

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

A Network of  Communities

APF (Asia Pacific Forum) NEWSLETTER

33rd 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.

Mark your Calendars: APF 2009 WILL BE HELD IN THE PHILIPPINES IN MANILA FROM FEBRUARY 10TH THROUGH FEBRUARY 13TH, 2009. THERE WILL BE A UNITY DAY PLANNED AFTER THE APF MEETING!

Go to our website www.apfna.org for continued updates and much more.

An addict from Bahrain

My Gratitude Speaks...

إن أمتاني يتدفق ...

My name is Adel. I am an addict from Kingdom of Bahrain. My active addiction on drugs was a big mess, full of confusion, fear, destructiveness, dysfunctional and a disease. We used to translate NA as the unknown addict. That name was attractive to me. When I went to the meeting, people were sharing I was identifying. I thought somebody told them my story. But I wanted to know who or where is the mysterious addict who is unknown?

أسمي عادل ، وأنا مدمن من مملكة البحرين. إن إدماني على المخدرات مشكلة كبيرة ، يتطمنها الإرتباك ، الخوف ، التدمير ، التشتت ، العسكرة. لقد كان أسم الزمالة " المدمن المجهول " فلقد لفت إنتباهي هذا الأسم ! لذا ذهبت إلى الإجتماع لأول مرة. الأعضاء كانوا يشاركون بقصصهم وكنت أرى المشابهة ، فضننت بأن أحداً ما قال لهم قصتي. كنت على شفق أن أرى في هذه الجلسة من أو أين هو المدمن المجهول ؟

During my recovery in the NA way, I discovered I had another illness apart from my addiction. I started to take heavy medication with the support of my Sponsor, Family, the Recovery & Other Illness group and its members. It made me feel I belong to NA and I am clean. I was reading and carrying IP No.1603 which is always with me in my car. By the grace of God I stopped the medication and all is well.

في خلال تعافبي بطريقة زمالة " م.م " أكتشفت بأنني مصاب بمرض آخر غير الإدمان ، فبدأت أخذ دواء له تأثير قوي على جسدي الآخر. بمساندة موجهي ، عائلتي ، مجموعة التعافي ومرض آخر ، وأعطائها. أحسست بأنني أنتمي إلى زمالة " م.م " وجعلتني أواصل أمتناعي عن التعاطي. بفضل من الله أنا اليوم متشافى من هذا المرض الآخر

In the last 4 years, as expressing my gratitude to NA, I was serving as an H&I Chairperson for Bahrain NA Fellowship. Because when I had 6 months in the year 2000 the APF took me to H&I meeting. Now I go with other members twice a week to meet addicts in detoxification Centre and to the Central jail once a month to support my fellow members inmates. This service not only gets me clean but it helps me to understand commitment and live the steps.

من خلال الأربع سنوات الأخيرة ، شعرت بالأمتمان لزمالة " م.م " فأخذت خدمة رئيس لجنة (H&I) لزمالة " م.م "

البحرينية ، والذي شجعني في ذلك هو ذهابي إلى ال APF وأنا في ال 6 أشهر ممتنع عن التعاطي.

ذهبت إلى إجتماع ال (H&I) هناك. الآن أنا أذهب مع الأعضاء الآخرين مرتين في الأسبوع إلى المستشفى ، ومرة

في الشهر إلى السجن المركزي لمساندة أعضاء ال NA المقيمين هناك. إن هذه الخدمة ليس تمنعني من التعاطي فقط،

بل تساعدني في مفهوم الإلتزام ومعايشة الخطوات.

During my recovery I had a couple of Sponsors. Some of them are expatriates. My present Sponsor is a local recovering addict. He really taught me how to breathe and live recovery in the light. I really thank NA for the service of Sponsorship, the love which members have and the principles of One Addict Helping Another. Now I have just celebrated 9 years of being clean.

أثناء تعافيني عملت مع كذا موجه ، البعض منهم أجانب . لكن في الوقت الحالي أصبح موجهي من زمالة " م.م" البحرينية، فهو الذي علمني أتنفس التعافي وكيف أعيشه في النور. أنا أشكر خدمات زمالة "م.م" في موضوع التوجيه ، ومحبة الأعضاء لي ، ومبدأ مدمن يساعد مدمن آخر. اليوم أنا أحتفل بمرور تسع سنوات من أمتناعي عن التعاطي.

I really love you APF. I hope to see you soon.

إن محبتي لل APF لاتعد ، أتمنى أن أراكم قريباً.

In service Adel.S Kingdom of Bahrain

Community Updates

Update from Saudi Arabia

We held our regional assembly in August 2008. Visited United Arab Emirates in April and conducted PI presentation at the National Rehabilitation center in Abu Dhabi and visited Al Amal hospital to arrange for carrying the message for the inpatients. We coordinated with local NA communities there as part of supporting growing communities. We have formed with the Middle East NA fellowships and formed a committee to arrange for the 1st NA ME convention in the Year 2010. We have 15 groups, 51 meetings and 700 ~ 800 members. People with clean from 1 to 5 years are considered the majority of our fellowship. 95 % of our members get their initial NA Message at hospitals.

Update from India

Current IDT workshop held at the RSC (SIRSCONA), Bombay, in Bangalore & at the Regional Convention IRCNA V, we held a CAR workshop Bangalore. The IRCNA V was held after 4 and half yrs. Hindi It works, how & why, draft awaiting approval. Glossary & IP 1 in Kannada did IP 16-work in progress. We have approximately 110/175 groups and meetings. The Approximate size of membership is 3700-4000. Existing literature projects include Hindi-White Booklet and Basic Text, Kannada IP #1 and Kannada IP #16. Hindi-It Works, How & Why.

Update from North Eastern Regional Forum NERF

The North East Regional Forum consist of 7 states of India namely Manipur, Nagaland, Meghalaya, Assam, Arunachal Pradesh, Tripura & Mizoram. North Eastern Region is the eastern most part of India bordering Burma, China and Bangladesh. In late 80's Narcotics Anonymous was introduced and ever since Narcotics Anonymous is gradually growing in the region. Many addicts are staying clean and contributing to the society. Some of the NERF achievements since the last APF meeting: Workshop on 12 Traditions of NA organized by NERF at Imphal. We attended the World Service Conference, attended SIRSCONA at Mumbai, and attended World Service Workshop at Kolkotta. We have a regular publication of NA News letter "NA Paojel". Constant communications exist with civil societies, NGOs

and CBOs including anti drug Organizations. At the present time we have 18 groups which are functioning, we have 35 meetings a week and approximately 2200 members based on the groups and Area service committees report. 50.54% of our members have service experience and 46% without service experience. As per group service attendance record we have approximately 400 new comers in total. The initial NA messages they receive were from H & I, P.I., Newsletters, NGOs, and individual members.

Literature Projects: 6th Edition of basic text has been approved. Step 4 working guideline is waiting for approval from NAWs. Current projects of LTC – New IP no. 13 “For the young addicts by the young addicts”. Future planned literature projects – It works - How & Why, 12 Concepts of NA service. Outreach fellowship tour at Mizoram will take place the last week of February 2009. The 18th Regional assembly at Dimapur, Nagaland is being planned.

NERF besides having poor infrastructures, deteriorating law and order situations and lack of development in the region, we are still committed to carry the message of recovery to all those addict who are still suffering and will continue to give our best service with the grace of Higher Power and support from you all.

An Addict from Vietnam

Kinh chao cac ban,

Toi ten la Loan (Jackie), toi khai thuoc tu nam 2001 va hien tai song trong mot couc song rat la tot dep, kheo manh va yeu doi. Toi hien tai dang song o Hawaii va lam viet cho nha nuoc. Toi qua nuoc my vao nam 1972 cung voi gra dinh, nam 1986 toi ra dai hoc va voa trong quan doi. Nam 1992, toi grai ngu vat u do song trong mot couc song lang mang va an choi cho den khi khong con gi het. Lang thang tren day duong pho cho, ngu ngoai cong vien, xin tu dong bac de mua hang...Vi Chua tren troi thuong chon en Loan moi thoat khoi canh song lan ban. Nam 2001, Loan tiem Narcotic Anonymous (NA) roi tu do Loan di gap nhung ngoi trong NA de tiem mot couc song moi... NA la ngoun song moi cua Loan...Loan rat cam on NA, vi NA da grup cho Loan tiem mot couc song moi. Loan hy vong rang cac ban cung tiem duoc mot cuoc song moi trong NA.

Aloha Friends in Recovery,

My Name is Jackie and I am a Recovery addict...I have been in Recovery since October 21, 2001. I was born and raised in Vietnam and my family came to America in 1972.

As you may know I was born during the Vietnam War Era and experienced many traumatic events. My Mom was very abusive, not just physically and verbally but emotionally as well. Perhaps this abuse is the reason for my dysfunctional life. I turned to crack cocaine in 1992 thinking that my problems would go away but unfortunately it took me away from self, family, and friends who cared about me. In 2001, I was introduced to Narcotic Anonymous which I am very grateful for! I have stayed clean by following the suggestion of friends in NA and my Sponsor. I have been doing the foot work to stay clean. I have been going to meetings, working the Steps, got a Home Group, become active in service and most importantly I have a relationship with a High Power. I was able to discover a new way to live

with hope, serenity, acceptance, forgiveness, and compassion. I am a productive member of society today. I hope and pray that you to will discover the same.

God Bless! Jackie

An Addict from Bali

Even though it's a relatively young fellowship, Narcotics Anonymous Bali rocks. At the core of its energy is its location. Bali is Indonesia's resort island. This means that there is a large expatriate community as well a constant flow of visitors year round.

There are probably some 40 or 50 members who live here all or most of the time; many have double digit clean time. We also get our share of newcomers as well, but not many. Few people fly across the world to a resort island to clean up, but we have a number of home grown successes – expatriates who have got clean on the island and stayed clean too. On top of us locals, there are quite a number of NA surfers, Australians and Hawaiians particularly, who come and go on a regular basis, and well as expatriates that live elsewhere in Asia, like Singapore, Hongkong, Thailand, Malaysia, China and Japan and visit several times a year. Then, throughout the year we get a steady stream of tourists. Over the last several months I can think of visitors from Denmark, Germany, Norway, France, Austria, England, Scotland, Ireland, the USA, Australia and New Zealand.

NA Bali's history also contributes to its energy levels. As recently as 2000 it was illegal in Indonesia to even be an addict. There were laws which demanded that if you knew someone was an addict, you had to report him or her to the authorities. This made setting up NA just about impossible.

Thank God for the spirit of recovery. Our sister fellowship (also large and thriving in Bali) had no hang-ups about taking us in, and there were no restrictions on what people could share about or what terminology was acceptable or not. Change came to Indonesia when the sons and daughters of the rich and powerful started to get addicted to heroin and crystal meth, the two most common drugs used by locals. Their parents sought help through medicine, religion or psychiatry, but none of these methods was sufficient for them.

So in 2000, NA quietly opened its first meeting – with some trepidation, since the laws about reporting addicts are still on the books. One of the people behind taking this first step, Mark A from Sydney, Australia, is still on the island and remains very active in service. So from that small beginning – one meeting a week – a thriving, vibrant fellowship has grown up. Meetings were gradually increased. First they were held in cafes and restaurants. As the fellowship grew, members offered venues.

NA's relationship with its sister fellowship has remained really strong (in fact, at the risk of upsetting the purists, many people do both fellowships interchangeably) so there came a time when a number of people in the recovery community took a long lease on a building at the heart of the expat community and The Ruko recovery house came into being. There's a privately run café and restaurant on the ground floor, and on the second level a large air-conditioned meeting room. NA holds meetings there Tuesday, Thursday and Sunday nights at 7pm. On Saturday night there is a meeting at the Swell Restaurant near the surf beaches in the very south, and on

Wednesday night at 7.30 there's a meditation meeting in the yoga hall at Desa Seni, a spiritual retreat near Canggu. There are Indonesian language meetings attached to the island's various rehabs. Every year NA Bali holds a convention. This year it's being held 19-21 June, 2009.

Over the last few years NA's expat members have put huge amounts of energy into supporting the development of Indonesian language NA for the tens of thousands of suffering Indonesian addicts. Literature has been translated, financial support provided, sponsorship and guidance offered. In the opinion of this member, the results are pretty disheartening. Out of the hundreds if not thousands of Indonesian addicts who have come through the doors of NA in Bali, the number who have got clean and stayed clean for more than a few months you could count on the fingers of both hands. Many who put together a bit of clean time get jobs with the local rehabs (a very profitable growth industry) and then they are not permitted to sponsor their own people, nor to share in meetings if a current or past rehab client is present. Effectively they're lost to the fellowship and consequently don't keep what they have by giving it away.

We just don't know what to do. On the one hand, it's exciting to see so many Indonesians at our annual convention, but at the same time desperately sad to realize that these are almost all new faces and that there's virtually no-one from previous years. Here's another heartbreaking fact: In 2005 in Jakarta, Indonesia's capital city, a megalopolis of more than 20 million people, there were half a dozen NA meetings. Now there's none. Richard V. The opinions expressed are the writer's own and do not necessarily reflect the views of the Bali NA fellowship as a whole.

An Addict From Hawaii

Aloha 'oukou. Aloha mai no ka mokupuni o Kaua'i ma o Hawai'i nei. Hau'oli Makahiki Hou. 'O Pua C keia. E nana hope ana ia'u ma ke kau lanui, keia mau mana'o o'u. E nui mau 'ike hou i kela makahiki pau.

Pomaika'i ia makou no NA. Na la apau a keia makahiki, e koho nei kakou i ho'olilo. Mai kali kakou no ka ho'okahi la makahiki hou. Na umikumalua kaina wawae ua like me na umikumalua la o Kalikimaka i na la apau. Nunui makana keia e ha'awi aku ma kou 'ohana a me kou hoaloha a me kaiapili a me no'u iho. E ha'awi mai ka umikumalua kaina wawae i ka makau ola a me holomua. E kuhikuhi mai kela mea me ka ha'aha'a, a me ka pono a me ka aloha aku. Ua kuhikuhi mai kela mea e ninau no kokua a e ho'omo'o. Ua kuhikuhi mai e kokua aku i na haumana hou ma ka NA; a e ho'opono ka'u mau hewa. 'Ae, pomaika'i loa kakou a NA.

Malama pono. A hui hou.

Greetings from Kauai, Hawaii. Happy New Year. This is Pua C. Looking back on the holiday season, these are my thoughts. 2008 brought many new learning experiences for me.

We in NA are very fortunate. Each day of the year we have an opportunity to change. We do not have to wait for a specific day of the year. The 12 steps are kinda like the 12-days of Christmas all year long forever. What a blessed gift to give to our family, friends and society, and also ourselves. The 12 steps give me the tools to be a better person all year round. They teach me humility, honesty & kindness. They teach me how to ask for help and follow the directions I am given. They teach me how to be of service and help those new to the program; and when I make mistakes, they show me how to take responsibility and make amends. Yes, I believe we in NA are very fortunate indeed. Take care. Until we meet again.

Update from Nepal

We will be seated at the World Service Conference in 2010. We got two more IP's translated in our own language. We now have a total of 5 IP's approved and all the key tags. We have completed our 15th regular RSC meeting. Number of Home groups Number of Meetings – 65/week. There are approximately 2000 members in our fellowship. We have 48 groups, 6 areas and our sub-committees on the Regional Level are operating quite well. PI, Merchandising, Literature and translations Committees. Approved Literature:-Ip1, IP -7, IP-8, IP-22 & Ip-16. Submitted to NAWS-IP-6 Existing Literature projects under TCC level are, Ip-2 & Ip-24 Future planned literature is white booklet, An introduction guide to NA.

Outreach in Bhutan. We heard that NA Bhutan is facing a big tragedy. As we know lots of Bhutanese understand as well as speak Nepali language. We have some experience of PI & if we could use this experience in Bhutan would be beneficial. We have human resource & we need more other supports from other communities to make this plan happen.

Resource person for National workshop in Nepal. We are planning to hold one & half days workshop especially for GSRs & RCMs during our regional assembly (probably in January 2010) & we are looking for the resource persons to come from APF during this period & help us not only for workshop but also for Regional assembly.

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.

NA Philippines invites everyone to join together for a Unity Day to be held on February 14, 2008 right after the APF. It will be held at the AIM Center, the same venue as the APF.

We want to thank all those members who have contributed to the APF Newsletter this year. It has been a privilege to work with everyone. Respectfully Tali M.