



White Ribbon Bulletin

World's Woman's Christian Temperance Union

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We Care

**Be with us...
Children
MATTER!**



The Importance of Prayer

John Wesley, lived during the 1700s in England. He believed in God and wanted to serve Him. He became an Anglican priest and went as a missionary to America to try to become closer to God, but he didn't have an assurance of salvation – his faith was dry. Back in England, he was encouraged to attend a Moravian meeting in 1738 and, as the preacher was describing the change which God works in the heart through faith in Christ, **Wesley said, "I found my heart strangely warmed. I felt I did trust in Christ, Christ alone, for salvation: and an assurance was given to me, that he had taken away my sins, even mine, and saved me from the law of sin and death."**

John Wesley went on to start the **Methodist Church** which spread to Australia and many of us belonged to it. **His secret was fervent, continual prayer.** Beside the bed where he knelt to pray the floorboards became worn and his knee prints were visible.

A group of young Christian leaders from the USA was touring in England in the late 1940s and had just walked through John Wesley's home. As they got back on their bus, they realised that someone was missing, so a scout went back and found him in Wesley's bedroom, kneeling in the grooves worn by Wesley's knees and pleading with God, "Lord, Do it again. Do it again." The young man was **Billy Graham** and his Crusades around the world would bring hundreds of thousands of people to Jesus.

WCTU is facing an uncertain future and we must pray for God's guidance and new members.

Prayer: Heavenly Father, the work of WCTU has always been your work and based on prayer. I pray that you will guide us regarding our future. Show us how to get new younger members who will carry on this work and make an impact for good on our community. Show us the issues that we should focus on. In Jesus Name, I pray. Amen



Noontide prayer

Around the world, someone is always praying

Dear all,

Greetings from Norway! A new year has begun and it is soon Easter The World Officers are looking forward to putting our new Plan of Action into effect.

Department work is being focussed on the UN Sustainability Development Goals as well as the temperance message, the Word of God and environmental issues as found appropriate.



God has blessed us in so many ways. May we continue to ask our members to re-commit their lives to Christ. No one could have seen how important it would be for Christians to draw nearer to God - War, pandemic, increase in violence and desperation around the world!

I am looking forward to visiting Seoul, South Korea from 6-11 May, 2023. There is a strong program planned! I feel very proud and privileged to bring World's congratulations to the KWCTU on their 100 year anniversary. They have been a great inspiration and we wish each member God's richest blessing in the years ahead. There will also be a moving commemoration of their beloved late mother, Mrs Kwi Ok Yeu's 100th birthday.

There are always challenges in our work so we must continue to pray for peaceful solutions. Special blessings for the leadership and members. Special thanks for the wonderful work being done in member countries around the world

May we all be remembered for the positive good we have done for "God, Home and Ever Land". To God be the Glory! We can never praise ourselves for what he has done...but His quality is always to have mercy. Praise His holy name! We wait for your guidance...for your victory! Amen!

Blessings, love and prayers everyone!

Margaret Ostenstad
World President



Social Service Department 2023 - 2026
Rhona Theodore
Social Service aims to promote the welfare of others

"The Social Services Department reaches out to the community and individuals who are neglected, suffering or in need, without any prejudice of race, religion, age or gender by sharing the love of Jesus Christ through giving our love and support". WWCTU

Our name - WCTU it is at the very heart of who we are. At every Convention and every Meeting throughout the history of WCTU, the presidents' opening talks have all been focussed on the Christian aspect of our work.

The aftermath of the COVID 19 pandemic is exposing the inequalities in the various countries and is a persistent cause for concern. This was a world-wide catastrophe - and recovery was/is slower in some countries who were already marginalised. *In this context, practical solutions that can accelerate progress on the SDGs will be urgently needed.*

How can this be achieved?

It is essential that we work together on two levels:

The everyday needs of people:

Prioritize the essentials: Providing food, ensuring that students can go back to school, provide lunches for school going students, school drop offs.

Organize/join a small group to visit a school and help with students who need that extra help - on a 'one on one' basis.

Commence visiting the sick and the aged. Shopping, providing meals, and being available when possible to help where needed. Be prepared for emergencies.

These are just a few ideas -

Connect with other WCTU members to share ideas that can be implemented elsewhere/in any country.

Look around and 'see a need and fill it'.

The wider community

Write to Members of Parliament and other relevant authorities about issues with which we are concerned, particularly regarding alcohol policy, moral issues and the welfare of women and children, especially regarding family violence.

When they reply - thank them.

With the lifting of the restrictions in 2022, WCTU Australia was able to recommence most of our activities.

Our 43rd National Convention held in South Australia was a welcome start to 2022, the Theme was **"To Come Alive"**.

"Five years ago, Karen Edward, President of WCTU SA realised they could fill another need. She writes: "We are now in our fifth year operating the WCTU Teatallers Tea Rooms, which is a wonderful ministry in so many ways. We are open to the public and sell Devonshire tea, non-alcoholic wines, gifts where the proceeds support those in need. WCTU history is displayed throughout our rooms along with literature.

We have many opportunities to pray with people and share about the work of WCTU.

As South Australia was at the forefront of the Suffrage movement, we are well recognised in the State Government, and have hosted many morning teas with parliamentarians. We are blessed to have good relationships with like-minded politicians who can give us insight to detrimental Bills on the horizon, so we can then take action if possible.

We also supply our 'We Care Boxes' to Major Crime who distribute the boxes to victims' families lost through murder, and at times suicide". Inside is tea & coffee etc & a Christian book on grief.

In Victoria, 'Our Drug Education in schools continue to be well received. Drug Education in schools has been on-going for more than 30 years. It is important and one way to try to educate and influence young people. This covers drugs, alcohol and smoking. WCTU has produced a range of excellent information leaflets, many of which are used in the Drug Ed programs and are widely distributed where appropriate.

In 2022, VAPING was also included. An article on VAPING will be included in the drug education presentations this year.

WCTU have written letters to Members of Parliament and other relevant authorities about issues with which it is concerned, particularly regarding alcohol policy, moral issues and the welfare of women and children, especially regarding family violence.

WCTU has been represented at organisations with which it has a relationship – among them being National Council of Women Victoria, World Day of Prayer, Family Council, Melbourne Total Abstinence Society, Drug Advisory Council of Australia, League of Women Voters, Travellers' Aid and Dalgarno.

Advertisements about FASD on the side of buses. It had a picture of four babies, a no alcohol symbol, and the message, "For baby's sake THINK – DON'T DRINK especially if pregnant or hoping to be pregnant." WCTU has also been showing FASD ads on TVs in doctor's waiting rooms.

Thank you to Margaret Ostenstad, our World President who has outlined a “**WWCTU Plan of Action for 2023 -2026**”, focussing on 10 Objectives, (international and domestic). These will give us a base on which to work from in 2023.

A. The State of the Organization Address from the Convention of 2019 in Helsinki has stated 10 objectives:

1. To actively develop and implement new alcohol and drug prevention projects while continuing existing projects.
2. To be informed and up to date on international research on drugs and drug abuse.
3. To focus on the connection between drugs and partner violence through campaigns, information and preventive measures.
4. To be vigilant to promote and protect our Christian values in our homes and communities.
5. To promote cooperation with other compatible organizations. (On-going)
6. To maintain work for clean drinking water and sanitation. (International project SDG 6)
7. To maintain and strengthen our work with children and youth (global SDG4 quality education).
8. To focus on the value of creating a drug free zone when spending time with children and the family, especially during the holidays (SDG 3 good health and wellbeing).
9. To strengthen and develop work in the local branches.
10. To take good care of the members and continue membership recruitment.

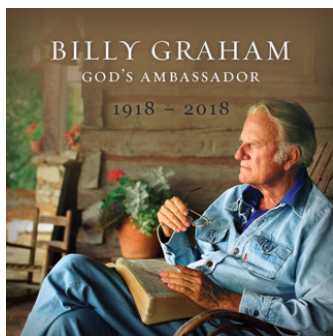
A promise from God's Word: Now this is the confidence that we have in Him, that if we ask anything according to His Will, He hears us. And if we know that He hears us, whatever we ask, we know that we have the petitions that we have asked of Him. 1 John 5:14,15



“The 2023 Global Sustainable Development Report will be launched as the world approaches the half-way point of the 2030 Agenda and struggles to rebuild in the aftermath (or in the midst) of the COVID-19 pandemic.

We must rise higher to rescue the Sustainable Development Goals – and stay true to our promise of a world of peace, dignity, and prosperity on a healthy planet.

António Guterres Secretary-General, United Nations



When Billy Graham was 92 years-old, he was struggling with Parkinson's disease. In January, a month before his 93rd birthday, leaders in Charlotte, North Carolina, invited their favorite son, Billy Graham to a luncheon in his honor.

Billy initially hesitated to accept the invitation because of his struggles with Parkinson's disease. But the Charlotte leaders said, 'We don't expect a major address. Just come and let us honor you.' So he agreed.

After wonderful things were said about him, Dr. Graham stepped to the podium, looked at the crowd, and said:

"I'm reminded today of Albert Einstein, the great physicist who this month has been honored by Time magazine as the Man of the Century. Einstein was once traveling from Princeton on a train, when the conductor came down the aisle, punching the tickets of every passenger. When he came to Einstein, Einstein reached in his vest pocket. He couldn't find his ticket, so he reached in his trouser pockets.

It wasn't there. He looked in his briefcase but couldn't find it. Then he looked in the seat beside him. He still couldn't find it.

"The conductor said, 'Dr. Einstein, I know who you are. We all know who you are. I'm sure you bought a ticket. Don't worry about it.'" Einstein nodded appreciatively. The conductor continued down the aisle punching tickets. As he was ready to move to the next car, he turned around and saw the great physicist down on his hands and knees looking under his seat for his ticket.

"The conductor rushed back and said, 'Dr. Einstein, Dr. Einstein, don't worry, I know who you are; no problem. You don't need a ticket. I'm sure you bought one.' Einstein looked at him and said, 'Young man, I too, know who I am. What I don't know is where I'm going.'"

Having said that Billy Graham continued, "See the suit I'm wearing? It's a brand new suit. My children, and my grandchildren are telling me I've gotten a little slovenly in my old age. I used to be a bit more fastidious. So I went out and bought a new suit for this luncheon and one more occasion. You know what that occasion is? This is the suit in which I'll be buried. But when you hear I'm dead, I don't want you to immediately remember the suit I'm wearing. I want you to remember this:

"I not only know who I am. I also know where I'm going."

The truth is that all of us are on a train headed towards eternity. Many are like Albert Einstein on that train, they're going somewhere but they don't know where they're going. Where are you going? Is it Heaven or is it hell? Jesus said, "I am the way, the truth and the life. No one comes to the Father except through me." (John 14:6) Jesus is the only way to Heaven! If you've never accepted Jesus into your life, pray with me... Dear Jesus, come into my life. Forgive me of my sins. Fill me with your Holy Spirit and your love. I believe you died for my sins and rose again so I could be in Heaven with you forever someday. Thank you for making me a part of your family. In Jesus' name I pray... amen.

#Source: BOOMchallenge



Anne Bergen
Organization Secretary

As the Covid pandemic has prevented WWCTU from having its next World Convention, near the end of 2022 I asked National Presidents to send me a report of what has been happening with WCTU in their country. I was pleased to receive reports from the Philippines, Japan, Fiji, Australia, New Zealand, USA, Tanzania, and Finland, and information about work in Paraguay in which Korea has been involved.

If you haven't sent a report for your country I would be pleased to receive it. Here are some of their highlights.

JAPAN The picture (right) shows JWCTU members at their annual convention in 2022. They have been celebrating their first President with a book about her life, "Living in God's love and forgiveness, Kajiko

Yajima 1960", as well as making a movie released in January 2022, and a bookmark

featuring her. In 2022 they worked with ASK, a Japanese non-profit corporation to prevent alcohol and other addiction related problems. The Executive meets weekly for prayer.



The Philippines

The Philippine Woman's Christian Temperance Union Inc. celebrated 93rd Foundation Anniversary Celebration and Election of New Board members last September 30, 2022. Throughout 2021 and 2022 PWCTU held a number of webinars on aspects of the harmful effects of smoking, alcohol and drugs, with attendances of up to 200 mostly in conjunction with YWCA-Philippines.

Fiji Marica Tokalau reported, "During the last three years, it has been my privilege to be given 45 minutes every Tuesday morning from 11:45 am - 12:00 pm by the Hope Radio Station to share topics on Family in the Fijian language. From October to December 2022, I shared topics on FASD, and effects of smoking, alcohol and other drugs on pregnant women. In the month of August we covered topics on Abuse and it's effects on families and the community.

New Zealand President, Annette Paterson, wrote: “New Zealand WCTU have continued to operate under Covid restrictions with some modification to activities. AGMs have been held in gardens rather than a full Convention. Currently we have 69 members or supporters. During the past three years we have strengthened our ties with other organisations that have similar goals and purposes to us. These activities included zoom meetings, webinars, projects (FASD teacher resource), liquor licensing objections, submissions to Parliament on proposed alcohol related legislation, Say NO cannabis referendum and supporting local community groups concerned about alcohol related harm in their local area. Vape sales have increased greatly in NZ and this is a new area of concern to us.



Annette Paterson, right front, with other dignitaries at Suffrage Day celebrations, Auckland 2022.

We have published a new edition of our book “Without compromise: A Brief History of the New Zealand Women’s Christian Temperance Union”, produced regular member bulletins and held face to face meeting where possible. Our website continues to be the source of a variety of information requests.”

Tanzania Tanzania WCTU was launched quietly with help from Korean missionaries in 2015. It has focussed on prayer for their families, nation, regions and communities, asking God to touch government leaders so as to adopt positive policies and laws that can curb substance abuse and addiction that was a big problem at the time. As a result of three consecutive years (2018-2020) of concerted efforts in fighting the illicit trade” Tanzania was commended by the UN as one of only a few African countries that has succeeded in fighting drug trafficking and drug abuse.



WCTU has reached out to different schools and given presentations, teachings and motivational speeches to students and prayed for them. Most of them signed the Freedom From Alcohol and Drugs Form. Information leaflets were translated into the local language and given to young people in churches, youth groups and on buses. The President concluded her report with: “We know prayer has been a silent weapon that accomplishes much at the throne of grace. We believe that through this ministry God is going to release many who are bound.” President, Pastor Matilda Yared Dondo

CHILDREN MATTER

RIGHT TO A DRUG-FREE CHILDHOOD

INTERNATIONAL FORUM

16-18 Nov 2022
Trivandrum Kerala India

It has been my privilege to attend the “Right to a Drug free childhood society’s” children matter” conference in Trivandrum Kerala India. This conference was sponsored by UNODC (United Nations office of Drugs and Crime) and the World Federation Against Drugs (WFAD) hosted by Fourth Wave foundation of Kerala India. They had invited Margaret as World President of WCTU but she asked me if I would attend and observe the proceedings and future policies so I agreed. It was great to see what likeminded societies are doing to create, ignite, empower and educate people for this movement for a drug free society whilst mobilizing the teens and every stake holder in society. It was amazing to see their work pattern. Of course these are not Christian-run organizations but they are talking about the Social, Economic and physical damage drug and alcohol are causing all around us. All over the world there is a lot of attention and support from various sector of the society being given to this initiative.

So here we W.C.T.U. members can learn a few things from them –

- (1) Youth and children are here “today”. Their thinking, their discussion choices impact our world “today”. So harness their power, zeal, enthusiasm and creativity. They are very knowledgeable.
- (2) We need to work together with other likeminded groups where we don’t need to compromise our Christian values.
- (3) We need to create a network of capability builders such as parents, teachers, police, perhaps some corporate societies or famous actor/actress, players or banks who are concerned about this growing problem.
- (4) Everyone in the world organization knows the truth that alcohol is the gateway to other substance abuse. It cannot be ignored that alcohol this is a legal drug and easily available, it is commonly shown on many movies as the life style of “all”. This normalization makes these things invisible in society. Many companies are doing this with cannabis in fruit juice. make up articles, candies and other common things used by children!! They are trying to get our children addicted to this substance at their earliest age. Are we taking any action to stop them?!!
- (5) We need to make our voice heard - not just a few elderly members of our

organization but with each concerned member of the group. We have every reason to say that surely this massive movement will bring about change!

- (6) The youth and children are living in a society where it is mostly common for both parents to be working so that they don't have quality creative time to mould their children. This situation has drawn them to a digital world and a substance use world as an easy prey - we need to find the "Catalyst youth" who have love, passion, energy etc. to bring change and make a better tomorrow. These youth need to be trained in sports, music, art and drama etc. after school. So we can ask the Government authorities and schools to give us their existing play ground or empty ground to create a positive alternative choice for our youth and children. Our group has encouraged the children this way and it is very effective, So don't be silent - speak with a loud voice that will be heard.
- (7) There are many abbreviated words used to communicate the message to the children and youth alike.

Venda in kamada leguage means No to Drugs.

SAFETY – Substance Free Environment for Teen and Youth.

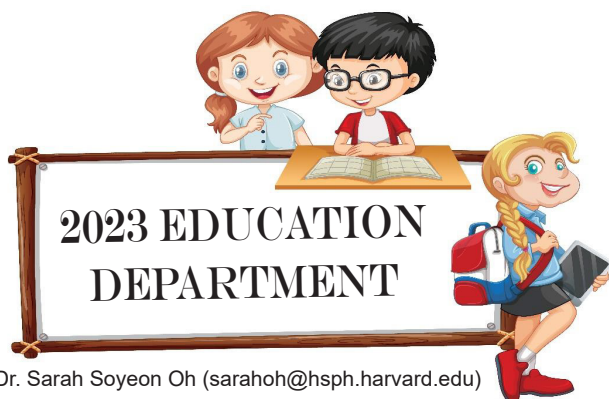
STOP - Substance Abuse Teenage Option Pursuit.

Tender love - Teenage Eager to neutralize Drugs & Encouraged to be Loving/ Awesome/ Vigilant/ Encourager.

These signs connect with children and youth for the single purpose of fighting the use of drugs, alcohol and tobacco.

- (8) Training problem solving people closes the gap, terminology language of youth and teen creates awareness. Treatment of awareness giving different choices. Awareness prepares them better to face the situation.
- (9) Target all religious worship place like Church, Temple, Mosque, Gurudwara etc. along with writers clubs elderly clubs, sports clubs, Gym etc to link hands with you in this fight - after all drugs and alcohol are destroying their people and family too.
- (10) The whole Community, State, health department, families, hospitals, police need to be involve because it's a social problem poisoning and killing our people making them slaves to addiction and the resulting destruction. We can never achieve the right outcome if we don't involve everyone concerned.

So we need to get involve resolving it at the root core level and bring about the emergence of our own new team of catalyst youth, well equipped through our training and their modern thinking so they can reach the youth and children. They will listen to them rather than to us as the generation gap after post pandemic and digitalization of the world has widened drastically. We don't have teenagers now as they have become "screen agers". Very much bypassing us. Our job is to guide them in the right direction and harness their power for "good" in a positive way - otherwise the drug society will enslave them and keep gaining power while making more money. That would be the doom's day - we must all act now! Be bold and diligent with renewed passion and new strategies.



Dr. Sarah Soyeon Oh (sarahoh@hsph.harvard.edu)

As seen in our five-year action plan from 2022-2026, the World Women's Christian Temperance Union's mission is to promote and advance for temperance, which includes the promotion of health and the protection of human rights, especially for women and children. Our action plan revolves around six core areas of focus, including promotion of healthy lifestyles, advocacy for women and children's rights, campaigning against drug abuse and trafficking, environmental protection, promotion of peace, and improving organizational capacity. The Education Department makes the facts about such issues known to everyone and offers contests to further this effort. Thus, all member countries should focus on the following four goals:

1. Start by promoting and protecting your own health and the health of those around you, by making well-informed choices.
 2. Raise awareness in your community about the importance of good health, healthy lifestyles as well as people's right to quality health care services.
 3. Take action through schools, clubs, teams and organizations to promote better health for all, especially for the most vulnerable such as women and children.
 4. Hold your government, local leaders and other decision makers accountable to their commitments to improve people's access to health and health care.
- See wwctu.org

Alcohol and Our Brain

Alcohol is the most used psychoactive substance worldwide, with an estimated 2 billion people consuming it annually. According to the World Health Organization, alcohol use is a causal factor in more than 200 disease and injury conditions, including mental and behavioral disorders such as alcohol use disorders, depression, and anxiety. In the United States, alcohol use disorder (AUD) affects about 14.5 million adults, or 5.8% of the population, according to the National Survey on Drug Use and Health (NSDUH) in 2019.

Alcohol can affect the brain in several ways, depending on the amount consumed and the frequency of use. Here are some ways that alcohol affects the brain:

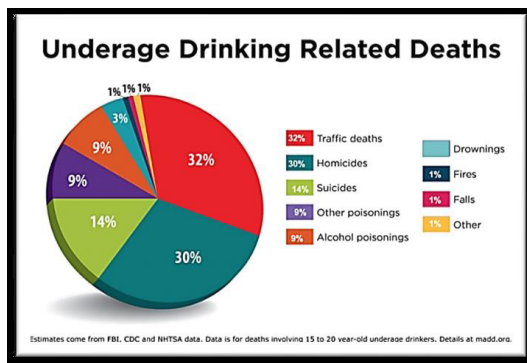
1. Impairs cognitive function: Alcohol can impair cognitive function, affecting a person's ability to think clearly, make good decisions, and perform tasks that require concentration and coordination.

2. Affects neurotransmitters: Alcohol affects the levels of various neurotransmitters in the brain, including dopamine, GABA, and serotonin, which can affect mood, behavior, and motivation.
3. Causes memory loss: Heavy drinking over a long period of time can cause memory loss, as it can damage the hippocampus, the part of the brain responsible for memory formation.
4. Can lead to addiction: Regular heavy drinking can lead to addiction, as the brain becomes dependent on the chemical changes that alcohol produces.
5. Causes changes in brain structure: Chronic alcohol abuse can cause changes in the brain's structure, such as shrinkage of the brain tissue and enlargement of the brain's ventricles.
6. Can cause mood disorders: Heavy drinking can also lead to mood disorders such as depression and anxiety, as it affects the balance of neurotransmitters in the brain.

Alcohol can affect the developing brain of youth more than adults, as the brain undergoes significant changes during adolescence and young adulthood.

Here are some facts and statistics on how alcohol affects the brains of youth:

1. Youth who drink heavily are at increased risk for a range of negative health outcomes, including alcohol use disorder, car crashes, and injuries, according to the Centers for Disease Control and Prevention (CDC).
2. According to the National Institute on Alcohol Abuse and Alcoholism (NIAAA), youth who start drinking before the age of 15 are five times more likely to develop alcohol use disorder than those who start drinking at age 21 or older.
3. Adolescents who drink heavily are at increased risk for cognitive impairment, memory problems, and reduced academic performance, according to the American Psychological Association.
4. Alcohol can affect the developing brain in a number of ways, including impairing brain development, affecting neurotransmitter systems, and altering the brain's structure and function.
5. According to a study published in the Journal of Studies on Alcohol and Drugs, youth who drink heavily are more likely to experience white matter damage in the brain than adults who drink heavily.
6. A study published in the journal Addiction found that youth who drink heavily are at increased risk for developing depression and anxiety disorders.
7. According to the CDC, in 2019, about 7.4 million young people between the ages of 12 and 20 reported drinking alcohol in the past month, and 4.3 million reported binge drinking (consuming five or more drinks on one occasion).



Source: Hilton Foundation

8. The odds of developing alcohol use disorder increase with the frequency and quantity of alcohol consumed, according to the NIAAA.

Fetal Alcohol Spectrum Disorders

Fetal Alcohol Spectrum Disorders (FASD) is a group of conditions that can occur in a person whose mother drank alcohol during pregnancy. These conditions can cause a range of physical, cognitive, and behavioral problems, and can have lifelong impacts. Here are some facts and statistics about FASD: 1. FASD is the leading known cause of intellectual disability and neurodevelopmental disorders that are entirely preventable.

2. According to the Centers for Disease Control and Prevention (CDC), it is estimated that 1 in 20 children in the United States has been exposed to alcohol during pregnancy, and may have FASD.

3. The prevalence of FASD varies depending on the population studied and the diagnostic criteria used, but estimates suggest that FASD affects between 1 and 5 percent of the general population.

4. FASD can cause a range of physical and developmental problems, including facial abnormalities, growth deficiencies, and cognitive and behavioral impairments.

5. People with FASD may have difficulty with memory, attention, judgment, and decision-making, and may struggle with learning, social skills, and communication.

6. FASD is a lifelong condition, and people with FASD may require ongoing support and accommodations to manage their symptoms and live full and productive lives.

The prevalence of FAS in the general population is estimated to be between 1 and 5 per 1,000 live births. The prevalence of FAS is higher in certain populations, such as Native Americans, where rates may be as high as 5-9 per 1,000 live births. The prevalence of FAS in the general population is estimated to be between 1 and 5 per 1,000 live births. The prevalence of FAS is higher in certain populations, such as Native Americans, where rates may be as high as 5-9 per 1,000 live births.

FAS can cause a range of secondary disabilities, including learning and behavioral problems, attention deficits, and physical abnormalities. Individuals with FAS are at increased risk for mental health problems, including depression, anxiety, and substance abuse. FAS can also lead to problems with socialization, communication, and daily living skills.

Individuals with FAS often face significant challenges in their lives, including difficulty with learning, socialization, and employment. Many individuals with FAS require ongoing support and services to manage their disabilities and achieve their goals. FAS can have a significant impact on families, who may face challenges in providing care and support to their affected child.

- The lifetime cost of caring for an individual with FAS can be significant, with estimates ranging from \$2 million to \$4 million per individual.
- These costs include medical care, education and vocational services, and ongoing support for the individual and their family.
- Early intervention and treatment can help to minimize the impact of FAS and reduce long-term costs.

Christian Outreach

Anna Mari Laine

As we go towards Easter 2023, let us take these words: THESE THREE REMAIN♥♥♥

The Apostle Paul gets right to the heart of the matter in 1 Corinthians 13, the chapter commonly referred to as the chapter on love. It's likely that even those who aren't followers of Jesus are familiar with this passage. After describing the word love in detail and even sharing about spiritual gifts like prophecy and tongues, he finishes off the chapter by saying that "three things will last forever—faith, hope, and love."

Before we go any further into this Plan, let's define those words.

FAITH:

confidence or trust in a person or thing; belief that isn't based on proof.

HOPE:

to want something to happen or be true.

LOVE:

to have love or affection for another person or object.

After reading those, they probably resonate with you. But as followers of Jesus, we can go deeper into these words, beyond what is defined in a dictionary written by people. We can seek to really understand their meanings found in God's Word, so that we can display them in our lives.

In 1 Thessalonians 1:3 NIV,

we learn an incredible truth about faith, hope, and love.

Paul said this about the believers in Thessalonica: their work was "produced by faith," their labor was "prompted by love,"

and their endurance

"inspired by hope."

It was their faith that motivated them to action, their love that drove them to serve others, and their hope that helped them to endure.

You see, faith, hope, and love are the catalysts to work, labor, and endurance. The things that we can't see often produce the things that we can see.

There will be times in our lives where our faith, hope, and love have declined, and because we don't feel them, it often keeps us from taking action. If we want to make sure that we walk in faith, act in love, and endure in hope, we'll need to dive into each word.

Let's aim to understand what faith, hope, and love each mean, and how we can—and should—exercise these traits in the world we live in.

It's one thing to know what faith, hope, and love are, and an entirely different thing to express them.

We have to take what we know and actually begin to live it out. As we learn and apply these truths, we'll become a better version of ourselves and the person God is calling us to be. And we'll see our little slice of the world change as well.



www.wfad.se

GENDER-SPECIFIC TREATMENT & RECOVERY

Infographic

Substance use has been subjected to gender differences historically. As the gender gap continues to narrow and more [adolescent] women use substances, gender differences are of necessity to include. Research has already showcased that women face different substance use patterns, triggers, and co-occurring disorders. However, at the same time, they face more barriers, stigma, and a lack of understanding and appropriate services when it comes to treatment to embark on the road of recovery. These barriers and stigma have to be reduced among society and professionals through awareness-raising and research to improve understanding and services. The statements below summarize and highlight the above-mentioned need while the way forward provides further steps to improve treatment and recovery services.

WOMEN FACE UNIQUE ISSUES REGARDING SUBSTANCE USE, WHICH ARE PARTLY INFLUENCED BY SEX (DIFFERENCES BASED ON BIOLOGY) & GENDER (DIFFERENCES BASED ON CULTURALLY DEFINED ROLES FOR MEN & WOMEN)

Women face different triggers to initiate substance use, such as mental health issues, economic deprivation, and trauma connected to physical or psychological abuse.

WOMEN HAVE DIFFERENT SUBSTANCE USE PATTERNS THAN MEN AND FACE UNIQUE OBSTACLES TO ACCESS EFFECTIVE TREATMENT

While women typically begin using substances later than men, women tend to accelerate their consumption rate more rapidly upon initiation

WOMEN FACE UNIQUE OBSTACLES TO ACCESS EFFECTIVE TREATMENT

They face double stigmatisation, fear the risk of losing custody of their children, cannot access sensitised treatment, etc.

MOST TREATMENT SERVICES ARE CATERED TO MEET THE NEEDS OF MEN & ARE, THEREFORE, LESS LIKELY TO BE EFFECTIVE DUE TO THE LACK OF GENDER-SENSITIVE & GENDER-DISAGGREGATED EVALUATION

To increase effectiveness, treatment services need to acknowledge the barriers, stigma, normative expectations, etc. women face, including the high prevalence of violence and other types of abuse, and ensure trauma-informed and gender-sensitive interventions

GENDER-BASED VIOLENCE IS REPORTEDLY HIGHER AMONG WOMEN WHO USE DRUGS, WHICH IS NOT ONLY PERPETRATED BY FAMILY MEMBERS BUT ALSO BY SERVICE PROVIDERS, ACQUAINTANCES, & OTHER ROLE-PLAYERS WITHIN SOCIETIES

Substance use can become a coping mechanism for women to face gender-based violence. Simultaneously, while in treatment, they can still be at risk. This fear can disrupt their journey of recovery

REHABILITATION, TOGETHER WITH THE WHOLE TREATMENT PROCESS, AIMS TO LET PEOPLE RETURN TO PRODUCTIVE FUNCTIONING IN THE FAMILY, WORKPLACE, & COMMUNITY

A significant part of rehabilitation, supporting the recovery phase, is aftercare services to provide long-term support and avoid relapses