



White Ribbon Bulletin

World's Woman's Christian Temperance Union

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*We have a legacy we
need to take care of!*



*Margaret Ostenstad
World President*

WE HAVE A LEGACY WORTH FIGHTING FOR!

The WWCTU seeks, with God's help, to promote a lifestyle free of alcohol, tobacco and drugs in every country through education and example.

Where do you think it's best to plant a young tree: a clearing in an old-growth forest or an open field? Ecologists tell us that a young tree grows better when it's planted in an area with older trees. The reason, it seems, is that the roots of the young tree are able to follow the pathways created by former trees and implant themselves more deeply. Over time, the roots of many trees may actually graft themselves to one another, creating an intricate, interdependent foundation hidden under the ground. In this way, stronger trees share resources with weaker ones so that the whole forest becomes healthier. That's legacy: an interconnection across time, with a need for those who have come before us and a responsibility to those who come after us.

Legacy Project

The concept of legacy is a powerful life tool for all ages and a catalyst for social change. Legacy is about life and living. It's about learning from the past, living in the present, and building for the future.

Christian charity arises from the Golden Rule: "Do to others whatever you would like them to do to you." The international White Ribbon movement has followed this principle since its early days in the 1890s. God's love is the source of all efforts to help, support and comfort others, and in an encounter between people, this love can be seen as genuine interaction, participation, listening and respect.

Each of us is called to be messengers of God's love in this often cruel world. This task is great indeed and may sometimes appear so onerous as to make us hesitate. Am I really fit to help and support another person when I myself am struggling with various problems? However, when such doubts arise, we should remind ourselves to trust that God will give us the strength and wisdom to act in these situations if we are willing to receive His guidance.

Let us boldly walk the path of faith and trust in God, prepared to encounter those in need while being keenly aware of our own shadow as helpers.

Christian Outreach Department Directors, pastors June Ballard and Gena Torres project exemplifies the need for our Christ-based work.

In Christ's love,
Margaret



IN THE LIVES OF THE LESS FORTUNATE

Volunteering where food is served to the needy
Helping with a Food Pantry
Collecting winter clothing and bedding for the homeless
Clipping food coupons for a local food bank
Providing a list of local assistance agencies

No doubt there are many good activities that could be added to these. It is the idea behind these suggestions that gives them importance. In Matthew 25:31-46, we read Jesus' discourse on the importance of responding to the needs of others. He says that when we minister to those in need, it is the same as doing it for Him! James writes in James 2:15-18: Suppose a brother or a sister is without clothes and daily food. If one of you says to them, "Go in peace; keep warm and well fed," but does nothing about their physical needs, what good is it? In the same way, faith by itself, if it is not accompanied by action, is dead.

Our desire should be to become more and more like Him. Jesus is compassionate. We should be compassionate as He is.

Closing prayer: Dear Heavenly Father, open our hearts to the needs of others. Help us to be Your Hands and Your Feet, as we do our part to meet the needs of your suffering children around this weary world. Amen and Amen!

June Ballard and Gena Torres

Date of Establishment

The WCTU in the United States was founded in 1974. The vision of Frances Willard led her to form the World WCTU in 1883. The first world convention was held in Boston (USA) in 1891.

Timeline of World Conventions

Welcome to the 41st World WCTU Convention in Helsinki, Finland 10-15 July, 2019.

Programme and Registration form in last edition of the White Ribbon Bulletin. Deadline for the REGISTRATION FORM is 31 March so that your room is held.

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EASTER

Easter is a time when we celebrate God's love and sacrifice for us. These meditations for the remaining days leading to Easter Sunday include reflections on Jesus' death and resurrection. As you prepare your heart for Easter, find renewed meaning in these verses and insight from Billy Graham:



THURSDAY

Read: 1 Corinthians 15:35–43

As we approach the celebration of Good Friday, I'm reminded of the seven sayings of Jesus from the cross and the glory and the power in each saying.

Jesus was alone. He had come to His own, and His own did not receive Him. When He was being arrested in the garden of Gethsemane, we are told that "all the disciples deserted him and fled" (Matthew 26:56). The crowds who had so recently shouted, "Hosanna!" would soon shout, "Crucify him! ... Crucify him!" (Matthew 21:9, 27:22–23).

Now even His loyal Twelve had left. And at last we hear Him cry out, "My God, my God, why have you forsaken me?" (Mark 15:34). Not only had He been forsaken by His human companions, but now in that desperate and lonely hour, He—because He was bearing our sins in His own body on the cross—had been forsaken by God. Jesus was enduring the suffering and judgment of Hell for you and for me.

How can you show your gratitude to God for allowing His Son to endure the shame and suffering of the cross?

FRIDAY

Read: 1 Corinthians 15:44–49

Good Friday celebrates the day our Lord died for our sins on the cross. I have often sat by the hour and tried to imagine the agony and suffering He went through because of our sins. At one point He said from the cross, "It is finished" (John 19:30). He meant that God had accepted His work on the cross as the penalty for our sins.

Christ's death on our behalf is the reason God can forgive us and still be just. And His death teaches us the depth and breadth that there should be in our forgiveness of one another.



While that holy Friday was tremendous, it was only a prelude to Sunday morning when He was raised from the dead. Godly women had come to see His tomb, but angels made the glorious announcement, “He has risen!” (Luke 24:6). His resurrection guaranteed that we, too, will be raised, if we are believers and obeyers of His Word.

As you celebrate the truth that Jesus came from Heaven to redeem you, are you reflecting His likeness to those around you?

SATURDAY

Read: 1 Corinthians 15:50–54

From Genesis to Revelation, we are warned that “it is later than you think.” Paul writes to Christians in Romans 13:11–12: “The hour has already come for you to wake up from your slumber, because our salvation is nearer now than when we first believed. The night is nearly over; the day is almost here. So let us put aside the deeds of darkness and put on the armor of light.”

There are millions of people around the world who do not have peace at this moment because they have never found the secret of peace. Some of them may have riches today as a result of greed and covetousness; but their souls are lean, their hearts are cold toward God, their consciences are dulled, and their minds are blinded.

They need to know that there is a God of marvelous love who sent His Son Jesus Christ to this world. And as a demonstration of His mercy, Christ—who is the Prince of Peace—went to the cross to make a way for peace between God and mankind.

Are you living in the reality of Jesus’ victory over death? In what tangible ways can you share that victory with others so that they, too, can have life?

EASTER SUNDAY

Read: 1 Corinthians 15:55–58

Easter is a season of great gladness for those who know Christ. But for those who are without “the light of the knowledge of God’s glory” (2 Corinthians 4:6), there is nothing to rejoice over.

Jesus left us with the great hope and certainty that He is going to return to bring a new Heaven and a new earth where, we are told, there will be no more sorrow, trouble, or death for those who have believed and followed Him. There will be trouble, sorrow, and suffering for those who have neglected or rejected Him.

As Christians, our great task is to obey the command to tell the whole world about Christ crucified, buried, yet risen again. My prayer for you during this season of the year, when we meditate on our Savior’s great sacrifice for us on the cross, is that you will be filled with great peace and hope, because “He is risen!” That is the Good News.



Sarah Oh (Korea)
Education Director

2018 Project Ideas

In order for the WWCTU to incorporate the UN SDGs into our projects, the Education Department must particularly focus on **Goal 3: Ensure healthy lives and promote well-being for all at all ages**. This is convenient for us as our work has always revolved around informing people about and protecting them from the harmful effects of alcohol, tobacco, and illegal drugs.

According to the United Nations, there are numerous ways that we can further help achieve this goal (source: <http://www.un.org/sustainabledevelopment>):

1. Start by **promoting and protecting your own health** and the health of those around you, by making well-informed choices, practicing safe sex and vaccinating your children.
2. **Raise awareness in your community** about the importance of good health, healthy lifestyles as well as people's right to quality health care services.
3. Take **action through schools, clubs, teams and organizations** to promote better health for all, especially for the most vulnerable such as women and children.
4. **Hold your government, local leaders and other decision makers accountable** to their commitments to improve people's access to health and health care.

1. **Start by promoting and protecting your own health and the health of those around you, by making well-informed choices, practicing safe sex and vaccinating your children.**
 - **Read up** on the 'Resources' page of the WWCTU website regularly. Read up on the latest information about the harms of alcohol, tobacco, and drugs. Ultimately, the best source of information regarding issues relevant to our organization's cause is available at the WHO official website:
 - **Alcohol:** http://www.who.int/topics/alcohol_drinking/en/
 - **Tobacco:** <http://www.who.int/topics/tobacco/en/>



- **Substance Abuse:** http://www.who.int/topics/substance_abuse/en/
- **Violence against women:**
<http://www.who.int/reproductivehealth/topics/violence/en/>
- **Cellular phone:**
http://www.who.int/topics/electromagnetic_fields/en/
- **Depression:**
http://www.who.int/mental_health/management/depression/en/
- **Suicide:** http://www.who.int/mental_health/suicide-prevention/en/

2. Raise awareness in your community about the importance of good health, healthy lifestyles as well as people’s right to quality health care services.

- **Share resources** about alcohol, drugs, and illegal drugs available to you through our network with your church and community.



3. Raise awareness in your community about the importance of good health, healthy lifestyles as well as people’s right to quality health care services.

- **Print and share our brochure** (refer to ‘Supplementary Material 1’), made by the Korean union, on the damaging effects on alcohol, smoking, and drugs. Email me if you would like the word version of this brochure emailed to you so you can edit the wording and contact details on the brochure so it applies to your local context.
 - **Spread this brochure, or any resources about the harms of alcohol, tobacco, and drugs**, to family, friends, students at schools and universities (after receiving permission from the institution), work colleagues, church members, and passersby on the street.



Figure 1 Korean youth members hanging out brochure and drinks at local university

- **Host an event at your church or local community** where you give out these brochures to passersby along with free non-alcoholic 'mock-tails'
- **Offer drug and alcohol education to local schools and/or churches.** Many states such as Alaska don't require a statewide alcohol education program in their public schools. Only 747 colleges out of approximately 3,039 in the United States require some sort of alcohol education (National Center for Education Statistics).
- **Contact the deans, principals, and heads of the academic institutions** in our community and offer drug and alcohol education to our young ones.
- **Lecture material on the following topics is available in PowerPoint, Prezi, and Video format** on our website and Facebook <https://www.facebook.com/wwctu.education/>. (email me if you would like the digital version emailed to you)



Figure 2 Members of the Korean WCTU lecturing to two local high schools about the damage effects of alcohol and drugs



Figure 3 Pages from the 'White Ribbon Bulletin' magazine created by Norway

- **7 Truths about Alcohol**
 - **Fetal Alcohol Syndrome Disorder**
 - **5 Truths about Tobacco**
 - **Towards Total Abstinence**
- **I Create and distribute a national 'White Ribbon Bulletin' magazine** (like Norway) to your local church and community.
 - Every two to three months, Norway creates a magazine filled with informative and interesting articles about FAS, FASD, the harms of alcohol and drugs, the work that the Norwegian union have been doing etc. There are also pages for children to do word finds and mazes, and even recipes for non-alcoholic beverages!
 - Substitutes for a magazine could include digital newsletters, a website, blog, Facebook, newspaper, or poster.
- 4. Hold your government, local leaders and other decision makers accountable to their commitments to improve people's access to health and health care.**
- **Develop an online platform where your voice can be heard to public figures.** An online platform is one of the most efficient ways to allow our message to be heard to public figures like the government.
 - **Create a Facebook Page** where you can upload and share educational information with the public (refer to 'Supplementary Material II'). Similar to a website or blog, an organization Facebook page allows you to upload posts, photos, and videos.



Figure 4 A Facebook Page full of information about current activities of Korea

- **Don't forget to 'hashtag' #wwctu!** By adding "#wwctu" to the end of all of your Facebook posts, other members of the WWCTU can access your posts.
- **Write and send legislation advisory letters, submissions, and complaints** to government officials (refer to 'Supplementary Material III')
- Writing a letter to a government official is one of the simplest yet most effective ways to inform them about our cause. Types of letters that can be sent to further the health of individuals in our community include:



Figure 5 Korea has been sending annual advisory letters to the Ministry of Health and Welfare demanding drunk-driving and underage drinking prevention policies



- **Petitions and form letters** that demand actions e.g. compulsory alcohol education for elementary school students
- **Letter of appreciation** acknowledging a government official's support or contribution to an event or activity
- **Letters to the mayor, president, head of a department** asking for specific actions that only they can perform
- **I Join me in my government project to compare the drinking behaviors of university students around the world**
 - Currently, as a researcher at the Yonsei Institute of Health Services Research (WHO-affiliate institution) with the Korea Centers for Disease Control & Prevention on a government-funded project titled 'Investigation of the Drinking Behavior of College Students in South Korea'
 - Through this project, we will be surveying 5,000 Korea college students from 456 universities about their drinking habits, and the survey results will be used to create national policies directed at reducing total alcohol consumption
- We would **love** international input by surveying college/university students around the world! Our survey is available at: <https://goo.gl/forms/BPdCa8Horx4wQnRj1>

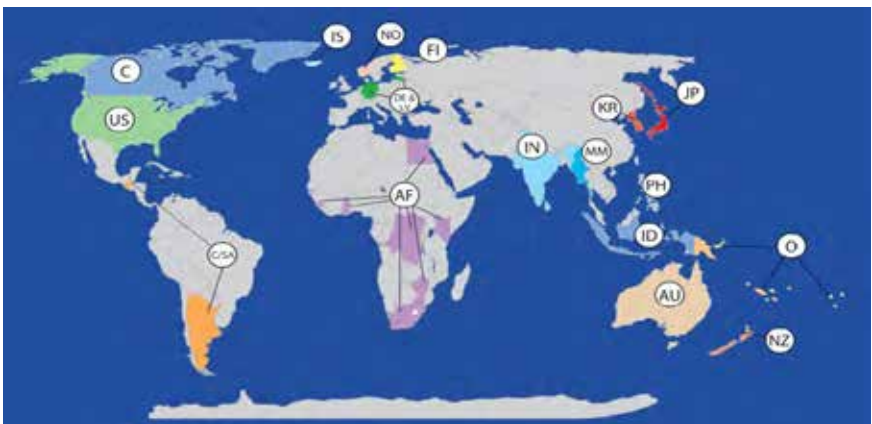


Figure 6 For God, and Home, and Every Land!



The Lord's Prayer

“Our Father in heaven” -- We need to always acknowledge first and foremost who we are talking to. He (God) is our heavenly Father. We address Him with respect just as we should address our earthly father with respect. He is the only true God who created all things in this universe, including ourselves. He loves us and we need to show our love for Him.

“Hallowed be your name” -- We must see Him as being holy, sanctified, consecrated; worthy of praise, honor and glory!

“Your kingdom come” - We acknowledge His coming kingdom. We pray that Christ will soon return and establish His earthly kingdom where we will reign with Him for eternity.

“Your will be done on earth as it is in heaven” -- We need to be praying for His will to be done in our lives, so that we might bring glory to Him here on earth as He is also glorified in heaven. We need to do things His way, instead of selfishly doing our own things to satisfy our own desires.

“Give us today our daily bread”-- We should ask our Father each day to provide for our needs, just as He promised in His Holy Word. His Word says that we don't have, because we don't ask. Of course, we must first know God through His Son, our personal Lord and Savior. If we don't know Christ, God won't acknowledge this request for daily provision.

“Forgive us our debts (or transgressions) as we also have forgiven our debtors (transgressors)” -- This speaks about forgiveness among our associates, neighbors, friends, family and loved ones. Any and all persons in our lives that we come in contact with in social or business situations are included as well. If we can't forgive others, how can we expect our heavenly Father to forgive us?

“Lead us not into temptation” -- We need to ask our heavenly Father to help us recognize every evil thing, every temptation before us. We need help to stay focused on our Father and see the evil that we might fall into, for what it is really is, a trap set by Satan to bring us down to his level.

“But deliver us from the evil one” -- Help us, dear Father, to steer clear of that liar and deceiver. Let us see clearly the path that you want each of us to walk. By the power of the Holy Spirit that dwells within us, may we never stray from your will and way...

Lord's Prayer - A Glorious Ending

Some commentators believe that the end of the Lord's Prayer - **“For thine is the kingdom, and the power, and the glory forever”** - was added by someone other than the original writer. Whether that's true or not, this last phrase simply emphasizes more praise and glory to God the Father - so it's absolutely biblical... a glorious ending to a model prayer to God!

Source: www.allaboutprayer.org



Wishing you a blessed Easter!

Alone

Alone, He knelt to pray;
His disciples could not keep
their eyes from closing,
fast asleep
they lay.
But He, knelt alone to pray.

Alone, no one to share
with Him, this bitter cup;
He knew that He
once lifted up
would spare
all men the judgment
they should bear.

Alone, the Lamb of God,
Unblemished, without sin,
sacrificed Himself to win
with His blood,
a way to bring men
back to God.

by June Ballard



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

He Lives!

He lives who once was dead!
He lives, just as He said:
“I will come back to life again!”
And now, He lives!
And now, He lives!

“He lives!” The angels said.
The cloths that bound Him dead
Lie scattered 'round the burial cave,
But, “He is risen from the grave!”
And now, He lives!
And now, He lives!

“He lives!” the women cried,
“And death is now denied
It's sting! The victory is won!
Redemption's work is done!”
In Him, we live!
In Him, we live!



Noontide prayer

Around the world, someone is always praying



Anne Bergen
Organization Secretary

Important information for those attending World WCTU Convention

Address of the hotel: Helsinki Congress Paasitorni, Paasivuorenkatu 5 A, FIN-00530 Helsinki

Weather in Helsinki in July: Average maximum temperature is around 70 degrees F (21C) and minimum around 50 degrees (10C). The sun will set about 10.35 pm. Light winds. Some rain.

Getting to the hotel:

<https://www.hsl.fi/en/timetables-and-routes/terminals/transport-links-helsinki-airport>

Finland WCTU is planning that some volunteers will be at the airport helping delegates. It is important that we have the information about flights. We can be on call at the Airport and guide delegates.

By bus: The best and the cheapest way is to use the **bus number 615** that drives from the Airport very close Congress Paasitorni. It picks up passengers in front of T2 at Helsinki Airport You leave the bus at “HAKANIEMI”. It is less than 5 minute walk to the Congress Paasitorni. Now the bus ticket is 5,50 Euros. You can purchase your ticket from the bus driver or buy your ticket from a ticket machine, via HSL app or from and R-kiosk.

Taxi: Another possibility is to use taxis (Airport Taxi is cheaper, about 30 euros to the centrum of Helsinki). There are also other taxis outside the Airport. There is written information available about the cost.

By train: There is a direct train from Helsinki Airport to the Central Railway Station. Tickets cost 4.20 – 5.50 Euros depending on how they are purchased. Journey takes about 30 minutes.

- Tickets are not sold on trains.

- You can buy your ticket via HSL app.

- You can purchase your ticket from an HSL ticket machine. There are HSL ticket machines at the train station entrance in the corridor between the T1 and T2 terminals, in the baggage claim hall in T2 and at bus stops. In addition, you can buy tickets from the Alepa grocery store, WH Smith kiosks (T1 and T2 Departures hall), R-kiosks (Arrivals hall 2A in T2) or the Tourist Info (Arrivals hall 2A in T2).

If you use the train you must use tram or subway and come “back” about 1 kilometre from the Central Railway Station to access Congress Paasitorni.

Hakaniemen Metro station is close to the hotel. You can easily transfer to the Metro at Central Station. There are Helsinki guides helping tourists at the station.



Money

You will need a small amount in Euros for incidental expenses.

There an ATM and money changing booth in the airport?

When you arrive at the Paasitorni: Register at Reception and they will let you know when you can access your room. Hotel check-in time is **3 pm**. The hotel will help you if you arrive earlier.

When you check in at the hotel you will be asked to leave an imprint of your credit card which will be used to pay for any expenses you may incur. **The internet is free, but the phone in the bedrooms is expensive and occupants will be totally responsible for their use. WCTU will not be responsible for paying your bills.** If you do not have a credit card and cannot get one, please let us know so that we can make other arrangements.

The convention package begins with lunch on Wednesday 10th and concludes with breakfast on Monday 15th. Lunch will be available from **12 noon**. If we have booked an extra night for you on 9th or 15th you should already have paid the extra night that includes breakfast - SGLB 124 €/room, DBLB 144 €/room or 72 € per person x 2, Triple is €164 - divided by 3 if all are there.

Registration commences from 2 pm in the conference hall on the ground floor of the conference centre. Any outstanding money is to be paid on registration. The **rehearsal with flags and Official Board meeting is at 4 pm**.

The **Convention opens officially** with the country flag procession and **dinner at 7pm**.

Travel Insurance is important particularly to cover any health problems you may develop.

OTHER MATTERS TO NOTE:

WORLD WHITE RIBBON BULLETIN

Our World Bulletin is an important part of our work and is very reasonably priced!

You can purchase for yourself and friends a three-year subscription for US \$30 – payable at Convention. Its continuance depends on the number of subscribers.

We are looking forward to your participation in this World Convention for you are valuable, you are unique and you have much to give! As we honour God in all we do, He will bless us! We give Him thanks and praise! Amen!

India

