

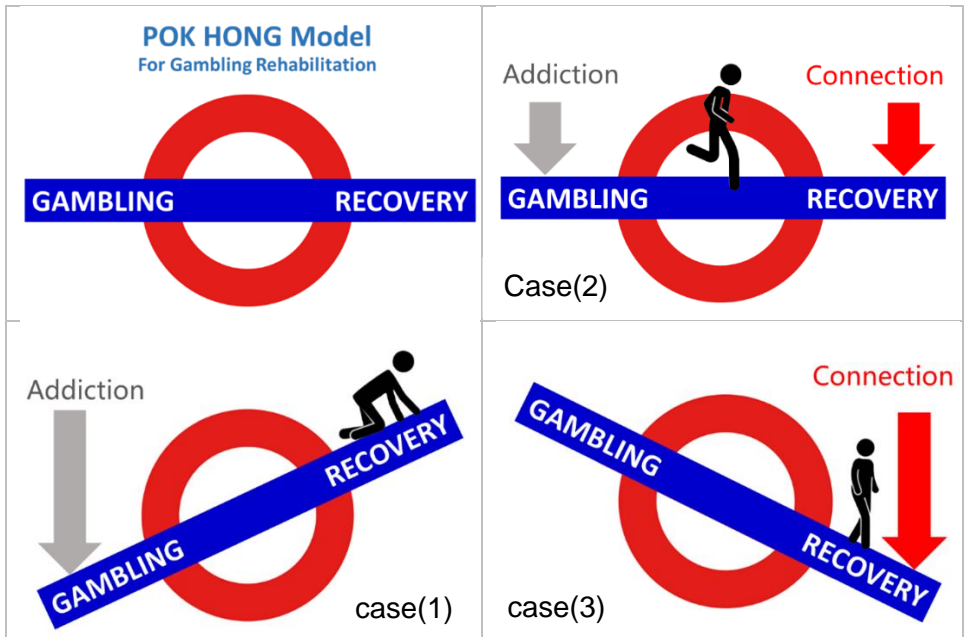
Summer outing

A summer outing was held on 27th of June. We took public transportation and arrived at our destination from CCGR in more than an hour. Ruislip Lido is located in northwest London which covers an area of 60 acres. It is a pond and artificial beach. Our Father provides more than we can imagine or pray for. He was providing nice weather, 20 degrees Celsius, with sunshine and gentle breeze. Praise to the Lord!

We were 30 people totally, ranging from early 20s to over 90 years old. We sang hymns on the beach, played games, picnic, and strolling along the lakeside to enjoy the nature created by Our Father. Some brothers and sisters were very considerate, who prepared many foods and water to share to everyone. The arrangement was not perfect, thanks to everyone's forgiveness and tolerance, especially thanks to the ones who had been waiting for a long time patiently at various meeting points, but it make everyone was taking care of each other, full of love and walking together!



Singing hymns together at the lakeside, admiring for the love of Jesus Christ



The fact that gambling can bring about severe harm is no secret. No one is addicted to gambling who will deny the fact that gambling harms oneself and others. However, they just cannot seem to quit gambling for good and go into relapse. This begs the question: why is it so difficult to quit gambling?

One of the reasons for this is that the opposite of addiction is not sobriety, but meaningful connections. Imagine the London underground logo shown above as a see-saw bridge. To quit gambling, a person needs to walk from left to right on the see-saw bridge.

Case (1) Strong addiction, without any connection

Even though one can go through temporary sobriety and determines to stop gambling for good, using all of his/her strength in an attempt to climb to the side of rehabilitation, once this person slips due to exhaustion or is triggered by a stimulus, all of his/her hard work will be for naught.

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Case (2) Equal strength of addiction and connection

In this case, the person is moving towards rehabilitation, and the allure of gambling is not overwhelming, if this person can build more meaningful connections, a full recovery can be expected in no time.

Case (3) Addiction to gambling is disappearing, with increasing force from meaningful connections

Gambling rehabilitation is a process for life. By strengthening the connections with God, family, and church, and maintaining the see-saw bridge on the side of recovery, a person can recover from gambling addiction for good.

Furthermore, mental well-being, therapy, and emotional support are also essential to rehabilitation and understanding the cause of gambling addiction. However, that is a topic for another day.

Case (3) Power of addiction gradually disappears, while the power of connection is increasing

Although gambling recovery never ends, the key point is to keep the rocking board on the recovery side, and continuously pray to God, keep close connection with church and people. They won't be addicted to gambling anymore.

Moreover, mental health, psychological counseling, and emotional support are very important for gambling recovery, as well as understanding the causes of addiction for individuals. That would be further discussed later.

CCGR volunteering news

May the Lord continue to protect us in days ahead, wish more people to join as volunteers, and to be wonderful leaders in the gospel anti-gambling ministry! Glory to the Lord!

Summer volunteer

Mr Wilson Chen joined CCGR as a summer volunteer in June this year. He was born in a Christian family and immigrated to London with his family in 2021. He is currently studying second year of Psychology at

the University of St. Andrews. He loves watching NBA basketball and is interested in Clinical Psychology. Beside to broadening his experience, He likes working with people and serving in different communities.

In Memoriam

Sincerely miss our beloved Uncle Lee! Uncle Lee Wing-Chuen rested in the Lord in March. Thankful to the Lord for having him who was ever faithful to the Lord and supporting CCGR. The Lord grant him rest in peace and in the love of God!

Weekly gatherings and activities

Monday – Bible Study 13:30-15:00 (Cantonese)

(Study 1 Corinthians from January to August)

Studying Bible, understanding the truth from the Bible, and get close with God to get rid of gambling and temptations.

Tuesday - Small Group 13:30-15:00 (Cantonese)

The content includes pastoral care, topic discussion and prayer time. Sharing spiritual grace, encouragement with each other, and become fellows in spiritual growth.

Wednesday - Christian Counselling Services

You are welcome to make an appointment for individual counselling. Either in-person counselling or by zoom is fine.

Thursday – Gambling Rehabilitation Course

You are welcome to make an appointment of Rehabilitation course for individual. Class is either in-person at centre, zoom or by phone.

Friday - Po Hong Station 13:30-15:00

We provide various activities which are wellbeing to physical and mental health, use of leisure time, keep close connection, and help gamblers recovery to quit gambling.



Income & Expenditure

	April 2022 – Mar 2023 (before Audit)	April 2021 – Mar 2022
Local Donation	£38,052.80	£21,890.00
Overseas Donation	£690.00	£0.00
Other Income	£4,198.11	£3,069.30
Total Income	£42,940.91	£24,959.30
Staff/Volunteers Allowance	£46,621.43	£39,856.95
Rent & Insurance	£2,062.67	£1,200.00
Office Expenses	£945.67	£2,301.05
Ministry/Activity	£4,603.58	
Other	£1,117.48	£716.88
Total Expenses	£55,350.83	£44,074.88
Surplus (Deficit)	-£12,409.92	-£19,115.58

Praise the Lord! He provides what we need, so that we can continue to help people recover from gambling. Hence, we would like to express our gratitude to the churches, institutions, and individuals who donated and supported CCGR. Thank you for your continue support. CCGR is entirely funded by the churches and members of the Christian community. Please support our services with prayer, money, and volunteering.