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# White Ribbon Bulletin

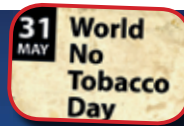
World's Woman's Christian Temperance Union

Volume 112 • Number 2

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## WWCTU is **ALIVE** - be **PROUD!**



### HOPE SPRINGS ETERNAL

*in the hearts of all who believe!*





*Rev. June Ballard  
World Christian  
Outreach Co-Director*

As temperance women we cannot but be intrigued by the story of the Recabites. A cult? A sect? No, simply a family who kept a pledge.

The word of the Lord came to the prophet Jeremiah: "Go to the Recabite family and invite them to come to one of the side rooms of the house of the Lord and give them wine to drink." (Jeremiah 35:1) That cannot be true, our totally abstaining hearts respond. Was this a test? Yes, it was.

Jeremiah obeyed the Lord's instruction. He did, indeed, invite them and placed the wine before them. But they replied, "We do not drink wine, because our forefather Jonadab, son of Recab gave us this command: 'Neither you nor your descendants must ever drink wine.'" (Jeremiah 35:6) They continued through generations to obey the commandment of an ancestor. God commended them for their faithfulness, but bemoaned the fact that the Israelites refused to listen to His prophets, turning to false idols and away from the true and only God with tragic results.

In WCTU history, the signing of a pledge has been very important. It has helped many to better health and better lives. In addition to pledging ourselves to total abstinence, we have striven to educate people to the dangers of, not only alcohol, but all narcotic substances. It appears our job will never be done. This is a ministry from the Lord. It is often discouraging but, in the face of adversity, Paul wrote in 2 Corinthians 4:1, "we do not lose heart."

Prayer is essential--for guidance, for inspiration, for blessing on every endeavor and for those who need our message. May we be faithful.



# President's Message



Dear all,

Now that we are well into the new Millennium society has begun to recognize serious concerns with issues that young people have to deal with today. Some issues have always been there but are now coming to the eyes of the public to find solutions. Giving support and advice to the family is so important because it is here that problems begin. Since the 1950s the number of single parent homes has consistently increased to the point of catastrophe. Raising a child is difficult enough in a two parent home, especially in tough economic conditions.



*Margaret Ostenstad  
World President*

The situation is even direr when there is only one parent. Economically, a single parent is likely to bring less income home. Trying to make ends meet also takes time – time that is spent away from children who need a parent's guiding/influence. In the absence of a parent's diligent guidance, children become subject to higher dropout rates, higher risk of dangerous sexual behaviors and pregnancies, higher chances of drug and alcohol abuse –etc. It truly takes a village to raise a child.

We live in a society that promotes materialism and we teach our children that the measure of success and happiness in life is how many possessions you have. Children naturally want things –especially if their friends have something similar. There is a huge opportunity for society to stop being so materialistic and in turn, poverty wouldn't be such an issue because most children will all have the same things –things they need instead of what they want. This would decrease violence in schools because fewer kids would be teased.

We are still one world of tempted humanity ... only now we seem willing and determined to self-destruct. Modern day problems are not easy to deal with and soon become overwhelming - stress, performance anxiety, low self-esteem, financial insecurity, economic worries are just a few of the triggers. Commonsense goes out the window when people say: "Give me something to relieve the pain. Anything - yes, I know the dangers, I know drugs kill and alcohol pickles my brain .. but that happens to others - it won't happen to ME."

As I write this, the words of the old song come to mind - "What the world needs now is LOVE, sweet love". And who is LOVE? GOD IS LOVE! Let each of us make a daily commitment to have a closer relationship with God so that we can fully serve Him in ministry and service to others. It can be so simple. Our temperance message has not gone out of fashion and we ALL have something to GIVE. Please pray with me:

**Father, Take my life, my time, my talents and use them to serve you. Help me to have a daily relationship with you. I surrender my will to your will. Give me a testimony and use my life to save a life for you and, in the process, save me. Amen!**

# Alcohol and health



World Health Organization

**3.3 million deaths every year**  
6 deaths every minute from harmful use of alcohol



## Harmful use of alcohol causes

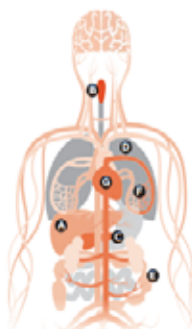
**100%** of fetal alcohol syndrome

**100%** of alcohol use disorders

**22%** of suicides

**22%** of interpersonal violence

**15%** of traffic injuries



**50%** of liver cirrhosis

**30%** of mouth and throat cancers

**25%** of pancreatitis

**12%** of tuberculosis

**10%** of colorectal cancer

**8%** of breast cancer

**8%** of heart disease

## Reduce harmful use of alcohol

Best buy interventions



**Regulate availability**



**Restrict advertising**



**Use pricing policies**

More key interventions



Prevent and treat alcohol use disorders



Raise awareness of alcohol-attributable health burden



Support community action to prevent and reduce the harmful use of alcohol



Provide consumer information on alcohol containers



Regulate informally produced alcohol



Implement drink-driving policies



Develop surveillance systems for alcohol consumption, health consequences and policy



**10% reduction in the harmful use of alcohol by 2020**



## INTRODUCTION

Alcohol is a psychoactive substance with dependence-producing properties that has been widely used in many cultures for centuries. The harmful use of alcohol causes a large disease, social and economic burden in societies. Environmental factors such as economic development, culture, availability of alcohol and the level and effectiveness of alcohol policies are relevant factors in explaining differences and historical trends in alcohol consumption and related harm.

Alcohol-related harm is determined by the volume of alcohol consumed, the pattern of drinking, and, on rare occasions, the quality of alcohol consumed. The harmful use of alcohol is a component cause of more than 200 disease and injury conditions in individuals, most notably alcohol dependence, liver cirrhosis, cancers and injuries. The latest causal relationships established are those between alcohol consumption and incidence of infectious diseases such as tuberculosis and HIV/AIDS.

A wide range of effective global, regional and national policies and interventions are in place to reduce the harmful use of alcohol, with a promising trend over the past few decades.



*Sarah Oh (Korea)  
Education Director*

## ALCOHOL CONSUMPTION

Worldwide consumption in 2010 was equal to 6.2 liters of pure alcohol consumed per person aged 15 years or older, which translates into 13.5 grams of pure alcohol per day.

A quarter of this consumption (24.8%) was unrecorded, i.e., homemade alcohol, illegally produced or sold outside normal government controls. Of total recorded alcohol consumed worldwide, 50.1% was consumed in the form of spirits.

Worldwide 61.7% of the population aged 15 years or older (15+) had not drunk alcohol in the past 12 months. In all WHO regions, females are more often lifetime abstainers than males. There is a considerable variation in prevalence of abstention across WHO regions.

Worldwide about 16.0% of drinkers aged 15 years or older engage in heavy episodic drinking.

In general, the greater the economic wealth of a country, the more alcohol is consumed and the smaller the number of abstainers. High-income countries have the highest alcohol per capita consumption (APC) and the highest prevalence of heavy episodic drinking among drinkers.

## HEALTH CONSEQUENCES

In 2012, about 3.3 million net deaths, or 5.9% of all global deaths, were attributable to alcohol consumption.

There are significant sex differences in the proportion of global deaths attributable to alcohol, for example, in 2012 7.6% of deaths among males and 4% of deaths among females were attributable to alcohol.



In 2012 139 million net DALYs (disability-adjusted life years), or 5.1% of the global burden of disease and injury, were attributable to alcohol consumption.

There is also wide geographical variation in the proportion of alcohol-attributable deaths and DALYs, with the highest alcohol-attributable fractions reported in the WHO European Region.

## POLICIES AND INTERVENTIONS

Alcohol policies are developed with the aim of reducing harmful use of alcohol and the alcohol-attributable health and social burden in a population and in society. Such policies can be formulated at the global, regional, multinational, national and subnational level.

Delegations from all 193 Member States of WHO reached consensus at the World Health Assembly in 2010 on a WHO Global strategy to reduce the harmful use of alcohol.

Many WHO Member States have demonstrated increased leadership and commitment to reducing harmful use of alcohol over the past years.

A significantly higher percentage of the reporting countries indicated having written national alcohol policies and imposing stricter blood alcohol concentration limits in 2012 than in 2008.

Source: [http://www.who.int/topics/alcohol\\_drinking/en/](http://www.who.int/topics/alcohol_drinking/en/)

### Some fruit punch recipes

#### ***Bitter Glow***

Equal quantities of chilled dark grape juice and dry ginger ale

#### ***Fruity Punch***

2 cups orange juice  
2 cups pineapple juice  
2 cups cranberry juice  
2 cups water or soda water  
4 litres ginger ale  
Chill all ingredients. Place into a punch bowl, mix and serve.

#### ***Mint Surprise***

In a jug or punch bowl mix  
½ cup lime cordial  
1 cup lemon cordial  
2 cups pineapple juice  
5 cups mineral water  
Garnish with mint.

#### ***Lime Cocktail***

Mix 4 cups pineapple juice  
4 cups orange juice  
1 cup lime juice.



## How Easy It Is To Not Drink

***At work on Friday, a colleague of mine asked me a question. We were talking about partying and nightlife, and what it is like to be sober while everyone else is intoxicated. After a few moments of silence, he said, "Not to be nosy or inquisitive or anything, but I just wonder ... why is it that you don't drink?"***



Selma Joyce Olsen  
(YTC Norway)

When I was going to answer this, I really had to think about it. I am still struggling to find the right words to use whenever someone asks me why I abstain from alcohol.

It is difficult to explain something that to me is completely self-explanatory, to someone who is part of a culture where the kind of choice I have made is pretty much unknown.

I explained first that I made a choice when I was younger. He responded that he had also done that, but that he had changed his mind about it when he was sixteen and all his friends started drinking alcohol. I also explained that I had been a very anxious child, and that I was probably more frightened by adults under the influence than others my age. I perceived them as creepy and scary. This too, he could relate to, and he told me that he used to take away the drinks if someone around him was drinking. Eventually I realized that there were probably several reasons why I have made a choice not to drink alcohol. It was not only a choice based on the fear I had as a child. If nothing else, I may have found reasons that stem from and support the choice I made as a child. Initially, a child who decides never to drink alcohol is not wrong, but this child will inevitably have to grow up in a society that barely knows that it is actually possible to live without alcohol, and will need some backing, some "walls" to lean on.

I discovered my "walls" when he asked me another question: "So, it's really great that you don't drink. You save a lot of money by not drinking, and alcohol certainly isn't healthy. The best thing is obviously to completely stay away from it. But ... don't you ever want to try it?" he asked.

Yes, sometimes I do think that it would have been nice to try it. When I am the only one at a party who does not drink any alcohol, I sometimes wish I had not made that choice. In that situation, however, I think of all my other friends who do not drink. Friends who do not drink are perhaps the most important "wall" I have to lean on. Because even if my friends are not there with me physically, I know that they are somewhere else and that they support the choice I have made.

When one takes a stand about being a teetotaler, you may want to find friends who have made the same choice. Of course, it does not have to be the only friends you have, but it is a good idea having someone you are friends with that you know agrees with you.

At the end of our conversation, and at the end of the workday, I was reminded of a conversation between the characters of Sana and Noora in the famous, Norwegian TV-series depicting teenagers' lives, called SHAME, where Noora asks Sana the same questions that my colleague asked me. The answer Sana gives is worth repeating: "Well, my faith is stronger than the desire to drink. It just feels a lot more important to me, then, than drinking." I would say the same thing: My choice to be a teetotaler, both on behalf of myself and others, is more important than drinking.

And the more people joining us, the easier it gets.



*As the Organization Secretary I will be preparing the centre pages of the World Bulletin. If your WCTU has done something of interest I would love to hear about it for future Bulletins.*

Anne Bergen

Anne Bergen  
Organization Secretary

**NEW ZEALAND WCTU** had a display at **Festival One** at Mystery Creek, Hamilton. January 27th - 30th 2017. This is an annual Christian music, art and community festival



attended by thousands of young people, The WCTU booth looked really attractive. Althea Hanna and her husband, Doug, Judy McAnulty, Yvette Lamare, Beverley Boardman, and Brenda Suh all assisted. They had various give-aways, the most popular being water bottles.

Judy said she could not believe it when people said to her, "not to drink alcohol at all – no one has ever told us that before" - so we have plenty of work to do. No one actually signed up but interest was really high with about 12 names taken so we will work on those.

A member of the **KOREAN WCTU**, Pastor Hye-kyung Kim, was elected as president of the Middle and High School Pastors' Association for the Kyoung-gi district. We had a seminar on the Temperance movement at the Temperance Hall in Seoul to teach the pastors about the harms of alcohol and addiction. Some pastors have already contacted us and asked us to give a lecture at their respective schools regarding our cause.





## NEWS FROM SOUTH AFRICA

The Juffrenbruch Union celebrated their 78th anniversary on 10 October 2016. In celebration, they hosted a spring tea and invited other women and church organizations. Attendees were told the history of the WCTU and what the organization is still doing in the community. Members of the WCTU gave a presentation on the dangers of drugs and alcohol to the Somerset West Girls Brigade.



The Women's Christian Temperance Union of South Africa donated pots, pans and kitchen utensils to the Teen Challenge Rehabilitation Centre for girls. During their visit members encouraged the students and prayed for them.

**WCTU INDIA** members have been busy since the World Convention. They:

- had an FASD awareness program in schools and a youth rally
- held a "run for my city" to create awareness for "clean city, green city".
- organized World Prayer Day on 28th September in the respective churches of all Unions
- held a 'Cradle Roll' ceremony where mothers pledged to teach their children to live a life of abstinence and under the fear and love of God.
- conducted a workshop on preparing Christmas cakes without alcohol.



## Prayer and Praise



*Rhona Theodore  
World Home  
Protection Director*

Dear Friends,

The 24 flags on the dais at the World Convention - together with those members/countries who could not attend - is a reminder that "This is my Father's World." and we at World WCTU are His people. Our motto "For God, home and Humanity" unites us right across the World.

(Ps. 2:8 Ask of Me and I will give you the nations of the earth for your possession).

So let us confidently ask God

- to be with World Officers, Margaret, Anne, Lois, Florence, Young Joo, Joy, Irja and Dora as they implement plans for the next three years.
- to be with Field Workers: Joy Butler, Dr Kyung Il Park, Dora de Barrientos, Brita Nilssen, Jung Joo Kim, Mitroy Sapul, as they travel to those places where there is conflict - in the land and in the home.
- to be with Department Heads: Rev. June, Rev Gena, Sarah, Anna-Mari, Glenda, Elise and Rhona.
- for each WCTU member in every land - as we make a difference in our homes, workplaces, neighbourhoods.
- for the Resolutions passed at the Convention: on Alcohol, Cyberbullying, Domestic violence, FASD, Human Trafficking, and PEACE. For WCTU in each country as they pass them on to their Governments.
- for new active younger members to take up the challenge to grow and expand our work.

During Lent we learn how each temptation Jesus faced was repelled with the words "it is written." The Word of the living God is most powerful, may we too use it in our noontide prayer (and with arrow prayers through each day).



Loving God we thank you that distance is no distance at all when we approach the Throne of Grace, and that our sisters right across the World – are just a prayer away, as we bring the needs of WCTU and our own needs for our own homes and families, into your Holy Presence. In the Name of the All powerful and Triune God, Father, Son and Holy Spirit.



## KOREAN MISSIONARIES

New unions and works promoted by Korean missionaries during the last 3 years.

Cambodia - I met a Korean missionary, Mrs. Mi Ja Han, who is working in Cambodia. She organized Cambodia WCTU on 2012. Mrs. Mi Hea Lee, Korean ambassador's wife to Cambodia at that time, helped the CWCTU to be a registered NGO in Cambodia. After that, CWCTU has been able to give monthly temperance lectures at schools, universities, and factories.



*Dr. Jung Joo Kim  
Field Worker*

Nepal - Korean missionary in Nepal, Ms. Michelle Goh, is also working with us. She organized WCTU in Nepal, and has been giving temperance education to students of the schools she founded and to villagers in the Himalayan mountains. Alcohol abuse, addiction to nicotine, and other drugs are pervasive in Nepal.

Vanuatu - When I first suggested temperance work to a Korean missionary, Mrs. Nanjoo Kim, she was not sure about its necessity besides her missionary works. Nevertheless, when she realized the widespread Kava addiction in Vanuatu, she could not but agree to start the temperance work for her mission field.

Senegal - Mrs. Yang Jin Kim, went out as a Korean missionary to Senegal in 2015. She had worked for 7 years as the director of Child Care Center of Korean WCTU. She is preparing the temperance education at schools and the churches which she's in charge of.

Western Samoa - Retired Korean Missionary Mrs. Hyun Sook Kim newly dedicated herself to the temperance work. After 15 years of medical and educational ministry with her husband in Western Samoa, she still has a good network among public officers. She keeps sharing WCTU materials with them to influence on public policies and regulations on alcohol and FAS issues.

I am making more contacts with Korean missionaries in England, India, Philippines, Tanzania, Vietnam, and even in China to carry out temperance education in their mission fields.

Most recently, in Kyrgyzstan, Mrs. Jung Sook Lee supported a Korean missionary to establish a big kindergarten. From this September, he is going to start the temperance education among the children.

Paul said in Romans 12:1, "I urge you therefore, brethren, by the mercies of God, to present your bodies a living and holy sacrifice, acceptable to God, which is your spiritual service of worship."

Please pray that the temperance movement by Korean missionaries may become a living and holy sacrifice acceptable to God.



## AFRICA - KENYA



Joy Butler  
2nd Vice President  
Field Worker

Florence Onsando, together with Pastor John Macharia, who is a great supporter of WCTU in Kenya, has spoken to more than 300 young people during the past few months.

Many have signed the pledge to be totally abstinent from the DAT poisons (drugs, alcohol, tobacco). A sample of the topics presented included: dangers of drugs & substance abuse; addictions of sex, gambling, drugs; addictions & remedies; responsible choices and behavior. This includes

children from 7 years old and youth up to 27 years old.

The WCTU & Turning Point Solutions Rehabilitation house at Ongata Rongai, near Nairobi, Kenya, is a success. It is hard work but young men are changing their ways and giving their lives to the Lord.

The DAT poisons in Africa are a curse. Many people suffer unnecessarily because they have not been told or ever



learned to say NO. It is our responsibility and privilege to teach, wherever we can in whatever way possible, our children and youth to JUST SAY NO. Give them good reasons for this and inspire them with your dedication and example.

Last year at the beginning of the World Convention, the world leader, Margaret Ostenstad reminded us of the greatest thing - LOVE. 1 Corinthians 13:13 says And now these three remain - faith, hope and love but the greatest of these is love. This is so important to remember as we spread our temperance message. Do it with love, care and patience. She also reminded us to "Do not worry about tomorrow - GOD IS ALREADY THERE."

May God be with you as you go ahead in faith, believing His promises. The work of WCTU is God ordained and we must never give up. And it's so exciting to see it growing in Africa."



## **CENTRAL AND SOUTH AMERICA**

We initiated the work in Central America with the purpose to grow the Woman's Christian Temperance Union in Latin America.

Visiting countries, churches, and people with whom we talked about proposals and the need to reach the women of the region. We also shared about the job that the global union of Christian Women of Temperance do.

We informed every country we visited that the WCTU is a ministry which promotes a lifestyle free of harmful drugs.



*Dr. Dora de Barrientos  
4th Vice President  
Field Worker*

### **1. El Salvador**

We made the contact with Garcia's Family who are pastors at the church 'Tabernáculo Bíblico Bautista Amigos de Israel'. We invited their congregation to be total abstainers, and they were motivated to be part of WCTU.

### **2. Honduras**

In the republic of Honduras we spoke with Alonzo's family who are pastors of a church "La ciudad". They now know about the WCTU and are motivated to start a union of women in their church.

### **3. Nicaragua**

In this country we shared what the WCTU does with Silva's family who are pastors of the church, 'Iglesia de Dios de la Profecía.' We invited them to be part of the WWCTU.

### **4. Costa Rica**

Our contact in Costa Rica is Gloria Rodríguez, a leader in her community who already works against violence. She showed us her interest on being part of the WCTU.

### **5. Panamá**

In Panamá we talked with Sánchez' Family. They are pastors of, 'Iglesia Cuadrangular de Panamá' and they were motivated to be part of the WCTU.



## How Iceland's winning war on teen substance abuse

The environment of an Icelandic teenager has drastically changed in 20 years, according to a story in *Mosaic Science*. The reason is a program called **Youth in Iceland**, created to respond to high percentage of teenage drinking and drug use.

There is a survey each year in Iceland's schools to follow up on the results. In 18 years, the percentage of 15- and 16-year-olds who had been drunk in the previous months plummeted from 42 percent in 1998 to 5 percent in 2016. The percentage who have ever used cannabis is down from 17 percent to 7 percent. Those smoking cigarettes every day fell from 23 percent to just 3 percent.

### Schools, parents and state working together

**Youth in Iceland** aimed to get parents, school and the state to work together on this problem. Parents were encouraged to attend talks on the importance of spending time with their children, and their participation in their lives. Laws were changed so it became illegal to advertise alcohol, and the age restriction on purchasing alcohol was raised to 20 and 18 for buying cigarettes. A law was also passed prohibiting children aged between 13 and 16 from being outside after 10pm in winter and midnight in summer. This still in effect today.

### Increased funding for sports and other organized recreation

The state also participated in another way, funding was raised for organized recreation such as sport, music, art, dance and other clubs. The aim was to give kids alternative ways to be a part of a group, and to make sure children from low-income families could participate in this. Today in Reykjavik each child receives a grant for 50,000 ISK (412 Euro) for recreational activities.

### Youth in Iceland links to success in sports?

Author of the article in *Mosaic Science* wonders if the success of the Icelandic Men's National Football Team in the Euro Cup in 2016 has in some way been a result of this, most famous achievement being the defeat of England. Football is not the only area Iceland has been successful in the last year. The same story goes for basketball, gymnastics and even music. "These are young people who have been pushed into organized work," says Inga Dóra Sigfúsdóttir from the **Youth in Iceland** program.

### Originated in the USA

Harvey Milkman, an American psychology professor had studied the cause behind addiction, why people do it. One idea led to another, orchestrating a social movement around natural highs and around people getting high on their own brain chemistry. In 1991, Milkman was invited to Iceland to talk about this work, his findings and ideas. A collaboration resulted in the thought of using this not to treat children with problems, but to stop kids drinking and taking drugs in the first place. From this, **Youth in Iceland** was born, a nationwide plan.

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