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ONE HOPE CENTRE

Don't Be A Loser
Anymore. Say **NO**
To Gambling

Issue 7 (May 2016)

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FOREWORD



Over the past 8 years of my involvement with the work of One Hope Centre, I have had many people come up to me to enquire on the mission and objectives of One Hope Centre. I have explained that in essence, One Hope Centre was conceived to help people break free from their struggles with gambling and financial related problems. Many have walked through the portals of the Centre seeking help. Their lives were shrouded in darkness but over time, with help from our counsellors and volunteers, they were able to walk from the darkness into the light.

However, breaking free and staying free is another matter. In this regard, I am reminded of this verse from the Bible from 1 John 1: 5-7

“This is the message we have heard from Him and announce to you, that God is Light, and in Him there is no darkness at all. If we say that we have fellowship with Him and yet walk in the darkness, we lie and do not practice the truth; but if we walk in the Light as He Himself is in the Light, we have fellowship with one another, and the blood of Jesus His Son cleanses us from all sin.”

It is important for people who are emancipated from their bondage of gambling addiction to lead honest, authentic and open lives if they truly desire to stay and remain free from this yoke of oppression. People on the recovery process need a safe environment where they can be honest in sharing about their struggles and issues. This is certainly not a road which they have to travel alone. For complete and successful rehabilitation, they require constant encouragement and affirmation from others on their road to recovery.

Our volunteer supporters who regularly attend our support groups play a key role in this aspect of the healing and recovery process. They form the backbone of our work and ministry. Many of them were former recovery clients who have successfully overcome their addiction and have returned to help others. We would like to take this occasion to recognise their invaluable contribution and express our deep felt gratitude. Many have returned to selflessly given of themselves and their time to help others walk through their valley of darkness. To strengthen our volunteer management, we are pleased to announce that Ms Sharon Liew has been appointed as the Head of Volunteer Management and Programmes with effect from 1 March 2016. In that capacity, she will oversee the implementation of programmes to empower our volunteers and better equip them to minister to others. It is my fervent hope that our volunteers will continue to extend their service and cooperation with Ms Liew to enable our work to truly impact the lives of many.

Yours faithfully

Christopher Chuah
President
One Hope Centre

From the Executive Director's Desk



Greeting from One Hope Centre!

It was not too long ago that we entered into the year 2016 and how time flies, the first quarter has now elapsed. It is with much gratitude and gratefulness that I take this opportunity to thank you for the support that you have rendered to One Hope Centre over the past year.

The untiring efforts of volunteers, the gifts from donors, the prayers of well-wishers and the involvement of churches and Christian organisations in ways big or small, have enabled us to continue serving the community with pro-bono services and programs that yielded outcomes of problem gamblers being transformed, salvation of marriages and restoration of family units.

Operating with used furniture and having very often the air conditioner failing us over the last 3 years, we are glad that with the help of the Care and Share funds from the government, we will be renovating our office from May through mid-June this year.

I am also glad to announce that in May 2016 we will be sending some volunteers serving in the Support Group Enhancement Team and Ms Sharon Liew, who heads our Volunteer Management & Programmes department, to attend the course "Counselling Skills and Practice : Introduction" as a means of equipping to serve the community.

In the following pages of this newsletter, you will read more of the works of our ministry and also get to read of life transformation among other articles. We are determined to impact more people and to strengthen homes as places where values of saying No to gambling are modeled and passed on.

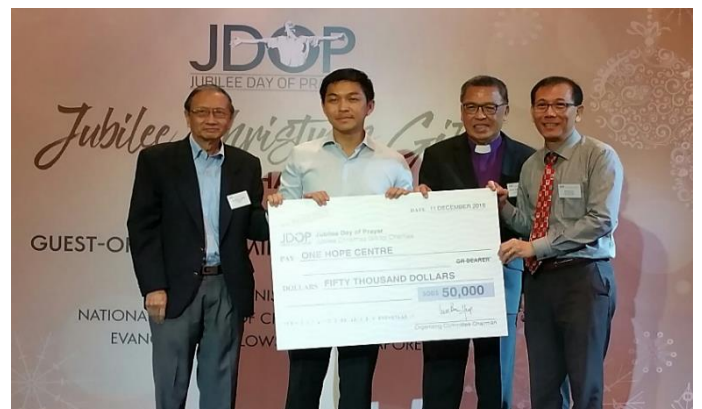
Last but not least, I invite you to continue journeying with us. It is only through your dedicated support that OHC is able to remain steadfast in its work of helping others. Thank you.

Shalom,

Dick Lum
Executive Director

Some of the Happenings in One Hope Centre

SG50 Talk organised by OHC in Oct 2015 with Mr. Liew Heng San as the guest speaker



One Hope Centre receiving a donation delivered by the guest of honor Mr. Tan Chuan Jin, Minister for Social and Family Development in December 2015 at the JDOP Christmas Gift Presentation Ceremony in December 2015

Rev Chan from Taiwan (2nd from left) with Miss Ivy Lai (1st from left) and One Hope Centre's staff members at a Saturday support group session in March 2016



One Hope Centre's delegates with the founder of the HK Gambler Recovery Centre, Mr. Wu Ping Chuen (4th from left) during the HK study trip in March 2016

Members from the Japan Lawyers Associations making a visit to One Hope Centre in April 2016



One Hope Centre's Executive Director delivering a gambling addiction awareness talk at the MacPherson Community Centre in April 2016



*Report of Study Trip made to Hong Kong
28 March 2016 to 31 March 2016
By Rev James Lim & Mr David Chung*

29 March 2016 - Visit to the Industrial Evangelistic Fellowship Ltd / Rehabilitation Centre for Problem Gamblers

Our first visit was to this organisation which provides help towards recovery for problem gamblers. The centre is staffed by six workers and is located within the premises of a church building. As we enter the centre, we were greeted by the organisation's motto, which translates into English as follows:

Understand the problem; Protect yourself; Let go of the problem; Do not abandon; Do not lend; Await the return of the prodigal son.

These are words which have served as good mandates and reminders to the family members of problem gamblers, and certainly with an encouragement that there is hope.

Since the incorporation of the organisation, they have been able to work with about nine thousand problem gamblers, addressed as "seekers" towards recovery. Each seeker will be put through a Recovery Programme lasting eighteen months with weekly meetings. The programme is very wide ranging and it includes:

- Holistic teaching, covering topics like Faith, Hope and Love.
- Group Support Therapy with seekers coming together in small groups sharing their struggles, success stories and through these sessions motivate and encourage growing together.
- Social and therapeutic sessions for both the seekers and family members, which include Cognitive teaching, Therapy sessions (Art), Community Work, Soccer, Bowling, Gospel Chinese Opera and getting the seekers to help out in publicity activities. Retreat Camps are also organised once a year where both the seekers and their family members are invited to attend.

All these activities are in addition to counselling by the centre's counsellors.

The Centre Director, Mr Danny Lau, shared with us that there are more female seekers than male at the centre and that Christian seekers account for less than 20%. However, regardless of their background, they will all be treated with the love and grace of Christ as the centre works with them towards recovery from the problem.

Mr Danny Lau also shared that the centre is funded by sponsors, supporters, churches and through Fund Raising Activities. Advocating prevention, they have been very active in organising Community Education Programmes which include Panel discussions on radio programme, Gambling awareness drive, Road-shows, Broadcasting of success stories in You Tube, and organising talks for Civil Servants for them to be aware of the organisation and to refer those caught in problem gambling to them. More upstream activities are being planned in partnership with churches and schools to bring about an awareness of the evil of gambling and financial indebtedness as a result of the habit.

30 March 2016 – Visit to Hong Kong Gamblers Recovery Centre

This morning, we visited Hong Kong Gamblers Recovery Centre. The Chief Executive, Mr Hu Ping Chuen runs the centre with his son as the Supervisor together with just one more staff. The centre is conveniently located in a crowded commercial centre. As a testimony, Mr Hu shared that this unit has been a blessing from God; and with this, they do not have to worry about rental as an ongoing operating cost.

Mr Hu started this social service of helping gambling addicts overcome their problem about thirty years ago, after his own life experienced a turnaround after having received help for the same problem. Subsequently, he incorporated Hong Kong Gamblers Recovery Centre sixteen years ago. His son Raymond, after having seen what his father went through, shares his father's vision of helping others and came on board as a full-time staff. With his many years of experience, serving the community and media coverage, Mr Hu is quite a well-known figure in Hong Kong among the gambler and gambling circle.

The centre holds weekly meetings on Saturdays and these meetings are attended by the seekers and their family members. A typical scenario that brings the seekers to the centre would be a gambler borrowing money to feed the gambling addiction; this will end up with them being heavily indebted and consequently the family members will be subject to harassment by the lenders. Mr Hu shared that in Macau there are more than thirty-six licensed casinos, and this makes for almost irresistible temptation to many gamblers. The easy access to both gambling and loans therefore gives rise to such gambling and indebtedness problems.

Mr Hu informed us that there are eleven organisations offering such helps for problem gamblers in Hong Kong. Most of these problem gamblers get to know of these organisations through telephone hot-lines, websites, churches, publicity banners, referrals by court probation officers or social workers and word-of-mouth by other gamblers or their relatives.



In HKGRC, after they have been interviewed, Mr Hu makes it a point to take about three minutes to share the gospel with the seekers.

According to Mr Hu, about twenty percent of those incarcerated in Hong Kong, and about thirty percent in Macau are incarcerated due to gambling related crimes. HKGRC does not put themselves up in negotiating with loan sharks. Rather, the seekers are being taught how to negotiate with them. High interest rate loans and harassment by loan sharks and their runners for debt repayment has become an industry.

The centre frequently holds talks in different places. They take the approach of giving their talks attractive and provocative titles, such as:

A thousand gamblers, a thousand loans; A gambling leopard cannot change its spots; Can you afford to lose?; Problem gambling, a pathological disease; The horrors of gambling addiction; When you gamble, you are staking your life and your family, Gambling Tips.

Apart from offering counselling and putting seekers through a programme, the centre organises outings and activities that will involve seekers and their family members. The centre's programme does not have a point of graduation for these seekers, but a seeker would be deemed to have achieved success in recovery when they demonstrate observable changes and transformations in their personal and family lives. A further positive development is when they are actively engaged in a local church.

As with the other organisation visited, HKGRC does not receive financial grants from the government. They are funded by donations, supporters and funds raised through fund raising activities.

30 March 2016 – Visit to Hong Kong Caritas Centre / Caritas Addicted Gamblers Counselling Centre

Hong Kong Caritas Centre is located in Tsuen Wan, New Territories. We were greeted and hosted by Mr Joe Tang, a Social Work Supervisor in the centre during our visit. We were given a very well researched and professional presentation of the situation in Hong Kong, which left us with a deep impression and comprehensive understanding of the operation of the centre's ministry, and the gambling and gamblers situation in Hong Kong. Every year, together with the other organisations, Caritas Centre also convene retreats and Conferences to exchange ideas, share experiences, introduce and share resources, and spend time interacting with workers from other similar organisations.

After dinner, we were invited to attend a specially arranged support group meeting. This was the centre's 1065th since they started on this programme. Apart from counselling and going through a recovery programme, every new seeker would be encouraged to attend and participate in such a support group. We were able to observe how the "older" members and Peer Supporters were sincere and unabashed in sharing their own experiences and freely offer advice and help. The atmosphere was one of honesty, openness and humility. Each session lasts ninety minutes, and these are arranged on Wednesday evening, to coincide with Hong Kong horse racing which is on every Wednesday night.

Due the organisation being better staffed, and with more financial resources, they are very involved in doing researches in collaboration with universities, conducting surveys, giving public talks including holding press conferences, and providing training for counsellors and government officials in Hong Kong and Macau.

From these visits and from what we have learned from the three centres, it is very interesting to note that gambling is indeed an ingrained culture in Hong Kong where people are exposed to it at an early age. One of the centres has in her records of seekers having started gambling at the age of 10. As such, their approach towards helping seekers to recovery is not a cold turkey treatment, but to move from problem gambling to responsible gambling and work towards total abstinence from gambling.

The situation is compounded by the fact that money lending is not illegal in Hong Kong, regardless of the quantum of interest payable. Being in debt is not the problem as is getting into debt through gambling. And by their confession, the law is ineffective in prosecuting debt collectors. However, through it all, we could see and sense that the workers in all three centres are passionate, resolved and focussed in helping seekers as well as their family members recover from the situation that they are caught in. And if there is one motivation that stands out, it would be their desire to see lives transformed, broken marriages restored and families saved.

We would like to thank One Hope Centre and the Executive Director Mr Dick Lum for having arranged this trip and the careful planning of the programme. It has certainly broadened our horizons and benefitted us in our understanding of the gambling situation. Glory to the Father!



Office Renovations

OHC will be renovating their office from May through mid-June 2016. During this period, some disruptions to the normal operations are anticipated.

Individual counselling sessions will continue with special arrangements.

For information on Tuesday support group meetings, please stay tuned to announcement to be made via emails/whatsapp/website postings.

Our Thursday and Saturday support group sessions are not affected and will continue as usual at the Saint Andrew's Cathedral and Kembangan-Chai Chee Community Hub respectively.

Support Group Sessions at Geylang Chinese Methodist Church

Come 2 July 2016, the Saturday support group sessions will resume at the Geylang Chinese Methodist Church from 7.30 pm to 10.00 pm.

It All Started With Gambling

As 2014 Christmas was approaching Brother Foo was still in debt caused by his problem gambling. He was indebted to loan sharks and licensed moneylenders. It had become impossible for him to settle the debts because of the compounding interests. Brother Foo had to face his creditors' pursuit, harassments and threats. His creditors went up to his company to harass him, and caused him to lose his job. Brother Foo was very fearful and worried. He was afraid that the loan sharks would come up to his house and harass his family members, and he was worried about his family members' safety. He was also concerned that his family members would not forgive him because this was not the first time that he was owing gambling debts.

Into The Crucible

On 2nd January, 2015, Brother Foo went home and discovered that his wife and two children had moved out. He telephoned them but there had been no response. At that moment he was devastated, many questions were on his mind - "Isn't my wife obedient and loving? Aren't my children well-behaved? How come they would leave home without leaving a word? Where had they gone?" He kept asking why.

Suicidal Thought

Thereafter Brother Foo stayed alone at the 4-room HDB apartment. He received incessant telephone calls threatening him. His wife and children had left him. He felt lonely and lonesome. He asked himself whether life was still meaningful at this stage. Suicidal thoughts came to him. He walked toward a nearby HDB block intending to jump off from a 10-storey or higher apartment block. He went up to the block roof top and loitered around and could not pull up the courage to jump. The police came up afterward and locked him up overnight. After his release, he still had to face his problems. He suddenly recalled that his wife had given him the telephone contact of One Hope Centre, and he telephoned the Centre.

Seeking Help

As he participated in his first new comers' support group meeting at One Hope Centre, Brother Foo was advised not to borrow money to repay loans; that if he had no money he should temporarily stop repaying loans; his family members were not to bail him out; that only when a gambler begins to take personal responsibility to repay his loans, it would be difficult for him to change. Brother Foo, at that time, was not able to accept, and felt that such advice was nonsensical. He felt that if the debt was not repaid it would not be possible to live on the following day. The loan sharks would be splashing paints, padlocking his doors, and even burnt his house. At that moment he felt that One Hope Centre could not offer financial help and there was nothing much to talk about. He felt very helpless.

Salt in the Wound

A more unfortunate event happened - he felt discomfort in his body and his doctor summoned him to immediately go for a medical checkup. His medical report revealed that he had eight blocked arteries and he needed immediate surgery; otherwise his life would be gravely endangered. He felt that he had himself to blame - he had been living a flamboyant lifestyle and risked his personal health. The hospital staff tried contacting his wife and children to sign on the documents prior to his surgery, but they never did turn up at the hospital. Brother Foo felt downcast and very sad. He sensed the grief of family members leaving him. Eventually, he requested his elder sister to sign on the hospital documents.

After his surgery, Brother Foo felt very weak. The doctor had performed coronary artery bypass graft. This surgery allows the grafted artery to "bypass" the blocked artery and bring fresh blood to the heart. Whenever he felt the pain from his wounds he would earnestly expect his wife and children to visit him. Unfortunately, he was disappointed day after day. As the wounds healed very slowly and there were no family member to nurse him, Brother Foo was transferred to a community hospital to recuperate.

Loan Sharks' Harassments

The recuperation period at the community hospital took about three months. The very first thing he saw when he reached home was his front door splashed with paints, and there were many demand letters shafted between the iron gate and the door. Neighbors were taken aback when they saw Brother Foo. They thought he had absconded.

Following his explanation to his neighbors about his predicament, they consoled and encouraged him, even promised him that they would help to watch his house. He felt very touched.

Unable To Let Go Resentment

After his discharge, Brother Foo, with an ailing body and wounds not fully healed, participated in the One Hope Centre support group meetings. He needed to take many pain killers. Brother Foo shared at the support group, one can sense his bitterness and resentment. He said he almost died, and questioned why his wife and children did not visit him when he was warded in the hospital for three months. He shared that he could not fathom why no family member came to visit him. In the support group meeting, many peers did share gamblers drag their family members into their situation and caused them hurt deeply. However, Brother Foo was not able to listen and to comprehend. He held on to his resentment and thought family members were merciless. He expected his wife and children to return home but he was disappointed every day.

Found Psychological Support

Brother Foo returned to the support group at One Hope Centre. There was a group of brothers and sisters who began to show concern and care for him. He received psychological support. Once, a support group facilitator received an SMS from Brother Foo but there was no message. Several telephone calls were made to him but there was no response. He had fallen unconscious. Nobody had his residential address and as the last resort the Neighborhood Police Post near his house was contacted to rescue him. On several occasions bro Foo had been admitted to hospital to treat his physical discomfort; One Hope Centre's sisters and brothers paid him visits to give him encouragement.

Challenges in the Change Process

Brother Foo found a security officer post rather promptly. In order to enable him to repay his debts as soon as possible, he worked diligently and clocked over-time even though he was frail physically. He also received one-to-one counselling, participated in support group meetings, learnt how to change, and read the Scripture when he had time, so that he would not fall into relapse.

It is not that easy for a gambler to walk the recovery journey; he needs to negotiate for debt repayments with his creditors who would charge interest upon interest making it impossible to settle the debts. He has to tolerate the creditors' threats and many expletives.

Brother Foo likes to reconcile with his family members and to make amends for his wrongs in the past. Last year's Christmas Brother Foo bought a cake for his children and contacted them, but they ignored him. He eventually threw away the cake. This year's Lunar New Year he bought two boxes of BBQ pork and prepared two red packets ['ang pow'] for his wife and children, his wife refused to accept. In his anger he threw away the two boxes of BBQ pork. Fortunately, he did not throw away the red packets together with the BBQ pork.

Brother Foo thought this family had broken up; there was no more hope of restoring the relationship, just waiting for divorce. In that hopeless situation, he sought counselling and gradually understood how he had in the past hurt his family members deeply; when he had money he gambled them away; when he was broke he would lie to his family for money; when the money was in hand he would go gambling again; he did not care about his family; when he was in debt his wife paid for his debts; and he always lied to the teeth to his family members. As Brother Foo looked back on his past, he saw his heartlessness; family members' misery and agony; his own couldn't care less attitude. Today he realized that it is natural for his family members to be unforgiving and unsympathetic.

The counsellor also enlightened Brother Foo that his family members did not attend One Hope Centre support group meetings to learn how to cope with harassments by the loan sharks and how to handle those creditors who turned up at his house; definitely they would be fearful. Especially when they were living apart, they did not have the opportunity to witness the positive changes in Brother Foo; so how would they be able to accept him and trust him.

Brother Foo having been enlightened, his resentment died away. He worked diligently in relating and connecting with his family members; began to be concerned about their economic well-being and needs.

Although at times he would feel disappointed by the response from his family members, Brother Foo was able to accommodate family members' negative attitude when he looked back on his past wrongdoings.

He had changed the way he would communicate with his family. He is not easily angered. He was aware that in order to regain trust and obtain forgiveness he would need to work hard at it.

Temptations and Seductions along the Recovery Route

Brother Foo's gambling addiction recovery journey is like being refined in a crucible. There are many temptations and seductions. He had been gambling for a long time and to quit would require a very strong determination and to overcome any seduction. He did share that: once, he received his salary and when he reached home there was no one at home; he groped his pockets and there was money and gambling came to his thought. He decided to take his chance. As he walked past the entrance of his door he saw a Bible by the door. The Bible was a gift from a One Hope Centre support group facilitator. Suddenly, he had the feeling that he should not be gambling again; if he did all his past effort would go down the drain. So, he picked up that Bible and began to read. As he read, his thoughts on gambling vanished.

At the work places, many colleagues also indulge in gambling. They would beckon Brother Foo to place a bet on 4D or Toto. Sometimes, when colleagues hit a win it would trigger his thought. He would struggle in his heart. As he recollected the lessons learnt at One Hope Centre, there is no turning back, not to relive the past, must keep watch the doctrine of "Don't gamble, don't borrow"

A Ray of Light

In March this year, Brother Foo was again warded in hospital for treatment on his physical ailment. To his big surprise his wife visited him at the hospital and informed him that she would move back home. This news brought Brother Foo mixed feelings - surprise, joy and worry. It was joy because his wife and children eventually said they would move back home, and did not ask him to move out. He was worried that when his creditors showed up at his house, his family members would be so frightened that they will leave home again. Even as Brother Foo was worried he decided to use his savings to negotiate with his creditors as early as possible so as to reduce his indebtedness.

Following more than one year of waiting, on March 16, 2016, it was Brother Foo's day of gratitude, thanking God. His wife and two children eventually came home. That was a joyous occasion and also a big breakthrough. Nevertheless, for a gambler he has to regain family members' acceptance and trust, Brother Foo still has to work diligently in his change in all perspectives. For example, not easily losing his temper, acting out love for his family at home, bearing responsibility in various areas, and making amends for his past wrongdoings. That is easier said than done, but Brother Foo is willing to work hard and diligently, and he strongly believes that with the brothers' and sisters' support and encouragement in One Hope Centre, as well as believing in God's strength, it would be more than victorious! Amen!

Testimony of Andrew Ng

I was habitual gambler since I was a teenager. At first, it was just mahjong games between friends and classmates during festive seasons and holidays. Then when I started working, I had weekly card game sessions with friends. These games involved sums that could be as large as my monthly salary or at times even a multiple of my month salary. But whether it was luck, or my skill, I was usually the winner. I began to be nonchalant about the risks of gambling.

Then I started to dabble in stocks. It was my interest in finance that led me to study Economics and I was keenly interested in stocks and financial futures even when I was a student. I remember during first year in Varsity, it was the 1986 recession in Singapore and the stock market dived. At that time, few of my peers even know about stocks but I invested all my savings in a unit trust. I also invested in a gold savings account at a local bank.

I made a bit of money in my unit trust and when I graduated, it was the time of the first Iraq war, in 1990. I used my savings to invest in shares before the war was declared. I more than doubled my money in a few weeks when the war started and the American-led allied army defeated Saddam Hussein's army in days, leading to a rally in the stock markets everywhere. I was hooked.



From then on, till 2012 I was into contra trading in stocks. I lost a fortune, borrowed from friends and relatives, even lied to my wife that I would help her invest her savings, borrowed from banks till they sent demand letters, until I had to sell my flat to repay my debts, and yet, I did not stop. After my flat was sold, I had to stay in my parents' flat. I asked my wife to go back

to her parents' place in China to stay for a couple of years while we wait for a new flat. I told her I would not gamble again and would work hard to repair the family finances. I did not succeed.

I went back to gambling in stocks again. Only this time, since my credit standing with banks was destroyed, I borrowed from licensed and unlicensed money-lenders when I inevitably lost. And I owed a lot of money, which had spun out of control with the exorbitant interest rates charged by these people. When my wife found out that I had relapsed into gambling in stocks again, she was devastated. She had lost all hope in me. She wanted to commit suicide.

It was the grace of God which led me to One Hope. A dear, close relative who had helped me many times before suggested that I seek help. I promised my wife that I will change and we decided to come to One Hope. Before our first session we were at a loss as we did not know if One Hope could help us. Through the group sessions and personal counselling, I discovered not only my resolve not to gamble, but also mended my personal relationship with God. I was a back-slided Christian and I had now come back to God. And God had given me an understanding and wonderfully supportive wife, who had stood by me even when we had to sell our flat, even when she knew that we would be spending the next 10 years repaying our debts. I trust that I will never again let down God, my wife and my family.

At present, I am serving as a volunteer in One Hope Centre and as I help others, it helps me even more as it reminds me of the mistakes that I have made. The love of God and His grace shown to me, my wife's love and support, and the encouragement given to me by the counsellors and brothers and sisters of One Hope Centre is what keeps me away from gambling.

Partner With Us!

The centre depends very much on donations to help individuals and families affected by the problem gambling and gambling related issues, with the free services and programs it provides.

Please consider donating to One Hope Centre.

You may make your donation through any of the following means:

- ✚ By crossed cheque made payable to **ONE HOPE CENTRE**
- ✚ By deposit or fund transfer to **Maybank Account No. 0415 1006 196**
- ✚ Through internet at: www.onehopecentre.org

Donate
Today!

Donation Are Used

- In providing individual and group counselling.
- In running weekly support group therapy sessions.
- In conducting addiction-recovery enrichment programs.
- In conducting public education on gambling addiction.
- In taking care of the operational costs.

❖ No amount of donation is ever used in repaying the debts of clients.

❖ All services rendered to clients are free of charge.

**YOUR DONATION TO ONE HOPE CENTRE
ENTITLES YOU TO 250%
TAX DEDUCTION!**



前言

在过去八年，我参与一望中心的工作，许多人向我询问有关一望中心的使命和目标，基本上我会这么说，一望中心的设立是要帮助人们摆脱在赌海中挣扎和有财务相关问题的人。许多人通过一望中心寻找到帮助。他们的生命本来是陷入在黑暗中，但经过辅导员和义工们的帮助之下，他们能够从黑暗中走进光明。

然而，打破自由和保持自由是另一回事，在这方面，我想起圣经中约翰一书 1:5-7

“上帝就是光、在他毫无黑暗。这是我们从主所听见、又报给你们的信息。我们若说是与上帝相交、却仍在黑暗里行、就是说谎话、不行真理了。我们若在光明中行、如同上帝在光明中、就彼此相交、他儿子耶稣的血也洗净我们一切的罪。”

从赌瘾的捆绑中得释放的人，若他们真心希望永远脱离这种枷锁得自由，他们必须过着诚实可靠和开放的生活是非常重要的。这些人在康复过程中，需要一个安全环境，让他们可以坦诚的分享他们的挣扎和问题。这条康复的路能够走得成功，绝对不是他们独自一人能够行走的，他们需要别人不断的鼓励和肯定。

有许多经常参加我们的支援小组的义工们，在求助者的治疗和康复的过程中都扮演非常重要的角色，他们在我们的工作和事工上形成一个重要的骨干。他们很多都是过去来求助的过来人，他们成功克服自己的赌瘾，现在来协助别人。我们要借这个机会来肯定他们非常宝贵的贡献，并表达衷心的感谢。他们无私的付出时间来帮助其他人走出黑暗的幽谷。要增强我们的义工组织，我们很高兴宣布刘美美姐妹从三月开始负起义工管理与节目组总负责人的职位。她将监督执行所有节目并使我们的义工们得到增强和更好的装备，我热切希望我们的义工能继续扩张他们的服务并与刘姐妹一起合作，来促使我们的工作能够真正影响更多人的生命。

蔡子健
一望中心主席

执行主任的话



代表一望中心向你们问安。

光阴似箭，不久前才进入 2016 年，现在已经过了四个月。过去一年你们对一望中心的支持，我深表谢意和感激。

我要借此机会感谢义工们的不懈努力；捐献者的慷慨捐款；好心人的祈祷，还有教会和其他基督教机构不同的参与，让一望中心能够继续以无偿方式服务社区，使这些问题赌徒能改变自己，拯救他们的婚姻和修复与家人的关系。

多年来我们一直使用所购买的旧家具，这三年来冷气机也常出现许多问题，我们非常感激有政府的关怀与分享基金的支助，我们的办公室从五月至六月中进行装修。

我也很高兴今年五月我们派三位在康复小组服侍的义工连同我们的同工刘美美姐妹，参加“辅导技巧与运用入门”的课程，装备自己，能够在我们的事工上有更好的事奉。

通过这本通讯，你会读到更多有关一望中心的事工和其他文章中生命的转化。我们立志要影响更多人去坚固更多家庭成为不赌博的模范。

最后也是最重要的，我邀请你继续与我们同工，唯有通过你有力的支持，一望中心才能够在事工上坚定的去协助别人。谢谢！

祝福平安

林志成
执行主任

一望中心之新闻点滴



我们的义工在准备协助中心所主办的“新加坡 50”戒赌讲座的活动



一望中心职员与义工们参与后港城隍家庭服务中心所主办的“社区安全邻里守望相助”的宣传活动



一望中心香港学习之旅与香港工福戒赌中心同工们合影



香港学习之旅赠送纪念牌给接待我们的香港明爱展晴中心的负责人

德士司机基督徒团契代表拜访我们的中心



一望中心 28/3/16 - 31/3/16
香港学习之旅之所见所闻

林俊亮牧师
曾大偉弟兄

29/3/16 下午三点 工福问题赌徒复康中心

今天下午我们一团六个人探访工福问题赌徒复康中心。中心是坐落在一所教会的基督教大楼楼上。进门就见到很抢眼的几行字：戒赌亲友口号：（自知，自保，家人放手；不离，不借，浪子回头。）对赌徒和家人，都是一个目标，一个很好的提醒。

中心的成立至今，一共帮了九千位的求助者。求助者要在中心一年半的时间才能完成课程。课程包括：1. 全人治疗（信望爱课程）2. 群体治疗（分享彼此的成功与失败，一起成长）3. 多元化活动（社区，健康和兴趣活动小组，主要是要填满求助者的时间）

中心年轻有为的主任刘嘉成先生告诉我们，女性求助人数超越男性，基督徒赌徒少过 20%。而求助者来到他们当中，他们都会以基督的爱，恩典与能力去帮助他们和他们的家庭。

刘主任也与我们分享中心的经费来源主要来自支持者，奉献者，教会或举办筹款活动。同时他们也很积极的透过社会，学校，广播教育，或摆摊等举办各种戒赌的活动。并把成功个案放在网络视屏；他们也很荣幸能为公务人员举办讲座，透过讲座一些公务人员也转介一些赌博的个案给中心。今后他们还计划好与更多教会或学校合办各种与戒赌有关的活动。

30/3/16 早上十点 香港戒赌中心

早上我们拜访了总干事胡炳泉父子兵的香港戒赌中心。机构地点就在人来人往的港贸中心。上帝为他们预备了一个单位，使他们没有租金上的后顾之忧。

泉哥以过来人的身份发起参与在戒赌事工上有超过三十年的时间，而中心成立至今有十六年。现在他的公子文威继承父亲的异象成为全职同工。由于泉哥丰富的经验加上多年媒体对他的宣传，成了香港家喻户晓的知名人物。

中心每个礼拜六有一个小时的定期聚会，求助者及家人都会来参加。泉哥与我们分享在香港有十一间的戒赌机构；因为赌博借钱，就有欠债还债问题，家庭受骚扰的事频频发生。在澳门有超过三十六间赌场，对赌徒的诱惑力是难以抗拒的。一个有赌又有借，是一个属于无节制不负责任的变态赌徒。一般上他们在面谈之后，都会有三分钟时间分享福音。

一般来求助的途径：从询问热线电话；查询网页；布条的宣传；法庭感化官或社工的转介，还有教会，前赌徒或亲友的介绍等。

在香港有百分之 20 的人，在澳门有百分之 30 的人因赌而坐牢。中心不鼓励与大耳窿谈判，而是教导求助者有技术的与他们谈判。大耳窿上门骚扰家人已经成了一份行业，而大耳窿会追杀的原因是因为仇恨。

他们在不同的地方举办过无数的讲座，有些讲题很吸引人。摘录如下：

千个赌钱千个贱；江山易改赌性难移；你输得起吗；病态赌博的防治；赌钱上瘾真要命；输钱输命输亲情；戒赌秘笈……等。

除了辅导及让他们上康复课程之外，中心也为他们和家人举办户外活动。中心的课程对求助者来说是没有毕业的一天，但求助者的复原及自己及生活中生命的转变，就是他们引以为荣的成就。进一步的发展，是看见他们能在教会中有积极热心的付出与参与。

香港戒赌中心和工福问题赌徒康复中心一样，没有接受政府的在财务上没有接受政府的支助。主要经费来源来自奉献或筹款活动。

30/3/16 下午四点到晚上九点半 香港明爱展晴中心

香港明爱展晴中心位于新界荃湾。负责人 Joe Tang 很亲切的接待我们一行人。给我印象最深刻的就是他们很专业的透过投影，让我们有全面的认识整个中心事工的运作，以及香港及他们中心各方面最新数据的资料。之后双方也有很深入的了解和分享。每年他们也会召集其他戒赌中心一起开会，交换经验心得，资源共享，彼此交流。

用过晚饭后，我们特地被安排留下来参加他们的 1065 期支援小组，由李瑞琴姑娘带领的不赌好友小组。小组中他们彼此鼓励那些来参加不久的新人，以他们的经验给他们正面的建议和帮助。他们安排支援小组在礼拜三晚上，是因为每个礼拜三晚上香港都有赌马。当晚的支援小组有两场，每一场的时间是一个半小时。

因着中心是很有规模及较多的经费来源，他们也借着问卷调查等与大专学府合作。也有公开讲座，新闻报导，并为香港及澳门政府官员提供辅导训练。

这次的参观与学习，我们意识到赌博的文化，香港人自小已经是耳濡目染。一间中心的记录赌徒开始赌博的年龄是 10 岁。协助他们的方式是怎样让他们从病态赌徒到一个负责任赌徒，之后让他们能够戒掉赌瘾。

另外在香港贷款不是非法的，有关贷款的利息并不是赌博欠债的问题；在这种的迷思下，有关当局也对贷款者束手无策。

虽是如此，我们看见这三间中心的同工们，都很有怜悯，尽心尽力的去帮助求助者和他们的家人走出困境。只要他们一开始愿意接受帮助，同工们的意愿，就是要看见他们有转变，婚姻复合，家庭破镜重圆的那一天。

这次的学习，我们感谢主，也感谢我们的总干事林志成弟兄精心的策划安排。使我们增广见闻，获益不浅。荣耀归于天父！

通告

办公室装修

从五月开始至六月中，一望中心的办公室将进行装修。在这期间，我们预期办公室的平常运作将会受到干扰。

- ❖ 个别辅导将继续并需要特别安排。
- ❖ 有关星期二支援小组的地点安排，我们将通过电邮、简讯和网站另行通知。

支援小组迁回芽笼卫理公会

从 7 月 2 日开始，星期六支援小组聚会的地点将迁回芽笼卫理公会教堂，时间照旧是 7:30pm-10pm.

在火炼中，一个赌徒的改造

王宝婵

一切的发生，从赌开始…….

2014 年圣诞节快到时，符弟兄因赌博又欠了很多债，有大耳窿的债也有贷款公司的债。因利滚利，这些债已经无法继续还了，符弟兄开始面临这些债主的追债骚扰和恐吓。债主去他的公司骚扰他，导致他失去工作。符弟兄非常害怕和担忧，害怕大耳窿上门骚扰，也担心家人的安危和不原谅他，因为这不是他第一次赌博欠债。

陷入火炼之中

2015 年 1 月 2 日，符弟兄回到家，发现太太和两个孩子都搬走了，他们的电话都没有接听，一时之间整个心情跌入谷底，整个思想都是问号，为什么？为什么？我的太太不是一向来温柔听话，两个孩子也乖巧，怎么会忽然间一声不响就离开他而去？他们去了哪里？

想要自寻短见

接下来他一个人守在一间四房式租屋里，恐吓电话不断的来，想到自己妻离子散，一个人孤零零的，走到这个地步，人生还有什么意义？不如死算了。他想到自杀，走到隔壁租屋顶楼想从十多层一跃而下。当时在租屋顶楼走来走去，就是没有勇气自杀。不久有警察来，还被关在警察局过一个晚上。出来之后，问题还是要面对，他忽然想起太太曾经给他一望中心的电话号码，于是打了电话给一望中心。

寻找支援

第一次参加一望中心的支援小组的新人组，他被告知不可以借钱还债，没有钱就暂时停止还债，家人不要帮忙还债，赌徒要自己负责任还债才会改。他当时真的听不下去，觉得这是什么鬼话，没有还钱，明天就活不下去了，大耳窿就会上门泼漆、锁门，甚至烧屋子。他当时觉得一望中心没有钱帮我，讲什么都没有用，自己非常的无助。

雪上加霜

就在这时更不幸的事发生了，他的身体出了状况，医生叫他马上要进一步检查。一检查，医生说他的心脏血管 8 条阻塞，要马上做绕道手术，不然生命有危险。这都怪自己过去有钱时常花天酒地，弄坏自己的健康。医院联络他太太和孩子去签名，但他们都没有出现，使到符弟兄非常难过，体会家人离弃他的痛苦，最后只好叫他姐姐来签名。

手术后，他身体非常虚弱，医生不但在他胸口开刀，也在他的脚开刀取血管来做心脏手术。在他身体伤痛时，他多么期望太太和孩子会来看他，但天天都失望。因为伤口复原很慢，家里又没有人可以照顾他，所以医院把他转入社区医院去修养。

大耳窿的骚扰

在医院度过漫长的 3 个月，回到家，第一眼就看到大门已被泼漆，也有很多讨债的信件塞在铁门内。邻居看见他都惊讶，以为他跑路了，但了解他的状况后，都安慰鼓励他，并且答应他守望相助，使他很感动。

走不出心中的怨恨

出院后，符弟兄满脸病容来一望中心参加小组，伤口还没有完全复原，需要吃很多的止痛药。符弟兄分享时，也看得出他内心的苦楚。他心中有很多的怨恨，为什么在医院 3 个月，妻子和孩子都没来，他说他几乎快要死了，为什么家人会不来看他，他觉得实在想不通。小组里很多过来人都分享，赌徒连累家人，伤害家人很深，但符弟兄都听不进去，不能理解，他抱怨，认为家人没有人情。他期待家人搬回家，但他天天都失望。

找到精神的支持

符弟兄再回来一望中心参加支援小组，有一组的弟兄姐妹开始很关心他，精神上支持他。有一次有一位组长在晚上收到他发出的空的 SMS 时，回电给他没有接听，他在家昏倒，大家都没有他的地址，无计可施之下只好惊动了邻里警岗去救他。他多次因身体不舒服而入院，一望的弟兄姐妹常去探访他，给他鼓励。

改造的挑战

符弟兄很快找一份保安的工作，虽然身体还是虚弱，为了早日把债还清，他不断的加班。他决心把赌博的恶习改掉，他也接受戒赌辅导，参加康复支援小组，学习改变自己，有空也常看圣经，使自己不会再去赌。

要走戒赌康复的路，不是那么容易的，要还债，需要与债主谈判，那些债主都要利上加利，没有办法一次过还清，都要承受债主的恐吓和许多难听的责骂。

他想与家人修复关系，对于自己以往的过错，他想要弥补家人。在去年圣诞节他买了蛋糕给孩子吃，联络他的孩子，孩子不领情，最后只好把蛋糕丢掉。今年农历新年，他买了两盒肉干和两包红包，要给太太和孩子，他太太也不接受，他一气之下把两盒肉干丢掉，还好没有把红包也一起丢掉。符弟兄认为这个家已经散了，没有希望复合了，只有等着离婚了。在绝望的情况下，他找辅导员谈谈，慢慢了解自己过去伤害家人是多么的深，有钱时就赌博，没有照顾家人，欠债时都是太太去还债。过去对家人什么谎言都说尽了。身上有钱就去赌，身上没钱就编故事骗家人，钱一到手又再赌。符弟兄现在回想起来，自己真的不是人，家人的伤痛，自己从来没有去理会，如今明白家人不谅解是自然的。

辅导员也让符弟兄明白他的家人都没有来一望中心学习如何面对大耳窿的骚扰和如何应付上门讨债的人，他们心中一定会很害怕的，更何况他们这段时间都没有住在一起，都没机会看见符弟兄的改变，怎样能接受他和信任他？

符弟兄明白了这一点，他心中的怨恨就消失了，他更积极与家人联络，关心他们的经济需要。虽然有时会碰钉子，但符弟兄与他们沟通的语气已经改变了，不像以前那么容易就火爆，每次想到自己的不对，就能包容家人不好的态度，明白要得家人的谅解和信任，需要付出努力。

火炼中的试探和引诱

符弟兄走这条戒赌康复的路，如在火炼中，有很多的试探和引诱。他赌了几十年，要戒赌瘾，需要有很大的决心，也要克服很多的引诱。他曾分享说：有一天他发了薪水，回到家，家里空荡荡的没有人，摸摸裤袋有钱，赌的念头来了，决定去赌一把。经过大门，看见一本圣经放在门旁边，是一望中心一位组长送给他，突然有个感觉不可以再去赌，再去赌，过去的努力都白费了，就回头拿起圣经就读，读了圣经，什么马经和赌的念头都不见了。

在工作场所，很多同事都有赌博，都会叫他加股一起买 4D 和多多，有时同事赌博中了奖，也会引起赌的念头，心中有很多的挣扎，但每次都要很谨慎，想到一望中心的学习，不可走回头路，不能再过以前的生活，一定要守住“不赌不借”的原则。

火炼中看见曙光

今年三月初，符弟兄又因身体不舒服而入院治疗，意想不到的的是他的太太竟然去看他，并且说要搬回家住。这使符弟兄又惊又喜又担忧。喜的是太太和孩子终于说要回家，而且没有叫他搬出去，担忧的是若讨债的人上门，家人若被吓坏了，他们可能又会搬走。符弟兄心里虽担忧，但决定把储蓄的钱拿出来，早点与债主谈判，能谈妥的，就先还清，尽量减少债务。

经过一年多的等待，3月16日是符弟兄非常感恩的日子，太太和两个孩子终于搬回家。这是喜事也是很大的突破，可是对一位赌徒来说，要赢得家人的接纳和信任，符弟兄还需要各方面的努力去改变自己，如改变自己的脾气、在家里要有爱的行动和负起各方面的责任，来弥补自己过去对家人的亏欠，这是不容易的，但符弟兄愿意努力，深信有一望中心弟兄姐妹的支持和主的力量，相信必得胜有余。阿门！

Andrew Ng 的见证

当我还是一个少年的时候就嗜赌了。刚开始的时候，只是跟朋友和同学们在节日或假期里打麻将。后来当我开始工作的时候，我每周都和朋友们打牌。这些赌局所涉及的金额相当于我每个月的薪水甚至是我每月薪水的数倍。但是不知道是出于运气或者说是凭我的技术，我通常是赢家。我开始逐渐忽视了赌博的风险。

之后我又开始涉猎股票。对金融财务方面的兴趣，吸引我学习了经济学并使我在学生时期就对股票及金融期货感兴趣了。我记得进入大学的第一年，就赶上了1986年新加坡大萧条和股市大跌。那个时候我的同学们有的还不知道股票这个东西；我当时将所有的储蓄投资在一个信托基金上，与此同时我也投资了一个黄金储蓄在一家地方银行。

我毕业的时候在信托基金的投资上赚了一笔钱，那一年刚好是1990年，也就是第一次伊拉克战争爆发。在战争开始之前，我用我的储蓄投资在一些股票上。当战争开始，美国的联军几天内就打败了萨达姆·胡辛的军队，导致全世界各地的股市飞涨。我因此就迷上了股票。



从那时开始直到 2012 年，我开始做股票对敲交易。我输了大笔钱，我向我的朋友和亲戚们借款。我甚至向我的妻子撒谎说拿她的储蓄是帮她去投资。我也向银行借贷直到无法偿还，银行不断地向我追讨欠款；直到后来我不得不卖掉房子偿还贷款，但是我仍没有停手。我卖掉组屋后，我只好住在父母的家。我叫我妻子回去中国她的父母身边待两年，等新房子建好了才一起搬进去。我告诉她我不会再赌博了，并将努力工作来挽救家庭的经济，但是我没有成功。

我又回到了进行股票投机的老路上。因为我的银行信用彻底摧毁了，这次我只能从合法的和非法的财务公司借款，显然最后的结果是全部输光。我又欠了很多钱，这些人索要的过高利息螺旋形急剧上升，完全失控了。当我的妻子发现我又重蹈覆辙，在股市上投机搏杀，她几乎崩溃了。她对我绝望了，她想自杀。

是上帝的恩典引导我来到了一望中心。我的一个好亲戚之前已经帮助我很多次，这次她极力劝我寻求帮助。我向我的妻子保证，我会改变并决定来到了一望中心。在我们第一次参加小组讨论之前，仍然处于迷茫中，我们还不知道一望中心是否会帮助我们。但通过小组讨论和专人辅导，我逐渐树立了不赌的决心，并修复了我个人与上帝之间的关系。我是一个跌倒的基督徒，但我现在又回到上帝的荫庇之下。上帝已经给了我一个善解人意并不遗余力地支持和理解我的妻子，甚至在我们被迫卖掉房子之后我们还要花十年的时间还债，她都不离不弃的陪伴我。我发誓我将永远不辜负神的恩典，永远不辜负我的妻子和家庭。

目前，我在一望中心当义工，在我帮助他人的过程中，同时也是在帮助自己，因为这不不断地提醒我自己已经犯过的错误。上帝的爱和大能，我妻子的爱和支持，和来自于一望中心的辅导员及弟兄姐妹们的扶持和鼓励使我远离了赌博。

请您成为我们的伙伴

一望中心在很大程度上取决于捐款来提供免费服务和节目去帮助受赌博影响的人和家庭。

请慷慨捐献给一望中心

你可以通过以下其中一个捐献方式来捐款

- ✚ 划线支票 (One Hope Centre)
- ✚ 存款或银行转账 (Maybank Current Account No.: 0415 1006 196)
- ✚ 互联网 (www.onehopecentre.org)

你的赠予会用在：

- ❖ 提供个人与团体辅导
- ❖ 支持每星期支援小组的活动
- ❖ 举办戒赌与生命进深课程
- ❖ 举办公开戒赌教育
- ❖ 支持中心运作开支

- ❖ 任何捐献不会被用于帮助个案偿还赌债
- ❖ 任何一望中心的服务都没有向个案收费

给予一望中心的捐献能得到
250% 的税务回扣

What is One Hope Centre?

- A faith-based ministry centre founded in August 2004 that focuses on helping victims of gambling addiction and related issues.
- It renders help to people regardless of race or religion.
- To date, it has blessed many people through its counselling services; saved many lives from the brink of death; restored countless marriages and relationships. Many lives have been transformed from being gamblers to helpers.
- Its core strength is the sharing of experiences by the victims who have successfully walked through similar struggles.

Objectives

- To alleviate the destructive consequences of gambling and debt by providing hope amidst hopelessness.
- To empower gamblers to withstand fear, face all consequences, take personal responsibility and get rid of the root cause of their problems.
- To enable gamblers and families to resume a normal life by encouraging love and restoring their marriages and familial relationships.

Core Competencies

- Established centre for gambling addiction recovery
- Holistic programs
- Individual and family recovery
- Years of industry practice
- Loan-shark counselling practice
- Passionate staff and volunteers
- Inclusive and multi-racial

Daily Services

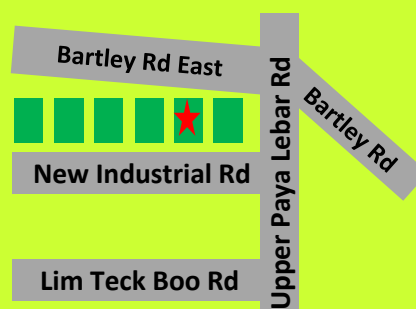
Helpline

Monday - Friday
9.00 am to 6.00 pm
(Lunchtime: 1.00 pm to 2.00 pm)

Pastoral Care & Counselling
(By appointment only)

Weekly Programs & Services

New Seekers' Support Group
Recovery Support Group
Conducted in English / Chinese



8 New Industrial Road,
#04-04B LHK3 Building, Singapore 536200
Email: help@onehopecentre.org
Web: www.onehopecentre.org
Helpline: **65471011**

As Usual

Tuesday

7.30 pm to 9.30 pm
OHC Office
8 New Industrial Rd
#04-04B, LHK3 Bldg
Singapore 536200

New Seekers' SG
In Chinese
Language Only

As Usual

Thursday

7.30 pm to 9.30 pm
Saint Andrew's
Cathedral
11 St Andrew's Rd
Singapore 178959

New Seekers' SG
& Recovery SG
In English & Chinese

Up To End June 2016

Saturday

7.30 pm to 10.00 pm
Kembangan-Chai Chee
Community Hub
11 Jalan Ubi, Blk 2, #02-01
Singapore 409074

New Seekers' SG
& Recovery SG
In English & Chinese

Starting in July 2016

Saturday

7.30 pm to 10.00 pm
Geylang Chinese
Methodist Church
52 Aljunied Road
Singapore 389820

New Seekers' SG
& Recovery SG
In English & Chinese