

# ASIA PACIFIC FORUM

Aotearoa New Zealand - Australia - Bahrain - Cambodia - China - Guam - Hawaii  
India - Indonesia - Iran - Japan - Kuwait - Malaysia - Maldives - Nepal - NERF - Pakistan  
Philippines - Saudi Arabia - Singapore - South Korea - Thailand - Viet Nam



***APF (Asia Pacific Forum) NEWSLETTER***

***31<sup>st</sup> Edition***

“WE ARE ONE ”

## APF 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 complement 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.

## APF Vision Statement:

Our Vision is that one day:

- a) Every addict in the world has the chance to experience our message in his or her own language and culture and find the opportunity for a new way of life;
- b) NA communities worldwide, NA world services and the APF work together in a spirit of unity and cooperation to carry our message of recovery;
- c) Narcotics Anonymous has universal recognition and respect as a viable program of recovery.

The APF meeting was held in Kuala Lumpur, Malaysia 18-21 March 2008. Twenty NA Communities were represented by their delegates at the APF meeting. Welcome to the newly seated NA Communities; Bahrain, Iran and Kuwait, welcome!

A few highlights from our meeting were Delegate Reports, Newsletter Discussion, Delegate Action Sharing Group, NAWs Presentations and the Strategic Planning Sessions. Following the APF meeting a delegate forum workshop took place that all delegates attended "How can the delegates help each other?" This workshop was insightful and we will be included more information.

In the upcoming newsletters we will be providing additional articles of interest on specific topics. We need your help so please submit your articles; all articles will be well received. If you would like information about the Asia Pacific Forum please contact the following websites <http://www.apfna.org>.

### An addict from Bahrain

I am an addict. My name is .....

..... أنا مدمن وأسمي

I was introduced to the NA program in 1985 by one of my close friends. Because of my friends I wanted to join the gang. I stayed clean for couple of months only to please them. One day I thought I want to go and smuggle some drugs and sell it, because I need money. I thought this time I will not be caught and it wasn't the first time. This time I was sentenced for 7 years in jail.

لقد عرفني صديقي على زمالة "م.م" في عام 1985م . وبسبب صداقتي معه التحقت بهذا البرنامج. لقد امتنعت عن التعاطي في ذلك الوقت لفترة وجيزة لا تتجاوز السنة. وأنا في البرنامج راودتني فكرة تهريب وبيع المخدرات للحالة الاضطرارية المادية التي مررت بها ، حيث كنت أظن أن هذه المرة تختلف عن المرات الأخرى ، إذ لم تتمكن رجال الأمن من القبض علي ، ولكن تم القبض علي وحكم علي بالسجن لمدة سبعة سنوات.

I finished my time in jail and came back to Bahrain. I met the same NA member friend, I was very much surprised that he welcomed me and invited me for a tea at his home. I expected him to reject me because I was using and I am used to rejection. For the second time I got clean, married, got a job and I thought I am self-sufficient. Therefore I don't need to attend meetings. This continues six years I was clean but unhappy and depressed.

لقد قضيت مدة سجن في الخارج وأتيت إلى البحرين ، وقابلت نفس الصديق العضو في زمالة "م.م" وكنت متفاجئاً لأنه رحب بي ودعاني في منزله لشرب الشاي . كنت متوقفاً بأنه يرفضني لأنني متعاطي، ولأنني متعود من شعور الرفض من قبل الآخرين. للمرة الثانية امتنعت عن التعاطي ، وتزوجت ، حصلت على وظيفة ، وشعرت بالاكتماء الذاتي، ولهذا السبب لم أشعر بالحاجة للذهاب إلى اجتماعات زمالة "م.م" . ضل هذا الشعور معي لمدة ستة سنوات كنت ممتنعاً عن التعاطي ، وأشعر باليأس والاكتئاب.

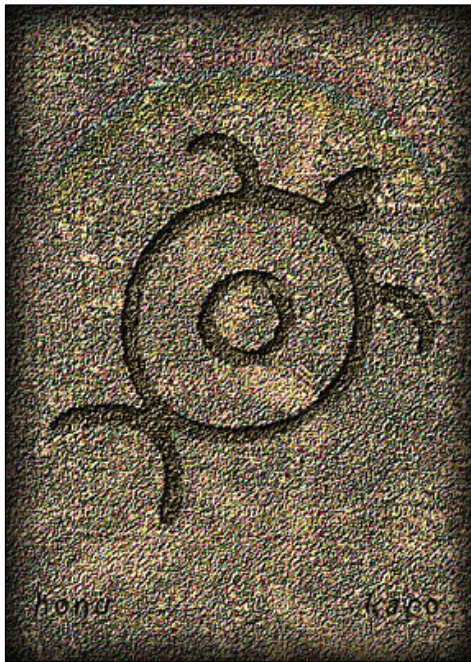
A turning point happened to me in recovery. Even though life's terms was implemented on me by getting divorced, left my old work and discovered that I have HPc. I started to attend NA meeting called 'Recovery and Other Illness Group' regularly. I was supported by the NA members of this special group. I have experienced one more time surrendering and letting go, of people, places and things. I got the courage to grow emotionally and mentally. I continued staying clean by doing service, got married second time, had a child and got a new job.

من هذه اللحظة بدأت نقطة التحول في حياتي ، الحياة بدأت تفرض شروطها علي من خلال : الطلاق بيني وبين زوجتي ، تركي لوظيفتي ، واكتشافي بأنني أحمل فيروس مرض الكبد الوبائي . لقد حضرت اجتماعات زمالة "م.م" التي تناقش فيها التعافي ومرض آخر بانتظام. لقد حصلت على الدعم المعنوي من أعضاء هذه المجموعة. لقد مررت مرة أخرى بخبرة الاستسلام والتوكل على الله ، في أمور مثل : الناس ، والأماكن ، والأدوات ، فانتابتني مشاعر الشجاعة

للمضي قدماً في النمو العاطفي والعقلي ، وكنت مواصلاً في امتناعي عن التعاطي بسبب الخدمة ، تزوجت مرة أخرى ، ورزقني الله بطفل ، وحصلت على وظيفة .

This time it was different because I have a Sponsor. I was willing to take direction and guidance from him. I started living instead of surviving. Now I am happy and not depressed. I am part of the family of NA and By the grace of God and the help of this wonderful family of NA I am clean today for 11 years. Just For Today.

ما جعل هذه المرة تختلف من التعاطي عن المرات الأخرى بسبب وجود الموجه، حيث أنني كنت مستعداً لأخذ التوجيه والتعليمات منه. بدأت أعيش في النور بدلاً من العيش من أجل البقاء فقط . الآن أنا مبتهجاً ولا أشعر بالافتقار لأنني أنتمي لعائلة زمالة : م.م" برحمة الله ومن ثم زمالة " م.م" . وبمبدأ لليوم فقط أنا اليوم ممتنع عن التعاطي لمدة إحدى عشرة سنة .



### Hawaii

Aloha kākou. `O Pua ko`u inoa. Ua kanaka la`au ho`omalule kino au. Ua hānau au ma Hawai`i nei a e noho au ma ka mokupuni `o Kaua`i. O `ehiku makahiki, `elua mahina a me `ewalu lā, ua pau au ka la`au ho`omalule kino.

Ua loa`a mai ia`u nā makana loa a me e `ola hou mai nā `ohana a NA. I kēia lā, ua kākau ana au ia `oukou ma kō nā kūpuna `ōlelo, ka `ōlelo o Hawai`i. Ho`omaika`i au ma ka lāhui a Narcotics Anonymous no lākou kōkua mai a me alaka`ina. Ua ha`awi mai lākou ia`u he `ola me nā mea `ike `ia nunui a e `ike a e `ulu a me ma`ō loa aku. No kēia lā wale nō, e koho pololei o`u. Ua wā mamua, a`ole hiki ko`u koho no laila, nui nā pilikia a`u. Inā ua pau ka la`au ho`omalule kino au a me kō lāhui a NA kōkua, hiki nō au e ho`ololi ko`u `ola i maika`i a`e.

He lālā ha`aheo au o ka lāhui a Narcotics Anonymous. He kanaka maoli au o ka lāhui kanaka a pau. Owau iho me ka ha'aha'a a me mahalo, `O Pua kēia

Greetings to all. My name is Pua. I am an addict. I was born in Hawaii and live on the island of Kaua`i. I have been clean for 7 years, 2 months and 7 days.

I have received many gifts and a new life because of NA. Today I am writing to you in the language of my ancestors, the Hawaiian language. I am grateful to the fellowship of Narcotics Anonymous for their help and guidance. Because of this program I have a life filled with many experiences to learn and grow beyond what I ever felt was possible. Just for today, I make better choices. Before, I could not make good choices and had many problems. By staying clean and with the help of NA I can continue to make changes in my life for the better.

I am proud to be a member of Narcotics Anonymous and a member of the human race.

Respectfully and thank you, Pua C

**Ka Pule Ho`omaluhia**

**E ke Akua, e hā`awi mai ia`u i ka maluhia  
e `ae mai i nā mea i hiki `ole ai ia`u ke ho`ololi,  
ka ikaika pu e ho`ololi ana i nā mea e hiki ai,  
a me ka na`auao e maopopo i ka`oko`a.  
difference.**

**The Serenity Prayer**

**God, grant me the serenity  
to accept the things I cannot change  
courage to change the things I can  
and the wisdom to know the**

**New Zealand - Hi Everyone**

I have recently returned from the World Service Conference held in Southern California 27 April to 3 May 2008. It was a fantastic experience to be part of the worldwide service structure of Narcotics Anonymous and to be involved in discussions with other delegates and members of our World Board. There were 115 voting participants and a number of Alternate Delegates were also in attendance. I was impressed that even this large group of recovering addicts set a fine example of working together to achieve great things. We all demonstrated a passion to move forward and foster the growth of Narcotics Anonymous all round the world.

The most exciting thing for me as delegate for my region was that the approval of the Sixth Edition of the Basic Text happened during my term. During the new business there were a number of motions relating to this special event and as each motion was read and the facilitator called for “ayes” there was very loud response from all the delegates and world board members and when he called for “nos” everyone held their breath and you could have heard a pin drop in the silence – it was truly wonderful.

Although there was much discussion around the moratorium I was very happy to hear a very loud “yes” to the seating of Nepal. I’m very sorry I will no longer be the delegate for New Zealand at WSC 2010 and get a chance to welcome Nepal to the Conference but I’m sure there will be a warm welcome from all those who will be present.

The small group discussions on the new Issue Discussion Topics for the coming two year cycle was fun and a great opportunity to get to work with delegates from the diversity of our fellowship. We were also treated to an afternoon of rest and relaxation mid week and the sun shone at the ranch and there was much laughter, soccer, photo opportunities, music, food and great fellowship. It was such a privilege to serve in this way and to increase my understanding of consensus and awareness of how my role as delegate is not just one of representing my own region or community but one of role of participating for NA as a whole internationally – so that no addict need die from the horrors of this disease.

Ursula O. Regional Delegate/Aotearoa New Zealand Region

### **Thunder Dragon Recovery - India**

Over the past couple of weeks I along with 10 members of our extended family was up in the Bhutan Himalayas. And in the midst of this hectic family itinerary, my wife & I had another agenda, which was to find a NA meeting in Thimpu, the tiny capital of Bhutan.

The next day we left our daughter with our cousins and said we'd be back in 15 minutes. We went to the Royal Police Headquarter and knocked on an important looking door with a nameplate. We introduced ourselves as NA members on holiday from India looking for the NA Thimpu fellowship. The officer was completely foxed. He had never heard of NA before. He wrote the words 'Narcotics Anonymous' on a sheet of paper and kept looking at it. We were desperately looking for a NA Thimpu connection so I placed it differently for him and asked if he knew of any drug rehabilitation centers. "Oh yes" he says, "I know" and makes phone calls followed by more cop-speak over walkie-talkie. He scribbles down an address & phone number on the same sheet of paper and smiles. "I will take you to the rehab office as you might not find your way there", he informs us. When we thank him for all his troubles, he says something, which blows us away, "What you are doing is a noble job & I'm glad I could help you."

A short 5 minute drive away we come to a brand new but empty building with but one red Royal Government sign board up on the 4<sup>th</sup> floor saying; "Narcotic Control Agency, Thimpu, Bhutan." Walking up the stairs we look up and see a smiling face looking down, signals us to keep coming. We reach & the guy doesn't shake hands, instead he hugs us & calls us by our names. Hallelujah!! We are lead into a large room where we meet & hug another 5 guys most of whom know us. This is the drop in center for addicts and where the local fellowship spends time & shares recovery. Our 15 minutes were long over and once we knew when & where we'd be seeing them again we split for the hotel lobby. On being asked where we'd gone for so long, they stared in disbelief when we replied that we'd gone to the police head quarters. Such is a recovering addicts family life, no one believes us. Smile.

We did a NA meeting in the NA 1<sup>st</sup> Meeting Group" at the public library. We were 12 of us in this meeting and later we were informed that there are 4 NA meetings a week in 2 different locations. The NA Survivor Group is at the Narcotic Control office drop-in-center the other is in the library and each has about 10 to 12 members attending meetings regularly. This number was closer to 20 members but for the fact 8 of them are in police lock-up for the past few months. Being a Sunday when visitors are allowed to meet the detainees in lock-up, I tagged along with the local fellowship to say hello to those inside.

The "1<sup>st</sup> Meeting Group" of NA Thimpu was founded on 1<sup>st</sup>. July 2006 so does that make it the youngest NA fellowship in the world?? The member with the longest clean time is in lock-up with 5+ years clean & the new comer we met is a 21-day wonder. We also met a female addict whose husband too is NA and they both are 1 year clean. Meeting with the Thimpu NA members was the best thing that could have happened for us both. It was simply fantastic and we are blessed, humbled, honored by this unique experience.

Experienced members from NA Nepal & Sikkim, with whom the Bhutanese share a common language, could be asked to help out with PI. We need to separate the NA public

image from the rehab where a death occurred. The public thinks NA & that rehab center are 1 & the same thing. Maybe this will have to be done over a period of time, gradually, with infinite patience no doubt but let's help the members from Nepal & Sikkim visit Bhutan and vice-versa, for the Bhutanese to get a better understanding of how NA works. Let the Indian Region, APF & NAWS all pool their resources to bail out this wonderful, vibrant & young Bhutanese fellowship. We have contacts (on a personal level) in the newly formed government and who are open towards NA.  
Hugs & peace, Bablu - India

### **Public Relations (PR) Article**

#### When the Healthcare Professional and the Addict are the Same Person.

Having participated in many PR events for NA World Services I came directly into contact with addicts that are at the same time health professionals. I found it curious o how they behaved, as I was not a health professional and focused solely on my role as a NA member in service at a PR event.

I learned many years ago that my complete anonymity is compromised when I participate in a PR event for NA, that for members of the public who met me I became a face for NA. I remember the first time a NA member declined to participate with the PI Committee due to her profession as a nurse. She explained that she could not function with integrity in her profession were it known that she was a recovering drug addict regardless of her long-term recovery.

In my years of participation at the APF meetings, I observed a good number of the NA communities' representatives were also health care professionals. It was then that I learned that many NA communities in the APF start as extensions of local treatment centers. In my interactions with these representatives it became apparent they were confused about the division between professional and addict; such as fundraising for their treatment center or NA service committee. In my conversations I heard the mix of treatment and NA recovery. It was very surprising to me as I had not heard this type of talk in my interactions with addicts in service in more developed NA communities.

Recently I received a request as the APF PR Resource Person on a matter of PR in one APF community. A NA member who is a healthcare professional was asked to share about NA in a public forum by a governmental agency. The member questioned what is the right thing to do? Decline as a NA member or accept as a health care professional?

My experience as a recovery addict is to seek those with the experience I lacked when seeking a solution. So I referred this request to a friend within the APF who is a seasoned NA service member and longtime healthcare professional. The advice given was to decline as a NA member since he was asked to participate as an NA member talking about NA. This experienced member felt that his professional integrity would be compromised if he were identified as an addict in NA. Had this person been invited to talk about his own professional purpose in healthcare, it would be OK to share as a healthcare professional talking about utilizing NA in a healthcare situation. But it was not OK to share as a NA member about his NA experience while being identified as a healthcare professional. Bottom line is not to mix the two areas in a public relations context. Under

录渴鲁肱腓胫肱麓拢卢虏率驴陋露鹿腓胫脰楼——臆盲潞潞NA 路录路录

In August, Geoff came to Wu Han again from Shanghai and opened another meeting with us, sharing how to run NA meetings and the experience he had. He gave us lots of help. In the

following meeting, I feel that I can open my heart and be honest with myself, more open-minded, and can accept what happened in life, no matter if it is good, bad, smooth, or frustrated.

[illegible]

We always run our meetings. Sometimes there are only 3 people. The meeting with 3 members makes me feel helpless and I would ask myself, is NA still meaningful to me? I thought of giving up. However, during the meetings, I realized that I did not join NA without any purpose or reason 隆陋 this is an honest, open, loving organization, I have suffered enough torture on my body, spirit and soul, I don隆陋 need drugs any more. The participation of NA to me is to declare to myself to stop using drugs. Once I made the decision, I will take action. I understand that giving up NA means giving up on myself. Be perseverant and keep joining the meeting隆陋I encouraged myself.

[illegible]

In the following NA meetings, I feel the power of the group. This power supports me and makes me realize that I am not fighting on my own.

[illegible]

I find hope in NA from the members clean 3 years to 18 years and I start to have confidence in myself. There is an impressive quote from an experienced NA member that, 鈥渇irst NA gave me hope.鈥 鈯 It is NA who makes me who I am. I deeply agree with this. From the beginning till now I felt NA is a part of my life. Every meeting, there is different feeling. Especially when new member joins, I will listen to them share and realize that I am vulnerable in front of drug addiction. In NA



meetings, I make myself open, honest, accepting the help from higher power. I actively share my thoughts with fellow members and open my secrets also make myself come out from the lost.

[illegible]

I am sure about the attraction of NA. Once I did not go to the meeting, wanted to see what would happen next. When I joined the following meeting I realize myself is like a new member and did not know anything! From then, I know I have to join the meeting non-stop to make myself to catch with the group. Only this way can be effective. And I understand the meaning of 筭 please keep coming to the meeting and it is very effective. 鈇

腦脰虜賦臆脫NA潞  貿撓卢賦膂脂媒脂煤路叁  腴鄧腥脬胝腰魯撚挺煤祿卯鄱肫脛脼脽录  潞碌脛貉枚肫脵  
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祿 卯 隆 撓

賦脩擄庖脛茫---NA拢隆

Since I joined NA, I realized my personality has changed in my daily life. I am willing to accept others and manage my emotion and my life has changed. I am not frustrated and depressed any more.

I work hard, live happily and really enjoy the beautiful life. I love you NA.

**NA China Region** grew in the spring of 2008! It's a direct result of participation in the APF. Our discussions with other APF Regions and the Administration Committee proved that miracles do continue to happen! Of course we are especially grateful to NAWS for the workshops and open forum question answer sessions they conducted. While attending the 3rd Sino-American Conference on Addiction in Changsha, Hunan Province. We did PI presentations. Results show that a new open meeting in a Shanghai hospital started in May.

A meeting is reported to have been started inside a jail in Beijing! The NA Program of Recovery now has 14 meetings in China. Three are in the native language and the rest bi-lingual in some part when necessary. In addition to English and Chinese, Hindi and Nepalese are spoken at NA meeting in China. Invitations to Carry the Message continue to arrive at NA China. The latest coming from a Labor Camp in Chengdu, Sichuan Province. This will be another first for our Region.

We have a preview copy of the Fifth Edition of the NA Basic Text in Chinese. The translation, created out of concern for the addict still suffering in China by a Chinese government official and her team over the last three and a half years has been updated, proofread and re-edited. We will proceed and make this literature a most valued tool to present the NA Program of Recovery in NA China and other parts of our world wide fellowship of NA. Sam B.

**Anonymous-** my name is \_\_\_\_\_ and I have been a member of Narcotics Anonymous for over 20 years. I live in New York and have experienced the miracle of recovery in Asia for the last 16 years. I am convinced that as we grow so do our similarities. Our Asian members have given me the passion and the understanding of what it means to stay clean without literature, meeting places and acceptance from Government officials. Over the years we continue to grow and are accepted as the light that reaches out to addicts all over the world. I don't do much service however I show up and do whatever is asked of me. I am one of those many members who love NA.

**Keep it simple and live my life just for today** – Suyash R Kathmandu, Nepal  
For me the third step was an important a turning point of my recovery.

Our Third step says we made a decision. It sounds simple but in the past I made a million decisions and never carried most of them out but this time I followed through.

I got rid of all my using friends and shut the door on anyone I knew from my active addiction and I began to hang around only with recovering addicts and developed deeper friendships .I went to meetings every day if possible and I made extra efforts in recovery and stayed afterwards taking in the fellowship with tea and coffee. I began to have clean fun without using drugs. I didn't know what my life was going to be like but this was better than getting loaded and high. I began to relax and trust the process that I would be okay. That was not easy for me because had never been fine or okay before but slowly I began to feel like I am fine and okay. I prayed when I did not understand a high power completely but I decided that my higher power is too big for me to ever understand. I only have to be able to feel close to him and trust that I will be shown the way to be the best I can be and the most loving and caring.

When I made a decision to turn my will and my lives over to this power all I have to do is try with the best of my ability and ask for help and support from my sponsor if I am hurting or not feeling good about something and be willing to try different ways to live that don't hurt myself or others. I have to keep it simple and live my life just for today and trust that all the big things will be taken care of. Warm love & Hugs.

The APF is made up of many NA Communities that speak English as a second language.  
Editing of articles that are submitted is minimal.  
At the 2008 APF meeting the delegates asked that we continue to include events.

PAACNA- II Pohara Area Annual Convention of NA  
Sarangkot, Pokhara Nepal  
8-10<sup>th</sup> of July 08 [basnet.keshaw@gmail.com](mailto:basnet.keshaw@gmail.com)

5<sup>th</sup> Indian Regional Convention, Galudih East Singbhum  
12-14 December 08 [www.ircna5.org](http://www.ircna5.org)

Hawaii Regional Conventoin 16-19<sup>th</sup> October 08  
Maui [rebeccasantiago15@yahoo.com](mailto:rebeccasantiago15@yahoo.com)

14 Annual Philippine Convention 9-11 January, 09  
De Oro City Misamis Orinental, Philippines  
[Vgal12256@yahoo.com](mailto:Vgal12256@yahoo.com)  
Vincent T. 0927-9741470

We are looking for additional articles for our next newsletter in September 08. Please  
forward your articles to [talitom@aol.com](mailto:talitom@aol.com).

Respectfully Submitted,  
Tali