

ASIA-PACIFIC FORUM OF NARCOTICS ANONYMOUS

Afrihanistan - Australia - Bancjadesh - Bahrain - Bhutan - Cambodia - China - Hawaii - Hongkong - India - Indonesia - Iran - Japan - Kuwait-Malaysia Maldives - Nepal-Nerf - New Zealand - Pakistan North (NAP) - Pakistan South - Philippines - Saudi Arabia - Sincapore - South Korea - Thailand - UAE - Viet in Na

Welcome to our 41st Edition of the APF Newsletter. It is our wish to keep you informed with upcoming current events, subcommittee happenings "in brief" and sharing members stories on particular topics. If there is a subject you'd like to hear about or contribute too, contact

apf-news@nzna.org

APF 2017 Meeting

The 2017 Asia Pacific Forum meeting will be held from Monday the 6th to Thursday the 9th of March, with the 1st APF Convention of NA to follow from Friday the 10th to Sunday the 12th.

The venue is the Hotel Shanker in Kathmandu, Nepal. Here is a link to the hotel website: http://www.shankerhotel.com.np/.



The Admin Committee will make hotel bookings on behalf of Delegates and trusted servants. We have negotiated a preferable room rate and will provide a booking code to all participants and visitors wishing to attend or to stay on for the convention.

Further details will be emailed via the APF email list regarding meeting participation, flights, visas, airport transfers, meals, reports and funding requests.

The Nepal fellowship is excited to be hosting us in Kathmandu! This will be a truly wonderful service experience that builds on the success and growth of recent meetings.

APF Admin

Chair Hammed (Kuwait) Roger (Aotearoa NZ) Secretary Treasurer Mohit-(Bangladesh) Fellowship Development Mahmoud (Iran) Merchandise Carrie (Hong Kong) Web Servant Mark (Aotearoa NZ) Newsletter Houman (Canada) apfadmin@nzna.org Contact

Xueli's Journey

第一次知道NA是在2003年,那时候我因为吸毒被强制戒毒处理6个月的时间。记得有一天我到辅导员(警察)办公室,发现桌子上放着NA的小册子《谁,为什么,怎么办》,我很好奇的拿起来看,我被这些文字吸引,那些文字写的简直就是我啊!我问辅导员这是什么?他告诉我,在很多国家,每天都有都有向我一样的人为了戒毒聚在一起,一起学习、讨论如何戒毒,这是一种很有效的戒毒的方法叫做NA,只可惜在中国没有。我当时非常感动,突然感觉自己不那么孤独了,那么无力了,原来在全世界有那么多人和我一样,经历了地狱般吸毒的生活,还能活下来为了戒毒继续前行。

The first time I heard about NA was back in 2003. I was forced to stay in a rehabilitation center for 6 months due to my drug use. One day, while inside the office of a counselor (police officer), I discovered there was the NA pamphlet Who, What, How and Why? on the table. I was curious about it, so I picked it up and start reading it. I was attracted by the words inside, because those words were actually describing me! I asked the counselor what that pamphlet was and where it came from. He told me that in many countries, every day there are people like me in recovery who will meet up, learn from each other, and discuss how to stop using. He said that this is a very effective method to stop using and it is called NA. Unfortunately, it did not exist in China. I felt very touched at that moment, suddenly feeling that I was not as lonely and powerless anymore, because in this world there are so many people just like me, experiencing a life like a living hell due to using, yet still can recover and continue their journey.

就这样当我六个月到期后,真巧有个机会,戒毒所正在招募有成瘾经历的志愿者。于是我就留了下来,在2004年10月份有个机会到上海学习,遇到一个云南戴托普的工作人员,也跟我有着同样的经历,他说晚上带我去一个地方玩儿,还说我一定会喜欢。没想到那就是我的第一个NA会,我现在还清晰的记得主持人朗读规则的时候,"如果你正在使用毒品或者身上有使用毒品的工具,那么请你们把他们放在门口,然后进来继续开会。"听到这个时候我哭了,因为没有任何一个地方能够如此的包容,甚至是爱我们的父母,我们的家。



As I was finishing up my 6 months in the rehab center, an opportunity arose for the graduated addict to become a volunteer there. Therefore, I stayed there for that reason. In October 2004, I had a chance to go for further learning in Shanghai. There I met a staff member from a Yunnan "detox" treatment center who also had the same experiences as I. That night he said he would take me to a place that I would enjoy. I could have never imagined that would be my first ever NA meeting. Until now, I can still clearly remember the chairperson precisely reading out from the card, saying "We ask that no drugs or paraphernalia be on your person during the meeting. If you are carrying anything, please take it outside and leave it there. Then you are welcome back in." As I heard that, I burst into tears, as there is no place with such embrace, even our homes with our parents who love us.

当我回到北京后,根据上海会员给我的信息,通过北京的AA会找到了几个在北京居住的NA会员。大约在2005年北京终于有了第一个NA会议,虽然我们的语言不通,但是这并不是障碍,我们的小组也因此得名"友谊的奇迹"。



When I returned to Beijing, with the help of a Shanghai NA member, through Beijing's AA meeting, I found a few NA members living in Beijing. In 2005, the first NA meeting in Beijing began. Although we could not understand each other's language, that wasn't an obstacle, therefore our home group took the name "The Miracle of Friendship".

但是虽然那个时候我已经离开毒品有2年多的时间, 但是我并清楚酒精对我的影响, 我每次开会都在报 自己的清醒天数,每次会议都会读到这句话, 果你抱着酒精区别于其他毒品的态度, 你会再次成 为一个上瘾者",但是我却好像没有见过这句胡一 样,我还在继续喝酒,而且我饮酒的问题以及开始 时却严重了。幸运的是在一次会议上,一位NA的老 会员听到我对酒态度的分享, 在结束会议之后, 他 拿着资料过来告诉我,我不能计算我的清醒天数因 为我还在喝酒。那时候我虽然很气愤, 但是我更在 乎我的清醒时间。现在我已经不记得我到底是哪天 停下来的,但是我的住帮人告诉我,然我选一天, 我要确定那天我没有喝酒就行。为了安全期间,我 把它定在了2006年6月18日,那个年份我确定我没有 喝酒,那个日期是我出生的生日,每年我都在过这 个生日。

At that time, although I already had stayed away from drugs for more than two years, I was aware of the influence alcohol had over me. Every time I went to a meeting, I announced my clean time and every time in the meeting we would read this sentence "Thinking of alcohol as different from other drugs has caused a great many addicts to relapse." However it was like I didn't hear that sentence; I still continued to drink alcohol, and my drinking problem was getting worse than it was when I first started. Luckily, in one meeting, an older NA member heard my sharing about my attitude toward using alcohol. After the meeting finished, he brought over some literature and told me that I could not count my clean time because I was still drinking. Although I was furious then, I did really care about my clean time. Because I could not remember the exact day when I stopped drinking altogether, my sponsor told me that I could choose a day, a day that I am certain that I did not drink. Just to be sure, I chose the 18th of June 2006 as a date that I am certain that I had stopped drinking. That day is my date of birth, and I have

celebrated my birthday also as my clean date every year since.

在中国因为吸毒问题的违法性,NA会议很难得到本地其他组织机构的帮助,还好我们有个会员认识一个饭店的老板,人很好,每次开会我们都用他们的包房一边吃饭一边开会。现在北京的NA的会议已经10年了,以前会议经常只有2个人的时候,而现在北京的会员已经有10多个人,平均每次会议都有6-8个人不等,大部分都是中国人。在网路上每天都有NA会议,5-8个人都是中国人。我们在北京、武汉、西安,深圳等地都有中国会员。这些中国会员大部分都在依靠AA的帮助获得康复,但是我们知道,我们更需要NA的会议,NA的清醒牌,NA的住帮人,NA的资料,NA的康复计划。

Due to the fact that using drugs is against the law, it is very difficult to get help from local organizations to run NA meetings. Nevertheless we now have a member, a restaurant owner, who is very kind and lets us use their private dining room to run our meeting. The NA meeting in Beijing is now already 10 years old. In the past, there was a period of time when there were only 2 members in the meeting; today the number of members in Beijing has now risen to more than 10 people. On average, each time there are 6-8 people attending the meeting, most of them Chinese. There is a Chinese NA meeting online daily with 5-8 members, all Chinese. We have Chinese members in Beijing, Wuhan, Xi'an, and Shenzhen. Most of these Chinese members rely on AA's help to recover, but we all know that we need more NA meetings, NA key tags, NA sponsors, NA literature, and recovery through the NA program.



中国在册吸毒人员的统计官方数字是258万,而现在中国NA会议却寥寥无几,每次看到有旅游的会员来

到我们的会议, 听他们讲述在他的国家他的城市有很多会议的时候, 我都会感到到哭, 因为我相信那就是中国的未来, 我相信有一天中国的成瘾者也可以在需要的时间和地点找到一个会议。

This year, I participated in the APF meeting (conference) in Bangkok. I was pleasantly surprised that there are so many NA members around the world who care about the development of NA, especially in those countries that still don't have NA meetings. The official number of drug users in

China is 2.58 million. In contrast, there are only a few NA meetings in China. Every time I see a visitor come to our meeting and listen to them talking about how there are many meetings in their city and country, I feel my tears, because I believe that is the future for China. I believe one day all the drug addicts in China will be able to find a meeting at the place and time they need it.

Xueli L Beijian, Beijing, China

From the Web Servant

Hi, everyone. Thank you very much for electing me as your trusted servant. I was asked to put together a few words for the newsletter, so here goes.

Achieving the APF goals of including more people to support the APF online efforts will depend on changing the way we deliver the website, email and other services so they are able to be used by a much wider group of people. Currently the APF website is running on a platform called WordPress. WordPress is a fine platform for highly technical people, though it is hard to use for people who are tech-savvy but not highly technical. This is also especially true of services like file storage, email, communications, and mail lists. These tools were fine when set up but really require some specialist knowledge to run, and the number of people with these skills is pretty small.

I am working with the Admin committee to make better use of the technology services available so the APF can provide better services to our trusted servants and also make it easier for more people to serve the APF. The challenges we face are being encountered by all organisations, and there are good tools to arrange meetings and communicate across the wide range of time zones and working weeks.

I will be tackling tasks to help the Admin committee better effectively serve the APF and

then working on preparing a proposal for the website. Please, if you are keen to help with things like updating events and looking at the website to improve the content, feel free to get in touch. To help at this point though, some WordPress experience is needed.

In the future, making the website more interactive will help further APF goals including encouraging contributions and providing information to the wider NA fellowship. The APF is behind in having an effective online presence, and although we are a service body, our fellowship members worldwide would appreciate knowing more about the amazing service done at APF.

Yours in service, Mark



Upcoming Events



Aotearoa, New Zealand NA Convention 2016

5:00pm, 21st October 2016 to 5:00pm 23rd October 2016 Christchurch Polytechnic Institute of Technology, 130 Madras St, Christchurch http://www.nzna.org/event/aotearoa-nz-na-

Sikkim Area Convention (SACNA), India

24th - 26th November 2016 Rendezvous Hotel, Gangtok, Sikkim naindia.in/sacna-iv/

convention-2016/

Hawai'i Events

Regional Convention of NA XXIV - E' Pupukahi, "We Are One"

Kailua Kona, Hawaii, 27th - 30th October 2016 Sheraton Kona Resort and Spa, Kailua Kona, Hawaii.

Registration, payment information and updates are available on the <u>Hawaii Regional Convention</u> <u>page</u>.

Kauai Gathering

Mana Lokahi 'O Kauai, 9th - 11th September 2016. Camp Hale Koa, 13 Mile Marker, Kokee Road

See flyer for contact information for the Kauai Gathering Committee. Kauai Gathering Registration

Australia Events

9th - 11th September 2016 - Gold Coast Convention - "Attitude of Gratitude" Greenmount Resort, 3 Hill Street, Coolangatta, Queensland

28th - 30th October 2016 - Western Australian Annual Camp

Eaton Scout Camp, Lot 1 Leake Street, Eaton, Perth, Western Australia

4th - 6th November 2016 - Sydney Combined Area Convention - "Unity begins with U" Marrickville Portuguese Club, Sydney. New South Wales

19th November 2016 - Sth Coast Unity Day -8.30am - 6:00pm Woonona Surf Club, Kurraba Road, Woonona, Wollongong, New South Wales

3rd December, 2016 - 8:00am - 10:00pm - Central Coast Unity Day - 'Never Alone' Sea Scouts Hall, 10 Mason Parade, Gosford, New South Wales (This event is held yearly on the 1st Saturday in December.)

For more up to date information as more details come to hand contact Sue K (RD) suekidd14@hotmail.com or David T (AD) cameroperator@optusnet.com.au or visit na.org.au.



A Message from the APF Women's FD

The APF Women's Fellowship Development group is making humble beginnings. Many of us have had other service commitments until recently. Now that those commitments are over for this year, we are able to focus our input into supporting this group to blossom.

Currently there are 12 women subscribed to the email list. If you or someone you know would like to subscribe, please email apf-women@nzna.org and that can be arranged from there. We are making plans to hold our first Skype call. On the Agenda we will be coming up with a Vision Statement. We have floated a few ideas around so far, and one member has put forward something that is quite clear.

Other conversations are around supporting individual women and women's groups in developing fellowships within APF and how we can do that: having a Women's Meeting at the APF Convention, merchandise ideas, and sponsorship and literature ideas. At this point in time, we are still working through these. Once we have some firm ideas we will share them.

We look forward to making a bigger contribution to the next newsletter.

In loving service, APF Women's FD



Service Keeps Me Clean and Gives Me a Life Beyond My Wildest Dreams!

Since entering service to APF, first as Alt Delegate representing Hong Kong and then as RD/Country Delegate to Hong Kong, I have had the privilege to serve and travel to India, Philippines and Thailand (and many other places as a service "tourist"). It has always been my dream to travel the world widely and often and now combining service work to the fellowship and program of Narcotics Anonymous, I have been able to combine my passion for travel with the ability to serve the fellowship that has shown me a whole new way of life.

This year, serving APF as Merchandise Chair, I was able to schedule a personal trip to Peru to co-incide with the World Service Conference in April in Los Angeles and stop there on my way back home to Hong Kong. I was there to listen and learn and serve in any capacity needed. It was an overwhelming and amazing experience to see Delegates, Board Members, NAWS workers and other trusted servants and observers from all over the world joining together (sometimes not without quite a lot of passionate intensity!) and working as a body to keep our fellowship alive and free. One of the gifts of being the Merchandise Chair for APF is that I have a purpose when I travel: what I like to call FUNdraising! The Merchandise Chair's service role is to help raise money for APF so we can be fully self-supporting through our own contributions to carry out our Primary Purpose. APF was able to set up a merchandise table at the WSC



World Market to sell shirts, hats and other donated items from our Zonal countries to raise not only money, but awareness about Asia Pacific Forum, our member communities and all the great work we are doing in Fellowship Development training and workshops. Many of the delegates from around the world were really interested in us and our work, and it was perhaps the first time they had heard much about it. So, besides selling "stuff" I was also able to talk one-on-one with many people about APF and how important it is for our part of the world to have our voices heard and represented and for still suffering addicts to receive our Message. We raised over 3,200 USD at WSC, and we are truly grateful to all those who stopped to chat, buy items and support us.

The next stop, for my own personal recovery and fun was to ECCNA32 being held in Paris, France in July. It had been many years since I had traveled to Paris, and at the time I was not in recovery. So I thought this would really be a new experience this time, and boy, was it ever! Friends from all around the world both helped me see Paris in a whole new way and do things I had never done before - awesome to be open-minded, curious and go with the flow! HP definitely was steering the ship, and just before arriving, APF Admin reached out to EDM Admin and asked if it would be OK for me to sit in as an observer for a few sessions. They welcomed APF participation for the entire European Delegates Meeting over the 4 days and even had a place at the table, a name card ready and asked APF to say a few words about who we are and what we do. This was an amazing opportunity for APF to make a connection with EDM as an ongoing mentor zone and resource, and we look forward to whatever may come of working together in the future. Of course, I brought my trusty HUGE suitcase full of APF Merchandise with me (and it didn't even get lost this time!!!) and was able to raise over 840 USD for APF while meeting new people and talking with them about APF and asking for them to come to our inaugural 1st APF Convention in March in Nepal!!!

Back in the day, people used to joke that I could sell ice to Eskimos. I suppose that helped me for many years as a defect; now I see how when I let go and let God's will take over, it can also be an asset! Now, I have a Higher Powered purpose and I love to FUNdraise for APF! Service keeps me out of my head, out of isolation, around friends and NA family around the world, and most of all, keeps me clean. For another day clean and all the love and hope you have given me, I am eternally grateful to give back in any way I can.



Yours in service, Carrie L, Hong Kong, APF Merchandise Chair



WSC 2016



Money Matters Workgroup Update

Greetings and showing heartfelt gratitude to everyone. Hope all are doing well at your own Community/ Regional service level. As we are all aware from the last APF meeting held in Bangkok, the major financial objectives of the Money Matters Workgroup are:

- 1. Inform by creating an information pack of financial breakdown.
- 2. Inform members, groups, Areas & Regions of APF's financial status.

Here is the current APF Treasury update as of 12th August 2016. Funds balance is US\$ 28.496.77.

The Fellowship Development approved budget is US\$ 6,000 (for the 2016-2017 cycle) of which US\$ 4,200 is available after deducting US\$ 1,800 for the Jakarta event. So the balance as of 12th August, 2016 for the 2017 APF meeting in Kathmandu is currently US\$ 22,496.77.

Thank you to the Web Servant for updating files on the website. For more detailed information please see the following file (password is apforum):

http://www.apfna.org/download/committee_report s/2016/Treasurer-Report-APF-2016-at-Bangkok.xls Contained in that file are the following:

- 1. Summary Report of APF 2015–2016
- Financial Statement 2015–2016
- Contribution Chart for Fund Flow received Statement 2015–2016
- 4. FD Budget US\$ 6k Statement 2015–2016
- 5. Merchandise and Fund Raiser Statement 2015–2016
- 6. Annual Meeting Expenses- APF 2016 at Bangkok

This report file was earlier emailed on the 30th of July 2016. Please don't hesitate to contact me if you require additional information or support.

We hope that you will pass on this update of APFs' financial status to your community's upcoming service meetings. APF funds are spent primarily on funding the annual APF meeting & Fellowship Development. The treasury reports are always accurate, up-to-date, and available for all to view. The APF Treasurer is also available if you have any questions.

Sincerely yours in loving Service, on behalf of the Money Matters Workgroup,

Paolo S. (Temporary Treasurer APF 2016), and Mohit A. (APF Treasurer)



Photo from Hasib, RD Bangladesh
Birthday Celebration at the "JFT NA Group Meeting", Dhaka, Bangladesh

Strategic Planning Workgroup Summary Report for the Months May – July, 2016

The Strategic Planning (SP) workgroup has conducted 3 regular Skype meetings during its reporting cycle. The total numbers of participants were 4 in average. There are altogether 11 representative members from 9 different countries (including Admin Committee members) in the workgroup.

We have continued our involvement in other **APF** workgroups of (Money Matters, Communication, and Fellowship Development). We collecting input our development of SP guidelines, which has been kept in Google Docs. In addition, we have continued our discussion regarding participation of APF at WSC as a non-voting representative which is basically Motion 11 of the WSC 2016's decision. Individually, members are collecting experiences and input from experienced members of World Board and other zonal forums' discussion on Motion 11 matters.

Additionally, the SP Workgroup has decided to create a reporting template and to circulate it to other workgroups. Firstly, this template will enable all subcommittees and workgroups to report in a very easy and comfortable way. It will also provide everyone with a better understanding regarding our present situation in alignment with our Strategic Plan.

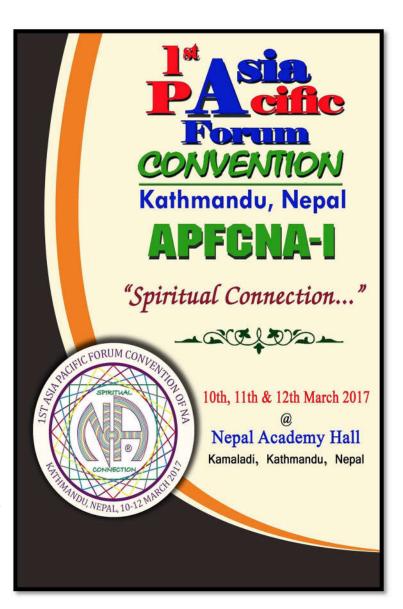
As such, conducting Skype meetings has benefited as a platform of sharing experiences, strengths and hope among each other. On the other end, APF workgroup involve itself with the responsible task of overviewing activities of each APF workgroup so that they are lined up in the same strategic direction. Thus, within that vision, the SP workgroup has always been guided to achieve those goals and are committed to continue that in days to come.

Always in Loving Service,

Strategic Planning Workgroup Committee.

More information

coming soon!



Communications Workgroup Update

The Communications Workgroup has continued to be busy attending to our tasks in the Strategic Plan. Our conference calls are approximately monthly; we met in June and July and then will again at the end of August. 3-5 of us are on each call; time zones and work/life schedules can make this a challenge!

The Newsletter Committee published the July issue and are busy preparing the September issue. The intention remains to publish one every 3 months. Our experience shows we need a deadline for contributions 4 weeks prior, so the December issue deadline will be early November. If anyone is interested in this area of service, please contact us. As always, we welcome your NA-related articles on any topic, information about upcoming events or experiences of past ones, and we are still collecting NA anniversary dates. Please email apf-news@nzna.org.

While the website falls under Communications in the Strategic Plan, we leave that to the expertise of our Web Servant and explore other online and technology options. For alternatives to Skype and its frequent sound or connectivity issues, we have successfully trialed Zoom on the recommendation of World Board members. We will also try Google Hangouts for comparison. We hope these alternatives will make for a better communications experience for workgroup conference calls. We

are also exploring better utilising APF Facebook groups and how WhatsApp can be useful for us.

We have begun reaching out to other zones. Of note is attendance at the European Delegates Meeting by Carrie our Merchandise Chair. This opportunity has established some excellent relationships with a zone that has provided significant experience, strength and hope to APF in the past, and our intention is to maintain and build that contact. We intend contacting the AfriCan Zonal Forum and are exploring options with any of the other zones.

Look out for information elsewhere in this newsletter on the 2017 APF meeting and the 1st APF Convention. There will continue to be a series of emails on these events over the coming months. The Admin Committee will be very busy getting information out to delegates preparation. Fliahts. visas. accommodation. transport, food and reports all need to be coordinated. We will be relying on Delegates to keep in touch with us regularly by email, supplemented by Facebook (as we are mindful that not everyone uses Facebook). We will continue to get information distributed to our communities as soon as we have updates.

Yours in service,

APF Communications Workgroup



November

Alan L – Past RD

Hawai'i

Clean Dates



September to December

If you would like to share your clean time anniversary/birthday date in our newsletter, please email apf-news@nzna.org.

September

MaryEllen P

World Board - USA

1. 15 October 1983

1. 01 September 2002 AD - Nepal 1. 11 November 1987 Kimberly Y **USA** Pankaj G 2. 01 September 2002 David T AD – Australia December Ahmad J 3. 10 September 2012 RD - Pakistan North 1. 02 December 2007 David R 4. 12 September 2003 Dondee N - Luzon Area Newsletter - China **Philippines** 2. 16 December 2011 Carrie L - Hong Kong **APF Merchandise** Zaiman S 5. 22 September 2013 Singapore 3. 13 December 2015 Nikki S 6. 26 September 2007 RD - Hong Kong A Mohit A **APF Treasurer** 4. 13 December 2003 Ayed R Bangladesh Saudi Arabia 5. 26 December 1985 Tali M - World Board October Hawai'i

6. 29 December 1988