



# 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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## Maundy Thursday Service



After 2 long years, The Helping Hand (“THH”) was finally able to have our first combined service in the chapel on 14th April 2022, to commemorate Maundy Thursday, the day Jesus Christ celebrated His final Passover with His disciples.



THH’s worship team led everyone through a blessed time of praising God before Richard Khalil shared a message from John 13: 1-17. The passage spoke about how Jesus knew that the Father had put all things under His power, and that he had come from God and was returning to God.



Although Jesus knew what would eventually happen, He went on to do something that was unimaginable. After taking off His outer clothing, wrapping a towel around His waist, and then pouring water into a basin, he began washing His disciples’ feet, and drying them with a towel. Our Lord Jesus took on the appearance and attitude of a servant.



After He had finished washing his disciples’ feet, Jesus asked the disciples if they understood what He had done. Jesus told the disciples that He as their Lord had done this to set an example for them, one that they were expected to follow, an example to serve with humility.

Jesus’ final act of love before He went to the cross was to serve with humility. Just as the disciples were reminded then, we too need to be reminded that as we serve God, we must also serve with humility.



For the second part of our service, THH observed the Lord’s Supper led by Rev. Jason Goh. Before giving out of the Lord’s Supper, Rev. Goh explained the spiritual significance of the meal and that we should partake of it with reverence and thanksgiving.



We thank God for the combined Maundy Thursday Service and the joy of being able to come together in worship as one big family in Christ. We pray that as we listen to His word, we will indeed follow the example of our Lord Jesus Christ and serve one another in love and humility.

CHRIST OUR LIVING HOPE



# Beach Cleaning At East Coast Park

What is Community Service? Community service is work done by a person or group of people that benefits others in the local community.

On 11 April 2022, 10 residents from The Helping Hand (“THH”), accompanied by two staff from the Social Work department and another two from the Chaplaincy department, went to East Coast Park Area E to conduct a beach cleaning activity.

The team arrived at the park at 9.30 am and was briefed by Social Work Manager Raymond Chow. After the briefing, the residents were each assigned to a team of two. Joined by the staff members, they spread themselves out and went around the park to pick up rubbish around the area, while also enjoying the beautiful scenery of East Coast Park. The teams picked up a couple of trash bags full of rubbish.



This activity is part of the overall rehabilitation programme at THH and aims to inculcate in the residents a sense of social responsibility and contributing back to the community. By helping to clear unwanted rubbish in the beach area, they help make the beach a safer, cleaner, and more conducive hangout for beachgoers. THH conducts community service activities once every two months on an ongoing basis.

Our prayer is that these activities will help residents to foster a sense of belonging and togetherness; and educate them on the importance of mutual help between one another.





# THH Employers' Forum 2022



Vocational stability and career prospects are essential for successful reintegration of ex-offenders back into community to help them become productive citizens who can once again contribute to society.

Employment is one of the strongest protective influences against recidivism. Records show that recidivism rates are much lower among ex-offenders who obtained stable and long-term employment after their release from prison.

However, the main career barriers that ex-offenders face are, a) lack of employability skills such as limited education, (b) limited work opportunities due to discrimination from criminal record and stigmatisation from employers; and (c) lack of motivation.

On 27 May 2022, The Helping Hand (“THH”) Social Work Department organised its inaugural Employers’ Forum at its Multi-Purpose Hall from 9.00 am to 12.30 pm. Nineteen participants from six companies attended the Forum. These companies have employed a considerable number of THH residents who have opted to collaborate with external employers during the third phase of their Community Rehabilitation Programme.

Mr. Mervyn Lim, CEO of THH, gave the opening welcome address. He was followed by representatives from THH and the Singapore Prison Service giving an overview on topics including:

- (i) The Mindset of a Drug Addict
- (ii) The Skillset in engaging THH residents
- (iii) The Challenges in journeying with an ex-offender

The THH Social Workers were also present at the forum. After the presentation, the floor was open for queries and questions from the participants. There was lively dialogue and open discussion, and it was refreshing to see participants gaining more knowledge about THH rehabilitation programmes, a better understanding of our residents, and how to help them at their workplaces. It was also a good opportunity for the employers to build rapport and widen their network with THH and Singapore Prison Service.



## Bike Restoration Project



Cycling as a form of exercise became popular in Singapore in 2020 – thanks to the COVID-19 pandemic. The demand for new bicycles and bike parts soared to

an all-time high. The average waiting time for bike servicing ranged from a few days to months depending on the extent of work to be performed on these two-wheelers. In April 2022, The Helping Hand (“THH”) jumped on the bandwagon and started a bicycle servicing and restoration project as one of our social enterprise activities (“SEA”).

The process of bike restoration is of particular significance to the ex-offenders undergoing rehabilitation at THH.

It starts with scouring through discarded bicycles collected from condominiums. While working on the bikes, the staff interact with the resident assigned to this SEA. It is through such relationship building that the staff journey with the resident and help the latter discover the transformational power of our Almighty God.

As the staff and residents painstakingly repair and restore the once discarded bike to a “new” condition, it is a reminder of how our Lord went to great lengths to save us from our sinful condition and renew us. The apostle Paul confidently declared this promise in 2 Corinthians 5:17, “Therefore if any man be in Christ, he is a new creature: old things are passed away; behold, all things are become new.”

Seeing an old and abandoned bike restored and given a new lease of life brings satisfaction and a sense of pride to an ex-offender. More importantly, our prayer is that this SEA will help ex-offenders appreciate the value of their newfound identity in Christ



## 周四濯足节崇拜



经过 2 年的漫长岁月，援手之家（“THH”）终于能够在 2022 年 4 月 14 日在中心礼拜堂举行我们的第一次联合崇拜，以纪念周四濯足节，这一天耶稣基督与祂的门徒一起庆祝祂的最后一个逾越节。



在 Richard Khalil 弟兄分享约翰福音 13 章 1-17 节的信息之前，援手之家的敬拜团队带领我们一起来赞美上帝的恩典时光。这段经文讲述道耶稣知道父已将万物置于祂的权能之下，并且知道祂是从神那里来的，又要回到神那里去。



虽然耶稣知道最终会发生什么事情，但祂继续做一些不可思议的事。祂脱下了外衣，用毛巾围在腰间然后往盆里倒水，开始给门徒洗脚并且用毛巾擦干他们。我们的主耶稣取了仆人的服侍态度。



耶稣洗完门徒的脚后，问门徒是否明白祂所做的。耶稣告诉门徒，作为他们的主，祂这样的做是为了给他们树立一个榜样，一个他们要跟从效仿谦卑服侍的榜样。

耶稣在上十字架之前是以谦卑的爱来服侍。正如当时提醒门徒一样，我们也需要被提醒在事奉上帝时，也必须以谦卑的爱来服侍。



接着吴成義牧师带领中心的全体同仁领受主的圣餐。在分发圣餐之前，吴牧师解释了圣餐的属灵意义及告诉我们应该怀着敬畏和感恩的心来领受。

我们为着周四濯足节的联合崇拜以及能够在基督的大家庭里，一起欢呼敬拜上帝而感恩。我们的祷告是行出神的话语，极力地效法我们主耶稣基督的榜样，以爱心和谦卑来服侍每一个人。



# 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 a safe and smooth recovery for those affected by COVID-19 and protection against COVID-19 reinfections.
5. Pray for God to lead and guide us in ensuring that everything THH does will be according to His will and for His glory.

S/No	Items	Amount
1	THH 12 <sup>th</sup> Charity Golf Fundraiser - September 2022	\$250,000
2	THH Family's Day Dinner – December 2022	\$20,000

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**

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