

WCTU New Zealand

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WHITE RIBBON DIGEST

*"Promoting a Lifestyle Free of Alcohol
and other Drugs"*



This is the night sky at Lake Tekapo, South Canterbury featuring the Southern Cross high above the Church of the Good Shepherd.

We acknowledge and thank photographer Fraser Gunn for permission to use his photo.

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Lifestyle Abortions Lose Support

Why Not a Drinking Age?

Alcohol Worse than Crack, Cocaine and Heroin

Reaching for the Stars

Plus more

WHITE RIBBON DIGEST

New Zealand Women's Christian Temperance Union (Inc)
Organised 1885

White Ribbon Digest

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"For God Home and Humanity"

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Choice Words

"In the beginning Lord You established the earth and the heavens
are the work Your Hands" - *Heb. 1v10*

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PRESIDENT'S COMMENTS

One of the things that I enjoy doing is turning my desk calendar on to a new day and reading the quote for that day. On January 10th 2010 I arrived at work as usual and proceeded to put my bag under my desk, turn my computer on and turn my desk calendar to the next page. Then I took a moment to read the following.

"There are many persons ready to do what is right because in their hearts they know it is right. But they hesitate, waiting for the other fellow to make the first move – and he, in turn, waits for you" – Marian Anderson

Marian Anderson (1902-1995) – She was the first African American to sing a leading role with Metropolitan Opera, delegation to the U.N.

This amazing lady achieved greatness with her beautiful contralto voice, in spite of experiencing racialism throughout her entire life.

Reading on Google about the history of Marian Anderson and taking this quote syllable by syllable reminded me of WCTU and the historical commitment we have for justice.

Let's examine this quote: *"There are many persons ready to do what is right because in their hearts they know it is right"*. Are we ready to do what is right because in our hearts we know it is right?

"But they hesitate, waiting for the other fellow to make the first move". Do we hesitate, waiting for someone else to make the first move?

"and he, in turn, waits for you" How many people are waiting for us?

We are at the beginning of a New Year 2011 that is already threatening to gallop by as fast as 2010 did.

We are at a very frightening time in earth's history when we see the terrible things that are happening in nature. But what I find more frightening is what man is doing to each other and to our children. A huge part of this can be contributed to Alcohol and the use of Other Drugs.

This year promises to be an exciting year for WCTU. We cannot make a great deal of difference to the forces of nature – but – we can make a difference in this area. Could we not start this year of 2011 by not waiting *'for the other fellow'* could we not make the first move?

I look forward to seeing many of you at convention this year. Many of you have taken the opportunity to email or phone me with your encouragement and ideas for our work. I really enjoy this and welcome your phone calls and emails any time. Phone: 06 355 9246 – Mobile: 027 2391 360 – email: hillies@extra.co.nz

I close with one of my favourite bible verses – *Keep on loving one another as brothers and sisters. ² Do not forget to entertain strangers, for by so doing some people have shown hospitality to angels without knowing it. Hebrews 13: 1, 2*

Don't you just love this thought?



Ruth Hillsdon

WHY NOT A DRINKING AGE?

Some employers are reporting that 20% of young people interviewed are not up to standard to employ because of lack of educational skills, alcohol and attitude. It is believed that in many cases that a alcohol life-style of regular drinking is destroying the brains of many youth. This trend is becoming more obvious as more young people unable to read and comprehend simple instructions can not find work. As a result they become more dependent on alcohol living on the unemployment or sickness benefit instead of a career!

THEY HAVE BECOME ALCOHOL VICTIMS

Some years ago New Zealand had a drinking age of 21 years. If the law was broken there were serious consequences of being heavily fined. Money was taken out of their weekly wages or the parents had to pay for minors. In USA many States have again returned the legal age for drinking to 21 years because of the physical and mental harm to the brain and organs of the body of their youth.

NZ in its wisdom took the age back to 18 years and those who read their newspapers are horrified on the reports of drunken teenagers antics and the mayhem that they cause.

With these facts why then does our Parliament want to support a Bill that is going to split the issue in two by allowing 18 year olds to drink in licensed premises but not allowed to buy liquor from a bottle store or other outlets until age 20?

IS THE ALCOHOL IN HOTELS, CLUBS, PUBS OR RESTAURANTS SOMEHOW LESS HARMFUL ON THEIR BRAINS THAN THE ALCOHOL IN OFF-LICENSED PREMISES???

It makes one wonder whose brain cells have been affected if laws such as that are passed.

If passed it is a 'no brainer'!



A TOAST TO YOUR HEALTH?????

There is constant debate to whether alcohol is beneficial to the health of the vascular and digestive systems, memory or whatever your health problem is or not. Alcohol is weighed in the scales of 'is it a poison to all body cells or is it the elixir of life?'

Conventional medical opinion over recent years has advocated a pint of beer daily or one to two glasses of wine with the evening meal. There is a raft of new studies from various countries, many from Cancer and Heart charities on how to interpret the results.

Most Western countries report a large increase in the incidence in cancer and heart conditions and with more people drinking 'wine for their hearts sake' the desired results are not coming through to the satisfaction of many. Cancer Research UK find that the public believed that two standard drinks daily kept the heart healthy and cancer at bay...

Unfortunately each drink increases the risk of bowel and breast cancer. Some people believe that if one drink is good for the heart than two must be better by pouring out a larger measure than a standard drink, fooling themselves but not their bodies.

Some studies have found that one standard drink per day is known to increase the risk of bowel and breast cancer by 7%.

With 86% men and 82% women drinking alcohol regularly there would be very few who after their first drink would be thinking of their health.

In the past there have been European countries held up as examples of sophistication in drinking and social graces, France being the leading one.

This bubble has been burst as more surveys in these countries have found many people there with diseased hearts, livers and addiction as a result of drinking from childhood.

Authorities are attempting to change peoples drinking habits by banning or restricting liquor advertising on TV or when related to sports.

The substance in the skins and seeds of grapes which is beneficial to health is resveratrol and its effects are negated by the alcohol in wine. However, it is freely available in pure fruit juice, fresh grapes, or as a supplement.

LIFESTYLE ABORTIONS LOSE SUPPORT – POLL

Family First is welcoming research from Massey University Social Inequality Study which shows that approval of abortion depends on the particular circumstances.

“Support for abortions was only strong when the mother or the baby was at serious risk or that the pregnancy was a result of rape or incest. But when the choice was based on medical personal preferences, the support rapidly dropped to between 30% and 50%” says Bob McCroskrie, National Director of Family First NZ. With 98% of abortions carried out on the dubious and highly subjective grounds of ‘danger to mental health’, a third of the abortions not being the first abortion, and the Abortion Supervisory Committee rebuked by the High Court recently for not administering the law correctly, it is time to revisit their ‘abortion on demand’ culture that currently exists in New Zealand.”

ALCOHOL PRICING

If the increased tax on tobacco has had such a positive effect by reducing sales and encouraging smokers to look at their smoking habits and has made some decide to quit, then there is merit for the Government to place a 10% tax increase on all retail alcohol. This money could be used for a special fund to encourage youth into cultural and sporting activities. ‘Ready To Drink’ (RTD) alcopops, which contain spirits and use sweet flavouring to introduce young teenagers to drink spirits, should be heavily taxed out of their reach

THE IRISH WIT

An Irish priest was transferred to Ballina Catholic Church.

Father O'Malley rose from his bed one morning. It was a fine Spring day in his new parish. He walked to the window to get a deep breath of the beautiful day outside.

He then noticed there was a donkey lying dead in the middle of his front lawn. Not knowing who else to call, he promptly called the local police station.

The conversation went like this;

“Good morning, this is Sergeant Jones. How might I help you?”

“And the best of the day ter yer good self. This is Father O'Malley at St Frances Xavier Catholic Church. There's a donkey lying dead in de middle of me lawn.”

Sergeant Jones, considering himself to be a bit of a wit, replied with a smirk, “Well now Father, it was always my impression that you people took care of the last rites!”

There was dead silence on the line for a long moment and then Father O'Malley replied, “Ah, to be sure, that is true; but we are also obliged to notify the next of kin.”

EDITORIAL

SHARP PRICE HIKE IN TOBACCO

Tobacco is a legal drug that is responsible for hundreds of deaths a year.

Cigarette smoking is a well recognised factor in many cancers, respiratory and cardiovascular diseases in the human body.

In 2009 tobacco use was 961 cigarettes per person per year for those aged over 15 years, slightly down from 1,011 in 2008. Between 1991 and 2003 tobacco use fell by 43% but there has been little change since then, although that looks likely to change with the price rise.

Tobacco smoke contains more than 4,000 chemicals including 69 known carcinogens.

There are 22% of people aged 15 – 64 years who currently smoke cigarettes .

There are 26% males compared with 22% females.

Smoking is higher in Maori 46% and Pacific Islanders at 31%

Maori women and young teenage girls smoke more cigarettes than Maori men.

Asian males had a much higher rate of smoking than the Asian females

There has been a 30% price hike in tobacco excise over the past two years.

The price of a pack of 20 cigarettes has gone up to \$13 and is due to rise again shortly.

The Quit Smoking lines have been jammed taking calls from people wanting to stop smoking.

Most smokers would agree that smoking is not good for their health but feel that they are being targeted unjustly when the price of alcohol is so cheap and often on special. An argument from smokers is that they could have 5 cigarettes and get behind the wheel of a car and not be a danger to the public. If a person had five drinks and got behind the wheel they are a menace to other road users as well as themselves.

Most fair minded people would agree with them and wonder why the Government rejected giving heavy increases in alcohol excise tax to make our country a safer place to live. As someone once said, " The law is an ass." Or should it be 'the lawmakers are asses.' Don't quote me!!!

“ALCOHOL WORSE THAN CRACK, COCAINE AND HEROIN”

“Alcohol is the Most Dangerous Drug”

These are words not taken from a Temperance magazine but from the pages of New Zealand newspapers. Headlines such as that should stop a person in their tracks as this is our legal national drink that is more freely available than our food.

This past year a group of scientists including Britain’s Independent Scientific Committee on Drugs (ISCD) plus the European Monitoring Centre for Drug Addiction have both released reports that alcohol is more dangerous than crack cocaine and heroin.

In New Zealand it would seem that, many in authority appear to believe that because alcohol is legal it is a fairly harmless recreational beverage. Not so.

The findings of these international scientists should be heeded, especially at this time when our country is looking to reform our weak liquor laws. Normally when we have a liquor reform bill before Parliament we are left with a worse one than before. It would be good to be proved wrong.

The drugs were rated on the most harm caused to users and others.

Drugs were scored out of 100. With 100 given as the most harmful down to zero with no harmful effects

Alcohol was rated as the most harmful with a score of	72
Heroin followed with a score of	55
Crack Cocaine with a score of	54
Crystal meth	33
Cocaine	27
Tobacco	26
Amphetamine or speed	23
Cannabis	20
Benzodiazepines such as valium	15
Methadone	14
Ecstasy	9
Anabolic steroids	9
LSD	7
Magic mushrooms	5

In my lifetime I have never seen before concerned people marching in the streets with banners such as:

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A TIME FOR DRASTIC CHANGE
ALCOHOL REFORM NOW INCREASE LIQUOR PRICE
RAISE DRINKING AGE TO 20 YEARS
INCREASE TREATMENT SERVICES
BAN LIQUOR ADVERTISING
LOWER BLOOD ALCOHOL FOR DRIVERS
WE HAVE DONE IT FOR TOBACCO
DON'T ADVERTISE ALCOHOL ON MY SCHOOL BUS.

The Parliamentarians would be wise to listen to the voices of the concerned public instead of the hospitality trade who are interested in their profits not the well-being of our society.

YOUTH INFORMATION SHEET

DRINK SPIKING: Drink Spiking is when a drug is unknowingly placed into a person's drink in order to sedate them or incapacitate them. This can be done by someone you know or a complete stranger.

Drink spiking doesn't always happen in a busy bar it can happen anywhere. You do not have to be drinking alcohol to become a victim

ANY DRINK CAN BE SPIKED: Some important tips to stay safe when you're out:

- * Buy your own drinks – watch it being poured
- * Do not let strangers buy you a drink
- * Never leave your drink unattended
- * Look out for your friends

Signs that a person drink has been spiked:

- * Poor co-ordination
- * Loss of inhibition
- * Confusion
- * Feeling sick or faint
- * Unconsciousness

DRINK SPIKING IS A CRIME CLASSED AS GBH It can carry a penalty of up to 10 years imprisonment.

WHAT TO DO:

- * Stay with the person
- * Notify the bar staff and police immediately.

DON'T BECOME A VICTIM

(Ed. With kind permission White Ribbon Magazine UK Issue 1 Spring 2010)

ALCOHOL STUDY RE high density (New Zealand)

RESEARCH SUMMARY

A study conducted in New Zealand has found that a resident's risk of binge drinking and alcohol-related harms increases with each alcohol-selling outlet located within convenient walking distance of home, the University of Otago reported 1 October, 2010.

University researchers surveyed 1,925 adults in 2007 on their alcohol use and then compared the results with mapping of all outlets where alcohol is sold, such as supermarkets and convenience stores. Jennie Connor, Ph.D., of the University's Department of Preventive and Social Medicine, reported that for every take-home ("off-license") alcohol outlet within 1 kilometre, a person's risk for binge drinking increased by about 4 percent.

Furthermore, other harms -- such as alcohol's effects on job performance and relationships -- were associated with the density of all types of alcohol outlets (including restaurants and bars).

Health officials are taking heed of the study results at a time when New Zealand's alcohol policies are under review. "The challenge for Local Government is how to balance the overall wellbeing of the community with the perceived economic benefit from an increasing number of outlets," said Marion Poore, Medical Officer of Health in Dunedin.

The researchers controlled for individuals' socioeconomic status and for indicators of community deprivation, leading them to conclude it is unlikely that another factor besides outlet density is responsible for the binge drinking and alcohol harm trends they saw. Researchers found no link between outlet density and moderate or risky drinking.

The study was published online Oct. 14 in the Journal of Epidemiology and Community Health

<http://jech.bmj.com/content/early/2010/10/14/jech.2009.104935.abstract>

Article

J Epidemiol Community Health doi:10.1136/jech.2009.104935

Research report

Alcohol outlet density, levels of drinking and alcohol-related harm in New Zealand: a national study Jennie L Connor¹, Kypros Kypri^{1,2}, Melanie L Bell³, Kimberly Cousins¹⁺ Author Affiliations

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ABSTRACT

Background Previous research shows associations of geographical density of alcohol outlets with a range of alcohol-related harms. Socioeconomic conditions that are associated with both outlet density and alcohol-related outcomes may confound many studies. We examined the association of outlet density with both consumption and harm throughout New Zealand while controlling for indicators of area deprivation and individual socioeconomic status (SES).

Methods Individual alcohol consumption and drinking consequences were measured in a 2007 national survey of 18–70 year olds (n=1925). All alcohol outlets in New Zealand were geocoded. Outlet density was the number of outlets of each type (off-licences (stores that sell alcoholic beverages for consumption elsewhere), bars, clubs, restaurants) within 1 km of a person's home. We modelled the association of outlet density with total consumption, binge drinking, risky drinking (above New Zealand guidelines) and two measures of effects ('harms' and 'troubles' due to drinking) in the previous year. Logistic regression and zero-inflated Poisson models were used, adjusting for sex, educational level, a deprivation index (NZDep06) and a rurality index.

Results No statistically significant association was seen between outlet density and either average alcohol consumption or risky drinking. Density of off-licences was positively associated with binge drinking, and density of all types of outlet was associated with alcohol-related harm scores, before and after adjustment for SES. Associations of off-licences and clubs with trouble scores were no longer statistically significant in the adjusted analysis.

Conclusions The positive associations seen between alcohol outlet density and both individual level binge drinking and alcohol-related problems appear to be independent of individual and neighbourhood SES. Reducing density of alcohol outlets may reduce alcohol-related harm among those who live nearby.

(Ed. Sent in by World WCTU President Miss Sarah Ward, USA).

NEWS IN BRIEF

LOTTO TICKETS NOT FOR CHILDREN: The Problem Gambling Foundation is warning parents not to buy Lotto tickets or Instant Kiwi 'scratchies' as presents for their children.

Research shows that the earlier that children are exposed to gambling the more likely they are to start gambling and become addicted. The same thing applies to alcohol.

ALCOHOL FACT: Alcohol is a major causes of many illnesses and a major contributor to the burden on hospitals Board expenses and the increasing, longer waiting lists for those who have not abused their bodies having to wait and go further down the list..

WHY DO YOUNG PEOPLE DRINK ALCOHOL?

To be accepted as one of the crowd.

It makes them feel grown-up

Pressure from their friends

By trying something risky they will have fun.

They have been brainwashed and believe the lies that the alcohol ads portray.

MARIJUANA: Marijuana contains 421 known chemicals.

TRENDS TO ZERO SMOKING: The smoking habit could be extinguished in NZ by 2058, an international study says. However, investment bank Citigroup estimates Australians could stop smoking even earlier – by 2030. It estimates there will be no smokers in the first world countries within 50 years.

ALCOHOL QUESTIONS OMITTED WHY? Most doctors will ask their patients how many cigarettes do they smoke per day- if any.

All patients requiring treatment in Public hospitals are asked if they smoke and how much.

Rarely do doctors ask their patients if they drink alcohol and this question is not a routine question on the sheet for patients at Public Hospitals. There is something seriously wrong with our Health Authorities that this question is not asked.

WORKERS HANGOVER: It is estimated that 13 % of NZ workers turn up to work with alcohol and/or drugs in their system.

A fifth of the population 785,000 drink regularly, daily and frequently binge drink. Research shows middle-aged drinkers are consuming alcohol at unprecedented levels with many unaware of the health problems that could arise. Drinking at that level for 8 – 10 years puts people at risk of alcohol-related, permanent brain damage. Symptoms include anxiety, paranoia, depression, anger and confusion.

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DRUGS AND CRIME: There are 89% of serious offenders affected by alcohol and / or drugs and 83% of prisoners have abused or been dependent on alcohol and / or drugs.

COUNTRIES WITH LIQUOR AD. BANS: The following countries do not allow TV or radio advertising.

Bulgaria, Croatia, Denmark, Estonia, France (ban on TV ads only) Iceland, India, Moslem countries, Lithuania, Norway, Switzerland, Taiwan, Turkey, and Ukraine.

Many have bans on cinema and bill board ads. too. The World Health organisation (WHO) recommends banning liquor advertising.

SNIPPETS FROM MARLBOROUGH

A SUMMARY FROM MATERIAL SENT IN BY ELAINE HADFIELD

HOSPITAL STAFF UNDER FREQUENT ATTACK: Wairou Hospital emergency staff have reported that it is becoming increasingly frequent to have violent, hallucinating drunken young people coming into their department for treatment. The police would often stay and help protect the medical staff so those who needed medical treatment could receive it. After treatment they were often taken to the police cells until they were sober.

It is thought that young people are drinking high energy stimulant drinks such as Red Bull and V along with the sedative effects of alcohol, cannabis and party drugs. This dangerous mix of drugs often cause bizarre, violent behaviour by the user towards the medical team and by-standers.

REQUEST FOR SPECIAL LICENSES: Organisers of the Blues, Brews and BBQ Festival and Marlborough Wine Festival have had the District Licensing Agency grant special licenses allowing them to serve beer and wine in glasses instead of the usual plastic.

Blenheim police had unsuccessfully opposed the application saying that the use of glass was a safety issue.

KOSHER WINE: A Marlborough winery is making 'kosher' wine for the Jewish market, nationally and also exporting to Australia and the USA.

For the wine to be kosher only a rabbi is allowed to touch ingredients from the moment the grapes are harvested, through fermentation to bottling.

The wine-maker steps back and instructs the rabbi in the procedure. After the wine is bottled the winery staff can take over.

MARLBOROUGH VANDALS HUGE COSTS: The Marlborough Council had a bill of \$71,000 in 2009 to replace vandalised street signs by drunken vandals. This does not include the many letterboxes that are smashed or removed belonging to private residents or the damage done to parked vehicles.

This problem greatly increases over the beer and wine festival period.

ONE DRINK TOO MANY FOR THE ROAD !!

The Government has pre-empted the proposed Liquor Reform Bill by announcing back in July 2010 that the drink-driving limit will stay as it is 80milligrams of alcohol per 100 ml blood for the next two years so that further studies can be done!

During this time research into the risk posed by those who drive with between 50mg and 80 mg will be carried out.

Over recent years hundreds of studies and all kinds of surveys have been conducted already on this issue. How many more are needed to see that the current level is too high?

The real reason is that apart from all the frantic lobbying by the hospitality trade, this year New Zealand is hosting the World Rugby Cup when the usual flood of booze will become a tsunami. The Government (tax-payers money) is building temporary premises for big after match drinking functions to make a big impression on overseas rugby fans.

Canterbury's Road Police Inspector Al Stewart reports that an average of ten drunk drivers are caught each day in his area and this was an unacceptable number.

Why are our Parliamentarians not listening?

The message, "if you drink don't drive" is toothless and not getting through. In this case it would be logical to bring the level down to 50mg or make it illegal to drive after drinking. Or is that too simplistic?

Alcohol is a drug that affects decision making, causes drowsiness, slows down reactions and makes the driver think that they are a better driver than they are and take risks.

The "booze buses" often used during holiday time are a good Police tool but why do the authorities advertise that they will be operating over a certain period of time? Is it because if they didn't so many over the limit drivers would be caught that the law courts couldn't cope?

IRISH ROAD RAGE

A tourist was travelling around Ireland by car. Stopping at a red light she took the opportunity to look around at the lovely scenery and was oblivious to the fact that the lights had changed from red to green and back to red again.

The driver behind her got out of his car and unleashed the Irish equivalent of road rage. "Would it be a particular shade of green you are looking for?" he asked

WINDOW OF THE UNIVERSE

Mrs Margaret Austin, a former Cabinet Minister, chairs a committee who are working towards New Zealand's bid to have the skies above Lake Tekapo and Aoraki Mount Cook recognised as a UNESCO World Heritage Skylight Reserve. This work has been underway for some years but it could take many more to work through the various stages.

Tekapo attracts 1.5 million visitors a year, many who are attracted by the chance to star gaze in the clear, dark night skies of that area.



THE CHURCH OF THE GOOD SHEPHERD

This small stone church is on the shores of Lake Tekapo. Between 70 to 100 weddings are conducted each year, many with overseas couples.

REACHING FOR THE STARS

Stars are frequently mentioned in the Bible.

In Psalm 8 v 3 "When I consider your Heavens, the work of your fingers, the moon and the stars, which you set in place..."

Ps.19 V 1-4 "The heavens declare the glory of God, the skies proclaim the work of His hands ..."

Ps 147 v 4 "He determines the number of the stars and calls them each by name."
(Taken from NIV)

We are not to worship the stars but the Creator who made them.

UNION NEWS

NZ WCTU NATIONAL CONVENTION: To be held 7 – 10 March 2011
Arahina Function Centre, 457 Wellington Road, Marton
Contact: Bev Boardman email bev.dave@xtra.co.nz
Please pray for the meetings and for decisions that are to be made.

AUCKLAND UNION NEWS

They report that they continue to meet every two months with a good turnout of members.

On Fetal Alcohol Spectrum Day, observed at 9.09am 9 September 2010, some members were available to join a static display in the main street to make the public aware of the dangers of drinking alcohol while pregnant.

On another occasion members joined with Alcohol Action and other groups on the "March for Reform " in Manakau.

They also wrote to the Prime Minister, John Key expressing their concerns.



On the 16 November 2010, Mrs Averil Groom, Auckland WCTU Secretary was interviewed by the Editor John Langrigan, of the newspaper The Aucklander and published on the 25 November 2010. For the occasion she was dressed in a period costume of the 1890s.

In this article Averil gave a brief history of the World WCTU and the beginning of the work in New Zealand. The Christian women of NZ were ready to accept this organisation for the betterment of all women. She spoke of the work up to this present time with our aims and goals.

When asked about how she become involved she told him that she was the fourth generation of women in her family to follow the goals and aspirations of her great grandmother.

Some members also took part in a protest at suggestions that "The Vote For Women" memorial in Kitchener Place in Auckland be demolished.

(Ed. Please keep me up with this development.)



Devotions



A NAME ABOVE ALL OTHERS

Frequently we hear people say, "Easter is only a pagan festival." I think most know that it is named after the pagan goddess, Eostre (Eastre), whose festival was held at the Spring equinox.

As Christians we do not celebrate that festival but remember the suffering, death, burial and resurrection of the Lord Jesus Christ.

It can be explained this way.

The Passover was a symbolic Jewish feast commemorating the time when the children of Israel were miraculously saved from Pharaoh and the Angel of Death. (Exodus 12 v 1 – 29) It spoke of a future time, when Jesus would be the unblemished Lamb of God and willingly and sacrificially offer His body to die on the cross shedding His blood for the sins of others.

In the Gospels, it is recorded that Jesus with His disciples, celebrated the Passover feast on the 14th day of Nissan (March/ April in the Jewish calendar)

Using the unleavened bread symbolising His soon to be broken body and the "fruit of the vine", His sinless blood, Jesus told His followers to observe this memorial feast (communion) remembering His suffering, death, burial and resurrection until He comes again.

This year Jesus was to be the Passover Lamb, the Lamb of God. The innocent taking the place of the guilty!

In the Old Testament times the Jewish people looked forward to the coming of their Messiah but didn't recognise Him when He came.

Today we look back and thankfully remember His death on the cross, burial and His victorious rising again (resurrection) according to the Scriptures.

Without the resurrection of Christ we would still be in our sins.

He willingly came to earth to reconcile man to His Creator.

"For God so loved the World that he gave his one and only Son, that whosoever believes in Him, should not perish but have eternal life. "John 3 v 16

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Jesus said, "I am the Way, the Truth and the Life no man comes to the Father except through Me." John 14 v 6

Have you come to the foot of the Cross for forgiveness of sins, to receive Christ into your life so that He can live His life through you? Today is the day of salvation.

Amen.



THE GOOD SHEPHERD'S SHEEP DOGS

Little Angus lived in the Highlands of Scotland, where his dad and the dads of all the children in the little country school were shepherds.

One day, the teacher who was a Christian was teaching the children the Shepherd's Psalm. Little Angus raised his hand and asked, "Mister, does the Good Shepherd have a dog?" The teacher replied that he didn't know but would go home and do some research and let him know later. The next day he said, "Angus, I have discovered that the Good Shepherd has two dogs, because the Psalm says Goodness and Mercy shall follow us all the days of our life. So those are the Good Shepherd's dogs- Goodness and Mercy."

Young Angus was thrilled! The next day he came back beaming, "Master, "he exclaimed excitedly, "I've discovered that the Good Shepherd has three dogs! The Psalm says 'Surely, Goodness and Mercy' shall follow us all the days of our lives."

May they follow you all the days of your life, dear fellow reader until we dwell in the House of the Lord forever!

Inserted into the Timaru Union Thought Book by Alma Laurenson 28-9-99

At Lake Tekapo near to the Church of the Good Shepherd is a statue of a sheepdog dedicated to all the sheepdogs who helped the early pioneers and to this present time, to open up the Mckenzie Country to sheep farming and are still proving their worth.

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NORTH CANTERBURY

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Treas. Mrs B. Osborne, 40 Uxbridge Street, Christchurch 8051, 03 3527482

TIMARU

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MISSION STATEMENT

“To reduce health and social problems by promoting a lifestyle free of alcohol and other drugs.”

YOU ARE NEEDED

You can assist the NZWCTU by becoming a member and/or subscriber to the WHITE RIBBON DIGEST.

By signing the following pledge you may become a member of this organisation. “I affirm my life-long pledge of total abstinence from all intoxicating liquor as a beverage, and my willingness to pursue all proper means to discourage and prevent its use in society. I pledge myself to work and pray to this end by endeavouring to promote a personal purity of life, free from the menace of narcotic poisons and drugs, claiming always the promised guidance and help of God.

Signed

Membership fee \$15 per annum includes WRD	\$
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Men are eligible for full membership

For further information contact Mrs Janet Palmer
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