

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

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Issue #47 ~ February 2018

A Note from the Editor

Welcome to our 47th Edition of the APF News. In this issue we focus on our upcoming Conference and Convention in Bangkok as well as introducing new members. And WSC (World Service Conference) 2018 which is quickly on it's way. In the spirit of cooperation, we proudly send our newly elected Zonal Delegate, Reza, to the WSC. In order for you to get to know him a bit better, we have included his story in this issue.

Thank-you for reading & passing it on! Yours in service, Phyllis S ~ Editor

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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

2018 Delegates Meeting
26th February ~ 1st March 2018
Bangkok, Thailand

Coming to the Conference?

We have a page published on the [apfna.org](http://www.apfna.org) website. There you will find more helpful information.

<http://www.apfna.org/2018apf/>

Rezas' Story

I would die as an addict and nobody or nothing can give me freedom from this vicious cycle shackle; that was my thought at the 3rd day of continuous using without a break. Everything I tried failed. I was drowned into despair and misery. Yet again continued to use to get rid of extreme physical withdrawal and obviously to feed my obsessions. But what was I before I started using?

I was born in a middle class family in Dhaka, the capital of Bangladesh, one of the most densely populated cities on earth. I had low self-esteem and tended to get motivated by anything that had negative attractions. My family and my surrounding community considered me a brilliant child as I had excellent academic results compared to my almost nil inputs.



From my childhood I was continuously obsessed with different objects and humans. Like I was obsessed with gambling with marbles (small glass balls), stealing, video games, books and so on. Every aspects had always similar patterns. I was drowned in obsessions and compulsions and ended up substituting one aspect for another.

At the age of 13, one particular event geared me to my extreme aspect of disease. I was the kid who used to be bullied by some of my peers. One day when I had tremendous fever, I was summoned by a kid who was almost double of my size. He was acting like a judge of a very minor conflict between me and another kid. Suddenly, he started to hit me. I was beaten by that kid countless time before and never dared to speak a word against him. That day something happened inside me. I rebelled. I started to hit him back for the first time. The result was not good, I was almost beaten to death. That night with the fever and extreme pain, I vowed to seek my vengeance. After that I was hungry for power and got mixed up with the worst boys of the streets. Still I was not using any drugs, rather I was obsessed towards all evil things on earth. I wanted to be someone who can control people using his power. For that age it wasn't easy but I had unleashed myself completely.

Within some days I realized, I had overtaken everyone in almost all aspects I pursued, except drugs. So I tried to become first in drugs. Well that was the start. The rest of the story is the same as any addict. I had to do a lot of things beyond my imagination. My disease made me physically, emotionally and spiritually bankrupt.

When I realized that I needed to quit drugs, it was already too late. I tried everything. It all failed. Initially I thought that the only problem with drugs is physical withdrawal. Later I realized mental obsessions is much higher. More than 100 times I have managed to cross 4-5 days of extreme physical withdrawal but every time ended up using again for my obsessions. I was totally confused and lost. I went to detox and drug clinic lots of times but that also didn't work out for me. How could that work out – I used drugs within those facilities!

At the age of 20, I was forcefully sent to a long treatment plan in a rehabilitation center. I escaped that treatment center after 3 months and again started to use. Again I was sent to that treatment center forcefully. This time I had no more opportunities to escape. In that treatment center I heard about NA but there were no clear message of NA. My parents went to meet me after three and half months and clearly told me that they had no intention to take me back to my home.

One day while I was sitting quietly, a treatment center staff gave me a blue covered book and said "this book may help you". For the first time in my life I truly understand that I am an addict by reading the first page of the first chapter. That precious book, my first Basic Text, changed my whole life.

After reading the Basic Text, I realized I need to do steps badly. I motivated a couple of fellows at that treatment center and started to work steps in our leisure time. Together we would read from "Basic Text" and "It Works How and Why", and then discussed on steps. Then wrote our steps by our understanding. I had to stay at that treatment center for 15 months as my parents were not willing to take me back.

I was allowed to participate in a NA convention in Chennai, India when I was 1 year clean and still in the treatment center. At that convention, I first experienced Narcotics Anonymous. I was tremendously encouraged by the vibe of NA.

After getting out of the treatment center, I was searching NA meetings but there were none where I lived at that time. I started to do meetings at the treatment centers. After couple of month I found my first NA meeting in my city. It was really amazing! Later a couple of us took initiatives and formed another group named Back 2 Life which is my home group. We struggled a lot with the meeting place, members and member's perceptions towards NA. From 2005 to 2010 there were a total of 5 groups. The first Area was formed in 2010 in Bangladesh.

I restarted my education and by my earnest efforts I was admitted in a prestigious department of a renowned University. Then I got a job in a Bank and I'm continuing my profession in this sector. Now I have meaningful relationship with my family and surroundings. I have many achievements throughout my recovery life and I treat these as the gifts of NA.

I have a sponsor and I found the God of my understanding through working the steps. Now I'm aware about my disease and stopped fighting with my disease. I know my obsessions will be always there but I seek my God's support not to act based on those obsessions. Sometimes I can and sometimes I can't but I know this is an ongoing journey.

I'm clean for more than 16 years. For last 8 years I have been involved with NA service. NA service has a great impact on my recovery. I learned a lot of things from service. I love to serve APF as I found this is the place combined with most lovable people I have found in recovery.

Last but not the least, I would love to share one of my experiences. I went to learn swimming. The instructor took us to 20 feet deep pool and instructed us to jump on the water. We all were looking at each other and had the tremendous fear of drowning. The instructor was telling us that we won't get drowned because the

water will pull us up. I wasn't believing what he was saying and I was the last guy who made the jump. Do you know what gave me courage to jump? I saw none of guys were drowned when they jumped and rowed to the corner. So I took a deep breath and jumped with full faith. Yes I didn't drown, rather I floated by the support of the waters. This taught me to completely surrender to my loving NA program. And, yes, the wonderful program and fellowship lifted me up and supported me all through my clean life.

Today I'm living a life beyond my wildest dreams. I'm a miracle and truly grateful for the life gifted by Narcotics Anonymous. Thank you NA, HP, my GOD and you all.

Love and Hugs

Reza A

APF Zonal Delegate

ChiNA

Greetings from Shanghai,

In November, the China group hosted Anthony E, Executive Director of Narcotics Anonymous, in Shanghai and held a country wide town-hall through a face-to-face meeting at the local clubhouse and an online call with Chinese addicts which was simultaneously translated.

Anthony shared his strength, hope and experience about Narcotics Anonymous World Services as well as different experiences of the development of NA groups across the world. The China region shared the current status of the meetings and membership across the country and asked Anthony for experience and suggestions on continuing to develop the fellowship in China. Anthony provided suggestions about working with government and local healthcare practitioners as well as how to continue to develop the fellowship, especially the importance of literature in helping to carry the message in the local language as one of the most important vehicles for fellowship development.

The town-hall was a big boost in morale to the local groups and it provided an important opportunity to share some current challenges of fellowship development and how to address them.

Along the lines of development, the group hit an important milestone in early January as it finished proofreading the updated draft of the Chinese Basic Text of Narcotics Anonymous. This is a major milestone in working to get the literature to addicts in China. The group has already helped to translate several IPs and a glossary of working terms. Now that the draft is reviewed, the group can submit for the final steps of creating an NA Chinese Basic Text, which should be in the hands of Chinese addicts this year. The China group's participation APF 2017 in Nepal and the connections, experience and support received from members there, was a major help in accelerating this process.

In January, the China Region elected its two delegates to APF 2018 in Bangkok; Ryan U, RD and Xue Li, AD. Ryan's clean date is April 19, 2001; he is originally from New Jersey, USA and has lived in China for 13 years and speaks fluent Mandarin. Xue Li got clean on June 18, 2007 and is from Beijing, China. Both Ryan U and Xue Li attended last year's APF in Nepal and look forward to seeing everyone again this year as well as meeting the new delegates and trusted servants.



A Note From the Web Servant



Hi everyone, well a few members have put in some great efforts on a new website for the APF, which is just having some checks by the admin committee before we go live. Go live day is planned for the 24th of Jan, so head to www.apfna.org and check out our new look site. We have more features, planned - on-line donations, the ability to sell merchandise from our site and other things like this. Once we are live, please let us know if you have ideas for how to improve the site too. The members who put this site up are not web-designers, so it isn't as graphically exciting as some sites, but it is easier to use and importantly maintain for APF web people in the future. Of course we are committed to ongoing improvements too. Thanks !!

Mark

APF Web Servant

Annual Report from the Motion 11 Workgroup - APF 2018

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 have been RDs, ADs and 4 elected APF trusted servants from Aotearoa NZ, Australia, Hawai'i, Hong Kong, India/SOSONA and UAE, We have been subscribed to an email list, and met via Google Hangouts.



Election of Zonal Delegate, Alt Zonal Delegate

An online election was facilitated by the APF Admin Committee. Reza from Bangladesh was elected as our first Zonal Delegate (ZD) to represent APF at the 2018 WSC meeting. Hammed from Kuwait was elected as our Alternate Zonal Delegate. Contact information was passed on to NAWS for them to receive conference-related mailings and communications.

Workgroup Conference Calls

We held conference calls in April, May, June, 2 in July and a final call in August. We considered the various aspects and approaches of the tasks assigned to us, and created a timeline document covering key dates leading up to the WSC. The main focus was the drafting of the CAR motions and rationales prior to the August 1st deadline, and considering how best to support our ZD.

CAR Motions

The workgroup collaborated on wording of motions for the CAR. The process, criteria and timeline for CAR motions is defined in the Guide To World Services (GWS).

- We confirmed with NAWS that only Regions seated at the WSC may move and second such motions. Our Zonal Delegate, as a non-voting participant, can not.
- The first deadline for submitting CAR motions was August 1st. The wording and rationale needed to be carefully considered to ensure they met both the intentions of APF, and the required criteria in GWS.
- The ZD election process only concluded in late June. Given the CAR deadline, work commenced prior to knowing the election outcome.
- We approached the Australia and Aotearoa NZ RD teams to see if they believed in principle that their Regions would support us by moving and seconding the motions. This support was subsequently confirmed at their RSC meetings.

6 draft motions were submitted to NAWS by the RDs from Australia and Aotearoa NZ and underwent some further refining with a member of the World Board to ensure they were “CAR ready” by the end of August. As a result of that feedback, one final conference call was held August to reach our final consensus to submit 5 motions for the CAR. The motions and intents were as much in alignment with the input of APF delegates as was possible. The motions have been jointly moved by Australia and Aotearoa NZ on behalf of APF, and will seek a seconder from the WSC floor. We shared the motions and their intents with the APF RDs by email.

The CAR was released late in November 2017. Discussion online and at service events around the world has commenced.

Joint Zonal Conference Calls

We knew that the European Delegates Meeting (EDM) had also been considering Motion 11 and CAR motions, so we reached out to them to share and explore ideas and points of common interest.

This led to us holding our first conference call in late July between members of this workgroup, the APF Admin Committee, and members of the EDM Steering Committee. This was an amazing opportunity to develop relationships beyond our zone, and learn more about the practices of EDM who have so much experience strength and hope to share with us. A second meeting took place in October that included a representative of the Russian Speaking Zonal Forum and the AfriCan Zonal Forum Chairperson.

Time zone realities limit the calls to being late at night for Hawaii and Aotearoa participants, and progressively earlier through the APF countries around to the UK for whom it is early morning. In principle we wanted to extend participation to North & South American zones though in practice this is difficult given for them it would be the middle of the night.

We have continued to explore appropriate agendas, rotating chairing, sharing the recording of minutes, who the participants might be, and dealing with the technology itself. Consequently 2 more smaller meetings took place in November, one between the FD trusted servants, and the other with the Zonal Delegates, which proved to be very useful experiences. A final call of the wider group took place in early January. The next call is planned for early April, following both the APF and EDM meetings, with the focus being our WSC participation.

Supporting our Zonal Delegate

Our Zonal Delegate is continuing with the visa application process to allow his attendance at the World Service Conference in April 2018. Supporting letters from NAWS and APF were provided. We will continue to support this process and the attendance at WSC in any practical way we can.

Yours in service,

Motion 11 Workgroup



Newly Elected Members~Welcome

As we continue to grow, at each conference on the first day, we welcome new RDs' & RDAs'. This newsletter would like to take the opportunity to introduce some of our new attending members ahead of time and has asked them to say a bit about themselves or just give a brief report. Below are listed the ones able to respond. Please welcome them. (Phyllis S)



Bahrain~ The fellowship is having an ASC meeting on February 5th where they hope to elect a delegate to come to APF. TBD

Bangladesh~ My name is Parvez A. My clean date is 29th April 1991. My first service position was Chair of the "Daria" group which was formed in 1998 and the first structural and NAWS registered group of Bangladesh. From that time I was inspired in service and till now am in the service. Now I am serving as Regional Delegate of Bangladesh. I know and believe that service help me to stay clean and serene.

ChiNA~ Ryan U & Xeu-Li, Both came to APF 2017 to observe and are now officially voted in as RD & RDA respectfully (see article page 4)

Hong Kong~ is introducing our new Delegates for Hong Kong; Chris D & Kiran L. Many of you will have met both at last year's APF where they attended as observers. We are very excited to have them as our Delegates.

Kuwait~ My name is Hussein, I represent the Kuwait NA Community. My clean date is September 23 2014. My first experience with service started by setting up the chairs and since then I realized how important service is to my recovery.

Oman~ New incoming delegate of OMAN regional service community:

Name is Salim Al Asmi and I am an addict

Position: OMAN regional service community Delegate, Community: Oman, Clean date: 4/6/2014

For my community news:

We are going to hold an event for Oman 4th annual celebration which will be on 23rd of February 2018 under the slogan of "We Make Hope" to attend the 4th annual celebration of the first meeting for the past nine years of Narcotic Anonymous of Oman on Friday, February 23, At 6:30 pm, at AL Noor hall, Sohar, Oman. We are welcoming everyone who like to come and attend this event. *Please see notice in event section*

Singapore ~ Singapore Fellowship of Narcotics Anonymous (SGNA).

Greetings to all;

1) **RD** - My name is Zaiman. I am serving the Singapore community of NA. My clean date is 22nd September 2013, I had a 10yr relapse and I'm just so grateful & thankful to NA for the warmth and love accepting me back. I am pleased to introduce you our RDA for 2018, Syed. Syed has been very active in our local H&I services.

Looking forward in working together and meeting all of you in Bangkok next month, thank you.

Love & Respect,

TILS, Zaiman

2) **RDA** - My name is Syed. I am the RDA for Singapore community of NA. my clean date is 17th July 2015. I got my first NA message when our local NA members came for their weekly H&I at the hospital I was in. Today I am so grateful to be amongst you lovely people!

Love and Respect

Thailand~ Hi. Addict Bob RD Thailand. Clean on 1-Mar-97 Yes, I'll be 21 years clean on the last day of APF. How blessed am I to be celebrating at my 3rd APF? My local area is Chiang Mai. I am GSR and treasurer of my home group. 'Sunday In The Park'. You are all welcome. It is the best meeting in Thailand and probably the world. I am looking forward to seeing familiar faces and new people at next APF.

Ash D - Thailand RD (Alt) - Clean date 3-Nov-2010. Originally from Aberdeen, Scotland. Been living / retired in Thailand for 18 months. My local area is Chiang Mai and I am very active at group level and within H&I. It's exciting times to be part of the Thai fellowship. I am an APF newbie so please be gentle. I look forward to meeting you all.

ILS

Ash D

And finally please welcome our newest member to the newsletter team- Mohsen

I'm Mohsen an addict

I'm from Iran and and clean for 9.5 years

Now I'm translator in Iran (convert English to Farsi)

I have master's degree

Mohsen has sent and suggested with enthusiasm several events and articles. One in particular and in cooperation with our InterZonal Communication is: <https://nakuwait.odoo.com/page/na-today>

Click on the link and see what's' happening in the Kuwait News

??? Did you Know ???

A Brief Summary of World Service Conference Documents

There is the CAR (Conference Agenda Report) and the CAT (Conference Approval Track). This is historic and procedural. In many NA communities home groups or collections of home groups called Assemblies are invited to directly participate in fellowship-wide decision making through discussing and voting on the material and questions presented in the Conference Agenda Report. Because it was thought less relevant and engaging to home groups, the Conference Approval Track was created as an alternative for some questions. It was expected that Regional Trusted Servants would be the best people to make most of these decisions. While home groups and assemblies do participate in some NA communities in Conference Approval Track matters, in some NA communities both Conference Agenda Report issues and Conference Approval Track issues are delegated to Regional Trusted Servants.

This year's Conference Agenda Report (CAR) includes reports by the World Board inviting fellowship wide discussion about the Strategic Plan, the Future of the World Service Conference, the FIPT (Fellowship Intellectual Property Trust), Issue Discussion Topics and a Literature Needs/Preference Survey. It also includes 25 motions made by different Regions. Motions 1-11 involve ideas for different literature developments or merchandise. Motion 12 asks for the development of a worldwide PR day. Motions 13 & 14 are about Issue Discussion Topics. Motions 15-21 are about the Future of the World Service Conference as that relates to the Role of Zonal Forums. Motion 22 is about the World Service Conference Bulletin Board. Motion 23 suggests a 3 years WSC cycle (it is now a 2 year cycle). Motion 24 is about World Board Voting. Motion 25 asks to open the WSC to electronic participation.

This year's Conference Approval Track (CAT) presents a detailed version of the current strategic plan, a general and a detailed budget for NAWS (NA World Services), project plans for the workgroups to follow for the 2018-2020 cycle and a report from the seating workgroup.



Of all this material, what is important to know is that the World Service Conference is in the process of change although it is not clear to anyone what the revised World Service Conference will be. This Future is being discussed and decided.

It is also important to know that the world wide fellowship is economically supported by a combination of literature and other merchandise (key tags for instance) sales (87%), contributions from NA Service bodies and individuals (13%). The World Convention figures in this income sometimes. It might be interesting to note that literature and merchandise production accounts for 38% of NAWS expenses, the World Board and World Service Conference (think fellowship wide decision making) accounts for about 22% of NAWS expenses, other Fellowship Development like subsidized literature, PR work etc account for 35% of expenses, events like the Convention make up the remainder. Current proposed projects include a new meditation book, a pamphlet on NA members and mental health issues, a Convention/event handbook, local service tools and a Future of the WSC workgroup.

There are two firsts for World Service Conference 2018 that are interesting. One, the World Board is proposing that the Future of the WSC workgroup be selected by each Zonal Forum. For example, the APF would select a member, The EDM (European Delegate Meeting) would select a member, the LAZF (Latin American Zonal Forum) would select a member. This is a new idea. In the past the Board selected all the members of each workgroup. Two, for the first time, the APF Zonal Forum will be have it's own participant (Reza and Hammed) at the WSC.

Hope this helps keep you informed about events and issues.

Respectfully submitted, Mukam



Clean Time Dates



February

13 February 2008	R.K. Gunikanta (Guni)	NERF
08 February 2001	Rocky	NERF (North East India)
18 February 2000	Sam B - "Serenity Sam"	USA

March

01 March 1997	Robert P	Thailand
01 March 2007	Hammed T	Kuwait
04 March 1995	Partojit G	India
09 March 1987	Erik R	Hawai'i
26 March 1995	Ricky S	Philippines
31 March 1994	Wajid A	Pakistan

April

10 April 20013	Hesham S	UAE
29 April 1991	Parvez A	Bangladesh

May

11 May 1993	Joydeep M	India
17 May 1999	Mahmoud B	Iran

Upcoming Events

Indian Regional Convention of Narcotics Anonymous 9

Mandarmani, February 1st-3rd, 2018

Kolkata Area is proud to be the host for the upcoming Indian Regional Convention of Narcotics Anonymous. This is the 9th Indian Regional Convention and the venue and dates have been fixed. The venue is on the pristine shores of Bay of Bengal at Mandarmani. It is 180 south of Kolkata and is well connected by road & railways from Kolkata and other important locations of Eastern India. Noel M (Information Chair) : +919038718880 Avijit S (Registration Chair) : +918013558196 or mail us ircna9@nakolkata.org



Kms

For updated info please visit and like our official page www.facebook.com/ircna9

Chitwan Convention, Nepal 2~4 February 2018



Oman 4th Annual Celebration~23 February 2018



“We Make Hope”

The 4th annual celebration of the first meeting of Narcotics Anonymous in Oman.

6:30pm at AL Noor hall, Sohar, Oman.

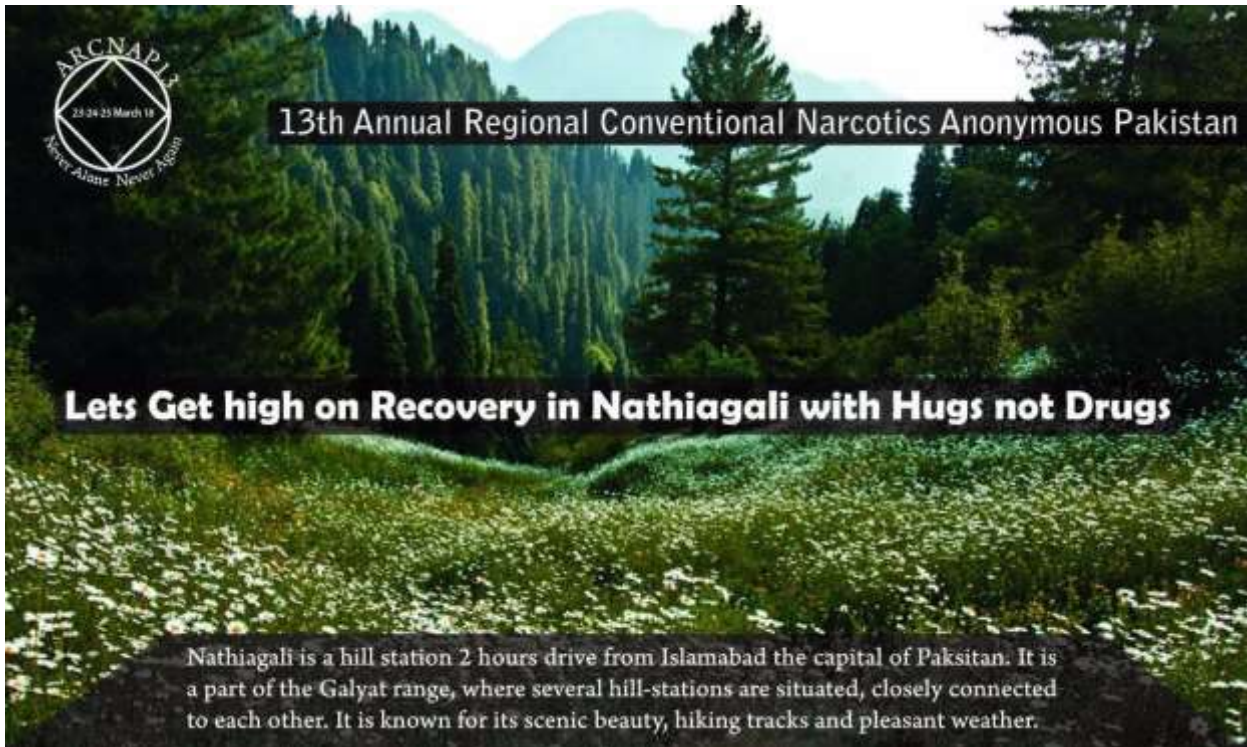


Thailand Regional Convention 2~4 March 2018



Pakistan Regional Convention 23~25 March 2018

For Information, numbers are: +92-313-1266603 & +92-300-4300300



Hawai'i ~ O'ahu Gathering



34th Annual Gathering of the Fellowship on O'ahu

April 6th, 7th, and 8th, 2018

[Camp Mokulei'a, Waialua, Oahu](#)

Registration is now available, please download the flyer for more information:

[34th Oahu Gathering Registration Flyer](#)

Dhaulagiri Area~Nepal

April 19, 20 & 21, 2018



Some important notes

- Mostly it is cold and windy during convention time thus; members are requested to bring warm clothes and accessories along with them.
- Members are requested to wear their registration tags during the events.
- There is strictly prohibition of gambling, drugs and drug related paraphernalia and illegal activities in the convention premise if you have any altitude sickness carry a medicine along and minimum first aid will be available at first aid desk.

How to reach convention venue

There are regular flights from pokhara to jomsom. Roadway is the major transportation means to reach muktinath, as buses and jeeps are directly transportation from Birt & Baglung there are local jeeps available to reach the venue.

Nearest Airport-Jomsom Airport
Nearest Bus & jeep station- Muktinath

Registration package

Deluxe Room 2-3 person sharing
NRS-6500/- Members are requested to make pre-registration to help convention committee manage early expenses of the event. pre-registration can be made by depositing registration amount to the following bank account number.

Bank:- A/c No:-
197324102338
SBI Bank Baglung
(Sanjay Khadka)

**1st Dhaulagiri Area
Convention
of Narcotics Anonymous
(SBI INDGNA)**



**2018
April
19, 20 & 21**

**Parang Gumba
Society Hall,
Muktinath, Mustang**

Introduction

First Dhaulagiri Area Convention of Narcotics Anonymous will be held in Parang Gumba Society Hall, Muktinath, Muktinath is a Sacred place for both Hindus and Buddhists located in Muktinath Valley at an altitude of 3,700 meters at the foot of the Thorang La Mountain pass in Mustang, Nepal Lo-manthang- a walled city, is the capital of mustang situated at the top of the kaligandaki river. the entire region is famous for its inaccessible caves, chortens, monasteries and arid desert like conditions

We begin to treat our addiction by not using. many of us sought answers but failed to find any workable solution until we find each other. once we identify ourselves as addicts help becomes possible we can see a little of them in us. this insight lets us help one another

From: text page no 8

Contact us for any information you require

Chair: Subash K 9857622080
Treasurer: Sudep G 9857607582
Secretary: Jomsu B 9847622366
Registration: Bibek G 9837673688
Venue, Catering & Hospitality: Sanjay K 9857622288
Entertainment: Upek T 9800188777
Program: Basu B 9847646114
First Aid: Hari K 9847623488
Merchandise: Prakash C 9881109528
Information: Prakash K 9821332688
Art & Graphic: Anand P 9821337742

Some places to visit in Dhaulagiri Zone



*God grant us
the Serenity
to accept the things
we cannot change,
Courage to
change the things we can,
and Wisdom to
know the difference.*

Asia Pacific Forum Conference



~Don't forget to Mark the Dates~