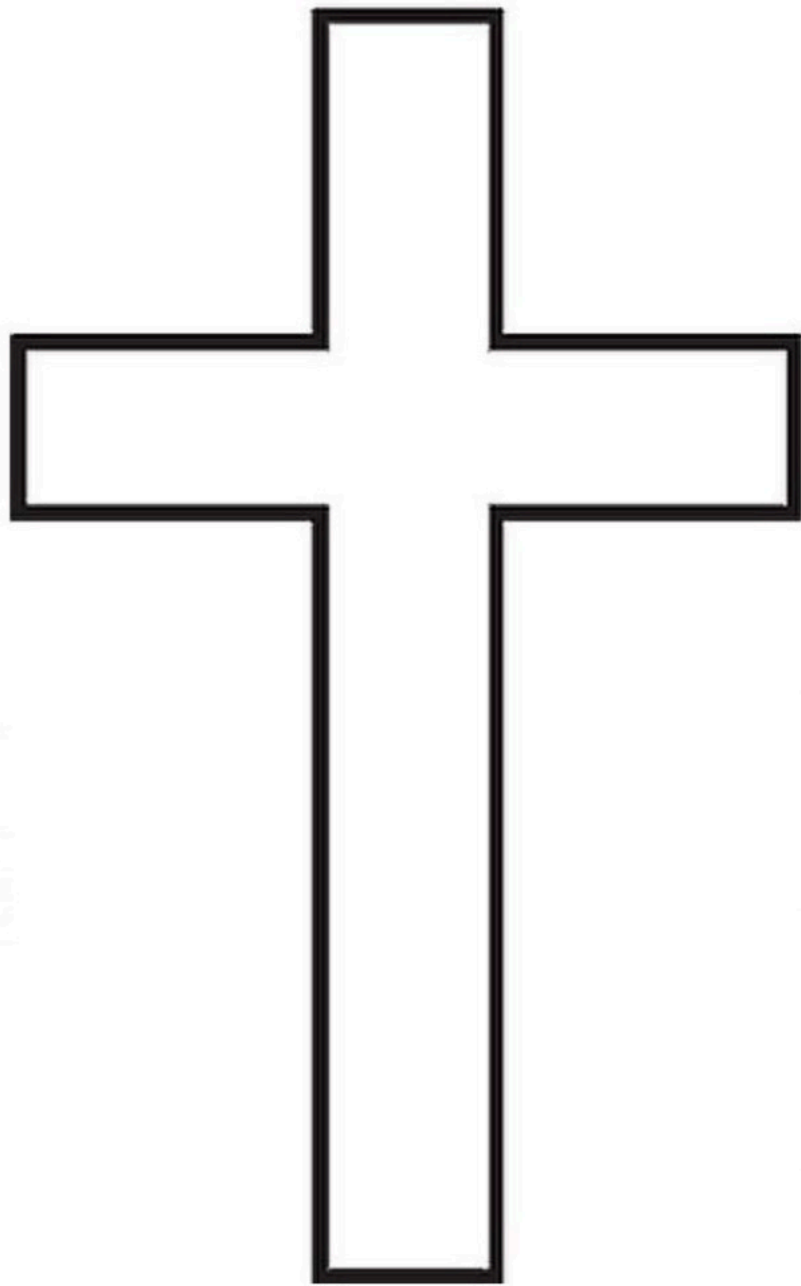


No next time 没下次



耶穌，助我更生

Jesus, with your help I can stay free

多數的釋囚離開拘留所後，隨即獨居，不久便會再犯案。當你離開拘留所，關鍵是你需要有一個安穩的居所 - 與家人或“良朋益友”居住，如有需要可先住在善導會。你離開拘留所前，福利部可以為你找善導會安排居所。你應在離開拘留所前，作出安排，否則你可能需要等數天，才有地方居住 - 那可能會太遲

安穩居所 ① Safe accommodation

Most inmates who go straight from detention to a place where they *live alone* are soon in trouble. When you leave detention, it's vital you have a safe place to stay - with your family, with "safe" friends, if necessary with the Rehab Society. Before you leave detention, welfare can help you arrange accommodation with the RS. Make arrangements with RS before you leave detention, or you might have to wait a few days before you have a place - and that might be too late

耶穌，請幫我找一個安穩居所！

Jesus, please help me find a safe place to stay!

不是販賣毒品、淫穢光碟等，而是正當職業。
什麼職業不要緊，先工作，以後你可以找
一份更好的工作。許多釋囚經勞工處、
報紙廣告、善導會等找工作。

游手好閒 = 無所事事 = 惹是生非。

好主意：釋放後，找個安穩的臨時居所.....
然後找一份工作..... 然後最好找鄰近你
工作的固定居所..... 會節省車資和時間！

找工作 ② Find a job

Not selling drugs, hot movies etc,
but a proper job. Doesn't matter what it is,
anything will do at first, later you can look for a
better job. Many inmates have found jobs
through the Labor Department, newspaper advs,
Rehab Society etc. No job = nothing to do = easy
to "get into trouble". Good idea : on release,
find safe temporary accommodation ...
then find a job ... then find long-term
accommodation near your job ...
less travelling will save money and time!

耶穌，請幫我找一份好工作！
Jesus, please help me find a good job!

妻子/丈夫是最好的支持

(她/他不是釋囚，如果可能的話)。

如果你還年輕，趕快結婚吧！

如果你已離婚，再結婚！

對於較年長的人：可考慮加入一個特殊中心（至少暫時）。總之不是獨居。

獨居通常意味著很快就會有“下一次”



家人/朋友的支持

Support of family/friends



Best support is a wife/husband

(who has not been an inmate, if possible).

If you are young, hurry up and get married!

If you are divorced, get married again!

For older people: think about joining a special center (at least temporarily).

Anything rather than living alone. Living alone usually means there will soon be “a next time”

耶穌，幫我找一個配偶/中心！

Jesus, help me find a spouse/center!

像在戒酒者協會上的人，老實地承認：

“我軟弱....我需要**神**的幫助。” 獲釋前，養成每天閱讀聖經的習慣.....早上幾段.....白天想想它們.....晚上再覆讀。使用這些段落來幫助你與**耶穌**全日的對話。跟他像朋友般交談。當你獲釋，繼續這種閱讀和交談。這閱讀和交談就如每天的食物和飲料一樣重要。沒有食物和飲料 = 不健康.....生病.....再一次

天國的幫忙

4

Help from Heaven

Like people in Alcoholics Anonymous, honestly admit "I'm weak ... I need help from God". Before release, get into the habit of reading the Bible each day ... some passages in the morning ... think about them during the day ... read them again at night. Use these passages to help you have a conversation with Jesus throughout the day. Talk to him as a friend. When you get out, keep up this reading and conversation. This reading and conversation is as important each day as food and drink. No food and drink = unhealthy ... sick ... again

耶穌，請幫助我每天祈禱

Jesus, please help me pray each day

參加基督徒團契的每週分享、友誼、祈禱和支援。不是每年一次、不是每月一次，而是每週一次！最好找你家附近的團契。基督徒團契的關心和愛護會治癒因缺乏愛而造成的心理傷害，那是大多數吸毒者早期生活在破碎問題家庭所經歷的



基督徒支援小組

Christian support group

Join a group of Christians for weekly sharing, fellowship, prayer and support. Not once a year, not once a month, but once a week!

Best idea is to find a group near your home.

The concern and care of a Christian group heals the psychological damage caused by lack of love that most addicts experienced in early life in broken and troubled homes

耶穌，請幫助我加入一個支援小組

Jesus, please help me join a support group



保持身體和精神健康。在夜間獲得充足的睡眠。白天做充足的運動。盡量減少吸煙和最終戒煙，因為所有成癮都是相關的。這需要自律，自律只能來自神的恩寵，通過讀經、禱告和與他人的友誼。對你入獄前可能傷害過的朋友和家人，作出補償。及每週花點時間幫助別人.....把注意力從自己身上轉移



保持身體和精神健康

Keep fit, physically and spiritually

Keep fit, physically and mentally. Get plenty of sleep at night time. Get plenty of exercise during the day. Try to reduce and eventually eliminate the need for smoking, since all addictions are related. This needs self-discipline, and self-discipline only comes from God's grace, through Bible reading, prayer and fellowship with others. Make amends with friends and family you might have hurt before going to prison. And spend some time each week helping other people ... take the focus off yourself

耶穌，給我希望！ 幫我相信我可以改變！

Jesus, give me hope!

Help me believe I can change!

Sam 曾進入拘留所超過十次。
每次獲釋後，不久又犯案，再返回拘留所。
其後他的朋友讓他試試這本小書裏的想法。
幾個星期、幾個月甚至幾年過去，
他一直保持健康和遠離毒品。

Sam 現在幫助別人認識到“沒下次”不是
不可能的夢，而是每個人都可以達成的事

Sam had been in detention more than 10 times.
Each time upon release, he was soon in trouble,
and back in detention. Then a friend got him
to try the ideas in this little book. Weeks, months
and years have passed, and he has stayed healthy
and free. Sam now helps others discover that
"no next time" is not an impossible dream
but something everyone can achieve

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Email : jdwomi@gmail.com

Tel : (852) 6709 5674

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God bless the kind friends who produced this book.

神祝福製作這書的善心朋友