



White Ribbon Bulletin

World's Woman's Christian Temperance Union

Volume 118 • Number 2

May • June • July

We Care

We Congratulate!



WORLD WOMAN'S CHRISTIAN TEMPERANCE UNION

CONGRATULATIONS

1923  2023

THIS CERTIFICATE IS
PROUDLY PRESENTED TO

KWCT'U Korea Woman's Christian Temperance Union

for 100 years of service
«for God, home and every land»



Margaret Ostenstad

WWCT'U World President - 10 May 2023

Let us run the race of endurance...

It's ALL about finishing well! It's not about how you started- what you have accomplished so far or in the past...It doesn't matter what 2022 looked like - we all went through tough times. Don't look back! Keep running! It's ALL about finishing the race with FAITH!!

In **Philippians 3:13-14**, Paul exhorts, *"Brothers, I do not consider that I have made it my own. But one thing I do: forgetting what lies behind and straining forward to what lies ahead, I press on toward the goal for the prize of the upward call of God in Christ Jesus."* Laying aside the past, Paul strains forward, looking to the future. Eagerly he seeks the goal.



In **Hebrews 12:1-2**, the author reminds us *"Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with endurance the race that is set before us, looking to Jesus, the founder and perfecter of our faith, who for the joy that was set before him endured the cross, despising the shame, and is seated at the right hand of the throne of God."*

Just as Jesus patiently endured suffering, before he received the reward, we too must run with endurance.

In **Ruth 2:12**, Boaz encourages Ruth for all her hard work in caring for Naomi. He announces, *"May the LORD repay you for what you have done, and a full reward be given you by the LORD, the God of Israel, under whose wings you have come to take refuge!"* We serve a just God and he will reward those who diligently seek him.

In **1 Corinthians 15:57-58**, Paul declares, *"But thanks be to God, who gives us the victory through our Lord Jesus Christ. Therefore, my beloved brothers, be steadfast, immovable, always abounding in the work of the Lord, knowing that in the Lord your labor is not in vain."* Knowing that the victory will come through Christ, we are called to be steadfast, and abound in the work of the Lord.



Noontide prayer

Around the world, someone is always praying

President's greeting

Dear all,

May this edition give you encouragement to continue to work for the WCTU as God's Helpers, empowered by his Holy Spirit and love for ALL mankind.

On behalf of the World WCTU I had the honor and privilege of congratulating the WCTU of South Korea on the 100 year anniversary of the temperance work for God, Home and Every Land. KWCTU have been a great inspiration and we wish each member God's richest blessing in the year ahead and pray that He will continue to guide your planning and actions.



I was invited and fully sponsored to be the Guest of Honor at the Centennial celebrations and asked to speak at all the venues. A well-planned programme awaited me when I arrived in Seoul on a beautiful May day. Nothing was left to chance... and everything was designed to bring attention to the dangers of smoking, alcohol and the consumption of all addictive substances. The leaders wanted to know how to go about doing this: The Universities, the Military, the Churches! Amazing Grace and thanks be to God for a mighty outpouring of his most Holy Spirit. My notes are published here.

The 100th birthday of Mrs. Kwi Ok Yeu, 11th National President and much loved and highly revered mother of Young Joo, Jung Joo and Sung Joo Kim was commemorated on 10th May, 2023.

I joined a large number of speakers who paid tribute to her memory and it was very moving. An amazing legacy not only in South Korea but around the world. Praise the Lord!

As a new era is coming in this work, KWCTU's contribution has been invaluable as our funds are sadly being used up by legal expenses caused by the court case our Past World President continues to fight to have control of our history and buildings by giving it to a non-temperance group of which she is Vice President. A tragic part of our history but we continue to pray.

As God's most Holy Spirit is poured out, hearts will be set on fire and the chains of addiction will be broken and prisoners 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!

Colossians 3:15 -17

Let the peace of Christ rule in your hearts since, as members of one body, you were called to peace. And be thankful.

Let the message of Christ dwell among you richly as you teach and admonish one another with all wisdom through psalms, and songs from the Spirit, singing to God with gratitude in your hearts. And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him.

*Love, blessings and prayers,
Margaret*



Young people and risks of alcohol

The effects of alcohol on young people are not the same as they are on adults. While alcohol misuse can present health risks and cause careless behaviour in all age groups, it is even more dangerous for young people.

Health risks

Because young people's bodies are still growing, alcohol can interfere with their development. This makes young people particularly vulnerable to the long-term damage caused by alcohol. This damage can include:

- cancer of the mouth and throat
- sexual and mental health problems, including depression and suicidal thoughts
- liver cirrhosis and heart disease

Drinking alcohol in adolescence can harm the development of the brain.

Young people might think that any damage to their health caused by drinking lies so far in the future that it's not worth worrying about. However, there has been a sharp increase in the number of people in their twenties dying from liver disease as a result of drinking heavily in their teens.

Young people who drink are also much more likely to be involved in an accident and end up in hospital.

Risky behaviour - sex

Drinking alcohol lowers people's inhibitions, and makes them more likely to do things that they would not normally do. Young people are particularly at risk because at their stage of life, they are still testing the boundaries of what is acceptable behaviour.

One in five girls (and one in ten boys) aged 14 to 15 goes further than they wanted to in a sexual experience after drinking alcohol. In the most serious cases, alcohol could lead to them becoming the victim of a sexual assault.

Unsafe sex and unwanted pregnancy

If young people drink alcohol, they are more likely to be reckless and not use contraception if they have sex. Almost one in ten boys and around one in eight girls aged 15 to 16 have unsafe sex after drinking alcohol. This puts them at risk of sexual infections and unwanted pregnancy.

Research shows that a girl who drinks alcohol is more than twice as likely to have an unwanted pregnancy as a girl who doesn't drink.

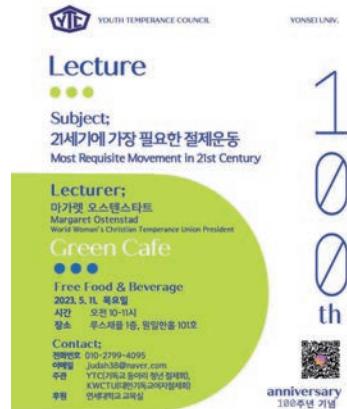


A high school group of 50 students visited the YTC Green Café at Yonsei University.

Antisocial behaviour

Alcohol interferes with the way people think and makes them far more likely to act carelessly. If young people drink alcohol, they are more likely to end up in dangerous situations.

For example, they are more likely to climb walls or other heights and fall off. Or they might verbally abuse someone who could hit them. They are also more likely to become aggressive themselves and throw a punch. Four out of ten secondary school-age children have been involved in some form of violence because of alcohol. This could mean they have been beaten up or robbed after they've been drinking, or have assaulted someone themselves.



Getting into trouble with the police

If a child or young person drinks alcohol, then they are more likely to get into trouble with the police.

Children as young as 12 are being charged with criminal damage to other people's property as a result of drinking.

Criminal behaviour

Young people who get drunk at least once a month are twice as likely to commit a criminal offence as those who don't. More than one in three teenagers who drink alcohol at least once a week have committed violent offences such as robbery or assault.

Young people who get involved with crime are also likely to end up with a criminal record. This can damage their prospects for the rest of their life. Having a criminal record can prevent people from some jobs and, for some offences, prevent them from travelling abroad.

Failing to meet potential at school

When young people drink, it takes longer for the alcohol to get out of their system than it does in adults. So if young people drink alcohol on a night before school, then they can do less well in lessons the next day.

Young people who regularly drink alcohol are twice as likely to miss school and get poor grades as those who don't. Almost half of young people excluded from school in the UK are regular drinkers.

FASD

Fetal alcohol spectrum disorders (FASDs) are a group of conditions that can occur in a person who was exposed to alcohol before birth. These effects can include physical problems and problems with behavior and learning. Often, a person with an FASD has a mix of these problems.



Cause and Prevention

FASDs can occur when a person is exposed to alcohol before birth. Alcohol in the mother's blood passes to the baby through the umbilical cord. There is no known safe amount of alcohol during pregnancy or when trying to get pregnant. There is also no safe time to drink during pregnancy. Alcohol can cause problems for a developing baby throughout pregnancy, including before a woman knows she's pregnant. All types of alcohol are equally harmful, including all wines and beer. To prevent FASDs, a woman should avoid alcohol if she is pregnant or might be pregnant. This is because a woman could get pregnant and not know for up to 4 to 6 weeks.

It is never too late to stop alcohol use during pregnancy. Because brain growth takes place throughout pregnancy, stopping alcohol use will improve the baby's health and well-being. Resources are available.

FASDs are preventable if a baby is not exposed to alcohol before birth.

Signs and Symptoms

FASDs refer to a collection of diagnoses that represent the range of effects that can happen to a person who was exposed to alcohol before birth. These conditions can affect each person in different ways, and can range from mild to severe.

Get Help!

If you or the doctor thinks there could be a problem, ask the doctor for a referral to a specialist (someone who knows about FASDs), such as a developmental pediatrician, child psychologist, or clinical geneticist.

FASDs last a lifetime. There is no cure for FASDs, but research shows that early intervention treatment services can improve a child's development.

AVOID THESE PROBLEMS BY NOT DRINKING DURING PREGNANCY.. WOMEN Protect your unborn child. MEN Protect your potential family IT WILL BE WORTH IT. ❤️



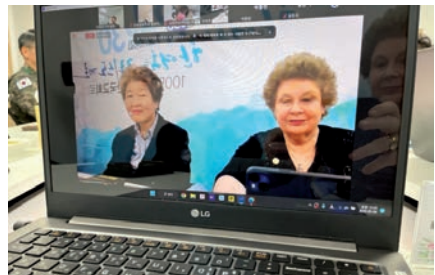
Prevent substance abuse

While there is no one way or guaranteed way to prevent someone from abusing drugs and alcohol, there are things that everyone can do to prevent substance abuse.

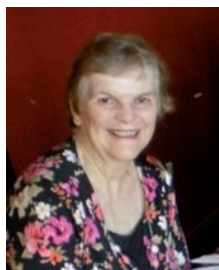
Here are the top five ways to prevent substance abuse:

1. Understand how substance abuse develops. Substance abuse starts by:
Using addictive drugs (illicit or prescribed) for recreational purposes
Seeking out intoxication every time you use
Abusing prescription medication
2. Avoid Temptation and Peer Pressure. Develop healthy friendships and relationships by avoiding friends or family members who pressure you to use substances. It's often said "we become most like those we surround ourselves by," meaning if you surround yourself with people who abuse drugs and alcohol you are more likely to as well. Peer pressure is a major part of life for teens and adults. If you are looking to stay drug free develop a good way to just say no, prepare a good excuse or plan ahead of time to keep from giving into peer pressure.
3. Seek help for mental illness. Mental illness and substance abuse often go hand in hand. If you are dealing with a mental illness such as anxiety, depression or post-traumatic stress disorder you should seek professional help from a licensed therapist or counselor. A professional will provide you with healthy coping skills to alleviate your symptoms without turning to drugs and alcohol.
4. Examine the risk factors. Look at your family history of mental illness and addiction, several studies have shown that this disease tends to run in the family, but can be prevented. The more you are aware of your biological, environmental and physical risk factors the more likely you are to overcome them.
5. Keep a well-balanced life. People often turn to drugs and alcohol when something in their life is missing or not working. Practicing stress management skills can help you overcome these life stressors and will help you live a balanced and healthy life.

Develop goals and dreams for your future. These will help you focus on what you want and help you realize that drugs and alcohol will simply get in the way and hinder you from achieving your goals.



Zoom meeting with military Chaplains



In this issue I am focussing on **Korea WCTU's Centenary Celebrations which took place in Seoul on May 10th 2023.**

I thank Dr. Jung Joo Kim, Vice President and Field Worker for WWCTU and KWCTU who supplied the information and photos.

Anne Bergen

Mrs. Margaret Ostenstad, the President of World WCTU was the guest of honour for this event. In the morning, over 100 members of KWCTU and supporters of the temperance work gathered at the KWCTU Hall for a worship time and a fellowship luncheon.



Korea WCTU Officers and Trustees with WWCTU President, Margaret Ostenstad (centre front)

Professor of Counselling for the Rehabilitation of the Addicted, **Dr. Hyun Sup Cho**, spoke on the importance of prevention from addiction which is so prevalent today among youth. Professor of New Testament Theology, **Dr. Sang Il Lee**, shared on the remarkable leadership of women in the New Testament, especially in Paul's letters. **Margaret Ostenstad** spoke on the significant role of Mrs. Kwi Ok Yeu, who devoted her whole life to the temperance work not only in Korea, but also worldwide, by actively participating in the world conventions of

the WWCTU. Margaret Ostenstad further noted that temperance unions that the KWCTU continues planting in many countries through Korean missionaries, are vital for the growth of the WWCTU today. She encouraged all the participants that we should educate the next generation on the harms of narcotic drugs such as alcohol, nicotine, and various other kinds of addictive drugs. The news of the KWCTU's centennial celebration appeared in 25 different medias, such as in newspapers, Christian TV, and Youtube.



Mrs. Kwi Ok Yeu

The KWCTU continued its centennial celebration in the afternoon with the **opening of W-Space and White Gallery** at the headquarters of the Kim family's Daesung Group in downtown Seoul, with the permanent exhibition of the paintings of Mrs. Young Joo Kim, the President of KWCTU.



Young Joo Kim near one of her paintings

Rev. Myung Whan Whang, Pastor of Suseo Church, spoke on 2 Cor. 5:15-19 and encouraged Young Joo Kim to pray that her paintings will show visitors the love of Jesus. **Rev. Man Joon Kim** of Duksoo Church congratulated her too. **Rev. Juwon Kim of Juan** Presbyterian Church, served as presider of the worship service and together they prayed that her paintings and the W-Space may be used to lead many to faith in Jesus Christ.

In the evening, the Kim family gathered together to commemorate what would have been their late mother, Mrs. Kwi Ok Yeu's, 100th Birthday, inviting relatives, KWCTU trustees, and Church friends. CEO of the Daesung Group, Mr. Young Hoon Kim (brother of Jung Joo and Young Joo) remembered growing up in a home with a mother who was always filled with the Spirit and continually praised God.

Margaret Ostenstad blessed those present as she sang, "As the Deer Pants for the Water".

Rev. Jung Hyun Oh of Sarung Church spoke on the godly life of Mrs. Kwi Ok Yeu. He intended to share about her life in his sermon at Pentecost on May 28 at his church of 75,000 people.

Rev. Jung Hyun Oh



Mr. Young Hoon Kim thanked Ostenstad for attending Yeu's 100th Birthday commemoration.

KWCTU organized three other strategic meetings:

On May 8, Ostenstad met Dr. Yun Keum Chang, the President of Sookmyung Women's University, a large body of 12,249 students. The main subject of the meeting was how to promote the temperance work among women of the university. The meeting went well, as Dr. Kwang Sook Chung, the retired faculty adviser of the Christian Union at Sookmyung Women's University recognised the importance of the temperance work on campus, especially to prevent the FASD, whose main cause is alcohol consumption by women during pregnancy.

On May 9, Margaret Ostenstad met Rev. Jung Woo Lee, the secretary-general, and his colleagues, of the Military Evangelical Association of Korea (MEAK) at their head- quarters. Margaret spoke on the harms of narcotic drugs through zoom to the chaplains in several military bases in Korea. They were eager to hear the message so that they may equip their church soldiers with information regarding drug addiction. The aim is to organize the temperance union in the military churches so that they may help the military armies to prevent themselves from addictions. As we all know, the most dangerous drug today is fentanyl. It is so fatal that even smallest amount, if taken, may cause death. It is widespread and leads to many to deaths in the U.S.A., and now being spread all over the world. Just recently it was found to be in widespread use among youth in Korea. Therefore, we need to put effort into preventing addiction to such fatal drugs among those in the military service.



Above: MEAK
leaders with
KWCTU leaders
and WWCTU
President



Left: Margaret
Ostenstad
speaking at
MEAK

On May 11 Margaret Ostenstad gave a special lecture for the Youth Temperance Council at Yonsei University. The lecture went well with Q & A sessions, followed by lunch fellowship. Yonsei YTC prepared the Green Café beautifully. To their surprise, they welcomed a High School group of 50 students who enjoyed a good lunch and snacks and a beautiful gift bag containing good Christian books such as “Rise and Shine”. This contained conversion testimonies written by Yonsei University students to help fellow students to meet Jesus Christ as well as a book about FAS and a recently published book by KWCTU, titled “The Temperance Movement 100 Years and Commemoration of Mrs. Kwi Ok Yeu”, and the 2023 Temperance Calendar.

Each person who attended the Centennial events received this gift bag to share the message with others, especially youth.



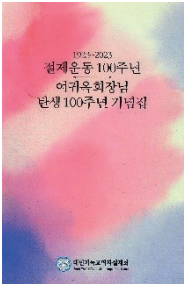
YTC members and those who attended the lecture



Books in the gift bag:

Left: Rise and Shine,
FASD

Right: The Temperance
Movement 100 Years



Tribute to mother, Kwi Ok Yeu

ON BEHALF OF the World Woman's Christian Temperance Union, I want to pay tribute to Mrs. Kwi Ok Yeu as her 100th birthday is commemorated.

She was an amazingly gifted National President who set an example which is still being followed today by her exceptional daughters.

There are lessons to be drawn from her cherished memory. Her life is exemplified in Psalm 146, verses 1 and 2:

1 Praise the Lord

Praise the Lord, my soul.

2 I will praise the Lord all my life;

I will sing praise to my God as long as I live.



한 여귀옥 여사 교회 기념, 돈암장에서

Mrs. Kwi Ok Yeu attended many World WCTU Conventions where she was very much loved for her beautiful singing voice as well as for her devotion to the temperance cause.

This is further exemplified in our Cruscade Psalm 146 verses 5-10

*5 Blessed are those whose help is
the God of Jacob, whose hope is in
the Lord their God.*

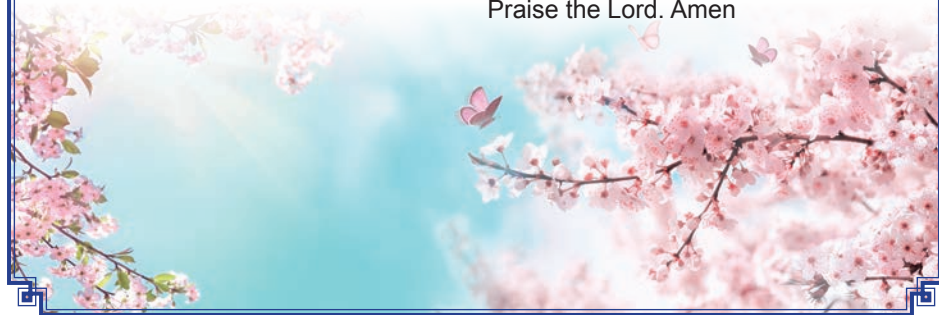
*6 He is the Maker of heaven and
earth, the sea, and everything in them
he remains faithful forever.*

*7 He upholds the cause of the opp-
ressed and gives food to the hungry.
The Lord sets prisoners free,*

*8 the Lord gives sight to the blind,
the Lord lifts up those who are bowed
down, the Lord loves the righteous.*

*9 The Lord watches over the foreig-
ner and sustains the fatherless and
the widow, but he frustrates the ways
of the wicked.*

*10 The Lord reigns forever, your God,
O Zion, for all generations.
Praise the Lord. Amen*





The Effects of Smoking on the Body

No matter how you smoke it, tobacco is dangerous to your health. There are no safe substances in any tobacco products, from acetone and tar to nicotine and carbon monoxide. The substances you inhale don't just affect your lungs. They can affect your entire body.

Smoking can lead to a variety of ongoing complications in the body, as well as long-term effects on your body systems. While smoking can increase your risk of a variety of problems over several years, some of the bodily effects are immediate. Learn more about the symptoms and overall effects of smoking on the body.

Tobacco smoke is incredibly harmful to your health. There's no safe way to smoke. Replacing your cigarette with a cigar, pipe, or hookah won't help you avoid the health risks.

Cigarettes contain about 600 ingredients, many of which can also be found in cigars and hookahs. When these ingredients burn, they generate more than 7,000 chemicals, according to the American Lung Association. Many of those chemicals are poisonous and at least 69 of them are linked to cancer.

In the United States, the mortality rate for smokers is three times that of people who never smoked. In fact, the Centers for Disease Control and Prevention (CDC) says that smoking is the most common "preventable cause of death" in the United States. While the effects of smoking may not be immediate, the complications and damage can last for years. The good news is that quitting smoking can reverse many effects.

Central nervous system

One of the ingredients in tobacco is a mood-altering drug called nicotine. Nicotine reaches your brain in mere seconds and makes you feel more energized for a while. But as that effect wears off, you feel tired and crave more. Nicotine is extremely habit-forming, which is why people find smoking so difficult to quit. Physical withdrawal from nicotine can impair your cognitive functioning and make you feel anxious, irritated, and depressed. Withdrawal can also cause headaches and sleep problems.

Respiratory system

When you inhale smoke, you're taking in substances that can damage your lungs. Over time, this damage leads to a variety of problems. Along with increased infections, people who smoke are at higher risk for chronic nonreversible lung conditions such as:

- emphysema, the destruction of the air sacs in your lungs
- chronic bronchitis, permanent inflammation that affects the lining of the breathing tubes of the lungs
- chronic obstructive pulmonary disease (COPD), a group of lung diseases
- lung cancer

Withdrawal from tobacco products can cause temporary congestion and respiratory discomfort as your lungs and airways begin to heal. Increased mucus production right after quitting smoking is a positive sign that your respiratory system is recovering.

Children whose parents smoke are more prone to coughing, wheezing, and asthma attacks than children whose parents don't. They also tend to have higher rates of pneumonia and bronchitis.

Children do matter!

Woman's Christian Temperance Union is the world's longest continuously existing women's organisation. It's almost 150 years old. It is fighting to create a safe zone free from addictive drug and alcohol in homes and in societies in 56 countries around the world. It is the founding member organization for U.N. - UNESCO Consultative Status- as a matter of fact we hold 5 seats in General assembly of U.N. at New York and Geneva.



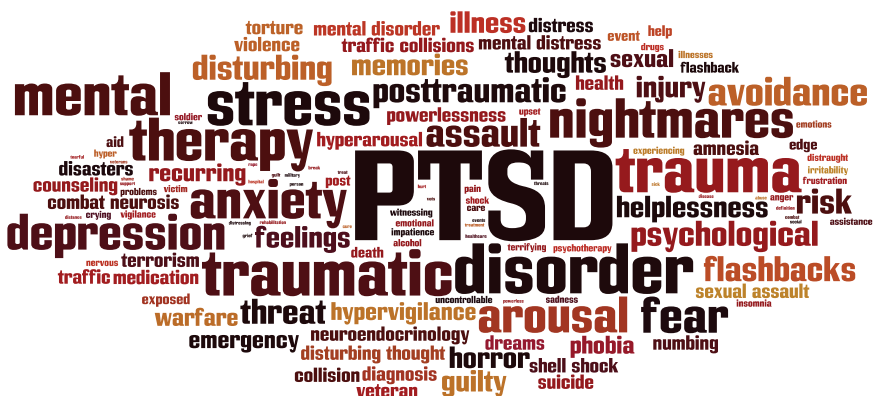
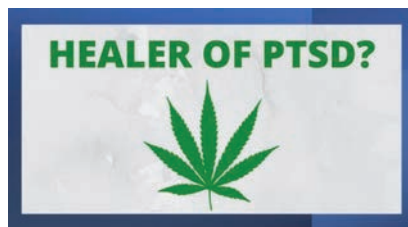
We work alongside the U.N.s Sustainability Development Goals program as likeminded members. We are concerned at the moment that the unseen effect of the post pandemic will be much greater and permanent. The brood and loneliness and economic pressure compiled with the death of near and dear ones has scared our world enormously. Worldwide forced changes of how to live and work has pressurized us all. The digitalized cyber world has it's own pros and cons and, considering this background, the children are not safe at home anymore!! They are getting addicted to the net and the small screen of mobile!! So our front gates may be locked at home but inside the home they are expose to a world we may not like. We say children are our future but they are here today and they are watching the flood of information with the touch of their fingers through mobile buttons and considering it as great knowledge!! The sad but true astonishing fact is that the generation gap which in my younger age was forty years apart has now slimmed down to five years!! This means that if in a family where there are children of ten years, five years and new born babies living, they have different views likes or dislikes!!

We also know the fact that when a child is born in a family the routine of that family changes drastically and everything revolves around the baby or child in the family according to their requirement likes and dislikes which in turn shapes the strategies of that family. Now the child is expected to mature much sooner than before so that much more is expected of him/her. They don't understand the importance and values of relationships and strengthening of character as their connection with friends just depends on like and unlike or accept a friend's request or unfriend them that easily on social media by the touch of a button. This generation is becoming very self centered as they think their convenience is their happiness and this happiness changes with constantly happening things. So considering the above scenario what are we offering to our children who matter so much. They are not just the next generation to shape our future they are here and they are changing our world everyday!! So my suggestion is to –

- (1) Protect them by being aware of their needs and their thought patterns.
- (2) Empower them with human emotions and inner growth rather than digital insensitivities to reality.
- (3) We must insist on sustainability rather than throw away things mentality and ever-changing wasteful decisions.
- (4) We should rise above the old thinking of addiction of drugs alcohol and substances as the digital world is controlling the minds of our youngsters and robotically using it. There is enormous task to undo these effects.
- (5) Rather than surrendering to their wilful fit of having their own way, we must invest in loving patience and persistence for the right things.
- (6) We need to decide what is important in our life-our children, our job, our status or our insatiable greed. Children matter as our action proves!

Marijuana: Not a Solution to PTSD

While many people find that cannabis seems to initially help PTSD symptoms, it likely does this by providing some temporary relief, numbing the individual and disconnecting them from the traumatic emotions. However, to keep the symptoms at bay, the individual often needs to use daily, sometimes multiple times a day, which can then set them up for significant consequences associated with daily cannabis use, such as cannabis use disorder (CUD), psychotic symptoms, cognitive problems, suicidal ideation, worsening depression and anxiety, and cannabinoid hyperemesis syndrome. #cannabis not a #ptsd fix, but more likely a #mentalhealth harmer. <https://www.dalgarnoinstitute.org.au/index.php/resources/cannabis-as-medicine/2027-marijuana-is-not-the-solution-for-ptsd>



Warning from Professor Bertha Madras, *Keynote Speaker from Helsinki Convention*

The “next challenge” is hallucinogens-it is following the same strategy as marijuana -medicalize then legalize. If young people think it's a medicine, they perceive the drugs to be safe. Caution them about hallucinogens-the future is bleak if we allow another class of drugs to become normalized.

