



WCTU

Woman's Christian Temperance Union

Newsletter

South Pacific Islands

Dear friends

Greetings to you everyone in the name of Jesus Christ our Saviour - the answer to all the troubles in the world today. Although the world around us seems to be crumbling, we go ahead in faith and spread the temperance message to all who will listen. Thank you for what you are doing in your nation and town. Please tell us your news.

Reports from PNG

from Lae

Mitroy and Joy took the temperance message to the **Busu high school in Lae, PNG** where they spoke to 1400 high school students over a period of 4 days. They were very responsive and wanted the pledge cards. We offer these cards to young people and the response is so great - they want to be part of WCTU - they think it is a great thing. They want more communication with us.

from POM

At the **Pacific Adventist University (PAU) in Port Moresby** Mitroy and Joy, over a period of 4 days, spoke to nearly 1,500 people - in classes, worships, an Expo, at the primary school and a nearby local church. Hundreds took pledge cards and signed them. The response of these young people was inspirational and so encouraging. They want to know more. Some are going to set up Unions as a result of what they have learned. The Nursing School students were particularly responsive.

Mentoring

Young people respond to **Mitroy's offer to mentor** and support them. She gives them her phone number so they can text their requests and this happened at PAU before she even left. Mitroy says - mothers and fathers should be there for them but this does not always happen so WCTU members should be available for this ministry.

Speaking at schools

We have found this **speaking at schools** thoroughly enjoyable and rewarding and we suggest you do the same in your area. This is the order - Pray first, find a teacher you know, offer your services to speak at the school, pray some more. When the teacher and school respond, be prepared and go to the school

with your pledge cards, a planned talk (about temperance - the DAT poisons) and deliver with enthusiasm. You will be surprised at what happens.



A mother in PNG who needs to know the temperance message and teach her child

Pledge cards are available online or ask Mitroy and myself and we will email the template to you. Just print them on card or paper, cut and have a good supply ready. Use the resources WCTU offers as well as other excellent materials your government or church Health departments might offer.

Remember - **Convention time** is coming for your country and we wish to know your plans and dates. PNG Convention will be in October 2017. When will yours be? Please tell Mitroy asap. A National Convention is a time to elect officers who will lead the Union in your country. It is a time for fellowship, for learning, for instruction and inspiration. Full instructions about how to organise and conduct a Union is available in a Handbook. Please ask if you want one.

Prayer Pointers

- WCTU world leaders as they meet in Korea - May 3-6
- All the young people who have signed the pledge
- Elections in nations where new leaders are appointed
- Noontime prayer for WCTU

Dates to Remember during 2017

Noontide Every day at 12 noon - pray for WCTU

May 31 World No Tobacco Day

September 9 International FASD Awareness Day

September 28 WCTU World Day of Prayer

October 2 No Alcohol Day

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 Papua New Guinea and other islands.

Mitroy & Joy

Mitroy - Field Worker - South Pacific region, WWCTU

Joy - 2nd Vice President, WWCTU

Websites: www.wwctu.org

Facebook: WOW Unlimited; I'm Worth It - WCTU Teens

World No Tobacco Day

May 31, 2017



Reasons to quit smoking

- Avoid health risks
- Breathe better
- Get healthy
- Be a role model
- Save money
- Regain control
- Pregnant, protect my new family

All good reasons not to smoke. What are your reasons?
We don't smoke - do you?

Benefits from no smoking

- Your heart rate slows and your blood pressure becomes more stable.
- The level of carbon monoxide in your blood drops and oxygen can more easily reach your heart and muscles.
- Your sense of taste and smell improve.
- Your lungs' natural cleaning system recovers becoming better at removing mucus, tar and dust from your lungs (exercise helps to clear out your lungs).
- You have higher blood levels of protective antioxidants such as vitamin C.
- You're coughing and wheezing will cease.
- Your immune system recovers so your body is better at fighting disease.
- Your blood is less thick and blood flows to your hands and feet improves.
- You are less likely to be coughing up phlegm.
- Your lungs are healthier and you'll be breathing easier than if you'd kept smoking.
- There is a large drop in your risk of heart attack and stroke and lung cancer.
- For women, within five years, the risk of cervical cancer is lessened.