

Additive

Adding Value to Lives

Annual Newsletter

Issue No.12

From the Director ... It has been a while since we got out a newsletter. A lot has happened in the last two years. 2020 and 2021 have been years that will remain in our memories, and we will continue to talk about all that happened for generations. We saw and heard of stories that are difficult to believe and imagine. The whole world stood still. Every day we wake up every morning, we know it is a miracle! Hospitals were full, death was daily news. Many of us lost good friends. Anxiety, worry, depression and other psychological issues have become common. Online counselling lines continue to be engaged 24/7. Work from home became the norm. Online schooling continues to pose challenges for both teachers and students. Many children lost out on school. Many lost jobs, businesses got shut down. For many, finding the next meal became a challenge.



In the midst of all this chaos and confusion, God took special care of us. We did worry about how we would take care of everyone at the Men's home and the Ladies' home, both filled to capacity. Psalm 121 was our regular reading. Every morning, we looked up to the Creator of heaven and earth who watched over us day and night, and when we went out and came in. From the first lockdown, I was out helping with the Police, the Health Dept., and also as part of a Covid Squad. Laly was quite worried about me going out almost everyday. But Our God was our Comforter. One morning, Laly heard God's word: "The angel of the Lord will encamp around us". His words are so precious.

When our Prime Minister declared lockdown on 24th March 2020, people panicked. Those who were well off bought and stockpiled everyday essentials. We did not have the money to buy and stock anything. There were 30 of us. It was scary, yet we never experienced "lockdown" or "panic buying". Our only hope, our refuge, our provider, our comforter, how can we cease to worship Him. We have never felt His presence so much and that feeling was so amazing. He is not only a promise giver, but also a promise keeper! From the beginning of the lockdown, God took care of our every needs. God's provision enabled us to also give to others in need. Like the widow's jar was overflowing, our kitchens never lacked anything. We had the best of food and provisions; we were able to give the food to many in need during the lockdown. PRAISE GOD!

We heard stories of struggles- people who had no means for food and were willing to stand for hours in the sun to get basic essentials, walking miles to reach home, entire families suffering from Covid with no one to cook them a nutritious meal. I'm sure all of us heard of the hardships of the common man. Amidst these struggles, God used Abhayam to help people who were in need. We were able to encourage them over phone calls, we delivered home cooked food to many homes affected by Covid. God also used us to bless a few migrant labourers who did not get any help with food and provisions. We saw His protection and provision in both our homes and our family.

It is indeed a blessing to be part of the Living Hope Community Church. During the first forty days of the pandemic lockdown, we had four prayer sessions a day. We continue to pray twice a day and the Abhayam ministry has continuously joined in these prayer times on zoom platform. This prayer time encouraged and strengthened us as a family and the also the members in Abhayam. Our members experienced a closer relationship with God during this time and we saw many surrender their lives to our Lord and Saviour. Some of them continued to stay connected during these times of prayer, even after they left Abhayam. God's touch was evident. It was indeed the power of prayer. During this season, we were busier than any other time in the past. God used us to be a blessing and to minister in different ways and reach out.

- Albert, Laly, Isaac & Jonathan

*The angel of the Lord encamps around those who fear Him, and **rescues them.**" Psalms 34:7*

It is my great privilege to be a staff at Abhayam. I am happy and blessed to be a part of such an inspiring organisation with the heart to reach out to men and women who are in need of help and support. It is a joy to have a meaningful devotion with them and sharing the goodness of our God to them when they need it the most. It is interesting to listen to their perspectives on life and how they view the world. We also have fun cooking together and sharing stories about our life experiences. Moreover, I enjoy praying with them and for them. I am indeed grateful for this opportunity to be an instrument for God's work.

LETHA JOHN, Administration Head



I came to Abhayam as a member, for a very silly reason I walked out and got drunk picked up a fight with some guys on the street, they stabbed me. I had 3 stabs on my chest and 4 on my back. They left me unconscious on the road side to die. Some person who saw me lying in a pool of blood called the police and took me to hospital. I was in the ICU for 45

days with a bleeding artery. Doctors said I won't be able to walk or do anything, but God's healing hands touched me and completely healed me. After a few months I came back to Abhayam. I knew this new life was given by God and so I decided and felt that I have to serve Him full-time. I am very blessed and honoured to serve God through this ministry and help many other like me. I am also grateful to God for life and to live with Joy that come from Him and serving Him

VIJAY KUMAR, Counsellor



I am from Nagaland (North-East India). I came to Bangalore to do my Theological Studies. After I graduated from Calvin Bible College I was looking for opportunity to serve God. I heard about Abhayam through a common friend. I joined as staff in Feb 2020. The Covid'19 pandemic started a few days after joined, I am very grateful that God brought me to this ministry. I had no idea about work with addicts, I have seen many struggling with addictions in North-East India. I consider this as a privilege to work among this special group of people and I worked hard and was willing to learn things that I didn't know. I also learned to cook, to play the guitar and to be a good listener. I also had the opportunity to spend time with the members personally. I am now in-charge of the men's home. I am slowly learning to handle all the responsibilities carefully. My relationship with the Lord has grown seeing what He does in the lives of each member as they walk into our home. It's been one and half years of God using me to bless lives that are so broken and shattered. Please pray for God's continual guidance, provision and protection in my life.

C. ANGAYAK PHOM (DARREN), Centre Manager, Men's home



It is my great joy and privilege to work with Abhayam. I am working in the Ladies' home and the Pakal Veedu, the elderly care wing. Last four years God brought many ladies and elderly to the home, each were different. Their struggles and stories were unique, God gave me many opportunities to show God's love though the Word of God and our lives. Most of them come to Abhayam without any hope, but God change them and bring joy to their lives. By

supporting them to live independently and involving them in different kinds of life skill training. We teach them stitching and to make many other handmade items such as Macramé, earrings, masks, aprons, bags, and many more. We also make varieties of pickles and jams. We also encourage them to develop their own skills. By end of six months, we see a new person, this is not done by us, it is God's work. He is fulfilling his work through their lives. In the last two years God has brought few girls who needed His touch and He has done His work in their lives. When I look back I can only say one thing very clearly that it is not our work it is God's doing and it is marvellous in our eyes. With man it is impossible, but with God all things are possible. *Mathew:19:29*

MEERA LAKRA, Centre Manager, Ladies home



Pray for the various ministries

- Men's Home
- Ladies Home
- Pakal Veedu (Day-care for the elderly)
- Music Ministry
- Awareness Programs
- Sports Ministry

Also pray for all the members of the homes.

We have had around 730 people in our rehab programs.

Volunteers at Abhayam... THANK YOU.

Dr. Chandra Thomas: for your regular class on health and hygiene. All of us wait for you coming. We are indeed blessed by your regular input and medical guidance given to all of us. Thank you.

Sachind John: for your visits every week. For all the one-on-one times with our members. You are one of their best friends, you know more of their secrets than any others. Thank you.

Suprith Nayak: for your guitar classes. We are so happy when we play the guitar. Thank you for believing that it is possible for us to learn to play. Thanks

Brainerd Berry: As a student you spent your free time with us, Thanks.

Henry Praveen & Vijay Kumar: Thank you for joining Abhayam as a volunteer after your program. It's an honor to serve God full-time, welcome to the team.

"Our lives begin to end the day we become silent about things that matter" – Martin Luther King

Clifford James Benjamin.

I am from Malaysia I came to Abhayam in December 2019. I was very sick and also was in addiction with lot of bad habits. During my stay at Abhayam the first few months, I was really hard, I couldn't cope with whole program. On many occasions I tried to return home but failed because of covid restrictions. I slowly had a break after almost nine months and started to have personal relationship with Jesus.

I fell sick very badly and taken to the hospital, and they admitted me in ICU, I got to know my haemoglobins level dropped to 3 and anything could have been happened. In ICU I witnessed two deaths, I started praying to God to give me another chance to live. Praise God I was healed miraculously went back to Abhayam. I started thanking God for my life daily and was praying for

my health. Return to Malaysia was very difficult at that time, all international flights were stopped. Pr. Albert and Aunty Laly had great faith and always told God will make way where there seems to be no way. Pr. Albert took me to Malaysian embassy in Chennai and I got to know there was special flight to Malaysia and after getting the ticket I had to go to the immigration bureau to get exit permit we had to go so many times and I had to wait until 24th march and my flight was on 25th morning, I was so worried but Pr. Albert and Aunty Laly was so confident and had so much of faith as they were fasting and praying. I couldn't believe the things that happened. I manage to return, got rid of my addiction and God had given me a new life. God gave me a girl who understand me and we got married on 27th October 2021. I thank God for bringing me to Abhayam and changing me. I also thank God for His greater plan.

Jayadev Kumar.

Hi my name is Jayadev. I was a alcoholic before I came to Abhayam. Just to give you a brief about my past. I have done my post graduation and have worked in a few IT and Banking firms. What started out as a weekend stress buster became an addiction and made me loose my job, family and friends. I was in need of a miracle when I reached Abhayam.

It was in February 2020 when I reached Abhayam along with my Uncle. I came from a Hindu family and was not a religious person and would not believe in hearsay. It took me a few days to get used to the daily routine of Abhayam. Even though I found the morning worship time quite interesting. I didn't exactly know what we are doing, and which God are we praying to. Finally, curiosity got the better of me and I picked up a book which was a summary of the Bible and started to read it. After a couple of weeks in Abhayam and getting to know the Lord better I felt peace in me like I had never experienced before. Even during the times in the past when I had most of the things that one would need; A good job, money, family, and friends. Now here I was in a rehab for the first time, not knowing anyone and not having any information as to how my mother was doing, the only person who stood by me and the only person I cared about. But I was at peace and as days went by I started to know the Lord and his ways better. We had people coming from different walks of life, come and address us about their own experiences and how the Lord worked miracles in their lives. Physically I was transforming as well, thanks to the small in-house gym, the weekly football session, and the food we were served at Abhayam. Mentally I grew strong and felt assured that the Lord was going to take care of everything. All my worries and burden were taken away from me. I would like to quote John: 14:27 "peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your heart be troubled and do not be afraid". This would be the best verse to describe the assurance I got at that time from the Lord. The more I relieved of guilt I had, the sins that I had committed were tormenting me. The feeling of guilt was overwhelming. All the sin I had done in the past flew by in my mind one after the other and repented a lot about my past behaviour. I cannot recollect the day but finally one day I was completely relieved of my past. I would like to quote 2 Corinthians 5:17 "therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold the new has come". I truly felt my sins were forgiven. I finished my course in Abhayam and went on to stay there for a few months more and waited for the Lord to guide and lead me with regards to my future. I strongly believe that the Lord has used His people to shepherd me and show me a way. It has been eight months now since I started working for a start-up venture. I am immensely blessed, at peace and happy knowing that I am around people of God. I know this is just a beginning and God has great plans for me. I would like to praise and thank God for taking me to Abhayam and introducing me to a lot of wonderful people. Specially the Abhayam team, they made me feel at home in Abhayam from the day I came and encouraged me to become a better person in life. I would like to end with a favourite verse of mine Psalm: 107:14 "He brought them out of darkness and the shadow of death, and broke their hands apart".



Thank you to the well-wisher (name with-held for obvious reasons) who donated a piece of land in Chitradruga, Karnataka to Abhayam. Pray as we wait for resources to make an extension home. Our Board members praying at the site.



"It is not the years in your life that count. It is the life in your years" – Abraham Lincoln



Birthdays are celebrated as LIFE at our homes. We rejoice for the new and changed life ahead.



At the wedding Reception of our Friend Vicky & Lakshmi. Happy to be formally dressed.



Thank you Heritage Baptist Youth for spending a day with us at the Men's home.



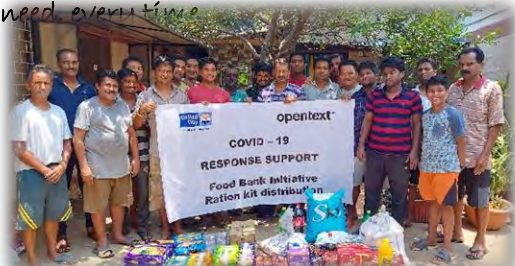
Giving out provisions to needy during Covid.



Team Abhayam played a tournament organized by Lions Club. David Raja was our official coach. We've have played at many tournaments over the years. A big THANK YOU to FSV Arena for allowing us to play every Tuesday.



We received provisions form people we do not know at all. We know that this is divine providence. We got clothes, caps, food items, groceries, organic vegetables and more during the pandemic. We have always seen God taking care of our every need even during



Working with Abhayam is a privilege for me. To be part of an organisation which brings transformation in many people's life and provide them an opportunity to rebuild their pathetic and broken lives. As a football coach I feel special and happy when I see the emphasis for physical development in Abhayam. I feel very blessed to know that I have a part in the therapeutic game of football every week. This is my small contribution from me to the betterment of society. I'm so much adoptable to pray and play with them as a family in Abhayam. I admire Pastor Albert's service when I see the impact which that he brings in people's life which for me personally boost my skill to take it further.



David Raja, Football Coach



Every Saturday morning, we are blessed with a special meeting by Rev. Vasudevan Krishnan via Zoom called Hope. Our members look forward to these awesome time of fellowship with His word.



Flag hoisting at our Independence Day celebrations.



Albert was invited to speak at the Malabar voice. This was in Malayalam.



Before



After



Albert was invited to part of the "Let us Dream 2021 Community Conference, Bengaluru"



"Send off" - when a member completes 6 months, we all celebrate it together.



Construction work at the men's home. Got a storage for water



Speaking to Police on International Day against Drug Abuse. Along with Deputy Commissioner of Police, Bangalore. At the Madivala Police Training Center.



BOARD MEMBERS

Our Board Members:

Chairman: Dr. Sony Baboo;
Secretary: Mrs. Laly Albert;
Treasurer: Dr. Philcy Philip;
Executive Director: Albert P.J.;
Members: Mr. Pradeep Manohar,
Rev. C.A. Benjamin,
Mrs. Shoba Pradeep,
Mr. Satish Varghese,
Rev. Michael Jaberaj.

Thank you so much for the prayers, support and leadership to the Ministry. We are grateful to God for all of them.

Pray for this team as they continue to give leadership and guidance.

DAY CARE

"Pakal Veedu"



Last two years we were not able to organise Pakal Veedu meetings because of the Pandemic. We could see the frustration most of the elderly are going through. The Ladies team along with Laly visited few of them frequently. Some of them are staying alone and their visit made them so joyful. They are not able to go out and also not able to meet with any body which causes them to loneliness and depression. When asked how you are doing. They only talk about being lonely. After a long



gap we were able to organise the Pakal Veedu meeting on 20th October 2021. It was such a joy to see them laughing and talking to each other. All of them were testifying of God's amazing grace during these difficult times.



LADIES HOME



God had brought many ladies past years to the Ladies Home. They came with many burdens and issues which we cannot do anything about. God has delivered and set them free. We teach them life skills. Like tailoring, Macramé, candles, paper Mâché, cooking, Gardening. These skills help them to support themselves after they complete and return to their homes. We are so grateful to friends

and volunteers who come and spent time and bless the Ladies. We have a strong emphasis on the word of God and worship and our daily devotions are a great blessing. We are amazed to see the transformation in their lives and we know that this is only His doing. It is a joy to see them walk out of here as a complete new person, anchored in Christ and with a Living Hope.



AWARENESS PROGRAMS

We had an awareness program this year at the St. Joseph's college of commerce on the zoom platform.

Albert was invited to be a speaker at the Lombard Memorial Mission Hospital, Udupi at their annual conference.



PRAISE & PRAYER



Pray for... ☞ all our Members to receive God's touch and experience His Deliverance.

- ☞ God's guidance as Darren along with Abhayam plan to begin a new center in Nagaland.
 - ✓ For a place. ✓ Right people to support and pray. ✓ Staff team.
 - ✓ All the needs for the facility.

- ☞ Our Land in Chitradurga. Pray for His providence, we need:
 - ✓ Fence around the property. ✓ Borewell. ✓ A small house.
- ☞ Committed new staff for the men's home.
- ☞ Awareness programs in Schools and Colleges.
- ☞ The Abhayam staffs and board members and their families.
- ☞ Opportunities to begin work in other places.
- Volunteers – who can bless others with their time , treasure and talents

Looking for volunteers to help with Administration, Spiritual growth, Music, Games. Do spare your time. Even to just hang out. WELCOME.

Cheques/DD in favor of 'ABHAYAM'

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