心中 的宝座腾出, 请耶稣坐席, 成为卒领 生命的主宰, 和积极与圣灵配合, 不 断靠主圣灵提醒与引导, 得着属灵的 眼光, 洞察出生命中残余的旧有意识 形态与价值取向以果敢的决心将之摒 弃,同时誏耶稣以衪美善圣灵的果子, 耒取代之耒引领自己的思想与行为, 誏生命连接於主, 也透过教会与弟兄 姐妹一起学习圣道,彼此代祷关心, 服 事, 建立禹灵的团体生活, 继续在爰 中往下扎根, 向上结果, 一起见证荣 耀这位前无古人, 后无耒者爰我们的 主耶稣基督.

何财清弟兄



## 我们不怕狂风暴雨,因为神与我们同在!

如同树苗需要阳光和水的灌溉才能茁壮成长,我们在援手之家每个星期都有查经小组, 让刚认识耶稣的弟兄们更深入了解神的话语。有好的基础就像一棵扎根的大树,不怕风吹雨打,勇敢面对生命里的种种挑战。

弟兄们让我们感受到神在他们的生命 里增添了平安与喜乐。原本以回馈 社会的心来当义工,但在查经的道路 上,我们也获益良多。通过小组讨论 可以让我们彼此相扶相持,一起探讨 大家都会面对的问题。

"倚靠耶和华,以耶和华为可靠的,那人有福了!他必像树栽于水旁,在河边扎根,炎热来到,并不惧怕,叶

子仍必青翠,在干旱之年毫无挂虑,而且结果不止。" 耶利米17:7-8



各位弟兄们,神的一切瞻仰在你们的生命。上帝的爱不附带条件并且供应你们所需所求,超越你们所能想象的。你们可能觉得失去了一切,但认识了耶稣后你们并不缺乏。

"我的神将按照他荣耀的丰盛,在基督耶稣里满足你们一切的需要"腓立比书4:19 很多时候我们紧握着双手,不肯放下我们以前的过错。怪罪自己。何不放下一切,紧紧的牵着耶稣的手让祂引导你们走正义路。

"耶和华如此说: 你们不要记念从前的事, 也不要思想古时的事。 看哪,我要做一件新事;如今要发现, 你们岂不知道麽? 我必在旷野开道路,在沙漠开江河。"以赛亚书43:18-19 洪静宜(Rachel Ang)

援手之家的弟兄们让我更清楚研读圣经,可以让我透过圣经来聆听祂要跟我们说的话-根建,造于祂让我们可以得到稳稳的幸福。

很多时候我觉得弟兄与我们每天面对的一个挑战是存有一颗不信的心。不相信上帝给我们许下的诺言。我们宁愿相信每日投诉能让我们的工作轻松一点。时不时我们也会觉得每天看着圣经但却不了解,好像很浪费时间。为了克服不信的心,我们需要尝试把圣经教导应用于日常生活中。免得我们中间有人被罪迷惑,心肠刚硬了。

"弟兄们,你们要谨慎,免得你们中间有人存着邪恶不信的心,离弃了永生的上帝。 总要趁着还有今日,天天彼此相劝,免得你们中间有人被罪迷惑,心肠刚硬了"希伯来书3:12-13 许静婷(Xu JingTing)

## 将你的心扎根在神的爱中

2010 年,3月5日早上,我以全职社工的身份加入了援手之家的事工。记得当时是早上8时整,我听到有人在唱诗歌。他们视乎是在唱福建歌。我不明白,但诗歌的音乐打动了我的心。把原本紧张的我,变成平静和喜乐的心走进办工室。也开始了我在援手之家的服侍历程。

当我第一次来与弟兄交谈时,我的心情真是忧喜参半。喜的是我终于能认识更多的弟兄。忧的是不知要如何与弟兄们沟通。 这是一间戒毒福音中心时,有朋友对我



说,若你不是"同路人",你是无法与他们沟通和参与这样的事工。记得一次使我无法忘记的经历,我们在协助一位来之监狱弟兄住屋事件。我们安排了免费律师和让他去见政府部们。但因着建屋发展局的规律,他们无法答应弟兄的要求。他竟然说我们没有帮助他。我感到失望和伤心。感谢神,接着同工的鼓励与支持。我也体验到主耶稣饶恕人的量度。是无限的爱,是无限的包容。

经过这几年多次与弟兄们的接触,晓得他们在人生中面对一些挣扎如:失落、傍徨、寂寞、孤独、挫折、考验、失败和人们以"有色"的眼光看待他们。他们害怕,但他们很渴望能走出这毒瘾的捆绑。感谢神,在这5年的服侍里,给我最大的鼓舞是,很多弟兄们都以不逃避,勇于面对这些生活上的熬炼,坚持到底,坚韧不拔,与神的爱不离不弃。这丰富了我个人跟随耶稣基督的人生经验。他们是我生命和基督徒生活上的导师,藉着他们让我看到神的慈爱、怜悯和信实,我们唯有依靠神,才能在生命中得胜又得胜。

约翰壹书 4:18-19: "爱里没有惧怕。爱既完全,、就把惧怕除去。因为惧怕里含着刑罚。惧怕的人在爱里未得完全。我们爱,因为神先爱我们。"祈求神继续让我们有一颗爱人的心,扎根在主耶稣基督里。

神啊,谢谢你对我们的爱 朱赐恩弟兄

## 爱中扎根-林日泰牧师

以弗所的教会是保罗第二 次布道旅程中所建立的, 而第三次布道旅程中他在 那里逗留了约三年之久( 徒20:31)。以弗所今天 属于土耳其, 在罗马时代 被誉为"亚洲第一个和最 大的大都会",它凭着巫 术、魔术、占星术和对生 育女神亚底米的崇拜而闻 名遐迩。以弗所是外邦人 的大城市, 那里的信徒原 本是不知道福音的大能, 保罗用心的教导他们明白 真道, 使到整个城市起来 很大的变化。神借着保罗 行来许多的异能, 行邪术 的都相信了耶稣, 主的道 大大兴旺, 他们把行邪术 的书堆积共计约5万块钱在



众人面前焚烧,这也导致了亚底米女神的银像销量 锐挫,使到全城银匠鼓噪闹事(徒19)。

虽然如此,保罗还是继续他的布道旅程,要把福音 传到没有听过的地方。当他写以弗所书的时候,自 己因福音的缘故下在牢里,也许这事对以弗所的信 徒有着负面的影响。但保罗并没有回避这个问题, 反而在信里告诉他们被囚的原因,"因此,我保罗 为你们外邦人作了基督耶稣被囚的。"(弗3:1) 保罗之所以在耶路撒冷被捕、被囚、受审、上诉人 被解到罗马去,皆因犹太人狂热地反对他向外邦人 传道所致。因为他毫不妥协地为外邦人陈情,阐释 这真理而受苦。因为外邦人原本是与神的百姓是隔 离的,基督舍命,拆毁了犹太与外邦、真神与世人 中间的屏障,创造了一个新人类、一个多文化的社 会。

在一般的情况人都会请求人为自己的苦难代祷,这里保罗却说"作了基督耶稣被囚的,替你们祈祷。"他虽然失去自由,下在监里,但他的心却挂念的是以弗所的信徒,在极度困苦中他所求的、所渴望的是要他们明白基督福音的奥秘,就是借着福音不论是犹太人、外邦人、男女老少、黑人、白人都成为神的后嗣,都得同样的应许(弗3:6)。因此,信徒就当彰显神古远的奥秘和神的智慧。保罗劝勉他们不要因着他入狱而丧胆,这原是他们的荣耀(弗3:13)。并且,他们要借着圣灵的帮助,叫他们心里的力量刚强起来(弗3:16)。

接着保罗鼓励以弗所教会的信徒在神的家庭里应当如何行事为人?要如何彰显他们在基督里是弟兄姐

妹呢?那就是爱,爱天父 也当彼此相爱。主耶稣在 离世之前颁布了一条新命 令(约13:34)。为什么 是命令?命令就是不论你 愿不愿意都要遵行,换句 话说,人知道爱的重要, 但不是人人都愿意去爱, 而且不是要我们乱爱。保 罗在以弗所书3:17用了 两个隐喻, "叫你们的爱 心,有根有基,"渴望他 们的爱是根基稳固、毫不 肤浅的。"根"是讲到植 物生命, 树的根扎的越深 树就越牢靠,"基"是讲 到建筑物,有稳固的地 基,房屋就坚固。两者表 达了爱是有生命力的,

爱一是生命扎根的土壤;爱一是生命建筑的基础。 彰显了爱的两面,爱一是新生命的表现,爱一是建 立在真理的根基上。

我常想, 若不是主耶稣在十字架彰显的爱吸引我, 带给了我人生的意义。我看自己是一个卑微、无才 无德、混混沌沌过日子的人,也不知道活着是为了 什么?也许就是工作、结婚生子、生老病死、人怎 么过我也怎么过。其实我也想出人头地,活的精 彩,让人羡慕,无奈自己的能力有限、智慧有限、 青春也有限。感谢神!认识了福音的奥秘,了解了 福音的真传,让我活着不在一样。让我们看看希伯 来书十一章所提的因信被称为"英雄"人们,只有 十六个名列入英雄榜, 其中有还许许多多无名信心 的英雄, 神也记念他们的信心。若详细去查看这些 信心英雄,并不是世人看到所谓的"雄才伟略"之 人,反而好多似乎像我们周围的"小人物",却被 神称为"信心的英雄"。让我动容的是在希伯来书 十一章结束之前,说"本是世界不配有的人"(来 11:38),用现在的话来说是指边缘人、被人唾 弃、被社会轻视的人,却在神的家里是被接纳、受 欢迎、主大大重用的人。

是的,"我们爱,因为神先爱我们。"(壹约4:19)"没有爱心的,就不认识神,"(壹约4:8)"神爱我们的心,我们也知道也信。神就是爱。"(壹约4:16)世界上再也没有什么比爱更伟大,而我们已经知道这伟大十字架的爱,也信了这个爱,就当活出爱。保罗要我们的爱是有根有基、约翰要我们住在爱里面、彼得要我们爱弟兄没有虚假,就是当从心里彼此切实相爱(彼前1:22)。让我们大家一起说"阿们!"

## 叫爱神的人得到益处 - 陈敏源弟兄



"应当一无挂虑,只要凡事借着 祷告、祈求和感谢,将你们所要 的告诉神。神所赐出人意外的平 安,必在基督耶稣里保守你们的 心怀意念."(腓立比书4:6-7)

回头看一看过去这二十五年多所 走过的路,心里油然升起一股对 主的感激之情,这段路上滴满了 神恩典的脂油。所发生的事之 多,神恩之丰富,我是绝对没有 办法在这里都能一一写出来,让 我再一次见证主的荣耀。

在我讲这一小段经历之前,我要 在主面前做一个祷告。"亲爱的 主耶稣,谢谢祢对我们心灵的开 启与在我们祷告生活中源源不断

的供应。主啊,求称怜悯我有限的文字能力,帮助我把祢给予的经历写明白。更愿你的圣灵充满我们。让我们一同透过这见证来进一步认识祢,渴慕祢。奉主耶稣的名祷告,阿门。"

我是在一九九一年重生信主,当时我是"援手之家"的第一名学员,到现在我信主已有二十五年多了。前十五在"援手之家"度过。属灵生活非常的充满,一切都顺心顺意。之后开始到社会工作,为了拼命的赚钱,与主几乎没有什么关系。对读经以没有感兴趣。我的祷告生活也就是吃饭时谢个恩。有时发热心要服事主,不多时心就很快冷下来。生活和事业的顺利与否成了我心情的晴雨表,对前途的信心与希望也像风标一样受周围环境的影响。经常想摆脱这种软弱,可它却总是缠着我,生活上的挣扎,用痛苦来表达比较贴切。

感谢赞美主,主的恩典够我用,借着神的天使一我的妹妹与妹夫,每天为我的属灵生命祷告,每个星期天七早八早来到我家,带我和我的家人一起去教会。从此,我又开始每天借着读经,祷告的保持与主的密切关系的属灵生活。那种平安和喜乐的生活;充充满满洋溢在我的家庭里。

各位亲爱的弟兄姐妹,我们应"凡是互相效力,叫爱神的人得到益处".阿门.

## 專心仰賴耶和華 - 骆伟江弟兄

今天,我要感谢和归荣耀给我们在天上的父神。谢谢你让我有这美好的 机会分享与他同走的经历。

在2009年,因着滥用毒品,被判监禁16个月。我也在监狱里接受主耶稣基督为个人的救主。虽然,我信了神,我从来没有紧紧跟随他。从监狱里被释放后,我有参加教会,但时间非常短。不多久,我开始走回我的老路。过去的我,是一个从不相信宗教的人。我只相信自己。在面对任何事件时,我是很有自信的。我是一个成功的厨师,得过好多烹饪的奖牌。在4级酒店上班,担任厨师主管,收入也非常好。因着贪爱世界的物质和享受,我的生命开始堕落。酗酒,坏脾气,高傲,过着夜生活和时常到酒吧里。渐渐的,我也开始染上毒品了。

记得有一天,因着使用毒品,我差一点死在一个交通意外中。过了不久后,因着藏有和使用毒品,我终于被肃毒局抓去。在2013年,我走进监狱里。感受到整个世界快要倒塌。但在心低里,有一重感觉在4年前所信的神仍然存在。他没有放弃我。我开始回到神那里。我祷告了。寻求



神的赦免,向他哭泣。我无法管理自己的生命。祈求他进入我心里,来管理我。完全将生命交托给神。在这次的监禁里,我感觉无比的平安。这平安是来之神。我唯一的盼望是继续信靠这位神。感谢神,家人没放弃我,反而一直鼓励我。记得母亲对我说,若这位神可以改变你,我就跟随你相信这位神。这是神的恩典,母亲信主了。

箴言3: 5-6"你要專心仰賴耶和華,不可倚靠自己的聰明, 6在你一切所行的事上都要認定他,他必指引你的路。".

这金节时常鼓励和激励我,在一切的事上都要仰赖和认定他。我经历到神的同在。在2014年8月,监狱有关当局提早4个月假释我到援手之家接受戒毒辅导的课程. 感谢神给了我这么一个又难得宝贵的机会,让我可以在这里学习个人生命的纪律。我也怀念援手之家的早会崇拜。每个星期的查经,让我更深认识这位奇妙的神。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烟,酒和毒品的捆绑.

靠着神的恩典, 我太太,母亲和兄弟姐妹都信了主。神所赐的是意外人的平安。我享有与家人美好的关系。 我的祷告是,祈求神使用我,打开我的心门 ,见证他的大能,和带领未信主的灵魂到主面前。



## **Testimony of Lim Jit Yong**

To God be the Glory, for He is good and faithful.

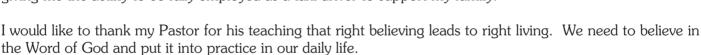
During my last incarceration, God spoke to me through this verse in Hebrews 12:6 where He reminded me that He disciplines those He loves and He punishes everyone He accepts as a son. Even in His discipline, God also extended His grace by allowing me to be placed on an 11-month program at The Helping Hand in 2008.

I thank God for the leadership of The Helping Hand and the rest of the staff for playing their part in my restoration through the various therapies that included the spiritual, physical, vocational and social.

I also want to thank my beloved wife, mother and sibling for their ardent support and for not giving up on me. I would also like to thank LTA, for giving me a second chance when i re-applied for my vocational taxi driving licence. Without any problem, it was re-instated upon my completion of my program at The Helping Hand.

Through all these past years, I would like to thank God for His amazing work of grace which I have humbly experienced and for

giving me the ability to be fully employed as a taxi driver to support my family.



Even though I am thankful for God's grace working in my life, in my job as a driver, I continue to encounter temptations of a different kind from drugs. They are the temptations of impatience, aggressiveness, with the old nature sometimes manifesting itself without restraint.

Although there are moments where my spiritual armour is down, I thank God for the prompting and enabling of The Holy Spirit that helps me to hold fast onto the testimony that God has given and endowed me with.

While I am on the road doing my best to promote graciousness and patience, my sustaining verse is from Matthew 7:12, "So in everything, do to others what you would have them do to you, for this sums up the Law and the Prophets."



## See Kin Nam

(Project Staff)

My name is See Kin Nam and I am presently a Project Staff in The Helping Hand. As I begin my testimony, I want to thank God for His grace and mercy in allowing me the opportunity to do so.

At a very young age, in the year of 1969, I was baptized together with my family, but truthfully I did not know God or have a personal relationship with Him. During my teenage years, I joined a secret society and also got involved in drugs and eventually this led me in and out of drug rehabilitations centres and prison a total of 18 times. My longest stay out of prison was one year and my shortest stay was fourteen days. All in all, I had spent a total of almost 30 years behind bars. My life was hopeless and miserable. Even when my mother took her last breath, I was still on the run from the law and addicted to heroin.

During my last long term sentence of 6 years and 3 strokes of the cane, my life was turned around. Through one of the prison officers, I was advised to attend the Alpha course. Through the teachings of this course, prayers and fellow-



ship, I truly came to accept Jesus as my personal Lord and Saviour.

In 2010, at the tail-end of my sentence, I was placed, by God's grace, in The Helping Hand for a programme. At The Helping Hand, I continued to grow spiritually and have been blessed by the Lord tremendously. Now when I do something wrong, I would feel guilty and the fear of the Lord would come upon me and I know that The Holy Spirit is alive and working in me. I was not a good husband then but have since renewed my marriage vows with my wife and we own a TCM and Spa shop. I have also obtained my passport and class 3 driving license. It is truly God's blessing in my life.

My desire now is to have a closer walk with God, deepened my relationship with Him and to continue to serve him whole-heartedly.

To God be all Glory!

## COUNSELLING INTERNSHIP AT THE HELPING HAND

(by Mike Lee)



It has been a wonderful experience for me as an intern counsellor helping recovering addicts re-build their visions and concretize their goals as they prepare themselves to re-integrate back to society, many of whom after several years of imprisonment. I learned much these couple of years of counselling work under the supervision of SBC and I wish to share three areas of my experience: one set of counselling micro-skills, two counselling frameworks and three biblical principles.

#### One Set of Micro-skills:

The first counselling session is the most crucial as clients are under mandatory counselling and "winning the client over to my side" is the most crucial task in the first session, else the rest of the sessions would be ineffective. The Rogerian micro-skills here especially UPR (Unconditional Positive Regard) is the most important as these clients faced authorities over them which often may not be positive experiences. So I will start by introducing myself as a Christian and expressing that I believe Christ came to set us free from our bondages. And that it is a privilege for me to journey with him over the next four to six months so that he can complete the program in The Helping Hand successfully; and along the way, if we (client and counsellor) could develop some goals that are helpful then this may further help him to integrate better back to society. And most of the time, with the UPR shown to clients with sincere love and care and "positioning" myself as their friend and mentor not an authority over them, I managed to win them over.

#### Two Sets of Frameworks:

This work is all about helping client to change. I find the Pochaska Model invaluable in assessing readiness of client to change and depending on the stages of readiness to change client is at, I employ different strategies to help him move to the next stage of change:

- Pre-contemplation (help client be more self-aware and realize that he has a problem);
- Contemplation (encourage client to build vision on alternative lifestyle);
- Preparation (help client develop concrete action plans that flow from the vision);
- Action (a number of my clients managed to put some of the plans into action, review challenges, brain storm possible alternative plans).

I combine the Prochaska model with CBT (Cognitive Behavior Therapy) to help client identify triggers in their addiction, cognitive distortions, disputing these distortions and replacing them with right thinking. The underlying premise is when one believes right, he will behave right.

#### **Three Biblical Principles:**

I apply the above micro-skills and counselling frameworks undergirded by three Biblical Principles, ie integrating psychology with theology. First, I address their emotional baggages by showing empathy and allowing them to pour out the heavy load in their hearts (*Phil 4:6-7*) and this may mean exploring their past, addressing their losses, regrets, pains, etc as the therapeutic alliance strengthens. With their emotions stabilized, then they can think "straight". And with the trust established, I can then speak "noble thoughts" into their minds (*Phil 4:8*): if they are professing Christians, I help them apply God's Word appropriate to their situation; for pre-believers, I addressed their situations using biblical values and principles. But still their souls may be restless. This is where only the Wonderful Counsellor can restore their souls (*Isaiah 9:6*). So in each counselling session, I am keenly aware that He is the Wonderful Counsellor, I am His mere channel. So at the end of each session, I asked permission to pray and so far, even pre-believers consented to the prayer (many even request for prayers after awhile!). For ultimately the goal of biblical counselling is to be Christ to them so that they may come to know Him as the Wonderful Counsellor of their lives!

## Murugason s/o Mutthiah

"I praise You because I am fearfully and wonderfully made; Your works are wonderful. I know that full well. My frame was not hidden from You when I was made in the secret place, when I was woven together in the depths of the earth." (Psalm 139: 14-15)

When I was young, my parents divorced and since then I had to rely on myself growing up. At the age of 11 years, I went to a Church and felt very comfortable there but along the way, I got disillusioned and left on my own accord. Although I was given numerous opportunities to go back to Church, I didn't take them and that started me on my path of darkness and destruction.

When I was 14 years, I started hanging out with a street gang and got involved with fights from rival gangs. As a means to boost my strength and courage for the fights, I started taking drugs.

At the age of 16 years, I was arrested for drug consumption and sent to a drug rehabilitation centre. That was the beginning of my 16 years of prison life.

During my incarceration, I would go for Christian counselling but after my release, I would stray away from the Lord and go back to my old ways. Life was empty and meaningless and I became more and more dependent on drugs, trying to quit on my own many times but to no avail.

I was arrested once again in 2006 but while resisting arrest, I tried to run away and fell down 3 storeys from a building. When I regained consciousness, I was handcuffed and sent to a hospital. For this arrest, I was sentenced 8 years imprisonment.



While I was imprisoned, I asked God why He kept me alive, feeling that I would be better off dead. That was when I saw a vision of the Lord holding me in His arms, telling me that He loves me and I belong to Him.

The Lord brought to my mind all my previous crimes and I prayed and asked God to forgive me of those dreadful sins. Thereafter, I repented and made up my mind to quit the gangs, the drugs and turn over a new leaf.

God in His graciousness granted me an early release for a 4-month program at The Helping Hand. Whilst there, I struggled with my vices again but the staff were patient and helped me overcome those occasions. I felt God's Hand upon me and I learned to be submissive to His Word and teaching. God also blessed me with a class 3 driving licence.

Currently I am attending Yahweh Fellowship and staying in the  $\frac{3}{4}$  program at The Helping Hand. As the days go by, I am getting more aware that there's nothing in this world that can satisfy my inner being except Christ. Without Christ, I would be an empty vessel.

I thank Jesus for being my Saviour and for giving me a new and meaningful life.

## No one CAN help me **ONLY YOU, GOD!**

by Ryan (Project Staff)

My name is Ryan and I was a drug addict, going in and out of the prison many times. For many years, I wanted to change and have a new life but it seemed like there was no help for me. I am glad that I was wrong because there is someone who could help and His name is Jesus. By His grace, I received Jesus as my Lord and Saviour in prison and I have learnt to put my whole trust in Him knowing that He will lead and watch over me.

In 2014, I was baptized at St James Church, a church where I have been faithfully attending for the past 3 years.

I am aware that life is not going to be easy but when I encounter difficult times, I am glad that I have God and my brothers- and sisters-in-Christ to help me through those times.

The Lord Jesus Christ has brought me joy, financial stability, and happiness to my family members.

> I want to walk with God for without Him. I am nothing. I know that God has pro-

world that He gave His one and only Son, that whosoever believe in Him



# ROOTED AND ESTABLISHED IN HIS LOVE

(Ephesians 3:17-19, ESV)

So that Christ may dwell in your hearts through faith - that you, being rooted and grounded in love, may have strength to comprehend with all the saints what is the breadth and length

66The Christian faith is not just saying in our heads.... eternity as something for the future and not for our present living. But salvation in Christ is not just for the future eternity but it is also for daily living.

and height and depth, and to know the love of Christ that surpasses knowledge, that you may be filled with all the fullness of God.

The Christian faith is not just saying in our

heads we believe that Lord Jesus Christ is our Savior but living out a Christ-centered life. When we say a prayer acknowledging Jesus as Lord and Savior, then we should not continue to live in our old way of life.

We separate our understanding of

\*When we say a prayer acknowledging
Jesus as Lord
and Savior, then we should not
continue to live in our old way of life.\*9

We can now live out this eternal life which Jesus Christ has given us because we have fellowship with our Heavenly Father and with The Holy Spirit teaching us to live a Godly life. We have the power to break away from sin, ability to pray,

repent of our sins and trust God to cleanse us and enable us to live out this eternal life but in order to do so, we have to be rooted in Christ.

In this current world, everything is instant: instant noodles, instant access to the internet, etc, giving

us a false attitude that to have eternal life with God is also instant, not needing effort of any kind. This is untrue as Ephesians 3:17-19 says we as Christians have to be rooted in Christ. A tree has a fixed place to grow; it needs sunlight, water, fertilizer and time to grow. So too our Christian life, we need to have strong faith to defend ourselves against temptations that can lead us to sin and a strong faith to live out this eternal life that God is blessing us with.

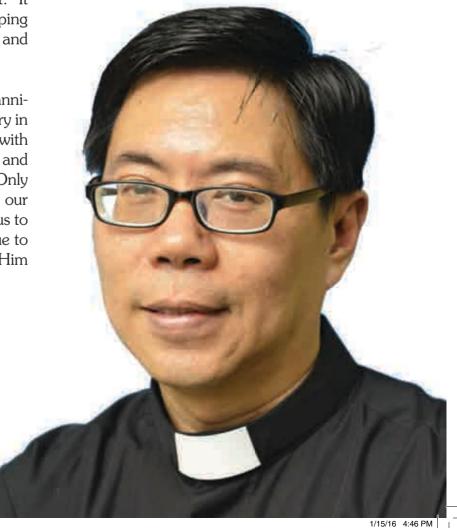
To the non-Christians who come to The Helping Hand, is it important that we let them see that they need to have Christ as their Savior and to have a personal relationship with Him?

The mission of introducing our Lord Jesus Christ as Savior is one task which we have to faithfully carry out. Also for Christians who have fallen, we have to let them know that God does not give up on them. They will need to be rooted in Christ so that their faith will be strong enough to face and overcome temptations in the future. These basic disciplines are essential and very important: attending Sunday worship service, studying the bible, prayer with the church members, fellowship with trusted brothers so as to be accountable to each other to lead a Godly life and to be able to witness to the non-Christians in our midst. It is my hope that whoever comes to The Helping Hand will be touched by the love of Christ and will have a personal relationship with Him.

As The Helping Hand celebrates its 29th anniversary, may the Lord bless and show His glory in this place. May the strength of the Lord be with all the staff so that many lives will be touched and converted to be new creations in Christ. Only God has the power to give us victory over our sins, over temptation and the evil that drives us to death and destruction. May the Lord continue to shower His grace to all who stay and serve Him at The Helping Hand.

Rev Ng Eng Chye Yung Kwang Presbyterian Church Senior Pastor

66They will need to be rooted in Christ so that their faith will be strong enough to face and overcome temptations in the future. 99



#### PHYSICAL THERAPY:

Fun and games is just as important to us too. Staying healthy to many of us was at the bottom of our list, when we were on drugs. We know that when a guy really starts to take control of his health, only good can follow. We organize soccer games, swimming outings, jogging and even pool tournaments for the less athletic among us, to encourage healthy lifestyles. A healthy body ensures a healthy mind that dwells less on vices past.



#### **SOCIAL THERAPY:**

Our residents, by virtue of their past indulgence in vices, tend to be anti-social by nature. The Helping Hand's social therapy helps the residents learn social and inter-personal skills in a conducive and supportive environment. This therapy provides our residents a chance to develop new positive relationships. With a positive social circle of friends, they have a better chance of staying clean and away from their old habits.



#### **SPIRITUAL THERAPY:**

Our spiritual therapy plays a very important role in our rehabilitation programme. Through this therapy, our residents are introduced to the teachings of the bible and are encouraged to enter into a personal relationship with our Lord Jesus Christ. Devotions are conducted in English and Mandarin by speakers coming from the Churches and various Christian organisations.





## VOCATIONAL THERAPY:

Vocational or Work therapy inculcates in our residents proper work ethics and prepares them for gainful employment as they re-integrate back into society. This therapy also helps to improve their self-esteem, a necessary step for their successful rehabilitation.

### **SHARING THE MINISTRY**

The Helping Hand was privileged to host a few visitors during the year of 2015. The purpose of their visit was to learn and understand more about The Helping Hand's mission and structure as well as our operations and program. Our CEO, Mr. Chia or our ED, Mr. Richard would give a presentation on The Helping Hand and after that, we would have a Q&A session followed by a tour our premises.



Brian Heath, Chief Probation Officer, Jersey Probation and After-Care Service



Visitors from Operation Dawn



Prison's Volunteer Befrienders



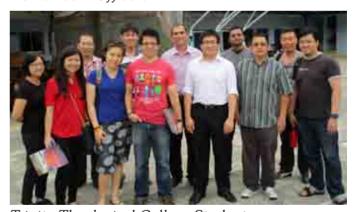
Visitors from ISCOS



Mt. Hermon Youth Group



Home Team Officers



Trinity Theological College Students



Visitors from NAMS



### **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.

Mr. Stanley Tang, CEO of SCORE for graciously encouraging us with his Foreword

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

Our Christian brethren for their God inspiring articles and testimonies

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.

