



The Helping Hand

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

Apr - Jun 2021 MCI (P) 022/12/2020



Rev. Jason Goh
Spiritual Mentor

In Remembrance of HIM

Many Christians are familiar with Good Friday and Resurrection Sunday, more commonly known as Easter. But what about Maundy Thursday, the Thursday before Easter and the day Jesus Christ celebrated His final Passover with His disciples.

The word Maundy comes from the Latin word *mandatum*, or ‘mandate’. Thus, it could be interpreted as the instructions Jesus gave to His disciples at the Last Supper. Shortly after the supper, Jesus was unfairly arrested, brutally crucified but victoriously resurrected after 3 days.

So every time we participate in the Lord’s Supper, we remember what happened on Maundy Thursday.

On Thursday 1 April 2021, for the first time in its history, The Helping Hand (THH) observed, the Lord’s Supper. Rev. Jason Goh officiated the momentous occasion on his first day as the Spiritual Mentor of THH.

Before the administration of the Supper, Rev. Goh delivered a sermon explaining the significance of the meal and the spiritual posture that we should rightly assume for this occasion.

Rev. Goh explained that the Lord’s Supper is a time for us to “Look Up” and consider who God is. We should also take a moment to “Look Within”, examine ourselves and consider if there are sins to confess to God. During our self-examination, we should also “Look Back” and remember what Jesus did on the cross for the sake of our redemption.

Finally, we should “Look Ahead” – a celebratory perceptive, and “Look Forward” to the return of Jesus Christ, when the saints will reunite with their Saviour.

The occasion was solemn and celebratory. There was a sense of solemn awe as we were reminded of the excruciating suffering endured by our Saviour who died for undeserving sinners like us. It was also celebratory because we can now live victoriously through Christ’s resurrection power.

1 April 2021 may have been our first time observing the Lord’s Supper, but it will not be our last.



Orchids for Mum

Taking the opportunity to honour mothers and their roles in the recovery of addicts.

Thinking of orchids for the 'mothers' in your life this Mother's Day? This year, The Helping Hand organised its first Mother's Day fundraiser to honour the roles and support mothers play in the life and recovery of addicts.

Customers could choose from two different kind of orchids.



The elegant ornamental indoor orchids are perfect for adorning rooms or tables and come with either purple or yellow flowers. Being long-lasting blooms, they can remain fresh for weeks.

The other selection is a pot of red, purple, or yellow orchids for mums with green thumbs who love tending to their plant babies in gardens or balconies.

This event also led to the establishment of an orchid garden to give our staff and residents opportunities to learn the employable skills of cultivating orchids as part of their therapy and rehabilitation process.



The response was encouraging, and we genuinely want to thank God for granting us a successful and meaningful endeavour. We managed sell 402 pots of Orchids for Mother's Day.

Satisfying Your Cookie Cravings



After the successful sale of their pineapple tarts during Chinese New Year, the baking team of The Helping Hand (THH) is preparing more mouth-watering goodies to satisfy further cookie cravings. The hardworking team from THH's bakery are preparing two more delicious cookies baked with love and care to tantalise your tastebuds.

From the ovens of the THH's humble bakery, the team is churning out the following delicious creations:

Cranberry Butter Cookie is mixed with a perfect blend of dried cranberry and egg yolk that is infused with love, hope and faith.



Nuts over Florentine is a sweet pastry made up of nuts. It is a mix of pumpkin, sunflower and sesame seeds topped with almond slices put together lovingly to symbolise the pure hope of a better future for our men.

We are truly thankful to God for helping us to establish our bakery because it enables us to train, upskill and provide employment for our staff and residents, as well as help us generate income for our rehabilitation programmes.

With God's help and your generous support, we will continue to churn out more mouth-savouring cookies in the future. Please log on to our website <http://www.thehelpinghand.org.sg> to place your orders.



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IN CHRIST ALONE



吴成義牧师
属灵导师

纪念祂

许多基督徒都熟悉耶稣受难日和复活主日，或更普遍地称为复活节。然而复活节前之周四濯足节又是怎么回事，耶稣基督和祂门徒们一起庆祝最后一次的逾越节。

“Maundy”这个词来自拉丁语“mandatum”或“mandate”。因此，它可以被解释为耶稣在最后的晚餐时给予门徒的指示。晚餐后不久，耶稣被不公平地逮捕并残酷地被钉在十字架上；但是，在第三天主耶稣得胜地复活了。

因此，当每次我们守圣餐时，我们纪念到周四濯足节所发生的一切事情。

吴成義牧师在 2021 年 4 月 1 日星期四，被委任为援手之家 THH 属灵导师的第一天，中心主持了历史性的第一次濯足节崇拜聚会。

在领受圣餐前，吴牧师在信息分享中解释了圣餐的重要意义，以及属灵层面上我们应该具有的正确心态。

吴牧师解释说，守圣餐时，让我们“向上仰望”并思考上帝是谁的时刻。我们也应当花点时间“向内查看”省察自己，是否有什么罪而向主忏悔。在自我反省的过程中，我们也得“回头反顾”并纪念主耶稣为我们在十字架上所完成的救赎宏恩。

最后，我们应该以欢庆的心志展望未来，并期待耶稣基督再来，与众圣徒和主相聚的时刻。

崇拜聚会就在庄严又充满欢庆的气氛下进行。我们再次的被提醒救主耶稣为我们这群不配罪人所忍受的极度痛苦时，由衷涌出一股的敬畏与颂赞。于此同行，我们的心中也是喜乐与欢庆的，就因为主耶稣复活的大能而现今我们可以过着得胜的生活。

2021 年 4 月 1 日虽是我们第一次的守圣餐崇拜，但这绝对不会是最后一次。

The Helping Hand

Panel of Advisors:

Assoc. Prof Ernest Chew
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Pray With Us

The Helping Hand's prayer requests and needs

1. Pray for unity and harmony amongst staff as they continued to serve the Lord and to lead exemplary lives that will encourage the residents and glorified our God in heaven.
2. Pray for all residents walking through the gates of The Helping Hand, to experience the amazing love of our Lord Jesus Christ.
3. Pray for God's blessings to be upon our Social Enterprise Activities for the sustenance of our ministry.
4. Pray for protection for all those going for their Covid-19 vaccinations. Bodily strength to cope with any possible side effects.
5. Pray for God to lead and guide us for 2021 to ensure that everything that THH does will be according to His will and for His glory.

S/No	Items	Amount
1	11 th Charity Golf 2021 – 30 th September 2021	\$ 200,000
2	2 Washing Machines (Heavy Duty)	\$2,000

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

To donate, please scan the QR Code or click the link below.



<https://www.giving.sg/web/the-helping-hand>



Charity Reg: 000673/IPC: 000344/UEN: S88SS0058F

All Donations to The Helping Hand are tax-exempt

IN CHRIST ALONE