

Woman's Christian Temperance Union

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I'm Worth It
WOW Unlimited

Websites
www.wwctu.org
www.drugfreeyouth.org

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Friends and Sisters

Blessings and greetings to you.

Heard from you

It has been good to hear from people in Papua New Guinea and to see the work slowly progressing here. These are the countries I have heard from in Africa - Sierra Leone, Burundi, Kenya, Rwanda, South Africa, DR Congo, West Congo, Nigeria. The world leaders would love to hear more, so please share your news.

In Australia

While visiting Australia recently I was excited to meet women who wanted to know more about WCTU and wished to be part of a group that believed in total abstinence from alcohol. We should always be speaking about WCTU, our message of total abstinence and have a pledge card to share.

In China

Today on the BBC news it was stated that China is considering more bans on smoking. One million people are now dying of tobacco related illnesses; 1/3rd of the world's smokers live in China; 1/2 of all cigarettes in the world are made in China.

2015 Programme Kits

The 2015 WCTU Programme Kits are now available. Many of you will have received soft copy from Sarah Ward. For those who don't have that, please look on the WWCTU website - it is all there for you. This is an invaluable resource with ideas and literature for every department - Christian Outreach, Home Protection, Education, Social Service, Children, Youth. www.wwctu.org

10-point Drugs

With this letter I am attaching a 10-point guideline for parents to help in keeping their children safe from drugs.

Prayer Pointers

- Pray every day at noon time for the world WCTU
- Pray for the ebola outbreaks in West Africa and WCTU's involvement
- Pray for Mitroy as she moves to Northern Australia
- Pray for the Programme Kits to be used widely

Don't be afraid - You are called for such a time as this.
You are needed. God is with you. See Esther 4:14

Joy

WCTU Motto - For God and Home and Every Land

DRUGS

10 Steps to help your child



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 the children's choices.

4 Talk with your child about alcohol and other drugs. Parents can help change what their friends and the media might 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 their 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 drugs, alcohol 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.