



White Ribbon Bulletin

World's Woman's Christian Temperance Union

Volume 119 • Number 2

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Drinking Whilst Pregnant Can Push the 'Addiction' Button Early



Preface

In 1898 Lady Henry Somerset said: "May God grant that we may carry on our work in that spirit of unity which means that we are always ready to attribute the best and highest motives to each other, and that even where we may differ, we may be ready to understand that such differences are brought about not by a deflection from principle but by a different angle of vision." Already in 2017 sadly there were signs of a deflection from principle which resulted in a long legal dispute.

As I end my term as World WCTU President, I wish to document the Public Record events of the last seven years for history purposes and to highly commend the women who have shown strength and fortitude when actions of others threatened the NWCTU and its properties. The history of the WCTU in the United States is remarkable. Even today, it is the key to solutions because they worked in unity recognising the challenges of the day and acting on them.

I recently read this statement:

No matter how uncertain your path may look now, God has a plan for your life that goes far beyond anything you could imagine. We can be in situations in life when solutions are difficult to see but we must never lose faith and hope. God always has a plan! What seems impossible to us is possible for God, so we never give up. It is written in Jeremiah 29:11 «For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future.»

The WWCTU (World Woman's Christian Temperance Union) was founded in 1883 and is the oldest continuously existing women's organization in the world. WWCTU is unique as it is a woman's organization with men as proud support members without voting privileges. World WCTU has membership in 62 countries for which the existence of the WCTU in the United States is of vital importance. They are the anchor point which UNITES world as one body. Without them we would be individual countries drifting along without common goals and purposes. Being UNITED in temperance by faith is our greatest strength.

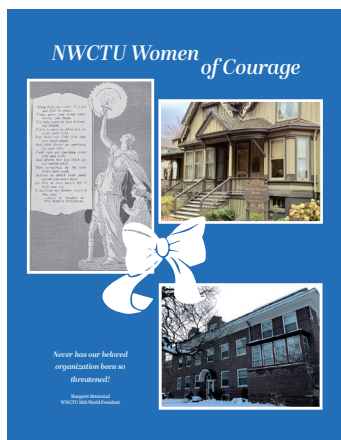
If the NWCTU had not succeeded, WWCTU would have eventually imploded and that would be a tragedy. It is only by prayer and the grace of God that the US did succeed in this long and arduous litigation, keeping its assets intact and its mission strong.

In the words of Mrs. Merry Lee Powell, today's NWCTU President, to the members - "Litigation Over" – and thankfully so!

May our beloved organization continue to be blessed in the words of World President, Frances Willard: May God allow history's judgment of our work to be 'by God's blessing, they helped make the world a better place for women and happier for all mankind.' Amen!

In White Ribbon bonds "For God, Home and Every Land"

Margaret
Margaret Østenstad
WCTU World President 2013-



President's greeting

Dear all,

Greetings from Norway! As it is important that the WCTU history is reported and recorded, with the approval of the legal team, I have secured that this has been done and preserved in the Archives in Evanston, IL.

Please read the "NWCTU Women of Courage" Preface on page 2. NWCTU's National President, Merry Lee Powell's letter to members along with litigation documents which are of Public Record are bound in a book. Thanks to the faithful prayer warriors for praying in the knowledge that all that is important to God comes from the heart.



Margaret Østenstad
WCTU World President

News from World WCTU! The World Officers will be holding a digital Board meeting on the 20th June to discuss and plan for the future of our beloved organization.

WWCTU is a voluntary drug prevention organisation. We run drug policy advocacy work, preventive measures and extensive social work for drug addicts and for children and young people. We work to make it easy to make drug-free choices, and will contribute to a safe and inclusive society.

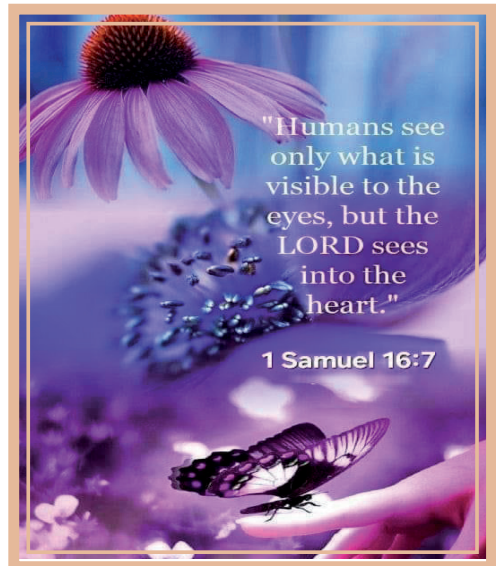
WWCTU's vision is that all people should be able to live free, rich and meaningful lives, in a world where drugs do not stand in the way of this.

A new era is coming in this work
"The spirit shall fall, set hearts on fire.
The chains are broken, prisoners are set free."

Yes, a new time is coming,
it is the time of miracles and our work
has never been more important. All our
concerns and challenges we place in the
hands of God. Amen!

Blessings, love and prayers,

Margaret



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.

Drinking Whilst Pregnant Can Push the ‘Addiction’ Button Early and Pass it On – The Gateway to Cannabis Use?

Prenatal exposure to alcohol and its impact on reward processing and substance use in adulthood ...this is the first study demonstrating that even moderate levels of alcohol drinking during pregnancy have long-lasting effects on brain function and risk of cannabis use in the offspring. Therefore, our study has critical implications for public health messaging on possible harms related to drinking during pregnancy.



Abstract: Heavy maternal alcohol drinking during pregnancy has been associated with altered neurodevelopment in the child but the effects of low-dose alcohol drinking are less clear and any potential safe level of alcohol use during pregnancy is not known. We evaluated the effects of prenatal alcohol on reward-related behavior and substance use in young adulthood and the potential sex differences therein...Maternal alcohol drinking was assessed during mid-pregnancy and pre-conception. Brain response to reward anticipation and reward feedback was measured using the Monetary Incentive Delay task and substance use in young adulthood was assessed using a self-report questionnaire. We showed that even a moderate exposure to alcohol in mid-pregnancy but not pre-conception was associated with robust effects on brain response to reward feedback (six frontal, one parietal, one temporal, and one occipital cluster) and with greater cannabis use in both men and women 30 years later. Moreover, mid-pregnancy but not pre-conception exposure to alcohol was associated with greater cannabis use in young adulthood and these effects were independent of maternal education and maternal depression during pregnancy. Further, the extent of cannabis use in the late 20 s was predicted by the brain response to reward feedback in three out of the nine prenatal alcohol-related clusters and these effects were independent of current alcohol use. Sex differences in the brain response to reward outcome emerged only during the no loss vs. loss contrast. Young adult men exposed to alcohol prenatally had significantly larger brain response to no loss vs. loss in the putamen and occipital region than women exposed to prenatal alcohol. Therefore, we conclude that even moderate exposure to alcohol prenatally has long-lasting effects on brain function during reward processing and risk of cannabis use in young adulthood.

Conclusions: Overall, our findings, based on 30 years’ worth of data on a prenatal birth cohort, suggest that even relatively moderate exposure to alcohol during pregnancy, a critical sensitive period for brain development, might alter neural reward processing in the offspring and contribute to the intergenerational transmission of risk for substance use disorders. This is the first prospective longitudinal study testing the impact of prenatal and pre-conception exposure to alcohol on brain response to reward processing and substance use in young adulthood. While a number of studies reported altered neurodevelopment and behavior in FASD, this is the first study demonstrating that even moderate levels of alcohol drinking during pregnancy have long-lasting effects on brain function and risk of cannabis use in the offspring. Therefore, our study has critical implications for public health messaging on possible harms related to drinking during pregnancy. (Sources: Translational Psychiatry (nature.com))

Young children (6-10)

Online safety advice

Early use of digital technology has been shown to improve language skills and promote children's social development and creativity. However, it's not without risks for young children. Unfortunately, they may come across inappropriate content, share personal information or begin to copy what older children do online, which might put them at risk. We'll help you to understand what you can do to give young children aged 6-10 the best experience of going online.

Checklist: Supporting 6-10-year-olds online

Agree on boundaries

Be clear what your child can and can't do online – where they can use the internet, how much time they can spend online, the sites they can visit and the type of information they can share. Agree with your child when they can have a mobile phone or tablet.

Explore together

The best way to find out what your child is doing online is to talk with them about what they do and what sites they like to visit. Ask them to show you or play online games together to learn about the platforms and teach them good e-safety habits.

Put yourself in control

Install parental controls on your home broadband and any internet-enabled devices to manage internet safety. Set up a user account for your child on the main device they use and make sure other accounts in the household are password-protected so that younger children can't access them by accident.

Use airplane mode

Use airplane mode on your devices when your child is using them so they can't make any unapproved purchases or interact with anyone online without your knowledge.

Stay involved

Encourage them to use their tech devices in a communal area like the lounge or kitchen so you can keep an eye on how they're using the internet and also share in their enjoyment.



Talk to siblings

It's also a good idea to talk to any older children about what they do online and what they show to younger children. Encourage them to be responsible and help keep their younger siblings safe.

Search safely

Use safe search engines such as Swiggle or Kids-search. You can save time by adding these to your 'Favourites'. Safe search settings can also be activated on Google and other search engines, as well as YouTube.

Check if it's suitable

The age ratings that come with games, apps, films and social networks are a good guide to whether they're suitable for your child. For example, the minimum age limit is 13 for several social media sites, including TikTok and Instagram. However, there are some social media platforms made for children which they can use safely.

Parents: Spend Less Time Removing The Mountains In Your Child's Life, And Spend More Time Teaching Them How To Climb. You Will Not Always Be There...The Mountains Will.

News from around the world!



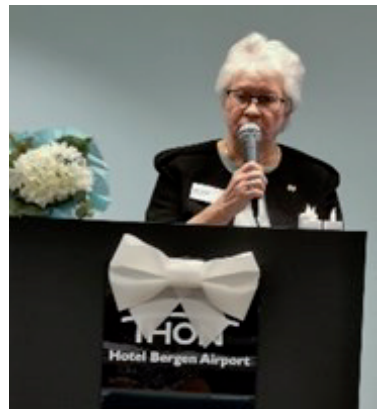
Dear WCTU friends, this year is flying by and I pray that it is a happy and productive one for you. In this WRB I will be mainly sharing reports of work in Norway and Japan. *Anne Bergen*

NORWAY WCTU

The common thread of the most recent convention held in Bergen, Norway, was that we all need God's love and grace. **W.C.T.U. in Norway** continued its regular work in 2023 with sister meetings and open meetings where they share God's Word, their experiences, and encourage each other in mission.



Convention Photos



Other activities arranged were organizing flower missions, and telephone visits. One union arranged a children's camp in Sætervika in May where 33 children attended. Knitting Stova, a low-threshold service for women in Tørvikbygd, have meetings twice a month, and both Haugesund White Ribbon and Tørvikbygd White Ribbon arrange Christmas gatherings open for all to attend. They also arrange day trips for members and integration dinners for immigrants. Several of the associations sent Christmas gifts to patients at Riisby treatment center for substance abusers. Substance abuse prevention meetings are also held for school students, and information work is done in various children's and youth associations.

Union leaders have written articles in local newspapers that highlighted their work. The day centre in Bergen is a collaborative project between White Ribbon Norway and Blue Cross. It's a big work that WCTU is involved in. The day centre is a low-threshold service, where breakfast and dinner are served, and social interaction is an important part of the work. They sing Christian songs and they hear God's Word through a devotional. Many bring a packed lunch and help to get clothes. The center has remained open throughout the pandemic. This has been particularly important for the users. Up to 500 people have stopped by every week to receive help in various ways and get good homemade food.

Other outreach activities included:

- providing financial support for a local community in Øygarden, where a well-being concert called CHRISTMAS in Hjeltefjoden Arena -23, was held with more than a thousand people and was also live broadcast.
- financial support for a Christian organization called Blue Cross in a city called Åkra in the southwest part of Norway. This place is open every day of the week. Youth and young adults learn skills in safe surroundings to upgrade their self-esteem.
- supporting a short story movie production project called "Hysj" (Hush), a powerful story about growing up in a home with substance abuse. This movie has already won several international prizes and is something that can be used in work among youths and young adults.
- White Ribbon representative, Oddrun Småbrekke. stood on a stand for 2 days and handed out various information materials and their magazine Det Hvite Bånd at a community festival in Arundel.



- Their magazine containing about 30 pages comes out 4 times a year. It is sent to every member, doctors' offices, high schools, and libraries. It is also given out for free on stands and places where they have information work. They also put the magazine on their website. They update Facebook, Instagram and their Website regularly.



- Clean Water Project - In 2023, Norway WCTU have supported a clean water project in India. The aid they gave was enough to build two new water wells in 2024.

News from around the world!

JAPAN WCTU

JWCTU publishes 4 newsletters each year. Last year they focused on:

- ◇ A summary of the worship message at JWCTU Convention entitled, “Shining as the light of the world.”
- ◇ A summary of the lecture summary at JWCTU National Convention - The work shown to us by God - Tackling human trafficking and modern slavery issues.
- ◇ Peace - War leaves deep scars on people’s hearts.
- ◇ Temperance – Know the reality of alcohol damage and keep in mind the value of temperance.

JWCTU work ranged over several areas:

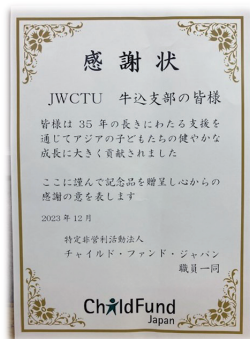
- ◇ **Disaster and refugee support** (donation, sending supplies, prayers for victims and supporters) for two places in Japan suffering from natural disasters and a women’s protection facility, as well as damage caused by war in Ukraine and Gaza and several overseas natural disasters.

- ◇ **Educational support for children in Asia:**
JWCTU have been participating in Child Fund Japan's sponsorship program for 35years and they received a letter of appreciation in December 2023.

- ◇ **Participation in seminars organized by related organizations:**
 - i. Abstinence education and practice based on the Bible with a group centered on clerics, medical professionals, and educators.
 - ii. ASK, the Japanese non-profit corporation to prevent alcohol and other addiction related problems.

- ◇ **Study meetings and Worship:**
On the third Wednesday of every month, we study "50 Women of the Bible" by Eunice Priddy.

Christmas worship and board meeting



WCTU AUSTRALIA



Newly elected Officers of WCTU Australia (left-right):

Rhona Theodore (Sec.)
Suzanne Langberg (V.Pres.)
Joy Butler (President)
Karen Edwards (Pres. Sth. Aus)
Helen Palmer (V. Pres)
Anne Bergen (Pres. Victoria)
Not present: Treasurer, Min
Coltheart

NWCTU (USA)

In the past four years, NWCTU has had a legal battle to retain its heritage in Evanston. Here is part of the letter written by their President, Merry Lee Powell, to inform members of the outcome of this litigation: "I am pleased to inform you that NWCTU's litigation against the Center for Women's History and Leadership (CWHL) and its predecessor organization, the Frances Willard Historical Association (FWHA), has concluded favorably for the NWCTU.

CWHL will depart the Evanston properties by March 4, 2024. NWCTU will retain ownership over the properties, including the Frances Willard House and the WCTU Archives. NWCTU will resume full responsibility for managing the Willard House and Archives and intends to hire an on-site museum director and on-site archivist to assist with these responsibilities. We are grateful that the litigation has ended and that NWCTU will continue as an organization, carry out and expand its important mission, and continue to invest in the Evanston properties to showcase and preserve our history and make it available to the public.

Thank you very much for your patience and support over the last four and a half years. I look forward to working with you in the coming months to carry out our important mission and re-establish our presence in Evanston."

A brief statement:

World Woman's Christian Temperance Union (WWCTU), organized in 1883, now exists in 62 countries. The Woman's Christian Temperance Union is the longest continuously existing woman's organization in the world. It strives to create safe spaces free from addictive substances in homes and societies.

Aims and purposes of the organization:

As an organization in consultative status with the Economic and Social Council (ECOSOC), the WWCTU partners with like-minded members such as World Health Organization (WHO), United Nations (UN), and International Organization of Good Templars (IOGT) in the prevention of alcohol and substance related harms and to achieve the 2030 Agenda for Sustainable Development Goals (SDGs). including 13 of the 17 SDGs associated with alcohol. For example, alcohol is specifically mentioned in SDG 3 on health and well-being.

WWCTU works to maintain and provide clean drinking water and sanitation around the world as the lack of clean water leads people to produce, sell and drink strong alcoholic beverages. Clean drinking water is a human right and is one of the goals of the UN.

WWCTU has clean water as its project and many member countries contribute to the purchasing of wells.

Along with the provision of water needs:

- Education for village or slum area children.
- Feeding of malnourished children or mothers.
- Providing sporting facilities for marginal or underprivileged children who risk ending up stealing or becoming alcoholic or drug addicts.
- Providing sewing machines or spice grinding machines for ladies whose husbands are spending most their money on alcohol.

Participation in meetings of the United Nations:

- The collaborative project 'Strengthening Capacities – Empowering Children', was implemented together with Fourth Wave Foundation in Kerala, India. It also included the International Forum on Children Rights, which took place in November 2022 attended by Dr. Sheela Lall.

- Nordic Alcohol and Drug - Leena Harake a Network webinar on the 15 December 2022.

Cooperation with United Nations Bodies:

Participated in several webinars with the World Federation against Drugs and partners.

Initiatives taken in support of the SDGs:

WWCTU supports the UN Convention on the Rights of the Child, which stipulates in Article 33 that children have the right to be protected from the abuse of illicit drugs. WWCTU regards the non-medicinal use of narcotic substances as a severe public health problem which results in major problems for society.

ABOUT OUR ORGANIZATION?

The WWCTU has six Department Directors: Home Protection, Christian Outreach, Education, Social Service, Children and Youth. WWCTU also focusses on the connection between drugs and partner violence through campaigns, information and preventative measures.

The Children's Department promotes Christian values and encourages children to make choices that will lead to a drug-free lifestyle. With the recent COVID lockdown, the Children's department has focused on teaching children about specific themes related to the Sustainable Development Goals, including good hygiene and having daily routines that increase la wellbeing and mental health.

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. Increasingly, projects are focusing on climate change, and SDGS 12, 13, 14, and 15 which focus on 'Saving the Earth' via responsible consumption, production, and reducing the use of harsh chemicals within homes and businesses.



HOW MUCH DO YOU KNOW ABOUT OUR ORGANIZATION?

Why do our members not drink?

Like IOGT, a signature trait of the WWCTU is that members of the organization do not use alcohol or other drugs. “We side with the weak” and show that is possible to be happy without intoxicants.

One of the goals we work towards is that as many people as possible should choose to not use alcohol, especially in certain situations – such as when one is in the company of children.

There can be many reasons for people to choose to not drink alcohol. Some have had bad experiences, either themselves or within their immediate family. For some, the point is to not be like everyone else. For several, it is a question of solidarity with people who have problems.

For the WWCTU, it is important that not drinking should be accepted behaviour. Nobody should be pressured into drinking. There is significant social support for drinking alcohol, and often, there are few who pull in the other direction. Many drink more than they really want. For people who have had problems with alcohol, it can be hard to find an environment where they don't stand out if they do not drink. Immigrants say that religion is not accepted as a good enough reason to not drink.

Alcohol is a part of many social conventions. The norm is that this is natural, and it is rarely questioned why it is like this. The consequences are fewer personal decisions and a higher consumption. Choosing not to drink can be a challenging decision. It is necessary that someone should defy the norms about alcohol consumption.

WWCTU wants to encourage more people to question the role that alcohol has in our culture, and make it easier to make alcohol-free choices. The more people who don't use intoxicants, the more the norm of what is considered “normal” will be challenged, and the acceptance and the possibility of limiting access will be strengthened.

**Invite a friend
to be a member**



Desiderata

*Go Placidly Amid The Noise e³ Haste
Remember What Peace There May Be In Silence.*

As far as possible without surrender, be on good terms with all persons. Speak your truth quietly e³ clearly; listen to others, even the dull e³ the ignorant, they too have their story. Avoid loud e³ aggressive persons, they are vexatious to the spirit. If you compare yourself to others; you may become vain or bitter, for always there will be greater and lesser persons than yourself. Enjoy your achievements as well as your plans. Keep interested in your own career; however humble, it is a real possession in the changing fortunes of time. Exercise caution in your business affairs; for the world is full of trickery. But let this not blind you to what virtue there is; many persons strive for high ideals. Everywhere life is full of heroism.

Be yourself. Especially do not feign affection.

Neither be cynical about Love; for in the face of all aridity and disenchantment, it is as perennial as the grass.

Take kindly the counsel of the years, gracefully surrendering the things of youth. Nurture strength of spirit to shield you in sudden misfortune. But do not distress yourself with dark imaginings. Many fears are born of fatigue and loneliness. Beyond a wholesome discipline, be gentle with yourself. You are a child of the universe; no less than the trees and the stars, you have a right to be here. Whether or not it is clear to you, no doubt the universe is unfolding as it should.

Therefore; be at peace with God, whatever you conceive Him to be. Whatever your labors and aspirations; in the noisy confusion of life, keep peace in your soul.

With all its sham, drudgery e³ broken dreams, it is still a beautiful world.

Be Careful. Strive To Be Happy.

Found in Old St. Paul's, Baltimore dated 1692

Devotional worth reading!

The picture is the message that was on the Sydney Harbour Bridge on New Year's Eve 2000. Arthur Stace was an illiterate criminal and drunkard who came to Christ and then spent the rest of his life writing Eternity in beautiful copperplate writing on the streets of Sydney. The preacher's message, "**Eternity, eternity**, where will you spend **eternity**" absolutely changed his life. In his teens, Martin Gellein also lost his way with addiction but he cried out to Jesus "If you are there, I need you NOW!" Jesus answered immediately and today 26 years later, Martin is a well-educated evangelist calling all to repent and follow Christ, the Saviour. Enjoy his article and take it to your heart. ❤️



YOU MUST BE BORN AGAIN!

You must be born again! - get to enter God's kingdom and share in the new eternal life! And then you must repent of your own thoughts, opinions and ways - believe in Jesus and follow him, which is to believe in and follow God's word (the Bible). There is no point in wrapping it up, because it is only absolute surrender and complete surrender that unleashes the new life and the POWER to live it.

There is no power in any other Gospel. It's not working. Simply. You can both believe and believe that everything is fine with your soul, but you are living a lie and will reap the consequences of it. Sin is a major issue that we must deal with in the face of a holy and righteous God. And only then is his infinite grace revealed, which gives us a share in all the good he is - both for this life and for **eternity**.

From there, the new life is about making the same choice, again and again, in new situations and contexts. Then we continue to live - we learn, grow and develop. Then Jesus' blood, God's word and the Holy Spirit become what we build our lives on. And nothing else. It redeems, brings peace and joy, freedom, power and boldness.

The world is in darkness and we are all part of it. Honestly, Look around you and at our shared history, and you will understand that something is fundamentally wrong - and that there is nothing you can do about it. JESUS is the light of the world. Only Jesus. He is God, revealed as a man to show us the way to God.

Oh, how I love Jesus! And think, one day everything will be fine - the whole of life for everyone. No injustice. No suffering. No death. Just perfect harmony. Getting there will be worth everything. Everything painful and difficult you have encountered and experienced. It will be like nothing in relation. Whatever it is.



And now God, by the Holy Spirit, because of Jesus Christ, will come close to you and tell you about, reveal and give you a share in this. Because he loves you. Then say a prayer. Proclaim your surrender. Call upon Him as Your Savior and Your Lord with all your heart. Then he will answer you and make all things new!

Martin Gellein

**GOD
IS LOVE**

GOD IS LOVE!

God is love. His thoughts toward you are always love. God loves us regardless of whether we love Him or not. God is love. His love is not dependent on our reaction, God is love. "This is how God showed His love among us: He sent His one and only Son into the world that we might live through Him. This is love: not that we loved God, but that He loved us and sent His Son as an atoning sacrifice for our sins." 1 John 4:9-10.

Some mothers live their life for their children. For the love of her child a mother is deprived of sleep; eats after she knows her child has eaten; goes on a vacation after her child school fees are paid; think of herself when her child is okay. A mother's love is sacrificial and never dies. Yet a mother's love cannot compare to God's love for you. Christ died for you - eternal Love in expression.

As you receive God's love it comes with forgiveness, compassion, and power for you to live securely in Him now and forever. His love covers our weaknesses and failures. His love can reach into your past and erase all failures and sins. His love embraces you in the present with help for today and hope for tomorrow. His love has already designed your future and He is there before you get there. You are safe and secure in God's love. God will NEVER stop loving you. His love for you endures forever.



Noontide prayer
Around the world, someone is always praying

Alcohol is a very effective
dissolving agent.

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

