

# Woman's Christian Temperance Union

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September 23, 2015

## Friends & Sisters

The year hastens on and soon another year will pass into oblivion. **What have you done** to get the temperance message out there? What are you doing to help young people and children in your community know about DAT poisons? Did you tell anyone about FASD on September 9? While we deliberate, discuss, plan and think about WCTU, millions are ruined and die before we get to share the good news with them. Please decide TODAY to do something to spread the temperance message.

## Thank you

**Thank you** to those of you who so faithfully reply to my letters and emails. Thank you to those who are setting up initiatives to get messages out to the communities via radio, church, schools, rallies, letters, personal messages and facebook or emails. Continue to use every opportunity to tell everyone you know about WCTU and what we believe and do. Speak to your government personnel and members of parliaments and encourage them to make good laws about drugs, alcohol and tobacco.

## No Union?

**If you don't have an organised UNION** behind your efforts, just do something anyway. You can use the information I send, print out and share, or tell people about temperance and the wonderful life God has planned for each person when they live well.

## Act Now....

**If you want to organise a UNION** - PRAY first and find two other people who will support you. PRAY together and begin to plan. Ask me for guidelines and I'll be glad to send them to you immediately.

## PRAYER

A favourite author wrote - PRAYER IS THE KEY IN THE HAND OF FAITH TO UNLOCK HEAVEN'S STOREHOUSE.

## September 28

**September 28 is WWCTU Day of Prayer** - this date was Frances Willard's birthday - the dynamic leader of the WCTU in its early days. She helped to spread it all around the world. Make September 28 a significant day of prayer for WCTU this year.

## October 2

**October 2 is World No Alcohol Day** - here is another opportunity to join with thousands of others around the world advocating for NO ALCOHOL. Check the internet for resources.

## World Convention

World Convention plans are moving ahead and the date is August 18-24, 2016 and the place is Ottawa, Canada. Check the WWCTU website for details and registration forms.

## PRAY

- PRAY on WWCTU Day of Prayer - Sept 28
- PRAY for world leaders and all preparations for World Convention next year
- PRAY for WCTU in PNG as it plans and prepares for next year
- PRAY for WCTU in many African countries that the message will expand and spread

God bless you with courage, fortitude and determination as you spread the temperance message far and wide. God bless you with a clear mind and glad heart. God bless you with His grace and mercy. 2 Thessalonians 3:5 *"May the Lord bring you into an even deeper understanding of the love of God and of the patience that comes from Christ."* (The Living Bible)

Joy Butler

# 10 Reasons 'Why I Abstain'

- 1 *As a Christian I see the better way.*
- 2 *To maintain health of body, mind and spirit.*
- 3 *To assure greater proficiency.*
- 4 *To avoid needless worry caused by drink.*
- 5 *To know always what I am doing.*
- 6 *To keep the respect and approval of worthwhile associates.*
- 7 *To be able to meet crises and emergencies with a clear mind.*
- 8 *To control morals that better guide the destiny of life.*
- 9 *To keep from becoming dependent on alcohol.*
- 10 *To prevent the risk of becoming an alcoholic, as research shows that one out of every seven regular social drinkers becomes an alcoholic.*

# 10 Reality Checks

- 1 *It is not fun to drink alcohol, stumble around, lose control, embarrass yourself, and vomit all over the place - especially in front of friends.*
- 2 *Alcohol is a depressant. It slows down the ability to think, speak, and react.*
- 3 *Motor coordination may be affected for as long as ten hours after the last drink is consumed.*
- 4 *Alcohol is toxic (poison) to the body. There is a limit to how much alcohol the body can tolerate.*
- 5 *Once alcohol enters the bloodstream, the effects cannot be eliminated by a cold shower or a cup of coffee. It takes time for the body to recover.*
- 6 *When a person passes out from drinking alcohol, it is because the brain is shutting down.*
- 7 *The amount of alcohol it takes to cause a person to pass out is dangerously close to the amount of alcohol it takes to kill.*
- 8 *A high blood alcohol level can cause heartbeat and breathing to stop.*
- 9 *Between 2% - 3% of the current American college population will die from alcohol-related causes. Also, 30% of failures in college are alcohol-related.*
- 10 **WARNING - You Can Die From Drinking Too Much!**