



White Ribbon Bulletin

World's Woman's Christian Temperance Union

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The White Ribbon sees how important it is to stand together in prayer.

Today is the world's national Day of Prayer for everything involved with COVID-19.

"I have been driven to my knees by the overwhelming conviction that I had nowhere else to go "

Abraham Lincoln

The White Ribbon





Reflection

For weeks I have heard people saying “ I just can’t wait for things to be back to normal.” I remember even saying that a few times myself. But as I’ve thought about our current situation I have realized how much I don’t want things to go back to the way they were. Here are a few of thoughts...

1. I pray that the next time a friend grabs me and pulls me in for a hug, I actually take the time to appreciate the gift of their embrace.
2. I pray that when school resumes and you are dropping your kids off, you take the time to thank the staff for the amazing gift that they give to your family.
3. I pray that the next time I’m sitting in a crowded restaurant I take the time to look around at the smiling faces, loud voices and be more appreciative for the gift of community.
4. I pray that when I am at the supermarket that I take a moment to acknowledge the necessities of life and the amazing people who work so hard to keep us supplied.
5. I pray that I never again take for granted the ability to hop in the car and visit a friend, go to the mall, go to a movie, etc.

So, truth is, I don’t want things to return to the way they once were. I pray that we take the lessons and challenges of the past few weeks and create a new normal.

My goal is to appreciate more, love harder, and truly appreciate the daily abundance of blessings that were so easily overlooked just a mere few weeks ago. If someone tells you they love you, take it to heart!

Jan Shattock
Australia

Dear readers around the world!

We have just celebrated the risen Christ. He is risen indeed! He LIVES! As Queen Elizabeth II said, Easter's message has never been more important. "This year, Easter will be different for many of us, but by keeping apart we keep others safe," the Queen, who turns 94 later this month, said. "But Easter isn't cancelled; indeed, we need Easter as much as ever."

"We know that coronavirus will not overcome us. As dark as death can be — particularly for those suffering with grief — light and life are greater."

"Because He Lives"

God sent his son
They called him Jesus
He came to love, heal and forgive
He bled and died
To buy my pardon
An empty grave is there to prove my Savior lives

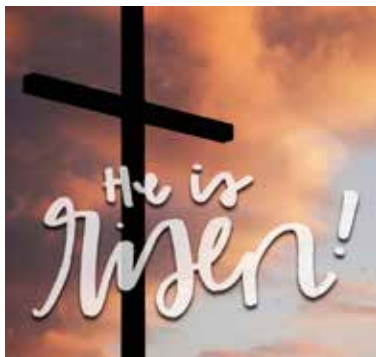
CHORUS

Because he lives
I can face tomorrow
Because he lives
All fear is gone
Because I know he holds the future
My life is worth the living just because he lives

Jesus said: Love one another as I have loved you. WWCTU gives us all a wonderful opportunity to do just that in all our temperance work. **There is no better place to begin than on our knees.** Let us pray -

«Most merciful God!
who by the death and resurrection of your Son Jesus Christ
delivered and saved the world:
grant that by faith in him who suffered on the cross
we may triumph in the power of his
victory;
through Jesus Christ your Son our Lord,
who is alive and reigns with you,
in the unity of the Holy Spirit,
one God, now and for ever.
Amen!»

Blessings, love and prayers,
Margaret Ostenstad
World President



Opioid Misuse and Addiction

Also called: Opioid Abuse and Addiction, Opioid Use Disorder

Opioids, sometimes called narcotics, are a type of drug. They include strong prescription pain relievers, such as oxycodone, hydrocodone, fentanyl, and tramadol. The illegal drug heroin is also an opioid. Some opioids are made from the opium plant, and others are synthetic (man-made).

A doctor may give you a prescription opioid to reduce pain after you have had a major injury or surgery. You may get them if you have severe pain from health conditions like cancer. Some doctors prescribe them for chronic pain.

Opioids can cause side effects such as drowsiness, mental fog, nausea, and constipation. They may also cause slowed breathing, which can lead to overdose deaths. If someone has signs of an overdose, call 911:

- The person's face is extremely pale and/or feels clammy to the touch
- Their body goes limp
- Their fingernails or lips have a purple or blue color
- They start vomiting or making gurgling noises
- They cannot be awakened or are unable to speak
- Their breathing or heartbeat slows or stops

Other risks of using prescription opioids include dependence and addiction. Dependence means feeling withdrawal symptoms when not taking the drug. Addiction is a chronic brain disease that causes a person to compulsively seek out drugs, even though they cause harm. The risks of dependence and addiction are higher if you misuse the medicines. Misuse can include taking too much medicine, taking someone else's medicine, taking it in a different way than you are supposed to, or taking the medicine to get high.

Opioid misuse, addiction, and overdoses are serious public health problems in the United States. Another problem is that more women are misusing opioids during pregnancy. This can lead to babies being addicted and going through withdrawal, known as neonatal abstinence syndrome (NAS). Opioid misuse may sometimes also lead to heroin use, because some people switch from prescription opioids to heroin.

The main treatment for prescription opioid addiction is medication-assisted treatment (MAT). It includes medicines, counseling, and support from family and friends. MAT can help you stop using the drug, get through withdrawal, and cope with cravings. There is also a medicine called naloxone which can reverse the effects of an opioid overdose and prevent death, if it is given in time.

To prevent problems with prescription opioids, be sure to follow your doctor's instructions when taking them. Do not share your medicines with anyone else. Contact your doctor if you have any concerns about taking the medicines.

NIH: National Institute on Drug Abuse





Signs of an Opioid Overdose



Blue lips or nails



Dizziness and confusion



Can't be woken up



Choking, gurgling or
snoring sounds



Slow, weak
or no breathing



Drowsiness or
difficulty staying awake





WCTU - Children's Department Kit 2020

United Nations Sustainable Development Goals



Taru Koivisto
Children's Director

KEEPING HEALTHY

It is important to take good care of our bodies, which are very special.

During the COVID-19 pandemic

it is especially important to wash your hands.

LIST 5 SONGS YOU CAN SING
WHILE YOU WASH YOUR HANDS FOR 20 SECONDS.

- 1.
- 2.
- 3.
- 4.
- 5.





Anne Bergen
Organization Secretary

Dear WCTU members around the world. May the Lord give you inner peace and joy at this time when many of us find ourselves in “lock-down” due to the pandemic of corona virus, COVID –19. This has meant that many of the outreach plans WCTUs have had for 2020 have had to be put on hold until the threat eases and our governments relax the restrictions that prevent people gathering. This has been disappointing for me as the WCTU in Victoria had to postpone a youth and alcohol luncheon function with a number of local schools eager to participate, as well as the launch of a colour-in competition in schools and our new fruit drink recipe sheets.

At this time, prayer is always the most important work we can do. Our WWCTU Christian Outreach Department Director, Dr Bhavana Arthur, recently sent out a call for a World WCTU prayer chain to pray about the COVID-19 crisis - for the medical workers, people who have lost their jobs and businesses, and those who are sick. I trust that many people prayed around the world on 31st March/1st April. In Australia we have urged our members to continue to pray, either at our set time (9 –10 pm) or at the important WCTU Noontide Prayer time.



Prayer: Heavenly Father, we come to you with gratitude for your love and care. At this difficult time, we bring to you the needs of our world. We pray that you will give wisdom and understanding to the leaders of our governments, skill and protection to doctors and nurses, and healing peace for those who are ill. May people turn to you in repentance and faith.

You are the Lord God Almighty. Amen.

Good Work in Tanzania

TWCTU-NO TO ADDICTION 😊...
Abigail Tan, Adela Gandhi Tan, Anita Tan...

Jenet Tan

Madalena Tan
But thank you very much for your prayers. It was a powerful encounter although we could not project because the school had no hall. So we c...

📌📌 I'm speechless for what God did today.
Thanks much for your prayers. glory to God alone.
nimejifunza vitu vingi kwa wachungaji wetu wa leo @Mrs Rwebangira & Monica. 10:30 pm

Madalena Tan

Berthabright T
Great job women of God, may God empower you that you may be able to minister schools for His own glory. Amen

A door has been opened. Let us all plan to be involved. We learnt that God uses not so much the perfect but those who avail themselves. Pastor Monica has a good rapport with the schools and that is a big opportunity for.us. 11:03 pm

We asked them to inform their mothers and sisters to join our group. 11:04 pm

And to bring prayer requests. 11:04 pm



Philippines - Near the end of 2019, WCTU in the Philippines celebrated its 90th Birthday. The World President sent a letter of congratulations and good wishes to Philippines WCTU on behalf of the WWCTU Officers with prayers for a successful celebration. She concluded with, "In all things to God be the glory. Psalms 146 GOD BLESS YOU ALL."

New Zealand - In January WCTU, as has been their practice, had a display and stall at Festival One at Mystery Creek. They had obtained more band-aid packs with an FASD message that created a lot of interest.



World Health Organization



The World Health Organization (WHO) released SAFER, a new initiative and technical package outlining five high-impact strategies that can help governments reduce the harmful use of alcohol and related health, social and economic consequences.

SAFER is the newest WHO-led roadmap to support governments in taking practical steps to accelerate progress on health, beat noncommunicable diseases (NCDs) through addressing the harmful use of alcohol, and achieve development targets.

“We are proud to introduce SAFER – a package of proven interventions to reduce the harms caused by alcohol, and a new partnership to catalyze global action,” said Dr Tedros Adhanom Ghebreyesus, Director-General of the World Health Organization. “We need governments to put in place effective alcohol control policy options and public policies to reduce the harmful use of alcohol.”

Health impact of alcohol use

Alcohol consumption contributes to more than 3 million deaths globally every year and over 5% of the global burden of disease and injury, according to the recently issued WHO Global Status Report (GSR) on Alcohol and Health 2018. It is also a major risk factor for NCDs, including cancers and cardiovascular diseases, communicable diseases such as TB and HIV/AIDS, violence, and injuries. Globally, alcohol consumption is the seventh leading risk factor for premature death and disability.

“We have seen too little progress since the endorsement of the ‘Global strategy to reduce the harmful use of alcohol’ by the World Health Assembly eight years ago. But SAFER brings new impetus for action,” said WHO Assistant Director-General Dr Svetlana Axelrod.

Dr Axelrod added: “We encourage countries to take action, monitor their progress, and protect alcohol policy development from interference by commercial interests. Support from civil society and donors is critical for

success on alcohol control that contributes to reducing poverty, improving gender equality and improving public safety.”

SAFER: what it contains

SAFER provides five high-impact strategic actions that are prioritized for implementation to promote health and development:

- **Strengthen** restrictions on alcohol availability.
- **Advance** and enforce drink driving countermeasures.
- **Facilitate** access to screening, brief interventions, and treatment.
- **Enforce** bans or comprehensive restrictions on alcohol advertising, sponsorship, and promotion.
- **Raise** prices on alcohol through excise taxes and pricing policies.

Action is needed to reduce the burden of alcohol-related harm in low-, middle- and high-income countries.

The scale of the alcohol challenge

According to the GSR, an estimated 2.3 billion people are current alcohol drinkers, but consumption varies across regions. More than a quarter (27%) of all 15 to 19-year-olds are current drinkers, with rates of current drinking highest among this age group in Europe (44%), followed by the Americas and the Western Pacific (both 38%).

Alcohol is consumed by more than half of the population in three WHO regions – the Americas, Europe and the Western Pacific. Current trends and projections point to an expected increase in global alcohol per capita consumption in the next 10 years, particularly in the South-East Asia and Western Pacific Regions and the Region of the Americas.

Almost all (95%) countries have alcohol excise taxes, but fewer than half use other price strategies such as banning below-cost selling or volume discounts. The majority of countries have some type of restriction on beer advertising, with total bans most common for television and radio but less common for the internet and social media.

**WHO launches SAFER
alcohol control initiative
to prevent and reduce
alcohol-related death and
disability**

Some countries have implemented and enforced policies to reduce alcohol use already. In the United States, states that increased the legal alcohol consumption age to 21 saw a 16% median decline in motor vehicle crashes. In Brazil, reducing the opening hours of bars from 24 hours a day to closure at 11 pm was associated with a 44% drop in homicides.

Partnership key for alcohol control

Multiple partners, from governments to civil society organizations, have lent their support to the new SAFER initiative.

“In Sri Lanka, we are showing that alcohol control is a cost-effective and impactful tool to help promote sustainable development, including health for all,” said H.E. President of Sri Lanka, Maithripala Sirisena. “I welcome the new SAFER initiative as it has potential to make the world much safer, healthier and more prosperous.”

Slovenian Minister of Health, Dr Samo Fakin, said: “SAFER is a welcome and much needed initiative. The technical package to support countries

will further strengthen evidence-based alcohol policy formulation and implementation. Collaboration with civil society will help move the mountain to make significant advances in reducing and preventing alcohol harm.”

Dr Adam Karpati, Senior Vice President of Public Health Programs at Vital Strategies, a global public health organization, said: “The harmful use of alcohol is a major – yet often unaddressed – public health threat. SAFER provides clear guidance to governments on how to save lives on a large scale. The greatest impact will be achieved by implementing all the SAFER interventions in full.”

Kristina Sperkova, International President of IOGT International, the premier global social movement for alcohol prevention and control, added: “In communities and societies around the world, we see an urgent need for action to prevent and reduce alcohol harm. Investing in the alcohol policy best buys as packaged in SAFER is scientifically sound and economically smart, generating considerable returns on investment.”

“The Global Alcohol Policy Alliance (GAPA) is very pleased to contribute to SAFER by mobilizing civil society partners around the globe” said Professor Sally Casswell, Chair of GAPA. “Protecting government efforts from alcohol industry influence is a crucial step in ensuring effective alcohol policies are adopted and implemented.”

“With the launch of SAFER, alcohol policy finally emerges from its long hangover,” said Katie Dain, CEO of the NCD Alliance. “Alcohol policy has not been visible on the public health decision-making table for way too long – SAFER changes that and will draw a line in the sand.”

WHO-led initiative and action package aim to support global target of reducing harmful use of alcohol by 10% by 2025

She added: “Governments now have the means to inform and protect the public around alcohol consumption, in much the same way we have seen tobacco control measures produce spectacular success in raising awareness of the harms of smoking. Too many people needlessly die or are hurt by alcohol and we are proud to support SAFER, an initiative that has the potential to save millions of lives.”

Alcohol control essential for development

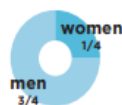
As part of the SDGs, the global community has committed to 17 goals with 169 targets. Alcohol is specifically addressed in the SDGs; target 3.5 is “Strengthen the prevention and treatment of substance abuse, including narcotic drug abuse and harmful use of alcohol.” Alcohol significantly impacts several other SDG health goals, including: reducing premature deaths from NCDs by one-third by 2030 (3.4); traffic-related mortality (3.6); and tuberculosis (3.2). Addressing alcohol-related harms would positively benefit other SDG goals, such as reducing violence against women.

The WHO Global Monitoring Framework for NCDs includes a target to reduce harmful use of alcohol by at least 10% by 2025. WHO’s five-year strategic plan, the 13th General Programme of Work 2019-2023 (GPW13), notes that action to reduce the harmful use of alcohol is a global priority.

Alcohol and health



3 million deaths
6 deaths every minute
from harmful use of alcohol
every year



Harmful use of alcohol causes

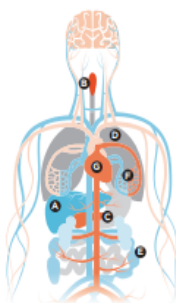
100% of alcohol use disorders

18% of suicides

18% of interpersonal violence

27% of traffic injuries

13% of epilepsy



A 48% of liver cirrhosis

B 26% of mouth cancers

C 26% of pancreatitis

D 20% of tuberculosis

E 11% of colorectal cancer

F 5% of breast cancer

G 7% of hypertensive heart disease

Reduce harmful use of alcohol

Best buy interventions

✓ Regulate alcohol distribution

✓ Restrict or ban advertising

✓ Increase prices

More key interventions



Prevent and treat alcohol use disorders



Raise awareness of alcohol-attributable health burden



Support community action to prevent and reduce the harmful use of alcohol



Provide consumer information on alcohol containers



Regulate informally produced alcohol



Implement drink-driving policies



Develop surveillance systems for alcohol consumption, health consequences and policy



10% reduction in the harmful use of alcohol by 2025



Jesus calms the storm

(Mat 8:23-27 NIV) Then he got into the boat and his disciples followed him. {24} Without warning, a furious storm came up on the lake, so that the waves swept over the boat. But Jesus was sleeping. {25} The disciples went and woke him, saying, "Lord, save us! We're going to drown!" {26} He replied, "You of little faith, why are you so afraid?" Then he got up and rebuked the winds and the waves, and it was completely calm. {27} The men were amazed and asked, "What kind of man is this? Even the winds and the waves obey him!"

Christ had given sailing orders to his disciples (Mat_8:18), that they should depart to the other side of the sea of Tiberias, into the country of Gadara, in the tribe of Gad, which lay east of Jordan.

The disciples encountered a life-threatening situation when they were carrying out God's will. We should not think that when we are walking in God's will, we would not encounter any difficult situations. In fact, somebody wrote "if everything is going wrong, you may be doing something right."

Jesus chose to go by water. The disciples would not have experienced this life-threatening situation if He had chosen to go by land; but He chose to cross the lake, that He might have occasion to manifest Himself the God of the sea as well as of the dry land. The difficult situations in our life are occasions for God to manifest His power in them and to increase our faith when we see God's miracles.

Jesus was asleep in this storm. We never read of Christ's sleeping but at this time He was. This sleep was one of holy serenity, and dependence upon his Father. Those that can sleep quietly and sweetly in a storm truly have put his faith in God.

(Psa 4:8 NIV) I will lie down and sleep in peace, for you alone, O LORD, make me dwell in safety.

The disciples should have known that the boat that carries Jesus could never sink. How could God send His Son to earth on a mission and have that mission fail because His Son drowns? God's will and promise cannot be thwarted. What God has promised to us in our situation will definitely come to pass. He will not allow any one of His promises to fail. On that basis, we can trust God and have peace.

When the right time came, Jesus woke up from His sleep to deliver everyone from the disaster. God would not tarry until it is too late for our situation. He will always come at the right time to save us.

He rebuked the disciples (Mat_8:26); "You of little faith, why are you so afraid?" He does not rebuke them for disturbing Him with their prayers, but for disturbing themselves with their fears.

(Josh 1:9 NIV) Have I not commanded you? Be strong and courageous. Do not be terrified; do not be discouraged, for the LORD your God will be with you wherever you go."

The reason why the disciples were afraid was because they had little faith. And without faith it is impossible to please God (Heb 11:6).

How easily Jesus calmed the storm, with only His word. Moses commanded the waters with a rod; Joshua, with the ark of the covenant; Elisha, with the prophet's mantle; but Christ with a word.

The storm calmed immediately. We may be facing tremendous situations in our life and we can't see how it would go away. With God's miracle working power, that "storm" can be calmed instantly.



"You can never learn that Christ is all you need, until Christ is all you have."

"God takes our sins – the past, present, and future, and dumps them in the sea and puts up a sign that says NO FISHING ALLOWED."

"Hold everything in your hands lightly, otherwise it hurts when God pries your fingers open."

"Forgiveness is an act of the will, and the will can function regardless of the temperature of the heart."

"Happiness isn't something that depends on our surroundings...it's something we make inside ourselves."

"Is prayer your steering wheel or your spare tire?"

"In darkness God's truth shines most clear."

"What wings are to a bird and sails to a ship, so is prayer to the soul."

"With Jesus, even in our darkest moments the best remains and the very best is yet to be..."

"It is not my ability, but my response to God's ability that counts."

"This is what the past is for! Every experience God gives us, every person he puts in our lives is the perfect preparation for the future that only he can see."

"Don't pray when you feel like it. Have an appointment with the Lord and keep it. A man is powerful on his knees"

"The measure of a life, after all, is not its duration, but its donation."

"There is no pit so deep, that God's love is not deeper still."



Noontide prayer

Around the world, someone is always praying

Alcohol
use during
pregnancy
risks
mother's and
newborn's
survival,
health

FASD **Awareness Day** *September 9th*

1 in 10



pregnant women
reports alcohol use*

*Defined as at least one drink of any alcoholic beverage in the past 30 days.

Source: CDC Behavioral Risk Factor Surveillance System (BRFSS), United States, 2011–2013