



The Helping Hand

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

Jan - Mar 2022 MCI (P) 003/01/2022

Run to Restore 2021



The Helping Hand (“THH”) held its inaugural virtual run/walk fundraiser, RUN to RESTORE 2021, 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.

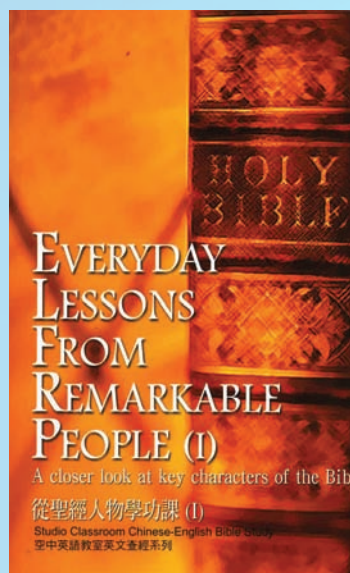


On the day of the physical walk, 10 members of the public arrived at THH and were introduced to their walking partners – the ex-offenders. During the walk, the participants had the opportunity to befriend and interact with the ex-offenders while the latter were given the chance to share their journeys 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.

IN CHRIST ALONE



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.



Beginning the day with Jesus



Here at The Helping Hand, we are firm believers of beginning our day with Jesus. Our morning devotions helps us draw closer to our Lord and Saviour Jesus through prayer and the studying of His word. This prepares us for the day ahead by reminding us of who we are in Christ and how we should live as His followers.



Every Tuesday to Friday from 8am to 8.45 am, the staff and residents will break into 15 small groups for our morning devotions. These devotions are conducted in English and Mandarin and the materials used for the sessions have been prepared for by our Spiritual Mentor and the Chaplaincy. Running so many small groups four days a week is taxing to the staff so we are very grateful for the volunteers from different churches who come to help lead some of these small groups. Their labour of love has help lightened our load.

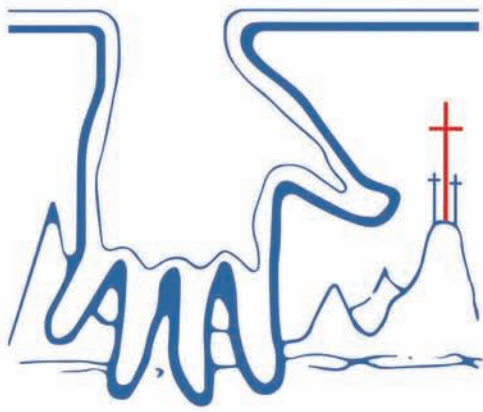


We are thankful to be able to run these small group morning devotions for the last two years and we have been blessed to observe a closer bonding between our volunteers, staff and residents. As things are slowly returning to normal, we are excited to resume our big group morning devotions but having experienced the blessing of these small groups, we will still set aside certain mornings to conduct them.



"And let us consider how we may spur one another on toward love and good deeds, not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching."
– Hebrews 10: 24-25 NIV





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复跑之步2021



援手之家“THH”举办了首届虚拟行兼跑筹款活动。复跑之步2021也是中途之家欢庆34周年庆典的活动之一。为期34天的跑步活动（生命的康复，对克服挑战和新生活的坚定信念）于2021年11月1日至12月4日举行，以纪念34年成功改变前罪犯生活。共有4个类别，分别是3.4公里（个人组）、34公里（个人组）、340公里（个人或团体组）和“多走一里路”——3.4公里步行。总共有275人参加了这次虚拟行兼跑筹款活动。



这次筹款活动“多走一里路”或G⁴EM的亮点是3.4公里的实际步行。它旨在让公众参与者有机会与过来人互动并深入了解他们的康复之旅。该类别的每个参与者都与一名过来人配对，在THH附近步行3.4公里。该活动原定于2021年12月4日举行，但由于THH的冠状病毒-19感染病例突增而推迟至2022年1月8日。



实体步行当天，10名公众参与者抵达THH，其后被介绍与一名前过来人为步行伙伴。在步行过程中，参与者有机会与过来人互动并成为朋友，而后者则有机会与新朋友分享他们的康复之旅。这使参与者毫无顾虑的，很乐意与过来人一起加倍努力走那二里路，此行也让他们更清楚地了解过来人在寻求人生第二次机会时将所面对的挑战与挣扎。对每个人来说这确实是一次极富有意义和难忘的经历。



我们非常感谢上帝，从复跑之步2021虚拟行兼跑的筹款活动中，总共筹集了3万4千775新元。然而，这不单总是领受到在财务上的祝福，而对于参与G⁴EM的过来人来说，他们更是感恩能够为主耶稣来做见证，他们的永活盼望。

The Helping Hand

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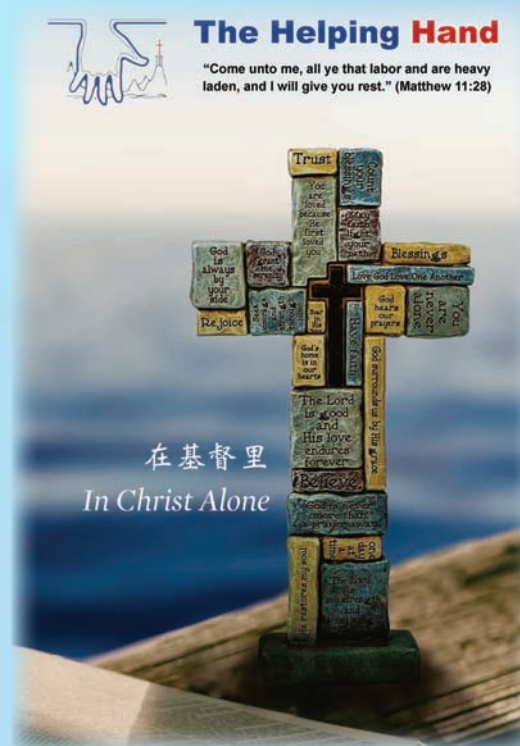
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Pray With Us

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	Run & Ride to Restore 2022 fundraiser	\$405,000
2	Bibles and Christian Educational Books	\$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