

ASIA PACIFIC FORUM NEWS

Afghanistan – Aotearoa New Zealand – Australia – Bahrain – Bangladesh – Bhutan
Cambodia – China – Hawai'i – Hong Kong – India – Indonesia – Iran – Japan – Kuwait
Malaysia – Maldives – Nepal – NERF – Oman – Pakistan North – Pakistan South
Philippines – Saudi Arabia – Singapore – South Korea – Thailand – UAE – Viet Nam

A NETWORK OF NA COMMUNITIES

www.apfna.org

Issue # 45 - August 2017

A Note from the Editor

Greetings and Welcome to our 45th Edition of the APF News. This issue is chock-full of reports from our very active workgroups as well as events to come. We have been so busy that it was difficult to condense some of the exciting news. We'll do our best, but some may have to refer to the quarterly reports sent to you via email for a complete financial review * Enjoy!

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*If there is anything you wish to add,
perhaps a clean date or story you would like
to tell, contact us:*

newsletter@apfna.org

APF 2018 Bangkok



~ Thailand Host Convention ~

11th NATR CONVENTION BANGKOK 2018
2 - 4 March 2018, Rembrandt Hotel Bangkok, Thailand

Heartfelt Congratulations to our very First
Zonal Delegate, (ZD) Reza from Bangladesh
& Alternate Delegate, Hammed of Kuwait.

These Trusted servants will carry our voice
according to Motion 11 along with the help
of the RDs of Australia & Aotearoa NZ to
WSC 2018.

Aotearoa Recovery

Kia ora koutou katoa, greetings, and hello to you all. It is quite a challenge to fit my 54 years into just a few paragraphs. Summary: today I have a life that is WAY beyond my wildest dreams.



I've lived most of my life in Aotearoa (New Zealand). All of my 24 years clean have been in Christchurch, the second largest city and the largest in the South Island. The outward signs as a child seemed good - a house in a nice suburb, new car in the drive, parents with respected occupations, and attending good schools just a few minutes walk away. My insides were an entirely different matter. Periodic feelings of disconnect with the other kids included one in particular where my friends suddenly started bullying me for no reason.

My father was "one of us"; his disease got in the way of his career and family. My memories were of him being absent or falling asleep soon after getting home. When I was 10 or 11, the marriage finally fell apart, and we were thrown out of the family home, temporarily forced to live in a camping ground cabin during a cold winter. This became the source of great shame and huge sadness. Lying and denying how I felt became my defenses. As an awkward teenager at high school, I was clinically depressed, on antidepressants, at times actively suicidal, and discovering drugs.

My first time using, I was violently ill and swore to never do that again. A week or two later, with a small variation and first attempt to control the outcome, once more I was violently ill and swore to never do that again. There was always a need to "come back for more". I had some frightening early using experiences that had significant impact on me. One in particular was on a concoction brewed from a rare plant we somehow knew about. It was never possible to know how strong the concoction would be, fatal sometimes (as we would later find out). I had an incredibly "bad trip" and had flashbacks for quite some time afterwards when using my drug of choice at the time.

Following Mum's divorce, we relocated to be with her family in London. While I loved the big city, being wrenched out of my familiar surroundings and away from my friends took my bleak inner landscape to an even darker place. I was 15, increasingly suicidal with several options in mind, and discovering heavy metal and Pink Floyd. It's no exaggeration to say music saved my life. I constantly thought about using, though the opportunities were infrequent. School was a struggle. I was doing my best to convince myself and others that I was OK. Our return to NZ after a year brought no relief; geographicals weren't the answer! Using every weekend became most days, and to make the most of my supplies was increasingly using on my own. Christmas Day when I was 19, I knew that I'd used every single day since the Christmas before.

My 20s were a total internal nightmare. I couldn't maintain friendships beyond what I needed to do to get drugs. My girlfriend and I had 2 daughters, I was emotionally and often physically unavailable to them, with no understanding of how to be in a relationship or be a parent. A big career break that required moving to a different city saw me leave them unexpectedly. 3 months later on the night of my 25th birthday I drove away from home with a suicide plan I was certain I could implement, and to this day, I still identify that night as my rock bottom. Somehow I made it through the night.

A couple of days later, yet another attempt on my life had me in an ambulance, intensive care and a mental health hospital ward. The people there seemed to understand my struggles. For a while that place felt safe from the horrors of trying to live life. I was still using as often as possible. I was in and out of both general and psychiatric hospitals for the next 4 years. I experienced stomach pumps, intensive care, and being sent home or back to mental health units. I thought I knew how to cope with that life, and I knew how to manipulate the system and the doctors.

I was so much in denial that I had no idea I was an addict. I recall one nurse challenging me about my drug use. I was shocked, convinced that she had no idea what she was talking about. It took 2 more years to get desperate enough for me to ask for a referral to the local drug clinic. I of course passed the assessment with a 100% score. There were 2 things they could offer me: short treatment programme for a few weeks; and more importantly, an NA meetings list.

I clearly remember going to that first meeting. It was one of my 3-month hospital holidays in a semi-secure mental health ward. The doors were locked at night. I was allowed out to walk to the meeting venue nearby. On my return, the nurse asked how it was. I replied that I wanted to go back the following week. And ever since, I have kept coming back. I felt an immediate connection there. The desperation, the depression, the inner isolation, were finally at an end. I was sick and tired of being sick and tired. I had finally found somewhere I could surrender.

I don't recall anything anyone said in those early meetings. I was terrified of everyone, rushing off at the end of every meeting. It took me about 3 months to start clocking up days clean. On realising I had 10 clean days in a row, I started counting the days, aiming for the first key tag, and then the next one. This continued all through the first year. Now and then, I had enough courage to read "Who Is An Addict". I never shared unless asked. But I kept coming back. I asked someone to be my sponsor and did my best to follow his guidance. The 12 Steps as written in the literature or shared about made little sense to me. I did however know about the unmanageability of my life and grasped aspects of my powerlessness. This was enough.

Long-term plans to marry my girlfriend came when I was 41 days clean! Sadly, too much damage was already done, and I didn't have the skills for the relationship to survive the big changes arising from staying clean, particularly the need to put recovery before everything else. We split up, split the proceeds of the house we owned, split the furniture and split the children. At 2 years clean, I was a single parent learning for the first time how to cook and clean, wash clothes, and look after both myself and one daughter. I had become involved in Area service, and put huge amounts of time and energy into that for some years while also renovating the house we bought and finishing my university degree. I had turned into a workaholic. Looking back on those days now I don't know how I did it.

The bills were being paid, there was food in the cupboards, and a reliable car had petrol in the tank. I was following the suggestions of the programme as best I could. I made a commitment to stay out of a relationship for 2 years to keep the focus on recovery and therefore on me. At the end of those 2 years, just when I was stopping struggling against the idea, I met my current partner who I have been with for nearly 20 years now. Her interest in horses saw us buy a place just outside the city, where we lived with the horses, dogs, cats, chickens and (for some of the time) children for the next 12 years.

My daughters became adults, so the freedom to travel for World and Zonal service became an option I worked towards. From the comfort and safety of my own home I had helped a couple of APF Web Servants before finally taking on the role myself. I loved the connections I was getting with addicts around the world. Eventually I had no remaining reasons for not following the suggestions that I consider the Regional Delegate role. I went to the World Service Conference in 2012 and 2014 and have attended APF each year since 2013 in NERF.

While it's true that I do a lot of service, I don't have a service-based recovery. I have had the same sponsor for over 20 years now, and am in regular contact with him. I've worked through the steps with him several times, including writing and sharing 4th Steps. I get to my home group every week unless I am out of town, plus others regularly. I have a daily programme that includes the first 3 steps EVERY day - this is what I was taught when I was new. Meditation is my preferred way to start the day. Even though I've been a slow learner, today I do know how to be kind, loving, patient, tolerant, understanding, and accepting. I eat well (most of the time) and keep fit and active. I am emotionally and physically present for my family including now 3 granddaughters who are a constant reminder of what is really important in life. We have 2 small dogs who teach me about loyalty and the joys of simple things like food and walks to the park, so I make the time to be with them. I know how to breathe in. And then breathe out. And be here, now. In the present moment, which I now know it has always been.

I live the programme to the best of my ability. Just for today, I am confident I can stay clean for a few more hours and have one more day in recovery.

I have a sense of there being more to come. That there is a life beyond what I can dream of today. All I need to do is keep coming back and work the NA programme.

Thank you for letting me share with you. I am truly grateful beyond words.

Roger S ~ Aotearoa

Thank you to APF for the Welcome



My journey to the APF meeting in Nepal began in July at the ECCNA in Paris. I was in service at the European Zone, and we were pleased to welcome Carrie (APF merchandise) to our meeting. She invited us to come to Nepal.

At first, I was not sure about making the trip to Kathmandu, as it would be at a busy time for me. I decided to take a risk and go. I feel my HP stepped in as this proved to be a great experience.

The business meeting was interesting. In some ways the Asia Pacific and European meetings are very similar, though there are also differences.

Women face far higher cultural barriers to attending meetings in many Asian countries.

Safety concerns can also stop people from getting to meetings.

It was really awe-inspiring to hear of members doing fellowship development work in Afghanistan.

Graham ~ EDM Secretary United Kingdom

In coming months our intention is to continue regular contact via our email list, schedule conference calls as required, and continue to be guided by the APF strategic plan.

Yours in service,

The Communications Workgroup

Fellowship Development Workgroup 1st Quarterly Report

“To encourage and support Fellowship Development efforts within the Asia Pacific Zone”.



Welcome to the 1st Quarterly Report, produced by your Fellowship Development Workgroup. It has been several months since the last APF 2017 annual meeting held in Kathmandu, Nepal.

In these past months of 2017, our Workgroup conducted 4 online meetings via Google Hangouts or Skype, which took place on the 21st of April, 13th of May, 10th of June and the 15th of July.

All the APF communities are eligible to request FD funding, however any Communities requesting such funding must use an FD Request Form to arrange for the trip. Furthermore, you are required to go through an assessment process, which will be conducted by the FD Sub-committee, before a decision will be made.

In the last annual meeting, the FD budget of US \$10,000 for the coming APF cycle year 2017-2018, consensus was approved.

As always we are mindful of our FD Trip expenditures - “prudent use of NA funds.”

FD trips under process are as follows:

➤ **Pakistan** (venue at Karachi): Pakistan South & North fellowships will participate together. FD resource travelers are *Mahmud CH* (Iran), *Ehsan* (Iran) and *Javad* (Iran), who have applied for their Pakistani Visa on 3rd July '17. Visa confirmation news is expected soon.

➤ **Mongolia:** *Paolo S.* (Philippines) is willing to serve with a required second willing resource traveler. Preferences are past FD experience with surrounding neighbor's country to fly to Ulan Bator, Mongolia.

➤ **Afghanistan:** continues to communicate with Mahmud CH in Farsi language as it is challenging for them to communicate in English with us. This time the Afghanistan fellowship prefers to arrange an APF FD trip during the summer season to include two FD resource travelers (one male and the other one preferably female to prepare H&I to carry the message in women's treatment centers in Kabul and Harat).

The good news is that we have an experienced female FD resource traveler named Ms. *Mahnaz B.* (from Tehran, Iran), who is also an APF Women FD Workgroup member, and is willing to facilitate for the upcoming FD trip.

One of the FD Work Group's highest priority Strategies for short term plan of objectives is: ***"To Endorse the Women's FD Workgroup."*** In addition, one of the secondary objectives is: ***"When possible, women participate in FD trips"***.

APF NA Membership Survey- 2018

We, the Fellowship Development Sub-committee encourage all communities within the APF to visit our Website link: apfna.org to complete the **"APF Membership Survey Form- 2018"** .

You may provide your individual input thru online submission or a downloadable soft copy of the same survey which is available on the web link. We encourage each NA member to spread the word of the **"APF Membership Survey- 2018"** to their fellowship and friends. We ask that all members throughout Asia Pacific Zonal Forum of NA worldwide participate. <https://docs.google.com/.../1Sd-vJMLr71kfahPVxjmA2Q.../viewform...>

We thank each member of Fellowship Development Workgroup for their participation and to APF for allowing us the opportunity to serve with and for you all.

Also please send your suggestions, feedback, or input to both - the Women FD Workgroup email list: [<apf-women@nzna.org>](mailto:apf-women@nzna.org) as well as to the FD Workgroup email list: [<apf-fd@nzna.org>](mailto:apf-fd@nzna.org)

Sincerely yours ILS, on behalf of the "Fellowship Development Sub-committee"

Mohit A. (FD Coordinator - APF)

A Note from the Web Servant

Hi everyone, apologies for the lack of progress in new developments in the last few months. Sometimes life gets in the way of what we imagine we can do and acceptance is needed on my part!! We are still committed to completing the changes planned and moving along the direction set. Right now it's all about making the changes needed to complete the work and rolling these out.

Yours in service, Mark

FD~Women's 1st Quarterly Report

2017 APF KATHMANDU

The workgroup was established at APF 2016. We had our first face-to-face meeting at APF 2017.



About 10 people attended from both workgroup and local women. We talked and shared, and from that heartfelt sharing, we developed: 1) a clear conscience of gratitude, 2) a clear perception of the need for the specialized fellowship development of women in NA, and 3) a deep commitment to moving forward.

From our perspective the events at APFCNA 1 serve as a foundation for our future efforts. Hearing the experience, strength and hope of so many women was inspiring. During the Convention, 72 women attended a lunch at a local café. The Workgroup is planning on hosting a similar event at APF 2018.

Please send photos of APF events exemplifying Women's Fellowship Development. We are looking for stills and short clips to use in our FD video clip. Remember to get permission of participants when taking photographs or making videos.

MEMBERSHIP

Membership is determined geographically – any women from an APF community are welcome to join. Requests to join may be made by emailing: apf-women@nzna.org.

Some of our members are also members of other workgroups. This is useful as it ensures that communications are consistent and that all voices are being heard.

FUTURE

We look forward to supporting all FD trips with the addition of a woman participant wherever possible. Happily, the FD Workgroup is supporting this goal. In addition, we are hoping to create a Women's FD video. Please use the APF-women@nzna.org address.

We also continue to focus our efforts on Sponsorship.

CONGRATULATIONS

Congratulations to Dee from India for her successful nomination as Convention Chair. This may be the first time India has had a woman in this Trusted Servant position. We are looking forward to supporting this convention in a number of ways.

FUNDRAISING

Thanks have gone out to the Women's group in Connecticut who have supported us by way of fundraising.

A t-shirt was designed. However, sales of this did not go as planned, so the group resourcefully found a second way to raise funds with the sale of tickets to a lunch. These funds (\$800) have been deposited into the APF account.

CONCLUSION

It is with pleasure that I submit this report on behalf of the APF Women's FD Workgroup.

Again, thanks to the entire APF for your support and making it possible for us to carry the message to the still suffering addict.

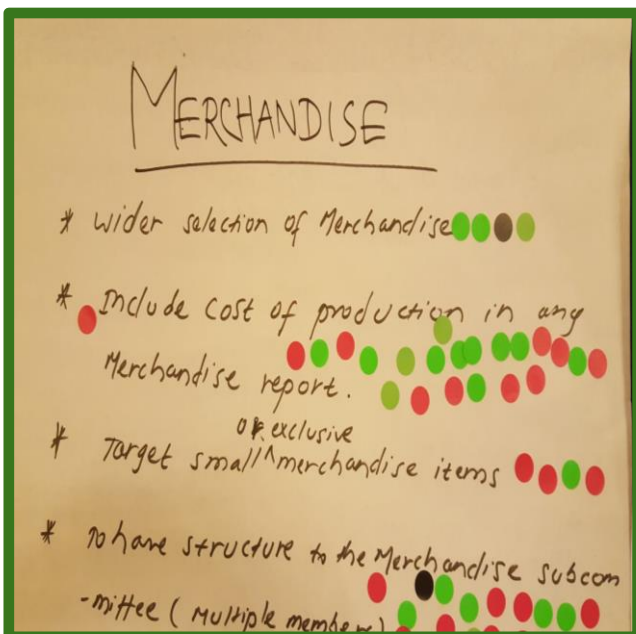
Sharon K - APF Women's FD Workgroup.

Merchandise Work Group 1st Quarterly Report *

Group Basics

Total Work Group members: 10, Total communities represented: 9

Total number of Work Group meetings concluded: 1 (with Money Matters, next WG meeting will take place in July with Merchandise WG separately)

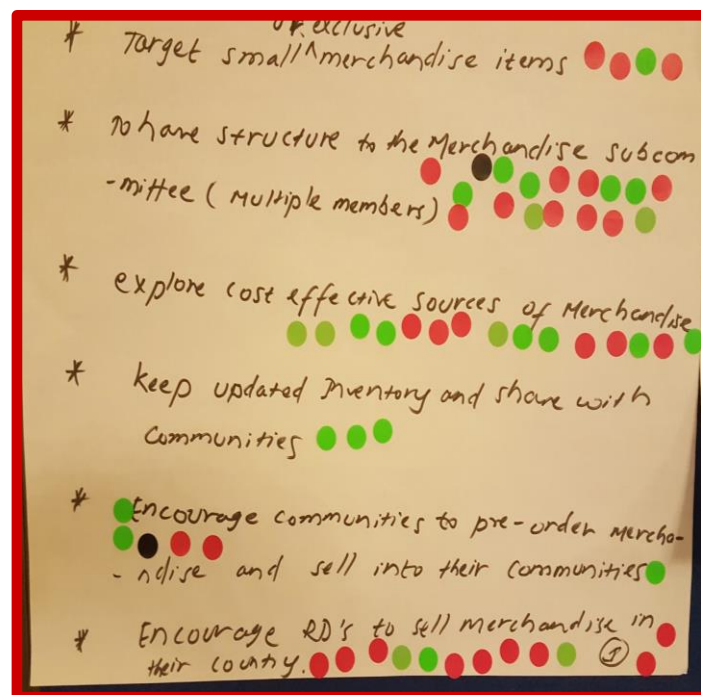


Key Updates

- Two fundraising events took place in Q1 cycle for total of \$586 USD raised.
- APFCNA 1 Alt Merchandise on final day
- Oahu Gathering Hawaii, April
- Identified additional opportunities around the world to sell Merchandise in Q2 & Q3 so far.
- September EDM/ECCNA in Portugal
- October HRCNA in Lihue, HI
- Discussions with willing Trusted Servants to be point of accountability in their country/community for sales and receive goods to sell.
- Working with Money Matters to activate PayPal to be used for online Merchandise sales. Estimated timing Sept/Oct.
- Working with Web Services group to set up online shopping cart to sell Merchandise from APF website – estimated timing Sept/Oct.

Progress update: Work Group Responsibilities and Priority Strategies

	HIGH PRIORITY	Q1 Status	Q2 Plan
1	-Include the cost of production in all merchandise reports	-No new goods acquired. Continuing to sell from APF 2017 merchandise. See below financial status for summary and projections.	-Acquire goods from APFCNA 1. Will list out cost and inventory and provide updates of sales vs. cost of goods for estimated net profit or loss.
2	- To have a structure and multiple members on the merchandise sub- committee	-In process. Workgroup met with Money Matters WG in the past and now has own email list, and a Skype meeting is planned for July	-Monthly Skype calls and WG updates and reporting ongoing.
3	-Explore cost-effective sources for merchandise	-In process. Will purchase remaining APFCNA 1 Merchandise from Nepal at production cost to sell in other locations.	-Discussion with Thailand Host Committee for low-cost local production for APF 2018
4	- Encourage RDs to sell merchandise in their communities	-In process. 2 Members of Merchandise WG have offered to sell and we are working out shipping vs. production locally.	-Get more communities on board and identify other upcoming events



Yours in Service,

Carrie L ~ Merchandise Work Group

Money Matters Work Group 1st Quarterly Report *

Group Basics

Total Work Group members:	17
Total communities represented:	11
Total numbers of Work Group meetings concluded:	2



Key Updates from Meetings

- Coordination with APFCNA committee and making APFCNA I financial report available.
- Exploring possibilities for online transaction of donation and online merchandise portal.
- Sharing and discussing Treasurer's/Merchandise/FD updates
- Sharing and discussing updates on APF-2018 planning progress (local fellowship coordination, hotel selection and contract signing)

Progress update: Work Group Responsibilities and Priority Strategies

SN	Responsibilities	Key Priority	Status Update/Progress
1	Financial	<ul style="list-style-type: none"> - Enabling online donation - Creating online merchandise portal - APF delegate fund arrangement for WSC 	<ul style="list-style-type: none"> - APF website upgradation is ongoing to incorporate online transactions. - PayPal options have been discussed as potential online merchandise portal.
2	Convention	<ul style="list-style-type: none"> - Cost effective location for APFCNA - APF host committee collaboration - Updating financial reports to communities and request for support upon need 	<ul style="list-style-type: none"> - In collaboration of local committee members, different hotel options for APF-2018 have been evaluated and contract signing is in process. - APF-2017 financial statements have been shared among APF communities. - APFCNA Financial report has been received and available.

★ APF representing communities are encouraged to establish and commence the funding plan for APF 2018 so that we all together can address this potential deficit.

*Yours in Service,
Sushil-APF Treasurer*

Motion 11 Workgroup 1st Quarterly Report

This workgroup was established at the 2017 APF meeting to work alongside the Zonal Delegate and Alternate Zonal Delegate to create proposals to the Conference Agenda Report (CAR) for WSC 2018 based on the input of the APF Delegates:

- Continuation of Motion 11 with funding and voting
- Change the conference seating to Zones
- Ask WSC to come up with a shared concept and understanding of Zones and their relationship with the wider Fellowship
- Introduce Zonal representation one-by-one for Zones who so desire



Our members are RDs and ADs from Aotearoa NZ, Australia, Hong Kong, India/SOSONA and UAE, and 4 elected APF trusted servants from Kuwait, Bangladesh and Hawai'i. We are subscribed to an email list, and have meet via Google Hangouts in April, May, June and twice in July. We have created a timeline document covering key dates leading up to the WSC in April 2018.

The Zonal Delegate election process concluded on June 20th. Congratulations to Reza from Bangladesh, who has been elected by APF communities as our first Zonal Delegate (ZD) and will represent us at the 2018 WSC meeting. Congratulations also to Hammed from Kuwait who has been elected as our Alternate Zonal Delegate. History has been made! Both are existing members of this workgroup. NAWS has been informed of this, and the elected ZD will now receive conference-related mailings and communications.

The process, criteria and timeline for CAR motions is defined in the Guide To World Services. Our immediate focus was the initial drafting of motions, intents and rationales prior to the August 1st deadline, and considering how best to support our ZD.

Working by consensus, we finalised 6 motions, as much as possible keeping the intents in alignment with the input of APF delegates. The motions are being moved and seconded by Australia and Aotearoa NZ on behalf of APF. Only Regions seated at WSC may do this; our Zonal Delegate, as a non-voting participant, cannot. The draft motions were sent to NAWS at the end of July.

The next step is for one of the World Board members to be assigned for refining our motions to ensure they are "CAR-ready" by the end of August 2017.

Yours in service, Motion 11 Workgroup

Strategic Planning Workgroup 1st Quarterly Report



Greetings from the Strategic Planning Workgroup! The long term Planning goal is:

To have strategic planning, including monitoring and ongoing reviews of those plans, integrated into the APF agenda.

Overall Strategic Planning strategies are outlined in the Strategic Plan adopted at our meeting in 2017.

This report covers the Planning Strategies, which are listed in the table below, with their current status and a note providing more information including issues/problems, resources/supports required, and general comments.

PLANNING STRATEGIES	Status	Note
High Priority:		
1. Make a template for the Women's FD Workgroup	Pursuing	(1)
2. Host a workshop one evening during the APF meeting to educate the local fellowship about APF	Last quarter	(2)
3. Create, deliver and collate an environmental scan of community's current trends and themes, including barriers for women	Pursuing	(3)
4. Prioritizing to avoid what we cannot handle	Pursued	(4)
Secondary Priority:		
1. Start every APF meeting day with the Just For Today reading	Discussed	(5)
2. Yearly inventory review of what has worked	Last quarter	(6)
3. Plan APF representation at WSC	Pursued through delegation	(7)
4. Make use of the NAWS "Planning Basics" document	Discussed	(8)
5. Formulate monitoring and evaluation tools	Discussed	(9)

(1) **Women's FD Reporting Template:** We have communicated with the Women FD workgroup to clarify the purpose of this template. We have already created a template in Google Docs, which is presently being reviewed by the SP members for further improvements.

(2) **Host a workshop:** This Strategy will be pursued in the last quarter before APF, as the preparation for hosting a Workshop can be completed at that time. In addition we will also integrate this strategy into the APF 2018 agenda.

(3) **Create, deliver and collate an environmental scan:** This strategy requires the involvement of the total APF community and also requires a process to implement. We have started to develop a questionnaire in Google Docs for collecting the information about communities' ' current trends and themes, including barriers for women. After developing the questionnaire, we will put this in a Google Form for sending to Delegates. This strategy will require a lot of time, and we are expecting to deliver this before the next APF meeting.

(4) **Prioritizing:** We are prioritizing the strategies based on their practical aspects and also trying to follow them in all of our courses of action.

(5) **Just For Today reading at APF Meeting:** We will include this point in the APF agenda so this will be implemented for the next APF meeting.

(6) **Yearly inventory review:** It reveals that we need updates from all the workgroups to understand the progress throughout the year. We will be able to do that at the last quarter before the APF 2018 meeting. So, this strategy will be pursued in the last quarter.

(7) **Plan APF representation at WSC:** A separate "Motion 11 Workgroup" has already been created and is working on and planning our representation. The SP workgroup agreed that this strategy is best pursued by the Motion 11 workgroup, as they are solely focused on this specific strategy. Some members of the SP Workgroup are already members of that workgroup.

(8) **Make use of the NAWS "Planning Basics" document:** It's been suggested that we can use it for our SP sessions at the APF meeting. We can also circulate "Planning Basics" to each APF community and encourage them to use it everywhere they require. "Planning Basics" has guided our SP workgroup since inception.

(9) **Formulate monitoring and evaluation tools:** We have been discussing this strategy and we understand that this is a continuously evolving process. We hope to create some monitoring and evaluating tools in the next two quarters.

Yours in service,

The Strategic Planning Workgroup

??? Did you Know ???

Did you Know the APF has many Friends?

The APF has had many dedicated trusted servants over the years, but did you know that in addition, the APF has had many friends?

What isn't really explained is that many members have not only travelled to various APF meetings and events over the years at their own expense, but then have worked tirelessly *throughout* the events to help the APF become what it is today, a strong, unified, highly functional service body which is totally focused on its Purpose, Vision and Goals.



In fact, it was these members who helped establish what is now the biggest zone geographically, politically and culturally the most diverse one, and the zone that speaks more languages than the other Zonal forums.

Some of the many examples of this help in the early days are on our website in the history section: <http://www.apfna.org/other/history/>

One example close to me is the fact that the APF initially had a combined service position of Treasurer/Secretary which I had the honour of fulfilling. This was an enormous job. Fortunately, I had an extremely gracious member who sat through the 3 days of the meeting touch typing which produced the minutes impeccably 2 years in a row! That same member continues to serve us. Another early pioneer (we affectionately refer to as "The Grand Father") also served on the first World Board as we know it today, and was at the APF this last cycle to present a history session.

There are many more examples of members who held no position working most of the meeting in a variety of ways to ensure the meeting went well. Those very members also assisted local communities in pre or post-meeting fellowship events.

A recent example is Nepal, earlier this year, where several members paid for their own travel and housing to attend and support the APF meeting and the following Convention.

I would say thank you to the friends of the APF, however, they don't need me to thank them. They know that we keep what we have by giving it away. Serving on the APF either as an elected Delegate, Trusted Servant, Work Group member or a friend of the APF, is a privilege, and the gifts we receive through this service are truly priceless. Watching our beloved APF grow both as the unique service body it is and the individual communities which make us up is one of our many gifts of Recovery.

Yours in Service, Tim S

Clean Dates ~ August to November



August

11 August 1997	Ian U	Thailand
24 August 2002	"Nam" Noel M	New York City

September

01 September 2002	Pankaj G	Nepal – AD
01 September 2002	David T	Australia – RD
10 September 2012	Ahmad	Pakistan (North Region)
12 September 2003	Dondee N	Luzon Area – Philippines
22 September 2013	Ahmad J	Singapore
26 September 2007	Mohit A	Bangladesh

October

15 October 1983	MaryEllen P	USA
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November

07 November 1992	Linda O	Hawai' i – RD
11 November 1987	Kimberly Y	USA

If you wish to share your MileStone in our newsletter, email: newsletter@apfna.org

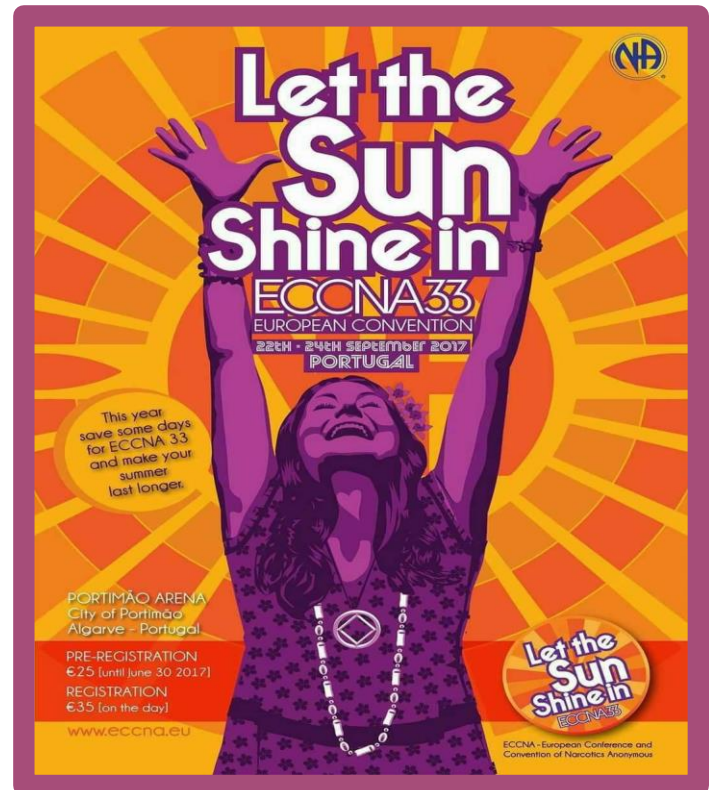
Upcoming Events

Australia



ECCNA (European Zonal Forum)

EDM ~ Portugal



Hawai‘ i Regional Convention of NA XXV

E‘ Pupukahi, “We Are One”

Lihue , Hawai‘ i

26-29 October 2017



The registration form is now available for download here: [Registration](#)

[HRCNA-25 Kauai February 2017](#)

You may register online with a credit card or debit card through Paypal (you do not have to be a Paypal member). Go to our [registration page here](#).

India

PACNA 3: (Punjab Area Convention of Narcotics Anonymous) at Dalhousie - Himachal Pradesh

Dates: 15th, 16th and 17th September 2017

Venue: Hotel Grand View Dalhousie

Registration Slots:

Deluxe Suite Room on Twin Sharing; Rs 7500 per person or USD 115

Super Deluxe Room on Triple Sharing- Rs 6000 per person or USD 92

Off Site- Deluxe Room on Twin Sharing- Rs 4500 person or USD 69

The above prices include food, accommodation and the program.

Nearest Airports: Amritsar, Jammu or Chandig **Nearest Railway Station:** Pathankot

Nearest Bus Stand: Dalhousie

Jakarta (Indonesia)

15-17 September 2017

Jakarta NA Convention VIII

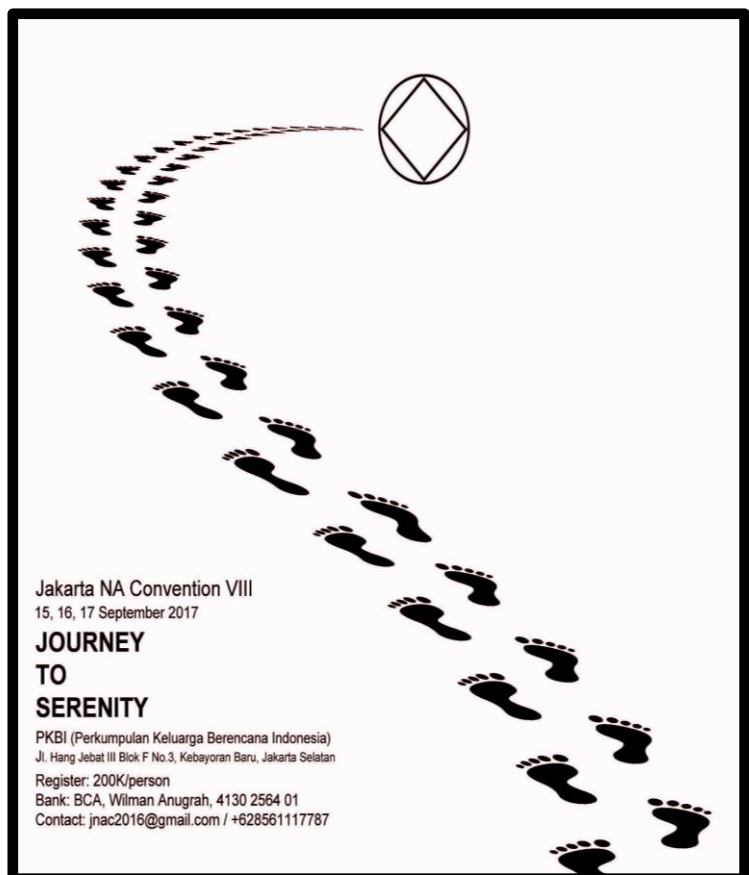
Journey to Serenity

PKBI (Perkumpulan Keluarga Berencana)
Jl. Hang Jebat III Blok F No.3. Kebayoran Baru
Jakarta Selatan

Register 200K/person

Bank: BCA, Wilman Anugrah, 4130 2564
01

Contact: jnac2016@gmail.com



Dharan, Nepal

On the Occasion of World Unity Day, Dharan ASC of NA proudly presents...

16th NIGHT VIGIL

"When We Come Together in Unity, We Shine"

2 Sep 2017/ 2074 Bhadra 17

Hotel Easy Rider, Dharan-15
Registration Contribution : Rs. 600/-



Chair Person: Dinesh D. (9810469382), Registration Chair: Sagar L. (9804336699)
Information Chair: Manish B. (9804311000), email: ascdharan@gmail.com
facebook: www.facebook.com/nadharan.ascdharan

Ilam, Nepal

10-12 November 2017

Contacts:
Info Chair : Sagar R.
Mobile : +977-9807381800
Angus S.
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Convention Committee

Chair Person : Nima L.
+977-983053036

Vice Chair : Lachu L.
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Secretary Chair : Bipin G.
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Information Chair : Sagar R.
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Registration Chair: Rajin L.
+977-9806000081

Treasurer : Falden S.
+977-980700211

Hospitality : Sudhan R.
+977-9806920606

Why Register at "The Convention" ?

The benefits of Registration:
When we register we express several spiritual principles that are incorporated in NA's 12 Tradition, including, love, unity, support and tolerance that we have for our Area, our members, invited speakers and our newcomers.

We show the newcomers and society as a whole that NA is made up of responsible productive members of society that pay their way.

We show that we're trustworthy and honorable.
Monitor members, class-time and other demographics which helps the committee provide transparency, accountability and financial responsibility.

Any excess funds goes to support the Eastern Area Committee which in turn fund Hospitals and Institutions providing, phone lines for someone seeking a meeting, Public relations, Homogroup services, Meeting lots and much more.

What your registration pays for:

- * It helps support those that cannot afford the full cost of registration.
- * It funds literature for newcomers.
- * It pays for the hotel facilities.
- * It pays for the entertainment.
- * It pays for all the equipment and merchandise needed to run a successful convention.

SO PLEASE REGISTER AND SHOW YOUR SUPPORT.

Newcomer Policy

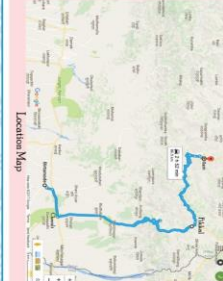
Newcomer registrations are reserved for the newcomer with less than 30 days clean time. Who cannot afford the price of registration. Each newcomer receiving a registration will be asked to make a donation to a newcomer fund. Registration will be distributed on a first come, first serve basis at hours to be posted.

Weather:

The climate of Ilam District as a whole is dry and cold in winter. While it is warm and rainy in summer.
The average daytime temperature generally hovers around a pleasant 27°C, whereas the average minimum temperature generally drops down to 15°C. The Nights usually get very chilly, so it is advisable to carry warm clothing.


Event Info:
Date : 10-12 November 2017
Venue : City Hall, Ilam.
Location : Ilam, Nepal.
Information chair: Sagar R.
+977-9807381806

Location Map




Eastern Area Convention of Narcotics Anonymous-I
Ilam, Nepal

EACNA-I



Ilam, Nepal
"OUR OWN STORY"



Introduction:


Ilam District, the "Queen of the Hills" is one of three mountain districts of Machhi Zone, located in eastern Nepal. It covers an area of 1703 sq. km and is located between 26° 40' and 27° 50' north latitude and between 87° 40' to 88° 10' east longitude. Ilam lies to the south of the Mahabharat range is the lap of Shivalik Range with an elevation range from 140 M (Banshi VDC) to 3000 M and (Sundakot). It is famous for its natural scenery and landscape. The climate of Ilam District is whole is dry and cold in winter, while it is warm and rainy in summer.

Ilam District is one of Nepal's richest districts in terms of its geographic, biologic, and cultural diversity, its natural landscape, and a flourishing professional in agriculture, particularly in cash crops. It is also naturally acclaimed for the production of tea. Ilam is widely recognized for live additional major cash crops, i.e., potato, cardamom, ginger, milk and broom grass.


Ilam District is also rich in its unique social and cultural heritage. People live in peace and harmony irrespective of caste, creed, race, religion, or culture. A wide range of ethnically diverse groups each with its own unique customs, traditions and culture – resides here.

Ilam Municipality is unique and important in terms of socio-economic, cultural, and recreational aspects. The area includes a diverse array of ethnic groups and houses cultures. Hinduism and Buddhism are the two major religions. It is also called the Queen of the Hills and has been famous for its pristine landscape of mountain slopes, tea gardens, mountain streams, dense natural forests, holy sites, and unique culture. It possesses the oldest tea garden of Nepal covering 155 acres of land.

Ilam Municipality lies within the subtropical zone with a mild climate throughout the year. Since the elevation ranges from 400 to 3000 M, it holds rich diversity of flora and fauna. The city is considered one of the most progressive regions in Nepal. It is well known for its generation in environmentalism.



The Green City Initiative is a holistic movement with a view to addressing urban environmental problems. The major concept behind the initiative is to ensure an improved quality of urban life through eco-friendly urban planning and development which addresses social, environmental, economic, and health aspects. Currently, more than 30% of the world's population live in cities, and it is ever increasing trend which has been exerting negative consequences to the overall environment, resource availability and accessibility, facilities and services, and human health. In this context, green city initiatives are getting attention in the cities of developed as well as less-developed nations across the world. Ilam Municipality lies in emerging as a major city in Nepal and in this context, the Green City Initiative is a must to address future environmental challenges.




It became a "Tribhuvan bag free" municipality after banning the use of polythene bags in 2010. It has its own landfill cum biodegradable waste processing site. Parks and gardens are under construction in open places in urban and peri-urban areas. Thus, the city can be considered sensitive about environmental conservation and management environment.

THEME: "Our Own Story"


Each of us have heard truly captivating speakers at Narcotics Anonymous convention. We remember the audience alternating between tears of identification and joyful identity. "Someday," we may think, "I'm going to be a main speaker at a convention, too."

Each of us have only our own story to tell that's it. We can't tell anyone else's story. Every time we get up to speak, many of us find all the clever lines and funny stories seem to disappear from our minds. But we do have something to tell. We carry the message of hope.

We can and do recover from our addiction. And that's enough.



TRANSPORTATION



Ilam Bazar is located about 700 km east of Kathmandu. Regular buses are available from New Poon, Koteshwar and Kaluki of Kathmandu, which takes to Ilam after a lay ride of about 10 hours. Daily Bus/Bhokra is available from Biratnagar to Ilam.

Ilam, Nepal

Contacts:
Info Chair : Sagar R.
Mobile : +977-9807381800
Angus S.
Mobile : +977-9804980601

New Delhi 25th Anniversary

**25th Anniversary
Celebration of Delhi NA**





DACNA XIII

Many Lives, One Journey

**16, 17 & 18 November 2017
Pushkar, Rajasthan, India**

Delhi Area Convention
Of
Narcotics Anonymous





Welcome everyone to DACNA XIII. These are the various slots we have created for our registration. Please come and participate.



Registration Slots:

1. 5200 - Triple Sharing (Onsite)
2. 4200 - Triple Sharing
3. 3200 - Triple Sharing
4. 2000 - Only Registration

We are not providing Television sets with our accommodation in our rooms. We are looking ahead to create an atmosphere of sharing, caring, bonding, bonfire, marathon meeting with lots of entertainment, games and few more surprises.

We welcome you to our 25th Anniversary

Hello Family. We are celebrating our 25th Anniversary of Delhi Area and along with this we have organized a grand celebration in Pushkar, Rajasthan. - DACNA XIII, to commemorate this occasion. This has been a long and arduous path of this new way of life for all of us. This program has brightened even the most darkest part of our spirits and given us a new freedom to choose our lives. We are the miracle who have been blessed by this program, which has touched many lives and taken us into the journey called recovery. We are eagerly waiting for you to join us in this celebration and participate with us in creating a spectacular showcase of a program called Narcotics Anonymous.

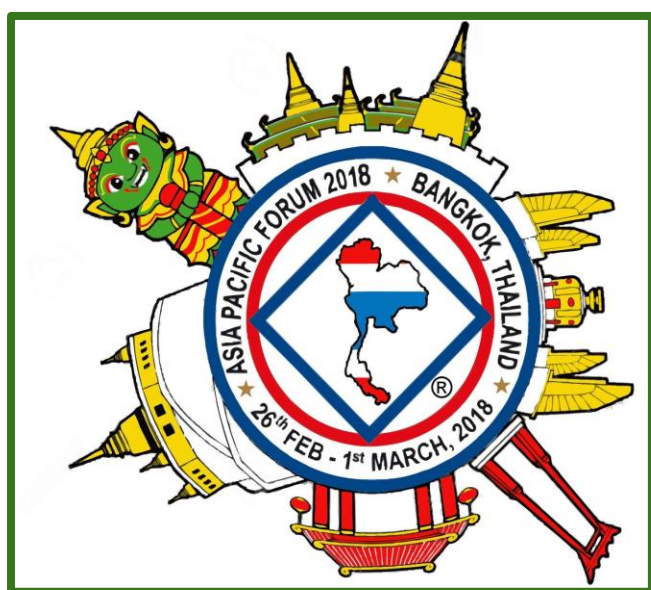


How to get to Pushkar ?

By Plane: The nearest airport is in Jaipur. 3 hours away.

By Bus: There are direct buses between Pushkar and Ajmer (30 minutes, 20), Jaipur (3 hours, 220-410), Udaipur (6 hours, 450), and night buses to Delhi (10 hours, 400-850).

By Train: Due to its mountainous location, trains to Pushkar are very infrequent and slow. However, the train station in nearby Ajmer provides great connections to most major cities in India. From the Ajmer train station, you can either take a taxi to Pushkar (30 minutes, 500-600), Uber (300 flat), or take the public bus.



~Don't forget to Mark the Dates for our Conference & Convention 2018 ~