



The Helping Hand

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

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Trusting God to provide despite the COVID-19 pandemic



Someone once said: “There’s always a first time for everything.”

This statement could not be truer for The Helping Hand’s (THH) Ride to Restore (RTR) 2021 – its first virtual cycling fundraiser.

Since 2020, due to the COVID-19 pandemic, all physical sport events had been suspended or scaled down. Strict social distancing measures were uphill challenges to event organisers, leading to the cancellation or postponement of many physical events. The alternative plan to this challenge was to organise events virtually and before you know it, virtual events became the new norm. In the past, RTR was a physical cycling fundraiser and one of THH’s anchor events. But now the event had to be organised virtually, and that had not been done before.



The organising committee was understandably jittery about the prospect of this fundraiser, but everyone had the peace from God to go ahead with the event with absolute faith in our Jehovah Jireh.

Registration for RTR 2021 started on 1 July and ended on 31 July.

A total of 144 participants registered for this event. Eleven of these took part in the Individual category while the rest participated in the Team category (24 teams). The ‘race’ officially started on 1 August and our participants were out cycling on every day of this 31-day period.



The different event contests, such as, Longest total Cumulative Distance, Best Selfie, Top Donor and Top Individual Fundraiser, attracted a fair amount of interest from the participants. Many of them were active in posting their progress on social media, which generated not only public interest in the event itself but also awareness of the work of THH in transforming ex-offenders to live Christ-centred lives.

The Helping Hand was also honoured to have Break the Cycle SG (BtC) as one of our partners. This is a ground-up initiative that started with the intention to break the cycle of recidivism and be a community for ex-offenders through cycling. On 28 August, five members of BtC rode 340km in one ride, by completing three loops of the round-island route.

Thank you BtC for raising funds for RTR and promoting the work of THH to the cyclists in your network.

A total of \$290,841 was raised through the 62-day RTR 2021 virtual cycling fundraiser, an almost three-fold increase over our goal of \$100,000.

We express our heartfelt thanks and appreciation to all our donors and sponsors for their selfless generosity in their contributions. Special thanks to NORQAIN (watch), My Bike Shop (mileage matching donation), Hendricks Corp Pte Ltd (shopping vouchers) and OAKLEY (sunglasses) for their donations in kind.

All praise be to God who has, once again, proven that He can do infinitely more than we can ask or think. The RTR 2021 has taught us that with God all things are possible. Hosting this virtual event has taught us valuable lessons of faith and trust. Our prayer is that all of us at THH will be emboldened by the faith we have in God to live Christ-centred lives.

IN CHRIST ALONE

Swing for a cause



The Helping Hand (THH) held its 11th Charity Golf event on 30 September 2021 at Masters Course at Laguna National Golf & Country Club, and 120 golfers came together to “swing for a cause”.

Due to the COVID-19 pandemic, this year’s event took on a modified format to ensure that safe distancing was observed. Golfers were split into 30 flights and tee off was by time sheet to stagger the arrival of groups.

With the announcement of tightened Safe Management Measures (SMM) by the authorities barely a week before the event, golfers had to adhere to stricter protocols such as consuming their lunch on course, and golfing with mask on throughout their rounds.

Despite the stringent measures and the slightly wet weather conditions that day, the tournament proceeded without any disruptions, and all the golfers completed their games.

Twenty-five lucky golfers won raffle draw prizes, and the top two tournament winners received shopping vouchers.

A total of \$216,000 was raised from the event and we would like to thank God for his blessings. We want to sincerely thank everyone who made the event possible, and our heartfelt appreciation to the following organisations for their generosity and support.



Mooncake time at THH Bakery



Mooncakes are delectable pastries that usually have crusts made with lard or vegetable oil. The filling is often lotus seed paste or red bean but can also be a variety of other assorted fillings.

After the successful launching of the sales of our tarts and cookies, The Helping Hand's (THH) baking team decided to bake mini mooncakes for this year's Mid-autumn festivities.



Our chief baker Lim Choon Hock, who has some background in mooncake-making, brought traditional wooden mooncake moulds from his home and tried them out at THH.



Using a recipe passed down from his family and ideas from the internet, Ah Hock produced four familiar traditional flavours of baked mooncakes. It took one month of testing and evaluation before the team finally settled on the final product.

Each box of mooncake was priced at \$16 and contained a white lotus mooncake with egg yolk, a pure lotus mooncake with egg yolk, a red bean mooncake with melon seeds and a white lotus mooncake with melon seeds. Every three boxes of mini mooncakes purchased would get a free pair of mini piglets.

We are 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 generate income for our rehabilitation programmes.

With God's help and your generous support, we will be motivated to continue to produce more quality bakes with love - tarts, cakes and other sweet and savoury delights.



The Truth shall set you free



Ivan Tan
Project Staff - Social Work Department

I was 21 when I lost my mum and my world then changed. Feeling hurt and lost, my view towards life turned completely dark. In that dark place, I turned to drugs, starting with cough mixture and eventually mixing it with synthetic marijuana. That decision would ruin my life and get me incarcerated twice.

When I was on drugs, I turned into a different person. For 8 years, I continued to struggle with my addiction which I had no control over. I wanted to break free from my addiction, but I was not able to do so, even after my incarceration.

One day while I was on the bus, I passed a church that had a sign that said, 'The Truth shall set

you free'. That was a sign to me because I knew that I wanted to be set free from my addiction. Determined to change, I went to the National Addiction Management Services and spent 14 days in detoxification there. After the 14 days ended, I requested to be admitted into The Helping Hand (THH) and I thank God that I was accepted.

Entering the gates of THH, I was greeted with this verse: "Come to me all you who are weary and burdened and I will give you rest." Although I did not know it then, that was where I would find freedom from my addiction and rest for my weary soul. I am thankful that through the morning devotions, Bible studies, after-care meetings and Sunday church services, I came to know that Jesus is the Truth and the Life, and I accepted Him as my Lord and Saviour during my 6-month programme in 2019.

After completing my programme, I stayed on at THH as a Helper, and moved from the kitchen to serving in the Social Work department as a social worker aide as I have a desire to be a social worker. Today, by God's grace, I have been promoted to be a Project Staff and will be pursuing my social service studies to qualify as a social worker.

I thank God for the staff of THH who were always ready to help me and especially for mentors such as Sophia, Alvin and Raymond, who patiently and lovingly journeyed with me through my ups and downs. I also thank God that I have found a home church in Faith Community Baptist Church to help me grow in the Lord.

To God be the Glory!

即使在冠病 19 大流行下仍然信靠上帝的供应



人们曾说过：“凡事都有第一次。”

这句话对于援手之家第一次举办的虚拟自行车筹款活动，【复骑之行 (RTR) 2021】来说是最真实不过的了。

自 2020 年，因冠状病毒 19 大流行，所有体育赛事均已暂停或者缩小规模。遵守严格的社交距离措施，对活动主办者来说是一项极艰巨的挑战。因而也导致许多体育活动被取消或延后。

在这挑战之下，我们就以虚拟方式来取代并继续进行活动。其实我们还没意识到之前，虚拟活动却已成了新常态。以往，【复骑之行 RTR】是一场实体自行车筹款活动，也是 THH 的主要活动之一。而现今这项活动必须以虚拟方式来进行，这也是我们前所未有的第一次。



我们也可以理解到主办筹委对这次的筹款活动的展望感到忐忑不安的心情。然而我们却有从神而来的平安，信靠耶和华以勒我们的供应者并以完全的信心继续进行这项活动。

复骑之行 RTR 2021 于 7 月 1 日开始登记报名并于 7 月 31 日结束。共有 144 位参与者报名，其中 11 人参与个人组别，其余参与团队组别 (24 个团队)。“竞赛”于 8 月 1 日正式开始，参赛者就在 31 天内每天辛勤的骑车。

我们还有不同的竞赛项目，例如：最长的累积骑车路程，最佳的自拍、最佳的捐赠者和最佳个人招募活动筹款者，这也吸引了不少有兴趣的参赛者。

参赛者当中有许多也积极的将他们的最新进展动向发帖在社交媒体上。这不仅让公众人士对活动本身产生兴趣，同时，也让他们意识到援手之家如何改造过来人并活出以基督为中心的新生命。

援手之家也很荣幸有 Break the Cycle SG (BtC) 作为我们的合作伙伴之一。这是一项全新的倡议，目的是为了让更多人能透过骑自行车，组成自行车骑士团队并打破一贯的恶习。于 8 月 28 日，BtC

的 5 名成员一气呵成完成了 340 公里的环岛 3 圈壮举。

感谢 BtC 不单为【复骑之行 RTR】筹款并向贵网络的自行车骑士们宣传援手之家的自行车事工。

经过为期 62 天的复骑之行 RTR 2021 虚拟自行车筹款活动，总共筹集了新币 290,841。这几乎已超越了我们的筹款目标新币 100,000 的三倍。

我们由衷地感谢所有捐助者和赞助商的慷慨捐助。特别感谢 NORQAIN (手表)、My Bike Shop (里程对比捐赠)、Hendricks Corp Pte Ltd (购物券) 和 OAKLEY (太阳镜) 的实物捐赠。

一切的赞美都归于上帝，这再次证实了祂的大能与无限；祂所做的是超出我们所求所想。复骑之行 RTR 2021 更告诉我们在神凡事都能。

透过主办这次的虚拟活动，我们学习到了信心和信靠的宝贵功课。我们的祷告是援手之家，会以信靠耶稣为根基，刚强壮胆地活出以基督为中心的生命。

The Helping Hand

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Pray With Us

The Helping Hand's prayer requests and needs

1. Pray for the staff to live exemplary lives that will encourage the residents and glorify 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 to generate the necessary funds to sustain the ministry.
4. Pray for protection during the Covid-19 pandemic. A safe and smooth recovery for those affected by the Covid-19.
5. Pray for God to lead and guide us in ensuring that everything we do will be according to His will and for His glory.

S/No	Items	Amount
1	Run to Restore 2021 Virtual Run/Walk fundraiser	\$150,000
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