



福音戒賭中心通訊

The Christian Centre for
Gambling Rehabilitation

October 2024

Registered Charity No : 1147459



Entering Autumn, our Centre had arranged two warm-hearted gatherings and special events...

Mid-autumn festival celebration



Reunion, reconciliation, and blessings in the
Mid-Autumn Festival, Jesus loves you !

We celebrated the Mid-Autumn Festival in our group on Tuesday, 17th of September. There were many memories together, lots of laughter and tears. We felt that this was the home prepared by God for us! Jesus Christ atones for the sins of the world and restores the severed relationship. Connect, fight against enmity and make peace, and ask the Lord to use us to be messengers of peace and bridges for the gospel. We aim to attract more people who to believe God and become disciples from gamblers, experiencing the reunion of people and God.

Gospel Cantonese Songs, Testimony Sharing Session



True peace, love always there, accompanied by God,
let's walk together in the pilgrimage

By the grace of God, we held another gospel Cantonese song testimony sharing session in October. The centre invited Deacon Ho King-ming and his wife Liu Yu-ching from the Kowloon City Baptist Church in Hong Kong to share gospel Cantonese songs and testimony. On that day, many friends came together to learn about the love of Jesus and gain the grace of the Lord through the gospel messages, life testimonies, and loving gospel Cantonese songs shared by Deacon Ho and his wife!

Gambling Prevention-materials for Teenagers

We hope to clarify some misconceptions among young people and prevent gambling from spreading to the next generation! Group activity resources suitable for teenagers aged 13-17 are specially produced for fellowship mentors and Sunday school teachers. Contents of four lessons (one hour per lesson) 1. "Betting", how much do you know? 2. Do you want to lose or want to win? 3. How do you choose? 4. Learning management. Welcome to visit the centre's website to download "Understanding Gambling - Teenagers" for free.

Dancing with Emotions - volunteer counsellor Natalie

Emotions are something we all have—they are ever-present, closely connected to us, yet often hard to fully understand or control. Emotions can fuel our dreams and deepen our relationships with others, but they can also control us, affecting our mental and physical well-being, and even our relationships. Sometimes, to escape the torment of emotions, people may turn to unhealthy coping mechanisms, such as gambling. In this way, emotions can be both a force for good and a source of destruction, just like the saying, "Emotions can either help us sail or sink our ship."

I'd like to share a story about a snake and a saw, which can teach us all how to better understand our emotions and learn to "dance" with them.

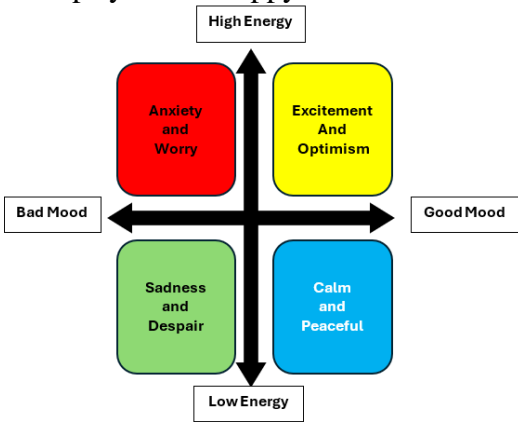


One day, a snake slithered into a carpenter's workshop. As it crawled quietly toward the corner, it accidentally passed over a saw, lightly cutting itself. Startled and in pain, the snake immediately turned around in anger and bit the saw. This action only made the saw cut deeper into the snake's mouth.

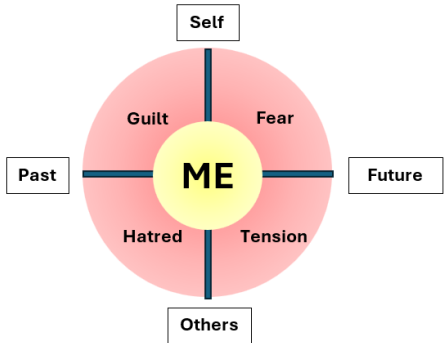
Thinking the saw was attacking it, the snake decided to wrap its entire body around the saw, trying to crush it with all its strength. But the more pressure the snake applied, the deeper the saw's blades cut into it. As its wounds deepened, the snake became even more furious and tightened its grip until, tragically, it died from the injuries it had caused itself.

In a similar way, when we are ignorant about our emotions and don't know how to handle them, we can end up causing ourselves harm. That's why it's important to approach emotions with humility, learning to understand and regulate them. With the help of faith and healthy coping mechanisms, we can transform our negative emotions.

As the saying goes, "Know yourself, know your enemy." We can begin by self-reflecting on our emotions every day. At the very least, we should take time to check in with ourselves and recognize our emotional state. Self-awareness is the first step in emotional regulation. The second step is to reflect in a quiet moment: who or what caused our positive or negative feelings? What thoughts triggered these emotions? The third step is to express these emotions in healthy ways. Relieving emotional tension can be as simple as connecting with nature—flowers, trees, and sunlight are some of the best forms of healing. Sharing your thoughts with a close friend can also help to release inner stress. Even a simple walk in the park can stimulate your brain to release dopamine, which helps you feel happy and relaxed.



(diagram 1)



(diagram 2)

If you choose to believe in Jesus, you will have even more resources to help you face various negative emotions. This diagram illustrates how we often feel guilty about past mistakes or hold grudges against others who have hurt us. But through Jesus’ sacrifice and immense love, we can learn to let go of resentment and embrace forgiveness. When we face an uncertain future, it’s easy to feel fear and anxiety, but through experiencing God’s protection and provision, we can find peace and hope. God has also given us the Bible, which offers comfort and support in times of need.

When you say, "I'm so tired," God says, "I'll give you rest." (Matthew 11:28)

When you say, "No one really cares about me," God says, "I love you." (John 3:16; John 13:34)

When you say, "I cannot forgive myself," God says, "I forgive you." (1 John 1:9; Romans 8:1)

When you say, "I can't handle it," God says, "I will provide what you need." (Philippians 4:9)

When you say, "I am afraid," God says, "I have not given you a spirit of timidity." (2 Timothy 1:7)

When you say, "I am often worried and depressed," God says, "Cast all your anxiety on me." (1 Peter 5:7)

When you say, "I feel lonely," God says, "I will never leave you or forsake you." (Hebrews 13:5)

Volunteer's sharing - Thomson

This summer 2024 is the first year that I had participated in outreach work of the Christian Centre for Gambling Rehabilitation (CCGR). Mainly, I would go to London's Chinatown every Wednesday afternoon to distribute leaflets about the CCGR to introduce the work of the centre. and provide the centre's contact number to those in need.



There are many casinos in London, especially in Chinatown, with betting shops everywhere. As the saying, there are more betting shops than rice shops. This outreach work is really not easy at all. There were usually only three of us distributing leaflets to the never-ending stream of people in the street.

Frankly speaking, I had a bad feeling when talking to the people with bad smell like cigarettes. With the Grace from Lord, I was still able to introduce the work of our Centre to the people passing by, and some people were willing to provide their contact numbers to us, even though there were not many successful cases.

In fact, the number of gamblers is increasing recently, I really feel I am very small. As what the Bible states: "Your enemy the devil prowls around like a roaring lion, looking for someone to devour." 1 Peter Chapter 5:8

I noticed that some people who seemed to be possessed by evil, being forced to enter casino and play until he lost all his money.

According to the sharing from our Centre, many people were gambling. As a result, it is causing their wives and children to be separated, and they finally were in debt. Although we face difficulties, God's blessings and comfort are always with us.

Remembered one day I was distributing leaflets and speaking for 45 minutes, I was really tired and wanted to sit down. At that moment, someone asked me whether we were the staff from a gambling rehabilitation center. Hence, he told me that he and his wife were bad gamblers in the past. Once they lost money, they fought each other at home and were even arrested by police. Later, the couple decided to quit gambling, but they were still being upset that gambling caused them to lose their whole savings. More importantly, they felt sorry for their children. He told me that the staff at the Christian Centre for Gambling Rehabilitation are very kind and supportive, helped many people quit gambling, because gambling is really a matter of generations.

I was encouraged by what he said. Many people were applauding us in these difficult ministry affairs. He was right, gambling would affect next generations. I hope that more people could come to our centre (Christian Centre for Gambling Rehabilitation) to receive treatment to quit gambling and become disciples to follow Jesus. Glory to God !!

Volunteer's sharing - Wilson



Another year of summer volunteering at CCGR has come to an end. Once again I am very thankful for this great opportunity. Since it was my second year volunteering here, I was welcomed by familiar faces, I am glad to see them doing well, and the fellowship gathered at CCGR is still going strong.

Other than familiar faces from last year, I am also very blessed to have met some new people while volunteering. I had the opportunity to have a lunch chat with Natalie and Vivian, two lovely ladies who provide counselling services for the center.

I learned a lot about the nature of counseling and how it can impact the lives of people, whether they suffer from addiction or not. During this conversation, I raised a question that puzzled me for quite some time: are we using Christian faith as a crutch in rehabilitation? The reasoning behind this question is that as a psychology student, approaching addiction rehabilitation through religious practices is going against the scientific principles laid out in my studies. Rigorous logic and scientific methods are not things that are commonly found in religious practices. Hence, I have always been skeptical of how much Christian faith was really helping in rehab, and yet, during my time spent volunteering, I have seen firsthand the benefits brought by these practices on different individuals at the center.

“Christian faith brings two important aspects into their lives”, said Natalie, one of the counselors, “Community and hope.” This message opened my eyes to a new way of thinking about the issue and made me reflect upon my time as a volunteer. My main duties for this year consist of gatherings on Tuesdays and Chinatown outreach on Wednesdays. In a certain sense, community and hope is the essence of what is happening in these two days. The gatherings on Tuesdays instill a sense of

community and belonging among the participants. Through these connections, the participants know that they are not alone in the fight against addiction. Fighting addiction through building connections has long been the principle of the center, since it is the manifestation of the essential aspect of Christian Faith.

On Wednesdays, I stepped into Chinatown with other passionate volunteers for an outreach program, aiming to promote the services of the center to people who need them. Although our attempts to hand out leaflets or engage in conversation with the people in Chinatown were not always met with enthusiasm, some were still willing to stop and have a chat. The message we bring to outsiders was not only promotional material for the center but rather a message of hope. Just as the words written on the banner “start over?”, an important part of the message we hoped to bring is that there is always light at the end of the tunnel, no matter how hard you screwed up in your life, there is always redemption in Christ. The idea that people can find the strength to abandon their old ways of living and lead a new life that is more blessed and more fruitful is what the Christian Faith brings. Whether it is hope in life or hope in the afterlife, hope is an often-overlooked aspect of Christian faith which makes it very powerful for people in rehabilitation. After reflecting upon these things, I am also reminded to not be trapped by my own knowledge (or lack thereof) and not let my preconceived notion of how rehabilitation should be done limit my ability to see the benefits of religion on addiction rehabilitation.

Looking forward, I will be returning to university to complete my degree in Psychology. As this is the final year, it probably means that I wouldn't be able to return as a volunteer next summer. Hence, I wanted to leave you all with a bible verse that was gifted to me by one of the lovely people during a Tuesdays gathering “*For I know the plans I have for you,” declares the Lord, “plans to prosper you and not to harm you, plans to give you hope and a future” (Jeremiah 29:11).*



Income & Expenditure

The Christian Centre for Gambling Rehabilitation’s finances depends entirely on support from churches and believers within the church community. Please support our ministry through prayer, donation, and volunteering.

	Year 2024/25 Apr- Sep (before Audit)	Year 2023/24 (Revised)
Local Donation	£24,621	£37,921
Overseas Donation	£0	£452
Other Income	£0	£970
Total Income	£24,621	£39,343
Staff/Volunteers Allowance	£23,912	£41,114
Rent & Insurance	£1,336	£2,398
Office Expenses	£424	£1,017
Ministry/Activity	£637	£2,438
Other	£320	£237
Total Expenses	£26,629	£47,204
Surplus (Deficit)	-£2,008	-£7,861

Enquiry Telephone number 0207833 8626 Centre manager Aaron

58A Birkenhead Street, London WC1H 8BW United Kingdom

+44(0)207833 8626

www.ccgr.org.uk admin@ccgr.org.uk