



NEWS & ANNOUNCEMENTS

May - June 2009

WORKSHOPS & PROGRAMMES

We finished with our Psycho Education and Group-led Facilitated program at HighPoint Halfway House. And many of you are aware that we are now doing a version of our programs called FIRE right here at We Care. This program is a gathering of 4 halfway houses with 15 participants for 6 weeks.

On March 28 we held a 4th and 5th Step Workshop at the Center. It was a great success with a wonderful turnout. We hope we inspired a few to take those difficult steps. Need help, feel free to ask us.

We hope to run a Recovery Retreat in August. Look out for information soon. It will probably be held in Johor Bahru due to costing. Victor is spearheading this endeavor. Speaking of Victor he is leading 4 experiential workshops on Friday night beginning June 5. Should be both fun and a great learning experience.

We held a Family Free Program on Sat. April 11th lead by Han and Sarah. We will probably do another one in June or July. Do look out for the dates, especially if you have someone you'd like to recommend.

Han did a special Robin Hood/Atypical Theft Offender Program on Sat. May 2. Sorry guys, we know it was cramped quarters around here. However, if you have a history of theft especially while under the influence of drugs, take odd things you never intend to sell or use, you might want to attend one of these workshops or speak with a counselor.

OUR NEW ROBIN HOOD PROGRAM

Have you ever felt a compulsion to steal things which you do not need? Have you ever been arrested for shoplifting, petty theft or other theft crimes and yet felt unable to control, or even understand your own behaviour, despite your deep sense of remorse and shame for what you had done? Or is there someone whom you care about that commits act of theft that you find totally inexplicable or "ridiculous" because you have known him or her to be an honest, law-abiding citizen who has no pressing financial need nor motivation for what was stolen?

If your response is "yes" to any of the above, know that you are not alone. Compulsive stealing is a psychological disorder that few understand, and even fewer will admit to. WE CARE now offers a comprehensive recovery programme for people with compulsive stealing problem. The programme includes initial screening and assessment of your problem, followed by individual counseling, group therapy and related family therapy sessions, where necessary. To get a quick introduction on what compulsive stealing is all about, the possible causes and treatment options, you may also look out for our full-day "Robin Hood Workshop" to be conducted on selected Saturdays at the centre. To find out more about this programme, call 64715346 or email admin@wecare.org.sg

RECOVERY CORNER

Hi, my name is Sunny. I am from Myanmar. I am an alcoholic and a drug addict. I have been in Singapore since 1st March 2008. I have been living in misery since 1997. I have been drinking and using drugs for nearly 11 years.

I still remember the night, I was in a bar drinking with two friends promising myself that it would be my last drink. That was the night before I departed from Yangon for Singapore to further my studies. Before I came to Singapore, I believed that I would never drink or smoke in my life again, as cigarettes and alcoholic beverages are very expensive in Singapore.

I was wrong. On the very first night I arrived in Singapore, I smoked a cigarette when a friend offered me one. After a week, I started drinking when one of my relatives treated me to a beer. From then onwards, I drank almost everyday.

The reason why I came to Singapore is to study and seek employment upon graduation. At first, I was staying with my aunt. She told me not to drink as long as I stayed under her roof. But I drank secretly, using mouthwash to mask the smell of alcohol. She warned me several times not to drink again. Because of the strong stench of alcohol, I stopped drinking and started to take cough mixture instead.

After 5 months, she became upset with me and told me to leave her house. I had to move and share rooms with my Myanmar friends. From that time onwards, there was no one watching my steps. I drank like "hell". Every morning, I woke up with a hangover. I felt extreme guilt and thought of committing suicide. After 2 months, my roommates started to hate me because they could not stand my alcoholic behavior anymore.

One night, I was so disappointed with myself that I wished to die. I went onto the internet and enquired about the least painful way to commit suicide. What I found was a gunshot or overdose of heroin. I knew that it was impossible to find a gun in Singapore. But to get heroin is possible. I wrote a suicide note and went out to the food court. There, I met a Singaporean neighbor. He was a former Alcoholics Anonymous (AA) member. I shared my feelings with him. He suggested that I find my own conception of God. He also allowed me to read a few books of the Grapevine. After reading the "Serenity Prayer" and "The Twelve Steps" several times, I decided to join AA.

I met someone at WE CARE who later became my sponsor. We talked for an hour. On 16th October 2008, I attended my first AA meeting and received a 24hour chip. I came to believe in the 12step program. I began to like people at school. My relationship with my classmates, lecturers and school staff improved day after day. My grades improved with each passing day.

However, as a foreign student studying in Singapore, I had worries regarding getting a job upon graduation. So, I discussed my concerns with my sponsor every time we met. He promised to help me find a job. I also tried on my own. Otherwise, I had to go back to Myanmar and meet my old "slippery" friends again. I did not want to take that risk as the foundation of my recovery was just a few months old and I still had "clay feet".

Despite both our best efforts, I was not successful in finding a job. My sponsor told me to pray and not to worry. I continued praying. To my surprise, the school CEO offered me a job on the last day of my examination. At that moment, I could not believe my good fortune. It was a wonderful gift from God.

My sponsor helped me reinforce my trust in God. He also helped me to remove my negative thoughts and to enjoy God's blessing. This indeed is the first fruit of my recovery.

I thank God. I thank WE CARE. I thank my sponsor. I thank my recovering friends in the program. The promises of the program are slowly being fulfilled in my life. Once upon a time, I wished to die and was looking for the least painful way to commit suicide. Now I value my life with all my heart. I even wear a seat belt every time I take a cab. I thank God for giving me a second chance at life. I aim to make the most of it, "One Day at a Time".

Sunny

FLEA MARKET JUNE 27

A Flea Market will be held on WE CARE premises on Saturday, June 27th from 9.00 am to 6.00 pm. Each table is being sold for \$20.00. We hope to sell about 30 tables. Besides a variety of merchandise on sale, there will be game stalls, a Kiddies Corner, music and lots of fun. So spread the news to all your friends. We are hoping for a good turnout. If you are interested in setting up a stall, please contact Manjit at 64715336.

WINDOW ON ADDICTIONS

WE CARE and Promises are co-sponsoring this 15 Module course on the treatment of addictions. It begins Aug 14, 2009. VCF funding of 80% of the course fee is approved for a 10 module block. Each module is \$110.00. Pick and chose your 10 or just go to one or two. This is a dynamite opportunity to learn about addictions and even begin to work on counselor certification, ICRC. Pick up a brochure in the office.

VOLUNTEERS

Interested in Service Work? Please consider signing on to make 12 Step calls. If you have at least 6 months sobriety, please give your name and contact information to Manjit who will fill you in on the details. We need people to visit the still suffering in hospitals or greet those new to the Center. This is a wonderful way to reinforce your own Program and support a strong recovery. We have had a number of people already volunteer. This is such a needed service. Thank you all.

We are so lucky to have so many wonderful volunteers. You help keep the Center clean, greet the newcomer, listen to others, share your recovery, make us laugh, and provide wonderful programs like those Sat. workshops. How can we ever thank you...we will this July with our Volunteer Thank You Dinner. WE are truly Blessed.

Our Wish List

1. Someone to design a medallion similar to what is used in AA, NA, etc. but for WE CARE
2. To sponsor cable television for the Serenity room for one year.
3. To supply us with one or two tins of biscuits every month for a year.
4. Provide us with some new or used games for the Serenity Room.
5. Monetary Donations are always appreciated.

