



White Ribbon Bulletin

World's Woman's Christian Temperance Union

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Matthew 12:21



And his name shall be the hope of all the world.





The Four Candles

The Four Candles burned slowly. Their Ambiance was so soft you could hear them speak...

The **First Candle** said, "I Am **Peace**, but these days, nobody wants to keep me lit." Then Peace's flame slowly diminishes and goes out completely.

The **Second Candle** said, "I Am **Faith**, but these days, I am no longer indispensable." Then Faith's flame slowly diminishes and goes out completely.

Sadly The **Third Candle** Speaks, "I Am **Love** and I haven't the strength to stay lit any longer. People put me aside and don't understand my importance. They even forget to love those who are nearest to them." Waiting no longer, Love goes out completely.

Suddenly...A child enters the room and sees the three candles no longer burning. The child begins to cry, "Why are you not burning? You are supposed to stay lit until the end!"

Then The **Fourth Candle** speaks gently to the little child, "Don't be afraid, for I Am **Hope**, and while I still burn, we can re-light the other candles."

With Shining Eyes the child took the Candle Of Hope and lit the other three candles.

Never let the Flame Of Hope go out of your life. With Hope, no matter how bad things look and are...Peace, Faith and Love can Shine Brightly in our lives.

Dear all,

Greetings from a snowclad Norway. Covid-19 has taken a new grip on the country, despite 90% of the population being vaccinated. By God's grace, work is still being carried out all around the world, and a Plan of Action for 2022-2025 has been prepared.



Please pray that our organization is surrounded by all that is good and that all evil will cease and desist!

A greeting was sent from the World President to USA National Convention and I will share some of it with you here...

Congratulations on your National Convention in Michigan for which I give thanks to God who has brought you together. I am just sad I could not be with you in person but was with you in spirit and prayed that God's Most Holy Spirit abided in us.

The history of the WCTU in the United States is remarkable. Even today, it is the key to solutions because they worked in unity recognizing the challenges of the day and acting on them.

I recently read this statement:

We can be in situations in life when solutions are difficult to see but we must never lose faith and hope. God always has a plan! What seems impossible to us is possible for God, so we never give up. It is written in Jeremiah 29:11 «For I know the plans I have for you,” declares the LORD, “plans to prosper you and not to harm you, plans to give you hope and a future.»

The WWCTU (World Woman's Christian Temperance Union) was founded in 1883 and is the oldest continuously existing women's organization in the world. WWCTU is unique as it is a woman's organization with men as proud support members without voting privileges. World WCTU has membership in 54 countries for which the existence of the WCTU in the United States is of vital importance. You are the anchor point which UNITES world as one body. Without you we would be individual countries drifting along without common goals and purposes. Being UNITED in temperance by faith is our greatest strength. WWCTU would eventually implode and no one wants this to happen.....

Around the world, amazing women of God do incredible work with little or no funds. In the World White Ribbon Bulletin, Anne Bergen reports on the inspiring work reported on with supporting photos. It is so encouraging and very moving actually. See World website on wwctu.org - publications.

Around the world WCTUers frequently meet people who are in the midst of the pain and chaos caused by drugs. Some try to regain control of their lives, but these efforts often fail, reminding us of the importance of God's help. In many situations, a caring neighbor may serve as God's most important tool for helping a struggling individual.

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 1880s. God's love is the source of all our 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.

Even before the Covid-19 pandemic, we have always had to face challenges: loss, loneliness, sickness, injustice. Jesus encourages us to go deeper and make us feel like we are not alone. Regardless of race, gender, spirituality, political affiliation our world aches for a deeper meaning. We in rich countries often live as if our happiness depended on having possessions. Jesus says to us: True joy, happiness and inner peace come from the giving of ourselves to others. A happy life is a life for others.

MAY WE CONTINUE TO LIVE FULLY WHILE HELPING OTHERS TO DO THE SAME "FOR GOD, HOME AND EVERY LAND"

As long as one baby is affected by its mother's drinking during pregnancy, one family is destroyed by alcohol and domestic violence or one young person dies of an overdose, we will continue to fight.

IT IS WORTH IT! It is worth it to the ONE life! 'WOW' is a good slogan for the WCTU - Worth Our Work! Australia came up with this as 'Work of Worth and I adapted it to 'Worth Our Work.' Look forward to hearing what you come up with so can the rest of the world's 54 membership countries can also be inspired.

Included in this edition is a «beautiful memory» on page 5. May we remember all who have gone to their heavenly home while still serving the Lord in the WCTU like Mes. Donna Pearson, sitting National Treasurer USA and Mrs. Jessy Samuel, Executive Board, India. Our White Ribbon sisters have heard those precious words, "Well done, thou good and faithful servant:.....enter thou into the joy of thy lord." God grant that their faithfulness will continue to yield much fruit.

Dear Heavenly Father, prepare us to share with others the hope which fills our hearts each Christmas - the knowledge that out of great love you sent your Son to be our Savior, Lord, and King. Amen.

May the love, joy and peace in the light of Christmas shine through you each day of the coming year and help bring all non-believers to salvation with our Lord Jesus Christ. To God be the Glory.



Margaret Ostenstad
World President

A Beautiful Memory...

"I read on Facebook a beautiful tribute to our much loved member, Rev. Henrietta Griffith. How wonderful to be remembered with such love. Attached is a clip for you to read along with one of her devotionals used in the White Ribbon Bulletin. Be blessed!"

Editor Margaret

"A mighty oak has fallen in the heart of the Kentucky Mountain Bible College. Rev. Henrietta Griffith, one of God's choicest generals has made it home. Probably one of the greatest theological minds to grace the halls of any bible college. KMBC, for 70 plus years, housed a saint who was sold out to God. Her influence, no doubt, can be found coast to coast and around the world....

Thank you, Miss Griffith, for giving us all a tremendous example of the Christian life!"
Love, Jeff Snyder

Devotional **Rev. Henrietta Griffith (USA)**

For God so loved the world, that He gave His only begotten Son, that whosoever believeth in Him should not perish, but have eternal life. John 3:16

We commemorate the coming of Jesus each Christmas time. He came to bring joy with the knowledge of salvation to all. He lived for others. As a child, He grew in wisdom and knowledge. This kind of knowledge comes by obedience to God. The fear of the Lord is the keystone. No wonder the angels sang of joy, peace, and good will to all men.

At Christmas time we are reminded of the One who gave Himself to serve us. He took on the form of humanity that He might serve by His death on the cross. For the joy that was set before Him, He served. Christmas time is a time of living service. There are many lonely people. We can serve without loving but we cannot love without serving. Find a needy family and serve them. Find a child in need and lovingly serve him/her in Jesus' name.

WHY? — Mary Small VINE

Why were the heavens all ablaze
When Christ was born in Bethlehem?
Why did the angel host come down
To tell the news to humble men?
Why did the wise from eastern lands
In reverence bow before a stall

And leave their costly gifts and gold
In worship of a babe so small?

All heaven knew God came to earth
When Christ was born in Bethlehem,
And faithful hearts who longed for Him
Received the message given them.
All heaven knew that lowly Babe
Could save a world from every sin;

All heaven knew the love of God

Had come in Christ to dwell with men.

And that is why the angel host

Said, "Glory be to God most high,
Peace on earth, goodwill to men"

And that is why men sing today

Above life's fretful stress and strain,

For God's great love in Christ still saves
And men re-echo heaven's refrain.

Glory to God on high



Highlights from her key note speech on Cannabis at the Nordic Summit in November.

Cannabis

Written by Dr Bertha K. Madras PhD (the honorable) Professor of psychobiology at Harvard Medical School

Introduction: we, the world are at a crossroads in drug policy

"I come here today, at the Nordic Summit, to focus on marijuana, but cannot in good conscience, dismiss changing drug views, policies, laws that are the root of current changing views on marijuana.

Most pundits agree on the need to treat drug addiction, that addiction can be viewed as a public health issue. But drug policy views are entering a new phase, a dispute between those advocating unrestricted drug use and others supporting restricted access/use.

- At one end of spectrum, some in the harm reductionists community advocate for: destigmatizing drug use, legalization of all drugs, commercialization coupled with "harm reduction" and criminal justice reform, continued drug use during treatment, drug use as a benefit, a source of comfort, pleasure, self-medication. "Why doesn't research focus on the benefits of drug use?", they ask. They advocate for removing legal restrictions on drugs as unrealistic and doomed to failure, rejecting restrictive drug policies, blaming the "drug war" for addiction, the opioid over- dose crisis, mass incarceration, attributing drug use to social determinants - root causes of drug use are failed drug policies, families, stress, anxiety, trauma, homelessness, social injustices. This may be true in individuals, but many people suffer hardships at all levels and do not resort to drugs.

Over the last 20 years the U.S. underwent a vast change in perception of drugs, resulting in changes in policies and drug laws. Three changes reversed many decades of progress:

1. a tenacious movement to legitimize any forms and any doses of marijuana as a medicine and as a legal recreational drug
2. unrestricted prescribing of opioids for any forms of pain under a broad range of medical circumstance
3. criminal justice reform at many levels of government, which translates into emboldening drug distributors.

The consequences of these changes are evident: Since 1999, 841,000 people have died from a drug overdose - equal to 14% of the entire population of Denmark or Norway, or 8% of Sweden's population. In 2020, 95,000 deaths were recorded. Many deaths are among homeless people, or among people living alone in hotel rooms or other units provided by city governments as harm reduction measures. Dealers in open air fentanyl markets are not arrested by police who witness deals. Yet this movement claims society has not been liberal enough: "if only a user can buy pure drugs at fixed doses, addiction and overdose deaths would disappear". Arresting drug dealers evokes derision and designation as a "drug warrior", a "fossil of the past".

Some have good intentions. Political ideology and personal emotions or experiences with drugs are factors. Some believe they are the voice of ethics, of caring, fairness, liberty. Others have conflicts of interest rooted in personal and/or financial incentives: consultant fees, drug marketing, donations from billionaire activists or from drug distributors, or reimbursement as providers of addiction, housing, other services. They are not held accountable for the consequences of enabling a drug culture, a social experiment, that already has a track record of failure.

And they dismiss people who harbor an alternative view - to reject drug use and addiction as a lifestyle choice, and to impede drug supply. These views are also rooted in ethics, in values of health, security, safety, responsibility. They are rooted in valuing the potential of each human brain and each life - as I do.

With legalization and normalization, use will rise, especially among youth. What course will nations choose?

Increase in accidental marijuana use by young children. According to data from the National Poison Data System, accidental exposure to marijuana among children under 6 years old has been on the rise. As more adults use marijuana infused products such as baked goods, gummy candies, candy bars and "cannabis cola" are often indistinguishable from traditional products and attractive to children, placing them at significant risk of accidental use.

We must apply the precautionary principle in public health: the burden of proof for potentially harmful actions by industry or government rests on the assurance of safety and that when there are threats of serious damage, scientific uncertainty must be resolved in favor of prevention.

Commercial Marijuana Regulations Do Not Prioritize Public Health and Prevention of Youth and Young Adult....



Anne Bergen
Organization Secretary

Dear WWCTU members, it is difficult to realise that we have come to the end of 2021 and are looking forward to a better year in 2022. I trust that you have all come through COVID-19 safely and with your faith in God strong. The world around us may be full of problems but we can focus on the reality of Psalm 46: "Surrender your anxiety. Be still and realize that I am God. I am God above the nations." Anne Bergen

In this issue I have news from **Japan, the Solomon Islands, Australia, India, Cambodia, and Norway.**



Solomon Islands: Muriel Buga wrote that they observed the World Day of Prayer and Founder's Day. The man in white in the centre back row was their speaker.

Cambodia: Missionary Yoo Sun Kim has given a temperance lecture to final year students at Serung Ewha High School in Cambodia. She visited Young Joo Kim's Solo Exhibition on October 6, 2021 where she heard about the temperance work through Cambodia WCTU. CWCTU members visited Serung School to give temperance lectures twice and, with the help of KWCTU, hope to make this a regular part of the curriculum.



Recently, **WCTU Australia** published an inspiring book , "Women of Purpose", with the stories of 39 prominent recent or current WCTU members described as "Australian women who cared for God - Home - Humanity". The cover features Margaret McLean who was the first Australian President of WCTU Australia, 1892 - 93 and 1899 -1907. It is available online from Amazon to download or as a paper-back copy.



Norway

2022 is Norway's Volunteers Day and all organizations can choose an element of their work on one day which is special to them - free PR over the whole country. They have chosen 28 September (Frances Willard's birthday) to do a special project, as yet to be decided.

Norway's treatment centre, Riisby, had a tragic fire in the new wing on 12 July and one patient lost his life.

Norway's National Convention was held in Bergen 12-14 November and was opened by the Mayor of Bergen. Photo below shows their new officers.



Japan



Japan held a seminar for young adults on the topic of alcohol and caffeine.
- They support producing a movie on Kajiko Yaji ma (the very first president of JWCTU). The movie will be released January 2022.
- The board members hold a prayer meeting every Wednesday.

India: Since they tried to revive the work after the second wave of Covid and made online National and state level groups, each union is doing remarkable work and posting work pictures to encourage each other and appreciating each other. They have been able to start three new unions! They have also been able to get TV and News paper coverage.

Key facts about alcohol which makes it Worth our Work - WOW!

- Worldwide, 3 million deaths every year result from harmful use of alcohol, this represent 5.3 % of all deaths.
- The harmful use of alcohol is a causal factor in more than 200 disease and injury conditions.
- Overall 5.1 % of the global burden of disease and injury is attributable to alcohol, as measured in disability-adjusted life years (DALYs).
- Alcohol consumption causes death and disability relatively early in life. In the age group 20–39 years approximately 13.5 % of the total deaths are alcohol-attributable.
- There is a causal relationship between harmful use of alcohol and a range of mental and behavioral disorders, other noncommunicable conditions as well as injuries.
- The latest causal relationships have been established between harmful drinking and incidence of infectious diseases such as tuberculosis as well as the course of HIV/AIDS.
- Beyond health consequences, the harmful use of alcohol brings significant social and economic losses to individuals and society at large.

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.

The harmful use of alcohol can also result in harm to other people, such as family members, friends, co-workers and strangers. Moreover, the harmful use of alcohol results in a significant health, social and economic burden on society at large.

Alcohol consumption is a causal factor in more than 200 disease and injury conditions. Drinking alcohol is associated with a risk of developing health problems such as mental and behavioral disorders, including alcohol dependence, major noncommunicable diseases such as liver cirrhosis, some cancers and cardiovascular diseases, as well as injuries resulting from violence and road clashes and collisions.

A significant proportion of the disease burden attributable to alcohol consumption arises from unintentional and intentional injuries, including those due to road traffic crashes, violence, and suicides, and fatal alcohol-related injuries tend to occur in relatively younger age groups.

The latest causal relationships are those between harmful drinking and incidence of infectious diseases such as tuberculosis as well as the incidence and course of HIV/AIDS. Alcohol consumption by an expectant mother may cause fetal alcohol syndrome and pre-term birth complications.

Factors affecting alcohol consumption and alcohol-related harm A variety of factors have been identified at the individual and the societal level, which affect the levels and patterns of alcohol consumption and the magnitude of alcohol-related problems in populations.

Environmental factors include economic development, culture, availability of alcohol, and the comprehensiveness and levels of implementation and enforcement of alcohol policies. For a given level or pattern of drinking, vulnerabilities within a society are likely to have similar differential effects as those between societies. Although there is no single risk factor that is dominant, the more vulnerabilities a person has, the more likely the person is to develop alcohol-related problems as a result of alcohol consumption.

Conceptual causal model of alcohol consumption and health outcomes

The impact of alcohol consumption on chronic and acute health outcomes in populations is largely determined by 2 separate but related dimensions of drinking:

- the total volume of alcohol consumed, and
- the pattern of drinking.

The context of drinking plays an important role in occurrence of alcohol-related harm, particularly associated with health effects of alcohol intoxication, and, on rare occasions, also the quality of alcohol consumed. Alcohol consumption can have an impact not only on the incidence of diseases, injuries and other health conditions, but also on the course of disorders and their outcomes in individuals.

There are gender differences in alcohol-related mortality and morbidity, as well as levels and patterns of alcohol consumption. The percentage of alcohol-attributable deaths among men amount to 7.7 % of all global deaths compared to 2.6 % of all deaths among women. Total alcohol per capita consumption in 2010 among male and female drinkers worldwide was on average 19.4 liters for males and 7.0 liters of pure alcohol for females.

Ways to reduce the burden from harmful use of alcohol The health, safety and socioeconomic problems attributable to alcohol can be effectively reduced and requires actions on the levels, patterns and contexts of alcohol consumption and the wider social determinants of health.

Countries have a responsibility for formulating, implementing, monitoring and evaluating public policies to reduce the harmful use of alcohol. Substantial scientific knowledge exists for policy-makers on the effectiveness and cost-effectiveness of the following strategies:

- regulating the marketing of alcoholic beverages (in particular to younger people);
- regulating and restricting the availability of alcohol;
- enacting appropriate drink-driving policies;
- reducing demand through taxation and pricing mechanisms;
- raising awareness of public health problems caused by harmful use of alcohol and ensuring support for effective alcohol policies;
- providing accessible and affordable treatment for people with alcohol-use disorders; and
- implementing screening and brief interventions programmes for hazardous and harmful drinking in health services.

WHO response

The harmful use of alcohol is one of the leading risk factors for population health worldwide and has a direct impact on many health-related targets of the Sustainable Development Goals (SDGs), including those for maternal and child health, infectious diseases (HIV, viral hepatitis, tuberculosis), noncommunicable diseases and mental health, injuries and poisonings. Alcohol is specifically mentioned under health target 3.5: “Strengthen the prevention and treatment of substance use, including narcotic drug abuse and harmful use of alcohol” .

WHO aims to reduce the health burden caused by the harmful use of alcohol and, thereby, to save lives, prevent injuries and diseases and improve the well-being of individuals, communities and society at large.

WHO emphasizes the development, implementation and evaluation of cost-effective interventions for harmful use of alcohol as well as creating, compiling and disseminating scientific information on alcohol use and dependence, and related health and social consequences.

The “Global strategy to reduce the harmful use of alcohol”, negotiated and agreed by WHO Member States in 2010, represents international consensus that reducing the harmful use of alcohol and its associated health and social burden is a public health priority. The strategy provides guidance for action at all levels, including 10 recommended target areas for policy options and interventions for national action to reduce the harmful use of alcohol and the main components for global action to support and complement activities at country level.

The update of the evidence on cost-effectiveness of policy options and interventions undertaken in the context of an update of Appendix 3 of the Global Action Plan for the Prevention and Control of Noncommunicable Diseases 2013-2020 resulted in a new set of enabling and focused recommended actions to reduce the harmful use of alcohol. The most cost-effective actions, or “best buys”, include increasing taxes on alcoholic beverages, enacting and enforcing bans or comprehensive restrictions on exposure to alcohol advertising across multiple types of media, and enacting and enforcing restrictions on the physical availability of retailed alcohol.

With growing awareness of the impact of alcohol consumption on global health and an increase in international frameworks for action, the demand for global information on alcohol consumption and alcohol-attributable and alcohol-related harm, as well as related policy responses, has increased significantly. The Global Information System on Alcohol and Health (GISAH) has been developed by WHO to dynamically present data on levels and patterns of alcohol consumption, alcohol-attributable health and social consequences and policy responses at all levels.

Achieving reduction in the harmful use of alcohol in line with the targets included in the SDG 2030 agenda and the WHO Global Monitoring Framework for Noncommunicable Diseases requires concerted action by countries, effective global governance and appropriate engagement of all relevant stakeholders. By effectively working together, the negative health and social consequences of alcohol can be reduced.

Footnotes

1 Based on the Global status report on alcohol and health 2018.

2 The Global strategy refers only to public-health effects of alcohol consumption, without prejudice to religious beliefs and cultural norms in any way. The concept of “harmful use of alcohol” in this context is different from “harmful use of alcohol” as a diagnostic category in the ICD-10 Classification of Mental and Behavioural Disorders (WHO, 1992).

3 The disability-adjusted life year (DALY) extends the concept of potential years of life lost due to premature death to include equivalent years of “healthy” life lost by virtue of being in states of poor health or disability.



The Importance of Prayer

Prayer changes not only situations but also those who pray.

When we pray on behalf of someone else we are standing in the gap before that person and God. You are also engaging in spiritual warfare. First, if Jesus is your personal savior, then through His blood the enemy has been defeated (Revelation 12:11) and as His heir you have claim to this promise and power.

The following guide can be used as a prompt to pray. It encourages us to use the Lord's Prayer as a model and it lists categories of areas that need our prayer.

Pray then like this:

'Our Father in heaven, hallowed be your name. Your kingdom come, your will be done, on earth as it is in heaven. Give us this day our daily bread, and forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from evil. For yours is the Kingdom, the Power and the Glory for ever and ever, Amen'

Pray for our Organization and Leadership

Pray for new vision for the future using the UN 17 SDGs as a framework , thus ensuring the continuation of our WCTU work worldwide.

The 2030 Agenda is a road map to a world in which all human beings live free and equal with dignity and rights.

Pray for those with Special Needs

1. Pray for those who are ill.
2. Pray for those facing interpersonal challenges.
3. Pray for those who are unemployed.
4. Pray for those who are grieving.

Pray for the Needy

1. Those who are addicted.
2. Those trapped in poverty.
3. Those who are incarcerated.
4. Those who are lonely.
5. Widows, children without good parents, and immigrants.
6. The mentally ill.
7. Those living on the streets or in shelters.
8. Victims of abuse and those working to make a change



Noontide prayer

Around the world, someone is always praying

O Holy Night

O Holy Night!

The stars are brightly shining
It is the night of the dear Savior's birth!
Long lay the world in sin and error pining
Till he appeared and the soul felt its worth.
A thrill of hope the weary soul rejoices
For yonder breaks a new and glorious morn!

Fall on your knees
Oh hear the angel voices
Oh night divine
Oh night when Christ was born
Oh night divine
Oh night divine

Led by the light of Faith serenely beaming
With glowing hearts by His cradle we stand
So led by light of a star sweetly gleaming
Here come the wise men from Orient land
The King of Kings lay thus in lowly manger
In all our trials born to be our friend

Truly He taught us to love one another
His law is love and His gospel is peace
Chains shall He break for the slave is our brother
And in His name all oppression shall cease
Sweet hymns of joy in grateful chorus raise we,
Let all within us praise His holy name

May 2022 be a year with blessings!



Matthew 4:19
"Come, follow me,"

"I am the way and the truth and the life. No one comes to the Father except through me.

(John 14:6)

"If anyone would come after me, he must deny himself and take up his cross and follow me.

(Matthew 16:24)