

# SOCIAL SERVICE DEPARTMENT

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The **purpose** of the Social Service Department is to reach out to the community and individuals who are neglected, suffering, or in need, without any prejudice of race, religion, age, and gender by sharing the love of Christ Jesus through giving our love and support.

**Goals:** To reach out to the community and the world in Christian love and to build friendly relationships with all groups of the church and community that have similar goals.

A basic list of **projects** for this department is given below. Use the interests and creativity of your members to add other projects but use the purpose of each department as a guide for the correct placement of the projects.

1. Visit the sick and those in nursing homes. (Jennie Casseday began the Flower Mission as a way to bring a ray of happiness to lonely individuals.) Don't forget older WCTU members who can no longer be active. Care packages are easy to prepare and give.
2. Be a volunteer wherever needed - do it in the name of the WCTU.
3. Offer help in disaster areas where basic necessities are needed.
4. Help those with emergency needs due to loss of job, death in family, etc.
5. Prepare care packages for women's shelters.
6. Visit prisoners and their families

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Dear WCTU Sisters,

Greetings in the name of our Lord!

The rainy season has passed and these days we are experiencing dry season under the hot sun and how we dearly miss the cool rain showers! However, on the other side of the earth, there are those that are experiencing floods and cold winters. Similar to this, we are all living in different environments and circumstances. But we still have the same purpose and calling: we are all working together for the Lord through WCTU and we can experience God's love as we are one family in Him.

## **Water: The Precious Resource That God has Given Us**

Through this KIT#1, we would like to take a more active approach regarding water. These days we start the day by taking a shower with clean water. One day as I was taking a shower, I wondered what would happen if the water suddenly stopped running. It got me worried just thinking about it and led me to think about the women and children that have to walk 4 to 5 kilometers just to find drinking water and how difficult it must be for them. Nearly 10,000 children under the age of 5 die every day due to lack of clean water. Therefore, children die because of exhaustion or diseases such as cholera, typhoid, and diarrhea due to unclean water. We tell our children to wash their hands. When we wash our hands, we can reduce the risk of becoming sick by 40%. But for those that don't have access to drinking water, it is impossible for them to even imagine washing their hands.

Most people think that water is a permanent resource that can be easily obtained. However, the truth is very different. The amount of water that humans can use on this earth is limited. Even though 70% of the earth's surface is covered with water, 97% of the earth's water is sea water (undrinkable water) and only 3% is drinkable water. And two thirds of that 3% is frozen into icebergs in the North and the South Pole, which cannot be accessed by human beings. Therefore, only 0.5% of the earth's water can be used by human beings. From that very limited water supply, the earth's population uses it for drinking water, agricultural water, industrial water, and etc. Besides, starting from the 20<sup>th</sup> century, the earth's population increased from 1.6 billion to 6.5 billion and the amount of water used have quadrupled. Therefore, the amount of drinking water is slowly decreasing. If the amount of water that can be used is becoming limited, it is possible that water will become more expensive than gold or maybe even wars may take place to gain control of water.

## **Water That Is Like Life**

During the Biblical times, water was like life itself. Isaac would dig up wells wherever he went and problems even occurred because of the water. The Samaritan woman even asked Jesus for water that won't make her thirsty ever again. But drinking water is essential for people like us that have physical bodies.

They say that 70% of our body is made up of water. When our bodies lack 2% of that water, then we will feel an excessive thirst. When our bodies lack 5% of that water, then we will fall into a coma due to dehydration and when we lack 12%, it will cost us our lives. Water is the second most important matter after air which helps sustain life.

Many years ago, my husband caught an endemic disease called "Muntaber" (in Indonesian). The virus caused him to constantly vomit and have diarrhea, which eventually led to

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dehydration. Not long after, it twisted all the muscles inside the patient's body and it entangled the internal organs and caused severe pain. It is a scary disease in which if you don't quickly supply the patient's body with water, they can lose their life due to dehydration. Even today, young children fall victims to this disease. There are many times we forget the importance of water because it is so close to us. But when we experience disasters and diseases, that's when we slowly realize its importance. We cannot separate water from our lives.

In the human body, 75% of the muscle and 74% of the brain and 10% of the bone is made up of water. Blood is made up of 78% water and 22% solid materials. Thirty seconds after you drink water, it will turn into blood and after 1 minute, it will go into your brain tissue and reproductive organs. After 10 minutes, it will be absorbed by your skin and after 20 minutes, it will be absorbed by your liver, heart, kidneys and other organs as well. Water can reach every part of your body in 30 minutes and it can make an immediate impact. The water we drink becomes blood and it flows inside our body for a month and it is let out through by becoming urine. All creation sustains life through the water cycle. The human body also sustains cellular structure and increases metabolic activity through the water cycle. Water also helps the cells and tissue fluids to circulate inside the body and help dissolve nutrients and helps absorb it and carries it to the cells that need it. Blood (water) also helps prevent toxic materials to form inside our body and helps excrete waste and toxins from the body. And it also helps excrete the fatigue substances (lactic acid) from the body and release heat that is inside the body which regulates body temperature and smoothens out the movement in the joints. Now do you realize how important water is to your body?

People these days know how important it is to take care of their health. That's why they use every means necessary to stay healthy. But what use would it be if there is no water? If we think about the children that are dying because they don't have any drinking water, we must be thankful for the drinking water that is in front of us. And don't you think it is time for us to change our habits in using water? UN has chosen this year to emphasize the importance of water and the WCTU Social Service Department has also been emphasizing and educating the importance of water for quite some time. It is all because water is very important to us. If saving a drop of water is like saving a life, then we must actively participate in this effort. Let's start by changing the daily habits in our very own lives.

1. Using a cup when brushing your teeth
2. Running water into a water basin when washing your face
3. Running water into a container when washing dishes (Saves 60% water)
4. Placing a container inside the toilet tank (40% of the water used in a household is for toilet)
5. Pouring just enough water to drink without having any leftover
6. Not throwing out any leftover drinking water
7. Washing clothes all at once (Saves 30% water)
8. Reusing water that was used for rinsing (Saves 50% water)
9. Running water into a container instead of using a hose when washing car

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10. Watering your garden only in the morning or at evening (70% of the water evaporates during the day)

11. Collecting rainwater and using it

If you will yourself to do these things one by one, then it won't be hard. I believe that some of you are already carrying them out. Our ancestors used to live like that. The benefits of modern civilization are not always good. Let us be faithful to our Lord by carrying out these small things. It will all become a blessing to us.

"His master replied, 'Well done, good and faithful servant! You have been faithful with a few things; I will put you in charge of many things. Come and share your master's happiness!' (Matthew 25:21)

May God bless you!

in Him,

Hyun Sook Lee (*Indonesia*)