

希望 HOPE!

for debt and problem gambling



*15th
Anniversary
Special!*

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President's Foreword - 主席前言



Christopher Chuah
President - 主席

This year, One Hope Centre celebrates its 15th anniversary. It is also an opportune time to step back and reflect on the amazing journey of grace thus far since our inception in 2004. In 2010, One Hope Centre received its charity status and moved to its current premises at LHK3 Building where we have remained ever since. In 2013, One Hope Centre attained yet another milestone when it received its Institution of Public Character (IPC) status. Over the years, One Hope Centre through its staff and volunteers have reached out to and helped many people to overcome debt problems and gambling addiction. Indeed, as we step back and reflect on this amazing 15-year journey, we can only thank God for his grace and provision and for all our staff, volunteers, donors and sponsors who have given their unwavering support.

Notwithstanding the good work that we have done, we cannot afford to rest on our laurels. It has been said that laurels wilt faster once they are leaned on. Indeed, our work has been cut out for us as we continue to deal with new threats and new issues. Changes and advances in technology have led to an increase in cyber gaming and addiction especially amongst the youth. Much more needs to be done to warn and educate people about the risks of cyber gaming and addiction.

At the same time, we are also mindful of the problem of migrant workers who are particularly vulnerable to gambling and other money related issues often compounded by borrowing from licensed and unlicensed money lenders. We need to find ways to reach out to this vulnerable segment of society.

These new challenges require us in turn to critically re-examine and revamp our structure and organisation and to strive to better ourselves in our outreach and programmes. We believe that we can continue to fulfil our mission of reaching out to the oppressed and those in bondage with the continued support and prayers from our volunteers, donors and supporters.

On behalf of One Hope Centre, I wish all of you a blessed New Year ahead.

今年，一望中心庆祝成立15周年。自2004年，中心成立以来，这是适当的时候回顾和见证一路走来所经历奇妙的恩典之旅。2010年，一望中心注册成为慈善机构，同时也把办公室搬到 LHK3 Building 直到现在。在2013年，一望中心成为公益机构成员，是达到另一个里程碑。多年来，一望中心通过我们的员工和义工们伸出援手，帮助许多求助者克服债务和赌瘾的困难。的确，当我们回顾思考这15年奇异的历程时，我们只能感谢上帝的恩典和供应以及所有员工；义工；捐献者和赞助者们所给予坚定不移的支持。

尽管我们做了出色的工作，但我们不能停留在目前的光辉而自满。随着我们继续应对新的威胁和问题时，我们的工作确实已被削减。科技的变化和进步导致网络游戏和成瘾的增加，特别在年轻人当中。我们需要做更多的工作来警惕和教育大众有关网络游戏和成瘾的风险。同时，我们也要注意移民工人的问题，他们特别会受到赌博和金钱有关的问题，而构成他们去向有执照或无执照的贷款公司借债。我们需要找出管道去接触这一群脆弱的社会群体。

这些新挑战使我们必须慎重去重新审查和修改我们的结构和组织，并且努力去改善以及推广我们的事工。我们相信在我们的义工；捐献者和支持者共同继续支持和祷告，我们可以继续履行我们的使命去帮助那些被压制和被捆绑的人。

在此，我代表一望中心所有董事和员工，祝福大家有个蒙福的新年。

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Group Counselling: A Life-Changing Programme

团体辅导作为生命改变的课程



by Alan Yong
Counsellor - 辅导员

One Hope Centre conducts group counselling as part of its intervention programme. Clients in the recovery journey are encouraged to enrol themselves (spouses welcomed!) in any one or both of the following courses:

1. **Gambling Addiction Recovery Course**
2. **'Embrace Your Life': Personal Development Course**

Conducted separately in English and Chinese, the courses are open for anyone to join. The weekly sessions take place over 7 to 8 weeks, with each session

作为干预方案的一部分，一望中心会为个案在不同的改变阶段开办不同的团体辅导课程。个案在康复过程中会被鼓励去参加（也欢迎配偶）以下两个团体辅导课程。

1. 戒赌团体辅导康复课程
2. 自我成长团体辅导课程

这两个课程会个别以中英文来进行，同时也开放给有兴趣者报名参加。团体辅导课程是每周一次，持续7-8周，在晚

lasting around 2.5 hours. With 8 years in the running, the programme has benefited more than 300 clients. Through the process, we have witnessed renewed hope in the lives of participants. This is evident in the restoration of love and relationships in their families, improvement in interpersonal skills, better mental and physical health as well as greater self-confidence and self-esteem. We are also grateful that participants continue to serve in One Hope Centre as volunteers supporting new help-seekers.

All glory be to God.

间进行，每次是两个半小时。这些课程已经进行了8年并有超过300个个案参加而受益。

那么多年来，通过这些课程，我们看见许多参与者的生命有新的盼望，也修复与家人的爱；课程也增强人际交往能力；生理与心理健康；自信心和自尊心。我们也很感激许多参与者继续留在一望中心帮助那些新来的求助者。

一切荣耀归于上帝。

Participant Testimonies 一些参加者课程后的感想

参加“自我成长团体辅导课程”，改变了我的观念，原来所有的人都符合来参加这个课程。

课程一反以往沉闷的教和学的方式，辅导员以轻松自由的活动方式，通过不同的游戏、画画、唱歌、舞蹈以及个人分享把我们带入课程的重点。这些活动帮助我们自我探索、自我了解、学习去信任别人、肯定自身价值、建立自信和突破自身障碍等。除了个人在课程获益之外，还有最大的益处是通过八堂课的相处，我们学员建立彼此信任，有更深的情谊了。

◆ 雪花

自从上了戒赌团体课程之后，让我更深入了解赌博的形成与影响，也让我学会如何面对困境和改变自己以及对家人的坦诚，坚持信念，重新开始，改变对人对事的态度，想法与行为，感谢一望中心提供这课程。

◆ Gordon

非常感谢一望中心辅导员开办为期八周的“自我成长团体辅导课程”。我和我先生都获益不浅。上了这个课程，我们夫妻的彼此了解比结婚20多年的了解还要多。我们的进展是很明显的。以前我们常相信自己所相信的，而可能忽视了真实性。通过这个课程，我和我先生难得有机会重新了解自己，对于我，也重新了解我的丈夫。谢谢！

◆ 凤莲

During my years spent addicted to gambling, I always told myself that if someone really wanted to stop and cut off gambling, he would have the willpower to do it himself. That a gambling addict will only ever be able to step out of his negative cycle by himself if he is willing to change. But I was wrong. Having people to support you and guide you with their knowledge can make all the difference in the world. Being constantly reminded that you're not alone can make all the difference too. Which is what this workshop has helped me realise.

I attended the "Embrace your Life" workshop and learnt something new that would strongly help build the relationship between my mom and I. My favorite lesson yet is the "Johari Window". It helps improve my self-awareness, and helps me gain mutual understanding between myself and the people around me.

◆ Zechariah

The two courses help me to be aware of a gambler's mindset and triggers that will set them back. I also learnt about effective ways to communicate with loved ones and people around me, and how to live my life better than before, and see myself in the future.

◆ Andy

My son was addicted to online gambling two years ago. The initial steps were difficult to take but we persevered. We went through one to one counselling sessions and attended two group counselling courses which OHC facilitated. They are very helpful and I strongly recommend it. We received a lot of insights, self-discovery and hope. These courses benefit not only the seekers but also the supporters. I am glad both my son and I were able to find help in OHC.

◆ Jessica

I learnt about Johari Window in "Embrace your life". It helps me identify the weakness and strength in me through someone giving me feedback.

◆ Anna

Gambling Addiction Recovery course has taught me to stay alert, never to fall back to gambling again.

◆ James

The course on Gambling Addiction enabled me to have a better understanding of the situation I was in back then and why I was in debt. I also learnt how to get rid of the addiction through learning, transformation and perseverance. In "Embrace Your Life", I learnt that I need to forgive myself for the mess I have created in order to move on.

◆ Diana

Living Happily Ever After:

Fairytale or a Myth?

by Anna Chan
Counsellor - 辅导员



Following the romance and honeymoon phases, the level of satisfaction in marital relationship ebbs and flows as it cruises through the demands, stressors, and major changes in the family life cycle. For some of us, costly copings in our lives involve compulsive behaviors, straining the marital relationships to cracking besides draining financial resources. Rain comes before the rainbow. Thankfully, what does not kill us could make us stronger. Hope is alive and is evidence in One Hope Center where we are privileged to witness couple relationship being strengthened and the emergence of wholesome self in whom one aspires to be through life learning and recovery journey.

Couple Dance

Have you ever given yourself a second chance to relook into your finances, to reshape the ways of your thinking, and to renew and deepen your marriage commitments? Would you give your beloved one a treat to the Couple Dance work group that caters a good spread of coping skills, interactive sharing, and an experiential healing? Restoring relationship, boosting marital satisfaction, and enhancing intimacy is possible. The objective of these group sessions is in embarking a journey towards double-victory, discovering shared-visions, and finding joy and hope.

从此过着幸福美满的生活是童话吗？是神话吗？

过了浪漫的蜜月期之后，婚姻中的满足感随着需求，压力和家庭生活的改变而渐渐的淡化了。对于我们当中有些人而言，应付高昂的生活需求会造成强迫性行为。除了耗尽财务资源外，也使婚姻关系紧张以致破裂。

庆幸的是，雨过有彩虹，我们没有被打倒反而更坚强。在一望中心，盼望是存在的。我们很荣幸见证夫妻关系得到了加强，以及通过对终生学习和走康复的旅程，实现了健康的自我。

夫妻共舞

你是否曾经给自己第二次机会来重新审视自己的财务状况，重塑自己的思维方式和更新于加深婚姻的承诺？你是否会给你的挚爱一个享受，一起参加夫妻共舞的团体课程，来学习美好的应对技巧，交互分享和医治的体验？修复关系，提高婚姻的满意度，和增加亲密感是有可能的。团体课程的目的是朝向一个双赢的旅程，去发觉共享的愿景以及寻找喜乐和盼望。

A Step into the Rising Sun 踏入旭日之地

A visit to Japan by Joanna Kong

The azure sky met with the earthy green and brown of the fields on a pleasant spring afternoon in the countryside of Okayama, Japan. I watched on as the students of Teen Challenge Japan, clad in boots and overalls, tended carefully to seedlings of various kinds nestled deep within the dirt. Occasionally, I caught hushed whispers as they deliberated over how best to water the budding crops or lay the protective fences. Their daily farming chores were a curious sight, especially as I came to know where they had come from and why they were here.



Teen Challenge Japan, similar to its international counterparts, receives individuals recovering from various addictions for a live-in program. It was hard to imagine that just a year or more ago, these 7 promising young men were entrenched in drug

在日本冈山县的郊外，一个宜人春天的下午，蔚蓝的天空和碧绿的田野，我看到一群日本青年挑战中心的学生，穿着靴子和工作服，小心翼翼地把各种幼苗种在泥土里。有时候，我也听到他们私下悄悄讨论对发芽的农作物该如何正确的浇灌和铺设防护栅栏等。我对他们每天做耕种的工作感到好奇，尤其是当我知道他们来自那里和为什么会在这里。

日本青年挑战中心与国际的类似，会个别接受这些有不同成瘾的人给予在里面居留和学习课程。很难想象有7位有为的青年，却因着染上毒瘾或赌瘾或有破坏性行为，他们在这里居住一年或更久的时间。这些人每天都聚集在一起学习圣经，学习如何生活并一起成长。他们日常节奏就是住在木屋中，一起学习圣经和在田野工作。他们偶尔会到社区中做义工。

use, gambling addiction and other destructive behaviors. These same men would now gather daily to study the Bible, learn life lessons and grow together. Their daily rhythm consisted of just these—the Bible, the field, the wooden cabin they lived in, and each other, with occasional volunteer work in the community.

“Through farming, the stories we read from the Bible come alive”, their mentor and Executive Director Tom Kisasi shared with me.

After a few months, miracles happen, I hear. Lives change, people turn. A day ago, I sat among the students, sharing about the addiction recovery work and life transformation we see back in One Hope Centre. Difficult cultures, different contexts, but their stories were from the same vine. It is not difficult to see that hope is visible and shines the brightest in the depths of addiction and despair. But it is a process, and it takes time, commitment and community—both from the person seeking help and the ones offering it.

I crouched over a row of pea shoots sprouting from the earth, freshly-watered and supple. Despite their frail stems, their tendrils found support in the neighbouring shoots and the makeshift fence. Climbing upwards, they held each

他们的导师兼执行董事Tom Kisasi与我分享时，从这些农场里，我们看到圣经的故事活现出来。

几个月后，我听到奇迹发生了，很多人回转，生命改变了。前一天，我坐在这些学生当中，分享在一望中心有赌瘾康复的工作和许多人生命得到改变，虽然不同文化和背景，但他们的故事都是一样的。所以可以肯定他们的成瘾和绝望可以转变为盼望和灿烂光芒的未来。但这只是一个过程，并且需要时间，投入在社区中，无论是求助者或助人者都要委身付出。

我蹲着看一排发芽的豌豆苗时，有水浇灌，很柔软。尽管它的茎很脆弱，但它们的卷须在相邻的嫩芽和围栏中得到支撑。它们向着太阳攀爬伸展时，彼此紧紧相连在一起，我相信不久的将来，它们会结出果实。

other together and extended boldly towards the sun. “In time they will bear fruit”, I thought to myself.

As I conveyed words of encouragement to the students and prepared to depart, one of them came up to me. I briefly remembered his story—he was deeply addicted to pachinko (Japanese equivalent of the jackpot machine) before coming to Teen Challenge Japan a few months ago.

Without hesitation, he asked simply,

“How do you begin loving yourself?”

His question, point-blank and unassuming, took me aback. I pondered it for a few seconds, scouring my mind for an intelligent answer before deciding that his authenticity deserved some of my own.

“I learnt that even in my worst days, God loves me”, I shared. “And then I began to learn from Him how to do the same, one step at a time”.

Slowly and pensively he nodded, a knowing smile forming on his face.

One step at a time.

当我向这群学生传达一些鼓励的话并准备离开那里时，其中有一位学生来到我身边，我大略记得他的故事，他是几个月前来到日本青年挑战中心，他之前是一个深深沉迷于玩弹珠机游戏（与老虎机相似）。他毫不犹豫的问我：

你怎样开始爱你自己？

他的问题直率而谦虚，使我吃惊，我琢磨了几秒钟，决定给他一个真诚的答案：

“我学到，即使在我最糟糕的日子里，上帝爱我。然后我开始一步一脚印的向主学习如何像祂一样。”

他迟缓并沉思一下，点了点头，他脸上展现出一个会心的微笑。一步一脚印。



In April 2019, OHC General Manager Joanna Kong visited Teen Challenge Japan to share about gambling addiction recovery and learn more about developments in the land of the rising sun. 2019年4月，一望中心的总经理江佩珊探访了日本的青年挑战中心并分享如何帮助赌徒走出赌瘾，同时也学习有关日本的发展。

What is Happening in Japan? 一望中心在国外的新闻

Japan legalized casinos in July 2018, learning from Singapore's experience in the integrated resorts (IR). Three casino licenses will be issued, with the first Japanese IRs slated to open around 2025. Public concern has been on the rise, particularly with Japan being no stranger to the problem of gambling addiction.

日本已于2018年7月将赌场合法化，借鉴了新加坡的经验，还有参考综合娱乐城的建设，将发出三间赌场的执照，在2025年左右开放。公众的关注度正在上升，尤其是日本对赌博成瘾的问题并不陌生。

As a model for recovery work among gambling addicts in Singapore, One Hope Centre received several positive mentions in the Japanese media and political spheres over the last year.

一望中心作为新加坡一间典范的机构，协助赌徒戒赌走康复的路，去年在日本媒体和政治领域上受到很多积极的评价。



Meeting members of parliament from the Japanese Communist Party (Jan 2019)
2019年1月日本共产党国会议员拜访一望中心



→ Featured in Yomiuri Shimbun, a major national newspaper in Japan (Oct 2018)
刊登在2018年10月读卖新闻，日本主要国际报章



← Featured in Hokkaido Shimbun (Aug 2019)
刊登在2019年8月北海道新闻



Meeting government officials from the Japanese Ministry of Agriculture, Forestry and Fisheries (Feb 2019)
2019年2月日本农水产省官员与一望中心的员工交流

Life Changing Tips 生命改变的贴士:

by Alan Yong

1 Timothy 4:16

Keep a close **watch** on yourself and on the teaching. Persist in this, for by so doing you will save both yourself and your hearers.

"Gracious words are a honeycomb, sweet to the soul and healing to the bones."—Proverbs 16:24

Words

We tend to remember words that hurt our feelings. Ungracious words strain and break relationship over time. Let us remember and practise to humbly accept the Word of God because the Word of God planted in our hearts "has the power to save our souls." (James 1:21)

Attitude

"Your attitude, not your aptitude, will determine your altitude."—Zig Ziglar^a

What does the Bible say about attitude? I often hear my friends say "WWJD" when he is placed in a situation—"What Would Jesus Do" in this situation? I am often reminded, "Don't be selfish; don't try to impress others. Be humble, think of others as better than yourself."

Clients in the "recovery zone" are often reminded to let the "New Self" in Christ renew their thoughts and attitudes. There would be many external triggers that will impact the person in recovery, and he is encouraged to work hard toward growth in all areas of his life, viz. reconciliation with family members, restoration of love, get rid of bitterness, rage, anger, harsh words, and bad behaviour that was the past.

I like what Apostle Paul said: "Do nothing from selfish ambition or conceit, but in humility count others more significant than yourselves." (Philippians 2:3)

Temptations

"He who walks with wise men will be wise, but the companion of fools will be destroyed."—Proverbs 13:20

We all face temptations—everyday. We are all vulnerable to temptations. Then, how do we resist temptations? First, we need to be aware of our weakness(es). James 1:4 says, "But each one is tempted when he is drawn away by his own desires and enticed." Secondly, we set our internal alarm to warn ourselves. Proverbs 22:3 reminds us, "A prudent man foresees evil and hides himself, but the simple pass on and are punished". We can engage accountability partner and surround ourselves with supportive friends.

Character

"He who walks blamelessly and does what is right and speaks truth in his heart."—Psalm 15:2

Be a person of good character. Generally, a person of good character would possess traits such as: honesty, loyalty, responsibility, humility, compassion, caring, etc. Character is also integrated with integrity and principles.

Home

"Whoever brings ruin on their family will inherit only wind, and the fool will be servant to the wise."—Proverbs 11:29

There is no place like home. Proverbs 14:1 says, "A wise woman builds her home and a foolish woman tears it down with her own hands." This wise saying is also true and applicable to all men. Therefore, be watchful over our homes and let there be love, joy, peace, kindness, gentleness, goodness, patience, faithfulness, and self-control.

提摩太前书 4:16

要谨慎自己和自己的教训，要在这些事上恒心，因为这样行，既能救自己，又能教听你的人。

箴言 16:24 说，“良言如同蜂房，使心觉甘甜，使骨得医治。”我们经常记得那些伤害我们的话。伤害的话会使人感受压力和破坏关系。所以让我们记得和学习谦卑和接受神的话语，因为神的话栽种在我们心里，“就是有能救我们的灵魂。”

雅 1:21

有一位美国作家，同时也是一位激励人心的演说家 Zig Ziglar 说：“是你的态度而不是你的才能决定你的高度”。

圣经是怎么讲解态度？在某些情况，我们常听到朋友说：“WWJD”，就是说：在这种情况下“耶稣会怎么做？”我常常提醒自己，“不要自私，不要炫耀。要谦虚。要认为别人比自己更好”。

个案在康复期时，我们会时常提醒他们要把在耶稣里的“新我”，要更新自己的想法和态度。其实在康复的过程有许多外面引发的影响，我们需要鼓励他们在生活的各个方面努力成长。例如与家人和解，修复彼此之间的爱，摆脱过去的苦涩，怒气，愤怒，粗鲁的言语和不良行为。

我喜欢使徒保罗说，“凡事不可自私自利，不可贪图虚荣；只要心存谦卑，各人看别人比自己强。”

腓立比书 2:3

我们天天面对诱惑也很容易受到诱惑。那我们如何抗拒诱惑？首先我们需要了解或发觉自己的缺点。雅各书 1:14 说，“但每一个人被诱惑是因自己的私欲牵引而被诱惑的。”其次我们需要设置心里的警钟来警告自己。箴言 22:3 提醒我们，“通达人见祸就藏躲；愚蒙人却前往受害。”我们可以和责任心强的伙伴合作或身边有朋友互相扶持。箴言 13:20 写，“与智慧人同行的，必得智慧；和愚昧人作伴的，必受亏损”。

做个品格高尚的人。通常一个品格高尚的人会有诚实，忠诚，责任，谦卑，同情，关怀等特征。我们就可以说这一个人是一个正直和有原则的人。诗篇 15:2 写着：“就是行为正直、做事公义、心里说实话的人”。

没有一个地方比家更好。箴言 14:1 “智慧的妇人建立家室；愚昧妇人亲手拆毁它。”这明智的说法也适用在每位男性身上。另一个真理：“扰害己家的，必承受虚空；愚妄人作心中有智慧者的仆人。”箴言 11:29 因此，我们需要守护着我们的家庭，让仁爱，喜乐，和平，恩慈，良善，温柔，信实，忍耐和节制充满我们。

The People Behind OHC 一望中心的董事与员工

Executive Committee 董事



Rev. Louis Chai Advisor 顾问	Christopher Chuah President 主席	Tan Ee Ching Member 委员	Vivien Leong Vice President 副主席	Belinda Yuan Advisor 顾问	Lau Wan Keong Vice President 副主席	David Chung Treasurer 财政
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Rev. James Lim
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项目执行员



Wong Poh Sieng (Bao Chan)
Head of Counselling
辅导主任



Alan Yong
Counsellor
辅导员



Anna Chan
Counsellor
辅导员



Sandra Chay
Counsellor
辅导员

^a American author and motivational speaker.

Celebrating Hope!

One Hope Centre's 15th Anniversary

by Valerie Tahar

A little red balloon drifted by, snapping my attention away from my to-do list. Kaitlyn, our intern, was carrying a bouquet of red, gold and silver balloons to decorate the entrance. All around the hall, little clusters of balloons mimicked the staff and volunteers—each group huddled together in their own private corner of the hall, floating around. I hear indistinct conversations, energetic, eager, as volunteers help set up their booths. The invigorating smell of energy was in the air, along with the sweet smell of food. Ushers stood ready in the corner, preparing to receive guests. Some were practicing their smiles, not too far away from the stage, where others were practicing for their performance. As I slowly look across the room, I could see “Celebrating Hope!” proudly displayed in various places throughout the hall.

3rd August 2019 was truly a special day for One Hope Centre (OHC), as we celebrated our 15th Anniversary. The celebration was also a fund-

raising event, and volunteers set up booths with interesting trinkets and delectable snacks. Guest of Honour, Mr Peter Ong, former Head of Civil Service, shared about how he was encouraged by witnessing the grace of God upon OHC in its mission of helping people with gambling and debt problems. “I wish that OHC’s work will not just stop here. But everyone should anticipate more hope to be shared with more souls in the many more years to come”, said Mr Ong in his speech.

As the afternoon went by, you could see that many were touched when former clients shared their testimonies and performances. Many of these former clients were now volunteers not only just for the event, but helping to support the many activities in OHC, such as support groups or group counselling. Their testimonies were raw and real, and it was amazing to see their transformation from a life less stellar, into a life with real meaning.

As the programme concluded, guests tucked into an array of tasty catered treats. Many huddled together excitedly, congratulating OHC staff on their milestone year, excited at upcoming plans and what the future may hold. What One Hope Centre is doing is truly about wanting to see people transformed to be the best that they can be, step by step. Back then, not many could imagine how OHC would grow in 15 years and I am sure equally few would be able to predict how OHC will be like, 15 years from now. Mr Christopher Chuah, President of OHC shared this nugget of wisdom: “We need to remember the heart behind this ministry. Truly, this is about being people-centred and sharing that love and hope to all those who need it”. While it was amazing to reflect on the past 15 years and how far OHC has come, we eagerly look forward to the future, and to the next 15 years!

欢庆盼望!

一望中心成立15周年

对一望中心来说，这是一个非常令人兴奋重要的日子。我们看见许多红色；金色和银色的气球漂浮在整个场所。当义工们一起帮忙布置安排要卖的物品时，香喷喷的食物味道就散发在空气中。这次的庆祝会也是一项筹款活动，大约有150人来参加。当天招待员们都在各自的位置，准备好迎接所有的来宾和引导他们到自己的座位。有一些人负责招待，另一些人在台上练习他们要演出的节目，大家都积极参与在其中。当天我们庆祝的场所也摆了一个大蛋糕和一些要拍卖的抽象画，同时可以看到到处都张贴一张一张黄色的纸，上面写着“欢庆盼望”，这是这次庆祝的主题。每个人都为欢庆这盼望而兴奋。

2019年8月3日真是一望中心一个特别的日子，因为是庆祝中心成立15周年。当天我们很荣幸有前公务员首长王文辉先生莅临，并在会中致辞。他分享他如何受到鼓舞，当他目睹上帝的恩典赐福给一望中心去帮助那些有债务和赌博问题的人。我们不会停留在这个平面，未来的年日，每个人都应该期待分享更多的盼望。

随着活动的进行，观众们听到义工的见证和表演时，大家的心情都欢喜快乐，其中有很多是以前来求助的人，他们挣扎的经历是真实的，同时也看到他们生命的改变也是实在的。

之后，我们看到整个场所的人都彼此分享交流，包括见证和祝贺一望中心取得的成就，他们一边也享受当天所预备的美食。大家对未来都更加兴奋和激昂，就如一望中心的主席蔡子健先生鼓励每个人一样，我们需要纪念在这个事工背后所付出爱心的人。这事工的确是以人为本，并以爱和盼望向有需要的人分享。一望中心所做的工作的确是帮助人一步一步尽力去使自己变得更好。接下来可以肯定的，一望中心正在朝向一个新的方向发展。展望未来，我们都以兴奋的心来迎接。



Relapse Prevention for Gambling Addiction

Written by Wong Poh Sieng (Bao Chan), translated by Alan Yong

I have been counselling problem gamblers for more than ten years. Many help-seekers, through attending regular counselling and support group meetings at One Hope Centre (OHC), successfully changed their ways and stopped gambling. However, I found that some stopped receiving help and eventually relapsed into gambling addiction. Moreover, their problems and debts grew more severe. To a family member of a gambling addict, relapse is inevitably a great source of disappointment and a massive blow to the trust rebuilt over time.

Causes of Relapse:

For a long-time gambling addict, the road of recovery is paved with challenges. Particularly in the first six months, there are many urges, thoughts and triggers that may cause the addicted person to slide into relapse. The lack of self-control or failure to cope with the triggers play an important part in heightening the risk.

1.

Letting One's Guard Down

In the early stage of seeking help, many problem gamblers would agree to the treatment plan and keep away from gambling. However, after a time of abstinence, some grow confident in their ability to control their habit. They begin to let their guard down and believe that making a single bet will do no harm. While buying one lottery ticket may be benign for most people, for an individual with a history of gambling addiction, walking past a Singapore Pool outlet could potentially trigger a relapse.

A similar incident happened to a client of mine. He came to OHC due to gambling and debt problems and was a regular participant in the support group. He began his recovery journey diligently, working hard and entrusting his salary, identity and credit cards to his wife.

After six months, because of a tight work schedule, he gradually stopped attending support group sessions. The first two years were well as he managed to abstain from gambling, cleared his debts and worked on rebuilding his family relationships. He regained his wife's trust, and she returned his credit cards to him and allowed him to manage his own finance.

One day, he boarded the wrong bus on his way home from work. After alighting halfway through the journey, he found himself at a place he used to frequent to play slot machines. Realising that he had over a hundred dollars in his pocket, he entered the premise, believing that a game or two would be harmless.

That day, he relapsed into addiction, subsequently returning to the slot machine outlet frequently. After several months, his wife discovered that his expensive branded watch was missing and his bank account was empty. It was only until she probed repeatedly that he confessed having relapsed into gambling and incurred \$20,000 in debts. Once again, he and his family had to face the arduous task of debt repayment.

The lesson is clear: that if a problem gambler does not treat recovery seriously, the risk of relapse is high. The road of recovery is a journey for a lifetime.

2.

Triggered by Negative Emotions

Negative emotions can arise from family quarrels, unhappy events, or fear and anger over financial hardships. A problem gambler who has not learnt how to cope well with negative emotions might be triggered to return to gambling as an avenue of escape from stressful situations, which may lead to a relapse into addiction.

3.

Temptation from the Environment and News

A gambling environment and exposure to gambling-related news is un conducive for an individual recovering from gambling addiction. For example, at the work place, he/she may be invited by colleagues who are pooling money for a major 4D or Toto draw. Participating in such social betting activities could be a trigger for relapse.

Furthermore, the presence of many Singapore Pools outlets across the island could serve as a trigger for individuals recovering from gambling addiction. If one had indulged in soccer betting in the past, watching soccer matches on television could be a temptation to return to the habit. Exposure to media favorable towards gambling behavior could also contribute towards a relapse.

4.

Carrying Excess Money

For a recovering gambling addict, carrying excess money in the pocket might be a source of temptation. A client of mine once shared that early in his recovery journey, there was a time when he felt the urge to gamble after receiving his salary, believing that he had plenty of money to spend. Fortunately, as he was leaving his house, he saw a Bible atop the cupboard, which reminded him of his conviction to quit gambling.

5.

Bail-out by Family Members

Getting help from family members to repay one's gambling debts (known as 'bail-out') heightens the risk of relapse. Besides forming a habit of reliance on family members, the recovering problem gambler does not bear the consequences and necessary hardship of settling his gambling debts. He would not have the opportunity to practise responsibility and

self-control, and would be more susceptible to relapse in times of temptation.

How Do the Gambling Addict and Family Members View Relapse?

The Addict's Reaction to Relapse

Regardless of the circumstance behind the relapse, the problem gambler will inevitably face regret, guilt or pain. He may avoid facing reality in fear of owning up to family members, facing their rebuke, losing their trust and the relationships. Consequently, he may gamble more and conceal his repeated borrowing to cover the gambling debts. The debt would often escalate and drive his gambling addiction deeper, and by the time the relapse is exposed, the problem would have already been very severe.

Family Member's Reaction to Relapse

Family members of a recovering problem gambler are usually hopeful about him turning over a new leaf. Hence, when relapse occurs, they are often left deeply disappointed, dismayed, and even furious. Especially when it is accompanied by heavy debts, family members once again suffer harassment from debt collectors. With the fear, shame, and suffering they go through, they often lose hope in the problem gambler, and in some instances, may cut off the relationship.

What Should the Problem Gambler Do?

To avoid going further down the slippery slope, the gambler should boldly seek help, stop borrowing money, and avoid escaping from his problem or family members. If he is not yet ready to come clean to his loved ones, he could first speak to a counsellor or peer supporter, and at a later stage, find an appropriate occasion to talk to family members.

How Should Family Members Interact with the Gambler?

It is understandable that family members might feel angry and harshly criticize the gambler upon discovering the relapse. If the gambler expresses remorse, is determined to stop gambling and have another chance at receiving help, at this juncture the family could provide emotional support instead of finding ways to bail him out of debts. The family should also encourage the gambler to seek a counsellor's assistance, especially if he had previously been undergoing counselling, so that a viable follow-up support plan could be worked out.

How to Prevent Relapse?

Some people describe a gambling addict—especially a "pathological gambler"—as a person with a disease, not unlike someone inflicted with cancer. After completing a full course of treatment, the cancer patient enters into full remission and shows no sign of the condition. However, the doctor cannot give a guarantee that there would be no recurrence—in other words, relapse! Nevertheless, just like in treating diseases, there are some preventive measures that can be taken to lower the risk of relapse in gambling addiction.

1.

Do Not Put Yourself to The Test

Some problem gamblers, after attending a few counselling sessions, believe that they are empowered to resist temptation and consequently put themselves in high-risk situations, such as visiting the casino or lingering in Singapore Pools outlets. While they hope to prove their change to themselves and others, such behaviors create the risk of encountering triggers and losing self-control, which may draw them back into addiction.



2. Refrain from All Gambling Activity

For a problem gambler, exposure to gambling activity triggers powerful thoughts and urges to continue betting. The human brain contains the dopamine hormone that evokes happiness and pleasure, and it is the craving for a dopamine rush that often keeps a gambler chasing after the game. This thrill and excitement may set in when a problem gambler is in the casino or queuing up to place a bet at a Singapore Pools outlet.

Therefore, it is advisable for an individual who struggled with excessive soccer betting to avoid watching soccer matches; similarly, for one formerly addicted to 4D/Toto betting, to avoid passing by Singapore Pools outlets. Recovering problem gamblers also need to learn to say no to any invitation to gamble. For example, he could express that he has stopped gambling, or declare that he has made a promise to his family not to gamble again.

3. Do Not Carry Excess Money

As explained earlier, recovering problem gamblers are sometimes tempted to gamble when they have excess money with them. To prevent relapse, the individual needs to adopt safe and realistic strategies to manage spending. For example, he could just carry sufficient money needed for daily expenditure and safekeep all additional cash and debit or credit cards. His monthly salary and bank ATM card could also be handed over to a trusted family member to help manage his finance.

4. Keep Attending Support Group Meetings

In my view, the gambling addiction recovery support group is a safety net that helps problem gamblers on their road of recovery. Attending and participating in the support group helps to build alertness and self-restraint. It is also a platform for self-empowerment and mutual support where one can

grow and change, learn to build meaningful relationships and uplift others with the experience and skills one has acquired.

5. Seek Help When Facing the Urge to Gamble

A recovering problem gambler needs to be honest with himself and other trusted individuals not only in admitting his gambling behavior and debt, but also when faced with the temptation to gamble. Through sharing with a family member, trusted friend, or counsellor, he can get timely help before relapse happens.

6. Learn to Manage One's Finances

A problem gambler often faces weakness in financial management. This shows up in the way he gambles away his money and borrows more. Therefore, in the recovery journey, the gambler needs to learn how to keep to a financial budget and manage his money properly—for instance, to spread out his expenditures wisely if he receives a salary fortnightly and not spend beyond the budget.

7. Family Encouragement and Support

On the road of recovery, the individual often faces stress and challenges from many fronts, such as debt repayment, gambling urges, working multiple jobs to supplement income, physical and mental exhaustion. Hence, forthcoming encouragement and support from the family serves as a strong source of motivation and strength for the individual to walk the recovery journey well.

Family members are strongly advised not to repeatedly remind the individual of his past mistakes or grumble about his gambling debts. Doing so might serve as a trigger for the individual to return to gambling in order to chase the losses or pay off the debts.

8. Spiritual Help

While One Hope Centre is a Christian social service organisation, it does not proselytize. As part of holistic recovery, the counsellors would at times encourage help-seekers to rely on their own faith as spiritual help for their recovery. Having a faith is an added pillar of strength—research in gambling addiction recovery and relapse prevention has affirmed that spirituality helps cultivate positive thoughts and promotes wellness. An individual who grows in his/her spirituality often becomes more mature in his outlook and wellbeing, and is less inclined to relapse into addiction.

Conclusion:

Someone once asked me, if my client relapses into gambling, what would I do? My answer was that I would consider him/her as a new client. Relapse is not a total loss. However, there is a need to find out the cause, and the client needs to exercise courage to walk the recovery journey once again, which can be painful for him/her and the family. Hence, it is important for a recovering problem gambler to grasp the strategy and grow in relapse prevention skills. This would help him/her walk the road of recovery in confidence without being vulnerable to or fearing relapse.



王宝婵
辅导主任

赌徒复赌与预防

服务有问题赌博的人已有十年，我看见很多赌徒来一望中心接受辅导和参加支援小组，他们真的改变而戒赌了。但也有一些赌徒停止一段时间，又重蹈覆辙。复赌之后，问题往往更严重。他们所欠的债务比之前的债务更多。他们的复赌对家人来说是又再一次的伤害，好不容易建立一点点的信任又归于零。

为什么会复赌？

一个人若曾经长久沉迷赌博，要戒赌走康复的路，是非常不容易的。在戒赌的过程，特别是头半年，常有赌的意念在脑海中出现，很多原因引发一个人赌瘾复发，戒赌的人常有很多挣扎，若不幸不能控制，复赌就会逐渐发生。

1. 对戒赌不谨慎

很多赌徒在戒赌初期都会按辅导员的建议行事，经过一段时间的戒赌生活后，就以为自己对赌博已经有免疫力，相信自己已经成功戒赌了，他对赌博的警觉性就会下降，开始出现“玩一次不会沉迷”的想法。对于不会赌博的人，赌博的诱惑不会起什么作用，但对一个曾经沉迷赌博的人说，经过赌博的地方，只要“玩一次”便足以令赌徒重新沉迷赌博。

我有一个个案，他因赌博欠债来中心辅导，也参加支援小组，起初都很好，努力工作，薪水都交给太太管理，身份证和银行卡都由太太保管。过了半年多的时间，因工作比较忙碌，就渐渐没来中心。两年过去，这个个案都没再赌，债务也还清了，与家人关系也恢复很好，太太也开始信任他，给他自己管钱，银行卡也交回给他使用。直到有一天，个案放工回家，半路发现自己搭错

车，下车时看见以前常玩老虎机的地方，摸摸口袋有百多块钱，心想玩一次不会有事，就进去玩了。这一玩就完蛋了，赌瘾上身了。接下来不是搭错车去赌博，而是常常特地坐车到那个地方去赌。经过几个月，有一天太太发现他的名贵手表不见了，银行的存款也没了，逼问之下才发现他又复赌了，而且又欠了两万多的债务，他和家人又开始辛苦面对他还债的问题。赌徒若对戒赌不谨慎，复赌的风险会很高，所以对会赌博的人，他没有成功戒赌的时间，戒赌是他一生的任务。

2. 负面情绪的引发

一个会赌博的人，若不懂得管理负面情绪，例如与家人吵架；发生一些不如意的事或心情害怕或愤怒，特别是他有经济方面的困难，都会产生了负面情绪。若不懂得用正确的方法去处理，往往就会用赌博来释放自己的负面情绪来逃避问题，结果常常会引发他复赌和借钱。

3. 有赌博环境和资讯的诱惑

赌博环境和赌博资讯对戒赌的人复赌是有很大的影响，例如在工作场所，若有很多同事都有赌4D和TOTO很常会受到同事的要求一起买，因不好意思拒绝，就会容易复赌。新加坡到处都有投注站，这些地方也容易引发他的赌瘾发作而会复赌。若他过往是沉迷赌球，假如他去观看电视播放的足球比赛，也会引发他赌球的欲望而可能造成他复赌。有关媒体的赌博资讯也会引发赌瘾重燃而复发。

4. 口袋有多余的钱

刚刚戒赌的人，口袋有多余的钱，容易引发他复赌。我有一个个案曾经分享说，他刚刚戒赌时，有一个月，他拿到薪水，口

袋里有很多钱，回到家冲了凉，换了衣服，拿了钱就马上要出门去赌博，还好经过家门时，看见大门旁边厨上有本圣经，圣经阻止他，没有把薪水赌掉。

5. 家人帮忙承担还债责任

戒赌的人若没有自己负起责任辛苦还债，而是家人帮他承担还债的责任，会造成他有依赖家人的习惯，他自己没有辛苦还债的经历，没有体验还债的痛，当有赌的诱惑时，戒赌的控制能力就会很弱，他复赌的风险就会比较高了。

赌徒与家人如何看待复赌？

赌徒对自己复赌的反应

无论赌徒因什么原因复赌，他事后虽然会后悔，内疚和痛苦，他起初都会选择逃避，不敢告诉家人，害怕家人的责骂，害怕家人知道了会失去信任，或害怕关系破裂。于是选择赌得更凶，隐瞒家人去借钱来盖他的赌债，这样会造成他的赌债越来越大，他的赌瘾就越陷越深，等到他的问题被暴发时，问题已经变成很严重。

家人对赌徒复赌的反应

家人对赌徒戒赌都存着厚望，期望赌徒能改过自新，但是当家人发现赌徒又复赌时，都会感到非常失望和悲痛，甚至非常愤怒。因为赌徒复赌就会有欠债的后果，无法偿还，家人又要与赌徒一起面对债主的逼债和骚扰，他们心灵的恐惧和羞耻，那种煎熬和痛苦是外人无法理解的，他们会对赌徒感到很绝望，所以很多赌徒的家人面对赌徒又复赌都会想与他脱离关系。

赌徒应该怎么办？

赌徒若又开始赌博，要勇敢找人帮助自己不要让自己的赌博越陷越深，不要走以前的路去借钱还债，不要选择逃避不敢面对家人。因越逃避，问题就越大，债务肯定也会更多。赌徒若不敢跟家人坦白，可以先求於辅导员或义工协助，之后用适当的方式跟家人说明白。

家人应该怎么对复赌的赌徒？

家人知道赌徒复赌，一般都是非常气愤，责骂他是难免的。若赌徒知道懊悔，有决心再戒赌，建议家人要再给他机会扶持他。这时家人不是想办法替他还债，而是在他的心理和情绪上支持他。若他曾经有辅导员辅导他，鼓励他回去找辅导员协助，让辅导员可以根据他所面对的问题，做出适当的跟进和协助。

怎样预防复赌？

有人形容曾经沉迷赌博的人，特别是“病态赌徒”，顾名思义，是一种疾病，就如犯了癌症的人，做完一切的治疗之后，已经康复，但医生都不能担保病情永不会复发，病患需要做许多的预防。赌博的人也是这样，为了确保不复赌，就是要预防。怎样预防？以下是一些建议：

1. 不要以身试赌

有些赌徒接受了短期戒赌辅导，以为自己对赌已经有了防御机制，能够抵抗赌博的诱惑，不再谨慎，甚至放宽对赌博的自我约束，认为自己不会再赌，抱着测试的念头，以身试赌，还特地去赌场或投注站，去试试自己，证明自己已经戒赌了，这样对赌徒来说是非常冒险的行为。因为会赌博的人，一接触赌博，就很容易失去对赌博的控制，等到自己有危机意识时，往往问题又很严重了。

2. 完全避免接触赌的活动

接触赌博活动会引发赌徒的赌瘾。赌徒只要有赌的意念就会促使赌徒脑中的一种分泌物叫多巴胺升高，赌徒就会感到兴奋，使他很想再去赌。赌徒到赌场或排队买4D都会感到很兴奋，这就会让他再一次陷入赌的深渊。所以赌徒若是赌球，就要避免看球赛，若是赌4D/TOTO，就不要经过那些投注站。戒赌人士也要学习如何拒绝别人的邀请，例如朋友邀请一起买4D/TOTO，戒赌的人可表示自己已经戒赌了，或说已经答应家人不赌了。

3. 戒赌的人身上不要带多余的钱

赌博的种类很多，不只是两间赌场。赌博的诱惑到处都有，赌徒若身上有钱，特别是刚刚开始戒赌的人或警惕性比较低的人，容易跌入赌博陷阱而会复赌。为了帮助自己不复赌，需要做一些比较强制性的使用金钱策略，如只带当天所需用的钱，不带多余的现金和现金卡，把每月的薪金和提款卡交给家人或信任的人保管。

4. 持续参加戒赌支援小组

我常觉得戒赌支援小组是一个安全网，帮助戒赌人士可以继续走康复的路。参加支援小组不单单有助提高戒赌人士对赌有警惕性和约束力，也是提供一个平台给这些人可以互助自强；也是一个学习成长改变自己的地方，帮助自己持续去建立美好的关系，同时也可以透过自己如何克服困难的成功经验去帮助有需要的人，成为一个助人者，是更有意义的。

5. 当有赌的意念产生时要求助

戒赌人士要学习坦白，不单是有债务要坦白，自己若有产生赌博的意念，也要主动向家人；信任的朋友或辅导员求助。若有发现复赌的危机，都要求助，避免陷入复赌之中。

6. 要学习理财

戒赌人士过去因赌博，他们的理财观念很弱，有钱就去赌，没钱就想办法去借，故此，戒赌的人要学习理财，学会做每个月的财务规划，若他的薪金是半个月发一次，他就要做半个月的财务规划，根据预算表，量入为出，才能做负责任的人。

7. 家人的扶持与鼓励

在戒赌的过程，戒赌的人都会面对还债的压力；赌的诱惑；要做多份工作的辛苦，是很挑战的。在这辛苦的过程，若家人能给予他们精神上的支持，是会给他们在艰难时加强一份力量。家人不要“翻旧账”或唠叨他以前赌博欠债的事，以免引发他们再赌一把去还债的想法。

8. 灵性信仰的帮助

一望中心虽然是基督教机构，但我们辅导员从来不会勉强求助者要信耶稣，但我们会鼓励他们靠灵性信仰做治疗，这对戒赌是多加一个力量。很多西方科学研究，已肯定灵性信仰能够激发大脑分泌及脑部活动，结论是人变得积极有正向的想法，增强个人身心健康。戒赌人士心灵上有成长，人变得成熟，更能预防复赌。

总结：

曾经有人问我，若我的个案复赌了，我会怎么样？我说我会把他当做一个新个案再处理。复赌不是等于完全失败，要检讨为何复赌？个案要再一次鼓起勇气走戒赌的历程。复赌对赌徒和他的家人来说，都是一个痛苦的经历，但若掌握好预防复赌的技巧及策略，就有信心克服复赌，一直走在康复的大道上。

Who Are We?

- One Hope Centre is a faith-based organisation founded in August 2004 that specialises in helping people struggling with gambling addiction, compulsive borrowing and related issues.
- We provide help to all regardless of race or religion.
- Through professional counselling and support groups, we have seen many transformed lives that have risen from the depths of addiction and despair to become testimonies of breakthrough and hope.
- Many of our former clients are serving us as volunteers in reaching out to other struggling individuals and families.

What We Do?

- We are committed to lead help-seekers towards recovery and freedom from gambling addiction and compulsive borrowing.
- We seek to empower problem gamblers and afflicted individuals with courage to face consequences, take personal responsibility and confront the deeper causes of their struggles.
- We facilitate in the restoration of marriages and relationships between our clients and their families.
- We seek to build financial, emotional and relational wholeness in our clients along the recovery journey.

How Can We Help?

- 1-to-1 counselling
- Family and group counselling
- Support groups for addiction recovery
- Helpline at **65471011**
- Training Workshops
- Public awareness programmes

Weekly Support Group Programmes:

New Seekers & Recovery Support Group
(Conducted in English & Chinese)

Tuesdays, at St Andrew's Cathedral
By City Hall MRT

11 St Andrew's Road, S178959

- English - Graham White Hall/ South Transept Hall
- Chinese - Container 1/ South Transept Hall

Saturdays, at Geylang Chinese Methodist Church
By Aljunied MRT

52 Aljunied Road, S389820

- at Level 4

一望中心简介：

- 一望中心成立于2004年8月，是一间基督教机构，专门协助被赌瘾捆绑，有借贷的困难与其相关问题的人。
- 我们提供服务的对象是不分宗教与种族。
- 通过专业辅导和参加支援小组，我们看见许多求助者生命改变，从赌瘾和绝望中破茧而出，成为盼望的见证人。
- 许多旧的求助者成为我们的义工，帮助其他陷入困境中的求助者与其家属。

我们如何帮助？

- 我们尽所能引导求助者从赌瘾捆绑和借贷困境中，走向康复和自由。
- 我们会增强有问题赌徒和受害的人有能力去面对后果，承担个人的责任并处理自己根本的问题。
- 我们帮助个案修复他们的婚姻和家庭关系。
- 在康复过程中，我们尽力帮助个案全面去重整财务状况，学习情绪管理和重建关系。

我们有那些服务？

- 一对一辅导
- 家庭与团体辅导
- 成瘾康复支援小组
- 热线服务 (**65471011**)
- 培训工作坊
- 公众意识节目

每周支援小组活动：

新人求助组与康复支援小组
(中英文组)

星期二: 圣安德列座堂
(政府大厦地铁站上面)

11 St Andrew Road, S178959

- 英语 - Graham White Hall/ South Transept Hall
- 华语 - Container 1/ South Transept Hall

星期六: 芽笼卫理公会
(阿裕尼地铁站旁边)

52 Aljunied Road, S389820

- 活动在4楼

Volunteers' Testimony 义工的见证

I joined OHC to clock practicum hours for my counselling course. It began years ago on a Saturday with an announcement from my school that a church in Geylang was looking for a counsellor. Without second thought, I volunteered myself.

However, as I sat in the first session, I was shocked to find out that it was a Chinese-speaking church. Being a non-Chinese speaker, I thought in my heart, "God, you must be joking to bring me here."

We were divided into English and Chinese-speaking groups, and when the discussion started, I did not have the slightest clue what everyone was talking about. The conversation

revolved around money in 6 digits, and all I knew was that the amounts rivalled the value of my three-room flat. Then I realised that they were talking about debts and "Ah Longs" (loan sharks). At the end of the session, the staff asked me if I had anything to share. I replied that God had sent me and that I didn't know anything about gambling addiction. But I promised them one thing—that I can bring their challenges and pain to God in my prayers; and the rest is history.

I realised that God sent me to One Hope Centre to share His love. This place is like a hospital, where people come to take medication and where

Jesus is the doctor. God is present and He does the transformation. Healing, reconciliation and miracles take place.

Meanwhile, our work is to listen, encourage people and point interested ones towards biblical perspectives. I noticed that some volunteers even stayed on after sessions to talk with the newcomers, and were willing to share their contact numbers to be an available support to them.

To God be all the Glory.

Viji Torai
OHC Volunteer

感谢神！祂成立了一望中心，成为我们的避难所，我们的避风港。谢谢董事们为我们争取各方面的运作资源和资金。感谢全职职员和辅导员给予我们那无私的爱。

当我们的生命行在死荫幽谷时，是多么的凄惨落魄。来到一望中心，我们从绝望中看到希望，我们才开始见到一线曙光，我们的生命开始翻转过来。我们得到的不只是一个希望，而是永恒的盼望，谢谢一望中心。

现在每个星期二来一望中心已成为我和太太生活的一部分了。除了假期或家里有事先外，很自然我们都会来做义工。

我因家庭和债务问题认识一望中心，开始时我觉得我只不过是一个过客，这里没什么值得我留恋的地方。就好像看完医生，拿了药就回家，待在这里做什么？这里这样多细菌，免得被感染。这里的求助者都好可怕。

活着是很简单的事，只要吃，喝，拉跟睡就可以过一天，但要活的有生命就不容易了！后来慢慢从辅导员和义工的身上，我不只看到，而是真正体会到他们给予我们的关怀与爱。我至于会继续来做义工，是因为在这里我找到人生的定位，意义和位置。特别当我亲眼看到被帮助的生命开始改变，家庭夫妻关系修复，这种满足是无法用金钱和时间去衡量的！

我能够成为义工，不是因为我的势力才能，不是我在帮一望中心，乃是一望中心给我机会参与。在我心目中，一望中心是一间医院，是一间学校，更是一间温暖的家。

• 这是一间综合医院

虽然我没有赌的问题，但总有别的人生问题，这里有各式各样的社会问题可以从中吸取教训而获益。在这一间医院，经过辅导员的帮助和义工过去的经历，我们知道怎样胜过惧怕，怎样处理问题，怎样面对受伤害的家人和债主。靠着基督的奇异恩典，我们的心不再被赌瘾捆绑，不再被坏习惯缠累着。能勇敢的自己站起来，然后一步一步的走向康复的道路！

• 训练学校

一望中心是一间以人为本的机构。义工就是一望中心最宝贵的资源。过去一望中心过去一直都有主办讲座，工作坊和培训来栽培义工。比如：内部培训有戒赌课程，自我成长课程和婚姻课程等等让我们认识自己的价值和提升我们的品格。外来讲座所邀请的讲员都是博士，教授和资深辅导员。从这些专业教导中，有很多功课可学，其中一项，我学会在家庭，职场，社交圈子怎样应用同理心，不以歧视和审判的眼光看求助者，让我们更会体贴人，帮我们改善社交技巧，改变生命和回馈社会。

• 温暖的家

一望中心就好像一位带着几十个孩子

的妈妈，当中有乖巧听话的，调皮捣蛋的，叛逆爱顶嘴的都有，不容易带。但感谢主，除了辅导员，还有很多的义工彼此扶持和付出，让我感到温暖。

这个家只有爱，没有歧视，只有包容，没有计较的地方。在这个家里没有所谓的谁比谁强，义工就好像义肢，以前我们都是断手断脚的，现在你做我手，我做你的脚，彼此扶持，彼此服侍，彼此包容。无论我们失败多少次，这个家总是对我们带著期待与鼓励。

我相信我们会来到一望并不是偶然的，乃是神的旨意，神开的路！就如【罗八28】所说「我们晓得万事都互相效力，叫爱神的人得益处，就是按祂旨意被召的人。」所以【来十24】「又要彼此相顾，激发爱心，勉励行善。」【来十25】「你们不可停止聚会，好像那些停止惯了的人，倒要彼此劝勉，既知道(原文是看见)那日子临近，就更当如此。」

若我帮人，其实最大的受益者就是自己。一支单独燃烧的木柴很快熄灭，若是一堆木柴的话，不只烧得久，而且旺！让我们同心一起帮助更多的求助者，帮助自己！

最后，我鼓励大家，不要白白浪费你所经历的事，来做义工吧！

Pastor David Choo
一望中心的义工

Wishing
You a
Wonderful
Christmas
and a
Hopeful
New Year!

From:
One Hope Centre

PARTNER WITH US!

With the free services and programmes we provide, One Hope Centre depends very much on donations to help individuals and families affected by problem gambling and related issues.

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

1. Crossed cheques made payable to:
One Hope Centre
2. Deposit or fund transfer to
Maybank (Current Account): **0415-1006-196**
3. Through our website at **www.onehopecentre.org**

Where our donations are used:

- Providing individual, family and group counselling
- Running weekly support groups sessions
- Conducting addiction-recovery enrichment programmes
- Conducting public education programs on gambling addiction
- Running the day-to-day operations

- No donations are used to pay debts for clients
- All services rendered to clients are free of charge

Please consider supporting us as we continue the good work.

As One Hope Centre is a registered Institute of Public Character (IPC), your donation entitles you to a 250% tax deduction.

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。

请慨捐献给我们。

您可以通过以下的方式来捐款:

1. 划线支票于 "One Hope Centre"
2. 存款或根行转账 (Maybank Current Account 0415-1006-196)
3. 通过我们的网站 **www.onehopecentre.org**

您的捐款会用于:

- 提供个人，家庭及团体辅导
- 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
- 我们不会利用任何捐款去帮个案偿还赌债
- 一望中心运作开支

- 我们不会利用任何捐款去帮助个案偿还赌债
- 一望中心提供给个案的服务都是免费

一望中心是一个公益机构。您的捐赠将能得到的250%税务回扣。





用你的手机来扫描以下二维码来了解更多资讯!

Scan the QR Code above with your phone for more info!

-  [62019 - Aft Rochdale Rd]
22, 24, 43, 58, 62, 62A, 70, 70A, 70M, 76, 80, 80A
-  [62011 - Aft Bartley Rd]
22, 24, 43, 58, 62, 70, 70M, 76, 80
-  [70301 - Aft Paya Lebar St]
22, 24, 28, 43, 58, 62, 70, 70M, 76, 80, 93, 158



One Hope Centre
8 New Industrial Road,
LHK3 Building #04-04B, S536200

Call our helpline:

65471011

