

Woman's Christian Temperance Union

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I'm Worth It
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www.wwctu.org
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Friends & Sisters

This letter comes from Sydney, Australia where I am now preparing to travel to Egypt and Africa. I look forward to visiting with some of you in Kenya and hope for a meeting with the WCTU members there in early June. The work of WCTU continues throughout the world and you are invited to be part of this growing and important work of saving lives.

Home brewed alcohol

'A new frontier: Africa's "explosive" homebrew market' - this is a heading on a news item on a website and it describes the growing market of home made alcohol or chibuku which is very appealing to young people across the continent of Africa. It has a huge market and more and more people are making their own alcohol and selling it far and wide. People are dying because of this terrible substance. WCTU and YOU have an enormous opportunity to make your family, friends, neighbours, nation aware of the dangers. Indeed, it is our responsibility as Christian women to speak up about these concerns. A friend of mine in Kenya has ruined his family and his life because of drinking home-brewed alcohol. It is tragic.

Grape Juice or Wine?

Sometimes we read or are told that wine is good to drink for our health. We all need to know the truth about this and with this letter I am attaching a flier about this subject. Please read it, print it and use it to tell the truth. Pure grape juice is what we need - NOT wine.

God's Word

Philippians 4:8 is a text of great importance for us all: "...*Whatever is true, whatever is honourable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things.*" All the work of WCTU is true, honourable, just, pure, lovely, commendable, excellent - so let us think thoroughly on this all the time.

PRAY

- Please continue to pray for Africa and Papua New Guinea and the work of WCTU so that it will grow and bless the nations.
- Remember to pray every day at Noon for WCTU and world leaders.
- Pray for the many young people who recently signed the pledge in PNG.

Bless you each one with courage and confidence to speak up and be counted.

Joy Butler

Grape Juice Or Wine??



For good health, it is beneficial to drink red or purple grape juice. There are no risks in following this advice, whereas the regularly touted suggestion to drink wine for the health benefits does include serious negative aspects such as cirrhosis of the liver, several forms of cancer and heart disease, and abuse and addiction.

- Resveratrol, found in grape skins, reduces the risk of heart disease.
- Flavinoids, found in the skins, stems and seeds of red or purple grapes, prevent blood clotting.
- Antioxidants in red grapes prevent bad LDL cholesterol.
- Chemicals in red and purple grape juices seem to dilate and relax blood vessels.
- Grape juice reduces blood pressure and vascular spasms helping to prevent heart attacks.
- Drink RED or PURPLE GRAPE JUICE every day.

JOY BUTLER

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