



NA WORLD SERVICES NEWS

WHAT'S HAPPENING IN NA
WORLD SERVICES THAT YOU MAY
WANT TO KNOW...

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keep myself

I used for more than 15 years while I
was trying to keep myself straight and
quite a responsible member in my
family and my society



APF Newsletter

NO39



Asia
Pacific
Forum



Editorial Committee:

Houman.H: Chair Person

1- Javad M : Editor

Former Chair of Iran P.B Magazine Committee and member of
NA Way
work-group (2010-2014)

2 - Roger S: Editor

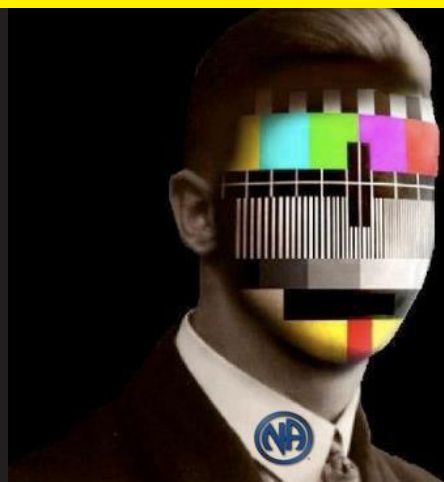
NZ RD, member of APF SP work-group

3- Kunal B: Writer

UAE RD, writing and worked with producing newsletters

4- Vahid N : Graphic Designer

Chair of Iran P.B Magazine Committee (4 years)



APF Monthly Report, October 2015



Welcome to the October report produced by your Communications Work Group. As usual please send your feedback or input to the Communications Workgroup email list: apf-comms@nzna.org Hot off the press! The venue for the 2016 APF meeting is IBIS on the River, Bangkok. Check in day is Monday the 15th of February; check out is Saturday the 20th. The venue is in a quiet part of Bangkok, on the River. Recovery meetings are accessible by the Sky train. The Staff was most helpful in giving us good rates & we are expecting great service throughout our stay. You can view the IBIS for yourselves: http://www.tripadvisor.com.au/Hotel_Review-g293916-d1928389-Reviews-Ibis_Bangkok_Riverside-Bangkok.html

The Admin committee will be in touch with those who have responded to the participation requests directly regarding bookings. Those who have not responded are no longer eligible for funding however self funded late participation requests will be carefully considered & if possible included. If you need clarity on this please email the Admin Committee directly: apfadmin@nzna.org. For all your booking arrangements & questions please con-

tact Mohit directly at: apf.treas@apfna.org

The Admin Committee will include the FD, Newsletter Chair, a representative from the SP workgroup & the Merchandising Chairs in our meetings & invite various members of the workgroups if they wish to participate. Also expect numerous emails in the coming weeks regarding all things APF meeting 2016. We will need everyone to assist with the planning by communicating promptly when requests are made. Treasury: The APF balance is currently US\$16 859.25. With the 2016 APF meeting budget expected to be over \$US 22 000, it is important that all our Communities fund flow to the APF. It will be desirable to go into the new year after the meeting with a balance of over \$ US 8 000 so we can again commit to FD for the upcoming year & to have a manageable base for the next cycle. Please pass this message onto your respective Service bodies.

Our Workgroups are continuing to meet regularly. Here is a brief summary:

The Strategic planning Workgroup members continue to meet regularly via Skype. Meetings are now taking place every 3 weeks & met at the end

of October. It is likely that they will start meeting every 2 weeks as the next APF meeting draws closer. They have finished collecting environmental scanning material from various past reports and the 2015 APF meeting & are now preparing their report to the 2016 meeting which will be made available in January. This will offer a summary of the processes so far and provide delegates with a good background for the planning sessions at the 2016 meeting. Work has commenced with the APF Admin Committee on a draft agenda for the 2016 meeting, so that there are a suitable number of sessions during the week for us the APF to adopt the new Strategic Plan in New Business.

The Money matters Workgroup met on the 16th of October, the full report was posted on line. The next meeting will be on the 20th of November. Our Merchandise Chair Carrie reported that we took in \$1,130 in sales for our APF shirts, sweatshirts, and spiritual principles bags at the HRCNA in Oahu! A great result which will result in people around the world wearing APF merchandise & general awareness about APF and the FD we do in countries and communities around the world.

A Special thanks was sent out to Carrie's predecessors, the HRCNA Committee and Phyllis the Hawaii RD for her wonderful service and selling amongst the shopping frenzy.

The FD Workgroup has again been active & met on the 9th of October. Mahmoud posted the full report online. The FD trip to Afghanistan was a great success with everyone returning home safe without incident. The APF pool form is now up & running. A special shout out to our very own Joydeep for being the first member to fill out the form. If you are willing to undertake this Service, please follow Joydeep's great example & fill out your form. The FDE Workgroup will meet again on the 13th of November. Houman the Newsletter Chair will post a Newsletter in the coming days. After numerous requests he has received no articles of past & present APF experiences and is also still seeking current updates with some present activities for the APF Newsletter. Please send in updates from your Communities & share your Strength, Experience & Hope with us so Houman can produce collaborated Newsletters for us all.

The Communication Workgroup continues to meet every month. At our last meeting Phyllis reported back to the Group her findings on the review of the Orientation handbook. This will be sent out to all participants in the coming weeks for input with a view to tabling the new draft in our business session at the upcoming APF meeting. We again discussed Social media & will table the possible use of a Twitter account for consideration. We will also work with the Admin Committee to assist in the implementation of the use of white boards at the APF meeting to assist with communication & helping the body stay on the same page ... also the implementation of the mentor/buddy system. We then discussed assisting the Newsletter Chair in the future & how we could collaborate with the Newsletter Chair & members of the Committee. This will be discussed further with a view to a proposal being presented at the APF meeting.

October was another positive month for the APF. Thanks to everyone who is participating in what is by far our most productive year of Service. Talk to you all next month.

Yours in Service, on behalf of the Communications Workgroup.

Tim Smith

APF Secretary timsna@bigpond.net.au

Ph: 07 3252 9119 Mobile: 0407 162 968



*Greetings everyone from the **APF Admin Committee***

This assists you in organising your accommodation, as well as general preparation, for the 2016 APF meeting from the 16th through to the 19th of February 2016 in Bangkok.

To help us prepare please read the following items carefully:

All accommodation will be coordinated through our Treasurer Mohit. Please email him directly at: apf.treas@apfna.org You will need to give Mohit details such as arrival & departure times & dates, any dietary requirements & if you are willing to share a room or if you want to pay the additional amount yourself & have your own room. This needs to be done urgently to ensure you have a room.

The meeting runs from the 16th through to the 19th. This will mean you will be required to stay from the 15th through to the 20th, 5 nights in total. Additional nights will not be funded. {Please inform Mohit if you are leaving after the meeting on the 19th as this will save on NA funds}.

For those who wish to attend, we will be attempting to organise a unity day with Thai members on the 20th. Attendance to this event will not be funded. We will give you more information when we know more. {Also a reminder for those who wish to attend the Thai Regional convention, "The Journey continues", in Jomtien on the 12th through to the 14th of February.. Again this is not funded}.

You will be required to book your own flights & general travel to Bangkok for the stated dates. Funded participants can organise reimbursement or up-front payments through Mohit. Again you will need to arrive on the 15th & can leave any time after 5pm on the 19th.

Transport from the airport will be organised by the Admin Committee. We will contact you at a later date with the details. Please advise Mohit of your flight arrival/departure times as soon as possible so we can begin that process.

Meals; Breakfast will be included with your room & lunch with 2 coffee/snack breaks will be provided as part of our meeting room hire & organised through the IBIS. The per diem amount will be revised accordingly & communicated to you all at a later date. For those who are funded by their Region/Community or self funding participants, the cost of attending the meeting is \$US 21 per day all inclusive. {This is what we are being charged & again please coordinate this through Mohit}.

Additionally: As you are all aware we have gone past the cut off date for participation requests & funding requests. Thanks to those who have responded to the email we sent out on the 9th of September & sent back the completed form. Thanks to those who responded to update us & not completed the form due to lack of information ... It is now time to send in the form. Please fill this out & send it back by no later than the 12th of November. We really do need this form filled out. {I've attached it again}.

If you have not responded to us at all by now you are no longer eligible for funding however you are of course still welcome to attend. If you wish to attend we still need to hear from you so we have an idea of how many meeting spaces we need & for you to get a room for yourself at our discounted rate ... Please contact us, we would love to hear from you.

We are also requesting that you send in your Regional reports as soon as possible. {I've also attached this document}. This will be invaluable in assisting us producing the agenda.

If any of you have any questions or concerns please don't hesitate to contact me directly on this e-mail address.

On behalf of the APF Admin Committee

Yours in Service



NA Thailand



Kho Samui Summer Convention of NA (Summer Convention) 21 – 23 August, 2015 venue at I's Resort, 162/21 Moo 2 Chaweng Beach, Bophut Kho Samui Suratani Chaweng Beach, Koh Samui, Thailand .

9th Thailand Regional Convention of NA (TRCNA – IX) 12 – 14 February, 2016 venue at Asia Pattaya Hotel, Pratamnak Soi- 4, Moo- 12, Chon Buri, Pattaya, Thailand

NA India
9th Kolkata Area Convention of NA (KACNA – IX) 19 – 21 November, 2015 venue at Lataguri, Jalpaiguri, Kalamati Road, Purba lataguri, Jalpaiguri, Kolkata, India

8th India Regional Convention of NA (IRCNA-VIII) 5 – 7 February, 2016 venue at Blue Lily Beach Resort, Baliapanda Road, Puri, India

Asia Pacific Forum Annual Conference (APF – 2016) date and venue is not finalized yet but it's expected to be held within February – March, 2016, Hosted by NA Thailand

Events

In this page you will find information about APF NA Communities upcoming events.

APF Annual Meeting 2016

Asia Pacific Forum Annual Conference of NA (APF – 2016)

Date :16th February – 19th February'2016

Venue: ibis Bangkok Riverside Hotel, Thailand

NA Thailand

9th Thailand Regional Convention of NA (TRCNA – IX) THE JOURNEY CONTINUES

Date :12 – 14 February, 2016

Venue :Asia Pattaya Hotel, Pratamnak Soi- 4, Moo- 12, Chon Buri, Pattaya, Thailand

NA Bangladesh

3rd Dhaka Area Convention of NA (DACNA–III)

16th December – 18th December'2015 Venue: Rangamati, Bangladesh , Known as the Lake City of Bangladesh, The green hills, lakes and rivers of the Chittagong Hill Tracts. Theme: "The Message is Hope"

Contact info: Email: dacna3.bd@gmail.com

Registration Chair: Rony Z. +88 01911158240
Welcome & Information Chair: Faisal A. +88 01680724466

Chairperson : Shamim K. +88 01920173276

NA India

IRCNA VIII

Venue :Hotel Bule Lily and Empires, Baliapanda Road, Puri, Odisha, India.

Date: 5th, 6th and 7th Feb 2016

Contact : +919861096939, +919861449360

NA Nepal

5th Nepal Regional Convention of NA (NRCNA – V) 2 – 4 March, 2016 venue at Dhankuta Eastern Nepal, Bhedetar, Nepal.

Narcotics Anonymous



We are glad of being beside you after more than 5 years activates of Afghanistan narcotics anonymous fellowship. Last autumn after holding our last APF FD workshop we organize our own region by voting for all trusted servant.

NA members in HARAT were successful to organize their Area. Fortunately, during that short period of time, amount of meeting in HARAT increased to 3 and also one more meeting added in MARZAR-SHARIF. Regarding to our primary purpose during this period PR committee of Afghanistan region had good activities, for example they met some government organizations like, Afghanistan vice president office and ministry of counter narcotics, to carry them our message of recovery.

Our region delegator attends in last APF conference that held in the past winter and currently, Af-

ghanistan NA is able to connect with narcotics anonymous in all parts of the world.

In the last APF conference, Afghanistan delegator has reflects our members meeting message, our recovery growth amount, how we hold the meetings and other NA activities in our country. By participating of our delegator in the APF conference he achieved good experience and he shared it with other members in a workshop after he has returned.

Recovery and knowledge growth of our members was fantastic till now and fortunately we have a lot of members that worked 12 steps so they could serve newcomers and be their sponsors. After our last APF workshop in Afghanistan, we vote for a member to be a responsible of holding workshops and right now each month we hold a workshop with various subjects of 12 steps and 12 traditions of NA.

At the end we appreciate your attention and hope we can continue our recovery path beside of you;



so no more addicts in Afghanistan and rest of the world sentence to die from pain of using drugs.

God bless you.



Service in APF

Kimmy

I'm Kimmy, and I'm an addict. So nice to give best wishes to old friends in APF, and a warm welcome to those I have not yet met.

My first APF was in Kathmandu, Nepal in 2003. I lived in California at the time, in service to the Northern California region of NA, and wanted to travel on vacation somewhere far away.

I heard there was to be gathering of Asian communities who were carrying the message of NA to new communities in and around Asia. I had no idea the energy and blessings I felt on that first trip to Nepal would grow into a sincere love for service to APF, and how my vision of the world and Narcotics Anonymous as a 'worldwide' fellowship would change me.

During that first trip many first-time experiences touched my heart. I knew it would be an adventure, but had no idea what I would learn, and how that would guide my next years of service.

I remember dancing late at night in a huge tent for a clean time

countdown, and getting in a bit of trouble for breaking curfew with a delegate from Hawaii because we didn't want to leave! Laughing with the Tom's from Hawaii and becoming 'forever' friends.

The smiles on the Nepalese addicts and going into Kathmandu to carry a meeting to the few women there who were trying to stay clean.

The zonal forum meeting itself, and how my gratitude grew, listening to the sharing of delegates from all the different regions. How it was solution orientated, everyone having a part to play. The blessings made over the donation basket as the local Nepalese community gave what they could. That whole mindset of blessing it for the still suffering addict.

My first experience with addicts from Iran and Saudi Arabia and once again, more dancing!

The incredible Himalaya's, the countryside, the children, the people! I was entranced.

I went home with a more open minded and open hearted view of all we in the western world have to be grateful for, as far as trans-

lations, literature, NA services, amount of meetings and other situations we take for granted. My attitude changed my recovery. My gratitude changed me.

I saved my pennies and went to Bali in 2004, met more friends, had more experiences with the Indonesian addicts and APF, then traveled once more as an observer to Bangkok in 2006 and again fell more in love with the vision of APF. The diversity of the cultures, the different faiths, many languages: this was a miracle to me. That Buddhists, Hindus, Muslims, Christians, and other faiths, whatever our beliefs and life styles; can sit with a common purpose as recovering addicts, and change the world. That amazed me then. It amazes me now.

In 2005 I moved to Hawaii and in 2007 was elected the alternate delegate to APF! I was in Nepal once again in service this time at the table. I was blessed to be sent to Kuala Lumpur in 2008. Then, elected as the delegate from Hawaii, was sent to Manila in 2009 and Kolkata in 2010.

Through those years in every



region I was blessed to serve, and because of the work going on behind the scenes during the year, my hands and heart were enriched by the service delegated to me, and inspired by so many others.

I could write a long story of the adventures and escapades, and of the friends I made, and all our experiences, but this is supposed to be a short article, not a novel! I do need to say that the addicts on admin that guided me, and made me laugh and helped when I was lost in how to do something, whether computer related or personality based situation, led me kindly, understood and loved me through it. We do this together. I served as secretary to APF 2011

to Bahrain and 2012 in Dhaka, Bangladesh. That service commitment made me aware of my shortcomings and assets as it related to service. I learned to speak up more, help others (I hope) take responsibility for their actions, or inactions. Learning to be accountable to a service commitment was another lesson. Admitting when wrong, keeping an open mind, staying teachable while being an example. All these personality traits were tested and I grew. My vision of spiritual principles and how those might work in my life became clearer as I played my part in this magical play.

Bahrain was a short story in itself.

The room where the forum happened, the ceiling covered in stars and clouds

The desert adventure; a huge bonfire, the live Arabian music, beautiful with more dancing, the tents set up with food (the most delicious humus I have ever ate!) and most importantly the fellowship among all of us, too touching for words

The curfew because of violence in the streets and our Bahraini friends keeping us safe

The sounds of the call to prayer, early in the morning and on through the day reminded me of a Higher Power and that I am never alone

Cultural differences that taught me more about the world, the middle eastern women;

I soaked up all of it

My last year serving in admin at APF was in Bangladesh. More communities were evolving and the Asia Pacific Forum was growing. Bhutan showed up in Dhaka to so much love. A year later we were doing fellowship development in Afghanistan, with help from Iran, and today they have a small service structure.

This is basically what APF means to me.

Helping communities until they can help themselves.

Teaching future leaders how to help their newcomers.

Being examples of spiritual principles in service and in all our affairs.

Fellowship development is the reason APF exists.

Helping regions with governments that hinder NA and learning to educate those who need educating.

Respecting all peoples.

Smiles and laughter!

Through all this gratitude grew in my own heart and I stayed clean another day!



NA WORLD SERVICES NEWS



WHAT'S HAPPENING IN NA WORLD SERVICES THAT YOU MAY WANT TO KNOW...

We hope you will continue to forward this page by email, or copy it for interested members, your ASCs, and your RSCs. We continue to encourage people to obtain e-subs to The NA Way and NAWS News. This helps us to communicate more effectively and control distribution costs.

Traditions Project: Chapters 2–6 are out to the Fellowship for review and input! Your input is valuable:

www.na.org/traditions. The final chapters (7–12) will be released for review and input early June 2015.

Decision Making at the WSC: Our first focus was the Old Business session. We encourage those who have proposals amending Conference Agenda Report motions to

submit them for inclusion in the Conference Report so all conference participants can review them prior to the WSC. We are also looking at tools and resources to assist the WSC Cofacilitators, and looking into electronic voting for the WSC.

Planning Our Future: The workgroup has focused on developing the Role of Zones workshop, which is intended to help zones think about what is important to them and what they do well. The workshop material is available at www.na.org/idt. The workgroup has also had brainstorming sessions about 'our' WSC future, but is nowhere near a recommendation; they are simply discussing ideas. The overarching question is: "How can we improve our processes so that members and groups feel a connection to and a part of worldwide NA?" Please share your thoughts with us at worldboard@na.org.

Delegate Sharing: The workgroup is charged with framing a session at WSC 2016 for RDs

to talk about issues and experience in order to foster unity, as well as planning the Saturday afternoon workshops preceding the opening of the WSC. The workgroup is developing a brief survey to gather input from conference participants to help plan these sessions.

WSC Seating: A WSC Seating workgroup was created with three Regional Delegates who are currently serving on the Planning Our Future workgroup and one World Board member. This workgroup will initially meet virtually. We aim to revise the Regional Profile to include more objective and measureable questions for regions who request seating.

Service System: We hope to accomplish the following tasks this cycle. Draft Service System Basics, Local Service Basics, and Group Support Basics; hold web meetings; establish a webpage for locally developed tools; and begin to revise some of the draft tools posted on www.na.org/servicesystem.





Service Pamphlets: We are highlighting this valuable resource for groups and members—available online here: www.na.org/?ID=servicemat-svc-pamphlets.

Web Meetings: Participation continues to increase. If you would like to join us and discuss issues and solutions, please send your name, trusted servant position, and region and/or area to events@na.org for conventions, HandI@na.org for H&I and Inmate Step Writing committees, PR@na.org for PR/PI trusted servants, and servicessystem@na.org for Service System.

World Convention: WCNA 36 is two months away! We encourage you to register at www.na.org/wcna and share with us at this multicultural, multilingual recovery celebration.

Financials: We continue to encourage members to participate in the work of NA World Services by contributing financially through our portal at www.na.org/contribute.

Go to NAWS News at www.na.org/nawsnews

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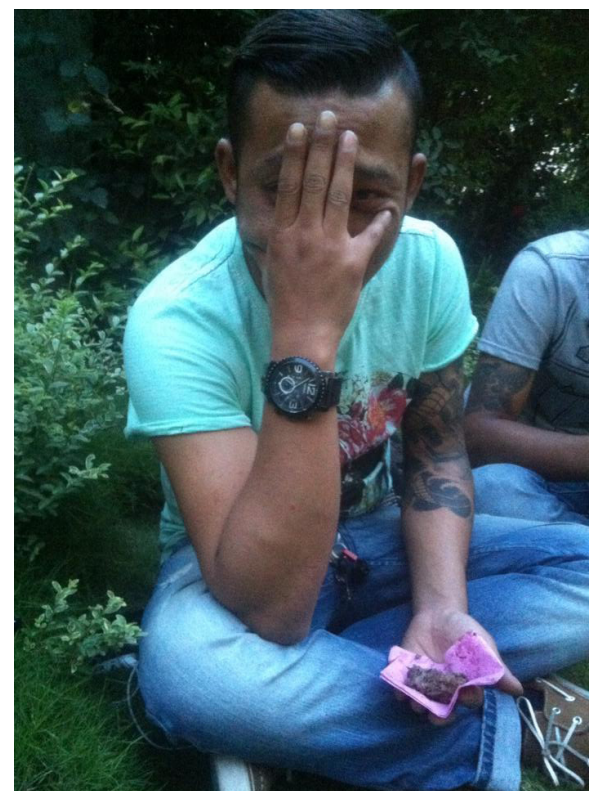
To: Worldwide Fellowship of NA



Namaste and Greetings;

We were at the end of KAC-NA-VII meeting. Our convention date was 1-3 may 2015 and earthquake strikes 25april when we were having our last convention meeting..we few members got minor injured but somehow we saved each-other .All most all of the activities were finalized. To utterly dismay the things changed unlike to any imagination. That was April 25th 2015 when the day turned to its fullest darkness. We were hit by 7.8,7.4 and 6.8 retcher scale. We get overwhelmed but that was natural. We made sure that we all are safe. And everybody moved to home to look after respective family. On the way what we see was the life half death. 56 seconds shake the world around us. Enriched with natural beauty and well known with its cultural heritage, all those pride were finished by a moment. We got to look the live transformation of land of peace to horror. Every mind would be

thinking of why the nature is being so worst to us, whats the wrong with God that is being so cruel to us taking thousands of life, making number of people homeless. And still its not stoping even it's been nearly a month to reach from the first shake. We were hit simultaneously with highs and lows retcher scale. 16 of 75 districts are totally affected. And Kathmandu is one of them. The roads are broken. The world heritage list is lessened. The greenery has fall down. Many lifes are taken. Many are now homeless. Many have been jobless. Tourism sector has been diminished. Without track we were. With full of fear every hearts were shaking. On those ground there were us surviving the crucial period because many of NA home group to where we were habituated were destroyed. Addiction in itself is profound of insecurities and added the defenseless situation was so confussing. For few weeks the NA spirit was like stuck in a trauma. Nevertheless, we are recovering addict. We were to practise what we have been



taught from the beginning. In spite of all God's plan, we had to have more faith. To many of us disease of addiction was the hardest part to deal with. If God can lift us from such desperate life than definitely we are about to look at his will further. On the other hand out of 23 home groups 13 were damaged from earthquake. That was our another

big challenge to make home available for many seeking recovery atmosphere. We knew from heart that this is most important phase to be in unity and remain in close communication. Oh! What a miracle that was. We are grateful for having courage to help others. That was awesome to see every group making contribution in their ways possible. They reach the most affected zone and helped those suffered from disaster. Some helped making shelter as priority, some with clothes and feeding, some brought with sanitational programme. We are proud that we have such a big fellowship who prayed from every corner of the world. Why would they contribute financially. Yes! that really matters to country like ours. Ofcourse that has to be their selfless love, caring and support. From those we also helped our members whose house were gone to rehabilitate. Despite that we need a base to stand together. NA Kathmandu constitute only 7 home groups now which used



to be 23 weekly. We need to re-build those NA meetings which we called Our home. We couldn't do H&I which we

used to go in 8 different Rehab Centre including one Female Facility. We believe this will also create some public image to us. NA Kathmandu area office is also affected, it is not suitable to reside with. Besides that 80% of expenditure has been already paid for KACNA-VII convention. But the building of convention sites are not in favourable condition. We couldnot make it up to the date. We are looking for next meeting to deal with every aspects. We are thankful to World,Regions,Area Service and individuals NA members who contributed us the literature,relief materials and money.For your kind information here local members are much more attracted to medal-

lions which we don't get from NAWs in Free Items. That will definitely help us to raise the certain amount of required fund. Any other contribution of you will be remarkable and will be helpful to re-plan the convention activities too. After this devastation all efforts have been supported directly by the contribution made through the fellowship. Since, we are looking for more work to do, we seek futher more support of you and by standing together we will rise again..that is the only Hope we live with Just For Today.. Thank you, NA Kathmandu committee (love & hugs). note:you have our rights to edit the articles as per your guidelines and needed...



I was trying to keep myself



Mahboubeh

Being an addict woman in my country Iran is one of the challenging parts of the life a female can experience in her entire life . I've been born in a middle-class family in the capital of Iran, Tehran in 1971. I was raised by a great care of my loving parents who had no idea what will happen to me as the disease of addiction was finding its way out at the same time inside of me . I was graduated from the high school and then the university just like many other girls of my country , not a big deal ! During my teenage years I dealt with lots of unknown feelings and sentiments which I found no clue what to do with them , as releasing them once in a while had put me in the troubles; more controls and social limits . I acted so invisible I meant to be while I had to do it in an acceptable way that the social believes made me so. Later I recognized my own natural feelings quite destructive or like something extra that I had to search for something smoothing and suppressing enough to kill them inside and there it was , the drugs !!!

I used for more than 15 years while I was trying to keep myself straight

and quite a responsible member in my family and my society ! Seems a bit confusing ? Or better to say inconsistent ? Right , this is exactly what addiction looks like from the view of most of the addict women I know in my society. I was quite an addict since my childhood but I learned how to pretend that I'm the same sweet daddy-girl as far as I grew up and when it came to my role in the family, I was quite an independent woman . While I had to feed my obsession of the using drugs I knew it well that I can't introduce myself as an addict even while I had a bunch of dealers of drugs around . It may quite seems unbelievable that during the whole 15 years of my active using time even once I didn't manage to prepare my own stuff ! I had a partner who used to do it for me (today he is my hubby and clean for nearly 7 years , thanks God) . It happened not because I couldn't do that but just for the sake of the "Face" of the family !

As an woman, it's quite vulgar in my culture to be seen even smoking a cigarette in the public and as an Islamic country it's not difficult to imagine how unacceptable would be to meet some respectable lady to search for the drugs in the streets

of downtowns . And in such a society I reached to the point where my addiction put me at the corner and I had to find a way out ! And there it was NA , soon I searched for the literature and was attracted by even the first sentences , a non religious spiritual program ! That was enough for me to trust it as I was suffered enough by my surrounding regulations and so tired of the whole struggles to be apart of them even though they had actually helped me to stay safe . I decided to go to the meetings after more than a month clean and just attending in the chatting rooms which I had found by chance on-line through the internet .

Even today I remember my feelings while stepping in the first meeting , full of fears that the biggest one was to be recognized by some passenger or a member . What would happen to my family if some body tells them your daughter is seen in some "place" full of the addicts ?!! Losing face , what I had took care for the years not to happen had come to its most dangerous situation even worse than my active using time ! How I was going to amend this damage ? I have to appreciate all the members I met that special day sitting in the room I entered and made me answer my own question by telling to myself : What did they do ? You can do it also. For sure I was not the first and not the last who reached to the point to find my addiction so destructive that made my life a mess and had to ask for the help , therefore if there



had been a way out for those people , the same was mine .

That took not so much time to feel the unconditional love spread in the meeting by all the oldies and even at the first touch of the NA through the sincere hug I received at the door as the welcome. Soon I found the same fear of my losing face pretty vain as I heard a sharing in the same meeting when another newcomer was saying how she had to ask for the permission of her husband who in my wonder I heard he was a NA member to come to the meeting. She always had the same trouble to make him satisfied to let her come to the meeting as he was afraid of the relatives to find his wife an addict even if clean and in recovery !

Later for the first time of my life of addiction I could stay clean more than a day, week and month and then

more than 8 years as of today! The miracle has happened to me as well as other members . My fears were faded as I recognized there is an essential and spiritual principal called Anonymity which makes it easy to live among other people without the fear. The whole me , with all my character defects and shortages was accepted by my sponsor , the first real woman I could trust fully and many of the women just like me raised in the same culture and country though a bit different in our back grounds but the addicts . They actually have opened the way for me and every other newcomer who look for the freedom from the cage of the addiction .

I used to go to the different meetings to hear more and more as I heard more I found out lots of experiences of my own sex that how they are challenging to stay clean .

I had a sponsee whose family didn't know her "story" at all and she had to tell them she is going to some training classes every time she had to attend in a meeting . Because her father always used to say if a woman uses the drug or drinks an alcohol she can do "anything else" without the fear of her "Face" ! That's what my father and many other dads, brothers and husbands believe also. Being an addict for a woman in my culture can be equal to many other taboos.

In such a precarious situation we already have a big society of the clean women in NA of Iran which has been developed quite surprising during the last 20 years . By their strength , the women in recovery broke the obstacles on their ways and made their families and people around believe in their capabilities and powerful wills . Nowadays you can't compare people's idea about the addiction on the whole and specially the women in addiction with ten years ago, they are more realistic and that's because of the inevitable existence of many successful recovered women in Iran.

I feel so strong when I came to know how lots of moms and wives and daughters of the same traditional families found their freedom in NA and experience living clean through the meetings and the steps. The women who despite all the routine difficulties every woman deal with in the daily life are standing strong against many dissent ideas and believes of those who ignore their fortes . They just try to prove their own independency at least in NA and in the recovery . They are struggling hard to be a good member of the society , a lovely mom , a responsible daughter or a respected wife far away of the taboos and slangs and rumors. I learned through NA that every woman entering the rooms of our meetings acts like a log of the bridge to make it through the wild and raving river under our footsteps towards freedom and living clean . I'm so proud to be a part of this structure !



Women in Recovery and their Challenges

Nikki



Women in Recovery and their Challenges to begin this article, I would like to give a huge thanks for our news editor Houman for inviting me and giving me this opportunity for writing an article on the topic of "Women in Recovery and their challenges". In order to produce an informative article on this matter, I have interviewed some women in my community individually and noted their challenges in recovery. I also gathered more points and thoughts from shares throughout meetings in my community which I feel relate to this, in the hope to examine this topic "Women in Recovery and their challenges" in a more diversified way, looking at it from as many different angles as possible.

When I first agreed to contribute to the topic of "Women in Recovery and their challenges." My first impression was - 'Yes ! We women deserve an article

to talk about our challenges in our own damn right !' then as I sat down and begin to structure how this article could be, I began to notice - "Well, realistically, we are all human, it doesn't matter if I am a woman, or a man, gay, lesbian or transgender. We are all facing challenges in the different aspects of our daily recovery life. These aspects can be broken down into: self-care, work, family, relationships, spiritual practices, physical and mental health, finances, our relationship with food, relaxation and entertainment, developing ourselves and education.

Within these main aspects of our recovery life, whenever we are feeling challenges - it is usually because in the given situations of these aspects of life, one of the following emotions gets triggered: fear, anger, pride, greed, jealousy, guilt, delays in instant gratification, or any results that do not match with our desires, expectations or perceptions.

Each recovery story is go-

ing to be unique, but the root of the causes would often be generated from the same beliefs; if you are a woman or a man, at least in my understanding.

So, let us now move on to the challenges that my female recovery fellows in my community, including myself, are facing and what solutions to overcome them we might come up with.

Feelings:

"Now trying to feel inside what is outside of me, the biggest challenges for me being sitting with loneliness and uncertainty, sitting through all ranges of emotions as a human. This has become the most challenging because I used to stay in relationships just for the sake of not wanting to be on my own."

Remembering I am an addict

"Remembering I am an addict all the time even things seems very normal and good - at the moment, things are good, I am being productive, have a good husband, good friends, good job, and good relationships with family.

And it is only because recovery works, sometimes I can forget why I was feeling crazy or emotional; emotional stability; also friends and colleagues that I have made after coming into recovery don't know how I was in the past, they never



saw how I used to be. I worry about how other people think of me and I feel like they want to judge me in certain ways but they don't know anything about me. So at this point of time, it is important for me to remember where I came from, how I got here, and things that have been changing in my life really is because I am working this program."

Trust & Support

"When I came into NA in the beginning, there were not many females in the Hong Kong fellowship. This has changed a lot recently and I am very grateful to see the change of increase in the female numbers in Hong Kong, I feel very supported. And since drug



addictions or any types of addictions are less acceptable socially among women, and they maintain and hide the using a lot more than men, there is a lot more shame, especially towards the

sexual behaviors, there is a lot of shame about that for me.

So, speaking about that in my early recovery was to learn about

how to build trust in other people, learning

to trust men in a different way, and women in a different ways, seeing women as sisters, not as competition or threats, and see men as friends or brothers instead of just sexual partners, as this is how it

was before. Learning to be friends with women was a big milestone for me in my early recovery definitely."

Honesty "Continuously developing humility and acceptance toward myself - getting out of my in-denial mode and getting honest about everything."

Letting go & Growth

"Spiritual growth and awakening for me has always come in the most challenging situations. It is like cleaning out a closet. If I do not let go of the past, the old unwanted clothes, how can I make space for the new things to arrive?" Old thinking patterns "The thought of not being able to use again sometimes really hurts me, even though I know going back to use is just out of the question for me..." Overcommitting

"One of my challenges comes from being overcommitted, as we can practice our spiritual principles one step at a time. For me though, I have been taking on more responsibility and services also one step at a time, like a small accumulation, then one day I woke up I realized I am already overcommitted. As I am already committed, I will still do those things, however I have to be very conscious about not committing to anymore things without taking enough time to think it through from now on."

Taking Action

"Constantly taking action for changes, regardless of how I might feel, I do it anyway."

To sum it up, women are often thought to be more sensitive in their emotions than men, therefore, in our recovery we women would potentially need more support and reassurance than what men require. Be Kind to us ! :)



To all



APF FD's first report

We have held two skype meetings.

Those who attended the first meeting are: paolo.s, reza.a, sueu roger s olaf, houman.h, ehsan.r, nikki, mohit a and those who attended the second meeting are mohit jackie paolo nikki houman During the course of these meetings the following were discussed/agreed:

- An APF Pool is to be created and Work on candidate Resume's has already begun.

This will be sent to you in due course.

- We are to develop distant learning methods further and to this end agreed to make power points of various workshops from around the world, available on APF's website.

We are also to publish articles about our FD activities in the

APF Magazine.

- We are to invite NAWS to cooperate with us and join us in our FD trips.

- 5 requests for FD support has been received from NA communities in Pakistan, Afghanistan, Malaysia, Indonesia and Burma and are currently been considered. The good news is that the FD group already has ready the required power point topics FD traveler and also \$6,000 to cover some of the expenses. Of course this is not enough and the FD group will seek additional funding from NAWS.

The group will also ask NAWS to cooperate with it and come along to various FD trips.

Love

Mahmud
APF FD chair

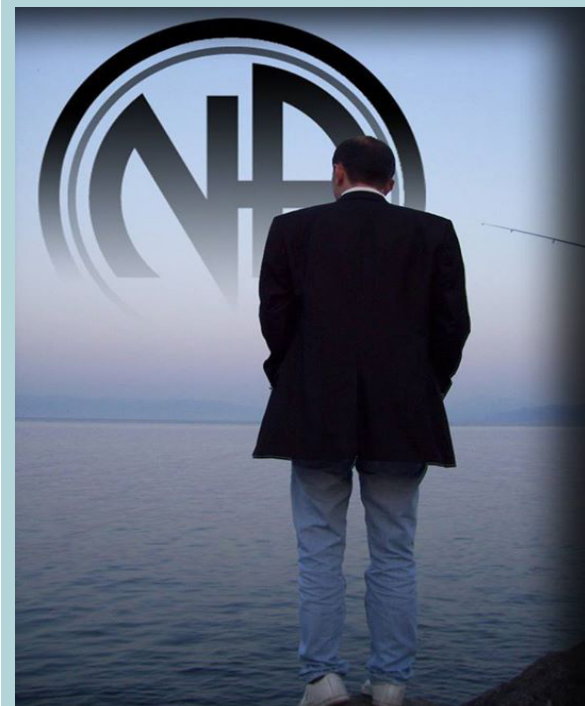
Greetings & showing my heartfelt gratitude for all.

Its my great pleasure to provide APF update herewith present balance US\$ 16,859.25 as of today (5-Nov-2015)

Please do revert if you should require any additional information regarding the same above subject.

Sincerely yours in loving services with gratitude.

Mohit A.



A P F

Newsletter

