



我的帮助从何而来 *Where Does My Help Come From*

IS IT DIFFICULT FOR A GAMBLER TO QUIT?

I once heard of a problem gambler who cut off his finger to prove his determination to quit the habit, but soon after returned to gambling. Recently, I met a help-seeker who did just the same to prove himself to his family. However, it took him just less than a year to return to his old lifestyle, this time with much higher debts. I was astounded. It is no wonder that family members of gambling addicts often lose confidence in their loved ones' recovery. With the high chances of relapse, it is not uncommon for many to be skeptical about a gambler's ability to quit.

FACTORS CONTRIBUTING TO DIFFICULT RECOVERY

The truth is, it is not inborn or natural for a person to be obsessed with gambling to the point of addiction and being unable to quit.

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赌徒戒赌很困难吗?

曾经风闻有赌徒砍掉手指，以此决心戒赌，但又复赌的故事。最近我就亲眼看见一位来求助的赌徒，为了向家人证明他的决心，也砍掉一只手指，可是很遗憾的，不到一年，他又复赌并且又欠很多债，我心里很震撼。很多赌徒的家人因为赌徒多次的复赌和负债，对赌徒会戒赌的承诺都失去信心。因为赌徒复赌的机率高，一般人对他们能否戒赌也都存负面的看法。

赌徒戒赌困难的因素：

一个人会沉迷赌博，成为问题赌徒或病态赌徒，之后一再复赌，不是天生的。很多赌徒不能戒赌，带给自己和家人很多伤害，甚至也连累亲戚朋友，都有他们自己的故事和背后的原因。

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FOREWORD BY PRESIDENT ONE HOPE CENTRE



Christopher Chuah
President
One Hope Centre

One Hope Centre celebrated its 13th year with an anniversary dinner in March 2017. We are grateful for the support of our guests and donors as we remember God's faithfulness through the years. We also give thanks for the many lives that have been transformed through the Centre's work of bringing freedom to those held captive by gambling addiction and indebtedness.

It is with fervent hope that we welcome the new year ahead. The theme for the anniversary dinner, "Breakthrough," resonates dearly with our community at One Hope Centre as we overcome challenges and step into new beginnings. I would like to take this opportunity to express our appreciation to

Mr Dick Lum, who has stepped down as Executive Director in September 2017. We are grateful for his service to One Hope Centre over the past 4 years, and we wish him all the best in his future endeavours. I am also pleased to announce that Ms Joanna Kong has been appointed as General Manager with effect from August 2017. In this capacity, she will oversee the work of One Hope Centre and lead the team in carrying out its mission.

Wishing you a blessed and fruitful New Year.

MESSAGE FROM THE GENERAL MANAGER

Greetings from One Hope Centre!

I recall a Tuesday evening a little over a year ago when I first stepped into the OHC support group as a volunteer. Then, planning for the Centre's 13th Anniversary & Fundraising Dinner had just begun, and I had been roped in to help as part of the organising team. Throughout the weeks of preparation, I heard stories about people whose lives and families were changed through OHC. As a non-gambler, I could not imagine how their journeys might have looked like, but I was curious about the faces behind the names.

It was at this point that I sat in the gathering of new help-seekers and former ones who now serve as peer supporters, listening to stories of struggles, victories and valuable lessons acquired along the way. I saw how their shared experiences strengthened one another, how each seeker was genuinely welcomed regardless of the place he or she was at. I witnessed how hope came to life on the face of a new seeker as he realised that the way ahead was not a dead end. That evening I left the session moved and with a deep impression etched in my mind.

We often say that recovery is for life. The battle with gambling addiction and compulsive borrowing is a long one, affecting every facet of life and bringing hopelessness, despair and shame. It is a courageous step forward to seek help and embark on the road of recovery, and we are proud of the many in our OHC community who have done so. Not only this, but we see them growing in resilience and choosing to make brave choices over and over again, choices that honour their newfound places of strength and the relationships they have fought hard to protect. With this, I count it a privilege to walk the journey with our people. It is a reminder to us that One Hope Centre is not just about overcoming addiction. It is about carrying an enduring hope for life and the freedom that comes with it, something relatable to many of us in one way or another.

It is an honour to be entrusted with the work of One Hope Centre along with the team. The staff team and volunteers have worked hard this year towards the rousing success of our 13th Anniversary & Fundraising Dinner, as well as to ensure the smooth running of our support groups and counselling services. As declared in our theme for the Anniversary Dinner, it has indeed been a season of 'Breakthrough' with a renewal of strength and togetherness in our community. I see the amazing goodness of God in our midst this year, and we are excited for the year to come as we reach out to more people in need of hope.

Lastly, I would like to express my appreciation to all who have been a part of our journey. We look forward to your support and prayers, as by His grace we step into a new season ahead.

In His service,

Joanna Kong
General Manager
One Hope Centre



In March 2017, OHC hosted our 13th Anniversary & Fundraising Dinner at the Fullerton Hotel. It was a joyous occasion, with close to 400 guests joining us in the celebration dinner aptly titled 'Breakthrough'. As we give thanks for 13 years of God's faithfulness at our Centre, we look forward to a new season of fruitfulness in our service among the community.

一望中心在三月举行第13周年纪念筹款晚宴。接近400人出席在富丽敦酒店的庆典，“突破”是当天晚宴的主题。我们存感恩的心，上帝在这13年来信实的带领，我们期盼一望中心在社区的服务将是丰盛的。



Head of Civil Service and Guest-of-Honour Mr Peter Ong (centre) and honoured guests
晚宴特别来宾公务员首长王文辉先生（中）与贵宾一同座席

ONE HOPE CENTRE ANNIVERSARY & FUNDRAISING DINNER *13 Years of Bringing Hope*



OHC President Mr Christopher Chuah (right) presenting our Guest-of-Honour Mr Peter Ong with a bouquet of origami cranes, handmade by our clients and staff team
一望中心主席蔡子健先生（右）颁发特制手工纸鹤给特别来宾王文辉先生



Rallying and briefing our volunteer ushers serving at the dinner
晚宴前的预备工作



Singer-songwriter duo Earnest & Mingli bringing a heart-warming performance to the audience 歌舞呈献

突破

Addressing guests on One Hope Centre's work and upcoming plans
分享中心事工与未来计划



IS IT DIFFICULT FOR A GAMBLER TO QUIT?

Written by Bao Chan

Translated by Alan Yong



I once heard of a problem gambler who cut off his finger to prove his determination to quit the habit, but soon after returned to gambling. Recently, I met a help-seeker who did just the same to prove himself to his family. However, it took him just less than a year to return to his old lifestyle, this time with much higher debts. I was astounded. It is no wonder that family members of gambling addicts often lose confidence in their loved ones' recovery. With the high chances of relapse, it is not uncommon for many to be skeptical about a gambler's ability to quit.

FACTORS CONTRIBUTING TO DIFFICULT RECOVERY

The truth is, it is not inborn or natural for a person to be obsessed with gambling to the point of addiction and being unable to quit. However, many problem gamblers find that they cannot break free from the vicious cycle, even after having inflicted harm on themselves, their loved ones and friends. There are a number of factors behind such conflicted behaviour, which we will explore here.

Gambling is addictive in nature

Many believe gambling to be merely a form of entertainment and a hobby that can be easily controlled. However, the reality is not that simple. Gambling inherently draws people into addiction. Some of the known symptoms include – having persistent thoughts about gambling; thinking of ways to get money to gamble; having to gamble with increasing amounts of money to achieve the desired excitement; having made repeated unsuccessful attempts to control, cut back, or stop gambling; and gambling when feeling distressed. An individual with a combination of such symptoms may be classified as having a gambling disorder, according to the diagnostic criteria from the Diagnostic & Statistical Manual of Mental Disorders (DSM-5) published by the American

Psychiatric Association. When gambling becomes a disorder and pathological issue, it becomes a challenge for the afflicted person to quit. While effective treatment could help to control the behavior, it may not prevent relapse over time.



Wrong Motives for Seeking Help Seeking resolution only for the debt problem

Many gambling addicts seek help with the sole intention of obtaining a quick fix for their debt problem. Such a gambler often does not

see the relationship between his debt and betting habits. With the debt problem being his immediate concern, he believes that all would be well once his debt is resolved. He would disregard his gambling lifestyle, avoid confronting the real issues and persist in irresponsible behaviours. With such a wrong motive, quitting gambling often proves to be a challenge.



Hoping for 'bail-out' by family members

There are some gamblers who seek help in the hope that their family members would bail them out of debt in exchange. They believe that once they accede to counselling, their family members would pay off their dues. Occasionally, we would encounter an addict who would offer many empty promises without the sincere intention to quit gambling. Once his debts are settled, he would stop attending counselling and support group sessions. On the next occasion he returns for help, his debts would have ballooned and his addiction problem aggravated.

Appeal from family members or recompense for family 'bail-out'

Some gamblers agree to undergo counselling due to appeal by their family members, or as recompense for the family's help in settling the debts. He attends counselling sessions with the expectation for his family to accept and trust him. When he fails to regain his loved ones' confidence in the immediate term, he would grow doubtful and discouraged, and eventually give up his determination to quit gambling.

Erroneous Beliefs That Do Not Help Change

Gambling can help me clear my debts

We often hear gamblers say, "If I stop gambling, how can I settle my debts?"; "How can I clear my debts with my current salary?"; "I only need to win once to pay off my debts." Such erroneous thinking causes the gambler to persist in the lifestyle and exacerbates the debt problem.

Gambling will make me rich

Some gamblers who had experienced winnings in the past

believe that gambling can make them wealthy. Out of this mistaken perception, they believe that they can rely on gambling to amass a fortune and achieve financial fulfilment.

Gambling outcomes are predictable

Some gamblers believe that they can accurately predict the chances of winning based on analysis, statistics and research. Upon winning, they would attribute it to their own skill; when they lose, they would blame it on bad luck. In reality, gambling has no predictable outcomes. The result of each game is independent, and there are no real statistics or research that can foretell winning. To put it into perspective, even a jockey is unable to predict the result of his own horse race – let alone a spectator betting on the race.

Gambling helps me deal with stress

When encountering emotional stress or relational conflicts, some people choose gambling as a form of escape and relief. It is not uncommon to encounter gamblers who lack necessary skills in dealing

with relational challenges and debt issues and as a result, rely on gambling as a coping mechanism.

Co-dependency

While family members are critical of the gambling habit, they are usually quick to bail the gambler out of debt due to shame and fear of public embarrassment. They also do so in the hope that their afflicted loved one would change. However, they end up depriving the gambler of the painful but necessary experience of clearing his own debt, as they had taken on the responsibility for him. It is not unusual for a gambler to rely on his family to bail him out, which not only leads to a lack of motivation to quit, but further deepens the addiction problem.

MOTIVATION TO QUIT GAMBLING BEGINS WITH SELF

For a gambling addict, the first step to recovery is often a genuine realisation of how his actions have impacted those around him, particularly the suffering his loved ones had to undergo. This leads to remorse as well as a desire for self-control and change. Thus begins the journey of recovery, as the gambler



wills himself to bear responsibility and confront the real problem. It is often impossible for an addict to recover through self-help or sheer willpower of his own. Hence, it is a mistake to believe that persuading or reprimanding a gambler would bring about permanent change in his behaviour. Instead, the immediate need is to seek specialised help from a counselling centre that deals with gambling addiction. As part of the recovery journey, the gambler would undergo one-to-one counselling and attend support group meetings, in addition to developing a lifestyle change and focusing on family restoration.

For a person walking out of gambling addiction, the key is to find purpose in a new life of freedom. This includes working on reconciliation with his family, pursuing a wholesome life and refusing to return to his old lifestyle. Among the other needs are also the need to acquire a new perception on the value of money and to find new priorities for his time. These little

changes will further strengthen his motivation to walk out of addiction.

HOW TO DEAL WITH CHALLENGES OF QUITTING?

Singapore offers multiple, accessible avenues for gambling. With such availability and allure, quitting gambling is not a simple task. Hence, we advise help-seekers to keep watch over the following areas in their own lives:

Action

Firstly, the gambler has to express determination to quit. This includes:

- **Declaring his commitment to quit and the follow-up actions required;**
- **Disconnecting himself from any gambling news or media;**
- **Cancelling all his gambling accounts;**
- **Avoiding every form of gambling and associated places;**
- **Avoiding socialisation with other gamblers so as not to be influenced.**

Thoughts

Gambling addicts often face persistent thoughts and strong urges to gamble. Hence, the recovery road often requires the addict to remind himself of the suffering gambling would bring to his family and himself. He needs to keep his desires and thoughts in check, make every effort to run from temptation and not to lower his guard. If he realises that he is vulnerable to relapse, or had already gone back to gambling, we would urge him to seek immediate help to prevent deterioration of his situation.

Remorse and Forgiveness

As the gambler becomes remorseful and turns from his wrongdoings, there is also a need for him to learn to forgive himself and to rise from the ashes of his former ways. This requires him to seek forgiveness from his family members and take steps towards reconciliation. In his faith, a gambler who seeks and receives forgiveness from God would find peace and strength for the recovery road.



Managing Finances and Emotions Effectively

Ineffective management of finances and emotions tends to push the gambler back into relapse. To strengthen the recovery process, he needs to work on rebuilding family relationships, especially in dealing with negative emotions and mistrust. Furthermore, it is important that he plans and manages his debt repayments well. This would help keep him from succumbing to the thought of “trying his luck” again in order to repay his debts.

Family Support

Recovering addicts often face many struggles along the way. We find that their loved ones' participation in support group and counselling sessions help greatly in their recovery. In addition, by being part of the help process, family members learn how to better understand the gambler and provide support along the journey. Nevertheless, family members are strongly advised not to provide financial help to clear

the gambler's debts; neither should such ‘bail-out’ be the condition for the gambler to seek help.

We often say that recovery from gambling addiction is a life-long journey. Similarly, repayment of debts is a long road, and it is inevitable for stressful situations to crop up along the way. In difficult times, we encourage family members not to continually reprimand or blame the gambler, as this would be counter-productive and might drive him into relapse. Instead, the best way is for family members to remain calm and to continue expressing support for the recovering gambler, so as to boost his confidence in recovery.

CONCLUSION:

It is unfortunate to witness how problem gambling has brought about adversity for those afflicted as well as their family members. Among our help-seekers, we have encountered some who had been offered many opportunities for

recovery, which they had regrettably walked away from. However, in my years as a counsellor at One Hope Centre, I have witnessed many gamblers turning over a new leaf and changing for the better. They have become peer supporters and volunteers in helping others quit gambling. It is my hope that family members and people in the community would be like the Father in the Biblical parable of the Prodigal Son, who would embrace repentant gamblers, give them another chance and accompany them in their recovery journey.

11.2 /

WE
CARE

An annual report is usually read for around three minutes. In our opinion, that was far too short for action men-
one of the largest organisations in Germany for people with disabilities. The solution was a tear-off calendar - the main goal
was to ensure that the activities of ACTION MENSCH remain in people's conscience. The
designing the thickens report in the history of our agency, which absolutely paid off in a special
was just one thing: when we carefully printed out all the extra work it involved, it was charmingly co-
that more money for the agency would mean less money for the pony stables at a home
the money was always very generous - but we are for the Action Mensch
to ensure the money for the stables. The stables are the heart of the
the stables are the heart of the stables. The stables are the heart of the stables.

“NO MORE LIES, COME CLEAN AND SEEK HELP”

By Mr Han

It was in December 2015. “No more lies, come clean and seek help.” – an ultimatum given to me by my wife. I was about \$15,000 in debt again. It was the third time within a span of two months. Prior to this, she had helped me clear about \$30,000 of debt owed to a number of licensed money lenders. This was a battle which I had been fighting most of my life. A long history of gambling addiction which I failed to overcome. I had tried quitting many times, only to find emptiness once the gambling stopped. It did not make sense from a sensible person’s perspective, but as gamblers, we knew it ran deeper than what met the eyes. The urge to gamble never subsided despite the mountain of debts.

I was in such a plight when I came to One Hope Centre (OHC) to seek help back in December 2015. Never did I expect the change that awaited me. It was here through one of the counsellors that I found God who intervened in my life. I am blessed to have overcome gambling addiction. I did not do it alone. It was God’s strength and the peer support from OHC that saw me through.

Twenty-six months on, I am proud to declare that the chains of addiction are broken. Praise the Lord! While my comments are extremely brief, the impact on me is definitely not.

My name is Han and this is my life story. At time of writing, I am already sixty years old.



The root of my gambling addiction lay somehow in the way I was brought up. My whole family were gamblers. My grandmother was a gambler by profession. She made a decent living out of gambling; a hustler of course. My father spent much of his earnings buying 4D lottery and my mother was a pathological gambler. She would sometimes go missing for 2 to 3 days gambling at some neighbors’ homes. I started gambling at a young age but never imagined how this habit would have affected my life so badly in the later years.

Fast forward to the 1980’s, life was not terrible. I was working as a marketing executive and the role involved quite a bit of traveling. The cool part about traveling was that I got to see the bright lights of the

cities. Casinos were everywhere. Soon I was making frequent visits to the casinos whenever I was on overseas assignments. In no time, I racked up credit card bills and revolving credits of about \$60,000. A few of my friends came to my rescue. It was settled. The sad part was that I was unrepentant and did not learn from my mistakes.

Meanwhile, I was afforded an overseas posting to Hong Kong sometime in 1992. China was flourishing and Hong Kong was the gateway to the mainland. Sales to China were doubling. The company wanted a representative office to be set up in Hong Kong so as to be in the race. I was selected and jumped at the chance to be sent overseas- a great opportunity to experience a new culture and

working environment. It was indeed a career advancement, but spelt disaster for me personally as I discovered later.

In Hong Kong, I was working all alone. I was caught in a culture where you have to speak the dialect even in a meeting. It was quite challenging and I found it hard to adjust. Slowly but surely, there was this sense of unpleasant restlessness creeping into my life. I started gambling and found myself in debt again.

Like everyone else, I played the money game. Borrowing to pay and pay to borrow again. Then came the financial crisis in 1997 and I was retrenched. The banks were pressing in. Threatened with bankruptcy proceedings, I had to resort to selling my flat in order to clear the debts. The rest was history.

Throughout all those trying times, not a single bit of me had changed. I was still gambling right up to 2015. As I dug deep into my past, these flashbacks helped me put everything in place and I am really grateful to God for what he had done to me, and for me. I was enslaved to gambling for the longest time ever and did not seem to be able to break free from this bondage.

Faith in the Lord Jesus had helped me stave off this addiction. I thank God for making it possible. I am now serving in OHC as a peer supporter.

The Bible says: "With men this is impossible, but with God all things are possible." [Matthew 19:26] and "Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come." [2 Corinthians 5:17]

We all face some measure of chaos. Life is demanding and at times stress can be overwhelming due to our foolishness. If this is you, turn to God for an answer. You will be pleasantly surprised.



ROW, ROW, ROW YOUR BOAT

By OHC Counsellor Alan Yong

It was a bright and sunny Saturday morning, 17th September 2016, and the sunlight was a little hot on the faces. There was little breeze and it was much cooler standing under the shades of trees around. The weather forecast for that morning was “heavy rain.” By the Grace of God, the weather that morning turned out to be perfect for outdoor activities.

On that lovely morning, as time was approaching 9.30 am, members of the One Hope Centre community were streaming in to the venue, many wore caps or visors to protect themselves from the sun, attired appropriately and suitably for the morning’s activities planned for them. All were eagerly waiting to enjoy a fun-filled day with family and friends.

The venue was the Kallang Watersports Centre, situated at the Kallang Basin within the Marina Reservoir precinct, and the event was the One Hope Centre Dragon Boat/drawing competition programme organized to promote and encourage family bonding and unity.

By about 9.30 am, about 45 members had turned up for the event. About 26 opted to participate in rowing boats whilst the rest remained on land. For those on land a drawing lesson, followed by drawing competition, was conducted by Rev. Louis Chai, assisted by his lovely wife, Alison.

Mr Tennant Kiu, who was the lead coach/ instructor, beckoned members who were prepared to have fun in the boats to assemble, and divided them into two groups. Prior to stepping into the boats, the boaters were briefed and drilled on safety measures such as how to put on the safety-vest, how to hold the oar and paddle with it. Following the briefing the boaters moved carefully, a little unsteadily, into their boats and seated themselves in position. There was the thought of whether we were nervous or the boat was nervous – shaking.

Several enthusiastic members were busy capturing memories with their smart phones and there was roaring cheers to encourage the boaters as they paddled away



from shore, with their untrained oars plunging into the calm water in un-synchronized strokes.

ON THE BASIN

As the two boats drew away from shore, the coach/trainer in charge of each boat began to remind boaters of the safety precautions to take, such as not to place their hands on the side of the boat and to lean as close to the inner side of the boat as possible. Boaters were also instructed on how to hold the oar or paddle; how to get into “ready” position; how to “plunge” the oar into the water; and how to row in synchronized strokes.

Tennant was on my boat and he was assisted by two other men positioned at the opposite end of the boat. One man would watch our strokes from behind and the other would steer the direction of the boat as we paddled.

As I paddled with the rest of the team, I was entranced by the scenery around us, the architecture of the surrounding condominium apartments, the clear blue sky, the white of the clouds, the breeze that caressed my face, and the water that enveloped my left hand as I plunged my oar into the water together with the others. It was my first time rowing a boat and I felt a deep connection with the water. It was stunning.

Along the way, Tennant provided tips on how to synchronize the strokes of our paddles. We began to

row better and faster and we picked up the rhythm with synchronized strokes.

At one point we were warned to be ready for water-splashing as we approached the other boat. I said to myself, "O goodness, I am going to be wet; I did not expect this to come; I had no clothes to change." As the boats aligned with each other, actions began and everyone was busy splashing water with our oars at the other team. Needless to say, the other team was also frantically splashing water at us. One can imagine the aftermath.... Everyone was soaking wet! But it was all fun – one of the highlights on boat.

There was a time to race with each other. The boats aligned themselves and on the word, "GO!" the two teams paddled and paddled and paddled. The other boat won by a dragon's beard.

At one point, one of Tennant's assistants suggested that we find a target and to row towards it. There would be no one to help us steer the boat in the right direction.

The team had to work together to reach the target. Our team found a yellow buoy at a distance and we agreed to row towards that. At first there was chaos and confusion, with everyone not knowing how to turn the boat around with the oars. We began to paddle as we thought right. Suddenly, someone shouted "let's row on the left." After a while, another shouted, "let's row on the right." Then we reached an agreement to agree on a rowing strategy. Somehow, with the right movements and concerted effort, we arrived at the yellow buoy – the target.

There was never a dull moment in this rowing experience. All our senses were fully utilized – we smelled the breeze, we heard the shouts, we listened to the instructions and the beat, we tasted the water from the Marina Basin Reservoir, we touched the water, we felt the coolness of the water, the warmth of the sun, and we saw the beautiful creation of God and men.



What lessons did I learn from this rowing experience?

Lively, energetic, and spirited Tennant kept everyone of us alert and captivated with his instructions, lesson points, his observations, his reflections, and his personal stories. The lessons we learnt from this boating experience are:

1. A boat doesn't go forward if each one is rowing their own way.
2. Keep your eyes on the arm and back of the person seated in front of you. (If the person in front did not row properly you get water splashed into your face.)
3. The rowers are not in charge – listen to the captain, the person who shouts out the order.
4. It does not matter how strong you are, if your oars don't go into the water at the same time.
5. You need to be focused on achieving your target.
6. We need to shout out the rowing strokes, 1-2-3-4-5-6-7-8-9-10, to help us focus on rowing as one without being distracted by other boats and noises around us.
7. Rowing harder does not help if the boat is not going where you want it to.
8. People in the same boat with different background, age group, and skill, can achieve the agreed goal if they row "as one".
9. Your action on the boat impacts the safety and the outcome of others around you.
10. If you focus on change, you will get result. (All of us stepped into the boat and began to row our own way. We were taught how to hold the oar, pull the paddle in a synchronized manner. We accepted our usual way was incorrect, we believed in the new instructions, we focused on the correct strokes, and co-operated with the instructor - the result was smooth sailing.)

I discovered I enjoy rowing. It was real fun!

How would the lessons learnt be applied in the community of One Hope Centre?

One Hope Centre (OHC) is like a life-boat and the staff, volunteers, and peers are "the rowers". The mission of OHC is to rescue people who are drowning in their sorrows consequent to their gambling addiction, financial troubles, broken marriages, and broken homes. For OHC to be purposeful and to achieve the objectives of its mission, "the rowers" need to be mindful to row "as one" and synchronize the strokes because we are better "as one".

"The rowers" come from different backgrounds and different age groups. We need to listen to One Command – the Voice of God through His divine Word, to be guided and lead by One Spirit – the Holy Spirit. "The rowers" are not in charge, but the Sovereign God is. The OHC Boat would not go forward if each one is rowing their own way.

Recovery clients and seekers in OHC and their families also need to be mindful that they too are "rowers" of their "family boat". The boat captain and the rowers decide on the family goals. Be mindful that everyone has to row "as one." Every one needs to focus on the change so that the result can be achieved. There is a need to accept that mistakes had been made, believe that the instructions and guidance provided through God's wisdom are applicable for the change process going forward, focus on the change, and trust and obey the Word of God.





ON THE LAND

For some, water sport was not their cup of tea; the event organizers were thoughtful and they were engaged to participate in a drawing competition conducted by Rev. Louis Chai and his lovely wife, Alison. The “land people” had a field day as the sun embraced them and gave them a little tan, some on their patchy heads, too.

Mrs. Alison Chai warmed up by requesting participants to reflect their emotions in drawing and they were asked to share what they had drawn and their feeling. The warm-up was followed up by a drawing competition. Participation was enthusiastic and there were seven entries. Prize winners were Mr. Dick Lum [1st prize]; Mrs. Alison Chai [2nd prize]; and Mr. Ng Aik Boon [3rd prize].

I like to acknowledge with appreciation and thanks to the following persons who thoughtfully organized this family event, and we all participants benefited from the great effort.

Ms. Sharon Liew – the event planner and organizer, and her team of helpers; Mr. Tennant Kiu and his team members – Singapore Adventure & Leadership Training Pte. Ltd.; and Rev. Louis Chai and Mrs. Alison Chai – Drawing Competition



PARTNER WITH US! 成为我们的伙伴

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

Please consider supporting us as we continue the good work.

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

- By crossed cheques made payable to One Hope Centre
- By deposit or fund transfer to Maybank Current Account 0415-1006-196
- Through our website at www.onehopecentre.org

Where our donations are used:

- Providing individual, family and group counselling
- Running weekly support group sessions
- Conducting addiction-recovery enrichment programs
- Conducting public education programs on gambling addiction
- Running the day-to-day operations
- No donations are used to repay debts for clients
- All services rendered to clients are free of charge

One Hope Centre is a registered Institute of Public Character (IPC)

Your donation entitles you to a 250% tax deduction

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

请慷慨捐献给我们

您可以通过以下的方式来捐款:

- 划线支票于 “One Hope Centre”
- 存款或银行转账
(Maybank Current Account 0415-1006-196)
- 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250%的税务回扣



中心主席前言



蔡子健
一望中心主席

今年3月，一望中心设晚宴庆祝13周年。我们纪念上帝的信实，也感谢多年支持我们的来宾与捐献者。我们也同时为着许多的求助者，在中心生命转化，脱离赌瘾和债务的捆绑而献上感恩。

我们热烈期盼新的一年来临。一望中心2017年庆典的主题是“突破”，当我们和社体一同回想的同时，也面临挑战和迈入新的领域。

我要借此机会向2017年9月离职的执行主任，林志成先生表达谢意。我们感谢他过去4年在一望中心的服事，也为他将来的禾场祝福他。我荣幸的宣布在2017年8月我们已经委任江佩珊姐妹为中心的总经理。因此，她将监管一望中心的运作，并带领团队的同工实行中心的使命。

祝大家新年蒙福。



总经理的话

还记得在一年前的一个星期二傍晚，我以一个义工的身份第一次踏入一望中心的支援小组。渐渐地，我也挑起了更多职分，这包括了加入中心的十三周年庆典晚宴的筹委会。在经过多个星期的筹备中，我听到很多人都因为通过一望中心，他们的生命和家庭得到改变。作为一个非赌徒的我，是无法想象他们转化的旅程是怎样的？所以我对他们本身的故事感到很好奇。

正因为这样，我坐在新来的求助者和那些过来人当中，听他们分享如何挣扎和胜过困难的故事，在过程中学习到宝贵的功课。我看到他们分享如何彼此扶持，以及无论每一位求助者的背景如何，他们都受到真诚的欢迎。我看到了新的求助者脸上重现希望，因他们明白了前面的路不是绝路。那一晚我离开时，心中留下深刻的印象。

我们常说赌徒的康复历程是一辈子的，要战胜赌瘾和强迫性的借贷是长久的，这会影响到生活的不同环节，有时甚至会带来绝望，灰心和羞愧。寻求帮助和走上康复的路是勇敢跨越的下一步。我们为一望中心许多过来人感到自豪。不仅如此，我们还看到他们坚韧地成长，并一次又一次做勇敢的选择。他们所得到的新力量以及拥有的关系鉴定了他们做对的选择。因为这样，我觉得是我的荣幸和这些人一起走这条康复的路。有一点的提示，一望中心不仅仅只是协助他们克服赌瘾，更重要的是带给他们生命的盼望和获得生命的真自由，这都是我们所渴望的。

能够与中心工作团队一起受委托，负起职分是我的荣幸。2017年我们的工作团队和义工们为了十三周年的庆典和筹款晚宴，还有辅导事工和支援小组，大家都付出努力。正如我们在周年晚宴所宣告的主题，今年是“突破”的一年，是力量的更新与团结的凝聚。我也看到上帝在我们当中行了奇妙的恩慈。在来临的一年，我们更期望能够帮助更多有需要的人。

最后，我要向所有事工的参与者表示谢意。我们期望你们的支持和代祷，在主的恩典中迈进新的一年。

主内：
江佩珊
一望中心总经理



赌徒戒赌很困难吗？

辅导员：王宝婵

曾经风闻有赌徒砍掉手指，以此决心戒赌，但又复赌的故事。最近我就亲眼看见一位来求助的赌徒，为了向家人证明他的决心，也砍掉一只手指，可是很遗憾的，不到一年，他又复赌并且又欠很多债，我心里很震撼。很多赌徒的家人因为赌徒多次的复赌和负债，对赌徒会戒赌的承诺都失去信心。因为赌徒复赌的机率高，一般人对他们能否戒赌也都存负面的看法。

一. 赌徒戒赌困难的因素：

一个人会沉迷赌博，成为问题赌徒或病态赌徒，之后一再复赌，不是天生的。很多赌徒不能戒赌，带给自己和家人很多伤害，甚至也连累亲戚朋友，都有他们自己的故事和背后的原因。

1. 赌博会使人上“瘾”（Addiction）

许多人都以为赌博只是消遣，是一种娱乐，只要那个人不再继续赌博就行了。其实不然，赌博会使人沉迷上“瘾”。当一个人对赌博需要越赌越

大，才可以维持赌博带来的刺激，屡次尝试要戒赌，要控制或减少赌博都无法成功，而且会变本加厉，不理输赢都继续赌下去，以赌来逃避问题或舒缓不安情绪。这种情况，根据美国精神科协会出版（DSM-5）已经被诊断为赌博成瘾或病态赌博，是属于一种冲动控制的问题，都是所谓的“瘾”（Addiction），一旦罹患了，就会持续恶化，非常难戒，治疗得当，可以控制停止不赌，但赌徒会有复赌的可能性。

2. 赌徒对戒赌的动机不正确

(1) 只是为了解决债务问题

多数赌徒来求助，他的动机是为了解决债务问题，他不认为他的问题与赌博有关系。他所关注的是他当前的债务，债务若解决了，他认为什么问题都没有了。对于他的赌博问题也会置之不理。他会有继续逃避不负责任的问题，因为有不正确的戒赌动机，戒赌就很难成功。



(2) 希望家人会帮忙还债

许多赌徒来寻求帮助接受辅导，就有“我去戒赌，家人就应该替我还债”的动机。这些赌徒是没有诚意戒赌的，虽然会给家人很多的承诺，但他戒赌的动机只是要家人帮他还债，一旦家人帮他吧债还清，赌徒就会“失联”，不会再来辅导，若再回来求助，债务肯定会比之前的数目更大，也可能有其他更严重的问题。



(3) 因为家人的要求或报答家人代还赌债

有些赌徒来中心戒赌是因为家人的要求或报答家人帮他还债。为了满足家人的需求，他来接受辅导，这是在表面上“做”给家人看，他的戒赌动机可能是期待家人能改变接纳和信任他。倘若家人没有在短期内无法与赌徒修复关系，赌徒就会认为“我都戒赌了，你为什么还不相信我”就放弃戒赌的决心。

3. 因为赌博错误的观念没有改变

(1) 误解唯有赌才能解决债务

赌徒常会说：我不赌，债务怎么还？靠我那份薪水，怎么可能清我的债？只要我赢一次，我的债就解决了。赌徒这种靠赌还债的观念没有改变，他会继续赌下去，使债务更严重。

(2) 误解赌博可以致富

有些赌徒曾经有赢钱的经验，以为赌博可以使他“发财”，自己对“财富”没有正确的价值观，就以为可以依赖赌博来赚取金钱来实现自我的梦想。

(3) 以为赌博结果是可以预测的

许多赌徒相信根据一些数据或研究马经来做一些分析，就可以准确预测自己可以是赢家，就

继续赌博。倘若赢钱，就认为自己是专家，若是输钱，就怪罪“运气不好”。其实赌场每一局的结果都是独立的，根本没有什么数据及分析可依循，输赢是无法预测的，马场也是一样，骑师都无法肯定自己这次出赛是否必胜，赌徒又怎能预知胜负呢？

(4) 以赌来处理情绪和冲突

赌徒若遇到压力或与家人有冲突时，赌徒会用赌来逃避他的压力和与人的冲突。大多数的赌徒都缺乏技巧去解决问题，他们遇到困难（主要是债务）或与家人关系有问题时，就会以赌做为唯一的解决方法。



4. 赌徒与家人互相依存的问题

赌徒的家人虽然都会责怪赌徒沉迷赌博，但很多时候因面子问题或家丑不可外扬，就会急着为赌徒还清债务，也希望他能改过自新。因为家人帮赌徒承担了还债的责任，赌徒本身就没有经历还债的辛苦。这种情况常常发生，赌徒就会依赖家人，减低他戒赌的动力，也可能造成他继续赌博更加严重。

二. 戒赌要从赌徒决心改变自己开始

当赌徒有觉悟自己赌博行为严重影响自己和身边的人，认清赌博带来的祸害，诚心懊悔，赌徒就愿意约束自己不要再沉迷赌博的生活。他就会愿意负起责任面对问题，这才是改变的开始，走向戒赌的起步。赌博上瘾的人是无法自救的，不能自己凭意志力戒赌。因此千万不要误以为劝导责骂就能改变他，要尽快寻找辅导机构帮忙，正视赌博问题，接受个别辅导，参加戒赌支援小组，重整自己的生活与与家人建立信任的关系。

赌徒要发掘戒赌的意义，弥补过去对家人的亏欠，从新寻找与家人过幸福的生活，选择健康快乐的人生，不被赌博捆绑。赌徒要重整个人对金钱的价值观，从新安排自己的时间，去体验不赌的生活会更开心，这样会加强不赌的动力。

三. 如何面对戒赌的挑战？

在新加坡，人要赌博，各型各类的赌博都有，很容易接触到的。赌的诱惑很大，赌徒要戒赌是不容易的，必须要几方面约束自己。

(1) 在行动上：

赌徒要决心戒赌，不要去接触任何赌博的资讯，宣布戒赌的行动，不碰任何形式的赌博，不再去有赌博的场所如赌场，投注站的地方，不上网赌球和取消投注的户口等。赌徒也最好避开会赌博的人，免得容易受到影响。

(2) 在思想上：

赌徒常会在思想上有赌的意念，要戒赌就要常常提醒自己，赌博会带给自己和家人的痛苦，所以不可以再走以前的路，要管理好自己的心思意念，时刻警惕自己，戒赌的过程中，不可以以身试赌，或放宽对赌博的自我约束。若有复赌的先兆或已经复赌了，应立即求助，寻找辅导解决问题，避免问题恶化下去。

(3) 心灵上的懊悔与宽恕

赌徒要真心悔过自己所犯的错，也要宽恕自己，重新振作。赌徒要与家人修复关系，必须先认错寻求原谅。在宗教方面得到上帝的宽恕，赌徒会得到心灵的平安和力量。

(4) 有效的管理财务与情绪

赌徒的财务和情绪管理不当，是最会使赌徒再去赌一把，赌徒要与家人修复好关系处理彼此冲突和怀疑，就会避免复赌的危机。赌徒要做好财务规划，有条理的还清财务，否则赌徒会很容易有再搏一搏的意念去偿还债务。

(5) 需要家人的支持

当赌徒在戒赌历程中，因为许多的困扰，需要家人陪同他一起来戒赌机构接受辅导和参加戒赌支援小组。通过参与，家人也可以多了解赌徒和如何更正确的帮助他一起走康复的路。家人不应该替赌徒偿还债务以作为鼓励赌徒戒赌条件。戒赌是一生的事，偿还债务也是漫长的过程，都会有压力和意外事件发生，家人不应该继续责骂或一直唠叨他们，以免赌徒会埋下复赌的危机，家人要经常保持冷静，以精神上支持赌徒继续戒赌的信心。

总结：

赌徒的行为确实造成许多的祸害，尤其是家人，曾给他们多次机会，他们都不珍惜，但这几年我在一望中心见证许多赌徒的改变，成为义工帮助其他赌徒戒赌，我盼望赌徒的家人和社会人士能像圣经中浪子的爸爸一样用爱来拥抱浪子一样，给赌徒多一个机会，用爱来陪伴他们走戒赌康复的大道。



“不可再说谎，要坦白且要寻求帮助”

文：韩先生
译：王宝婵

在2015年12月，太太给我最后通牒：“不可再说谎，要坦白且要寻求帮助。”当时我又欠了一万五千元，这是我在两个月里第三次欠债。在这之前，她帮我还清了三万元给有执照的贷款公司。我一生中大部分的时间都在为赌博成瘾而战斗，历史悠久，无法克服。我曾多次尝试戒赌，可是一旦停止赌博我就会很空虚。从一个平常人来看，这是不能理解的，但对赌徒来说，尽管债台高筑赌博的意念是不会减退。

在2015年12月，我到一望中心求助时，我已经陷入了困境。我没有想到我会改变。我是在这里通过一位辅导员，我找到了上帝。上帝介入我的生命。我现在很蒙福，因为我已经克服了我的赌瘾。我不是靠我自己，而是靠上帝的力量和一望中心同侪们的扶持帮助了我。我已经有26个月没有接触赌博，我自豪的宣布，我已经破了赌瘾的锁链。感谢主！

虽然我的评述很简短，但影响我的却不简单。我姓韩，这是我的生命故事。当我写这篇文章时，我已经六十岁了。我赌瘾的根源是在于成长过程中受影响的。我一家人都是赌徒。我的祖母是一个专业赌徒，她是靠赌博赚取生活费，当然她是一个骗吃的。我父亲把大部分的收入都花在4D彩票，而我母亲是一个病态赌徒，她有时会失踪两三天到邻居家去赌博。

我在很年轻的时候就开始赌博，但从来没有想像到这个习惯会带给我以后的人生那么严重的影响。在1980年之前，我的生活还不是很糟，我当时是一个营业主任，我的工作常需要到国外出差。在我出国的地方常看到灯光明媚的城市，到处都是赌场。于是每当我出国公干，我常光顾这些赌场。不久，我就累计了大约六万元的信用卡账单和循环贷款。我的几位朋友出手救我，替我解决了。可悲的是我没有悔改，也没有从我的错误中学到任何教训。

然而，在1992年我被派到香港工作。那时中国蓬勃发展，香港是通往大陆的大门，中国的销售额翻了一倍。公司认为有必要在香港设立一个办事处来处理业务。我被选中，同时我也抓住这个出国的机会。我有绝佳机会体验新的文化和工作环境，这确实使我的事业更上一层楼，但后来我却发现它是我个人的灾难。

在香港，我一直是独自一人负责业务，我被困在一种的文化中，只讲一种的方言，甚至开会也是讲同样的方言。这是非常具有挑战性，而我也觉得很难适应。这种不愉快和不安的感觉慢慢的弥漫了我的生活。我开始去赌博，不久我发现我又欠债了。

像其他人一样，我开始玩钱的游戏，借钱去还而还了又再借。终于在1997年当金融危机出现时，我被裁员了。银行逼我还债，威胁我要破产。我不得不变卖我的组屋筹钱来还债。这是我以往的历史。

经过所有的艰难后，我一点都没有改变。我还是继续赌博直到2015年。当我深深回忆我的往事，这些回顾让我认清自己。我真的很感谢上帝给我的帮助。我以前被赌博捆绑这么长久的时间，一直都无法摆脱这个困锁，因信靠主耶稣的帮助，我解除了我的赌瘾。我感谢主使不可能成为可能。我现在在一望中心帮忙服侍。

圣经说：“在人这是不能的，在上帝凡事都能”（太19:26），还有哥林多后书5:17说：“若要在基督里，他就是新造的人，旧事已过，都变成新的了。”

我们都会面对一些混乱的局面，生活有苛刻的要求，有时巨大的压力也是因愚蠢而造成的。如果你是这样的人，转向上帝寻求答案，你会有惊喜的。

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 offer assistance to all help-seekers 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 with 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 @ 6547 1011
- Training workshops
- Public awareness programmes

WEEKLY PROGRAMMES & SERVICES

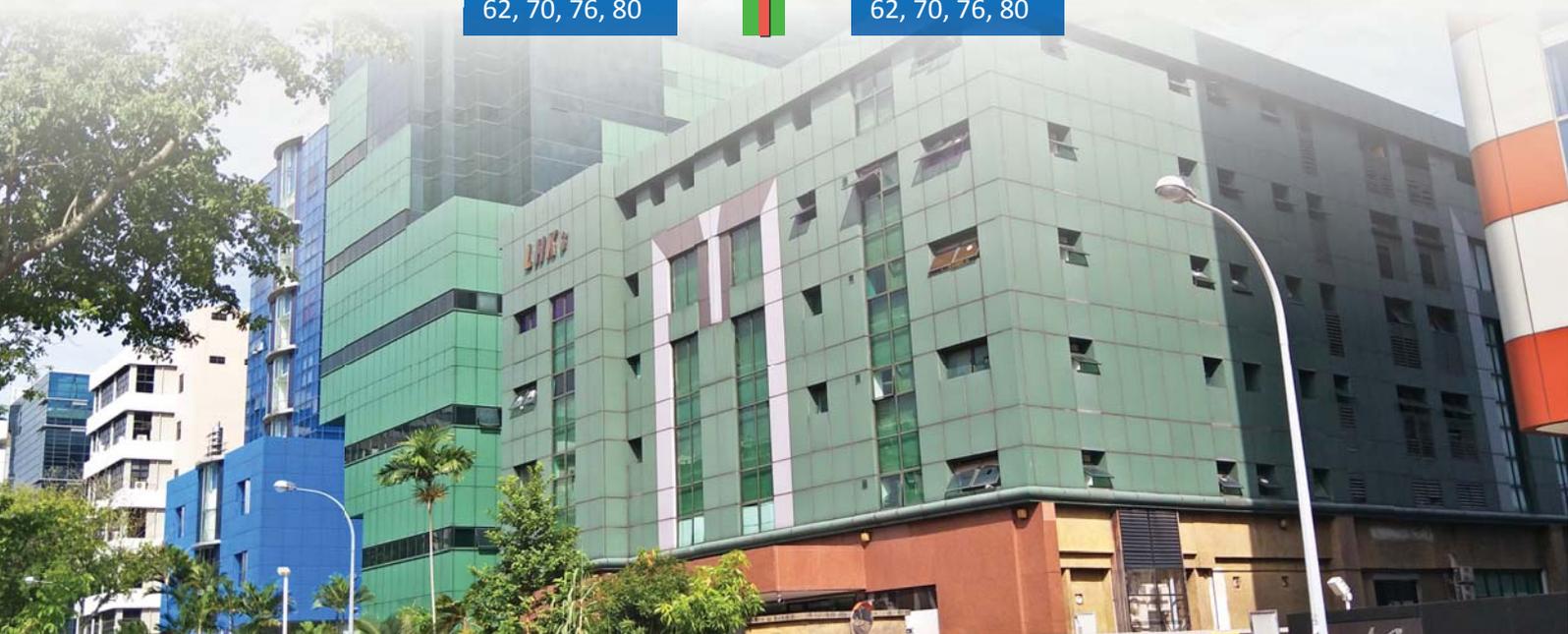
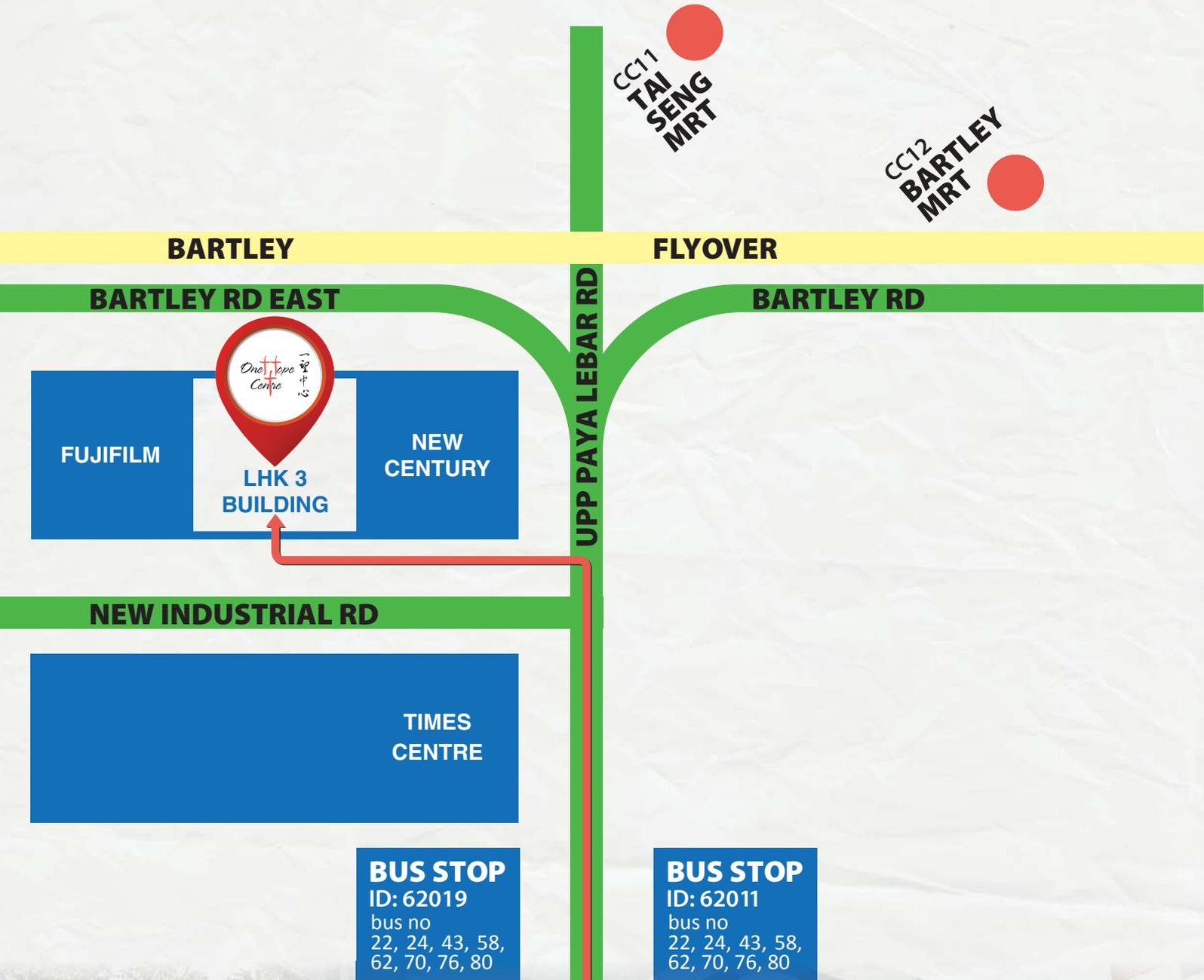
New Seekers' Support Group
Recovery Support Group
 Conducted in English/Chinese

TUESDAY

7.30 PM TO 9.30 PM
 ST ANDREW'S CATHEDRAL
 11 ST ANDREW'S ROAD
 SINGAPORE 178959

SATURDAY

7.30 PM TO 9.30 PM
 GEYLANG CHINESE METHODIST CHURCH
 52 ALJUNIED ROAD
 SINGAPORE 389820



ONE HOPE CENTRE

8 New Industrial Road, LHK 3 Building, #04-04B, Singapore 536200

Helpline: 6547 1011 General line: 6286 0152

Email: help@onehopecentre.org

Office hours: Mon - Fri, 9am - 6pm