



White Ribbon Bulletin

World's Woman's Christian Temperance Union

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No one sets out
to become addicted



Matthew 25.45



Help us to help them



Timeline of World Conventions

- | | |
|------------------------------|------------------------------|
| 1891 Boston, U.S.A. | 1962 Delhi, India |
| 1893 Chicago, U.S.A. | 1965 Interlaken, Switzerland |
| 1895 London, England | 1968 Tokyo, Japan |
| 1897 Toronto, Canada | 1971 Chicago, U.S.A. |
| 1900 Edinburgh, Scotland | 1974 Trondheim, Norway |
| 1903 Geneva, Switzerland | 1977 Sydney, Australia |
| 1906 Boston, U.S.A. | 1980 Sheffield, England |
| 1910 Glasgow, Scotland | 1983 Itasca, Chicago, U.S.A. |
| 1913 Brookland, U.S.A. | 1986 Manila, Philippines |
| 1920 London, England | 1989 Edmonton, Canada |
| 1922 Philadelphia, U.S.A. | 1992 Gothenburg, Sweden |
| 1925 Edinburgh, Scotland | 1995 Melbourne, Australia |
| 1928 Lausanne, Switzerland | 1998 Seoul, South Korea |
| 1931 Toronto, Canada | 2001 Birmingham, England |
| 1934 Stockholm, Sweden | 2004 Auckland, New Zealand |
| 1937 Washington D.C., U.S.A. | 2007 Indianapolis, U.S.A. |
| 1947 Ashbury Park, U.S.A. | 2010 Stavanger, Norway |
| 1950 Hastings, England | 2013 Adelaide, Australia |
| 1953 Vancouver, Canada | 2016 Ottawa, Canada |
| 1956 Bremen, Germany | 2019 Helsinki, Finland |
| 1959 Mexico City, Mexico | |

**Welcome to
WWCTU Convention
Helsinki Finland
10-15, July 2019!**



Dear all,

The 41st Triennial WCTU World Convention is only a few months away and members from 20+ countries are planning to attend in spite of limited sponsoring. KWCTU has given invaluable help by sponsoring airfares for countries started in their temperance journey by the Fieldworker for Korean Missionaries, Dr. Jung Joo Kim.



Frances Willard is quoted as saying: "God grant that we may be so divinely led that history's verdict upon our work shall be: By God's blessing they helped to make the world wider for women and happier for all humanity."

The WWCTU was a founding member of the International Council of Women in 1893. The WWCTU is a charter member (1945) of the United Nations Non-Governmental Organizations. For more than 125 years, the WCTU has trained women to think on their feet, speak in public, and run an organization.

Furthermore, as an organization that consists mostly of women members, our organization is a great example of female strength and empowerment.

Our organization has a strong history of fighting for the protection of women at home and work; we have fought for women's suffrage rights, shelters for abused women, women police officers. We have even fought for stiffer penalties for sexual crimes against girls and women.

What our organization has always done and is continuing to do is empower and protect women around the world. Our alcohol and drug policies, as well as our policies to protect domestic violence against women and children, is a great example of our organization's drive to love and protect our neighbors for "God, for Home, and every Land."

Quotes by Frances Willard:

- Mother-love works magic for humanity, but organized mother-love works miracles.
- The three requisites for success are ability, availability and responsibility.
- Alone, we can do little. Separated, we are the units of weakness; but together we become batte

In Christ's love,
Margaret

What are OPIOIDS?

Opioids are substances that act on opioid receptors to produce morphine-like effects. Medically they are primarily used for pain relief, including anesthesia. Other medical uses include suppression of diarrhea, replacement therapy for opioid use disorder, reversing opioid overdose, suppressing cough, suppressing opioid induced constipation, as well as for executions in the United States. Extremely potent opioids such as carfentanil are only approved for veterinary use. Opioids are also frequently used non-medically for their euphoric effects or to prevent withdrawal.

Side effects of opioids may include itchiness, sedation, nausea, respiratory depression, constipation, and euphoria. Tolerance and dependence will develop with continuous use, requiring increasing doses and leading to a withdrawal syndrome upon abrupt discontinuation. The euphoria attracts recreational use and frequent, escalating recreational use of opioids typically results in addiction. An overdose or concurrent use with other depressant drugs commonly results in death from respiratory depression.

Opioids act by binding to opioid receptors, which are found principally in the central and peripheral nervous system and the gastrointestinal tract. These receptors mediate both the psychoactive and the somatic effects of opioids. Opioid drugs include partial agonists, like the anti-diarrhea drug loperamide and antagonists like naloxegol for opioid-induced constipation, which do not cross the blood-brain barrier, but can displace other opioids from binding to those receptors.

Because opioids are addictive and may result in fatal overdose, most are controlled substances. In 2013, between 28 and 38 million people used opioids illicitly (0.6% to 0.8% of the global population between the ages of 15 and 65). In 2011, an estimated 4 million people in the United States used opioids recreationally or were dependent on them. As of 2015, increased rates of recreational use and addiction are attributed to over-prescription of opioid medications and inexpensive illicit heroin. Conversely, fears about over-prescribing, exaggerated side effects and addiction from opioids are similarly blamed for under-treatment of pain.



Why do our members not drink alcohol?

Like IOGT, a signature trait of the WWCTU is that members of the organization do not use alcohol or other drugs. “We stand with those who have trouble resisting addiction” and show that is possible to be happy without intoxicants.

One of the goals we work towards is that as many people as possible should choose to not use alcohol, especially in certain situations – such as when one is in the company of children.

There can be many reasons for people to choose to not drink alcohol. Some have had bad experiences, either themselves or within their immediate family. For some, the point is to not be like everyone else. For several, it is a question of solidarity with people who have problems.

For the WWCTU, it is important that not drinking should be accepted behaviour. Nobody should be pressured into drinking. There is significant social support for drinking alcohol, and often, there are few who pull in the other direction. Many drink more than they really want. For people who have had problems with alcohol, it can be hard to find an environment where they don't stand out if they do not drink. Immigrants say that religion is not accepted as a good enough reason to not drink.

Alcohol is a part of many social conventions. The norm is that this is natural, and it is rarely questioned why it is like this. The consequences are fewer personal decisions and a higher consumption. Choosing not to drink can be a challenging decision. It is necessary that someone should defy the norms about alcohol consumption.

WWCTU wants to encourage more people to question the role that alcohol has in our culture, and make it easier to make alcohol-free choices. The more people who don't use intoxicants, the more the norm of what is considered “normal” will be challenged, and the acceptance and the



Tobacco



Tobacco and lung health

Every year, on 31 May, the World Health Organization (WHO) and global partners celebrate World No Tobacco Day (WNTD). The annual campaign is an opportunity to raise awareness on the harmful and deadly effects of tobacco use and second-hand smoke exposure, and to discourage the use of tobacco in any form.

The focus of World No Tobacco Day 2019 is on “tobacco and lung health.”

The campaign will increase awareness on:

- the negative impact that tobacco has on people’s lung health, from cancer to chronic respiratory disease,
- the fundamental role lungs play for the health and well-being of all people.

The campaign also serves as a call to action, advocating for effective policies to reduce tobacco consumption and engaging stakeholders across multiple sectors in the fight for tobacco control.



THE DAMAGING EFFECTS OF SMOKING

Components of Cigarettes

69 types of carcinogens, over 4,000 types of chemicals, and over 100,000 types of substances: Mothballs, pesticides, carcinogens, material in lighters, material in asphalt, paint removers, tear gas, ammonia, carbon monoxide, nicotine, rocket fuel, hydrocyanic acid gas, radiation, gasoline components, material in vinyl, preservatives, material in heavy batteries, poison, disinfectants.



Diseases Caused by Smoking

- 1. Lung Cancer and Respiratory Diseases and Cancer:** Smoking causes respiratory diseases and cancers such as oral cancer, esophageal cancer, and lung cancer. Smoking is the cause of lung cancer 90% of the time and has a high death rate. 137 people are dying as a result of smoking everyday, which is greater than the number of daily fatalities from traffic accidents. It is like the horrific fatalities of the Korean War and nuclear bomb occurring everyday.
- 2. Cardiovascular Diseases and Buerger's Disease:** smoking causes the blood vessel walls to thicken and build up an abnormal amount of deposit, which gradually blackens and rots the blood vessel. It is common for patients with Buerger's disease to have to cut their fingers and toes.

Don't you know that you yourselves are God's temple and that God's Spirit dwells in your midst? (Corinthians 3:16)



Anne Bergen
Organization Secretary

As we approach the 41st World WCTU Convention we are reminded of our long history. However, in this White Ribbon Bulletin you will hear of the work of some countries that are relatively new to WCTU as well as some long-established ones.

I look forward to meeting many of you soon in Helsinki.

Anne Bergen, Organization Secretary

Mongolia Dr. Soon-Hoon Chung is organizing the WCTU with Christian women faculty members in Ulanbator in Mongolia, where he manages a Christian university. In **Mongolia** drinking is so common among all people with no restriction. Families are broken, and men dying so young due to alcohol, and morality is broken down. KWCTU sends equivalent of US \$270 for scholarships for three students. The Dean of Huree University sent pictures of a special temperance lecture. Of the 150 students, who attended the lecture, 135 students signed the temperance pledge not to smoke nor to drink.



Cambodia WCTU is also supported by KWCTU and working among University students. They gave a temperance lecture to 67 students and members all sang together a beautiful Gospel song, "You are born to be loved" in Cambodian language.



CWCTU members with men helpers at lecture



Myanmar WCTU

celebrated Frances Willard's birthday on 13th October 2018. At the same time They also celebrated a food fair, held praise and worship services and prayed for drug and alcohol addicted persons. They've been



serving as representatives of WCTU around Myanmar throughout this year, teaching, preaching, healing, and testifying.



Papua New Guinea: 25 sisters met near Port Moresby for their Convention. It was an inspiring and refreshing time for the dedicated women who attended.

Beryl Howard and her sister Doreen travel around the country with a Teach and Tell program. They demonstrate how to live more healthy lives and share the temperance message everywhere they go. Mitroy Sapul has an alcohol awareness program and Evodia Tangal, in East New Britain, has promoted and taught WCTU and temperance for many years . Pray for them.





AN IMPORTANT QUESTION

Question: "What does it mean that God will fight our battles (Exodus 14:14; Deuteronomy 1:30)?"

Answer: That God will fight our battles means we do not have to anguish, be anxious, or be discouraged when bad things happen in our lives. When it seems a situation is hopeless or the matter at hand is too overwhelming, we may be tempted to doubt God. But Christians must remember that no problem is beyond the scope of God's sovereign care for His children. He has promised to take care of us (Philippians 4:19), make good plans for us (Jeremiah 29:11), and love us beyond measure (Romans 8:37–39).

In Exodus 14:14 Moses tells the children of Israel, "The LORD will fight for you; you need only to be still." At that moment, they were standing at the edge of the Red Sea, hemmed in by the sea before them and the Egyptian army behind. The Israelites are in a seemingly impossible situation, but it was a situation brought on by the Lord Himself. It was God who had hardened Pharaoh's heart to pursue the fleeing slaves (Exodus 14:4, 8). Why would God do such a thing? The Bible gives some of the reasons: because God wanted to make it crystal clear to Egypt that He is LORD so that He got the glory over Pharaoh (Exodus 14:4). And because God wanted to teach Israel that He is their Deliverer (Exodus 6 and their Salvation (Exodus 14:13). They were incapable of escaping the situation on their own—they needed only to wait for God to move on their behalf (cf. Psalm 27:14). The battle that appeared to be between the Egyptians and the Israelites was in reality between the Egyptians and the Lord (Exodus 14:4).

The lessons believers can learn from the Exodus account can be powerful and life-changing. When Christians trust God to fight their battles, it enables them to circumvent what often accompanies conflict, i.e., panic, fear, and hopelessness (Exodus 14:11–12). There are times when we can see absolutely no way around a problem, just like Israel when they were cornered. It's quite probable not one of the Israelites ever imagined that the massive sea was going to split down the middle providing their way of escape. When Christians believe God's Word (2 Chronicles 20:17), they learn that no battle is too formidable or monumental for God to handle (Joshua 1:5).



Moses gives a review of some of Israel's history in Deuteronomy 1. In his recap he reminds them of the importance of having courage and trusting God at the edge of the Promised Land. Forty years earlier, the Israelites had spied out the land and concluded that they were unable to go up against the Canaanites, who were too big and too strong (Numbers 13:31—33). Due to that generation's lack of faith, they were not allowed to enter the Promised Land. Moses tells the new generation to avoid their fathers' lack of trust: "Do not be terrified; do not be afraid of them. The Lord your God, who is going before you, will fight for you, as he did for you in Egypt, before your very eyes" (Deuteronomy 1:29—30). As God's people obeyed in faith, they would find triumph at every turn. "Victory rests with the LORD" (Proverbs 21:31).

Israel, like many Christians today, had forgotten the previous battles God had fought for them all along the way (see Deuteronomy 2:7). The Israelite spies had seen "giants" in the land (Numbers 13:33, NKJV), just like Christians today see "giant" obstacles, complications, and problems that seem too large to conquer. To let the "giants" steal our faith only leaves defeat and a lack of assurance in the God who is in control of every problem, in spite of its size (Romans 8:28).

God is in control, but that does not mean Christians get to avoid the battles—in fact, the Bible states the opposite (2 Timothy 3:12). "Suffering produces endurance, and endurance produces character, and character produces hope" (Romans 5:3—4). In order for a believer to live a life of endurance, character, and hope, we must put on our armor (Ephesians 6:10—17) and trust the Deliverer. We "put no confidence in the flesh" (Philippians 3:3). Our confidence is in God, who will fight our battles and bring us safely home (Jude 1:24—25). "Some trust in chariots and some in horses, but we trust in the name of the LORD our God" (Psalm 20:7).



Noontide prayer

Around the world, someone is always praying

FAS

Fetal alcohol syndrome is a condition in a child that results from alcohol exposure during the mother's pregnancy. Fetal alcohol syndrome causes brain damage and growth problems. The problems caused by fetal alcohol syndrome vary from child to child, but defects caused by fetal alcohol syndrome are not reversible.

There is no amount of alcohol that's known to be safe to consume during pregnancy. If you drink during pregnancy, you place your baby at risk of fetal alcohol syndrome.

If you suspect your child has fetal alcohol syndrome, talk to your doctor as soon as possible. Early diagnosis may help to reduce problems such as learning difficulties and behavioral issues.

Symptoms

The severity of fetal alcohol syndrome symptoms varies, with some children experiencing them to a far greater degree than others. Signs and symptoms of fetal alcohol syndrome may include any mix of physical defects, intellectual or cognitive disabilities, and problems functioning and coping with daily life.

Physical defects

Physical defects may include:

- Distinctive facial features, including small eyes, an exceptionally thin upper lip, a short, upturned nose, and a smooth skin surface between the nose and upper lip
- Deformities of joints, limbs and fingers
- Slow physical growth before and after birth
- Vision difficulties or hearing problems
- Small head circumference and brain size
- Heart defects and problems with kidneys and bones

Causes

When you're pregnant and you drink alcohol:

- Alcohol enters your bloodstream and reaches your developing fetus by crossing the placenta
- Alcohol causes higher blood alcohol concentrations in your developing baby than in your body because a fetus metabolizes alcohol slower than an adult does
- Alcohol interferes with the delivery of oxygen and optimal nutrition to your developing baby
- Exposure to alcohol before birth can harm the development of tissues and organs and cause permanent brain damage in your baby

Source: mayoclinic.org

FAS

Fetal Alcohol Syndrome

- 1. What is Fetal Alcohol Syndrome (FAS)?**
Birth Defects, caused by Mother's Alcohol Consumption during Pregnancy.
- 2. What are the most problematic aspects of prenatal alcohol damage?**
Serious Neurobehavioral Defects, Growth Deficiency, Distinctive Facial Features, Learning Disorders, Inability to Control Their Own Behavior.
- 3. What is the safest level of drinking during pregnancy?**
There is no safe level of drinking during pregnancy. Even one binge drinking can cause damage to the developing baby's brain.
- 4. Is there treatment for FAS?**
There is no treatment due to permanent damage to the brain but early intervention services will prevent from developing secondary conditions such as mental illness.
- 5. What percentage of women of child-bearing age drink alcohol (many before realizing they are pregnant)?**
The rate of drinking among women of childbearing age before they know they are pregnant is currently 53%, and half of these drinkers are binge drinkers. Even after knowing they are pregnant, 10% of women REPORT that they continue to drink, and 3% ADMIT to binge drinking while pregnant. (SAMHSA 2002 National Survey on Drug Use and Health U.S.A.)
- 6. Which of the following groups of women are at higher risk for drinking during pregnancy?**
There are women who smoke, unmarried, have a college education, staying in households with greater than \$50,000 annual income. These are results of a very recent survey of over 100,000 women which was conducted by the Center of Disease Control and Prevention in U.S.A.
- 7. How much does it cost each year to treat infants, children and adults with FAS?**
Although early studies estimated the cost of FAS to be somewhere between \$250 million and \$ 1.6 billion, recent studies indicate a much higher price tag. According to a 1992 report issued by the National Institute on Drug Abuse, in one year taxpayers spent \$1.9 billion dollars to treat children and adults diagnosis of FAS.



Women are already born with developing egg cells in their ovaries, exposing the cells to the toxicity of all food, alcohol, and smoking that are consumed. Alcohol is classified as a teratogen alongside cigarettes and radiation. 1 ml of sperm contains 60 to 80 million sperms however exposure to alcohol decreases the sperm's activity and quantity.



Proverbs 3

- 1 My son, do not forget my teaching,
but keep my commands in your heart,
- 2 for they will prolong your life many years
and bring you peace and prosperity.
- 3 Let love and faithfulness never leave you;
bind them around your neck,
write them on the tablet of your heart.
- 4 Then you will win favor and a good name
in the sight of God and man.
- 5 Trust in the Lord with all your heart
and lean not on your own understanding;
- 6 in all your ways submit to him,
and he will make your paths straight.[a]
- 7 Do not be wise in your own eyes;
fear the Lord and shun evil.
- 8 This will bring health to your body
and nourishment to your bones.
- 9 Honor the Lord with your wealth,
with the firstfruits of all your crops;
- 10 then your barns will be filled to overflowing,
and your vats will brim over with new wine.
- 11 My son, do not despise the Lord's discipline,
and do not resent his rebuke,
- 12 because the Lord disciplines those he loves,
as a father the son he delights in.[b]
- 13 Blessed are those who find wisdom,
those who gain understanding,
- 14 for she is more profitable than silver
and yields better returns than gold.
- 15 She is more precious than rubies;
nothing you desire can compare with her.
- 16 Long life is in her right hand;
in her left hand are riches and honor.
- 17 Her ways are pleasant ways,
and all her paths are peace.



- 18 She is a tree of life to those who take hold of her;
those who hold her fast will be blessed.
- 19 By wisdom the Lord laid the earth's foundations,
by understanding he set the heavens in place;
- 20 by his knowledge the watery depths were divided,
and the clouds let drop the dew.
- 21 My son, do not let wisdom and understanding out of your sight,
preserve sound judgment and discretion;
- 22 they will be life for you,
an ornament to grace your neck.
- 23 Then you will go on your way in safety,
and your foot will not stumble.
- 24 When you lie down, you will not be afraid;
when you lie down, your sleep will be sweet.
- 25 Have no fear of sudden disaster
or of the ruin that overtakes the wicked,
- 26 for the Lord will be at your side
and will keep your foot from being snared.
- 27 Do not withhold good from those to whom it is due,
when it is in your power to act.
- 28 Do not say to your neighbor,
"Come back tomorrow and I'll give it to you"—
when you already have it with you.
- 29 Do not plot harm against your neighbor,
who lives trustfully near you.
- 30 Do not accuse anyone for no reason—
when they have done you no harm.
- 31 Do not envy the violent
or choose any of their ways.
- 32 For the Lord detests the perverse
but takes the upright into his confidence.
- 33 The Lord's curse is on the house of the wicked,
but he blesses the home of the righteous.
- 34 He mocks proud mockers
but shows favor to the humble and oppressed.
- 35 The wise inherit honor,
but fools get only shame.

THE DAMAGING EFFECTS OF ALCOHOL

Brain Damage

1. Tolerance and Addiction: Alcohol secretes dopamine in the brain allowing temporary pleasure. However, this builds tolerance and longing, leading to addiction.

2. Brain Damage: Alcohol reaches the brain in 6 minutes and destroys brain cells, especially those in the frontal lobe, which is called 'the CEO of the Brain'. These destroyed brain cells are genetically passed on. The frontal lobe damage is especially more serious for adolescents and gives them easy exposure to violence and addiction.



LIVER DAMAGES DUE TO ALCOHOLISM



HEALTHY LIVER FATTY LIVER FIBROTIC LIVER LIVER CANCER

Various Digestive Disorders

- 1. The Metabolism of Alcohol:** Alcohol which passed through the esophagus to the gastric mucosa and reached the small intestine is decomposed in liver through the two-step process. If the poisonous substance is not destroyed and remains in the body, there will be serious side effects.
- 2. Digestive Cancer:** 60–90% of liver cancer patients are drinkers. For females, alcohol increases estrogen secretion, making them more susceptible to breast cancer. Other problems caused by the consumption of alcohol are high blood pressure, arrhythmia, heart problems, gastrointestinal disorders, sexual dysfunction, tuberculosis, pneumonia, pancreatitis, diabetes, malnutrition, etc.

Do not gaze at wine when it is red, when it sparkles in the cup, when it goes down smoothly! In the end it bites like a snake and poisons like a viper. (Proverbs 23:31-32)