

ASIA PACIFIC FORUM

Aotearoa New Zealand - Australia - Bangladesh - China - Guam - Gulf States - Hawaii - Hong Kong
India - Indonesia - Japan - Korea - Malaysia - Nepal - Nerf - Pakistan - Phillippines - Siangapore - Thailand

A Network of  Communities

No # 23
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A P F N E W S L E T T E R

Hi All,

Welcome to the APF newsletter. It has been a tragic time and a hope- filled time for the Asia Pacific ring these last months. I pray we can all look forward to new beginnings after such sad times caused by the Tsunami in December. Definitely it showed the best side of human nature as countries rallied around to lend their support. Many of us reached out to fellow members struck by this devastating natural disaster. If only we could all show such generosity every day. Thank God we have a program that reminds to live life with principals.

And on that note it is so wonderful that in the Asia Pacific we have seen the formation of a new Region in the Nepal fellowship. Fantastic! In this short time we have also welcomed China to the APF - another official new member of the APF.

Our past Treasurer Tim, wrote, "It is with much pleasure that I write to inform you that the APF Administrative Committee has reached consensus for China's inclusion as a funded participant to this years APF meeting in Cebu."

I'm sure I speak for all the fellowship when I say that we are so happy to have you with us. A big welcome!

The APF was held in Cebu, in the Philippines this year and from all accounts it was a big success with new and improved positions being formed. The Forum focused on ways in which to give practical support to help carry the message of recovery to such a wide and newly growing Region. The Philippines fellowship extended itself lovingly by making sure everyone was well looked after, ensuring that the Delegates were given every opportunity to make this Forum a great and worthwhile success.

We are also saying a sad goodbye to a dedicated Treasurer, Tim. Thanks for all your commitment and service over the years from all of us. Many more people give their time and assistance and we say a big thank you for supporting the APF voluntarily, thanks to Talli and all those who come along to support the APF every year. I missed meeting up with a great woman member who was a welcoming NA friend to me while I was visiting Calcutta last year - a very special thank you to Anandita who has been a great power of example for all the women in her Area.

In other parts of our Region, Hawaii members are 'busy as', helping to create the next World Convention! A lot of work will be needed, but we all know how dedicated and strong the Hawaii Delegates and their members have been to us in the APF. It should be a great one! Don't miss it!

Unfortunately, I couldn't make it to the Philippines this year but there are plenty of stories from our Delegates to make sure we don't feel we missed out. Lots of positive steps have been implemented and the representatives from NAWS once again gave a big boost to our new and struggling Areas, not to mention new inspiration to our more established ones!.

The Website looks really flash and thanks goes to our hard working Webservant Vikram from India. Bella from Australia has been elected as our new PI resource person, a big welcome. Danny has taken up the role as our

new Treasurer and I would personally like to thank him for his support on the newsletter and the website.

Keep checking the Website for upcoming events and confirmation about next years location for the APF, all welcome. It is tagged for February, 2006 in Bangkok, Thailand at this stage

Keep the Faith,

in loving service,

Cathy
(Newsletter Chair)

A P F N E W S L E T T E R

Pass It On...

A Roundup from our Regions

Australia

Hospitals and Institutions

In October 2004 it was reported that NA members carry the message into at least 25 hospitals; rehabilitation centers and jails throughout Australia. Some areas have reported having workshops to encourage members to carry out this worthwhile service. Local rehabilitation centers are transporting their residents to NA meetings, in some places on a daily (or nightly) basis.

Cambodia

Meetings and Service Structure:

After attending the APF in Bali in 2004 we saw the benefits of formally structuring our small community with every member volunteering for at least one service position. We now have RD, ARD, Treasurer, HI/PI, Literature & Translation committees set up; not to mention a member who provides the tea & coffee for each meeting. We have a monthly business meeting with a Chair in place. There are three meetings per week each with a different theme (step, topic and basic text study). Our meeting times and location have been posted on the APF web page and after contacting World Service, Cambodia is also a link from the World Web Page under Regional Links.

We have had business cards printed with meeting times and contact numbers which are handed out to visitors, newcomers and other interested parties.

Gulf States

Worldwide Workshops

We have hosted the Middle East workshop that NAWS has made in Bahrain 9-11 February 2005.

Workshops

ASC has accomplished more than 4 workshops for the groups in the following subject Service and service structure. The 12 concepts.

[And we have more workshops to be done for the isolated group](#)

Hawaii

Since July of 2004 when the new NA website was posted, we have received over 5,521 visits to the www.na-hawaii.org web site. We have been averaging 788 monthly visits, the increase is due to the upcoming World Convention.

In a few short months , Sept. 1-4 , our fellowship will experience a life-changing event (The World Convention 31) Addicts from around the globe, ten times the size of the Hawaiian Fellowship are expected to be here and four times that are already registered. This opportunity will unlikely ever be in Hawaii again. Imagine the entire fellowship under one roof at one time for one purpose - To serve the world fellowship!

India

Consisting of 12 ASCs consisting of 84 groups and 145 meetings per week (approx.). Newer groups are expected to be born in the near future.

A new ASC, the ASC of South Bombay has joined the RSC in the last meeting.

A Translation Workshop is to be held on the 8th & 9th of April at Hermitage Huts Resorts, Haryana Tourism, Surajkund, Faridabad. (Arrangements for participants have been made from 7th evening onwards, and the event is being funded by NAWS)

Malaysia

12&12 WORKSHOP & UNITY DAY 2004

NAKL organized a 12&12 Workshop/Learning Day on 7 Aug 2004 from 9am to 5pm. The facilitators for the workshop were NA members Roy and Rosie Read from Australia – attending in their personal capacities. The workshop included explanations of The Structure of NA from the Group Member through Group, Area, Region, & Zone, to World Board and Human Resource Panel. The Twelve Steps, Personal Programs, Sponsors, Service & The Twelve Traditions & Twelve Concepts were also explained in detail. The workshop was attended by around 70 participants comprising members of NAKL, NAJB, NA Singapore and residents of three rehab centers in KL.

NAKL then hosted the Unity Day Gathering at a seafood restaurant in KL, which was attended by members from NAKL, NAJB, NA Singapore and our guests of honour, Roy and Rosie.

Nepal

Meetings

There are 31 meetings each week throughout the Kingdom Of Nepal. Total estimated numbers of recovering addicts are 1000 in Nepal.

Workshop

First of all I would like to thank all the members who provided me with the input regarding the Workshop and Steve's mailing address. The workshop was a huge success! Twenty five service members and ex-service members participated in the program. Overall everybody liked it and the feedback was overwhelmingly supportive. We are planning to have another discussion/ workshop on Region formation on 16th of April. As this was the first time that we had a workshop like this everybody learned a lot (myself included). The group had decided on having this type of workshop on their own group - as well as in the ASC.

Thanks a lot to Bob, Steve and all the APF members who decided to have this workshop in APF. If anyone requires it, to replicate or for any other reason, Nepal will be more than happy to provide a copy.

New Zealand

Aotearoa has 90 meetings which is a small increase from last year, plus there are 13 H&I meetings, and we are made up of four areas. The RSC meets quarterly and has eight positions, Chair, Secretary, Treasurer, RD, RDA, Web Server and Fellowship Service Office Director. There are a number of adhoc chairs that are activated when required i.e. Convention, Phone Line or History Project Chair.

Campouts

Another event that is enjoyed by our fellowship is campouts, these happen across the country and members travel at times great distances to attend. Campouts are semi structured, usually with fun activities organized that are inexpensive.

Pakistan (North)

GROUPS:

6 groups are functional in 4 cities of the region.3 groups are in Lahore,1 in Islamabad,1 in Pattoki,2 in Peshawar.Two new groups have formed in 2005.One in Lahore and one in Islamabad.

MEETINGS:

6 regular meetings are held by the above mentioned groups. One meeting in Lahore stopped by the end of

2004 and a new one is started last month. Approximately 150 NA members are regular in the meetings. Lahore groups are particularly older and stronger now. Quality of meetings with respect to NA 12 steps and traditions are rising.

Philippines

There are 2 areas (Luzon and Visayas & Mindanao another) with a total of 10 groups who have an estimated 40 meetings in the NA Pilipinas Region. There is about 1 or 2 H&I panels each week in the Region. Hospital and Institution committee held Activities.

Membership – Although number of members is very difficult to determine, the region is unanimous in agreeing that the membership is growing. Our best estimate is about 400 active members with an additional 100 semi – active members.

A P P N E W S L E T T E R

Points of Interest

New meetings in Romania and Bequia which is in Caribbean Island 100 miles west of Barbados.

The 2007 World Convention is in San Antonio Texas and 2009 in Barcelona Spain !!!!

The World Wide Workshops

- 1 - Middle Eastern-Feb. in Bahrain
- 2 - Southern Calif. Workshop - April 15 -17 in Burbank Calif.
- 3 -Tennessee Worldwide Workshop in Nashville -May 27-29

A P P N E W S L E T T E R

APF 2005 Cebu

The 2005 APF in Cebu was really focused on identifying specific issues and challenges being faced by the various communities of our Zone. Some brain storming sessions - with the Second Tradition clearly in mind - resulted with some cool solutions to help us overcome the various obstacles that we found. Following are some of those

SOLUTIONS:

- Adapt to areas needs.
- Understand Concepts, Traditions and Guide To Local Services.
- Have more fundraising to generate funds to hold necessary meetings.
- Commitment to personal recovery, quality recovery.
- Quality of recovery creates quantity of recovery.
- Old-timers encourage newer members.
- Mentoring, get sponsees involved.
- Keep in mind our Primary Purpose.
- Outreach to members.
- Flexible guidelines to involve newcomers.
- Involve your peers in service.
- Access older members in service.
- Workshops and learning days.
- Email contact to get communications out.
- Regional chairperson contact groups.
- Utilize regions to create responsibility to individual groups.
- Create the essence of the language.
- Encourage loving service.

APF T-Shirt Fundraising

We got t-shirts donated by Pakistan, Singapore and Philippines. Japan donated merchandise as well. We shipped all the donations to Hawaii for the World Convention in September.

Thanks!

A P F N E W S L E T T E R

Letters from our Region

Phillipines - Thankyou!

Dear all,

Greetings from the centre of Asia Pacific, I hope everyone in the APF is well back in your home town with a great spirit of recovery and service. On behalf of the APF Administrative Committee I would like to express my deepest gratitude to HP and also to the Delegates for their participation at the APF meeting in Cebu, Philippines recently. Surely the meeting this year was different and we had chance to learn from each other, and show more interest to really support the growth of members of the APF.

I would like to say thank you to NA Philippines for their great and wonderful work hosting the APF meeting and the Convention and to Bob and Steve for their presentation and workshop during the APF meeting. Many thanks also to Tali and Mark for their great willingness to help during the APF meeting. I also would like to express gratitude and thank you for the remarkable service of our out going Secretary/ Treasurer, Tim S and congratulations to our new Treasurer, Danny U and our new PI Resource Person, Bella.

The Administrative Committee would like to encourage the Delegates to get back with your community and share about the last APF meeting so hopefully we could raise awareness in each of our communities in the Asia Pacific Zone that there is a Forum called Asia Pacific Forum (APF) to support the growth of NA. As it has been mentioned during the meeting, we would like to encourage members of the APF to be more active with the list server to share experience, strength, and hope in matters relating to the Asia Pacific Forum, so hopefully together we could do our best to support the growth of NA, so more still suffering addicts in the Asia Pacific who seek the message of recovery, could hear one and have one.

With love in recovery and service,

Risa A

APF Admin Chair

From Cebu

Hi Guys:

I just want to send you this message to tell you all Thank You Very Much for coming over to Cebu and be part of the PNARC X. It was a very big help to our small group here in Cebu and it also helped motivate the guys here to work harder for their own recovery and the growth of the fellowship here. Should any of you ever be in Cebu again please feel free to contact us anytime.

Thank You

Pilipinas, Cebu

Aloha, Philippines...

First of all I would like to thank the Philippine fellowship and Paolo for all the hard work they did and such a warm welcome that I felt like I was truly at home. The electricity and excitement for recovery that I felt from everyone was really inspiring and encouraging.

Also I want to thank all of the Delegates from all of the countries for their support and friendship. The laughter and tears that we all shared will never be forgotten in my heart. As always I get humbled when I go to the APF meeting and this is the greatest gift of all because that's when I get my head out of the way and let my Higher Power take over.

Thank you all for everything!

Hawaii

Nepal - A New Region

Dear Fellowship,

First of all, tight love and hugs. One thing we want to inform you of is that a Regional Committee is been formed in our country. Now we are going to registration in WSO and we have collected all of our home group and ASC data and activity.

At last this is our regional email address. Please can you send the messages to this email address.
nanepal_regional@yahoo.com

Nepal

A New Beginning - China!

We already have a meeting going now and our first anniversary of the group is on the 1st of May and we are in the process of starting another meeting on the 26th of April. So far there has been no interference from the powers. So far so good, but we surely need to do the effort and find out for ourselves.

Once again thank you for your support and prayers.

In loving service.

China

Greetings from China - Not Alone

We meet regularly.

Shanghai Serenity Group, 3pm, Sat.
Christ the King Church, 2nd floor.

www.nachina.com

Mao ming lu and Ju lu lu,

Shanghai, China.

Isolation - the message gets through
- from a small island, off a small island, the coast of Australia!

Hi Guys!

This is truly amazing what we can do, here I am on a small island, off a bigger island, off an even bigger island, listening to the Opening Meeting of the Sydney Convention. So many clean addicts sharing their experience, strength and hope with me and so many others. In this moment I am blown away. Isolation is not an issue for me on this day. Thanks to all those involved.

Australia

Recovery in Goa- BACNA 12

I had a lot of using friends who made it to Goa (India) in the 70s and partied all night, slept on the beaches, used lots of drugs and lived to tell the romantic exotic tale. This was not for me, I was stuck in an inner city hard using community, where going out of phone contact with my dealer was unthinkable and the travel costs ridiculous. I used for 16 years and then got clean in NA travel and fun is now not only possible but has become an important part of my life

Imagine my delight when I found that the Bombay Area was having its 2005 Convention right there in Goa and that I could take time off work. I made a few calls and emails and found that at least three other Australians I knew would be there and some members of the Indian fellowship I had met before. Goa here we come!!

Let me try to paint a picture for you: palm trees, wild colour everywhere, smiling faces, sand, bright busy markets, tooting motorbikes, endless beaches, sun umbrellas, amazing food and high energy the perfect setting for a convention.

The recovery tent beside the lake was fabulous; colourful and billowing with every wind and full of NA warmth and kindness. Members were thoughtful and generous and we kept smiling at each other even when we could not understand each other's language. Some of the meetings were in English, some in Hindi and others in both. There was always someone offering to translate for us, but sometimes it was nice just to sit back and let the Hindi stories just wash over me. The words may have sounded strange but the feeling and spirit was familiar and encouraging.

Food fabulous food! This was no place for someone on a diet. We were fed 5 times a day and the price was included in the registration. Lining up for our meals was a great way to meet everyone, lots of jokes in words and body language as we shared the experience.

Buying merchandise was a contact sport, we were scrambling over each other to buy souvenirs trying to catch the sellers eyes and remind them of past friendships and favours "Me! Wait for me! Please, keep one for me!" It was all in good humor.

The final countdown was a fabulous experience; my hands were numb from clapping so much. Everyone in NA should come to India for their countdowns, they are different from anywhere else I have traveled.

When they do the geographical countdown you have to get in the middle of the circle of members and do a little dance when your country is called out. Then you also have to do a recovery dance when your clean time is called out in the clean time countdown. I never knew that I had such an energetic recovery dance in me until

I had to demonstrate it. I guess that we all have a recovery dance inside us just waiting to be called on.

The Indian fellowship sure can dance, and can sing and can have a great time and are more than willing to pull anyone into their wonderful recovery energy.

What can I say now except thank you to the BACNA committee and the Indian Fellowship for another great experience of their high octane, dance all night, party till you drop.

Love
Bella.

A P P N E W S L E T T E R

A "Living" History of the Indian Fellowship and a message of HOPE

Looking back over the years, to when Narcotics Anonymous first started in Bombay, India, we the members present at that time, are acutely aware that no single individual could ever have been responsible for what NA is today, a living miracle! And so, not so much in a spirit of humility, but rather, as a matter of simple truth, we have decided that our names being of no importance or consequence need not be mentioned in what we proceed to write - the history of NA (Bombay).

For starters, NA is not history. It never was. It's real and alive. The first NA meeting was held on the 8th day of September, 1983, in the premises of St. Michael School, Mahim, Bombay. There exists some confusion as to the exact date of this first ever NA meeting in Bombay. However, the collective memory of the group present at that time came to agree that the 8th of September would be the record date on which NA was born.

The Parish authorities of St. Michael's allowed us a classroom, equipped with broken tiles and chairs that were no steadier than ourselves. The room was alongside a graveyard - a grim alternative to what the NA program promised us. Recovery! We can't help but mention here that we fell in love with this room. It had a peace of it's own and a warmth that is almost impossible to describe. Our hearts belonged there. It was home! Today, this 'home' is no more, as a new structure has been put up on this site. But it will always have a place in our hearts, and in the hearts of many an addict who attended meetings held there. For it was in this room that hope was born, our lives began to change and, yes, miracles - one more fascinating than the other came to happen. We were coming to believe.

Today, we thank our Higher Power, for the miracles He has worked in our lives. In the beginning, though, the word 'God' in itself frightened and even embarrassed us. We were very few in number and were afraid of rejection from our fellow addict friends. After all, 'tough' guys never spoke about God and tough we were not. This, beneath our masks, we knew very definitely but were very afraid to admit. To admit we were not only weak but entirely powerless was frightening. Like death itself. Because, if we were powerless, what then...? Most of us had been using for over ten years and more. Were we to carry on using till death, or, worse still, insanity took over? That seemed just about the only answer.

And then, in late 1984, the wisdom of the NA program dawned. Slowly, we found that in honestly admitting that we were in fact powerless, we experienced strength - strength from each other. We began holding on to each other (for dear life) and for the first time, we as individuals, began to feel that true sense of belonging and togetherness. The miracle of NA, the process of recovery had begun without us even knowing it. We were still afraid. May be the program wouldn't work for us..? God at times seemed so far away. To pray still felt extremely uncomfortable and the ability to become simple - the secret of success of the NA program - almost impossible. As one member put it, "at a meeting we felt most uncomfortable while saying the prayer!". The prayer was almost usually accompanied by a nervous shuffling of feet and twisting of uneasy fingers. Those days! How could we ever forget them. And yet they were an important part in our recovery as we see it today.

The meeting continued, a member would clean up, only to relapse again, and show up a month later. Would

NA work? Yes it will! No, it won't! The see-saw struggle continued within us, but we held on real tight, and persisted. We were then holding meetings twice a week, and we needed more. We then had meetings thrice a week. Would it be sufficient? We were struggling, sometimes drowning and sometimes getting that grateful breath of fresh hope.

Today, looking back at those days, we know that we were being looked after by a Power greater than ourselves right from day one. A steady transformation was taking place. We were getting more comfortable and could share more openly and with less fear. And then the real thing happened. We were getting clean and yes - we couldn't believe it - staying clean too, and serene! Gone were those cruel obsessions that took us back and back again to drugs. The magic of NA was real after all. We now felt charged with a new energy.

The message that NA works began to spread rapidly and enthusiastically, and on our first group anniversary we had - believe it, it's true - a full house. We named our group at Mahim, appropriately - The Foundation Group. We seemed well on our way.

In 1986, disaster struck. Many of us that were clean decided, as only addicts could, that alcohol - THE WORLD'S OLDEST DRUG - was not a drug after all! Suddenly, NA was in the midst of it's worst ever crisis. Addicts now came into NA, only to get off drugs and start drinking. Dishonesty and denial came back in their most cunning and deadly form. We shared at meetings that we were clean, even though we were not. Most of us were in deep trouble. The pain of addiction, now worse than before had returned. For about three years NA reeled under the 'Alcohol' controversy. NA had also in the meanwhile grown. There were regular meetings at Bandra, Byculla, Bhatia Hospital and Santacruz. The proverbial dust could no longer be swept under the carpet. What we had now was a monster of our own making in our midst. People outside of NA, i.e. non-members, now knew that the 'good' guys from NA were drunks after all. We began to hurt all over again. Newcomers came, heard, some stayed and some never came back. We were quite literally on the run and somewhat past the end of the road. There seemed no way out.

Till our Higher Power came to our rescue again. He gave us the wisdom and, more important, the courage to take the vital step that would save us - NA as a whole. A collective decision based on the principle of group conscience that alcohol was after all a drug, was taken. A lot was at stake. We had to get honest all over again, most of us were going to lose our 'clean time' - something we were very attached to and possessive about, and start all over again. To continue to be dishonest seemed to be the easy way out. But the pain we had experienced through addiction had by now taught us in no uncertain terms that there could never be an alternative to honesty. We are proud to say that at a special meeting where members from all the groups were called upon - the collective group conscience of NA voted for and without hesitation that with immediate effect 'clean' dates (of all members) would be valid only from the day the addict had stayed away from all mood changing and mind altering substances. And alcohol was certainly one of them.

Our weakness now became our strength. A great many of us were able to admit our powerlessness and were thus released once again from the pain of addiction. A lot more of us shared about the pain we had suffered while drinking and in the process we were now more clear than ever before that we were not dealing with a moral problem but a deadly disease. It was like NA starting all over again. Stronger and definitely more honest and responsible. We are not one bit ashamed about what is now referred to as 'the Alcohol Story - Bombay edition'. In fact, as mentioned earlier, we emerged stronger with a wisdom based on our own experience that honesty is not negotiable.

Today NA continues to grow, in number and quality. Our experience is our main source of strength. We have faced a lot of ups and a lot of downs, but the basics will always remain the same - honesty at an individual and group level, persistence, responsibility and, above all faith. Faith that the NA program works.

NA (Bombay), today has seventeen meetings a week at eleven groups spread over the city. There is an NA meeting every day wherein any addict seeking recovery can walk in and get help. Every group has responsible secretaries and treasurers. In June 1987, the Area Service Committee (ASC) was formed to co-ordinate the efforts of all the NA groups. In an effort to reach out and spread the message of recovery a Public Information sub committee was formed, followed by H&I sub-committee, Translation sub-committee, Convention sub-committee and Literature sub-committee.

How did this all come to be? The transformation of one time hopeless addicts, to members carrying out responsible duties with meticulous detail? We are forced to blink in disbelief whenever faced with this question. And not because we don't know the answer. In fact, we are more sure of the answer - each of us- than

anything we could ever be sure of. We know from deep within us and without doubt that the miracle of NA was only possible because of a power greater than ourselves - God of our understanding...

- Anonymous, NA Samachar (Nov-Dec 1994)

A P F N E W S L E T T E R

Pass It On...

It is important to spread the message of what the APF is throughout our individual communities. We request that the RD and APF Delegates from the various communities within our Zone bring a copy of the Newsletter to the Regional meeting and to distribute to all RCM to bring back to their respective ASC's - where they could be distributed and given to GSR's to distribute to their respective Groups.

If this newsletter actually makes it to the literature tables of the various Groups throughout our Zone, then the individual members would be more informed as to what the APF actually is and support it.

Statement of Purpose:

The Asia Pacific Forum is made up of the NA Communities from the Asia Pacific Zone. These guidelines are devised to facilitate the agreed purposes of this service body. The following is the stated purpose of the Asia Pacific Forum, which these guidelines honor:

- 1) We, the NA Regions and communities of Asia Pacific, have joined to discuss issues of mutual concern, address our common needs, exchange ideas and share experiences to further our primary purpose.
- 2) This forum is intended to compliment the existing service structure of NA.

GOALS: To encourage, develop and support NA in this part of the world:

- a) To encourage and support translations of NA literature into our languages.
- b) Encourage and support Outreach, H&I and Public Information efforts within Asia Pacific.
- c) Encourage, maintain and support communication among NA members, communities and Regions within this part of the world.
- d) To continue working with NA World Services in our efforts.

A P F N E W S L E T T E R

End June, 2005