



White Ribbon Bulletin

World's Woman's Christian Temperance Union

Volume 118 • Number 4

November • December



This is how GOD showed
his *love* among us; He
sent his one and only
Son
into the **WORLD**
that we might live through
him.

1John 4:9

*Wishing you a blessed Christmas
and a bright and Happy New Year!*



Noontide prayer

Around the world, someone is always praying



New Year Prayer

Dear God,

As we begin a new year, we ask for your guidance and wisdom.

We seek your blessings as we set out to achieve our goals and dreams.

Help us to stay focused on what is truly important,
and to always remember the importance of your love.

We pray for peace and healing in our world,
and for an end to the hatred and violence that seems to be so prevalent.

We ask that you bless those who are struggling,
and give them the strength to carry on.

We give thanks for all the good things in our lives,
and ask that you continue to bless us in the coming year.

In Jesus' name, Amen



President's greeting



*Margaret Østenstad
WCTU World President*

Dear all,

I greet you with the Gospel of Luke 2:10-11 "But the angel said unto them, Fear not: for, behold, I bring you good tidings of great joy, a joy to all the people; to day is born unto you a Savior, which is the Messiah, Lord of David."

We have a wonderful organization which has existed for 140 years (150 in the USA). We have been subjected to difficulties and continuing challenges which have been costly. World WCTU has only \$US 125,000 and this is not enough to sponsor a World WCTU Convention. We are grateful for any gifts which can be sent to your National Treasurer or to the bank details below - Aud Karin Fjørland, World Treasurer

We know that each individual is important and that together we weave a pattern where the dark threads of problems are just as important as the golden sheen of success.

God's love does not discriminate between people and Jesus says love each other! Love your enemies, being mindful that forgiveness does not change the past, but it does change the future! Do good to those who hate you. Pray for those who persecute you. True love can lift people up. The way you receive rest is to be yoked with Jesus, for His yoke is easy and His burden is light. Rest in Jesus finished work on the cross!

Because God's glory covers the past, we don't have to let our recent past rob us of today's joy. God can take the tears of yesterday and transform them into the miracles of tomorrow. He can restore to us in all abundance what we have lost. He can cause all things, even the painful events of the past, to work together for good.

As Christmas approaches, encourage the use of alcohol-free beverages. Hundreds of thousands of children live in homes where at least one parent/care-giver has an addiction problem. These children are particularly vulnerable during the holiday season. Liquor sales double and triple. Research shows that children are affected whenever the adults drink, even in moderation. Children want adults to be present and the presence of alcohol and other drugs takes that away from them. Norway still uses the slogan "Children are our greatest resource! Let the holidays be drug-free!" Hope your country is getting the message out.

Praying you sense the love of JESUS and His nearness to you this Christmas and always.

Blessings, love and prayers,

Margaret



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Prepare for Christmas

Luke 1:76 "...prepare the way of the Lord" Luke 2:11 "Unto you is born this day in the city of David a Saviour, which is Christ the Lord."

Is it possible to go through the Christmas season and miss the true glory of Christmas? Is it possible to go through the Christmas season and never see the Christ? What is Christmas? Is it the joy of giving and receiving? Is it the spirit of friendliness and goodwill? No! Christmas is the birth of Christ! Christmas is the "Word made flesh" to dwell among us. Christmas is Christ coming anew to your heart and my heart in a special way. He is God's "unspeakable Gift" to us. He is come to seek and save us from our sin.

It took God centuries to get ready for Christmas. The first promise was given in Gen 3:15. "... the seed of woman would bruise the serpent's head." It was centuries before it was fulfilled. There are 38 prophecies of the coming of the Christ. But "In the fullness of time He came."

Bethlehem was astir with activity but Bethlehem was not ready. The Inn keeper had never been busier but he was not ready. The religious leaders were not ready. Thousands never saw the star. Zachariah was ready - he was the first to receive the angelic message. He was prepared by prayer and longing, by meditation. The angel appeared to him. The prophets had told of a king; he believed to see the fulfilment. The angel told him that his wife would bear a son who would be the forerunner, a Morning star to Him who would be the Sun of Righteousness. Zachariah had the sweet assurance that the promise was his. The Desire of all nations was to be born.

Mary was prepared by costly obedience. The angel appeared to her. She bowed and said, "Be it unto me according to thy word." Her soul magnified the Lord. It was not easy! There were times when she felt the sword piercing her soul. She knew, "to obey is better than sacrifice." Her obedience was costly! The Saviour was born!

It may be costly for us to say yes to the will of God. In our obedience, we prepare the way for Christ to come. Our sensitivity to the Holy Spirit, our obedience to His will, may prepare the way for richer and fuller revelations this Christmas for us and others.

Joseph, too, had a part. He had questions and difficulties in understanding. He laid them aside and did as the angel said. "Fear not to take Mary ..." He loved Mary. He believed God. He trusted when he did not understand. Trust prepares us for His coming.

The Shepherds saw the star. They heard the angelic chorus. They believed and hurried to see! They had no gifts to take. They had hearts to give, poverty of soul to give. "Blessed are the poor in spirit for theirs is the kingdom of God." They believed the angel song and promise. They received salvation!

The wise men of the east were heathen from a Gentile nation. They saw an unusual star! It seemed to lure them beyond and beckoned them on. They were rich enough, had plenty to live on but not much to live for. They followed the light. It led to Bethlehem and stood over where the young child lay. They rejoiced with exceeding great joy and worshiped Him. They presented their gifts.

We, who know the Christ, can have a fuller revelation. Forget the tinsel; forget the glitter of a modern Christmas. Prepare for Christmas by - prayer and meditation as did Zachariah; submission and obedience as did Mary; trust as did Joseph; believe, as did the shepherds; follow the Light as did the wise men and May this be your greatest and most spiritual Christmas ever.



CHRISTMAS

**Why a manger for a bed?
Why the cattle at his head?
Why a stable for a king?
It was to bring
GLORY TO GOD!**

**Why a lowly carpenter's son?
Why not some more worthy one?
A prince in garments regal, rare
But to declare
GLORY TO GOD!**

**A Kingdom---without lands?
A temple --built not with hands?
Foolishness? to confound the wise.
Weakness?---strength in disguise.**

**For such a king, a throne of gems,
Ermine robes, diadems,
Palaces---untold wealth?
All I can give is just myself.**

**Shall we in that stable bow;
Shall we pray, "Lord, show us how
To live that we may give
GLORY TO GOD!**



As I prepare these pages about the WWCTU work being done by dedicated members, I thank you all for what you have done during 2023 and pray that you will experience the love, peace, guidance and strength that comes from our Saviour, Jesus Christ. *Anne Bergen*

In this edition I am focussing first on the wonderful work being done by our White Ribbon Sisters in **INDIA**. I thank **Dr. Sheela Lall**, Past President and National Advisor of W.C.T.U. India, W.W.C.T.U. Vice President, & Mentor of World Departmental Directors, **for the information and pictures**.

WCTU INDIA has recently held a wonderful National Executive Committee meeting at their national headquarters, Temperance House, in Delhi.





India has W.C.T.U. work in 8 States of India, Madhya Pradesh, Uttar Pradesh, Uttarakhand, Delhi, Rajasthan, Chhattisgarh, Punjab and Maharashtra with a **total membership of 4219 ladies** plus 250 male members and total of **62 unions**.



All Unions observe the important days of W.C.T.U.



28th September was Francis Willard's Birthday. It is celebrated as **World Day of Prayer or Temperance Sunday.**

On Temperance Sunday the church community is given white ribbon and served snacks and cookies with tea, the beautiful temperance message is preached, the sisters of W.C.T.U. conduct the whole worship service with special temperance songs, and a **beautiful cradle role ceremony** is conducted, where the mothers pledge on their behalf to keep their children away from alcohol, tobacco and drugs.





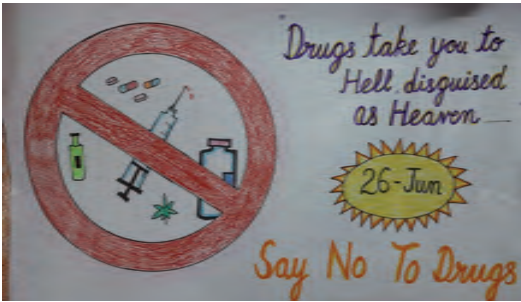
9th September is FAS Day:

The picture shows a seminar with an expert gynaecologist explaining the facial features which may occur in a baby with FASD.



Other FASD Day activities include poster and slogan competitions as well as education provided in schools and in various ladies groups.





On FASD Day members also ring a bell or the students sound their scooter or bike's horn for one minute as a danger siren to get the crowd's attention as they show stand up posters, give a temperance message, and distribute pamphlets.

31st May – No Tobacco

Day is observed with special prayers with families whose loved ones suffered because of this vice. Ladies visit hospitals and homes and pray with cancer patients providing necessary data and medical facts, flowers and fruits.



They organize counselling sessions for youth as post Covid depression and drug problems have increased. A lot of youth are now getting into vaping and e-cigarette problems without knowing the full impact of the drugs used in them



Other practical helping activities include:

- a **“women’s helpline”** for counselling, and support units run by white ribbon sisters because many ladies or young girls don’t want to go to the Police to report the abuse of their family members or so-called friends or work mates, but they are burdened, hurt, and bruised by the continued forced assault.
- **provision of clean water to villages** which breaks the ice so that members can talk to them about drinking, smoking and drug problems.
- **roadside dramas** which get a lot of attention from people passing by and the message of temperance is spread.



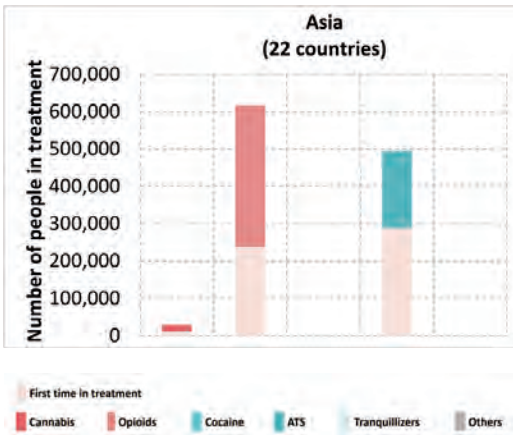
- **distribution of some grains and food to needy** people. We ask them to stay away from alcohol and drugs.
- **visitation to jails** where we give the temperance message. Most murders are done under the influence of these vices.

India WCTU is fortunate to have had good guidance from leaders who have gone to their heavenly abode before them, and now, a good blend of all generations to carry on this most needed temperance work in the name of our Lord and Savior Jesus Christ



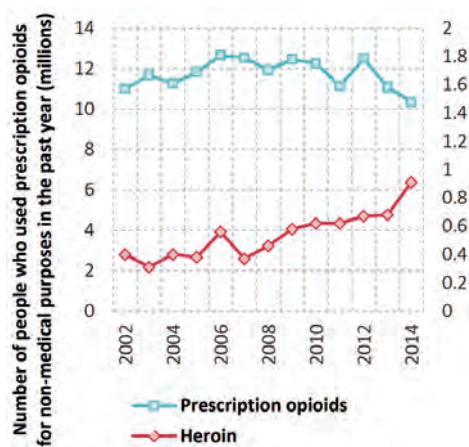
It is good to be able to include greetings from Brenda Suh, WWCTU Field Worker for Asia. She wrote, “Please accept my greeting in the name of the Lord. I pray that your physical and spiritual health remain strong in the Lord.” Brenda is a Korean New Zealand member of WCTU and sends regular information bulletins to unions in Asia. Her latest bulletin is about Opioids.

Opioid abuse in Asia



Particularly South-West Asia is marked by high levels of opioids use and the highest prevalence of HIV among people who inject drugs. (UN Office on Drugs and Crime. 2016)

According to the chart, opioids are abused more than cannabis, cocaine, or other drugs in Asia.



The use of opiates and prescription opioids, with an estimated 33 million users, may not be as widespread as the use of cannabis. However, opioids remain major drugs with the potential for harm and health consequences.

According to the ‘Recent trends in the use of heroin and the non-medical use of prescription opioids in the United States, 2002-2014’, the non-medical use of prescription opioids have become a major public health issue.

What are opioids?

Opioids are a class of drugs that are primarily used for pain relief. They work by binding to opioid receptors in the brain, spinal cord, and other areas of the body, reducing the perception of pain. Examples of opioids include morphine, codeine, oxycodone, hydrocodone, and fentanyl. They pose a serious risk of addiction, overdose, and other severe side effects.

The use of opiates and prescription opioids, with an estimated 33 million users, may not be as widespread as the use of cannabis. However, opioids remain major drugs with the potential for harm and health consequences.

The following chart illustrates the widespread abuse of opioids worldwide (2014).



“Efforts are being made to address these risks through education, prevention, treatment, and law enforcement measures”

WCTU Work in Finland (Irja Eskelinen)

An important part of the work of WCTU in Finland is the **AURORA project** which works for mothers with a substance abuse background. It includes strong organized professional group support, family therapy and multi-professional assistance. The participants are either pregnant or mothers who had recently given birth.

The project also trained experts by experience. It is so wonderful to see a sober and harmonious life strengthened, and practice proves that our work matters. The world around us is in a shambles, with war and hatred rampant in too many places. Our task is to continue the work, praying and believing in the guidance of the Good God in our own lives and our organization.



THE CHRISTMAS SHOES

It's based on an urban legend about a boy who lacks the money to buy a pair of new shoes for his dying mother. The song's narrator supplies the extra money so the boy's mother can wear the shoes, "if Mamma meets Jesus tonight." A book and a TV movie both based on the song came out in 2002.

It was almost Christmas time, there I stood in another line
Tryin' to buy that last gift or two, not really in the Christmas mood
Standing right in front of me was a little boy waiting anxiously
Pacing 'round like little boys do
And in his hands he held a pair of shoes
His clothes were worn and old, he was dirty from head to toe
And when it came his time to pay
I couldn't believe what I heard him say
Sir, I want to buy these shoes for my mamma, please
It's Christmas Eve and these shoes are just her size
Could you hurry, sir, daddy says there's not much time
You see she's been sick for quite a while
And I know these shoes would make her smile
And I want her to look beautiful if mamma meets Jesus tonight

He counted pennies for what seemed like years
Then the cashier said, "son, there's not enough here"
He searched his pockets frantically
Then he turned and he looked at me
He said mamma made Christmas good at our house
Though most years she just did without
Tell me Sir, what am I going to do,
Somehow I've got to buy her these Christmas shoes
So I laid the money down, I just had to help him out
And I'll never forget the look on his face when he said
Mamma's gonna look so great

I knew I'd caught a glimpse of heaven's love
As he thanked me and ran out
I knew that God had sent that little boy
To remind me just what Christmas is all about....

Sir, I want to buy these shoes for my mama, please
It's Christmas Eve and these shoes are just her size
Could you hurry, sir, daddy says there's not much time
You see she's been sick for quite a while
And I know these shoes would make her smile



He who has My commandments and keeps them, it is he who loves Me. And he who loves Me will be loved by My Father, and I will love him and manifest Myself to him."

John 14:21

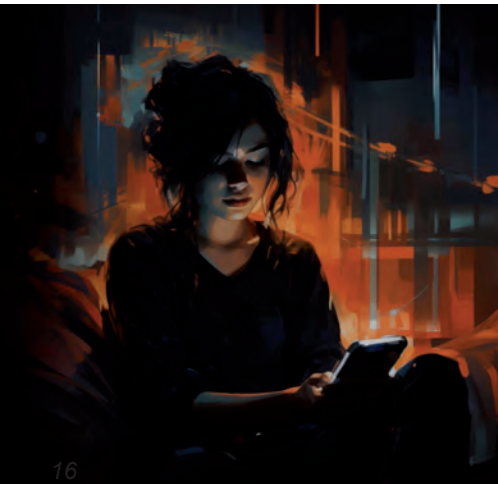


I MADE A HUGE TO-DO LIST TODAY. I JUST NEED TO FIGURE OUT WHO'S GOING TO DO IT.

Will YOU help us?

margaretostenstad45@gmail.com

Digital Violence



THE ONE WHO MADE THE STARS
CALLS ME BY NAME.



Vaping and smoking



Addictive substance abuse

