

City of Rest

www.cityofrest-sl.org

City of Rest is very happy to announce the launching of their website: **www.cityofrest-sl.org**. From now on you can stay updated with what is going on at City of Rest by regularly checking our "News" section. You can read about our history and our programme, meet our staff, download newsletters and other documents, etc. etc. Soon visitors from different countries will be able to donate online. Please share the good news by sending the link to your friends and relatives, encouraging them to subscribe to our newsletter and support the important work that is going on in Sierra Leone.

We want to acknowledge the selfless efforts of Ms. Annie Bakker from the Netherlands who spent many hours constructing the website for us.

Children/Youth and Substance Abuse



In May 2009, City of Rest (funded by Cordaid) hired three local consultants to do extensive research into the scale and impact of substance abuse among school children and youth in Freetown. The results were presented at a well-attended meeting at the British Council on Friday May 22. Substance abuse (abuse of alcohol or drugs) is a growing problem among children and youth in

Freetown and quite a strong relationship is suspected between the increase of abuse and the rise in school violence. Drug abuse also plays an important role in the sub-cultures of cultic groups (or gangs) that are currently being formed in many schools. Poverty also seems to play a role. Ten percent of the children taking part in focus group discussions admitted that their relatives were involved in selling alcohol or drugs for economic reasons.

The most commonly known drugs is marijuana ("djamba"). It is widely available and grown locally in the rural areas surrounding Freetown. While many students start taking it with the expectation to become more mentally alert, the opposite is true: marijuana is causing many mental problems among youths, from relatively mild symptoms to drug-induced psychoses.

Many children mentioned rejection, loneliness, frustration and stress as the main reasons for drug abuse.

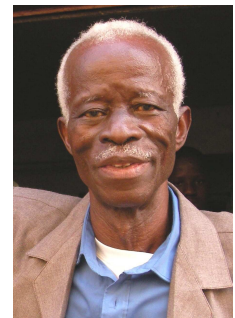
City of Rest is taking the results of the research serious and is intending to strengthen their capacity to cater for the needs of children and young people struggling with addiction issues. We will keep you updated with any new developments.

For those who are interested to read more: keep an eye on our website. The report will soon be available to download.



Quarterly Newsletter

Volume 2, Number 3
August 2009



From the Pastor

Beloved people of the most high God. I greet all of you in the precious name of our Lord Jesus Christ.

Let me take this opportunity to appeal to all our numerous readers of our newsletters to please partner with us in the Kingdom work at City of Rest in Sierra Leone: through your prayers, donations in cash or kind and voluntary services, to shape the lives of our guests, who are drug addicts, mental patients or people struggling with other psychosocial problems.

We are believing God for funds to construct new facilities for our guests at Grafton Village. The Government of Sierra Leone donated three acres of land for this construction work. Please be a part in this work and your labour will never go in vain. Friends of City of Rest, it is high time we rise up and work. Jesus is coming soon. May the good Lord bless you all and prepare you for the rapture.

City of Rest
 A Project of the Deliverance Ministries
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Praise & Prayer

Praise God for His provision as we were able to complete the construction of a fence around our building site, a generator house and a security post.

Praise God for provision (through Cordaid) to undertake research into the problem of substance abuse among children and youth in Freetown.

Pray for the many youths in Freetown who are growing up under very hard circumstances and are experiencing rejection, loneliness, stress and frustration.

Pray that City of Rest will receive enough funds to realise its vision to provide a safe home and treatment for those struggling with alcohol/drug abuse and/or mental disorders.

Pray for health and strength for our General Director, Pastor. Morie S. Ngobeh.

URGENT! – PROJECT UPDATE GRAFTON

Just before the rainy season started we were able to complete the fence around our construction site. We also built a generator house, and a security post is under construction. We are now awaiting more funding to start the main project of constructing the office and accommodation facilities.

The heavy rains that are currently falling in Freetown remind us on a daily base of the strong need for new facilities. One of our dormitories regularly gets flooded, the building is cold and damp, there is no space to hang out laundry and hygienic circumstances are deteriorating. As a result, many of our guests are experiencing health problems. Many major donors are not willing to invest in construction projects, expecting the government to take care of such needs. However, the government of Sierra Leone has no funds to contribute towards this cause. We are therefore making a strong appeal to friends, churches and Christian institutions, both locally and abroad, to make a donation towards the building fund.



Jesus Christ taught us to reach out to the poor, the lost and the rejected in society. We therefore believe this project is close to His heart and He will surely reward your contribution, however small it may be! In the Netherlands, those who want to help can donate through our website (www.cityofrest-sl.org). In the United Kingdom, donations can be made through Mission Direct (www.missiondirect.org). Clearly state that your donation is meant for the construction of City of Rest facilities in Sierra Leone. When you want to make a donation from the U.S.A. or any other country, please contact us on info@cityofrest-sl.org for directions.