



# CARRYING THE MESSAGE

Newsletter from Kathmandu Area Service Committee Vol. No.4, Issue 2, June 2011

Members consistently point out the value of personal recovery to NA service, especially a strong working understanding of our literature, the steps, the traditions, and the concepts. Some members pointed out that it would benefit trusted servants to see the NAWS Vision discussed more frequently at local levels. Trusted servants everywhere seem to share the firm belief that NA service is a vital extension of each individual's personal recovery. Many members simply refuse to participate in service beyond the group level, however, because service meetings tend to lack an atmosphere of recovery. If we apply what we know about strong home groups to our service meetings, they might begin to attract more members to service. If we can make newcomers to service feel as welcome as newcomers to NA, we'll be off to a good start. Some service bodies make special efforts to bring recovery into their service meetings. For example, some service bodies take time to recognize recovery

## Atmosphere of Recovery in

anniversaries. Others begin their service meeting with a recovery meeting. Still others have moved away from motions and pro-con debate to consensus-based decision making driven by open discussion. Some changes have shown more success than others. As your World Board, we work together to make a list of common values and basic ground rules that we all agree on. We use those to guide the work we do together. Service bodies might consider that as a way to build a sense of community with one another. Members have also suggested an information pamphlet or other basic tools as a way to bring recovery into service.

## Another Gift of NA

I don't use no matter what. I avoid making the same mistakes waiting for different results: insanity!! That's huge! So, life is easier in this way for me. The rest, when life shows up, I call my friends, pray, go to a meeting, and work the steps. Nowadays, I have been practicing not to share details of my life in the meetings. It does not make sense for me, but it's a suggestion of my sponsor and I am willing to do it and see the result. It forces me to be more intimate to friends, which scares me so much. When I share my life in the rooms of NA, I go home without being afraid, but when I share my life with a friend, it's crazy. I'm really afraid of people. That's what I am doing now, sharing in a different way in the meetings, working my 9<sup>th</sup> Step and living life on life's terms. I have to make amends: I run when hospital & death are close to my loved people. So, life is giving me, right now, the opportunity of loving my friends without running away despite my desire. Death shows up and takes people away and more than words, working the steps and living life on its terms, gives me the challenge of being present today.

Sandra F.



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## INSIDE THIS ISSUE

# Emotional Intimacy

Someone asked me about intimacy. Emotional intimacy is a revealing of who I am when no one is watching. It can be frightening and it truly is a risk because the potential for rejection is real. I had somehow come to convince myself that I was both superior and inferior to everyone I met. What is that saying? An egomaniac with an inferiority complex? When I am myself, warts and all, I am most vulnerable. Here is the rub though. Without taking that risk, without letting another know who I am at the deepest level, I deny myself all chance of truly being loved for who I am at the core. Someone may love me for what I do, how I look or if I make them laugh...but they will not love me for me, because they do not know who that is.

One of the beauties of working the 12 steps (yes, all of them, yes, that one too) is that not only do I come to know myself, I also know why I do what I do, how I do what I do, but I am letting my sponsor know this about me as well. And as I share those with my sponsor, I can't help but share what I am learning about myself. And when I share in meetings, I am doing the same thing. That is one of the reasons I think it is important to talk about what is happening in my life today in meetings: Life on life's terms and what I am doing to stay clean in spite of it all, good and bad. Eventually, if I am doing this thing correctly, I bring it home. I share who I am with family and friends outside the fellowship. Then one day, I realize that I am no longer pretending to be someone I am not. I am just being me and I am so much more (and much less in some cases) than I thought I was. Living a life without risks is living a half life. And I am not talking about bungee jumping. This is far harder than jumping off the side of a mountain. This takes faith, courage in the face of fear and a willingness to put myself out there time and time again. But ultimately, there is not much of a life without it.

Namaste' Donna

## A Spiritual Experience

A spiritual experience cannot be bought or sold; it can only be given away. -Tradition Twelve, It Works How and Why pg. 212 . Here it is my list of spiritual principles which I have gathered from the 12 steps and 12 traditions. Feel free to add any I may have overlooked. These are the true gifts of my recovery. These are the things that cannot be taken from me. No matter what you strip me of as long as I stay clean and vigilant I will not lose these. That's pretty damn cool! Honesty, open-mindedness, willingness, humility, acceptance, faith, trust, surrender, commitment, courage, self-honest, perseverance, self-acceptance, patience, compassion, forgiveness, love, self-discipline, integrity, unconditional love, selflessness, steadfastness, unity, anonymity, tolerance, responsibility, harmony, gratitude, freedom, prudence, simplicity, fidelity, service, guidance, generosity, selfless service, anonymous selfless service, collective responsibility, empathy, spirit of rotation .

Jessica B.

carrying the message

# editorial

*'WE' ARE GROWING & 'WE' CAN!!!!*

*Someone rightly said that NA will never die. Narcotics Anonymous Kathmandu is now registered and renew with the Nepal government. Our area has an area office, 17 NA meetings in a week including a female meeting, 21 trusted servants at the Area Service Committee & all sub-committees are active and guided by our 12 traditions and 12 concepts. Our area will soon have a draft version of 'Basic Text' in our own language from the translation sub-committee which will help to carry the message of NA much more effectively. We will also have a 'NA Help Line' soon from the PI sub-committee which we have been working for last two years. This will definitely help to carry the NA message at public level. In addition to this, H&I sub-committee is conducting H&I meeting in three treatment centers. Literature sub-committee is supplying literatures on demand and merchandise sub-committee is thinking of innovative NA merchandise ideas. Activity sub-committee is gearing up to celebrate our NA World Unity Day on 4th September 2011 (In the Spirit of Unity) and keep our unity intact. February 2008 embarked the first publication of our newsletter 'Carrying the Message' and this is our 10th issue from the newsletter sub-committee and we intend to go on and on and on and ask every NA member to be a part of our journey. Our recovery ceases to grow and we are not doing enough if we do not see newcomers joining us. We have checked our motives and have found that we desire 'Selfless Service' and embrace 'Fifth Tradition'.*

*By the grace of god, 'WE' are growing and 'WE' can.  
Editor, Kathmandu Area Newsletter Sub-Committee*

## Lest problems of MONEY, PROPERTY, or PRESTIGE Divert us from Our Primary Purpose

Many of us come to Narcotics Anonymous having exhausted our spiritual, emotional, and financial resources. The NA program enables us to return to the mainstream of life. We find satisfaction and fulfillment in pursuing careers, rebuilding relationships, and acquiring wealth or material possession. We must not become so attached to these pursuits that we lose our direction and sense of purpose. Living the Steps requires that we seek a balance between "Self, Society, Service, and God." If we focus on any one of these, to the exclusion of the others, our recovery suffers. By practicing the principle of balance, we realize our primary purpose. We stay clean and learn to be better instruments of our Higher Power.

The spiritual principles of tradition six are humility, integrity, faith, harmony, and anonymity.

# Who Is MISSING from Our MEETINGS and Why?

Narcotics Anonymous continues to grow and change as a fellowship. Our most important goal is to improve our efforts to reach the addict who still suffers. We have come an incredibly long way in pursuit of this goal, but we can still make progress. Input from the fellowship has consistently pointed out that we are not reaching all of the addicts in our communities. Sessions on 'Who Is Missing from Our Meetings and Why' since WSC 2006 continue to drive home the point that our local NA communities have population gaps. However ambitious it is, one point of our vision statement expresses the ideal to which we strive-that "every addict in the world has the chance to experience our message in his or her own language and culture." This means we strive to make it possible for them to find us, and when they come to us, we strive to give them what we have in a way they can receive it. We have made progress with this, but we still struggle in many places to reach minorities of language

and culture. There are thousands of Spanish-speaking meetings in the world today, for example, but they continue to struggle in communities where Spanish is not the predominant language.



**Every Thursday**  
**KTM ASC Sub-Committee Meeting**  
**At 5:30**  
**at**  
**ASC Office,**  
**Sitapaila**

We tend to underestimate the power of that initial identification. We all seem to look for people who look like us, used the way we did, or have similar experiences to ours. We especially do this when we're new. Many of us share that we don't quite remember what we heard in our first meeting, but that we remember how we felt. Our message is hope, the feeling we get when we think NA might have something to offer us. To get that hope, we have to suspend our disbelief for a moment and accept the idea that maybe-just maybe-we too can stop using and find a new way to live. A newcomer in a meeting full of people who are like each other but not like him or her will probably feel a genuine sense of alienation. We say that "our diversity is our strength," but we are often afraid to discuss diversity. We focus on our similarities to find common ground with other members, but that doesn't mean that our differences disappear. We need to be careful not to get so wrapped up in similarities that we refuse to acknowledge our differences. If we do so, we might rob newcomers of the chance to relate. We know that we share at least two things in common with all other NA members-addiction and recovery. Newcomers might admit that they are addicts, but we can't offer them our message of hope that they too can recover unless they can see a place for themselves in our fellowship.

Fellowship input has also shed light on a few important aspects of the issue. For starters, the portion of the addicted population that is missing from our meetings is different from one community to the next. In order to take local action, each NA community will have to take a look around, in the fellowship and out, to see who isn't hearing our message. Once we have determined who is missing, we can ask ourselves a couple more questions.

First of all, do these groups of people ever find NA in the first place? If they do, why aren't they coming back?

## Why Public Relations is important to the NA member

The Narcotics Anonymous message is "that an addict, any addict, can stop using drugs, lose the desire to use and find a new way to live." Our relations with the public enable us to share this message broadly so that those who might benefit from our program of recovery can find us. We perform public relations service to increase the awareness and credibility of the NA program. We share our message openly with the public at large, with prospective members, and with professionals. Maintaining an open, attractive attitude in these efforts helps us to create and improve relationships with those outside the fellowship. Establishing and maintaining a commitment to these relationships, can help us to further our primary purpose.

The spiritual principles of our steps, traditions, and concepts guide us in pursuing our public relations aims and our efforts to enhance NA's public image and reputation. These principles apply to our community and service efforts as well as to the personal behavior and attitude of individual NA members.

The following points are goals that we can strive to fulfill in making NA a visible and attractive choice for addicts:

- " We clarify what services NA can and cannot provide to the community.
- " We make NA members more aware of their role in NA's public image.
- " We aim for the public to recognize NA as a positive and reliable organization.
- " We develop valuable relationships with professionals and the general public.



# Report on KTM ASC AGM

The Interactive Workshop was held on 12th March 2011. There were about forty addicts in attendance. The two main topics for discussion were 'Unity and our Fifth Tradition' and 'The Service Structure'. There was also a big fellowship gathering and refreshments were provided.

We divided the participants into four groups. These groups discussed Unity and our Fifth Tradition and the experienced trusted servant did the Presentation in our NA Service Structure. Each group presented their findings; following highlights the summary of those findings.

## Unity and Our Fifth Tradition Workshop

- " Carry a message of hope; pull the new comer with a message of hope.
- " Welcome the new comer, rally around them.
- " Conduct meeting in an atmosphere of recovery.
- " Build a sense of home, a safe place to share.
- " Stick to the basics, readings, text and circle for prayer.
- " Encourage members to attend business meetings, be part of the solution.
- " Mentor members to take on service positions within the group.
- " Gateway to Service.
- " Encourage diversity.
- " Sponsors to educate sponsees on importance of service and 12 Traditions.
- " Encourage commitment.
- " Focus on solutions.
- " Mentor others to fill vacant positions.
- " Provide workshops on sponsorship and service, how they tie us together.
- " Make the ASC meetings a place of fun as well as business.
- " Foster unity or encourage unity to support our primary purpose.
- " Take an inventory of ASC / Groups.
- " Fund raisers, doing H&I and PI, distributing meeting list.
- " Give more when the basket is passed.
- " Foster leadership/ Tap into individuals strengths, training and mentoring.

## KTM Area Hosted 24th RSC meeting in Kathmandu

KTMASC also successfully hosted the 24th Regional meeting of Nepal Region this year from 7th April to 9th April 2011. Some of the highlights are as follows.

- " On 7th April 2011, we conducted a workshop on "Our Tradition Our Concept" based on the 'Role of Leadership'.
- " On 8th April 2011, Nepal Region conducted the 24th RSC meeting where 6 Area's RCMs and RSC admin and subcommittee members attended.
- " On 9th April 2011, the workshop on "Funding NA service" was conducted to RCMs and local members of Kathmandu Area.
- " On 9th April 2011, Translation Coordination Meeting was conducted and this time the Information Pamphlets#11, 'Sponsorship' was reviewed and approved by Nepal Region.

Thank you for letting us to be of service,  
Narcotics Anonymous Kathmandu



# Asia Pacific Forum 14-17 Feb, 2011 Bahrain



Literature on Sale



Members Participation



HUGS not DRUGS



Group Conscience



ASC Annual Report



FD Workshop

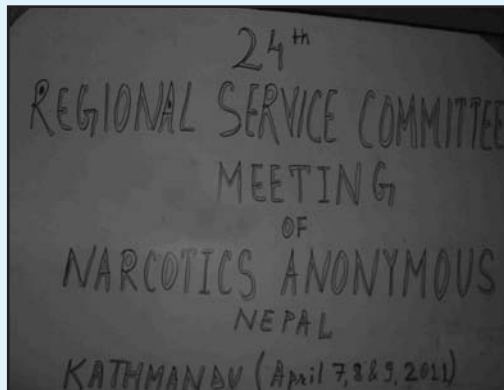
## R S C Meeting 7,8 & 9 April-2011, Kathmandu



Group Presentation



RSC Meeting



Members Participation



Hospital & Institution have been never successful in the history of Kathmandu area. We even tried to carry this

# H & I Works

were 154 Nepalese among which 29 were females and 125 were males. When we saw that information we

project many times by the area service committee in Kathmandu Area. The First H&I activity was conducted in the year 1998. In 2006 few members went to all detoxification center but they never got permission to do the H&I presentation because of few reasons. One the Facilities were not interested in our program and another is because of political situation of the country. In 2008, chairperson of Kathmandu area service committee got a phone call from one of his friend to whom he met in NA. He was no more involved in the fellowship but he told him that from jails some drug addicts called him to bring NA stuffs. Then we went to jail deputy office but unfortunately the jail deputy was not there that day but we asked another staff about the process to do program inside the jails for drug addicts and the staff suggested us that we should bring one Request letter to do program in jail from our organization. We met with jail deputy to get permission. We were really glad because four years ago it was very hard to do program inside the jails. We needed to be registered with Nepal government to conduct program inside there and as you all know we were not registered organization in Nepal. It was very tough for us to do H&I in jails, but now it seems the process is quite easy and we got the vision of hope to carry the message of NA in jails.

In the meantime when we were leaving this office we saw one big whiteboard where more information had been written in details. We just tried to find how many drug addicts were there inside the jail? We found that there were 186 drug addicts where 32 were foreigners, among them 5 were female and 27 are male. Also, there

found that H&I was indeed the most important projects for our Area service committee. We can imagine if one jail had 186 drug addicts how many will be there in rest of four jails we still had to visit?

So next day we had our sub-committee meeting where we shared about the experience we got from that visit and all members were excited and felt most urgent to carry this projects so that we could better carry the message of recovery in jails where many people haven't heard about NA before in their lives. Now it is our responsibility to carry this message to addicts who are seeking for recovery, so that they don't have to die without having a change to hear our clear and simple live saving message of recovery.

Today we are registered as a non-profit fellowship/organization in the Nepal government to do this kind of services in NA. Since then KTM Area H&I committee is very actively carrying the message. Now we go to three drug treatment center regularly to do H&I meetings every week and the results are fruitful because after treatment, addicts are coming to NA meetings and are getting involved in NA service. We do H&I business meeting every month and organize H&I orientation for the new panel members. Last not the least, we want to pay our gratitude to every H&I panel member for putting their tireless service efforts in H&I to fulfill our primary purpose.

You are also welcome to join us. We go hand in hand to make recovery more available for the addicts seeking recovery so that no addicts seeking recovery need to die from the horror of addiction. H&I works!!!!

## Second & Third Steps in early RECOVERY

Hi, My name is Suyash and I am one of the grateful addict and

member of NA fellowship. Last April fool's day 2011, I completed and celebrate my 7 years of recovery. But today I want to share how my Higher power and NA saved my recovery in those hard days when there was no enough meetings in Kathmandu and how I came to believe in power greater than myself. In the early Months of my recovery, I encountered a situation during which I was unexpectedly offered one of my drugs of choice and the drug I always hated. I was shocked by my reaction. I began to move towards it my body and mind reacted instinctually saying "All Right! One more time!" But the words that came out of my mouth, without any conscious thought, were, "No! I don't do that anymore. I'm in NA." I didn't know where that came from it didn't feel like it was me speaking those words. But I sent the drugs away, didn't use, and stayed clean another day. That is big Miracles for myself which I have seen after so many years. Because I never said No for Drugs in my life before.

When I shared this incident with my Sponsor, he said, "That was your Higher Power, doing for you, what you were unable to do for yourself." That kind of blew me away .I had never thought about that concept. It stuck with me and I have

since then had similar experiences in which I recognized my Higher Power doing for me what I was unable to do for myself. Others, further down the path of recovery than I am, have shared their gift of experience with me, and I've noticed a common theme. Many friends here have shared that they have grown in awareness that their Higher Power is at work in their life on a daily basis. It's all about greater depth in understanding the second and Third Step.

I find these experiences of my Higher Power "looking out" for me amazing the more I've become conscious of it the more amazing it is. I'd love to hear from others that might have had similar experiences. I've discovered that my Higher Power likes to work through my family here at the rooms of Narcotics Anonymous Group to guide me in my recovery. I have much to learn and you all are one of my main sources. Thanks for being here and being a part of my ongoing journey called recovery.



## GRATITUDE to Trusted Servants

Dear NA member,

We haven't yet met but I want to take the opportunity today to thank you for your service. I know that when I'm ready you will have a safe place for me, a cup of coffee, a place to sit and, most importantly, a hug.

I've been analyzed, counseled, reasoned with, prayed over, threatened, beaten, and locked up. I am spiritually devoid and slowly committing suicide as I use again and again against my will, each time expecting it will be different. I'm insane! My family hates me, as I hate myself. I have lost my job, my car, my home and my self-respect. My days are spent from the time I drag myself up until I fall back down, find the ways and means to get more. I smell bad, my clothes are dirty and I haven't eaten or slept right in years. I lie, cheat, steal and sell everything I have, including myself, to use. I don't know why you love me but it gives me hope that I can find my way out of this hell. I know where my only chance is, and when you circle up and pray, please know that the power of the NA program is drawing me closer and closer to meeting you and learning about your new way of life. Who knows, if I don't die today, I might meet you at your home group tonight. Will you recognize me and remember where you came from? Can you share with me your experience in living the steps? Will you be my sponsor? Will you love me unconditionally? I hope I make it home soon.....

The Newcomer

## Humility Expressed by Anonymity

*"Humility is a by-product that allows us to grow and develop in an atmosphere of freedom and removes the fear of becoming known by our employers, families, or friends as addicts."*

Many of us may not have understood the idea that "anonymity is the spiritual foundation of all our traditions." We wondered how this could be. What does anonymity have to do with our spiritual life? The answer is, plenty! By guarding and cherishing our anonymity, we earn spiritual rewards beyond comprehension. There is great virtue in doing something nice for someone and not telling anyone about it. By the same token, resisting the impulse to proudly announce our membership in NA to the world—in effect, asking everyone to acknowledge how wonderful we are—makes us value our recovery all the more. Recovery is a gift that we've received from a Power greater than ourselves. Boasting about our recovery, as if it were our own doing leads to prideful feelings and grandiosity. But keeping our anonymity leads to humility and feelings of gratitude. Recovery is its own reward; public acclaim can't make it any more valuable than it already is. Recovery is its own reward; I don't need to have mine approved of publicly. I will maintain and cherish my anonymity.

### Message of

*An Addict, any addict can stop using drugs, lose the desire to use and find a new way to live.*



my drugs with any other material but today I see I was completely wrong, I didn't replace it but still I am living without using because I let myself being taken


This was a hope to restart my life no matter wherever I have been in my past. This was a hope for me that one day I am going to be fully self supporting myself for all the needs that I need to survive. This was a hope for me that one day I was going to be called "a good boy", people are going to trust and believe me, I am going to have my own job, I am going to ride my own vehicle and regardless of these all material things I am going to have as a recovery gift, there are still much more spiritual things to come. I can see now how it has been working for me. I had never imagined that I would be caretaking a whole office, I had never imagined that people are going to like me and are going to ask me for help, I had never even thought that I was going to buy clothes with my own earning and most of all I never thought that I can have so much friends once again in my life. I always thought that I had to replace

care by a power greater than my whole group. I actually did this because I saw hope when I first came to the NA meeting. I saw hope that one day I am going to share honestly, one day I am not going to be scared of that key-tag to collect in my hand, I saw hope that I would be chairing the meeting, I would be bringing tea, cleaning the room, helping a new friend and I saw hope that I would be doing service in the area. Everything that I dreamed when I came to the first meeting has been working because I had seen so much hope. Today I am doing a job, doing service at two home groups along with the ASC, I have changed myself to those very dreams that I saw when I first came to NA and I am living and enjoying my life without the use of drugs with my new association in my new life. I have a HOPE that is bigger than anything I had in my life ever before.

Prabesh B.

# UP COMING EVENTS

**WCNA 34** San Diego, California



**IN THE Spirit OF Unity**

1-4 September 2011 **Join Us!**



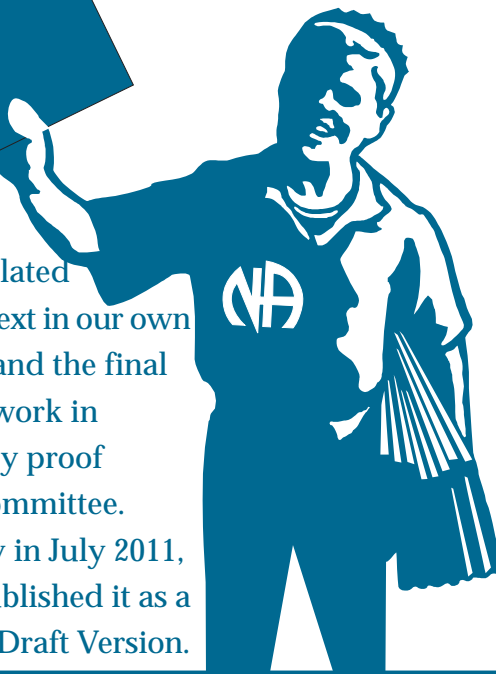
**SERVICE**  
SINCE 2001

**LACNA 1**  
25,26,27 November, 2011  
1st Lumbini Area Convention of NA  
Thakali Samaj Ghar-6, Butwal, Nepal

## Basic Text In Nepali



KTM ASC  
LTC Translated  
the Basic Text in our own  
language and the final  
review is work in  
progress by proof  
reading committee.  
Hope fully in July 2011,  
we will published it as a  
approved Draft Version.



Please  
Join  
Us



**World NA Unity Day**  
4th Sept. 2011  
Kathmandu

### This Space is for you

We would like to request all NA  
members to support us to continue  
this newsletter by sending articles  
and NA related informations.  
Please send us your email at  
[ktmasc.newsletter@gmail.com](mailto:ktmasc.newsletter@gmail.com)  
P.O. Box 19369

In service:  
Newsletter subcommittee

