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The Helping Hand

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



基督，我们永活的盼望

CHRIST

our living hope

MCI (P) 003/01/2022

This cover page is sponsored by Dr. Chan Kok Yew (Chairman, Polar Puffs and Cakes)



The Diocese of Singapore rejoices with The Helping Hand as you celebrate 35 years of God's faithfulness

"And I am sure of this, that he who began a good work in you will bring it to completion at the day of Jesus Christ." - Philipians 1:6



圣公会新加坡教区 恭贺援手之家创立35周年

"我深信那在你们心里动了善工的，必成全这工，
直到耶稣基督的日子" - 腓立比书 1:6



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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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Foreword — Christ, Our Living Hope

HO Peng Kee, J.P.

Elder, Mount Carmel Bible-
Presbyterian Church
Co-chairman, Home Team
Volunteer Network Steering
Committee (former Sr Min
of State for Law and Home
Affairs)



*Married to a retired lawyer
for 40 years, they have 3
adult daughters.*

To the Helping Hand Family, congratulations on your achievements during these past 34 years. I thank God that He has used THH to touch many lives during this time. I also convey my appreciation for the many volunteers, staff, sponsors, partners, supporters and well-wishers who are part of this very important work of helping recovering drug addicts. Singapore can truly be proud of how the community rallies together to give our ex-offenders and recovering drug addicts a real Second Chance. Thank You!

Everyone needs hope. Without hope, life can end tragically. Some take their own lives; others take the lives of their loved ones. They see no hope in living. Societies where the young see hope in their future thrive better. Time and again, across the ages in different countries, this axiom has played itself out.

What a real joy it is for Christians to have a living hope in Jesus Christ. Our hope is firmly grounded in the reality that Jesus came to live as man 2000 years ago, dying for our sins on the Cross. This way, He redeemed us so that all who believe in Him as Lord and Saviour will have eternal life (1 Peter 1: 3-4). Our destination is home in Heaven with a loving God! What joy that prospect should fill us! Indeed, hope and joy are inextricably linked. When we have hope, we experience joy. We know that our lives will not be lived in vain.

In 1 Thess 5.16-18, the apostle Paul exhorts us to “be joyful always, pray continually and give thanks in all circumstances, for this is God’s will for you in Christ Jesus”.

To live our lives fully, every believer should have a Christian worldview, which means that we should think biblically and espouse values that are consistent with what God says in His Word, what He says to us through the lives of men and women and through what happens in the world we live in. Key aspects of this worldview are therefore, firstly, what God in the Bible has ordained as men’s and women’s roles today; secondly, how God deals with people (such as you and me), where He puts them – in the marketplace/workplace, business, government and politics, academia, in educational and rehabilitation institutions; and thirdly, how God is working in the world today - in nature, the environment, missions, history and in unfolding world events (see Men for Christ: Living Out Our Faith: Vols I and II (Graceworks Publishing).

Finally, my prayer for you is that, like me, you will experience abiding joy by sensing His Presence daily; by tapping His Power fully and by living out His Purpose for your life wholly.

To do this, we need to walk with Jesus daily, be filled with the Holy Spirit continually and seek to do God’s will in our lives faithfully till the day He takes us home to heaven.

To all in The Helping Hand family, may you have a fruitful 2022, filled with hope and joy!

Chairman's Message



Rev. Dr. Yap Kim Sin
Chairman

Before Jesus went to the cross, He made His identity and mission clear with these words: "I am the way, and the truth, and the life. No one comes to the Father except through me" (John 14:6).

In at least three ways, Jesus clearly explained why He is humanity's one and only hope.

First, Jesus is the only way to God. Through His perfect life and substitutionary death, He became the only way to restore our relationship with God.

Second, Jesus is the truth from God. He does not just communicate God's truth; He is the truth. In a way never done before, Jesus revealed the Father to us. He made the Father's character so clear that He could say, "Whoever has seen me has seen the Father" (John 14:9).

Third, Jesus is life. He does not just preach life or provide life. He is life. Dead people need life breathed into them or they can never rise and live again. Jesus is that life-giver. He came to conquer Death, the ultimate result of sin. His resurrection defeated Death and gave His redeemed children eternal life.

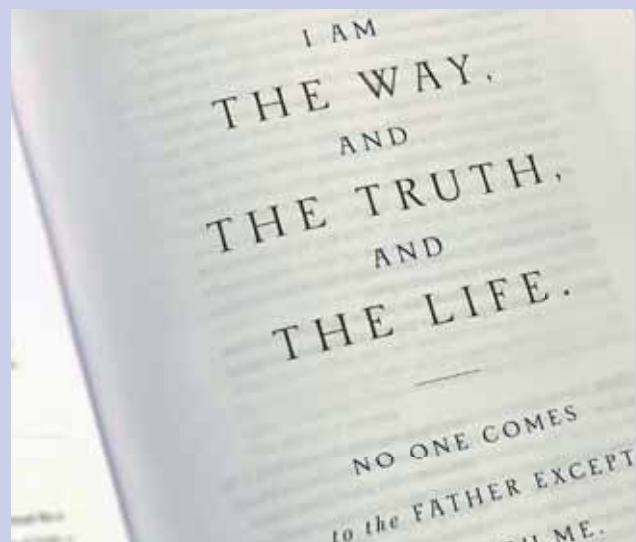
Jesus Christ – Our Living Hope

*"Is there any hope?"
Amid the trying and
difficult circumstances
of life, many ask
this question.*

*The good news is that
Jesus is our living hope!*

Hope in the present and hope in eternity both rest on the almighty shoulders of Jesus. He offers us what we have no power to provide for ourselves, namely a restored relationship with God, a knowledge of the truth, and a life that will never end. How is that for hope?

Here at The Helping Hand, we consider it our mission to direct and guide every resident to Jesus Christ, who is our living hope. We are grateful for our volunteers and sponsors who have made this possible. On behalf of the residents and staff, I convey my profound gratitude for your generous contribution and participation. May all of you, also rejoice in the hope that can be found only in Jesus.



Message from CEO



Mervyn Lim

2021 has presented The Helping Hand ("THH") with opportunities, as well as challenges. It has been a very busy year for THH as management and staff have had to cope with the volatility in working conditions brought about by COVID-19 and its variants, while still executing on its four-fold therapeutic community ("TC") rehabilitation model.

The aging profile and working experiences of the emplacements we receive from Singapore Prison Services ("SPS") have opened opportunities to develop new work activities such as contract delivery services with Grocery Logistics Singapore, a member of the FairPrice Group Supply Chain ("GLS"), urban farming and baking. This is in addition to our existing Removal and Furniture businesses. Our collaboration with corporations and businesses through on-job-training placements and eventually employment, have helped our residents acquire new and useful skills. THH has achieved an employability percentage of 92% and we pray to improve this percentage in 2022.

Heightened safe management measures ("SMMs") and stringent regular testing have increased operating costs. A sudden spike in COVID-19 infections resulted in a lockdown in October 2021 and the suspension of income producing activities for three weeks. This resulted in a significant reduction in income from social enterprise activities ("SEAs"). The pandemic has also caused donations to come down as many donors and businesses face donation fatigue. Grants too have come down as certain grants received in 2021 have been discontinued or reduced.

As THH transitions into endemic normalcy, SMMs and regular antigen rapid testing ("ART") will continue to be strictly administered to keep THH safe. As at the date of this report, all management, staff and residents are fully vaccinated.

Notwithstanding these challenges, we have steadily proceeded with our various programs and activities to rehabilitate our residents. Our focus remains on achieving THH's Vision in transforming our residents to live Christ-centred lives. To this end, we accelerated our drive towards a God-centred ministry through CHRISTformation, always placing our trust in the Lord providing for our needs. Our prayers were answered with a bountiful harvest from our fundraising events and certain sponsors. The proceeds helped to cover the shortfalls from our traditional sources of income, namely SEAs, donations and grants.

With a "3M" philosophy of placing "Ministry before Money" (Matthew 6:33), the pastoral team have kept the Spiritual programs going despite the challenges caused by the pandemic. We are also grateful and extremely blessed with our regular volunteers from International Baptist Church and Bethesda Depot Walk who have helped us to facilitate in small group settings with residents the morning devotion sessions four times a week, and our volunteer counsellors who meet up with our residents every evening.

Our Audited Accounts for 2021 which gives a financial review of our activities for the year can be found in our website: <http://www.thehelpinghand.org.sg>

Our focus in 2022 is to instill the values of CHRISTformation in every member of management and staff so that it becomes a natural part of our lifestyle and forms the "DNA" of THH to Honour our Lord, Adapt to life's changes using Godly principles, Nurture one another to have a fulfilling Spiritual walk with God and lastly being Devoted to our Lord ("HAND"). This "DNA" will be driven across all areas of the ministry as we mentor and rehabilitate our residents.

And so, as we continue with our mission of transforming lives, we are confident we will be able to achieve significant progress in CHRISTformation that is built on a solid Spiritual foundation and sustained through the core values of the ministry.

On behalf of management and staff, I would like to express my thanks and gratitude to all Stakeholders for your continuous support and encouragement.

In His Glorious Name.

Panel of Advisors



Dr. Ernest Chew

An Advisory Elder of Bethesda (Frankel Estate) Church, he also serves as Vice-Chairman of the Evangelical Alliance of Singapore, Vice-President of the Bible Society of Singapore and the Fellowship of Evangelical Students, and a member, Singapore Bible College Board of Management.



Professor Philip Lee

He has been involved in our ministry since our inception in 1987. He is a retired Professor (Emeritus) of the Saw Swee Hock School of Public Health (NUS).



Rev. Dr. William Wan, JP, PhD.

Rev. Dr. William Wan, the General Secretary of the Singapore Kindness Movement, is also a lawyer, ordained minister, psychometric analyst, and a Justice of the Peace. He serves on the board of several non-profit organizations including

Chairman of Prison Fellowship Singapore, Vice-Chair of the Ethics Committee of the Farrer Park Hospital, and the VP of the Singapore Scouts Association.

A published author of several books, he writes and speaks about matters of the heart. His recent *Through the Valley: The Art of Living and Leaving Well* (Straits Times) went through 4 printings and his upcoming book *Making Kindness Our Business* (Marshall Cavendish) will be released in March.

In recognition of his many contributions to society, he has received numerous awards at home and abroad.

He was the winner of the Active Ager Award in 2011 and the President's Volunteerism and Philanthropy Award for the Senior Individual Category for 2017.

Dr Wan lived and served in the US and Canada for 25 years and has been involved in the Helping Hand since the 70s.



Rev. Dr. Quek Swee Hwa

Pastor Quek at the age of 81 years is still deeply involved in helping substance abusers and traffickers as well as prisoners since 1979. This is the 43rd year of this area of ministry. He still keeps in close touch especially with many of these brothers

whose life and testimony is exemplary and a great encouragement to many.

Pastor Quek is currently Senior Pastor of Emmanuel Bible-Presbyterian Church and Pastor Emeritus of Zion Bishan Bible-Presbyterian Church. He is also the Founding Principal Emeritus of the Biblical Graduate School of Theology. He is actively doing mission and social work in Singapore and overseas. As Vice-President of the International Council of Christian Churches he works closely with many denominational churches to encourage them to hold fast to the Gospel of Christ (Gal. 1:7).

Governing Board



May Loh (Vice-Chairman)



**Rev. Dr. Yap Kim Sin
(Chairman)**



**Timothy Hia
(Hon. Secretary)**



Micheal Chew (Member)



Dr. Erik Ang (Member)



Sue-Ann Lee (Member)

Chaplaincy



From (Left to Right): Raymond Choo (Pastoral Staff), Tan Jay Sie (Pastoral Staff), Rev Jason Goh (Spiritual Mentor), Jason Gwee (Pastoral Staff), Moses Arulandu (Pastoral Staff), Richard Khalil (Executive Director), Vincent Tan (Deputation Manager)

Social Enterprise



Standing (Left to Right): Goh Hock Lai (Removal), Royston Campbell (Co-ordinator), Kenny Tan (Removal), Koh Poh Kwee (Removal), Tommy Wong (Removal), Tan Eng Seng (Removal), Lim Kim Poh (Removal),

Seated (Left to Right): Alvin Wong (Operations Manager), Angeline Goh (Admin Assistant), Christina Hee (Admin Assistant)



Standing (Left to Right): Mike Ngo (Removal), Sean Koh (Removal), Vijayandran Selvam (Removal), Steve Chen (Removal), Tan Soi Tee (Removal), Peter Goh (Removal), Samuel Lim (Removal)

Seated (Left to Right): Bobby Cheong (Removal), Alvin Wong (Operations Manager), Robert De Souza (Removal Supervisor)

Social Enterprise



Standing (Left to Right): Mahendran Velayutham (GLS), Cheang Geok Lin (GLS), Isaac Tan (GLS), Jed Lim (Urban Farming), David Hon (GLS), Lim Choon Hock (Bakery), Cephas Chan (Urban Farming)

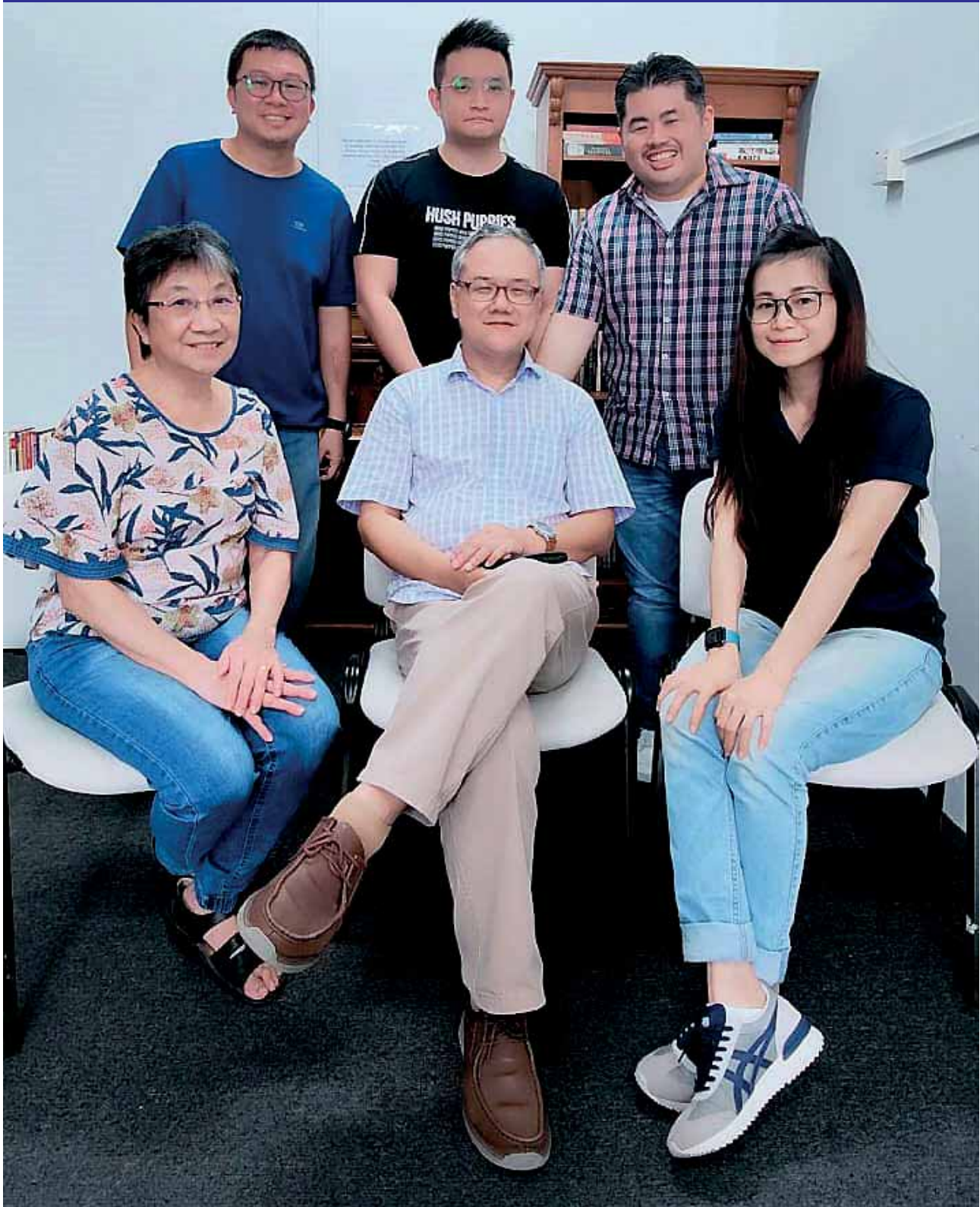
Seated (Left to Right): Chia Yang Pheng (GLS), Lee Cheng Loh (Urban Farming), Kelvin Chua (Head of Project), Justin Tan (Bakery), Ong Chong Lee (GLS)



Standing (Left to Right): Mike Tok (Kitchen), Santha Rasagaran (Kitchen), Kang Chee Keong (Bike Bistro), Gay Zhengrong (Kitchen)

Seated (Left to Right): Ranjit Kaur (Business Manager), Gary Chua (Gallery), Vincent Tay (Gallery), Foo Wee Lee (Kitchen Supervisor)

Social Work



Standing (Left to Right): Koh Jun Wei (Social Worker), Ivan Tan (Social Worker Aide),
Dillon Ng (Social Worker)

Seated (Left to Right): Chan Toh Han (Social Worker), Raymond Chow (Social Work Manager),
Gina Ang (PIO Executive)

Operations



Standing (Left to Right): Adam Kwan (Operations), Shanmugam Ramaiya (Operations), Parthiban Arumugam (Operations)

Seated (Left to Right): Tan Teck Seng (Operations), Tan Chin Nam (Operations), Ivan Ho (Night Supervisor) Neo Ngee Guan (Operations), Alvin Wong (Operations Manager), Kumarakuru Arunasalam (Operations)



WE ARE PENTECOST

in the community and in the nations

Carrying HIS Presence, Power, Peace, and Purposes

SERVICE

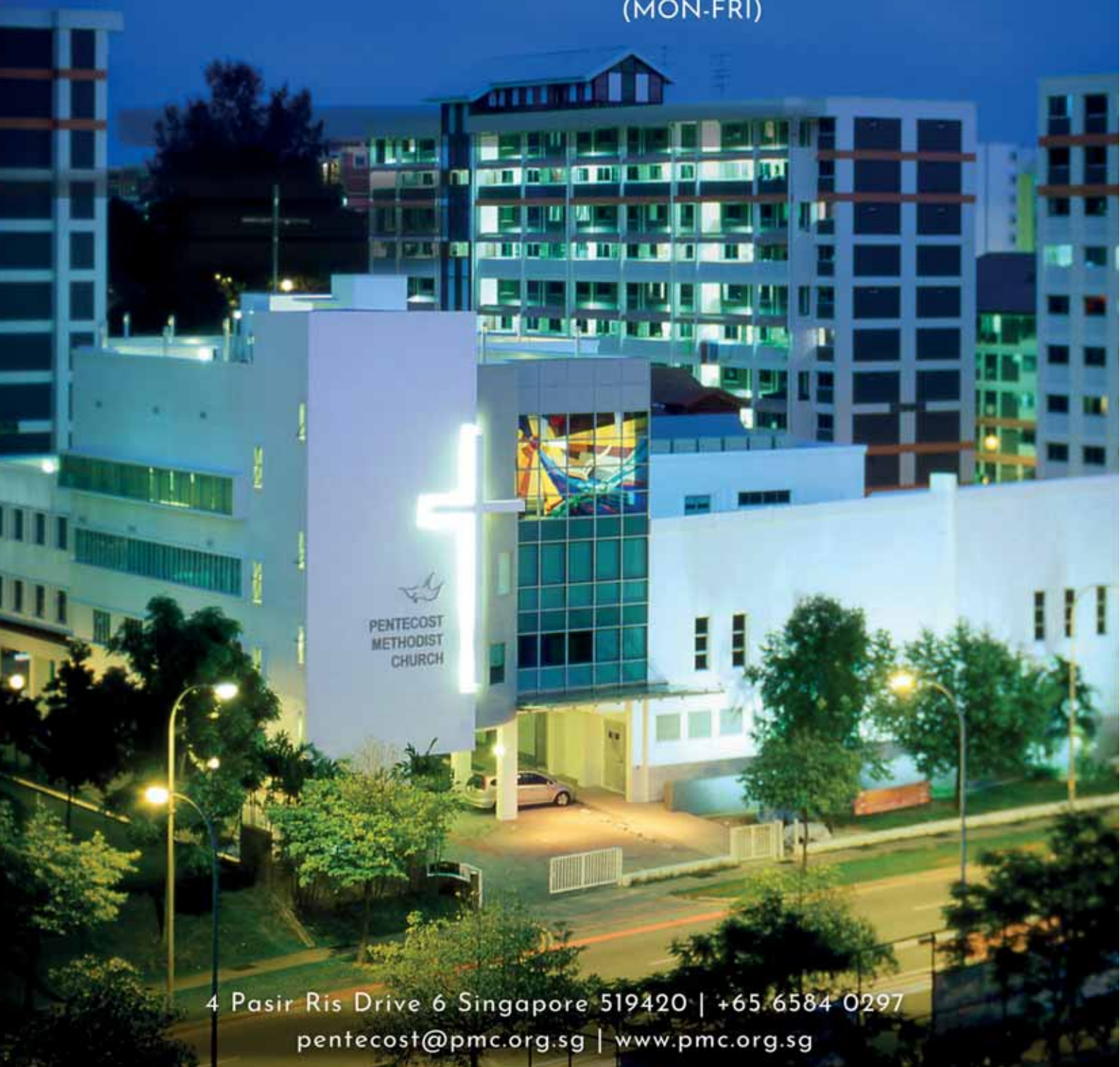
Peranakan Service	7.30am
English Traditional	8.30am
English Contemporary	11.00am
Mandarin Service	1.30pm
Youth Service	9.00am
Children's Ministry	8.30am & 11.00am

CHURCH OFFICE HOURS

9:00AM - 5:30PM (MON - FRI)
9:00AM - 1:00PM (SAT)
7:30AM - 3:00PM (SUN)

PMC NURSERY & KINDERGARTEN

8:15AM-11:15AM | 12:00PM-3:00PM
(MON-FRI)



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Support Team



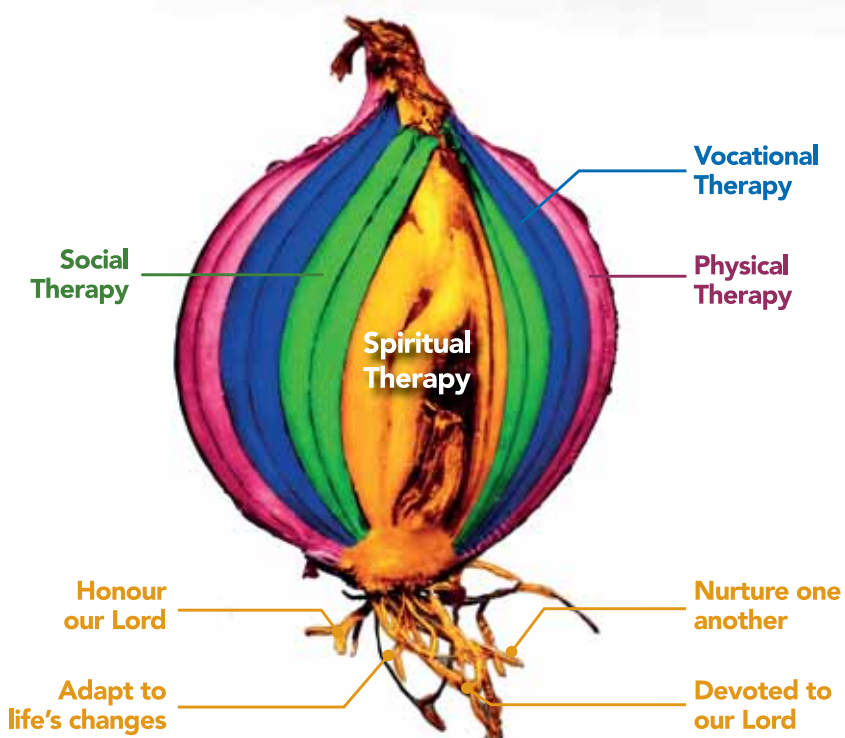
Standing (Left to Right): David Chan (Admin Assistant), Roy Lee (Fundraising/Publishing), Kelvin Toh (Asst. Manager IT)

Seated (Left to Right): Ng Lee Eng (Accounts & Admin Executive), Mervyn Lim (Chief Executive Officer), Weena Tan (Admin, HR & Accounts Manager)

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

Focus on our Ministry

From a humble place within an elite setting in Chancery Lane with about 30 residents, we are now at 819 Upper Serangoon Road, with a combined strength of 110.



Spiritual Therapy

The ministry is based on the strong belief that spiritual rehabilitation can enable an ex-offender to be freed from the snare of their vices and be integrated into community and church to live a God-centered life. Family devotion and Bible teaching are conducted to help lay the foundation for them to be rooted in God's Word and to grow in Christian character. Through this therapy, our residents are encouraged to enter into a personal relationship with our Lord Jesus Christ to enjoy salvation and freedom that He wants to give us.



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. Years of addictions have caused them to wall themselves up and they find it hard to relate to normal people in a normal environment. The social therapy prepares them psychologically and helps tear down the hedges they have built around themselves.

Vocational Therapy

It is commonly known that most ex-offenders, during their stages of addiction and crime, treat work as taboo. So, in order to break this bondage and to keep the idle mind from unnecessary indulgent thoughts, work projects are implemented to keep them occupied and help them to become contributing members of society.



Physical Therapy

As the saying goes, "All work and no play makes Jack a dull boy". Recreational activities are important to the physical body as Bible teaching is to the soul. The bodies once destroyed by drugs are now slowly restored through physical exercises. The body that is fit remains more mentally alert and

active. The discipline involved in sports also helps to build character and teamwork. We organize soccer games, swimming outings, jogging and even pool tournaments for the less athletic amongst us, to encourage healthy lifestyles.





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WORD

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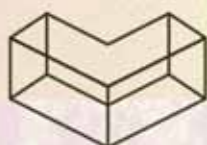
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We hope to welcome you at our services soon.

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64100800



church@graceaog.org

It was indeed a place where many found not only rest ...

*"Come unto me, all
ye that labour and are
heavy laden, and I will
give you rest. "*

Matthew 11:28



Chan Kok Yew

Medical Doctor, Chairman Polar Puffs & Cakes

When I was asked to write a note for The Helping Hand's 35th Anniversary celebration, many fond memories came flooding back. I am grateful to the late Robert Yeo, the founder of The Helping Hand, for introducing me to this unique ministry in 1989 when I was just about to embark on my medical studies. I had first met Robert earlier the same year in a Bible study trip to Israel with Rev. Dr Quek Swee Hwa.

The Helping Hand has made a difference in many lives and touched many more around it. Indeed, I am reminded by Matthew 11:28. "Come unto me, all ye that labour and are heavy laden, and I will give you rest." It was indeed a place where many found not only rest ... but also their Lord and Saviour Jesus Christ!

I am grateful for the friendships and the Lord's guidance and teaching along the way, and most of the time, it was me receiving much more than what I gave. I thank the Lord for the opportunity of knowing some of the Brothers in Christ who have been an example of been blessed to be a blessing to the many around them e.g., Luke Thuraisingham, Benny Seto, and Don Wong to name a few.

Being representatives of the kingdom of heaven, regardless of differences, if we can put the needs of others before our own in a different way; it will make a huge difference to the lives of those around us. How very true, especially when these 2 years of Covid have served to remind us repeatedly to extend our helping hands to each other and to put the needs of others first. The Helping Hand is that unique safe haven for the weary and the lost, and I congratulate the team on another fruitful year and the Lord's blessing for the coming years.

God Bless.



*Congratulations to
The Helping Hand on
its*

35th Anniversary

*Join us for Sunday Worship
at 11am*

Our Vision & Mission

*A Spirit-filled people
and a
Spirit-filled church
reaching and impacting
the spiritually unresolved
here and beyond*

Senior Pastor

Rev. Glen Lim



ELIM CHURCH ASSEMBLY OF GOD

1079 Serangoon Road Singapore 328182

enquiries: +65 62982204 (phone); +65 62982664 (fax);
general.office@elimchurch.org.sg (email)

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Church of Singapore
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Join Us for Worship Services **参加我们的实体聚会**

Fri

Hokkien 福建 7:30pm Chapel

Sat

Sat Bilingual 4:30pm Bethel Hall
星期六双语

Sun

Mandarin 华语 8:45am Bethel Hall
English 英语 8:45am Chapel
Teens For Christ 8:45am Zion Hall
基督少年团 (Wks 周 2, 3, 4th Sun)
Cantonese 广东 8:45am Galilee Hall
1:45pm

Hokkien 福建 11:00am Bethel Hall
Bilingual 双语 11:00am Chapel
Teens For Christ 11:00am Zion Hall
基督少年团 (Wks 周 2, 3, 4th Sun)

Filipino 菲籍 11:45am Galilee Hall
Myanmar 缅甸 5:00pm Antioch Hall



Church of Singapore
新加坡教会



**True Way
Presbyterian
Church**
ENGLISH CONGREGATION

Love God
Engaging
Community
Without

Make Disciples
Building
Community
Within

Sunday Worship Services

English Services 8.30 am, 11.00 am

Thai Service 2.00 pm

Ministries

Young Adult Ministry Sat, 4.00 pm
(19-30 years old)

Youth Zone Sun, 11.00 am
(13-18 years old)

Under 12 Sun, 11.00 am
(3-12 years old)



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Website, Facebook
and Instagram.



TRUE WAY PRESBYTERIAN CHURCH

Christ, Our Living Hope



Rev Lee Kien Seng is the Senior Minister of True Way Presbyterian Church — English Congregation. He is married with 3 children - 2 young adults and 1 teenager. He enjoys watching movies with his wife, as well as times of silence and solitude.

God can use every situation that He allows us to go through to help us grow in Christlikeness. For example, take the Covid-19 pandemic, be it the past two challenging years or moving into the endemic phase in the year ahead. In these cases, God is at work in each of our unique circumstances, fulfilling his good purposes in our lives.

Our part is to put our trust in him no matter how difficult our situation is. "In you, O LORD, do I take refuge; let me never be put to shame! Be to me a rock of refuge, to which I may continually come; you have given the command to save me, for you are my rock and my fortress. For you, O LORD, are my hope."
(Psalm 71:1, 3, 5)

Have you wondered how you can take refuge in a rock? In Exodus 33:22, when God's glory passed by Moses, God put him in the cleft of a rock which was a cave in the side of a rocky mountain. This was to shelter Moses from the full exposure to His glory, for no one may see God and live!

When the psalmist expressed that the LORD was his rock of refuge, it meant that in his adversity, he could run to God who would protect him, just as a strong fortress provides a safe haven for those taking refuge from the raging war outside.

As in the words of the great hymn "Rock of ages cleft for me, let me hide myself in thee," Jesus is the rock in whom we hide so that we are sheltered from the wrath and judgment of God when He visits us.

No wonder the apostle Peter said: "Blessed be the God and Father of our Lord Jesus Christ! According to his great mercy, he has caused us to be born again to a living hope through the resurrection of Jesus Christ from the dead, to an inheritance that is imperishable, undefiled, and unfading, kept in heaven for you."
(1 Peter 1:3-4)


Christ is our living hope where our salvation is concerned as we have been born again through Him. He is our living hope as we go through trials and temptations. We know that His grace is sufficient, and we are overcomers in Him.

We can find our rest in the rock of refuge and in the entire process, we are sanctified. Christ in us, the hope of glory — we have the living hope that we will share in Christ's glory, as we have an indestructible inheritance reserved for us in heaven.

May these truths give us the confidence to remain faithful in walking with Jesus, and thus becoming like him. Blessed 35th anniversary!


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Christ, Our Permanent Hope

Warmest greetings and may the Lord fill you with peace and joy as you hope in Him.

In 2022, Yio Chu Kang Chapel embarked on the study of Peter's two letters to the churches in the ancient Roman empire, which are now situated in modern Turkey. I am privileged to declare God's word in 1 Peter, a letter written to encourage the believers in these churches in a time of persecution and difficulties.

The very first three verses after the traditional greeting points the readers to why they should be encouraged even during difficult times – "Praise be to the God and Father of our Lord Jesus Christ! In his great mercy he has given us new birth into a living hope through the resurrection of Jesus Christ from the dead, and into an inheritance that can never perish, spoil or fade. This inheritance is kept in heaven for you, who through faith are shielded by God's power ..." (1 Peter 1: 3-5, NIV)

Because of their faith in the resurrected Christ, believers are guaranteed an inheritance in heaven that cannot be destroyed or contaminated, and that will last forever. This inheritance is the complete salvation of the believer.

You may be wondering, "Am I not already saved? What is this complete salvation?" Yes, when believers place their faith in the resurrection of Jesus, they are already made clean and acceptable by our Holy God. But the Holy Spirit given to us will not leave us as we were and will work in our hearts and minds to make us more like Jesus. This is the process of sanctification. It will not be completed while we are here on earth, but only in heaven, where "He will wipe every tear from their eyes. There will be no more death or mourning

or crying or pain, for the old order of things has passed away." (Rev 21:4, NIV)

Recently, my sons and I watched a Japanese anime series titled, "My Hero Academia". In this fictional world, 80% of the world's population have some special abilities and people can use these abilities for evil (villains) or for good (heroes). This series is about a group of teenagers enrolled in a school that teaches them to hone their special abilities to become heroes. Many of these students idolise the top hero of that day, someone called "All Might", and undergo tough training to become like their idol.

Our journey as a Christian is like that. The Holy Spirit in us motivates us to become like our true hero, Jesus Christ. As we train ourselves and face the difficulties and trials in this life under the guidance of the Holy Spirit, we are transformed to be increasingly like our hero, Jesus Christ.

Unfortunately, in that anime series, All Might could not sustain his strength for long. After battling countless villains through the years, his strength faded gradually so that in the end, he could not even maintain his muscular "hero" form for more than a few seconds before transforming back into an ordinary man — thin, lanky, and weak.

That is where our hope differs. Our hope of complete salvation in the future heaven, of being like Jesus, will never fade and it will be a permanent feature of our spiritual being, given to us as children of the Most High God.

Let us make this journey together towards our hope, which is built on nothing less than Jesus' blood and His righteousness.



Elder Dr Ong Kiat Hoe
Yio Chu Kang Chapel



ST. JOHN'S - ST. MARGARET'S CHURCH
(ANGLICAN)



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Is There Hope for Me?

Life without hope is indeed miserable. Thinking of the past, whenever I was back in prison, greeted by the inmates and wardens, I would put on a smile, return their greetings, and act cool, but in reality, I was so unhappy. My heart was so miserable. I would often wonder: "What's wrong with me? It was not long ago that I left this place but now I am back again."

Each time, within hours upon my release, I would once again be high on drugs. I could not help myself, nor stop myself. The Bible says, "As a dog returns to his vomit, so a fool repeats his folly" (Proverbs 26:11). This was referring to me. I kept falling back to drugs. I had no power of my own to quit drugs. No matter how many times I was caught, jailed, or rehabilitated, I did not change. I felt so desperate and disappointed with myself. Would my life ever be changed? Was there hope for me?

In 1993, I came to The Helping Hand. For the first time in my life, I found hope. It was the hope that I had been longing for, a living hope that came from a personal relationship with Jesus Christ, "the Son of the living God" (Matthew 16:16).

It all started with the study of the Bible. God convicted me of my sin and depravity. I saw my real problem. I kept going back to drugs because of my sinful nature, which is the root cause of all addiction. I had no ability of my own to change myself because I was spiritually "dead in trespasses and sins" (Ephesians 2:1). The Bible clearly teaches that I was born "in iniquity, and in sin did my mother conceive me" (Psalm 51:5). Therefore, by my own strength, I could never change myself, for I am a sinful man. Only God could change me. Only Jesus Christ could set me free from my sin and drug addiction.

"Blessed be the God and Father of our Lord Jesus Christ, which according to his abundant mercy hath begotten us again unto a living hope through the resurrection of Jesus Christ from the dead" (1 Peter 1:3). By the great love and mercy of God, I was given a new life in Christ which has totally changed my life and my life purpose, so that I should no longer live for myself, but for Him who died for me and rose again. (2 Corinthians 5:14-15).

Jesus died on the cross for my sins. By His death and resurrection, He has destroyed the power of sin in my life and set me free from my drug addiction. Therefore, I could triumph over sins and say no to drugs. Thank God for this hope that He has given me, and not to me only, but to everyone who believes in Him.



Rev. Robert Peh, Pastor of Truth Bible-Presbyterian Church, Chiang Mai, with his wife Dr. Dara Peh, President of the Christian Home of Love Foundation, and their 2 missionary children, Mr. Evangel Peh and Ms. Evangeline Peh, all serving the Lord in northern Thailand since 2000.

Think about this for a moment. We have only one life to live and soon it will pass. Many have wasted their time. Many are still struggling with sin. Many are searching for hope. How about you? The living hope that God has given me is also available to you if you acknowledge your sins before God and accept Jesus Christ as your Saviour.

The Bible says, "If we confess our sins, He is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness" (1 John 1:9). The Bible also says that "as many as received Him (Jesus), to them He gave the right to become children of God, even to them who believe in His Name" (John 1:12). This is the hope that has changed my life and it can change yours too. If you believe in Jesus today, you can also have this hope.

I pray that this testimony will encourage those who are struggling to cope with life or addiction, to look to Jesus to change their lives. Jesus says, "Come unto Me, all who are weary and heavily burdened, and I will give you rest" (Matthew 11:28). I pray that those who have loved ones still in the bondage of drugs will not give up on them.

Who doesn't want to stop taking drugs? Who doesn't want to stay happily with loved ones? Since there is hope for me, there is hope for them.

CHRIST IS OUR LIVING HOPE! He gave His life for us "that we might live through Him" (1 John 4:9). By His death and resurrection, God has offered us a living hope that is not only for this life, but also for the life to come. I have already received it. How about you?



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Expecting better through our Living Hope



Peggy Ng is a volunteer Counsellor and Bible Study facilitator with The Helping Hand. She worships at All Saints' Church.

At The Helping Hand, I have met brothers who have shared various matters that trouble them.

Many of them spent a long time struggling in secret because of their addictions and being locked up behind bars. It is now wonderful that they can start new lives through the programme at The Helping Hand.

However, many still enter the programme with some awful past events lingering around and haunting them. A few of them grieved that they were not able to repay their late parents for loving and caring for them unconditionally. Others worry if the society would give them a chance to change. Many of them dread that the craving of drugs would overtake them and cause them to relapse and lose everything they tried so hard to recover.

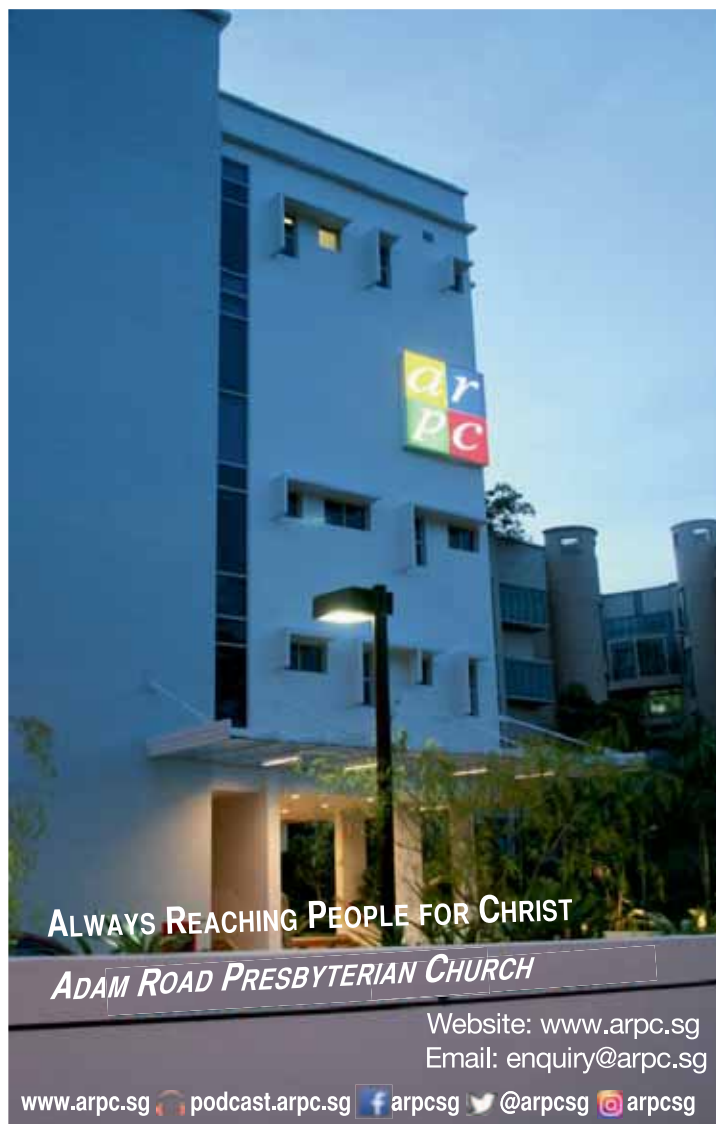
I hate to see that recovering from drug abuse is so hard for our brothers, that good intentions and personal efforts alone are often not enough. However, they are not alone in their struggles. They often remind me of a few old mistakes I am too ashamed to mention but remain in my memory. Some people may not have forgiven me after they were upset with me years ago.

There are also situations which I cannot fully guarantee that everything will turn out well as I wish. With every year we age, it is easy to feel that we have fewer chances to make things better for ourselves or for the people we care about.

Yet Jesus Christ who came as a man knows our struggles. That is why His Holy Spirit inspired the apostle Peter to tell us in 1 Peter 1:3-4 that we are to praise God and Father of our Lord Jesus Christ! Those of us who believe in Jesus hold on to a living hope because He rose from the dead. And because He lives on, our inheritance can never perish, spoil or fade.

I am grateful to God that we can experience this living hope while we travel along our humble lives on earth. Let's give our regrets to Jesus Christ who is ready to forgive us. Let Him take our guilt away and lift our burdens.

We have learnt how Jesus, who is the Prince of Peace, mended precious relationships which were broken or strained. May we have humility to receive the grace of Jesus and His unconditional love in our hearts, knowing that we are not limited to our own devices. Being God's children means we are special. And being special means that we can expect what is better.



With Compliments from
Adam Road Presbyterian Church (ARPC)

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

"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".

- 1 Thessalonians 1:3

We welcome you to our ARPC services

ARPC@Adam

25 Adam Road
 Singapore 289894
 Tel: 6466 0119

Service Times

(Saturday @5pm &
 Sunday @ 9am & 11:30am)

Children's Church

(Saturday @ 5pm &
 Sunday @ 9am & 11:30am)

ARPC@Bishan

8A Bishan Street 13
 Singapore 579794
 Tel: 6715 9344

Service Times

(Sunday 9am & 11:30am)

Children's Church

(Sunday @ 9am)

BASIC (Youth)

(Saturday @ 5pm)

The Strength of Community



My prayer is for God to give us a new heart that we will all turn to him in repentance through Jesus Christ.

I am Kenneth Tiang and am from Adam Road Presbyterian Church. By God's grace, I have been serving in the prison aftercare service for 8 years now.

Throughout these 8 years, the church has partnered with The Helping Hand in the aftercare program called Brothers and Sisters Keepers (BASK). The programme's objective is to have a platform for ex-offenders to study God's word and slowly integrate back to the wider church and community.

Coming from a prison background, this is crucial for me. Many times, through personal experience, if we do not have a Christian community to help us in this faith journey, there are high chance we will turn back to our old ways. And so, I thank God that The Helping Hand has done tremendously well in being faithful to God in the works that they have done for the marginalise.

Over the past 8 years, as with all other ministries, there will be celebrations moment when sinners turn back to God and there will also be disappointments where people turn back to their old ways. But God is always faithful to his people, no matter how astray one can go, God will redeem his people back.

Every Thursday, as much as I have wanted to encourage the brothers, most of the time, the brothers instead encourage me through their eagerness to pursue God's word and heartfelt worship songs.

I remember an episode where we could finally meet physically after COVID-19 restrictions, and we were rejoicing because we really missed physical meetings at church or The Helping Hand.

I want to take this opportunity to thank the leaders of The Helping Hand for their partnership in the gospel. I always say that if the gospel is for everyone, then this includes the marginalised. Thank you for walking the talk.

I like to end with a bible passage from Psalm 51:10-12

Create in me a pure heart, O God, and renew a steadfast spirit within me.

Do not cast me from your presence or take your Holy Spirit from me.

Restore to me the joy of your salvation and grant me a willing spirit, to sustain me.

BLESSED ANNIVERSARY!

*Zion Serangoon
would like to thank
The Helping Hand
for another year
together...*



We've enjoyed looking into the Word of God with our brothers from The Helping Hand and guiding them in their faith.

**MAY GOD CONTINUE
TO FREE YOU TO LOVE AND
SERVE HIM WITH JOY!**

See you at our Sunday
Worship Services at 9.00am,
11.15am and 5.00pm!



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We All Need a Helping Hand



The Bible says that each of us is a different part of the body of Christ, having been baptized in the Holy Spirit upon our conversion (1 Corinthians 12:13). Each of us has a part to play in this body. Together, God uses each of us to achieve wonderful things that glorify Him.

Shortly after God created the first man, He declared that it is not good for man to be alone.

Aside from companionship, we often need others to help us in various tasks. The load is lightened when others help. In times of trials, friends are a source of comfort; for sorrow is diluted when comfort prevails.

The Helping Hand is an appropriate name for this home for brothers who had in the past stumbled or fallen through drug offenses. It is a place where they can find helping hands to help them overcome their addictions.

I recognize that I am a sinner saved by God's grace. Aren't we all sinners? It is only by the grace

God will empower us in being of service unto others, just as others may be of help to us. It is a challenging world, and any help is valued.



of God that we triumph over sins and overcome temptation. It is with this paradigm that I lead a small group devotion each week. During the 30–45-minute session we contemplate on God's word and share our thoughts freely. We need not be afraid or embarrassed to share about our failures, our oft-times struggle in overcoming psychological challenges and bad habits.

By addressing our shortcomings, we can improve ourselves. We can be confident that each of us has at least one spiritual gift. With this gift(s), God will empower us in being of service unto others, just as others may be of help to us. It is a challenging world, and any help is valued. Ultimately it is God that provides the grace as He molds us and use us, and He'll be glorified.

Chew Loy Cheow is a volunteer Bible study facilitator with The Helping Hand. He worships at Zion Serangoon Bible-Presbyterian Church.

长老会伯特利堂



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**Now this is eternal life: that they know you, the only
true God, and Jesus Christ, whom you have sent.
[John 17: 3]**

**认识你—独一的真神，并且认识你所差
来的耶稣基督，这就是永生。
[约翰福音 17: 3]**



Worship Service

Worship Time

Teochew Service 潮华崇拜

10:15am (Sun)

English Service 英语崇拜

4:00pm (Sat)
8:30am (Sun)

Mandarin Service 华语崇拜

9:00am (Sun)

Bilingual Service @ Poh Huat 双语崇拜

11:30am (Sun)

A Visit to The House of Hope

In March of 2022, I had the privilege of visiting The House of Hope ("HOH") a Christian drug rehabilitation center situated in the island of Mactan in Cebu, Philippines. This ministry was started by our late founder, Bro. Robert Yeo in 1997 to help the male drug addicts there. Patterned after the rehabilitation model of The Helping Hand, The HOH similarly offers an in-house rehabilitation program based on Spiritual Therapy, Work Therapy, Social Therapy and Physical Therapy, to help the drug addicts break free from their addiction by the power of our Lord and Saviour Jesus Christ. By God's grace, more than 1,000 people have passed through the gates of HOH and many have returned to community as productive and contributing members once again.

Since 2005, The HOH has been financially self-sustaining. Through their income-generating work projects, donations and fees received from their residents, they have managed to cover their operational cost. However, the last two years have been tough on them. The COVID-19 pandemic has seen their resident numbers

drop from an average of 30 – 40 residents at any one time to just 4 residents at the time of my visit as no new residents were coming into the program because of the pandemic. They were also hit by super typhoon Odette in December 2021 which brought great damage to their buildings which they had to repair, incurring additional expenses to their dwindling resources.

By God's mercy and grace, they are still hanging on and pushing through to their 25th year. Ginno Amodia, their Executive Director told me that as long as God allows it, they will remain open to fulfil their vision of helping their residents become, "A holistically transformed person empowered to minister to his family and a productive member of the church and society for the glory of GOD".

Please continue to pray for the HOH and if you would like to help, please email me at richardkhalil@thehelpinghand.org.sg and I will link you up with the HOH.

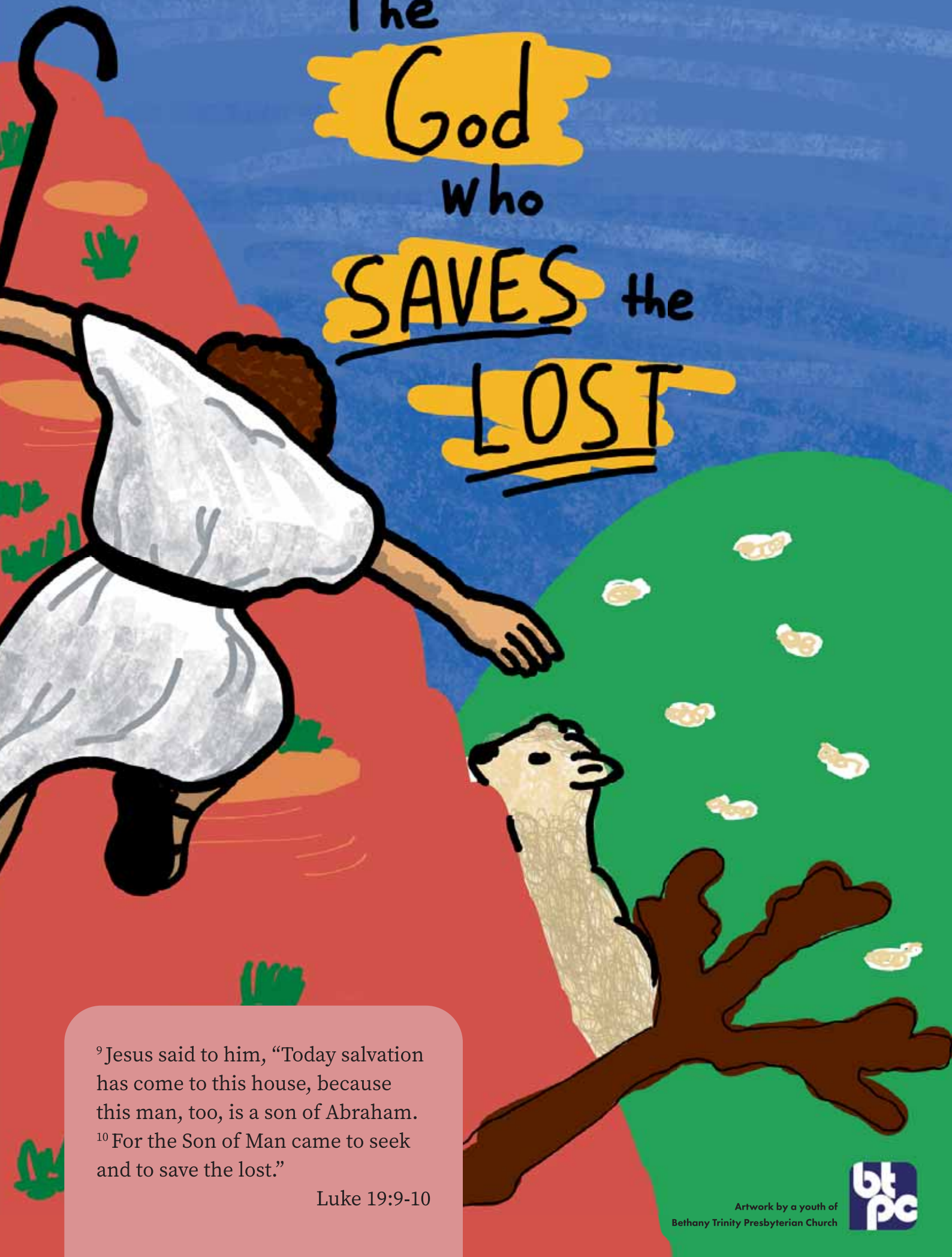
All praise and glory to God!



Richard Khalil
Executive Director



The God who SAVES the LOST



⁹ Jesus said to him, “Today salvation has come to this house, because this man, too, is a son of Abraham.

¹⁰ For the Son of Man came to seek and to save the lost.”

Luke 19:9-10

Artwork by a youth of
Bethany Trinity Presbyterian Church



WAVES OF HOPE

The Lord called me and my wife to Thailand in 1999 and we began our journey as missionaries in Bangkok. We were doing church planting and pastoring a church in the capital city. On 26 December 2004, we received the shocking news of the deadly Tsunami waves triggered by the massive Sumatra-Andaman earthquake in the west coast of northern Sumatra, Indonesia. Within an hour, the unforgiving waters swept through villages and resorts along the coastal lines of the Andaman Sea.

The burden to visit the devastated areas began to swell in my heart. I soon found myself walking among the victims in Baan Namkem, a fishing village nestled on the white sandy beaches of the Andaman coast of Phang Nga province in southern Thailand. This village was the hardest hit area in the entire country. Over two-thirds of the population were killed, and Baan Namkem was never the same again.

What started as a short-term emergency relief effort in 2005 has now grown to a full-bloom non-profit organisation. The New Light Community Development Centre ("CDC") was built in 2006 with the aim to promote the value of education, social cohesion and empowering of individuals. The objective is to use these programmes as a platform to create a Gospel influence in the area.

By the grace of God, CDC now has a learning centre for children of migrant families who otherwise would not have access to public education. We provide free meals, teach sewing to the teenage girls, and carpentry and other technical skills to the boys.

Another area of focus is youth leadership development. CDC initiated a programme nicknamed "y-PoD" for Youth Potential Development to train youths, give them a platform to display their potential, and empower them to use it for the betterment of themselves and the society.

I had been living and serving in Baan Namkem since 2005. However, on a trip back to Singapore in March 2020, a lockdown brought about by the global COVID-19 pandemic forbade me to return to this village. By the sovereign will

of God, I was given the opportunity to serve as a Spiritual Mentor at The Helping Hand in April 2021. Even though I was "stuck" in Singapore, the hope of returning to Baan Namkem remained strong. On 24 April 2022, I finally had a chance to visit the CDC ministry in Thailand.

The COVID-19 pandemic may have created a lot of inconvenience, but the staff at CDC managed with great resilience and emerged stronger than before. They didn't merely sit and wait passively for the pandemic to blow over. In the two years, despite being ridden by lockdowns and restrictions, the staff prepared and handed out more than 20,000 boxed meals and goody bags to the needy villagers. They also conducted mobile learning activities to stay in touch with the students. Beach cleanups were a weekly affair – an endeavour to keep the students active and mindful of our responsibilities as stewards of God's creation.

The most amazing testimony had to be God's faithfulness in sustaining the CDC ministry. Not a month went by when the staff were not paid a salary, kids not fed or bills unpaid. In my absence, the leadership team rose to the occasion and learned to make tough decisions as they tackled surges of uncertainties. I am very thankful to God that the years of training and coaching had paid off. It is evident that the current leadership at CDC is ready to take this ministry to new heights in the absence of the missionary.



Rev Jason Goh
Spiritual Mentor

In 2006, when the CDC building first opened its doors to the community, we made a promise to the villagers, "We came because of the wave. We will stay because of the people." Today, the New Light CDC remains as a beacon of light among a people living in spiritual darkness. Our prayer is that the message of Christ, our Living Hope, will continue to send waves of transformation across villages, towns, and cities through this ministry.



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3	\$3,375	\$6,125	\$8,750
2	\$2,750	\$4,875	\$8,750
1	\$2,250	\$4,000	\$8,750

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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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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.





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Mooncake time at THH Bakery

春

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.





CHURCH OF SINGAPORE (BUKIT TIMAH)
新加坡教会 (武吉知马)

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OUR SERVICES

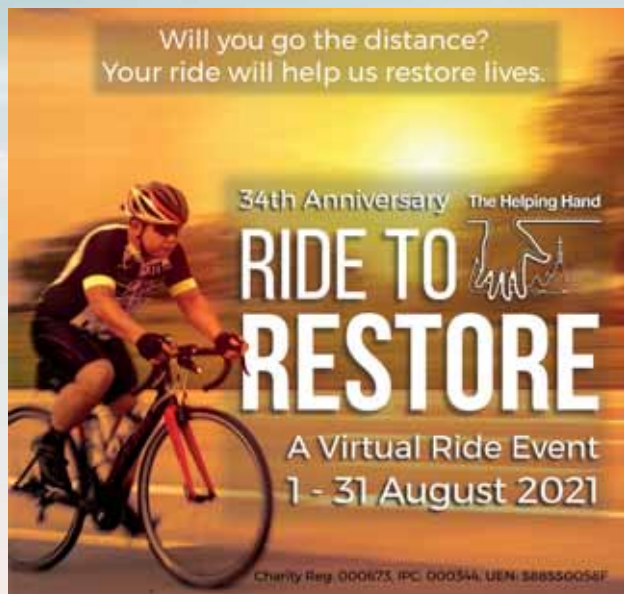
Saturday Youth Service	5pm	Sunday Chinese Service	9.30am
Saturday Dialect Service (Every 1st & 3rd Saturday)	5pm	Sunday English Service	10am

All our services are also broadcasted online via live stream.



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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) – 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.



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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.





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Meet your manpower needs by employing ex-offenders who have undergone job profiling and are equipped with nationally accredited skills

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LEASE

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VOLUNTEER

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Yellow Ribbon Singapore previously known as SCORE was established as a statutory board under Ministry of Home Affairs on 1 April 1976.

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**Project Give A Line,
Change A Life**

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- Job Placement
- Skills Assistance Subsidy Scheme (SASS)
- Project Give A Line, Change A Life



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Yellow Ribbon SG Awards 2021

The inaugural Yellow Ribbon Awards 2021 was held on 8 December 2021 and jointly organised by the Singapore Prison Service (SPS) and Yellow Ribbon Singapore (YRSG), a statutory board under the Ministry of Home Affairs. Themed “We Are Each Other’s Second Chances,” the event recognised individuals and organisations celebrating their success journeys, collaborations and second chances. This event celebrated the community’s success in shaping a more inclusive society, recognising 577 award recipients for their achievements and commitment to second chances. The guest of honour was Law and Home Affairs Minister K. Shanmugam.

Two of our staff members, Executive Director Richard Khalil, and Pastoral Staff Moses Arulandu, were both conferred the Beyond Second Chances (Overcomer) Award. We are thankful to God for our two brothers receiving the highest award for remaining crime and drug-free for more than 20 years.

Another 37 of our staff/alumni also received awards in other categories. The awards recognized the success of ex-offenders as they journeyed through life and adopted positive influences to stay on the right path. These awardees served as positive role-models and great encouragers to other ex-offenders who are still in the process of their recovery and trying to gain acceptance from their families and society.

Our hopes and prayers are for our brothers to continue to let their light shine before others so that people may see the changes in them and give glory to our Father in Heaven. We beseech our God to bless, guide, and sustain all our brothers in The Helping Hand (THH) throughout their life-long recovery journeys.





The Helping Hand Christmas Celebration

It has been a long and tough 2021, mainly due to the COVID-19 pandemic that has been affecting our lives and work. Despite the many challenges, we have come through by the grace of God and we want to celebrate God's goodness towards us. Thanks be to God that we were able to gather at Kim Tian Christian Church for our Christmas Celebration on 18 December 2021.

The theme for our celebrative service was Christ our Hope (Isaiah 9:6). Truly He alone is our hope as we put our trust completely in Him.

The service commenced at 4pm and was attended by about 130 people from The Helping Hand ("THH") with proper SMMs in place. It has been a long time since we were able to gather for a time of worship as a THH's family. Praise be to God for such a joyous occasion!

The service began with a warm welcome by our CEO, Mr. Mervyn Lim, followed by the opening prayer by our THH Board Chairman, Rev Dr. Yap Kim Sin. Our Executive Director, Richard Khalil, led the worship team to render to God the familiar but evergreen Christmas carols such as "Mary's Boy Child", "Joy to the world" and "Silent night". The worship team sang English and Mandarin gospel songs with gusto and joy. Even though

the congregation could not sing with their lips, they sang with their hearts. The worship session was immediately followed by the Christmas message delivered by Rev Jason Goh, THH's Spiritual Mentor. The topic was, "Are you seeking God", based on Mathew 2:1-12. After the message, a recorded video of former THH's residents sending their Christmas well-wishes were screened. It was very inspiring to witness the success stories of THH's former residents. All glory to God!

The services ended with the all-time Christmas favourite "We wish you a merry Christmas". After the service, everyone proceeded back to THH for a sumptuous catered bento dinner. Turkey, ham, cakes, and cookies were also served. There was warm fellowship over dinner and everyone ate to their hearts' content. Each attendee also took back a goodie bag.

It was a memorable time, and we want to give thanks to our good LORD who has so faithfully watched over us and provided for us at THH. We hope and pray that as we embark on "CHRISTformation" as a vision for THH, the vision will take flight and come to fruition in His glorious time.

To God be the glory!



Christmas Evangelistic Meeting @ BBTC

On 25th December 2021, Bethesda Bedok-Tampines Church ("BBTC") invited The Helping Hand ("THH") to a Christmas Evangelistic Meeting (Hokkien Service). The mission of THH is to share God's love to God's people. Bro. Raymond Choo, Bro. Jason Gwee, Bro. Kenny Tan and Bro. Tan Yan Peng represented THH. The worship team from BBTC led us through a time of praise and worship.

The pulpit was then handed over to Bro. Jason Gwee and he introduced the ministry of THH and then shared a Christmas message on the topic "Special love for the Special you" and the text taken from John 3: 16 / 1 John 4: 19, reminding us that Christmas is about the revelation of Jesus Christ and

the relationship He wants to have with us. He also spoke on the difficulties an ex-offender may face during their path of recovery and to put God first in everything. Bro. Jason managed to capture the attention of his listeners with his light-hearted delivery.

After the message, the team presented a mandarin song, entitled "The Healing Touch of God" followed by Bro. Kenny Tan sharing his testimony on how his life was meaningless without Christ and the richness and fullness of life after receiving Christ as his Lord and personal Savior. Our hope and prayer are that more lives will be touch by all that has been share and they will make a personal decision to accept Jesus Christ as their Lord and Savior.

It is encouraging to see God's people coming together on this auspicious day and we thank God for this opportunity and pray for more to come. We pray that those who attended would have experience the love and grace of God and will respond positively according to God's perfect timing.

At the end of the meeting, we had a wonderful time, fellowshiping and interacting with the brethren from Bethesda Bedok-Tampines Church. We pray that as we conduct our deputations and share our ministry we can build up and strengthen the relationship between the churches and us and by the grace of God, more churches will invite us to share the work that God is doing in the ministry



Run to Restore

The Helping Hand (“THH”) held its inaugural virtual run/walk fundraiser, RUN to RESTORE, as part of the halfway house’s 34th Anniversary celebration. The 34-day RUN event (Restoration in life, Unwavering faith in overcoming challenges and New beginning in life) was held from 1 November to 4 December 2021 to commemorate 34 successful years of transforming the lives of ex-offenders. There were 4 categories, namely, 3.4km (individual), 34km (individual), 340km (individual or team), and “Go the Extra Mile” – a 3.4km walk. A total of 275 people participated in this virtual run/walk fundraiser.

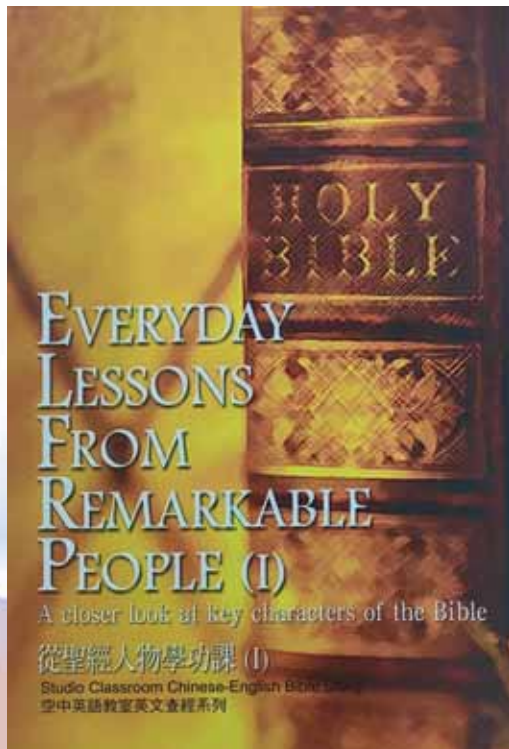
The highlight of this fundraiser, “Go the Extra Mile” or GtEM was the physical 3.4km walk. It aimed to give participants, who were members of the public, an opportunity to interact with ex-offenders and gain insight into their journeys of restoration. Each participant in this category was paired with an ex-offender for a 3.4km walk around the vicinity of THH. This event was supposed to be held on 4 December 2021 but was postponed to 8 January 2022, due to a sudden spike in COVID-19 infection cases at THH.

On the day of the physical walk, 10 members of the public arrived at THH and were introduced to their walking partners – the ex-offenders. During the walk, the participants had the opportunity to befriend and interact with the ex-offenders while the latter were given the chance to share their journeys of restoration with their new friends. There was no doubt that the participants were very pleased to go the extra mile with the ex-offenders, and left THH with a better and clearer understanding of the struggles the latter had to deal with as they seek a second chance in life. It was a truly meaningful and memorable experience for everyone.

We are very thankful to God that a total of \$34,775 was raised from the Run to Restore 2021 virtual run/walk fundraiser. However, it is not always about the financial blessing. The ex-offenders who took part in GtEM expressed their gratitude for the privilege to be witnesses for Jesus, their Living Hope.



Discipleship ...is necessary for the life of a believer because it encourages growth and maturity in their walk with Christ.



On 13 July 2020, we started a three-part series on discipleship titled, "Come Follow Me". The first of the three-part series, "Answering the Call" was a 10-part study that taught on the call, decision and demands of discipleship. The second was a 13-part study examining how we are to grow deeper in our relationship with Christ as His disciples, and the last part was a 13-part study exhorting us as disciples to live completely under Christ's Lordship everyday of our life.

In January this year, we have embarked on a new discipleship series titled, "Everyday Lessons from Remarkable People." This series teaches us to take a closer look at the lives of some key characters in the Bible, their relationship with God and how they were greatly used by Him. As we study these key characters, we pray that we will be able to put into practice the lessons we learn from them.

The small group discipleship classes for the staff are held every Monday morning from 8am to 8.45am. The leaders and facilitators of the groups will meet every first and third Thursday of the month to go through the lessons beforehand and subsequently they will teach their small groups on Monday morning.

We pray that as we continue on this journey of discipleship, we will learn to obey and surrender our lives to Jesus so that we can become more and more like Jesus daily.



Bethany Emmanuel

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Vacancy for Missions Coordinator / Asst Pastor & Youth Worker/Pastor

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Kim Tian Christian Church

Sunday Services

Chinese	9:00 am
English	9:00 am

*Praise be to the God and Father of our Lord Jesus Christ!
In his great mercy he has given us new birth into a living hope
through the resurrection of Jesus Christ from the dead, and
into an inheritance that can never perish, spoil or fade.*

1 Peter 1:3-4

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在耶稣里活泼的盼望

我们从未想过会处在“新冠疫情时代”。这疫情什么时候将会过去？3年，4年？很难预测。不过，科学家的研究报告，病毒只会变种，很可能不会消失。CCTV于2022年1月7日的报道：“一些公共卫生专家表示，消除新冠病毒是不可能的，它将与我们永远同在。”我们预备心与病毒共存，遵守防疫措施过着新常态生活。我们祷告，求主减轻疾病带来的苦难。

其实，自从人类犯罪，人类已经与病菌、罪恶、痛苦共存。罗8:22 - 23 “我们知道一切受造之物，一同叹息劳苦，直到如今。不但如此，就是我们这有圣灵初结果子的，也是自己心里叹息，等候得着儿子的名分，乃是我们的身体得赎。”“今次全球大流行病毒的传染时间特别长，影响人类生活的层面特别广，带来的损失、袭击、痛苦特别大。世界还在，罪恶、痛苦、死亡不会过去。

但是，神爱世人，不要人类永远受痛苦。耶稣降世为人乃是要拯救人类脱离疾病、罪恶、死亡的捆绑并撒旦的权势。每一个相信耶稣的人，在基督的救赎恩典里，得着新生命，我们的生命不再被罪恶与死亡捆绑。即便我们会感染病毒，但靠着主的帮助、同在，我们能够得胜有余，这不过是至暂至轻的苦楚。基督徒的盼望在于耶稣基督已经从死里复活，胜过死亡、罪恶、撒旦的权势。

弟兄姐妹们，求主坚固我们信心，在这充满艰难的时刻，靠主得胜。“愿颂赞归与我们主耶稣基督的父神，祂曾照自己的大怜悯，借耶稣基督从死里复活重生了我们，叫我们有活泼的盼望。”
(彼前1:3)

傅子坚牧师
基督教金殿堂





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在基督里有 活泼的盼望

首先为援手之家迈向三十五周年来庆贺与感恩和同工们忠心的为主摆上而满心感恩！深信这三十五年来你们所对面许许多多的挑战和考验，都经历了上帝信实的帮助与供应。

当一个人被毒品捆绑时，他是活在黑暗绝望痛苦的罪恶之中。对他而言，人生看不到未来、生命更毫无意义与盼望。活在罪恶里的人，也是远离上帝的人，因为罪的工价乃是死。但感谢上帝！当我们死在过犯罪恶之中的时候，祂便叫我们与基督一同活过来。我曾经沉迷在毒品的网罗里将近十八年。1994年在援手之家戒毒时，让我有机会听到福音，被圣灵感化，使我认罪悔改来相信、接受主耶稣为我个人的救主。在援手之家住了一年多，期间家庭与婚姻上同时出了问题，导致我重蹈覆辙，而再次被捕入狱五年。这次的判刑使我认定了我的一生将会是与毒品和监狱息息相关的渡过余生吧，因为我看不到自己的未来有什么方向与盼望。

感谢上帝的怜悯再次的临到我。祂以大爱和信实的话语呼唤我重新回到祂的怀抱。服刑期间我每天藉着读经祷告，使我重新在基督里活出活泼的生命，更在基督里有活泼的盼望。出狱至今也有21年了。2001年出狱后就到突破之家接受新生命的操练，完成课程后，上帝再次给我机会到爱恩之家及圣山福音关怀中心服事。2007年上帝也让我有机会提升自己，去台湾晨曦会福音戒毒门徒训练中心接受三年的装备2010年毕业后，原本想开始晨光之家福音戒毒的事工，但尚有许多事务尚未具备妥当，因此就将此事暂时搁下。



林荣敲传道
晨光之家总干事

感谢上帝，当时为我开了在圣公会圣雅各堂监狱事工的这一扇门，至今已有十一个年头了。上帝也透过在这十一年的事奉中，陶造我、装备我来预备晨光之家的开始。今年的一月一日，上帝给予晨光之家的异象与使命终于落实了。期盼晨光之家的事工，能够把福音带给更多的求助者，使他们在基督耶稣里得着重生的新生命；过着新生活来荣神益人，并使他们对着未来充满着活泼的盼望！晨光之家是一个崭新的事工，期待与其他的福音戒毒机构有美好的联系与配搭！

愿颂赞归与我们主耶稣基督的父神，祂曾照自己的大怜悯，借耶稣基督从死里复活重生了我们，叫我们有活泼的盼望。（彼前1:3）



祝愿援手之家
主恩常满溢
荣神又益人

*Wishing The Helping Hand
With Grace Abundantly &
Great Witness for the Lord*

愿三十五周年蒙恩蒙福
Blessed 35th Anniversary

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因为我的能力在人的
软弱上显得完全
哥林多后书 2:9

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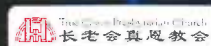
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长老会真恩教会



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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扎实的盼望

耶利米书 33:14-22

有许多欢乐是有意义的，但也有不少所谓的欢乐，不过只是很表面的，甚至是虚假的，在欢乐之下，却隐藏着伤感或空虚。

1. 日子将到，应许必然成就

先知耶利米虽说出了这个世界的悲伤与人们的罪，但是耶利米也道出了扎实的盼望。对于今天的我们来说，耶利米是一而再，再而三的向我们确定，上帝必定会持守祂的应许。

我们都是被罪捆绑的人。世上没有人的应许可以解开我们的捆锁，唯有主的应许才行。这就是我们扎实的盼望。

2. 当那日子，公义必然施行

上帝的爱是当世人还在作罪人的时候，已经向世人显明了。因着上帝的爱，上帝的公义彰显了。因着上帝施行公义，我们的罪被赦免，得以释放。

其实上帝是没有责任也无需拯救罪人来彰显公义的，因为祂本来就是公义的。然而，因着上帝对于人的爱，愿意牺牲自己的儿子耶稣基督担当人的罪，施行公义，人才能恢复上帝造人的本质。

3. 在那日子，得救必然得赎

疫情延伸到今天已有两年了。谁也没有想到这竟然比沙斯病毒更可怕，它不但影响了整个世界的运作，也影响了人类的生活。顿时每个人的世界

都变为黑暗，没有盼望。但上帝却给予世人一道曙光，就是在那日子，得救的人必然得赎。

在那日子，也就是主耶稣基督再回来的时候，就是我们怀着喜乐和盼望来等候的。我们等候因为上帝一定会持守祂的应许来拯救和更新我们。

今年是援手之家的35周年庆。回顾35年前，这事工也经历了许多的喜与忧，笑与泪。虽然失望较多，但却是上帝的应许使援手之家可以持续到今天。我们亲眼见证了许多弟兄都因着援手之家而生命改变，那生命也带来了扎实的盼望。但愿上帝的应许成就在援手之家，让因援手之家而得救的人，终必生命得赎。



沈洪利牧师
长老会伯大尼堂

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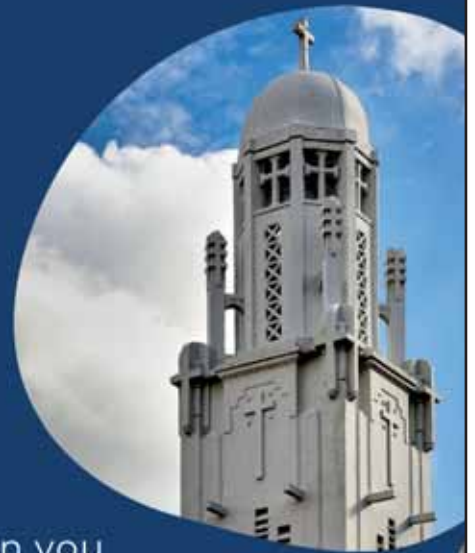
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**TO THE HELPING HAND
ON YOUR 35TH ANNIVERSARY**

May the favour of the Lord our God rest on you
and establish the work of your hands.
Psalm 90:17



KAMPONG KAPOR METHODIST CHURCH

自解 工作的 点滴

生命是永垂不朽的。

在援手之家的事工使我更深的领悟到生命的真正意义，这特致的意义带有懊悔，恳求，改造，恆心，接纳，连系和满足。

人生的旅程曲折不平，但这并不打倒援手之家的弟兄。他们勇敢邁进前方无从探讨的未来，是我敬佩的。目睹每个早晨灵修小组的集会，使我感受到神的爱把援手之家每位学员和同工结合在一起，谦卑地接受祂的教导。灵修小组散会后，大家以轻快的脚步回到各自的工作岗位。可从大家沟通的交谈感受到满足与喜乐，以应付当天来临的工作。

在我工作的领域里，与各阶层人士，义工，利益相关者以及捐赠者的连系，使我体验到坦诚是不可缺乏的关键。因它可助进在双方见解差异时，能够缓和彼此的悟解而互相接纳。这从而使我悟解到援手之家十分注重每位学员和员工，必须坦诚对待各自的任务和群体的利益。这也是合一的精神。

神在罗马书5：3-4 教导我们患难生忍耐，忍耐生老练，老练生盼望。通过两周一次的门徒训练课程，我很荣欣地可以靠着训练课程的教导，把上帝的话语操练在工作上。从中再次学习降服，依靠圣灵的待领，以耐心的等待神的祝福。

感谢主给我在援手之家学习简朴的生活，以感恩顺服的心来接受生活上现有的一切。我能够在援手之家事奉主，实在获益良多。

陈道嫻姐妹
中心社工



Love one another with brotherly affection. Outdo one another in showing honor. Do not be slothful in zeal, be fervent in spirit, serve the Lord. Rejoice in hope, be patient in tribulation, be constant in prayer. Contribute to the needs of the saints and seek to show hospitality. Romans 12:10-13

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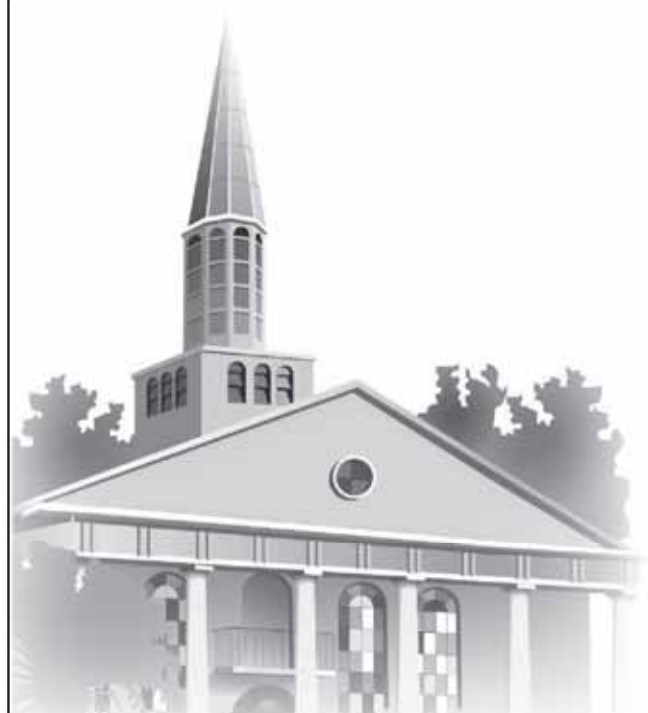
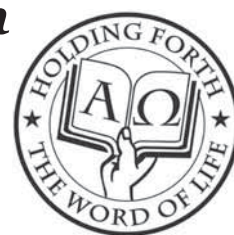
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11.00 am Worship II

Children's Ministry

Chinese Service

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4.00 pm Indonesian Service

6.00 pm Life Evening Service

永活的上帝

大家好，我是陈庆利，援手之家的同工。

我成长的家庭背景极其复杂，家中的成员多数都属于次文化思想。在耳濡目染的环境中成长的我，很自然的这也成了我思想的一部分。10多岁的我就尝试了人生的第一口毒品，紧接着就开始了我与铁窗那没完没了的日子。

我进出监狱总共8次，也挨了10多条鞭刑，监狱也成为我定期报道的另一个家。虽然我也曾不想过着这醉生梦死的生活，但是，就是无法挣脱这枷锁的捆绑。暗淡无光的岁月就是这样一天一天的流失，人生对我来说也没有什么特别的意义。

1996年我在戒毒所认识了耶稣并接受祂为我个人的救主，因根基不稳，从1998年重获自由后到2016年，这18年的期间，我总是在条老路上徘徊兜着转。

我在2002年结婚，婚后上帝赐给我一个女儿。在这段日子里，我与毒品的关系却总是藕断丝连。最

终，我在2016年再次被捕，这次被判了5年的徒刑。入狱后，我再一次悔改来到上帝的面前。于2018年我假释来到援手之家接受9个月的改造课程而这一住就是3年多。两年前我在伯大尼长老会受洗归入基督名下，感谢上帝这一路上的保守和引领，让我见识和体会到不一样的生命的光景。此刻，当我回头数算上帝的恩典时，心中充满着满满的感恩。我每天在中心的学习和操练神的话，团契与讨论时光，使我有更多的时间去亲近神，因此信心也逐日增长。

我从排斥基督教到接受耶稣为我个人的救主，这不可思议的事是万万可能会发生在我的身上的。但是，这一切真真实实的成就了。我唯独能说“上帝啊！你真伟大，在你没有难成的事，因为你是永活的上帝。

诗篇95：3

因耶和華為大神，為大王，超乎萬神之上。

陈庆利弟兄
中心同工



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有主同行

首先，我要感谢主。2016年我因吸毒而被判5年的监禁。在服刑中的2017年我接受耶稣为个人的救主。更感恩的是在2018年的9月，在监狱的安排下，我再次来到了援手之家接受改造。但是这次的我，和以往的我全然不同，因为我信主了。我更经历到神的引领和保守。

其次，从2016年被判入监狱后，因没有提供家人的资料，我和家人完全失去联络。孩子，媳妇和孙子都没有来探访我。我每一天祷告，祈望他们有一天的到访。就在2017年，我在监狱里遇见了我的大儿子。他是因贪污刑事罪被判入狱4年。虽然心里难过和生气，但还是感恩可以见到他，同时我还鼓励了他不要放弃；我也向他要了家人的通讯资料，使我可以安排他们前来监狱探访我。感谢神，终于在2018年看见了我盼望已久的家人。

第三，原以为自己没有机会被分配到任何改造的课程。神却在2018年，再一次让我到援手之家，接受11个月的改造训练。在过去的三年里，我学习到在这康复道路上，

需要有很多的忍耐，顺服和做事都先为他人着想。我不可以像过去一样，我行我素。今天的我有耶稣同在，祂没有放弃我，也看见祂在我身上的恩典。最大的神迹是我和姐姐破裂的关系也修复了，这也是圣灵引导我，学习饶恕和放下。更感恩的是，除了最小的儿子，我其他的家人都已信主，成为神的儿女了，现在我的家是热热闹闹的。每个星期天或公共假期，他们都会来我家聚集。感谢神！将一切荣耀都归于祂！

我虽知道在走这条康复的道路，是不简单，但我心里总是有平安与喜乐。有时，我会被过去的朋友嘲笑和责备，但我知道有神与我同在同行。耶稣已将这平安赐予我们，祂已胜了这世界，我不需要害怕，可以放心继续与主同行这条永生的道路。

“我将这些事告诉你们，是要叫你们在我里面有平安。在世上你们有苦难，但你们可以放心，我已经胜了世界。”（约16：33）

吴福来弟兄
中心同工



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All Things Are Possible with God!

I am Steve Chen and am currently a helper in The Helping Hand. I was born and raised in a Buddhist family. My dad left the family when I was 5 years old, and since my mother was hardly at home, my grandmother raised me. My mother was a drug addict then and I became estranged from her.

In my younger days, I was not interested in studies and mixed with bad company. Eventually, I dropped out of school. Getting into trouble soon became a norm and I engaged in various vices such as smoking, stealing, and rioting. My life spiraled out of control when I was addicted to drugs. I was in bondage to substance abuse for 15 years and was imprisoned six times.

Someone once said, "The end of man is the beginning of God." During my imprisonment in 2014, I encountered Jesus Christ when I enrolled in a mini-Bible school in prison lead by Pastor Don Wong and his team from the New Charis Mission. The brief time in this programme was the turning point of my life. I surrendered my life to Jesus and accepted Him as my Lord and Personal Saviour!

After my release from prison in 2015, I joined the rehabilitation programme at the New Charis Mission. Unfortunately, I did not allow the Word of God to take root in me and was careless in the way I lived my life. Before I knew it, I slipped back to my sinful ways and was imprisoned again.

After my last release from jail, God led me to seek help at The Helping Hand. By the grace and mercy

of God, He used this Christian halfway house to reopen the door of hope for me. I am thankful to all the leaders in this ministry who were always ready to encourage me in my spiritual walk with God. Indeed, Jesus Christ is the same yesterday, today and forever. If not for His grace and mercy in my life, I will not be where I am today.

This is my fourth year serving in Helping Hand. I am now a facilitator of a small group morning devotion. My desire is to continue to grow in the grace and knowledge of Jesus Christ. In July 2022, I will be studying theology at Tung Ling Bible School.

My relationship with my mom and relatives has been restored. Many of them witnessed the transformation in my life. In 2021, my mother accepted the Lord Jesus as her personal Saviour and was baptized at Blessed Grace Church. Glory to God!

Lastly, I want to thank God that recently I have reconciled with my father whom I have not been in good terms for many years. Indeed, God is Great!

All these milestones would not have been possible without God in my life. I still face many struggles and temptations, but I trust the Almighty Lord to carry me through the storms and challenges in life. Indeed, like what Jesus said in Mark 10:27, "... with man this is impossible, but not with God; all things are possible with God".

Steve Chen
Helper – Removal Department



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02: 30 pm – Ladies Bible Studies & Fellowship

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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. Ho Peng Kee, J.P., Elder, Mount Carmel Bible-Presbyterian Church, Co-chairman, Home Team Volunteer Network Steering Committee (former Sr Min of State for Law and Home Affairs) for graciously encouraging us with his Foreword

Our Panel of Advisors and Governing Board for their dedication and service

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

Our Resident, Daryl T for the cover page design of a pair of cupped hands depicting need and a willingness to receive. The lights draped over the receiving hands represent the living hope that is found in our Lord Jesus Christ

Our Christian brethren for their God inspiring articles and testimonies

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

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

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

All Glory to God.

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*⁷ “But blessed is the one who trusts in the Lord,
whose confidence is in him.*

*⁸ They will be like a tree planted by the water
that sends out its roots by the stream.*

*It does not fear when heat comes;
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*It has no worries in a year of drought
and never fails to bear fruit.”*

Jeremiah 17:7-8

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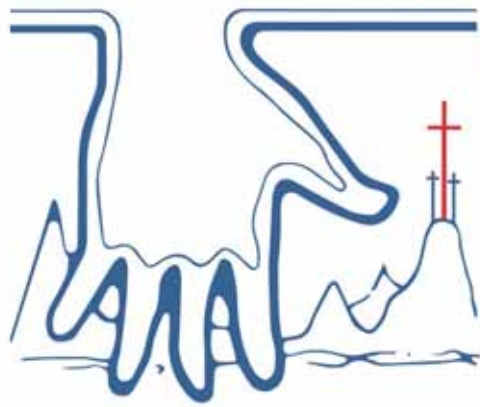


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