



White Ribbon Bulletin

World's Woman's Christian Temperance Union

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January • February • March



42nd World Convention
Chicago – 19-23 August 2025

Easter Devotional

With Christ You Can

The women who buried Jesus on Friday returned to visit him early Sunday morning. They brought spices and perfumes to anoint the body. What they found is the substance of Easter hope: no stone in front of the grave, no body within the grave. They found an angel, clothed in white, seated on the stone. "He is not here; for He is risen, as He said. Come, see the place where the Lord lay" (Mt. 28:6 NKJV).

When they did, they saw the first signs of the resurrection: a vacant slab, an abandoned burial cloth, a folded shroud, and a beaming angel. And, could we examine the empty grave with them, we'd find something else. Languishing in the corner, in the dust, doomed to be sealed and buried forever...your stack of I can't's.

God buried your I can't's in the grave of Christ. Every last one of them. You say you can't forgive someone? You can't, but with Christ you can. Can't survive the struggle? You can't, but with Christ you can. Can't hang on any longer? Turn to Christ for help. "God's power is very great for us who believe. That power is the same as the great strength God used to raise Christ from the dead" (Eph. 1:19-20 NCV). The same steely, burly force that raised Christ from the dead will turn your "I can't's" into "I cans": "I can do all things through Christ, because he gives me the strength" (Phil. 4:13 NCV). With Christ you can face the struggles of Friday. Set your mind on the joy that awaits you. With Christ you can endure the silence of Saturday. Be patient. Christ will come. With Christ you can celebrate on Sunday. The same power that defeated His death will give you life. Have you asked for it? Have you asked God to help you? He will. He will give you strength in this life and eternal joy in the next. All you need to do is ask him. Make this prayer a part of your Easter celebration.

"Dear God,

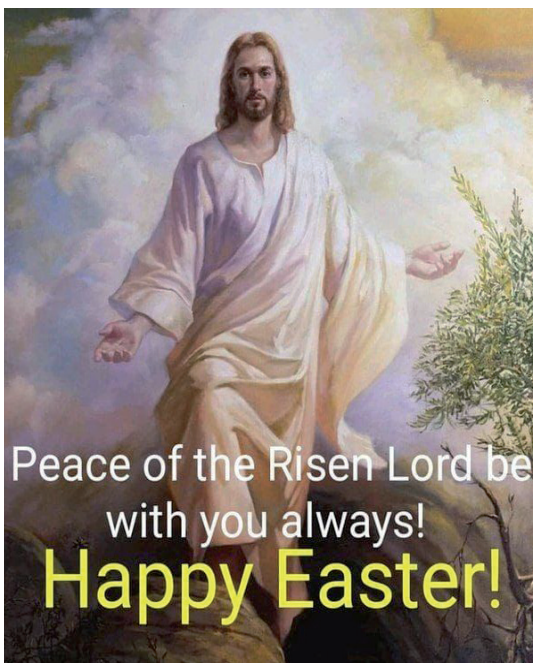
Without you I can't solve my problems, remove my sins, or go to Heaven. But with you I can. I ask you to help me, cleanse me, and save me. In Jesus' name, Amen."

© Max Lucado, 2013



Noontide prayer

Around the world, someone is always praying



President's greeting

Greetings from Norway! Time is flying and I hope as many as possible are planning to attend the next World Convention in Chicago, USA 19-23 August, 2025. It promises to be very special! Here is some important information for you.

1. Guideline - Election of World Officers is very important. Anne Bergen, Jung Joo Kim and myself are not standing for re-election. Job descriptions for World Officers is in the World Report book from the last Convention and is also printed here on page 13.

Please note that it is the National President who is to receive the 'Acceptance of Nomination' form and she then sends the completed form to the Organization Secretary (anne.bergen@gmail.com) by the deadline.

2. Money: World Treasurer, Aud Karin Førland is taking care of money from all attendees from countries other than USA and Canada. The World Account is in Norway. See details below. Remember: ALL MONEY MUST HAVE BEEN RECEIVED BEFORE CONVENTION TO SECURE YOUR HOTEL ROOM.

3. Membership dues: In order to be able to vote, membership dues must be paid. This can be paid at the Registration desk as arranged with the World Treasurer.

4. ESTA: These member countries have a visa waiver but need an ESTA (Electronic System for Travel Authorization). This costs US\$21. **Australia, Belgium, Estonia, Finland, France, Germany, Iceland, Japan, South Korea, New Zealand, Norway, Sweden, United Kingdom.**

<https://esta.cbp.dhs.gov> (click) Official ESTA Application Website, U.S. Customs and Border Protection. This is the website where one can find out about requirements to enter the United States of America. And it is also the website where one can apply for a Visa or an ESTA (Electronic System for Travel Authorisation).

5. Travel: When you arrive in Chicago at O'Hare Airport - code is ORD) and have your luggage and gone through Customs, you will need to take a taxi or an Uber to the hotel. It will take approximately 30 minutes and cost around US\$40 for the trip. Sharing makes it cheaper!

6. Registration forms: In order to do the hotel bookings, I need to receive Registration forms from all as soon as possible (not USA members.) mailto:margaretostenstad45@gmail.com. If you have questions about anything please do not hesitate to let me know.

It has been a privilege and pleasure to serve as World President for 12 years. Share with you some wisdoms words: **The day there are no longer total abstainers, mankind will be poorer. A genuine leader is not a seeker of consensus but a moulder of consensus! The best way to right a wrong is to do better. You make a mistake – go on, for what you do NEXT is what matters. If you find something you love doing you will never work a day in your life.**

Blessings, love and prayers,

Margaret

EASTER
Blessings



Margaret Østenstad
WCTU World President

BANK DETAILS:

IBAN NR: NO03 3361 1549 526
SWIFT CODE: DNBANOKK

Bank Name: DNB Bank ASA,
Postboks 1172, Sentrum, 0107 OSLO
Account Name: Det Hvite Bånd Haugesund Int.

World Convention Keynote Speaker

Professor Bertha Madras, PhD (the honorable)

Bertha Madras is a Professor of Psychobiology at Harvard Medical School (at Harvard 39 years), based at McLean Hospital and is cross-appointed at the Massachusetts General Hospital. Scientific Research. Her research has focused on neurobiology, pharmacology, brain imaging, drug discovery for addiction, neuropsychiatric disorders, and drug policy.

Authorship. She is author of more than 200 scientific manuscripts, articles, book chapters and co-editor of books: "The Cell Biology of Addiction"; "Effects of Drug Abuse on the Human Nervous System"; "Imaging of the Human Brain in Health and Disease".

Inventor. She is a recipient of 19 U.S. and 27 international issued patents with collaborators.



- Government, other Service.**· Deputy Director for Demand Reduction in the White House Office of National Drug Control Policy (ONDCP). Executive Office of the President, a presidential appointment confirmed with unanimous consent (99-0) by U.S. Senate (2006-2009)
- U.S. Department of Justice: Sole expert witness DoJ, oppose marijuana re-scheduling (2014-15)
 - Expert witness at DEA hearing: to oppose marijuana re-scheduling (Feb. 2025)
 - President's Commission on Combating Drug Addiction and the Opioid Crisis Appointed by President Trump as one of six Commission members with Governors C. Baker (MA); C. Christie, (Chair, NJ); R. Cooper (NC), Congressman P. Kennedy (RI); Attorney General P. Bondi (FL). Dr. Madras was charged by Governor Christie with shepherding and writing major components of the final Commission Report. (2017)
 - National Academy of Medicine Opioid Collaborative. Member (2018-present))
 - United Nations Office on Drugs and Crime. Panel on Consequences of Drug Use. (2024)
 - World Health Organization. Sole author of report commissioned by World Health Organization, "Update of Cannabis and its Medical Use" (2015); co-author of "The Health and Social Effects of Nonmedical Cannabis Use
 - Vatican Pontifical Academy of Sciences. Panelist on Narcotics; co-author of final report (2016)
 - National Football League (NFL) Member, Committee on prescription drugs. (2014)

Educational Outreach.· Cold Spring Harbor Laboratories. Developed international course on the Cell Biology of Addiction

- Museum of Science, Boston. Directed production of a museum exhibit, a CD (licensed by Disney) "Changing Your Mind: Drugs in the Brain" and play
- DEA-NIDA Museum Exhibit. Wrote storyboard draft for exhibit, 1 Times Square, NYC, NY
- Addictions course. Developer and instructor for 4th year HMS medical students.
- HARVARD X. Developer of course for parents on drug prevention (2023-present)

Honors, awards.· Inductee, the American Academy of Sciences and Letters (2024)

- Research and public service awards (partial list): NIDA Public Service Award, NIH MERIT Award, CPDD Innovator Award, Jack H. Mendelson Memorial Research Award, CPDD Fischman Award, Adler Distinguished Service Award, CADCA National Leadership Award, Nils Bejerot Award, others
- The 2006 Better World Report designated her brain imaging invention as "one of 25 technology transfer innovations (university to industry) that changed the world".

Her experiences in neuroscience research, drug addiction, education, government and public service offer a unique perspective at the intersection of science and public policy.

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	2025 Chicago, U.S.A.



The WCTU has exciting new changes! WCTU's Frances Willard House Museum has a brand new website and a new web address franceswillardmuseum.org . We would love to have you visit. Hope to see you soon! World Convention delegates will be visiting Eveston in August!



NWCTU Administration building.

If you are struggling with addiction...

If you are struggling with addiction, it's crucial to remember that addiction to drugs or alcohol is not a character flaw, a weakness, or a moral failing; substance use disorders (SUDs) are chronic mental health conditions characterized by an inability to control your drug or alcohol use. While the decision to first use drugs or alcohol is often voluntary, repeated problematic use may be accompanied by brain changes that ultimately make it very difficult for some people to quit using the substance. Fighting addiction is not a matter of willpower or desire – it's a matter of recognizing a problem and seeking help.

Just as every person is unique, the manner in which you go about recovering from addiction must be unique and tailored to your specific needs to be optimally effective. If you want to know how to heal from substance use issues, and co-occurring mental health conditions such as depression or anxiety, you should understand that it may take time and persistence to recover, but recovery is well worth the effort. Taking back control of your life and starting the path to recovery is one of the best things you can do for your overall health and wellbeing. If you've chosen to recover from substance use issues, we've prepared various methods and tips to assist you in your decision.

Why Are Drugs Difficult to Quit?

Certain drugs are highly addictive because of the way they change certain types of brain functioning. For example, many drugs can result in changes to the way your brain relays messages through a process known as neurotransmission. The activity of one neurotransmitter in particular, known as dopamine, increases in association with several types of substance use. A drug-related surge in dopamine activity can have reinforcing effects, making compulsive use of that drug more likely.



Fighting addiction is not a matter of willpower or desire – it's a matter of recognizing a problem and seeking help. Many common drugs have an impact on dopamine activity throughout the brain's reward centers. Dopamine neurotransmission is thought to underlie feelings of motivation, pleasure, and reward, and is believed to play a key role in the development of addiction. Christians and persecutions

Typically, people release dopamine in response to performing pleasurable activities, such as eating or having sex. However, many drugs cause a surge in dopamine activity, which can result in a rewarding euphoria, and ultimately encourages the drug-using individual to repeat the experience. This is why many drugs are referred to as “reinforcing” and one of the reasons why drug addiction can be so challenging to recover from. Dopamine isn't the only component that plays a role in addiction, however; the manner in which drugs affect the brain represent a complex phenomenon that is dependent upon several factors. Imaging studies have shown that certain types of addiction may be associated with reduced activity in the frontal cortex, which is the part of your brain that helps you make decisions. This essentially means that quitting some drugs might not just be a matter of making the decision to stop, even when you are familiar with the consequences of drug use and experience its negative effects.

Even though it can be a challenge, the benefits of overcoming addiction far outweigh any perceived benefits of continuing substance use. Quitting drugs or alcohol can help improve your mental and physical health, reduce your risk of chronic diseases, enable you to repair your relationships and family life, help you prevent further negative consequences at work or

in school, increase your energy levels, improve your appearance, and help you save money. Quitting drugs and receiving professional help for substance use, in total, can help you reclaim your life and embody your full potential.

Which Drugs are Hardest to Quit?

Some substances are notoriously addictive; and, some drugs may be harder to quit than others. The National Institute on Drug Abuse (NIDA) says that some of the most commonly used addictive substances include marijuana, synthetic marijuana (K2 or spice), prescription opioids, prescription stimulants (like Adderall), sedatives, tranquilizers, and hypnotics.

Tips to Help You Overcome Addiction & Cravings

If you want to know how to heal from addiction, the most important thing is to realize that you don't have to do it on your own. Support is available to help you from the moment you choose to get help, to the moment that you enter a drug rehab facility or seek another kind of care, and all the through aftercare, which can help you stay sober after you've completed treatment. Effectively recovering from addiction usually involves a series of steps that may include:

- **Admit to the fact that you have a problem.** Recognition that you need help may go a long way toward actually seeking such help.
- **Speak with a physician.** Your physician can help assess the problem and assess any potential signs of withdrawal or withdrawal risks and advise you about the type of detox or treatment settings that may be best for your needs.
- **Call an addiction treatment center (or a rehabilitation center).** You can ask any questions or concerns you may have about treatment and discuss your situation to see what type of treatment setting (i.e., inpatient or outpatient) might be advisable. Once in a treatment program, you may learn coping mechanisms, attend therapy treatments, and get the help you need in a highly supervised environment.
- **Speak with a therapist.** A qualified therapist, preferably one who specializes in drug and alcohol addiction, can also assess your needs and provide advice about how to proceed with getting the help you need.
- **Identify your triggers.** Being aware of the specific issues, places, people, emotions, and other factors that cause you to want to use drugs or alcohol can help you make a plan to avoid these triggers so you'll be less likely to use.
- **Follow a continuing care plan.** This is a plan put in place, usually by a treatment center, to help you achieve your sobriety goals.
- **Tend to and get evaluated for any co-occurring disorders.** People who struggle with addiction and mental health disorders need to address both issues in order to increase the chances of success.
- **Attend a peer-support group.** This can include 12-step groups like Narcotics Anonymous or non-12-step groups like SMART Recovery. They're designed to help you stay sober through the mutual support provided by others who are also in recovery and who know what it's like to be in your shoes.

Overcoming addiction is possible but it often requires a combination of approaches to achieve the best outcome.

If you're facing addiction of any kind, you're not alone. There's no shame in seeking help.

News from around the world



Anne Bergen,
WWCTU
Organization
Secretary



Welcome to the first World Bulletin for 2025. As I write this it is just over six months until the next World WCTU Convention in Chicago, USA. Our President, Margaret Ostenstad, and I have been busy with planning for what will be a most inspiring and encouraging convention. There have been registrations from many members from around the world - India, South Korea, Japan, Philippines, New Zealand, Australia, and Kenya to name a few.

In this edition I will be focussing on the excellent work being done by the WCTU in Kenya.

Florence Onsando reports that they have continued to empower society with essential life skills, focusing on children, youth, and women. This is achieved through schools, colleges, churches, and other organized groups. They believe that an informed and well-equipped individual is better positioned to say no to alcohol and drugs. While their primary focus remains on prevention, they have also incorporated treatment initiatives for those already affected.

Key Initiatives:

1. Radio Awareness Campaigns

They have partnered with a vernacular radio station to provide psychoeducation, ensuring that people receive crucial information in their mother tongue. The response has been overwhelmingly positive, and we aim to expand this initiative to other vernacular stations in the near future.



2. Community Engagement

- WCTU has visited schools, churches, and youth groups to raise awareness about substance abuse.



- WCTU participated in a walk to sensitize the community on the benefits of being drug free and was awarded a certificate of participation.



- Mentorship programs are aimed at equipping young men and women with essential life skills to help them develop into responsible citizens. Their mentorship efforts are strengthened through their partnership with Turningpoint Counselling Solutions, an NGO that specializes in mental health.



3. Collaboration with Drug-Free World

- They were privileged to partner with Drug-Free World, who provided them with valuable educational materials for distribution. These materials have been highly effective in addressing the growing substance abuse crisis affecting their youth.

4. Online Mental Health and Substance Abuse Awareness

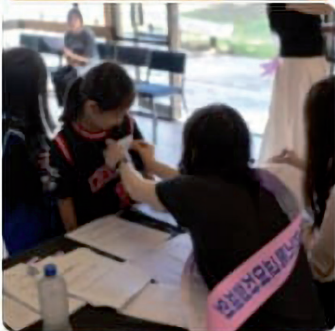
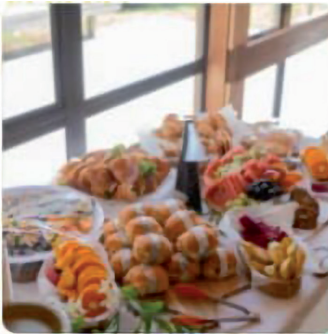
- The COVID-19 pandemic posed significant challenges to their outreach efforts. However, they leveraged this period to conduct online sessions on mental health and the risks of using drugs and alcohol as a coping mechanism during difficult times.

Despite the obstacles, Kenya WCTU remains committed to their mission of building a healthier, drug-free society.

Congratulations!



News from around the world



New Zealand and Guatemala



To Inspiration

Recently the YTC Youth Temperance Council students in Auckland, New Zealand held their Bible Memory Contest. They prepared for over two months, advertising in the local Christian Newspaper and among churches for many applicants to compete. Every year, The YTC Group of NZKWCTU holds this event to help the next generation Korean Christians to grow in the knowledge of the Word of God and to promote the temperance movement in New Zealand.

Guatemala

Youth Department Director Emy de Barrientos reports that the temperance work in Guatemala is expanding. She sends greetings from here family.





LEE, Mihae, President of Cambodia WCTU(CWCTU)

Congratulations!

Mrs. Mihae Lee, wife of the former Korean Ambassador in Cambodia, is a founding member of the CWCTU there. She has been the National President since 2023 and contributed to the establishment of a monthly campaign scheme in public high schools which we have regularly read about. Congratulations!

Here is this months Report from Cambodia

Date: February 8, 2025, 9 am

Venue: Toul Svayprey highschool

Attendance: 150 students, grade7, 8, 9

Lecturer: Fiya & Minea

PS: Our new initiative to exploit local members was successfully launched.

Nurses from Hebron Medical Center (Fiya and Minea) did their jobs very well.

Recently focuses on mobilizing Cambodian youngsters and cooperating with other NGOs; Compiled booklet for students and donated 10,000 copies to Cambodian government



JOB DESCRIPTIONS FOR WORLD OFFICERS

PRESIDENT – The President is the Chief Executive Officer of the organization. She shall preside at meetings of the World Officers, the Executive Committee, and the World Convention. She shall make and promote plans for the furthering of the work of World WCTU. She shall communicate with the other World Officers, prepare the agenda for meetings, and organize the World Conventions in conjunction with the host country. She shall appoint her Vice Presidents to assist her in specific ways as she sees fit. She may, through the Secretaries, call special meetings when deemed advisable, on consent of three (3) members of the Executive Committee.



VICE PRESIDENTS – The Vice Presidents shall support the President and perform all duties as assigned. In order of their election, they shall perform the duties of the President in case of her absence or inability to serve. Vice Presidents may be appointed by the President for specific duties such as: being Platform Chairman for the convention, promoting and directing Project Managers, managing the Field Work, helping Superintendents and encouraging them in their work, helping new officers to understand their work, and being Timekeeper at conventions.

ORGANIZATION SECRETARY – The Organization Secretary shall conduct the correspondence of the organization. She shall promote organization of new territories and encourage plans for increasing the membership in organized territories. She shall prepare Delegate and Non-Delegate cards for Convention and distribute them to each country according to the number of eligible delegates. She shall receive from National Presidents nomination forms for World Officers and prepare ballots for voting at Convention. Only countries who have paid dues/ or arranged to pay dues are eligible to vote. She shall prepare a "State of the Organization Address" to be presented at World Convention. She shall keep a Directory listing of names and addresses of the World Officers and Department Directors, a copy of which will be given/ emailed to the above and National Presidents of all member countries.

TREASURER – The Treasurer should be a person appropriately qualified in accounting, she shall receive all monies and disburse the same with approval of the President, or either Secretary if the President is not available; she shall keep an itemized account of receipts and payments, and present an audited statement of Expenditure and Income Account and Balance Sheet annually to the World Officers. The financial year shall close on December 31st each year. In the year when the Convention meets, the Treasurer shall prepare a combined three-year audited statement of Expenditure and Income Account and Balance Sheet to be presented to the Convention. She shall be bonded for a sum determined by the World Officers.

RECORDING SECRETARY – The Recording Secretary shall record and keep the minutes of all the proceedings of the World Convention, the Executive Committee meetings, and the World Officers meetings, and shall arrange for the publication and distribution of the same. She shall prepare and publish the WWCTU Report Book after each World Convention. These Report Book shall be sent to all voting delegates of the Convention, and one to every affiliated country, whether attending convention or not.

Important!

Dear WCTU members from around the world. At our last Convention at Helsinki, Finland, in July 2019, the delegates agreed to the following update of the Code of Ethics for all WCTU members.

It is important to have clear guidelines about what WWCTU stands for and for the way in which its members interact with each other. It ensures that WCTU around the World has universal beliefs and standards and it is the basis on which WCTU in countries which stray from these values and ways of acting can be disciplined and restored or removed.

CODE OF ETHICS

The code of ethics gives guidelines which serve as a foundation for action and cooperation within the World Woman's Christian Temperance Union (WWCTU) as an organization, as well as with external partners.

MEMBERSHIP AGREEMENT

As a member you agree to sign the pledge and to support and work toward the goals in the Constitution of WWCTU.

MEMBERSHIP TERMINATION

Membership may be terminated if your actions and activities are contrary to the objectives of WWCTU or the WWCTU by-laws or Constitution.

The WWCTU wishes to focus on the integrity of its members to strengthen the organization's reputation. The code of ethics has its roots in Christian values that create good relations in any community. Examples include:

- Respect
- Fairness/Justice
- Loyalty
- Reliability
- Democracy
- Equality and solidarity

One must treat others as one would like to be treated. Adhering to such core values within the organization will have positive ripple effects and give a solid boost to our goal achievement.

The WWCTU aims are:

- To strengthen preventative work with all kinds of addictive substances
- To protect the family
- To encourage women to join in temperance work
- To promote equality in civil rights
- To promote international peace and understanding
- To protect the home and community
- To build public sentiment for sobriety
- To promote good citizenship
- To instill Christian principles into the character of our children
- To inform society about the values of total abstinence by providing scientific facts concerning the nature and effects of alcohol, tobacco and other drugs
- To promote just and fair laws

To reach these objectives, the WWCTU continues to:

- Teach the scientific facts about the effects of alcohol, tobacco and other drugs on the body and on society in general
- Promote laws for such teaching throughout society
- Produce teaching aids for use in the classroom and the church
- Distribute videos, provide websites and other electronic means to reach as many as possible
- Conduct alcohol and drug workshops

The WWCTU Board is to ensure that the organization operates in accordance with applicable laws and regulations.

Where it is apparent that WCTU in an affiliated country is not operating in accordance with applicable laws and regulations, upon a request from concerned members in that country, the WCTU World President and Officers may take whatever action they consider necessary to preserve and protect the organization and assist members to restore correct operation.

The WWCTU is a Christ-based organization with the Holy Bible as a guideline for its activities. The WWCTU is a non-partisan, non-denominational, non-profit organization.

WWCTU - RULES OF ORDER

I. PARLIAMENTARY PROCEDURE- Its Purpose and Use

Parliamentary procedure - following the "rules of order" - provides a uniform process for conducting meetings in a fair, orderly, and expeditious manner.

The following is a very brief summary of Robert's Rules of Order Newly Revised (RONR 11th ed., 2011).

2. GENERAL PRINCIPLES OF PARLIAMENTARY PROCEDURE Every member of an organization should be familiar with the following simple rules and customs. (According to the WWCTU Constitution, all Convention business is transacted by the voting delegates.)

- (a)** All delegates have equal rights, privileges, and obligations; rules must be administered impartially.
- (b)** All delegates, majority or minority, have the right to full and free discussion of all motions, reports and other items of business.
- (c)** In doing business, the simplest and most direct procedure should be used.
- (d)** Logical precedence governs introduction and disposition of motions.
- (e)** Only one question can be considered at a time.
- (f)** Delegates must be recognized by the chair before they may make a motion or speak in debate.
- (g)** No delegate may speak more than twice on the same question on the same day without permission of the assembly. No delegate may speak a second time on the same question if any delegates who has not spoken on that question wishes to do so.
- (h)** Delegates must not attack or question the motives of other delegates. All remarks are addressed to the presiding officer.
- (i)** In voting, delegates have the right to know at all times what motion is before the assembly and what affirmative and negative votes mean.

Approved at World Officers meeting in April, 2014; Revised 26 February, 2016.



Alcohol is a very effective
dissolving agent.

It dissolves families, marriages,
friendships, jobs, bank accounts and
neurons, but **NEVER** problems.



Hope to see you in Chicago, IL – 19-23 August 2025