



White Ribbon Bulletin

World Woman's Christian Temperance Union

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*Care, responsibility,
and hope*



We need you.....

Editor's greeting and inspirational from Latvia!

With all its sham, drudgery, and broken dreams, it is still a beautiful world.
Be cheerful. Strive to be happy.

Max Ehrmann



Please circulate this White Ribbon Bulletin digital edition and be blessed! Enjoy the greeting from Latvia.

We in the WWCTU 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. Always remember "If you want to go fast, go alone, but if you want to go far, go together." Being UNITED by faith in God against the evils such as alcohol and other drug consumption is our greatest strength along with fellowship and good leadership.

Many of our faithful members are close to the gates of heaven. We must do all we can to honor their example by recruiting new members, as reported in Dr. Jung Joo's article on p. 4-5

Happy New Year one and all! Wishing you a year of strength and hope in the midst of challenges, creating cherished moments whilst fulfilling your dreams. 🎉🙏



Margaret,
Editor



Dear WWCTU Sisters all around the world,

On behalf of Latvia, I send you my warmest greetings and heartfelt gratitude.

Thank you for your faithfulness, your courage, and your quiet but powerful service in times that are not easy for many of us. **We live in a world marked by uncertainty, conflict, addictions, violence, and loneliness** — and yet, through World Woman's Christian Temperance Organization, **we continue to choose care, responsibility, and hope.**

Your work reminds us that temperance is not only about abstinence, but about care for life, dignity, relationships, and community. It is about standing with women, children, and families — especially where suffering is greatest.

From Latvia, I send you strength, solidarity, and prayers. May we continue to find ways to stay connected, to listen to one another, and to walk this path together — even across distances and time zones.

May God bless your work, your families, and your communities.

May He renew our strength and keep our hearts open to one another.

With sisterly love and WWCTU bonds,

Madara Lapsa
Latvia
WWCTU Representative



President's New Year Greeting

It is my great privilege and honor to greet you all as we step into this New Year. With each passing year, I am reminded of the beautiful promise in Scripture where our God declares, "Look, I am making everything new." It is by His amazing grace that He came down from heaven to earth—He who is the King of all—humbling Himself because of His deep love for us, to restore us into His own image. In His mercy, He exchanges our ashes of sin and sorrow for beauty, joy, and glorious abundance.



Dr. Mrs. Sheela Lall
WCTU World President
sheelalall@midindia.com

For the year 2026, my verse of hope and joy is Isaiah 61:3, which says: "To give them beauty for ashes, the oil of joy for mourning, the garment of praise for the spirit of heaviness."

The imagery of this verse is both powerful and vivid. Ashes represent deep grief, loss, and the residue of destruction. Yet God promises to replace those ashes with beauty—a crown, a garland, a diadem of splendor. This assures us that God does not merely clean up the messes of our lives, or the lives of those suffering rejection, abuse, or loneliness. Instead, He transforms the very remnants of our deepest pain into something magnificent and ornamental.

He takes our mourning, which weighs down the soul, and anoints us with the oil of joy—a symbol of healing, celebration, and restoration. This divine exchange reveals God's heart for renewal: turning devastation into His divine decoration, grief into gladness, and heaviness into praise. When we consciously choose to put on the garment of praise, we experience God's goodness and power even before circumstances change. By fixing our eyes on Him and His faithfulness, we can be assured that our labor in the Lord is never in vain.

I am delighted to share that God is renewing the W.C.T.U. and doing wonderful things among us. We have received encouraging reports from countries from which we had not heard for many years, and yet the work has continued faithfully. New unions have been established in several nations, led by enthusiastic and committed new leaders. Truly, God is at work, and you are not alone.

Dear sisters, let Him turn your ashes into His work of beauty. Do not be discouraged. God is on our side, and together, in His strength, we will overcome and win this battle.

God bless you all.



Noontide prayer
Around the world, someone is always praying



*Mrs. Kwi Ok Yeu attended World Conventions with her daughters 1980 to 1998.



How to Win the Crown of Life in the Race of Faith

Dr. Jung Joo Kim, Field Worker, WWCTU, Jan. 20, 2026

In 1 Corinthians 9:25, Paul says, *“Everyone who competes in the games goes into strict training. They do it to get a crown that will not last, but we do it to get a crown that will last forever.”* “Go into strict training” is in Greek “enkrateuomai”, meaning “to be temperate.” As Paul exhorts, let us run the race of faith, being temperate in all things to get the crown of eternal life, in our commitment to the temperance movement in 21st century,

Miss Frances Willard, the founder of the World Woman’s Christian Temperance Union in 1883, had ears to hear women’s cry for help in the midst of domestic violence caused by alcohol abuse. Even today, urgent calls of those suffering from drug abuse we need to hear. Dr. Bertha Madras, the main speaker at the 42nd World Convention of the WWCTU in 2025, declared in her conclusion. ***The best Solution for the Problem of Addiction is Prevention.*** Her statement is very familiar, since the temperance message from its beginning to the present has always stressed that prevention is the best solution to the problem of addiction. Therefore, let us persevere with confidence in the temperance work, informing the public of the harm of narcotic drugs diligently, especially educating the young generations whether in school, in church, or in military services, how to say no to the temptation of fatal narcotic drugs such as fentanyl, alcohol, and nicotine.

I would like to share with you the life of Mrs. Kwi Ok Yeu, as an exemplar model to imitate in the temperance movement. She served as the 11th president of the KWCTU, who joined in the KWCTU in 1952 during the Korean War, to reach out to those in dire need due to the war. Since then, all her life, she dedicated to the temperance work, helping orphans and widows. She built the KWCTU Hall in 1969 in much spiritual warfare. She prayed without ceasing, “Dear Lord, bless all the young people in Korea to believe in Jesus Christ as Lord and live free from addiction. May you thus bless the prisons in Korea to become empty and fly a white flag with no more prisoner. I would die gladly for it.” At daily family worship time and her noontide prayer, she prayed diligently **“for God, for Home, and for Every Land.”** She lived very frugally, witnessing to Christ, leading many to faith, and reviving the temperance movement. She loved God and the neighbors, laying down her own life. Being always filled with the Holy Spirit, she sang solo at the church choir for 20 years, as a high lyric soprano. Her children thank the Lord for giving them such a godly mother (Proverbs 31:30-31). Since 1980, she attended the World Convention with Korean delegates, with her two daughters, training them to grow as temperance workers.

How to win the Crown of life in the race of faith

Let us always remember that the Lord of the temperance movement is God the Trinity. Our God has called us to the task of the temperance movement for the sanctification of the Body of Christ. Therefore, let us study the Bible with diligence, so to worship God in spirit and in truth. The temperance movement is the movement of the Holy Spirit, to witness to the gospel of Jesus Christ, which manifests the love of God for the salvation of each soul. Hence evangelism should be at the core of the temperance movement. Let us bring each soul to worship Jesus Christ as Lord in obedience of faith.

Now, we must ask what the cause of the problem of drug abuse is so prevailing worldwide as in the past and so today? We see that when church kneels before wrong ideologies such as Gender Ideology, another form of neo-Marxism, the world becomes dark and void. It is truly pitiful to witness many young people, walking like zombies, addicted to fentanyl. The global phenomena of fentanyl abuse call for us to be alert. KWCTU put much effort to plant new temperance unions wherever we find competent missionaries to participate in sharing the temperance message in the mission field.

Paul answers to our question clearly that sin is the essential cause of the problem of humankind and that the only remedy for sin is the redemption in Jesus Christ. Let us pray sincerely that our Lord send His Spirit as he promised (Luke 11:13), to all who ask him, to hear and believe in the good news of salvation in Christ. Let us share the Gospel with zeal that we will be justified alone by faith in Jesus Christ, who set us free from the power of sin and death through His death on the cross and His resurrection from the dead, as clearly proclaimed in Romans 3:23-25.

"23 For all have sinned and fall short of the glory of God, 24 and all are justified freely by his grace through the redemption that came by Jesus Christ. 25 God presented Christ as a sacrifice of atonement, through the shedding of his blood, to be received by faith. He did this to demonstrate his righteousness, because in his forbearance he left the sins committed beforehand unpunished—he did it to demonstrate his righteousness at the present time, so as to be just and the one who justifies those who have faith in Jesus."



Former President
Margaret Østenstad with
Military Evangelistic Leaders



Cambodia WCTU
Hun Sen Borey High School



Togo WCTU
Nehemia School

Home Protection Department

The Home Protection Department's primary objective is to strengthen Christian values in the family. Through the WCTU program, nursery and preschool children are educated for a drug-free life from an early age.



Goal: To create a Little White Ribbon Army, encourage non-alcoholic drinks in the family and promote internet safety for children.

Basic Projects:

- (1) Form a Little White Ribbon Army (children below 6 years) along with their parents and grandparents and make them understand the importance of a drug-free life.
- (2) Share or teach recipes for non-alcoholic drinks.
- (3) Organize cooking seminars or cookery shows, recipe sharing activities etc.
- (4) Make them aware of the harmful effects of gambling and obscene pictures and films and their impact on the family
- (5) Organize programmes on Mother's Day, Women's Day and discuss "Inner Beauty of Women". (6) Make and collect FAS materials, share them with people, invite mothers, and create displays. (7) Organize a Parental Fair and provide information about FAS.
- (8) Make a white blanket for children, put baby clothes and other baby essentials in it, and distribute them or give them to those who have had a baby. Attach a white bow (the symbol of the WCTU).
- (9) Collect some old and unused clothes and distribute them among the needy.
- (10) Consider what we are leaving behind for our next generation. Teach about a clean environment, safe drinking water, Christian values, good habits, and conservation of natural resources. Work towards a sustainable future.

Alcohol is a very effective dissolving agent.

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

Rev Dr Bhavana Arthur
Home Protection Department
Director, WWCTU



A Prayer for Hope in 2026

Dear Lord God, heavenly Father

Thank you for helping us to make it through these difficult times.

Thank you that you've carried us through the uncertainty of deep waters, through the flames of trials, and through the pain of hard losses. We are constantly aware of how much we need you; your grace, your strength, your power working through even the toughest days.

Help us to keep our focus first on you.

Thank you that your power is made perfect in our weakness.

Help us to remember that the gift of Christ, Immanuel, is our greatest treasure, not just at Christmas, but the whole year through. Fill us with your joy and the peace of your Spirit. Direct our hearts and minds towards you. Thank you for your reminder that both in seasons of celebration and in seasons of brokenness, you're still with us. You never leave us. Thank you for your daily powerful Presence in our lives, that we can be assured your heart is for us, your eyes are over us, and your ears are open to our prayers. Thank you that you surround us with favor as well as with a shield, and we are safe in your care. Thank you for preserving our much-needed organization despite many trials and adversity.

We choose to press close into you today, and keep you first in our hearts and lives. Without you we would surely fail, but with you, there is great hope.

Thank you for your healing power, thank you for bringing us into the new year ahead. Bless our plans, dear Lord, as we prepare to grow in newness and grace. We look forward to all that You still have in store for us. In Jesus' name, Amen.

— *Billy Graham*

I am the light
that has come
into the world so
that everyone
who believes in me
will not live in the dark.
— Jesus
from John 12:46



News from around the World



*Joy Marie Butler,
World Organization Secretary
pres.wctuaustralia@gmail.com*

News from Sri Lanka and Colombo

The world president, Doctor Sheela Lall, recently visited Sri Lanka and Colombo and shares good news. There is now a new union in Kandy, Sri Lanka. She met with Pastor Lennie and his wife Ranjitham Annaraj. Pastor Lennie is a well-known Protestant Christian church leader. He started a church there which is now growing and has a membership of 1200 people and 24 Pastors. Ranjitham is teaching women to be leaders of women and children and encouraging them to lead their families according to the word of God. Although she had not heard of WCTU she was very enthusiastic and wants to join and start a WCTU union. Praise God!

In Colombo she found that a church service

was going on in the conference hall of the hotel. It was called "One Church Assembly of God". She talked to two Sunday school teachers who showed much interest but said in order to join WCTU or start a union they will need their senior Pastor's approval! Sheela shared her contact details and hopes and prays to hear from them soon. Please pray for Jerusha and Nandee.



President Sheela and Ranjitham

Papua/New Guinea

Beatrice Kemo has long been a supporter and leader of WCTU in her country in the Pacific, lying to the north of Australia. This land is often called 'the land of the unexpected' and this is indeed so. One never knows how anything will turn out or what will happen next. Beatrice is a solid supporter and believer in Jesus and the temperance message. She recently attended the World WCTU convention in Chicago where she met other members of the WCTU and was inspired and encouraged to go home and stir up her colleagues. She said she was about to give up but now she is again on fire for God.

She and her supporter, Tau Mea, have spoken on radio stations, at churches, at community women's groups and are growing the WCTU again. They had been targeting women with the temperance messages but are now targeting young families and finding this a good approach.

The people in the Pacific Islands love acting and this method has proven to be helpful where Beatrice has invited students to act in small dramas where they pretend to be drunk. This has been a great ice-breaker to get the youth involved.



Joy Butler and Beatrice Kemo.

Be encouraged!

News from Cambodia

The leader of WCTU in Cambodia writes to share good news with the world WCTU. Mihae Lee considered it a great privilege to attend the World Convention last August in Chicago and she was inspired by the vision and dedication shared there.

Sad to say the Cambodian schools had a long vacation for almost three months due to the war against Thailand but in early in November, the schools opened again.

Towards the end of November five members of WCTU visited Chea Sim Samaki high school. One hundred and seventy students attended and a temperance lecture was delivered.

We continue to pray for the work in Cambodia.



Western Australia

Three sisters, Suzanne, Jayne and Karen, have become enthusiastic and committed WCTU leaders in Australia. Jayne, who lives in Western Australia, is reuniting the dwindling but faithful members in the biggest state in Australia.

Jayne says "WCTU may be a remnant of what was, but in the end it's always a unified remnant that will bring change for the majority. WCTU WA is re-digging the wells of yesteryear to face the many giants that need to come down in our society today."

Jayne tells the story of Margaret Martin, the president and leader of WCTU in Western Australia for twenty-two years. She, with the WCTU she led, demonstrated and rallied against the proposed construction of a casino on the top of a mountain. They succeeded and a museum is now there.

Margaret said at the time "We work to protect the home and the family. The WCTU encourages Christians to stand up and be counted, especially on social issues."

Doors have been opened for WCTU again and educational materials are being distributed in churches, youth groups and regional schools. Connections and relationships are being formed with a potential for several unions. The beginning of a new era has begun.

Pictures shows - Suzanne, Jayne, Karen



Young people are particularly vulnerable to harm from alcohol because their brains and bodies are still developing. The brain goes through important changes during puberty, and continues to develop until around age 25,¹ making it more sensitive to damage from alcohol.

Alcohol can harm the developing brain

Alcohol affects a young person's brain differently to the adult brain. Exposure to alcohol while the brain is still developing can lead to long-term emotional problems and difficulty with learning, planning and memory.

This can ultimately limit a young person's ability to reach their full potential, including at school, study, or work. Some areas are particularly sensitive to the effects of alcohol.

The Australian Alcohol Guidelines recommend that children and people under 18 should not drink alcohol to reduce the risk of injury and other harms to health.



How does alcohol affect the developing brain?

- **Decision making, impulse control and personality.**
- Alcohol slows down the brain and makes it harder to make good decisions, concentrate, and control impulses.
- **Memory, learning, emotional regulation**
- Young people are more likely to have memory blackouts, where they can't remember what happened while they were drinking.
- **Movement, balance, coordination**

This is why accidents and injury are common when young people drink alcohol.

Mental health harm

Alcohol use, especially at a young age, increases the risk of experiencing mental health issues, including depression and anxiety.⁷ For people who experience mental health issues, drinking alcohol can make symptoms worse.

Alcohol can also interact with over the counter and prescription medication, including anti-depressants.



Risky drinking and harm in adulthood

Young people who start drinking alcohol at an early age are more likely to have problems with alcohol later in life, such as binge drinking and becoming dependent on alcohol. The later teens delay their first alcoholic drink, the less likely they will drink alcohol regularly⁹ and the less likely they will experience issues with alcohol as an adult.¹⁰ Even in adulthood, regularly drinking alcohol (even at low levels) causes damage to the body and can lead to serious diseases, including cancer and stroke.

Risk of illness, accident and injury

Young people are still developing skills to make good decisions and their brains do not assess risks in the same way that adult brains do.

Adding alcohol to the mix can further increase behaviours that can end in harm like:

- Vomiting, alcohol poisoning and blackouts.
- Injury, including assaults, falls and road traffic crashes.
- Unwanted or unsafe sex.
- Behaving in a way they otherwise wouldn't, potentially damaging their reputation.

Source: alcoholicthinkagain.com.au

PARENTS PLEASE SHARE WITH YOUR CHILDREN!

Greetings, young ones!

Life is an adventure, and the best way to enjoy every jump, slide, and game is by keeping our bodies healthy and joyful.

This is the heart of "Stay Strong, Stay Free" — choosing health, courage, and friendship over anything that could hold us back.

David versus Goliath: A Real-Life Super Story

Do you remember the story of David and Goliath?

A giant warrior tried to scare an entire army, but young David did not run away. David trusted in his abilities, and even though he was just a small boy, he knew that his mighty God was with him. With God's strength, he was not afraid of any giant, no matter how powerful it seemed.

David believed in his skills, especially his ability with a sling, and in the support of those around him. He faced the giant with courage — and he won.



What does this mean for us?

You are David.

Even when something feels big and frightening — like drugs or alcohol — you have the strength to say "No."

Your sling is knowledge.

Understanding how these substances can harm your body gives you a powerful advantage.

Your team is your support system.

Family, teachers, and friends are there to support you, just like David's army stood behind him.

By choosing a life free from drugs, you become a modern-day David. You stay strong, you stay free, and you can overcome any giant in your path.

Keep the spirit alive:

- Dream about your future — maybe you'll be a scientist, an artist, or even a superhero!
- Spend time with friends who lift you up.
- Speak up if someone offers you something strange — a trusted adult is always there to help.

So let's say it loud and proud:

"Stay strong, stay free —

I'm drug-free, and I'm proud of me!"

Dr. Vandna Charan
Department Director
Children Department, WWCTU



Young people! They are our future.

STAY STRONG, STAY FREE

LIFE

AT

ITS

BEST =



**NO
DRUGS!**

Social Service Department 2026



Sue Langberg
Social Services Department
WWCTU

Social Service aims to promote the welfare of others.

"The Social Service 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".

The Social Service Department can truly be the hands and feet of Jesus in touching our communities whether in a larger vision or something small. In Zechariah 4:10 "Do not despise these small beginnings, for the Lord rejoices to see the work begin."

We live in a rapidly changing world and we're noticing isolation growing at substantial rates and many factors can contribute. One area we have never seen before is the rise of "Digital Isolation". We are watching this more with a younger generation as smartphones are increasingly being linked to feelings of social isolation and loneliness.

The connection between social isolation and substance abuse is well-documented. Research shows that loneliness and lack of social contact can increase the likelihood of developing substance use disorders (SUDs). Many individuals turn to drugs and alcohol as coping mechanisms to manage feelings of loneliness, seeking temporary relief or a sense of security.

Many young women and women with children can feel very isolated and they may benefit from just an invitation to a simple fellowship.

An example of my own experience is just preparing a table, a small fellowship for women I called

'Love in tea cup'. I gathered anything from 2- 4 women together, I set out my pretty teacups, a sweet table cloth, a bunch of flowers and finally some homemade cake .

I wanted to portray to my guests God's love and that they were honored at my table.



It was amazing how the Lord worked through that fellowship, especially wonderful comments by women saying how special and loved they felt. Something so simple as sharing God's love with food can have lasting impact in people's lives.

To move to a slightly larger scale with food and community is the importance of self-sufficiency with Food and Sustainable Living whilst building community.

When we think of food many things come to mind as we of course need food for nourishment and survival . Food acts as a social connector, a cultural touchstone, and a vital component in building community - from family dinners to community potlucks.

We are seeing unprecedented numbers of families struggling with the cost of living and really finding it very difficult to supply any form of nutritious food for their families but some teaching on self-sufficiency can increase resilience, improve health and well-being, and reduce environmental impact could be a great service.

Promoting the Welfare of others

Growing some of your food

We can teach basic knowledge of gardening ,soils, seeds, the containers we can grow plants in, plus about the environmental needs as well. Yes, in some places there are community gardens but I believe it's good to empower the individual.

It is also good to teach nutrition when people are trying to '*budget on a shoestring*'. The older generation I'm sure have many Tips and advice on resourcefulness, recipes, etc. that could be taught and shared.

Teaching budget-friendly cooking skills is invaluable. This could be with young mums and even young people can take these lessons home, helping their families maximize their budgets while preparing healthy meals.

These are only a few 'ideas'. When I look back at our history the WCTU played a major part in food education over the years.

Some of these areas indeed can build community in which at times food could be shared and community meals relieve isolation. We know that even some daily ritual of shared meals are so powerful. Consider the simple act of a family dinner. In a world where schedules are hectic and distractions abound, the dinner table can become a sacred space for connection.

This daily ritual not only strengthens family and friendship bonds but also teaches children valuable social skills, such as listening, empathy, and communication.

Moreover, shared meals provide an opportunity to pass down cultural traditions and family recipes, keeping heritage alive and fostering a sense of identity. Food is not just sustenance; it's a social and cultural fabric that binds people together, offering a sense of belonging and shared identity.

Food and fellowship are central themes in the Bible, emphasizing the importance of community, hospitality and gratitude.

Matthew 14:19-20.

"And he directed the people to sit down on the grass, Taking the five loaves and the two fish and looking to heaven , he gave thanks and broke the loaves. The he gave them to the disciples, and the disciples gave them to the people."

This article represents a brief account of some thoughts on food and community, and every country SSD will look different but that is the beauty of how the

Lord can work.

Let us believe the word of God that says:

Psalm 90: 17.

"Let the favour of the Lord our God be upon us, and establish the work of our hands upon us; yes, establish the work of our hands!"





**A world of uncertainty,
conflict, addictions,
violence, and loneliness.**

.....We need each other!

Contact: pres.wctuaustralia@gmail.com - Joy Butler

