

OneHope Centre

*“Let us hold
tightly without
wavering to
the hope we
affirm, for
God can be trusted
to keep His
promise.”*

Hebrews 10:23

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FOREWORD



One Hope Centre is entering into a new phase and chapter in its journey. Having just celebrated its 10th anniversary, we feel the call to take our work upstream. Thus far, we have been focussing on downstream work and meeting the needs of recovery clients who seek help and relief from their addiction and money related problems. However, we discern the pressing need to step up our outreach and awareness campaigns to warn people of the dangers of gambling.

The Bible tells us that we should know the times like the people of Issachar. With easy access to internet and technology, it becomes easier for those who are vulnerable to fall prey to gambling addiction. The Government is also alive to such risks.

Over the years the Government has worked to decrease the levels of problem gambling through the implementation of laws, supported by the Betting Act (“BA”), Casino Control Act (“CCA”) and the Common Betting Houses Act (“CBHA”). With the introduction and increased access of technology and communications, the market for remote gambling in Singapore has been increasing at an annual rate of nine percent, with an estimated size of between US\$30 and \$40 billion dollars. This amounts to five times the expected growth rate of conventional terrestrial gambling.

Last year, the Singapore Parliament passed the Remote Gambling Bill 2014 on 7 October 2014. The purpose of this Bill aims to restrict and regulate remote gambling and remote gambling services affecting Singapore; with the object of preventing remote gambling from being a source of crime or disorder and to protect young and vulnerable persons from being harmed or exploited by remote gambling.

Defined within the Remote Gambling Act 2014 (the “Act”), remote gambling refers to; gambling in which a person participates by the use of remote communication. This includes communication through the internet, telephone, television or radio and any other forms of electronic or other technology which facilitating communication; even if the gambling is done only partly by means of remote communication. In this issue, we will consider the implications of this Act.

In this issue, we also highlight some of our upcoming activities and heart-warming testimonies from family members of our recovery clients.

May God bless you all in this year of the Jubilee.

Christopher Chuah
President
One Hope Centre

From the Executive Director's Desk



In this edition, I wish to share a true story that I had the opportunity to be a part of in the recovery process of a former compulsive gambler. The names used in this story are pseudonyms for the purpose of protecting the family's real identity.

"You chose to seek help here?" I asked Ted Lim, a new face past mid 30s who had checked in for a residential program at the rehabilitative facility where I was working previously.

"No, I was referred by the Institute of Mental Health (IMH) and they said you guys can help me", he replied.

"Yes we can help but how did you land yourself in IMH?" I asked, as I wanted to find out more from him firsthand, aside from his referral report.

Tears welled up in Ted's eyes as he revealed that he had left home in defiance of his parents' order to quit gambling and doing drugs. When he saw me, he had left home for almost 2 years. Though he had friends to fall back on in the earlier days, those friends eventually backed out one after another and soon Ted's new home became the deck of pick-up trucks or lorries, sometimes with the blessing of a torn tarpaulin sheet to keep himself warm from the changes in temperature as he slept through the night.

Survival for Ted came in the form of odd jobs. On some days when there was neither job nor money after having spent them on drugs, scavenging for leftovers at hawker centres was the only way he knew to keep from starving. But he reckoned that his life would change once he secured a permanent job, which he did later, as a driver in a firm retailing bottled gas. His blessing helped improve his circumstances, with the cabin of his lorry now as his new makeshift bedroom, giving him shelter from unexpected rain at night. But the new job soon brought new problems, as he frequently parked illegally and received non-stop fines.

Ted's new job proved demanding and in trying to cope, he relied heavily on drugs. To make matters worse, the urge to gamble tempted him again, now that he had some money to indulge himself with.

Overwhelmed by stress and hopelessness after a time, Ted was at a loss with what to do. At one point when he finally hit rock bottom, he saw the cylinder of gas at the back of his truck as the solution to all his problems. He took it, placed it in the cabin, wound up both windows, released the gas from the cylinder and bade farewell to life.

"Thank God you are alive! I retorted, convinced that God had a much bigger plan for him.

"I can only recall lying in a hospital when I came around. I had no recollection of what happened in between", he said.

"You came back from the brink of death! Don't do such a foolish thing again", I offered as my rejoinder.

Ted continued to relate that he spent a few months in IMH undergoing a rigorous program to address his addiction to gambling and drugs. When he was informed of his impending discharge, he felt a deep sense of unsettledness, as he had no 'home' to return to. The thought of a bleak future living off scraps from leftover food at hawker centres, sleeping on lorry decks or a bench in the park sent chills down his spine and dampened his spirit. But unknown to him, IMH had made a referral for him to be housed at the centre where I was working. It brought much relief to him when he subsequently learnt about it.

At the centre, Ted did very well for his recovery, and in a span of one year, he became a centre staff. He took charge of worship leading and facilitated the weekly gamblers' support group meetings regularly.

One morning I received a call asking if I could furnish a story on gambling addiction for a TV drama production. With Ted's agreement to share his story, the producer arranged a cameo role for him.

"Hey Ted, are your family members aware of your whereabouts?" I asked one rainy afternoon that had kept us both indoors. Though I expected a negative response, I broached the subject to encourage him to walk the talk in the same way he taught others to reconcile with their families at support group meetings.

Ted had a reluctance to get in touch with his family members for fear of being scorned at and his guilt of letting his family down was something that constantly weighed heavily on him. So I offered, "I'll call your family to let them know of your whereabouts in case there is a need to contact you for any emergencies." I reckoned he couldn't say no to his direct mentor.

I contacted Ted's younger brother Ben over the phone. We spoke for a while until he was more comfortable with me. I communicated Ted's whereabouts to him and before hanging up, reiterated and assured Ben of the good changes in Ted.

One Monday morning a couple of months after the telephone conversation with Ben, Ted excitedly informed me that his father and brother had visited him over the weekend. "Really?" I responded with a surprise as I remarked, "Wow, they really took a long time!"

"Do you remember the TV drama both of us acted in?" he asked.

For the first time, I understood a father's love for his children.

"Yes", I replied, eager to hear more.

"My aunt watched the drama and saw me on TV. She noted the name and address of our centre from the acknowledgements and called my dad to tell him. Ben broke silence and mentioned your call to him when dad brought up that aunt had spoken to him about me. So they decided to make a visit to the centre to check me out," came Ted's rejoinder.

"How was the meeting?" I asked, keen to know what took place.

Choking on his speech, Ted confessed that he didn't want to see them initially, having little common ground for conversation after such a long bout of separation.

As they gathered together in a small room that afternoon, Ted related, "Dad, Ben and I met for the first time after 3 years. It was so awkward initially, I hardly knew what to say except to respond to their questions politely. But Ben broke the formalities to express just how much dad had missed me all those years. Dad nodded in agreement and there were tears just streaming down his eyes as he said, "Son, when will you come home? You are still my child just like your brother and sister and I love you too!" For the first time, I understood a father's love for his children. Dad's openness and condescension left me stunned and shaken up, considering he was such a private person who wouldn't openly make his feelings known".

"Suddenly", Ted continued, "it hit me just how much I had hurt my family. I broke into tears and knelt before dad to ask for his forgiveness. All the years of repressed emotions just poured out. We embraced each other, filled with so much joy at our reunion."

From then on, Mr. Lim made it a point to attend the weekly meetings regularly to support Ted at the centre. Serene, Ted's sister followed later and also witnessed the change in her brother and the work he was doing at the centre.

"Would you like to invite Mrs. Lim to our support group sessions?" I raised the question with the family at one of their visits one evening.

"Oh mum has been so deeply hurt by Ted, she will have nothing to do with him ever. To avoid further upsetting her, we have withheld all information about Ted from her", Serene replied.

On reflection, I felt so silly to have made the suggestion as I wondered if she would ever come to the support group, taking into account the amount of pain and heartache he had brought to her. I was resigned to believe that it was his wrongdoing and that he owed his mum an apology. Yet when I least expected it, Mrs. Lim appeared at the support group session a fortnight later. It turned out that Mr. Lim had taken the family out for dinner and then decided to take all of them to the centre after dinner in their family sedan.

When she was eventually informed of the purpose of the visit, Mrs. Lim was reluctant to step out of the car, let alone sit in the meeting! But with much coaxing from family members, she relented but only to observe.

"Let's sing the song *God Will Make A Way* one more time," said the worship leader that evening. As I sang, I felt assured that God will indeed make a way where there seemed to be no way. As Mrs. Lim took her seat, I felt an unexplainable certainty that God's power will be revealed that night.

Twenty seekers were present that evening, and each took turns to share their problems. When it came to Mrs. Lim's, she kept tightlipped and continued donning a sulky expression. For a while, the session stalled, as they waited for her to join in the sharing. Walking to the middle of the group, I turned to Ted and quietly instructed him to go to the pantry to fix a cup of tea and have it brought in quickly. When he returned with it, I gestured to him to get ready to offer it to his mother. With all eyes fixated at Ted and his mother, the room became so quiet you could hear a pin drop.

Turning to his mother I said, "Mrs. Lim, it must be very painful for you as your son Ted has given you so much heartache. Very often the people who hurts us most are those whom we dearly love. You appear to be very angry with him but like any loving mother, I think, you desire the best for him. You certainly want to see him changed for good for one simple reason," my voice was breaking when I came to this point and clearing my throat, I struggled on in a measured tone to say, "...because he... is your son."

Reaching out to Ted, I gently gestured him to offer his apologies to his mother. With much remorse in his heart, Ted got down on his knees to kneel before her. He took the cup of tea, offered it to her - a symbolic act of respect to parents, and humbly sought her forgiveness for his past waywardness. There was now not a pair of eyes in the room that was not in tears.

Taken aback by his gesture, Mrs. Lim was at a loss at what to do. Suspense now filled the room. I remembered praying in my heart at that moment, "O Lord, let there be reconciliation today". Then all of a sudden, the room erupted in loud applause as she reached out to accept the tea to drink it. I was awed, quietened and humbled by the Lord's work in bringing about such reconciliation.

Following this incident, Mrs. Lim continued faithfully to attend the meetings to support her son. After about a year later, having witnessed the transforming power in her son, she came to Christ.

Reproducing this account has left me crying at various junctures as I tried to piece together all that had taken place. Yet one thing I remain thankful to God for, is the very rich experiences He has chosen to give me in the course of my work, to bring me to a deeper understanding of His profound love and incomparable grace.

May the words of my mouth, the labour of my hands and the meditation of my heart be pleasing in His sight.

All Glory to God!



Our Board Members

The following personnel were elected to the Board during our Annual General Meeting on 22 May 2015

President : Christopher Chuah

Vice Presidents : Rev James Lim
Carolina Ong
David Chung
Vivien Phay
Lau Mun Keong

Treasurer : William Chua

Secretary : Elis Tan

Committee Members : Josie Lau
Chua Ying Hwee



THE GAMBLING CONTROL ACT



A. INTRODUCTION

1. The Remote Gambling Act has two major objectives: to penalize restrict and obstruct remote gambling; and second to protect the young persons and other vulnerable persons from being harmed or exploited by remote gambling.
2. Singapore has become increasingly concerned with the figures relating to online gambling. As discussed in the parliamentary report dated 07 October 2014 regarding the Remote gambling act, there have been various reports detailing a rapid increase in remote gambling to a staggeringly detrimental effect.
3. An operation fronted by INTERPOL during the FIFA World cup that covered China, Hong Kong, Macau, Malaysia Singapore and Vietnam showed that syndicates spanning these regions handled about US\$2.2billion worth of bets that were placed through predominantly illegal websites over the period of the previous World cup.
4. *The Economist's* 3 February edition ranked Singapore as second in terms of amount of gambling losses per resident adult. Online gaming has been growing at an alarming rate with an estimated US\$416 million being gambled away by local Singapore gamers during 2014, a 10% increase from the previous year.
5. Mr S Iswaran, in his speech introducing the debate of the Bill, was of the opinion that this act was necessary for numerous reasons, among them the pure addictive nature of remote online gambling. It is easy to access, easy to play and overly addictive in its experience. Further, remote gambling should be a concern for its strong ties to criminal enterprises both in the running of the operations and the cash flow produced that is often utilized in other criminal operations. Finally, Mr S Iswaran illuminates why these problems are not already addressed in previous acts relating to gambling. Both the Common Gaming House Act and the Betting Act were created prior to the Internet age and consequently, were not designed to, nor capable of, protecting Singapore from the terrors of internet remote gambling.
6. The act itself will be looked at in regards to its Clauses and how it seeks to penalize remote gambling and protect Singapore from its effects; the exemptions of remote gambling; address the various concerns that have been voiced with the act; and look at its effectiveness since its coming into use.

B. CLAUSES OF THE REMOTE GAMBLING ACT

1. The Remote Gambling Act seeks to restrict and impede both the operation of and access to online gambling. The Act does this via three separate avenues of attack.
 - a. Penalties for Online gambling (both the use and operation);
 - b. Prohibition of advertisement; and
 - c. Website and payment transaction blocking.

While, the act may be considered harsh, it was created with the study of law and practices in other jurisdictions and has been designed to protect the citizenry from the addictive and negative nature of remote gambling.

Penalties for Online Gambling.

2. The offenses regarding remote gambling are contained in Part 2 of the act. The disparity between penalties for each offense illuminates the intent of the act. Clause 8 of the act punishes unlawful remote gambling with an offence not exceeding 6 months and a fine not exceeding S\$5,000. Or both. This comparatively minimal punishment (as mentioned in the Parliamentary Reports) indicates that the focus of this act is not upon the citizenry who are using online gambling sites.
3. Clause 9 deals with persons who are active in the supervision or operation of remote gambling systems. The offence for this will be not less than S\$20,000 and not more than S\$200,000 or imprisonment for a term not exceeding 5 years or to both. Similarly Clause 10 and 11 deal with punishing the actual *providing* of remote gambling systems with the same minimum fine, but an increased maximum to S\$500,000 or imprisonment not exceeding 7 years or both.

4. Finally on the point of offenses, Clauses 12 and 13 specifically penalize the unlawful employment of young persons in remote gambling and the unlawful invitation to young person's to gamble remotely. The punishment for such employment is a fine not less than S\$20,000 and not more than \$300,000 or imprisonment for a term not exceeding 6 years or both. This rather large punishment shows the Acts intent to strongly protect the Singapore Youth from the detrimental effects of Remote Gambling. The parliamentary Report considered this necessary because of the abundance of computer knowledge available to the younger generation as well as their strong affinity to online life. Perhaps (although only a personal observation) it is also likely that, by limiting or dissuading the pursuit of online gambling at a young age, it ensures the new generation of families will be free from its negative impact.

Prohibition of advertisement

5. Part 3 of the Act deals with the advertisement and promotion of Remote Gambling. Clause 15 and Clause 17 punish the publishing of advertisements and the promoting of remote gambling. Both the publishing of or authorization of publishing advertisements, and the promotion of gambling are punishable with a fine not exceeding S\$20,000. Presumably, the fewer advertisements in existence, the less people will pursue remote gambling.

Website and payment transaction blocking.

6. Part 4 of the Act deals with the block of access and payment transactions for remote gambling. This part provides powers necessary for the restriction and impediment of remote gambling. Clause 20 allows for an authorised officer, upon adequate complaint and the arising of specified circumstances and in accordance with specified procedures, to direct the MDA to order Internet service providers to take reasonable steps to disable access to the specified online location.
7. In addition, Clause 21 allows an authorised officer, also upon adequate complaint and the arising of specified circumstances and in accordance with specified procedures, to direct the MAS to give a financial institution a payment blocking order; or give a financial transaction provider a payment blocking order. Through these powers the Act provides the means necessary to block sites and financial transactions necessary for Remote Gambling operations to perform.

C. EXEMPTIONS TO THE ACT

1. Part 5 of the Act deals with Exemptions to the ban of remote gambling. Clause 26 allows the Minister, upon application, to issue a certificate of exemption that allows a person to provide Singapore-based remote gambling services. The issuance of such a certificate is only made if the Minister finds that it is in the public interest to do so. Both Clause 26 and 27 of this Act list an extensive list of requirements and expectations that any Person or organization seeking a certificate must abide by.
2. According to the Parliamentary Reports and other articles on the Act, the intent for allowing such exemptions is to limit the veracity of underworld remote gambling (to be discussed more later).

D. CONCERNS REGARDING THE ACT.

1. There are two prominent concerns with the act: that these exemptions send mixed messages and a complete ban should be favoured; and that the act might infringe on other social games which are part of a budding industry in Singapore.

Singapore should have imposed a complete ban on remote gambling.

2. Several MPs among the 10 who spoke during the debate on the bill questioned if the exemptions would send a conflicting signal to the public. Christopher De Souza was concerned that, *"On one hand, you have enforcement and punishment which rightly say remote gambling should be deterred. Yet, we are also saying there can be a medium through which remote gambling is legitimate."* Similarly Png Eng Huat was concerned that addiction to online gambling will not cease when exempt operators will still be available. Denise Phua also quite eloquently stated that, *"If, indeed, we so strongly believe remote gambling is harmful and does no good to either the people or nation, then are we legitimising the act of gambling and breeding its acceptance by legally providing for exempt licensed operators in (the Remote Gambling Bill)?"*

3. It is clear that the concern of many of the MP's is the disparity between entirely acknowledging the harm of online gambling while simultaneously endorsing its existence. The response and reason for these exemptions was explained by Mr Iswaran who stated that this "tightly controlled valve" had not been allowed to promote gambling but to adhere to the environment in which the Act is set to apply. There is a concern that a complete ban would simply promote or incentivise criminal syndicates to target Singapore.

This act could unfavourably infringe upon the social gaming industry.

4. Another concern regarding the act was the potential for the Act to cover social games such as *Farmville*, *Candy Crush Saga* or even *League of Legends*. In response to this Mr S Iswaran highlighted in the Parliamentary Report that this was not the intent of the Act. The Act is specific to games that give the players a chance to win money or real-world merchandise.
5. These concerns were addressed by the MDA who met and discussed the Act with members of the gaming industry. In a release dated 28 Jan 2015 they reiterated that the following types of games would not be covered in the act.
 - a. Games which do not allow players to win, through an in-game facility, money or real-world merchandise which can be exchanged for money;
 - b. Games which allow players to purchase or exchange game credits or tokens, but do not provide in-game facility to convert these game credits or tokens to money or real-world merchandise which can be exchanged for money;
 - c. Games which allow players to purchase, gain or exchange game enhancement features, e.g. weapons, skills, but do not provide in-game facility to convert these game enhancement features to money or real-world merchandise which can be exchanged for money; and
 - d. Games which rank players but do not provide in-game facility to convert these ranking positions to money or real-world merchandise which can be exchanged for money, such as Tower of Saviors and 2Fuse in their current form.
6. In addition, the MDA also explained that games such as *League of Legends* which allowed players, through tournaments or as top ranked players, to receive real world prizes would not be banned either. As a rule the Act does not prohibit mechanisms to reward players for their skill provided that these are not Casino Style-Games.

E. CONCLUSION

1. The act itself has already provided the needed authority and power to arrest 11 persons in a remote gambling syndicate. The arrest took place on 3 May 2015 and recovered S\$215,000 cash, computers and mobile phones along with betting records and bank transaction record booklets. It was further estimated that the operation had received about S\$3 million in that last two weeks alone.
2. While concerns have been raised about its effectiveness, this arrest indicates that the Act does have formidable value in penalizing remote gambling syndicates. The powers to both limit online gambling and penalize those that promote it have already proved effective within 3 months of the Acts coming into use.

F. SOURCES

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OHC's 10th Anniversary Celebration

On 11 October 2014, One Hope Centre celebrated its 10th anniversary at the Bartley Christian Church with an attendance of some 700-800 people from all walks of life. The Guest of Honor for the evening was Mr Chan Heng Kee, Permanent Secretary, MSF.



Our Guest of Honor Mr. Chan Heng Kee, Permanent Secretary, Ministry of Social & Family Development, with VIP Associate Professor Ho Peng Kee (seated 2nd and 3rd from the left respectively)

A scene from the Chinese skit



A scene from the English skit



Mr Patrick Leong rendering the song, *Hope For The Hopeless*



Some of the guests at the evening event

MY FAMILY MEMBER IS A GAMBLER, WHAT SHALL I DO?

A problem gambler or a pathological gambler will certainly have debt problems. However, he/she will usually cover up their debt crisis. At the same time he/she has the wrong idea of continually chasing losses, resulting in mountain of debts. According to research analysts of gambling addiction, the actions of one gambler negatively impact the lives of at least 17 or more persons around them.

Impacts faced by problem gambler's family members

A gambler not only harms familial relationship, he/she may also put family member(s) into serious financial risks. More often than not family members have to face more frightening events such harassments and threats from loan sharks and other creditors. Such encounters would impact on their usual lifestyle including their social life and they would be subject to stress psychologically and emotionally. The pain and hurt which family members have to go through is beyond words.

Erroneous thoughts and behaviour of family members

1. Believe in the gambler's words
Family members would initially be fooled by the gambler's lies thinking that the latter's behaviour was unintentional. They believe that by helping the gambler settle fully his debts he would not do it the next time. As a result, family members would come together to help gambler settle his debts fully.
2. To rescue the gambler, one has to help him settle his debts
Family members are inclined to hold the wrong idea that if they do not help the gambler settle his debts, who would? They felt that they could not "leave him to die." Therefore, family members would utilise their life savings, or pawn their jewellery, and even take up personal bank loans or borrow from relatives and friends to help the gambler settle his debts. They hope that by such help the gambler would stop gambling. However, family members usually would encounter disappointments as they did not expect the gambler would relapse so quickly because their gambling debts had been settled to easily and quickly. Usually, the debts incurred would be even higher and more serious than before.
3. Thinking that family members have the responsibility to settle the gambler's debts
Family members are inclined to treat the gambler's debts as theirs and think that they have to settle them. Due to such erroneous thinking they put up with stress and fear; they think of ways and means to help the gambler settle his debts; and sometimes they even unnecessarily overpaid.

There was a female client who took loans from loan sharks. Her family members had helped to settle her debts. One year later, the loan sharks telephoned the client's daughter saying, "Your mother still owes me \$600, now you need to pay me \$1,200." The daughter thought that her mother went to borrow from loan sharks again. In this situation, she fears harassments from the loan shark; hence she quickly paid it off to the loan shark. When she finally asked her mother, she realized it had been a sham.
4. Harassment, abuse and life endangerment
Usually, the gambler would reveal the home telephone number, or reveal family members' personal particulars including mobile numbers, to the money lenders. When the gambler is not able to settle his debts, family members would receive harassment and abusive telephone calls and they will be frightened. They believe that their lives would be endangered and they will think of ways and means to help the gambler to settle those debts.
5. Worried about gambler committing suicide
When the gambler has exhausted all means, he would usually threaten his family members that he will commit suicide. For example, he would leave a SMS to read like a "suicide note". Family members would be worried, frightened, that he would do silly things, and they will continually utilize their life savings or borrow money to help him settle his debts. As a result, family members are ensnared into the vicious cycle. The gambler would continue to avoid his situation, he will not change, he will not take ownership of responsibility for his debts, and also he will not understand the principle behind the experience of personal hardship in settling his own debts.

6. Family members would not be implicated if the gambler is chased out of home
 Oftentimes family members think that they would have peace and quiet if the gambler is chased out of home. This is not true, especially when it is a loan shark debt. The loan sharks identify the home address and not recognize the borrower. There was no face-to-face encounter and the loans are taken up by mobile phones and bank transfers. Therefore, if the gambler has been chased out of the home, family members would face the harassments and abuse from the loan sharks rather than the gambler who should be dealing with the situation.
7. Family members do not need counselling
 Family members usually feel that they are not the wrongdoers, and not the gamblers, and hence they do not need counselling. We know that the gambler's problems will seriously affect family members in many ways. For example, they face harassments from creditors. Family members would need to know how to face and cope with such problems; how to help prevent relapse; how to support the gambler emotionally and psychologically in his recovery process.
8. Continual probing helps to find out whether the gambler has stopped gambling
 Many family members feel that by continually probing and constant reminders, the recovery person would stop gambling and borrowing. Actually, this only satisfies the family members' queries but the result is not favourable. Think for a moment, if the response is, "I have stopped gambling" – would the family member believe? If the response is, "Yes, I still gamble", what would be the family member's response? Besides, continual questioning would destroy each other's relationship.

How should family members cope with a gambler in the family?

1. Family members should encourage the gambler to seek help with a gambling addiction recovery centre, and not find ways and means to help the gambler settle his debts problems. A gambler usually would not seek help for his addiction if he is not in a desperate mode; and family members should accompany him/her to show emotional and psychological support.
2. If the gambler would only seek help in his addiction on condition that family members help to settle his/her debts, family members must refuse to accept the condition because the gambler himself does not have the motive to change and the help would not have favourable result. In a situation like this, family members could first seek help on how to deal with their problems.
3. When the gambler is ready and prepared to change, family members could take note of the following steps in helping the gambler in his recovery process:
 - a. DON'T
 - "Bring back the past". Do not continually harp on the gambler's past behaviour and indebtedness.
 - Help the recovering person by shouldering part of his debts as a means of encouragement. This is an erroneous thought. In his recovery process, the gambler must learn to take responsibility for his debts so that he does not easily go into relapse.
 - b. ROLE OF FAMILY MEMBERS
 - The supporting role of family members would be stay connected with the recovery person by not forsaking him/her, not leaving him/her, not lending him/her financial help. Family members could support the recovery person by joining him/her to support group meetings regularly; also family members do face lots of problems, too. For example, creditors' debt collection pressures, abuse, and harassments would create psychological fear and this requires support. Family members would have to set boundaries to protect themselves to avoid harm or becoming a debtors.
 - The gambler is usually poor in managing money; he would take to gambling when his pocket has excess cash. Therefore, family members need to help in monitoring the gambler's daily expenses, execute and control his monthly debt repayment plan.
 - Should family members encounter pressure or problems, they should refrain from suspicion or speculation. Discuss with the gambler calmly or seek counsel.

4. How to assess whether the gambler has indeed stopped gambling

The gambling addiction recovery is a slow and long process; it is also a life-long process. This requires the family members' patience and support. If the gambler is in the recovery journey, family members could assess from three areas whether he/she has made changes.

- From the emotion and behaviour: for a gambler who punts on horses, he stopped reading the horse racing guides; staying home after work.
- Begin to show care and concerns for family members. For example, the recovery person begins to help out with household chores which he did not do in the past.
- Begin to hold new perspective on lifestyle and value of money; begin to take responsibility for his family role and family matters. He/she no longer depends on gambling to prop up his self-esteem.

Conclusion

Family members play a very important role in the gambler's recovery process and it is really not easy to do so. As a result, family members need to take good care of themselves in order to have the mental wellness to get along with the gambler, and to walk with him/her in the recovery process.



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.

Monetary donation made to One Hope Centre will entitle the donor to a tax deduction of 300% the amount donated for donations made before 31 Mar 2016.

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 OR www.sggives.org



Donations 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 300% TAX DEDUCTION!



Testimony

By Zheng Cuiling

I am a gambler's wife. Four years ago, when I discovered that my husband had gambled in the stock market and owed banks, stock brokerages, licensed moneylenders, relatives and friends a big sum of money, I realized that he is a gambling addict who needs psychiatric help. Upon searching through the internet, I came across One Hope Centre (OHC) but due to a lack of understanding about how OHC operates, I thought that group therapy counselling is not as effective as one-to-one counselling, and also I was afraid that he might be influenced negatively by fellow gamblers, so I asked my husband to go for counselling by a psychiatrist whose methods are mechanical and rigidly structured. As a result, after attending 2 or 3 sessions, my husband gave up as he found out that this way of counselling is not helpful at all.

My husband continued to gamble in stocks and 3 years later, he accumulated even more debts. When I found out that he had again owed banks, brokerages and dozens of licensed and unlicensed moneylenders, I was very disappointed and suicidal and threatened to jump down from our flat as a wake-up call to my husband. Also, my brother-in-law asked my husband whether he chooses God or "Ah Longs". Because of my threat of suicide and my brother-in-law's scolding, my husband finally woke up and accepted that he is a gambling addict and he needs help to kick his gambling addiction. My husband's auntie surfed the internet and found out about OHC and suggested that we come and find out whether OHC can help. So last year, on 14 June, we came to OHC. When I first came to OHC, we were lost and I had no confidence that my husband can overcome his gambling habit but after hearing the testimony of volunteers, we started to feel hopeful. After a few counselling sessions by a gentle and caring counsellor and after attending her "Gambling Addiction Recovery" programme, I learnt from her how to control my anger and emotion, face up to my subconscious flaws, learn how to overcome my shortcoming, expand my strengths, and how to help my husband kick the gambling habit. I also learnt how to trust and encourage my husband spiritually, verbally and by my actions, as he walks the long and difficult path of recovery from gambling. We also volunteered to

help out at OHC's group therapy sessions and through mutual encouragement with fellow attendees, and with the help of our Lord Jesus Christ, we are confident that my husband can overcome the temptation to gamble again and will walk the straight and narrow path of recovery.

We have also attended the "Spiritual Formation" classes, and I have learnt about Christ; why we should place God at the centre of our lives, read God's Word, and be a faithful servant of God, be the salt and light of this world, love God and not this world, serve God and follow in His footsteps.

All the counsellors in OHC have shown their passionate care and extended unflagging help to those who came to OHC for help. From them, I have seen the love of Christ and have accepted Jesus as my Saviour. Now, my husband and I pray together every day, and we read the Bible, sing songs of praise and pray for God's guidance and forgiveness for our weakness and learn to live more like Christ.

From the "Cleansing Stream" workshop, we learnt how to follow God's will, not to depend on our own intelligence and to trust God with our troubles. God will help us overcome all obstacles and we will lead a life peace and happiness.

From the "Embrace Your Life" course, I learnt that a person's emotions and actions are caused by many factors and our past affects our actions today, so by understanding our past, we can be more confident of our future.

Every week, we very much look forward to attending OHC's Newcomers' and Recovery Group meetings, to share our experience and to learn from the experience of others, being more aware of our failings and to improve ourselves. From going to OHC this past year, we learnt that to quit gambling effectively, we need 3 strengths; God's guidance, family's encouragement, and OHC's brothers and sisters' care and help. God's "Faith, Hope, Love" changed our lives and brought us closer to God. OHC is our light and chicken soup for our soul, and OHC counsellors are the salt in the chicken soup, thank you OHC! Thanks be to our Lord!

Testimony

By Chua Poh Choo

Although I was a Christian, there seemed to be no peace and happiness in my life. My husband used to bring many problems to me. I had to support him in terms of business financing, but he was not good

at financial management, which led him to huge loss due to business failure. I used my credit card and personal loans to help him repay the debt. When I failed to pay off my bank loans, I usually borrowed

money from the sisters in church. I worked hard to repay the debts and at the same time support the family. He was reluctant to work for others and thought he could have the chance to succeed all over again. I dared not and had no capability to support his business, so he was not able to devote attention to his work, and always tried to find shortcut to make more money to service his debts.

Unfortunately he was seduced by pernicious influence from his friends to indulge in gambling, conceivably for repayment of debts. However, gambling did not bring fortune to him; worse, he owed banks and licensed money lenders heavy debts, so I had to ask the sisters in church and friends to lend me money to pay for his debts. Time and again I exhorted him not to resort to gambling for addressing debt problems. But a few months later, he was in debt with licensed money lending firms again. When asked for the reason, he said he had concealed some debts from me for fear of my inability to pay, and he thought he had capability to handle it. I borrowed money again to assist him to pay the debts.

A few months passed, I found unexpectedly that he was not only in debt with licensed money lenders, but also ran into debt with loan sharks. I could not withstand the stress of loan sharks' harassing and wrecking activities, and thought of divorcing him. The Priest in my church advised me not to help him to pay the debts, but instead asked him to take responsibility for them by himself. Hence I steeled myself not to pay his debts and instead prayed to God for him in silence.

My eldest daughter surfed online and found One Hope Centre, which is dedicated to helping

addictive gamblers with quitting gambling and solving debt problems. My husband was desperate and upset by the harassments of the loan sharks. He sought no assistance from anybody, and indulged himself in alcohol every day. I encouraged him to attend support group meetings organized by One Hope Centre because I hope he would be able to take responsibility to solve his own problems and behave himself. Thanks to the guidance of God, he obtained great assistance from One Hope Centre. He went to the support group meetings every Thursday and every Saturday. He received counselling from One Hope Centre until his plan to pay off debts was made in detail. Counselling and sharing by support group members helped him a great deal, and I began to accompany him to join the support group meetings regularly as I have witnessed changes in him. With inspiration from counsellors and sharing of peer supporter, I regained peace in my heart. My husband and I attended three courses conducted by OHC counsellors viz. 1) "Embrace Your Life" a personal development programme; 2) "Gambling Addiction Recovery" programme; and (3) "Spiritual Formation" programme.

Although we are still paying debts, we are living an enriched life peacefully and happily, as we have found hope, direction and meaning of life with the guidance of God's Word. At the new comers' group, we saw many recovery seekers bewildered, fearful, helpless, full of anxiety when they first came over, and we felt that they need the Lord. I decided to volunteer at One Hope Centre, where I have found hope and regained my beloved husband as well. Thank You Lord, You have through One Hope Centre given me and my family assistance and enabled us to enjoy a joyful and pleasant life.



Seminar On Gambling Addiction & Living Well

OHC is pleased to announce that it will be organizing two talks for its volunteers, clients and also members of the public.

Saturday, 17 October 2015
10.00 am to 3.00 pm
Kembangan - Chai Chee Community Hub
11 Jalan Ubi, Block 2 Level 2

**Simultaneous interpretation in
Mandarin will be provided**

**Talk 1 - Hard Truths About Gambling
Talk 2 - Living Well**

Lunch will be provided
Admission by tickets (all complimentary)
Get yours early to avoid disappointment
Guests requested to be seated by 9.45 am

Please see attached flyer for more details

前言



一望中心正在进入新阶段，开启其旅程的一个新篇章。在庆祝中心成立 10 周年之际，我们感到应将我们的工作提升到一个新层次。到目前为止，我们的工作重点集中在帮助求助者戒除赌瘾，帮助他们处理债务并其他相关问题。在这个过程中，我们察觉和发现，我们应该更加拓展我们的视野，须要警示提醒人们赌博的危险，做好预防工作。

《圣经》告诉我们，我们应该像以萨迦派的人民一样了解时代的意义。互联网和高科技的通讯手段使很多人更容易成为赌博成瘾的猎物。新加坡政府也充分意识到了这方面的风险。

多年来，政府已通过诸如《赌博法令》，《赌场控制法令》和《一般赌厅法令》等法律的制定和实施，大大降低了问题赌博的严重程度。但是，随着世界上人们更容易接触先进的科技和通讯手段的趋势，新加坡的远程赌博市场，以每年 9% 的增长率扩大，总金额估计相当于 300 亿美元到 400 亿美元。这个数字已经相当于传统的现场赌博增长率的五倍。

为了防止远程赌博成为违法犯罪的根源，并为了防止年轻人和意志薄弱人群被远程赌博危害和利用，新加坡国会在 2014 年 10 月 7 日通过了远程赌博法案，法案的目的是限制和规范远程赌博的行为和影响新加坡的远程赌博服务。

《2014 远程赌博法令》（“法令”）主要规范限制的行为是：个人通过利用远程通讯工具参与的赌博。这包括通过互联网、电话、电视、或者收音机及使通讯成为可能的其他电方式。在本期刊物中，我们主要探讨这个法令的重要意义。

另外，我们在本期中还介绍了最近我们所举办的活动和康复者的家属的感人见证。

愿上帝在这个禧年赐福于诸位！

蔡子健
一望中心主席

鬼门关前浪子回头



在本期里，我希望分享一个真实的故事，是关于我曾有幸参加的一个前嗜赌成瘾者的康复过程。为保护这个家庭的真实身份，故事中的人名均用化名。

“你选择到这里求助的？”我问林德，一张接近 40 岁的面孔，正准备加入一个我以前曾经工作过的改造中心中提供的居所。

“不，我是由心理卫生学院介绍来的，他们说你们能帮助我。”他回答道。

“噢，是的，我们可以帮助你，但你之前怎么会到心理卫生学院？”我问道，除了他的书面介绍报告之外，我想从他身上了解更多的第一手信息。

当讲到他两年前违背忤逆父母让他戒赌戒毒的命令而离家出走，他泪如泉涌。当他看到我时，他已经离开家大约两年了。尽管在刚离家的时候他求助于朋友，后来朋友也靠不住了，一个一个离他远去，很快林德就沦落到每天夜里睡在露天的皮卡车或者小货车的车厢里，只有一块破旧的帆布来防雨保暖，伴他度过漫漫长夜。

林德为了生存到处打散工。有的时候既没有工作又没有钱，他都把钱用来买毒品了，他就到小贩中心捡拾剩饭剩菜，这是他唯一可以免于饥饿的方法。他也意识到他必须找到一个长久的工作才能改变生活，后来他就在一家瓶装液化气零售公司当司机。

这段稳定的生活帮助提高了他的境况，当小货车的驾驶室成为了他夜班的床，在夜里为他遮风挡雨。但是这项新工作也给他带来了新的问题，因为他通常违法停车，并且不停的收到违规停车的罚款。

林德的新工作对他而言要求很高，他为了应付工作带来的挑战疲于奔命，他又开始严重依赖于毒品。事情变得更糟的是，因他又有一些钱来挥霍，他又陷入于赌博的深渊。

在一度沮丧痛苦和伤心无助的状况下，林德对前途一片迷惘。当他终于走到谷底时，他看到车后装载的液化气罐，他想到了了结自己的办法。他把一个液化气罐拿下来放到驾驶室，摇上车窗，把钢瓶打开，让气放出来，他要跟这个世界说再见了。

“感谢上帝你还活着！”我回应道，心里深信上帝对他有一个更大的计划。

“我只能记起当我醒来的时候我躺在医院的病床上，我对之前那段时间里发生的一切没有任何记忆。”他继续说道。

“你差点儿死掉！以后再也不要做傻事了。”我第二次回应说。

林德继续说，他在心理卫生学院住了数月，经历了非常严格的戒赌和戒毒治疗。当他被告知即将要释放回家时，他居然感到一种无家可归的孤独。那种在小贩中心捡食残羹剩饭，睡在露天的货车厢里或者公园长椅上的经历使他不由得感到脊背瞬间冰凉，精神顿时陷入萎靡。他并不知道的是学院已经将他介绍安顿到我当时工作的改造中心。他终于如释重负，他后来不止一次地体会到了这种感觉。

在中心里，林德表现得非常好，康复得很快，在一年的时间里他成为了中心的职员。他负责带领敬拜并且协助安排每周一次的帮助赌徒小组的聚会。

一天早晨我接到一个电话，问我是否可以制作一个电视节目剧提供一个赌博上瘾的真实故事。林德后来同意分享他的故事，电视节目制片人给他在剧中安排了一个配角。

“嘿，林德，你的家人知道你在哪里么？”在一个下雨的午后，我们俩坐在房间里，我问他。我下意识地期待他一个否定的回答，这样我就会自然而然地提出一个主题，鼓励他像小组聚会中他曾经教导帮助过的那些人那样说到做到。

林德有些犹豫，他不愿意和他的家人联系，一是怕被责难，二是有一种让家人蒙羞的愧疚感，这两种感情复杂交织不断地重压在他的心头。因此我主动说：“我要打电话给你的家人，让他们知道你在哪里，这样有紧急情况时就他们可以联系到你。”我想他不会拒绝他个人的导师。

我联系了林德的弟弟 Ben。我在电话中告诉了 Ben 有关林德目前的住址，告诉他发生在林德身上的改变，并向 Ben 重申了好多次让他确信这是事实。

联络之后两个月一个星期一上午，林德兴奋地告诉我说他的爸爸和弟弟周末会来看他。“真的？”我惊讶地回应道，“哇，他们过了这么长时间终于来看你了！”

“你还记得我们俩在一起扮演的那部电视剧吗？”他问。

“我记得”，我急着要听他讲下去。

“我的姑姑看了这部电视剧，并认出了其中一个是我。她记下了剧中鸣谢字幕中我们中心的名字和地址，随后打电话告诉了我爸爸。当爸爸告诉 Ben 的姑姑跟他讲的事情时，Ben 想起你给他打电话的事情，所以他们就决定来中心看看我过得怎么样，”林德说。

“会面时怎么样？”我问，特别想知道当时的情况。

林泰德边讲边抽泣，他承认刚开始的时候他并不想见他们，因为毕竟分隔了这么多年，他觉得他们之间不会有太多共同语言。

当他们那天下午聚集在一个小房间里，林德回忆道，“爸爸、Ben 和我是三年后第一次见面。刚开始气氛非常尴尬，我除了礼貌性地回答他们的问话外，我几乎不知道说什么。但是 Ben 打破了僵局，说爸爸那些年非常地想我，牵挂着我。爸爸认同地点着头，忽然间老泪纵横。

“儿子，你什么时候回家啊？你仍然是我的孩子，就像你的弟弟和妹妹，我也一样地爱你啊！”平生第一次，我理解作为父亲对他的孩子们的爱。爸爸坦率、平和、亲切的态度和言语震撼和动摇了我，因为他是一个不善于表达自己感情的内向的人。

“突然间，”，林德继续说道，“我意识到我伤害了我的家庭有多么的深。我当下跪在爸爸面前，请求他的原谅。多年压抑的感情奔涌而出，我们彼此拥抱，享受着重新团聚的欢乐。”

从那以后，林先生就参加每周的聚会帮忙他的儿子。林德的妹妹瑟琳后来也跟着来，并且见证了发生在他哥哥身上的改变和他哥哥在中心所做的工作。

“请问您愿意邀请林夫人来参加我们支援小组的活动吗？”有一天晚上在聚会上我向他们提出了这个请求。

“哦，林德已经让妈妈伤透了心，他做任何事情也跟她没关系。为了避免不再让她再伤心，我们没有告诉她关于林德的任何信息。”瑟琳回答。

其实仔细回想一下，我当时也为自己的这个提议感到唐突，考虑到这么多年她的儿子带给她这么深的伤痛和心碎，她也许不会来参加这个支援小组的活动。我无奈地相信这是他的错误，他欠她的妈妈一个道歉。

当我对此事几乎不抱指望，但在两周后林夫人出现在支援小组聚会上。后来才知道，原来是林先生带全家人出去吃晚饭，饭后决定载家人直接过来了。

当她知道是来中心时，林夫人不愿意踏出车门，更别提出席小组聚会了！但在家人的哄劝下，她的态度软化了一些，但只是答应看一下。

“让我们唱《神为我开路》，”当晚的带领敬拜的组长说。当我唱的时候，我更加确信上帝会在看起来没有路的地方开出一条路来。当林夫人就座的时候，我感到一种从未有过的确信：上帝的力量将在那个晚上显现。

当晚大约有 20 个求助者在现场，每个人都轮流分享他们的问题。当轮到林夫人时，她依然双唇紧闭，阴沉着脸。他们都在等待她能加入分享，一霎那时间似乎停顿了。走到小组的中间，我转向林德并安静地指示他去茶水间取一杯茶并快点端过来。当他端着茶回来的时候，我用手势示意他向他的母亲敬茶。全场所有的目光都集中在林德和他的母亲身上，房间安静得连别针掉在地上都听的见。

我转向他的母亲说道：“林夫人，您的儿子过去的所作所为使您心碎，您一定是十分痛苦的。人啊，通常是你最爱的人伤你最深。您看起来像任何一位慈爱的母亲一样对他生气和愤怒，但我想，您同样也期待他改过自新。您也当然希望看到他变好，只为一个简单的原因，”……我哽咽了一下，随即我清了清喉咙，试图控制住自己的声音说：“…因为他…是您的儿子。”

随后我又伸出手去跟林德示意，请他向他的母亲道歉。心中怀着无限忏悔和愧疚，林德跪在母亲面前，他端起茶献给她（一种对父母亲表示尊敬的象征性动作），并谦卑地为他过去的恣意任性妄为悔过，请求母亲的原谅。当时现场每一双眼睛都湿润了。

林夫人也被儿子的举动和行为感动了，一时不知所措。在那一刹那，我在心里向上帝祷告，“神啊，让他们今天和好吧。”突然房间里掌声响起，她伸出手去接过了儿子敬的茶，喝了一口。我当时为神的大工所带来的母子和好而敬畏、震撼、顺服。

这件事情后，林夫人就经常参加支援小组的聚会，支持自己儿子的工作。一年后，在亲眼看到使儿子转化的巨大力量后，她也相信了主耶稣。

后来当我在不同的场合试图将当时的场景拼凑起来，回忆这段故事时，我总是热泪盈眶。我感谢上帝，是神在这份工作中赋予我如此丰富的体验，使我更加体会理解到祂深刻的爱、神圣的大能是无比的美妙。

但愿通过我的口，我亲手的工作，我心里的祈祷使神喜悦！

所有的荣耀都归于上帝。



赌瘾和美好生活讲座

一望中心很荣幸为义工、求助者和公众人士举办两场讲座

2015年10月17日
上午10时至下午3时

Kembangan-Chai Chee
Community Hub
11 Jalan Ubi, Blk 2 Level 2

将提供华语翻译

讲座1：赌博的真相
讲座2：美好生活

提供午餐
凭票入场(免费)先到先得
请在上午9时45分就座

要了解详情, 请参阅宣传单

远程赌博法令

A. 引言介绍

1. 《远程赌博法令》有两个主要目的：惩罚、限制和阻断远程赌博；防止年轻人和其他易受影响的弱势群体遭受远程赌博的危害和利用。
2. 新加坡已经越来越重视与网络在线赌博有关的数字。在 2014 年 10 月 7 日议会报告关于《远程赌博法令》的讨论当中，有相当数量的报告都是针对日益增长的远程赌博所带来惊人的危害。
3. 国际刑警组织在世界杯期间对包括中国、香港、澳门、马来西亚、新加坡和越南进行的一次打击犯罪行动中发现跨国组织在上届世界杯期间通过一些主要的非法网站操纵了将近 22 亿美元的赌博投注。
4. 《经济学人》杂志 2 月 3 日期刊登的文章指出新加坡成年居民的赌博损失在世界上排第二位。网络赌博更是以惊人的速度增长，2014 年新加坡的玩家在网络赌博中输掉 4.16 亿美元，比 2013 年增长 10%。
5. S. Iswaran 先生，在他主持有关于法案讨论的演讲中，就陈述多方面原因，认为制定该法令是必要的。其中之一就是远程网络赌博是纯粹因它会使人有上瘾的性质，它容易接触，容易玩，并且在体验上具有令人过度上瘾的属性。而且，远程赌博由于跟犯罪组织有千丝万缕的联系，不论是从这些赌博实体的运营本身还是从网络赌博上赚到的钱再被用在其他犯罪活动中，都值得特别重视。最后，S. Iswaran 先生也阐明了这些问题没有在以前的法案中处理。《一般赌厅法令》和《赌博法令》都是在互联网时代之前公布并付诸实施的，这些法令都不是为了保护新加坡免受网络远程赌博的危害而设计的，因此也无法保护新加坡不受其害。
- 6 该法令本身将被逐条审视，看看它是如何惩罚网络赌博者，并保护新加坡不受网络赌博的负面影响的；有哪些远程赌博的赦免条例；是否回应了对于这个法令的不同关切；以及从法令颁布实施以来所取得的效果。

B. 《远程赌博法令》条款

1. 远程赌博法令寻求限制和阻断网络赌博的运营和参与。法令主要通过三个方面来进行打击：
 - a. 网络赌博的惩罚（使用和运营）；
 - b. 禁止发布广告；
 - c. 切断网站和支付渠道。

也许，这个法令会被认为是过于严厉了，但它是在对其他国家的相关法律和司法实践的研究的基础上制定出来的，主要的目的是为了保护公民免受远程赌博成瘾的危害及其他负面影响。

网络赌博的惩罚措施

2. 关于网络赌博的违法犯罪包含在法令的第二部分陈述中。针对不同违法犯罪的不同惩罚体现了法令的意图。法令的第八条对违法的远程赌博行为实施 6 个月的徒刑或者不超过 5000 新币的罚款，或二者兼施。这个相对小的惩戒（在国会的报告中提到的）表示法令实施的对象不是那些使用网上赌博网站的公民。

3. 法令的第九条针对的是那些管理、监督和运营远程赌博系统的不法分子。对此类违法行为的刑罚是 2 万新币至 20 万新币的罚款或者不超过 5 年的徒刑，或二者兼施。类似的情形，法令的第十条和第十一条针对的是实际提供远程赌博系统的不法分子，刑罚措施也不严重，只不过是罚款上限增加到不超过 50 万新币或者不超过 7 年的徒刑，或两者兼施。
4. 最后在惩罚实施的对象上，法令的第 12 条和第 13 条是专指对远程赌博中非法雇佣年轻人和非法引诱年轻人远程赌博的行为进行惩罚。非法雇佣的行为将面临 2 万新至 30 万新币的罚款或者不超过 6 年徒刑，或二者兼施。这种相当严峻的惩罚旨在保护新加坡的年轻人免受远程赌博的恶劣影响。国会的报告认为这是非常有必要的，因为年轻一代拥有丰富的电脑知识，同时网络生活对他们有很强的吸引力。也许（尽管仅是一个人的观点）通过限制和劝离人们在年青时代远离网络赌博，就能够保证使新一代家庭免受远程赌博的负面影响。

禁止发布广告

5. 法令的第三部分针对的是远程赌博的广告和推广。法令的第 15 条和第 17 条惩罚那些远程赌博的广告出版发布和推广行为。不管是远程赌博广告的出版发布或授权还是其推广行为都将面临超过 2 万新币以上的罚款，这是基于广告存在越少，追求沉迷于远程赌博的人越少的道理。

阻断网站和支付转账交易

6. 法令的第四部分针对的是对远程赌博支付渠道和交易的阻断。这部分提供了对远程赌博进行限制和阻断的必要权力。第 20 条允许拥有授权的官员在收到足够投诉后，在符合特定程序下对特定情况进行处理，包括指示媒体发展局命令互联网服务提供商采取负责任的方式切断并禁用对某些网址或者网站的连接。
7. 除此以外，法令第 21 条允许拥有授权的官员在收到足够投诉后，在符合特定程序下对特定情况进行处理，包括指示金融管理局给予某家金融机构禁止支付指令或者给予支付交易提供者禁止支付指令。通过这些授权，该法令提供了必要的手段来阻断使远程赌博运作的相关网站和金融交易。

C. 法令的豁免

1. 法令的第五部分针对的是对远程赌博禁令的豁免。法令第 26 条授权部长在收到申请以后给某人发放在新加坡从事提供远程赌博业务的豁免证书。该证书只有在部长认为这种业务符合公共利益的时候才能发放。法令第 26 条和 27 条列出了申请豁免证书的个人和组织必须遵守的条件和要求。
2. 按照关于该法令的国会报告和其他文章，允许这种豁免的目的是限制地下远程赌博的存在和蔓延。（将在后面详细讨论）

D. 对法令的担忧

1. 对该法令主要存在两种担忧：豁免的条款和行动会发出造成混淆的讯息，还不如发布一个全面禁令；该法令可能会侵犯其他社交游戏业的发展，而这个行业是新加坡应该扶持的新兴产业的一部分。

新加坡本应该实行对远程赌博的全面禁止

2. 在关于法案的讨论发言的十位议员中，有几位议员质疑这种豁免的条款是否会给公众发出一种自相矛盾的讯息。Christopher De Souza 先生担忧地说：“一方面，你有强制执行的惩罚措施，说明远程赌博应该是被阻止的；但同时我们可以拥有一个合法的远程赌博媒介或渠道。”同样的，Png Eng Huat 先生担心只要对远程赌博业者的豁免存在，对网络赌博的上瘾沉迷现象就不会停止。Denise Phua 女士更是掷地有声地陈述道：“如果我们如此坚信远程赌博是有害的，并且对于国家和个人都没有好处，那么我们通过（《远程赌博法案》）立法来豁免某些远程赌博业者，是要承认和接纳赌博行为的合法性嘛！”
3. 显而易见，很多议员有担忧，是对于既完全承认在线赌博的危害而同时又批准它的存在之间的分歧的担忧。S. Iswaran 先生对这种做法的原因解释回应说：“这个‘严格控制下的阀门’不是被用来推广赌博，而是为了适应该法令适用的环境。因为有一种顾虑是：如果对远程赌博全面禁止，那将会激化跨境犯罪集团对新加坡以更大的攻击。

该法令有可能侵犯社交游戏产业的发展

4. 另一个对该法令潜在影响的担忧是它的监管将会涵盖类似脸书游戏《乡村度假》、手游《糖果传奇》、或游戏《英雄联盟》。S. Iswaran 先生在议会的报告中对此担忧的回应是：该法令颁布的意图不是这样的。该法令主要是针对那些给予玩家赢取金钱或现实中具有金钱价值物品的机会的游戏。
5. 新加坡媒体发展管理局会见了游戏业的成员业者并就对于这个问题的担忧进行了讨论后，给出了这个问题的解决方案。在 2015 年 1 月 28 日颁布的通告中，明确强调属于下列类型的游戏不包括在该法令管制范围之内。
 - a. 不允许玩家赢取金钱或可以通过游戏换钱的真实商品的游戏；
 - b. 允许玩家购买或交换游戏点数或游戏币的游戏，但游戏内不能提供可将游戏点数或游戏币转换成金钱或可以换钱的商品的工具；
 - c. 允许玩家购买、获取或交换增值品的游戏，但游戏不能让玩家通过游戏将增值品转换成金钱或可以换钱的商品；
 - d. 对玩家进行排名的游戏，但游戏不允许将排名转换成金钱或可以换钱的商品，例如《神魔之塔》和《2Fuse》。
6. 除了上述的说明之外，新加坡媒体发展管理局解释：类似《英雄联盟》这样的游戏，通过技艺锦标赛或者排名优胜玩家并授予真实的奖品，也将不受该法令的辖制。作为一个准则，只要不是象赌场那样的游戏而只是根据玩家的技艺给予适当奖励的机制都不受该法令的管控和辖制。

E 结论

1. 该法令已经发挥作用，为打掉一个远程赌博集团逮捕其中的 11 个嫌疑犯提供了法理依据和授权。这次逮捕行动发生在 2015 年 5 月 3 日，没收了 21.5 万新币的现金，若干电脑、手机、赌博记录和银行交易记录账簿。经过进一步的估计，这个组织曾经在落网之前的两周内收到了将近 300 万新币的赌资。

2. 当然仍然会有对远程赌博法令有效性的质疑，但是这次逮捕行动表明该法令对打击和惩罚远程赌博组织犯罪具有巨大的价值和效用。这种限制线上赌博和惩罚推广线上赌博违法行为的力量在法令颁布生效后的三个月来证明是行之有效的。

参考来源：

1. 远程赌博法令（2014 年第 34 号）
2. 其他

中心同工参加第四届亚太区问题赌博研讨会 及参观两间戒赌和戒毒中心



家中有赌徒，我该怎么办？

一个问题或病态赌徒，一定会有债务问题，但他们往往隐瞒自己的债务危机，同时存有“赌债赌还”的错误观念，不理智的继续追赌，最后造成债台高筑。根据赌博成瘾的学者研究，一个问题或病态赌徒，因他的赌博问题产生的祸害将会拖累其身边至少十七人或以上。

一. 赌徒的家人所面对的处境

赌徒不但严重破坏与家人的关系，也使家人面对经济危机，甚至造成家人也欠债累累。当赌徒和家人都面临山穷水尽时，家人往往要面临更可怕的事，就是大耳窿或其他债主讨债的恐吓和骚扰，这些冲击造成家人的一切生活次序失衡，心理和情绪都带来沉重的负荷，所承受的痛苦和恐惧，是笔墨难以形容的。

二. 面对赌徒，家人的误解：

1. 选择相信赌徒的话

面对赌徒的欠债，家人起初都会被赌徒所编织的谎言而蒙骗，会认为赌徒的行为是无心之失，相信赌徒的话帮他们把债还清就不会有“下一次”，所以家人都会一起帮赌徒商讨对策，把债还清。

2. 要救赌徒，就是要帮他还债

家人都会有错误观念认为家人不帮忙还债谁会帮忙呢？认为不可以见死不救，所以家人会拿自己的储蓄或变卖首饰，甚至向银行贷款和向亲戚朋友借贷来帮忙还债，期盼这个赌徒会戒赌，但这种拯救行动会造成赌徒太容易解决他的债务，就很容易复赌，再出现的债务是比之前的更多更严重。

3. 认为赌徒的债，家人有责任帮忙还

当赌徒被讨债时，赌徒的家人都会把自己和赌徒的债绑在一起，把赌徒还债的责任看成自己的责任，也因为这种错误想法，承受很多压力和恐惧，想尽办法找钱帮忙还债，有时甚至付了很多冤枉钱。有位女个案，之前有借大耳窿钱，在家人帮忙之下已经还清，一年后，大耳窿又打电话给她女儿说“你妈妈又欠我\$600.00，现在必须要还\$1200.00，女儿以为妈妈又跟大耳窿借钱，一方面也怕大耳窿的骚扰，就过账给大耳窿，等到问妈妈的时候，才知道是骗局。

4. 受到骚扰，生命会受到威胁

因赌徒借贷时都会把家里的电话或家人的手机号码给贷款人，一旦赌徒无法还债时，家人难免就会接到恐吓的电话而害怕。家人相信他们的生命会有危险，就想尽办法帮赌徒还债。

5. 担心赌徒会自杀

赌徒面对无法偿还债务时，很多时候会以死来威胁家人，比如发简讯好像留遗言一样，家人看了都会担心害怕他会做傻事，铸成大错，就会一次又一次用金钱来帮他还债，家人就这样继续被赌徒捆绑。这样，赌徒还是逃避，不会改变，不会为自己的错承担责任，也不会经历辛苦还债过后明白其中的道理。

6. 把赌徒赶出家门，家人就不会受牵连

赌徒的家人常认为把赌徒赶出家门就平安无事，其实不然，特别是欠大耳窿的债，他们是认地址不认人，因为他们借钱过程都是通过电话和转账，根本没有见面，所以家人若把欠债人赶出去，若大耳窿真的来骚扰，反而是家人要面对骚扰，而不是欠债人本身要面对和处理。

7. 家人不需要辅导

家人通常会认为做错的人不是我，我没有赌博，所以我不需要去辅导。我们知道赌徒很多问题牵涉到家人，例如赌徒欠债被骚扰，家人就需要了解如何去面对和处理，避免赌徒复赌，也需要家人在精神上的支持。

8. 不断追问才会知道赌徒是否戒赌

许多赌徒的家人都以为不断的查问和提醒赌徒，会是一种监察，使赌徒不会再赌再借。其实，这只是满足家人的疑问，实际效用欠奉。试想一下，如果他回答“没有赌”，你会真相信吗？如果他回答“有赌”，你的反应会是什么？何况一直追问，更会破坏彼此的关系。

三. 面对赌徒，家人应该怎么处理？

1. 家人若发现家里有人赌博而有欠债，就要鼓励他/她去戒赌机构求助，而不是想办法帮他解决债务问题。赌徒若不是到了走投无路，一般上是不会主动来求助的，家人要陪同他/她一起来，以示支持他/她。

2. 倘若赌徒是要家人帮忙还债才答应去求助，家人就要拒绝，因为赌徒本身没有戒赌动机，求助是无效果的。这样情况，家人可以先前来求助。

3. 赌徒若真心要戒赌，在康复的过程，家人要注意的：

A. 不应该做的事

(1) 不应该“翻旧账”，还继续埋怨和责备赌徒过往的赌博行为。

(2) 不应该自愿替赌徒承担部分债务作为鼓励赌徒戒赌，这是错误的，赌徒在戒赌过程，要学习自己负责任去还债，才不容易复赌。

B. 该扮演的角色

(1) 家人要扮演的角色是“不离不弃不借”，就是不离开他，不放弃他，不借钱给他。家人要陪同他一起来中心接受辅导，因为家人也一样会面对很多问题，例如债主的逼债，恐吓和骚扰，造成心理的恐惧，都需要找支援。家人要划清界限保护自己，免受到伤害或也成为欠债人。

(2) 因为赌徒理财能力差，口袋有多余的钱就会去赌博，所以家人要帮忙监督赌徒每天的开支，执行赌徒每月的财务规划。

(3) 家人若遇到压力或问题时，不要先怀疑或猜测，要保持冷静，和赌徒一起商讨，或寻找辅导。

四. 如何判断赌徒是否已真戒赌?

戒赌是一个漫长的过程，也是一生的，需要家人的耐心和支持。如果是在康复中，家人可以从3方面来观察确定他是否有改变。

- (1) 在行为和情绪方面：如没看马经了，放工都在家里，也不会乱发脾气。
- (2) 开始会关心家人，做以前不做事，如做家务。
- (3) 对生活 and 金钱的观念有改变，重整对家庭的责任和角色，不再以赌博来自我肯定。

结语：

家人在赌徒戒赌康复过程中扮演非常重要的角色，是非常不容易，所以也要照顾好自己，才能有健康和精神与赌徒相处，陪伴他/她走康复的路。

郑翠玲

见证

我是一个赌徒的妻子，在四年前我发现我丈夫因为赌股票而欠了银行、证券行、合法借贷公司及亲戚朋友的钱。我认为他是病态赌徒，需要心理治疗，而上网查寻。当时网站有介绍一望中心，可是因为我对一望不了解，以为只有小组辅导而不是一对一的辅导，认为是无效的，又怕因此认识一群志同道合者而被带得更坏，于是我去寻找了一个机械化，用公式方式来辅导的心理医生，结果我丈夫去了二、三次就放弃了，他认为这种辅导不能帮助他戒赌。

我丈夫继续沉迷于股海、赌海中，三年后累积了更多的债务。当我知道时已经是欠了银行、证券行、几十组合法及非法借贷公司的钱。我非常绝望，生无可恋，于是想用跳楼的行为来唤醒丈夫的执迷不悟。因为我的寻死以及他弟弟质问他要选择神还是选择“阿隆”，总算让他清醒了，知道自己是病态赌徒，需要寻求帮助来戒赌。他的姑姑因此上网查寻了戒赌中心，让我们来一望中心看看，于是我们在去年的六月十四日来到一望中心。

我刚走进一望的时候是彷徨无助、对丈夫能否戒赌也没有信心，可是听了一望的义工们的分享与见证后，我就比较安心。几次约见充满爱心和温文尔雅的辅导员和她的“戒赌”课程后，我在她身上和戒赌课程里，学到如何在生气时控制自己的情绪，更加了解自己潜意识里的优缺点，学习克服缺点，发挥优点，如何帮助丈夫戒赌，以及在丈夫未来漫长不平坦的康复岁月里如何在精神上给他信任、言语上的款励、行动上的陪伴，如何在一望中心的支援小组里与过来人互相扶持，共同康复，以及在主基督的监察、引导、眷顾下，战胜邪灵的诱惑，重建生命，走向永生的道路，让我对丈夫的未来充满信心。

我们还一起上曾南兄的“灵命塑造”课程，让我了解什么是基督，为什么要以神为中心，认识神的大能，读神的话语，做神的忠心管家，做光、做盐，爱神而不是爱世界，事奉神，与神同工，为神受苦，要聆听神的旨意，跟着神的脚步走。

一望中心的辅导员们，积极、热心的、不知疲倦的帮助求助者，从她（他）们的身上看到了神的爱，让我接受耶稣为我的救主，现在我和我丈夫每天一起祷告、唱诗、读圣经，祈求神怜悯我们的软弱，雕琢我们的心思意念，学习更像耶稣基督。在陈牧师的“清泉”课程里，学习全然委身于神，不要靠自己的聪明才智，要把一切忧虑交托给神，神会眷顾我们，让我们每天都充满平安喜乐。在“自我成长团体”课程中，学习到萨提尔模式的“冰山的比喻”一个人情绪、行为，是有着它背后的种种原因，让我知道自己的过去是会影响现在的行为，了解过去，才能展望未来。

现在我们每个礼拜都很期待去参加一望中心的新人组和康复组的讨论，分享我们的经验和向其他人学习，从中发现自己的不足之处加以改进。这一年来我们从一望中心学到戒赌过程需要三股力量（来自神的引导、家人的支持和鼓励、支援小组里的弟兄姐妹的关怀与扶持），基督的“信、望、爱”，改变了我们的生命，也让我们更加亲近神，一望中心是我们的“灯台上的灯”和“心灵的鸡汤”，辅导员们就像鸡汤里的盐，感谢一望中心！感谢神！

见证

蔡宝珠

我虽然是个基督徒，但生活似乎没有真正平安和喜乐。丈夫也常常给我很多问题。他做生意我必须在资金上支持他，而因着他不善于管理财务，导致生意失败欠下很多债务。我用了我的信用卡和个人贷款帮他还债。当我不能偿还自己的银行债务时就向教会姐妹借钱还债。我不断的努力工作还债和养家。他因着不甘于跟人打工，认为自己有机会东山再起，而我又不敢也没有能力再支持他作生意，导致他在工作上不能投入，总是找捷径赚多钱还债务。

他不幸听信损友的怂恿，以为可以藉着赌博赢钱来还债。赌博没有赢钱反而欠下银行和合法贷款公司的债务，我又向教会姐妹和朋友借钱帮他把债还清。我再三的吩咐他不能用赌博解决债务问题。可是过了几个月，他又欠了合法贷款公司的债，我问他为什么又欠合法贷款公司的钱，他说他隐瞒了一些贷款没有告诉我，是怕我不够钱还，也觉得自已有能力偿还。于是我再次借钱还合法贷款公司的债务。不料过了几个月又发现他不但欠合法贷款公司，还欠大耳聋的债。我因受到大耳聋的骚扰，让我忍受不了，完全失去盼望，有了离婚的念头。教会牧师劝我不要帮他还债，让他自己负起责任还债。因此我狠下心，坚持不帮他还债。我只能默默的为他祷告。

我的大女儿在网站找到一望中心，能帮助戒赌和债务问题。他因被大耳聋追债而找不到人帮助，他心情非常低落，常常借酒消愁。我鼓励他去一望中心参加支援小组，因为我希望他能学习负起责任解决问题。感谢神的带领，他在一望支援小组得到很大的帮助。他不间断的去参加每个星期四和星期六的支援小组。还见辅导员直到他的债务规划稳定。辅导员的辅导和支援小组里的分享带给他很大的帮助。我开始看到他的改变，我

也陪他一起参加支援小组，藉着辅导员和义工的分享和鼓励，我的心情也稳定了。辅导员给我们和其他的求助者上了三个课程，1) 活得更美好-自我成长团体 2) 赌徒戒堵康复-大助辅导 3) 生命朔造。

虽然我们还在尝还债务，我们活得很充实，很平安和喜乐，因为我们从神的话，找到了盼望和人生的方向。在一望中心的新人组，看到求助者的彷徨，害怕，无助和焦虑，深感觉他们须要神。我决定在一望中心当义工。在这里我找到了盼望也找回爱我的丈夫。感谢神接着一望中心给我和我家人的帮助使我们从新有喜乐的生命。

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。

任何捐献给一望中心在 2016 年 3 月 31 日之前都能得 300% 税务回扣。

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 或 www.sggives.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
300% 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

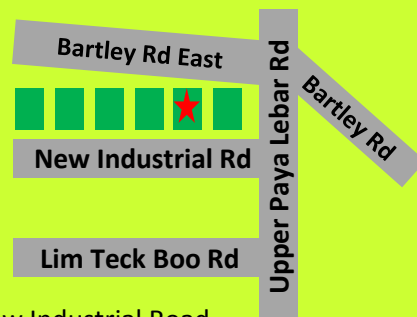
Helpline

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**

Tuesday

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

- New Seekers' SG
- Chinese language

Thursday

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

- New Seekers' SG
- Recovery SG
- English & Chinese

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
- English & Chinese