



# White Ribbon Bulletin

World's Woman's Christian Temperance Union

Volume 110 • Number 1  
January • February • March 2015



**Children are our greatest resource!**  
**Protect them!**





*Sarah F. Ward*

## COMMUNICATION

All of us have a need and desire to communicate. With all the modern technology available, it would seem to be easy to do but in reality there may be less real communication occurring today than ever before. Perhaps a few suggestions on the subject will be helpful.

The dictionary defines communication this way. "Communication is the activity of conveying information through the exchange of thoughts, messages, or information, as by speech, visuals, signals, writing, or behavior. It is the meaningful exchange of information between two or more living creatures."

Communication involves three basic steps:

1. The information, idea, or feeling exists in the mind of the sender.
2. The message is sent by words or other symbols.
3. The receiver translates the words or symbols into a concept or information that the person can understand.

Here is a checklist to consider before communicating. Is my message clear? Have I prepared the other person to receive it? Are there other factors to consider?

My college English professor emphasized that communication is two-way. Sometimes it is helpful to ask the other person to repeat what you have said so you can be sure you have conveyed what you intended to tell.

Another tip for the communicator is to listen. This can offer insight as to whether the person is in a position to really hear the message. Perhaps more groundwork needs to be laid or the timing is not good or there is no interest in receiving the message.

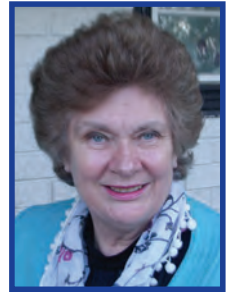
The WCTU has an important message to communicate about alcohol and other drugs. We also have a need for effective communication among our members.

# President's Message



Dear all,

The verses from Isaiah 45:2-3 (NIV) are a wonderful New Year greeting! 2014 was a year of progress. But the thing I am most grateful for is the amount of communicating there has been. All the emails telling of activities being done, often under trying circumstances, and the sharing of prayer concerns have bound us together as **ONE in Christ's love**. We CARE about each other; please don't stop showing that you care for others.



*Margaret Ostenstad*

Maya Angelou, who died recently, summed it up this way:

**"I've learned that people will forget what you said. People will forget what you did. But people will never forget how you made them feel."**

If we are going to get people to open their ears to the temperance message, we must get them to open their hearts. When people see that we really care about them, that it is not just 'lip service,' they will understand why we come with the warnings about the harmful effects of alcohol, tobacco and other addictive substances.

At the 40th WCTU World Convention in 2016, the Keynote Address on FASD will be given by Dr. Alan Handysides. Workshops will include Domestic Violence and Child Abuse. Remember: **Alcohol-fuelled assaults should never be tolerated. It's just wrong! The message is that domestic violence has no friends anywhere.**

The convention theme is: **"Preserve the past! Reflect the present! Shape the future!"** An exciting program is in the planning but it won't be a success unless YOU are there!

Love and prayers,  
Margaret

**40th WCTU World Convention**

*18-24 August 2016*

*Fairmont Chateau Laurier Hotel*

*Ottawa, CANADA*



*Henrietta Griffith*

## A PROMISE for the NEW YEAR

“They that do know their God shall be strong and do exploits. Daniel 11:32

Knowing God is all important! Knowing God is a life-long pursuit! Knowing God results in strength which stabilizes and enables one to do exploits! Do you personally know Him?

Jesus was concerned that we know God. Jesus came to reveal the Father. He stated His purpose. “He that hath seen me hath seen the Father.” His prayer was, “This is life eternal that they might know Thee, the only true God.” (John 17:3)

Knowing God was the apostle Paul’s life goal. “That I might know Him” was the cry of the veteran soldier. He realized that goal in triumph when he shouted, “I have finished my course. I have kept the faith.” (II Timothy 4:7) In his prayer for the Colossian church he expressed the same purpose. We do not cease to pray “that ye might be filled with the knowledge of His will in all wisdom and spiritual understanding, that ye might walk worthy of the Lord unto all pleasing, being fruitful in every good work, and increasing in the knowledge of God.” (Colossians 1:9-10)

Peter’s concern in his sunset years was to “grow in grace and the knowledge of our Lord and Saviour Jesus Christ.” (2 Peter 3:18) It is death not to know Him! “My people are destroyed for lack of knowledge: because they have rejected knowledge I will also reject them.” (Hosea 4:6)

We know God by:

1. Personal spiritual revelation through the Spirit - “No man knoweth the things of God save the Spirit of God reveals them.” (I Corinthians 2:11)
2. Transforming experience - Hereby we know that we know Him, if we keep His commandments.” (I John 2:3)

Phillip Keller wrote, “The true gauge of knowing God, loving and walking with Him in humility is the extent to which I do His will in a wicked world whether or not I feel like it.”

This promise is for adverse times. It is a promise for today. It is a promise that secures us! It gives courage! We can conquer in the strength of God!

## PRAYER PAGE

**WCTU is an organization that is upheld by prayer. We are in a spiritual battle and, in our own strength, we cannot make an impact on the problems caused by alcohol and other drugs in our communities. Noontide is the traditional time for prayer for WCTU but if that is not the best time for you to pray, make prayer for WCTU part of your daily devotional time whenever that may be. Cut out this page and put it with your Bible.**



*Anne Bergen*

### **Prayer suggestions:**

- Did you cut out the monthly prayer schedule from inside the back cover of the previous Bulletin? Don't forget to pray for these matters each day.
- As we start 2015, pray that the Lord will give us inspiration, wisdom, energy and perseverance as we undertake new projects.
- Pray for work among young people. Ask that the Lord will raise up enthusiastic young women with talent in every country who can reach their generation with the total abstinence message.
- Pray for new, active younger members to take up the challenge to grow and expand our work.
- Pray for people who are suffering the effects of Ebola and the results of terrorism, especially for women and children who have been kidnapped.

*Heavenly Father, we thank and praise you for your great love and power. Motivate us with your love as we work for God and home and every land. We thank you that we can bring the needs of WCTU before you and that you hear and answer. In Jesus' name we pray. Amen*



***"You can do more than pray after you have prayed, but you cannot do more than pray until you have prayed! Prayer is striking the winning blow, service is gathering up the results."*** S.D. Gordon

**Remember Noontide prayer.**

Anne  
1st Vice President



## Organization Secretary



*Desiree Lanigan*

Do you remember the popular song “What the world needs now is love, sweet love--no, not just for some, but for everyone.” It was a huge pop hit in the ‘60’s and then again in the 70’s. Even if you weren’t born yet when the song was a hit in either decade, chances are you know the tune and at least some of the words. If you don’t, you might want to look it up!! You can understand every word!! Sentimental and sappy? Maybe. Okay, probably, but perhaps the song was such a hit because it expressed a powerful truth.

We do live in a lost and hurting world. People run to many things in this world to numb their pain. But the heartfelt cry of every human heart is to be loved! If you are living and breathing you want to be loved!! It’s how we are made!! Then I ask, how is God’s love shared? Simple. From the heart, words, and service of His people. And what makes that happen is “love, sweet love.”

Take the challenge today and find someone who needs to hear that you love them and that God loves them! Our WCTU around the world is working and expressing God’s love to many.

In Finland’s WCTU activities they share in Nursing Homes using music to encourage seniors and to express God’s love to them. It also helps build community. God is using WCTU hands to show His love. Is there a Nursing Home in your community that you can reach out to? We can do this as individuals or as unions. Can you take this challenge?



Reena Kumar, WWCTU Education Director from India, wrote about her work in the slums: "Dear Friends, I made a visit to the slums today. I have been making these visits for a long time now. The people there are from the low income group and many families are affected due to alcohol and drug abuse. After long discussions some of them took a pledge to abstain from alcohol. It's a long road to a healthy life for them but with God's grace and help I hope to be able to help make change in a few lives. Please pray for us." Reena is an example for us all to follow, reaching out to others and showing God's love.



We have all seen the photos in the news of the terrible conditions and challenges that the Ebola virus has caused in Africa. Our WCTU president in Sierra Leone, Cynthia Clarkson reports that in 2014 they did not do much because they were restricted from gathering due to the Ebola virus.

But remember the words to this song, Little is much when God is in it! Jesus also tells us the parable of the mustard seed in Matthew 13. This should be an encouragement to you to continue working for Him even in the small areas of life.

You might not have a slum area or nursing home opportunity but you do have a neighbour. Let's take the challenge today to show God's love to the world.

Blessings,  
Desiree



Irja Eskelinen

## **Lesson from the Dove**

*Then he (Noah) sent out a dove to see if the water had receded from the surface of the ground. But the dove could find nowhere to perch because there was water over all the surface of the earth; so it returned to Noah in the ark. He reached out his hand and took the dove and brought it back to himself in the ark. (Genesis 8:8-9)*

Is your story similar to the story of this dove? It could find nowhere to perch. No matter where it looked, there was only water – no place to rest. Do you say your prayers lamenting, my soul is weary and my wings can carry me no further?

But the dove returned to the safety of the ark. Maybe it was concerned about being received with nothing to give, not even a leaf from an olive tree.

But then it saw an open window and someone looking from the inside. A hand reached out for the tired, discouraged dove to perch on.

This year, as every year, God's window is open and His hand reaches out to us. Those who return with nothing to give receive shelter and rest under the safety of God's roof.

### DISCUSSION TOPICS FOR BIBLE STUDY

Discuss moments when you felt God helped you in your distress.

Share Bible verses that comfort you.

Share experiences and join in thanking God for all His care and goodness already provided for you.

Pray for increasing trust in God's care for us. My restless soul, trust in God and His promises.

In closing, read Exodus 14:14.

We may walk in safety with the Lord fighting for us. Our restless and activity-seeking minds need God's help to learn to trust His promise.

Irja

Dear White Ribbon Sisters,

I wish you all a blessed New Year in the Lord! I do hope the material you received in the Program Kit 2014 regarding various drugs has been useful. I would be happy to hear from you.



*Reena Kumar*

I read an alarming report that children as young as 9-years-old are falling prey to substance abuse. A special report by the Delhi Commission for Protection of Child Rights has highlighted this fact. It has compiled data drawn from various studies and surveys. It highlights various situations under which users mostly begin with consumption of illicit or locally available substances such as alcohol and tobacco, also known as “gateway substances.”

Curiosity is the main reason behind starting drug use followed by peer pressure and depression and stress. Given these circumstances, early identification of the problem is critical.

This leads us to questions as to how we as White Ribbon Sisters can deal with the situation in our own areas. There have been many suggestions and we continue to work for solutions but educating children and youth about what happens if one uses these substances can be and is a major deterrent.

Questions to discuss include: what happens when one uses drugs, what are the short-term and long-term effects, and what are financial and social effects of long-term use. The answers may be eye-opening!

It is imperative to be persistent in one’s efforts. Use our educational material in your local meetings, church groups, and volunteer groups. There are many ways apart from social media where one can reach out to people and let them know you care enough to warn them about the pitfalls of drug use.

I look forward to your feedback and suggestions as to how I may further improve the educational material.

Thank you.  
Reena



## 4th Vice President



Joy Butler

Dear Friend,

I hope you find these suggestion helpful for parents as they work to keep their children away from drugs. Print it and share with others and also use it in your own teaching.

### **10 Steps to Help Your Child Be Drug-Free**

- 1) Help your child feel good about himself or herself. Praise your child when he or she does something good.
- 2) Help your child develop strong values. A strong value system can give children courage to make right decisions.
- 3) Be a good role model or example yourself. Parents' habits and attitudes may strongly influence their children's choices.
- 4) Talk with your child about alcohol and other drugs. Parents can help change what their friends and the media may say.
- 5) Learn to really listen to your child. Children will listen to you when they know you care and are listening to them.
- 6) Help your child deal with negative pressure. Encouragement and support enhances children's ability to resist pressure.
- 7) Make firm family rules to help your child. It is helpful when parents have rules and guidelines for behaviour at home such as no alcohol, other drugs, or smoking, ever.
- 8) Encourage healthy creative activities. Hobbies, school events and activities can help prevent boredom.
- 9) Team up with other parents. Parents can support each other on drugs issues and enforce what they do at home.
- 10) Talk with your child if you suspect a problem. If necessary, seek professional help from a clinic or doctor.

God bless you every day.  
Joy

# World Officers & Department Directors



## **PRESIDENT**

Mrs. Margaret Ostenstad  
Rygjehaugvn. 13  
4265 Haavik Terrasse  
Karmoy, NORWAY  
Tel: \*(47) 52-84-29-93  
Mobile: \*(47) 47-39-94-02  
Email: margaret.ostenstad45@gmail.com

## **ORGANIZATION SECRETARY**

Mrs. Desiree Lanigan  
66 Willison Street, Ayr, Ontario  
CANADA N0B-1E0  
Tel: \*(1) 519-632-8648  
Email: desiandpete@hotmail.com

## **TREASURER**

Mrs. Dorothy Russell  
P.O. Box 3140  
Salem, OR 97302, USA  
Tel/Fax: \*(1) 503-589-1046  
Fax: \*(1) 503-370-7365  
Email: russell0569@comcast.net

## **RECORDING SECRETARY**

Mrs. Susanne Curry  
45206 320th Avenue  
Griggsville, IL 62340-2317 (USA)  
Tel: \*(1) 217-833-2500  
Email: cscurry69@irtc.net

## **1ST VICE PRESIDENT**

Mrs. Anne Bergen  
11 The Corso, Parkdale 3194  
Victoria, AUSTRALIA  
Tel/Fax: \*(61) 3-9580-1675  
Email: anne.bergen@gmail.com

## **2ND VICE PRESIDENT**

Dr. Dora de Barrientos  
6a. Ave. 25-37  
Zona 12  
Guatemala, C. A.  
Tel: \*(502) 5460-5406  
Email: dorajudithcolomadedebarrientos@gmail.com

## **3RD VICE PRESIDENT**

Mrs. Young Joo Kim  
330-172 Sungpuk-dong Sungpuk-ku  
Seoul Korea 136-020  
Tel: \*(82) 2-762-1848  
Email: goodnews217@korea.com

## **4TH VICE PRESIDENT**

Mrs. Joy Butler  
Box 2014, Wahrenonga  
New South Wales, AUSTRALIA  
Tel: \*(61) 4-1547-4331  
Email: joymariebutler@gmail.com

## **CHRISTIAN OUTREACH**

Pastor Irja Eskelinen  
Liisankatu 27 A 3, 00170  
Helsinki, FINLAND  
Email: irja.eskelinen@suomenvalkonauhaliitto.fi

\*International Code

## **EDUCATION**

Ms. Reena Kumar  
24, raj Pur Road, Old Wing  
Near Transport Authority  
Delhi, India 110054  
Tel: \*(11) 918860007759  
Email: reenakr24@gmail.com

## **HOME PROTECTION**

Mrs. Florence Einwechter  
R.R. 1, Plattsville, Ontario  
Canada NOJ 1S0  
Tel: \*(91) 519-696-3274  
Email: Keithein@gmail.com

## **SOCIAL SERVICE**

Mrs. Hyun Sook Lee  
c/o Mr. Kwang Soo CHOI  
P.O. Box 153, Bulaksumur 55281A,  
Yogyakarta, Central Java, INDONESIA  
Email: misilhs@yahoo.com

## **CHILDREN**

Mrs. Glenda Amos  
4 Advance Drive, Woodrising,  
New South Wales 2284 AUSTRALIA  
Tel: \*(61) 2-4023-0336  
Mobile: \*(61) 4-0413-6467  
Email: kgamos@dodo.com.au  
Website: <http://members.dodo.com.au/~kgamos>

## **YOUTH**

Dr. Elsa Masuku  
Solusi University  
P.O. Solusi  
Bulawayo  
Zimbabwe, Africa  
Tel: \*(263) 00263-775-105-706  
Email: dummasuku@gmail.com

## **EDITOR**

Miss Sarah F. Ward  
220 Hill Avenue  
Knightstown, IN 46148, USA  
Tel: \*(1) 765-345-2306  
Email: sfward@embarqmail.com

**WCTU website— [www.wwctu.org](http://www.wwctu.org)**

**Website for children - [www.drug-freekids.com](http://www.drug-freekids.com)**

**Website for youth - [www.drug-freeyouth.org](http://www.drug-freeyouth.org)**

WHITE RIBBON BULLETIN published quarterly. Subscription rates in USA CURRENCY - 3 years - \$30.00; 2 years - \$20.00; 1 year - \$10.00. Send subscriptions, address changes, and corrections to CIRCULATION MANAGER, Mrs. Dorothy Russell, P.O. Box 3140, Salem, OR 97302, USA, Email: russell0569@comcast.net.

Printed by  **HOOSIER JIFFY PRINT**  
[www.hoosierjiffyprint.com](http://www.hoosierjiffyprint.com)

*Present*

**World President with retiring USA WCTU  
National President and State Presidents**

