

ASIA PACIFIC FORUM NEWS

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A NETWORK OF NA COMMUNITIES

www.apfna.org

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A Note from the Editor

All the APF community people, salaam. I'm still excited by the last APF conference we have experienced in Bogor, Indonesia. So, with a lot of gratitude to the local Indonesian members for their warm hospitality, I invite you to read this issue which is mainly focused on the last APF conference news. I also need to highly appreciate our editor team; Phyllis, Amitabh, Archer, Dennis, Mohsen, Katherine, Mahboubah, Mahdi, Sumit and Hajar for their unconditional services. By the way, don't hesitate to send us your articles through the email address: newsletter@apf.org.

Sincerely, Meysam M (AFP-News)

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If there is anything you wish to add, perhaps a clean date, event or story you would like to tell, email newsletter@apfna.org

Introducing our Newly Elected Admin and 2024 Trusted Servants

Amitabh.....FD Coordinator
Ali.....Treasurer
Bappa.....Web Coordinator
Bijay.....Chairperson
Ehsan.....Secretary
Hasib.....Zonal Delegate
Pooja.....WFD Coordinator
Prashant.....Merchandise Coordinator

Photos of APF Conference 2024

Indonesia, Bogor



Others....

- **Qatar annual convention 2024 “ The miracle comes true “**
- **Philippines Convention, october 18,19, 20, 2024 - Manila**

A message from Afghanistan

Hello dear friends in the APF newsletter and all friends who are reading this letter.

My name is Rahmat and I'm an addict from Afghanistan.

For a long time I decided to write a letter and share with you my experience of getting to know the NA meetings in our country and the service structure in Afghanistan.



Of course, many years ago, I wrote a letter to "Payam Behbodhi" magazine in the Iranian region, which was published under the title "I'm an immigrant". It was a good experience and it made me meet some of my fellow addicts and fellow citizens.

When I was eight years old, we immigrated to Iran due to war and poverty, and two years later, cancer took my father from us.

With the loss of my father, I became alone and my addiction disease started to work and very soon I got acquainted with alcohol and all kinds of drugs.

During the years when I was caught in the grip of active addiction and drug use, I felt poverty, pain, loneliness, misery, withdrawal, inability to migrate with all my heart and saw my powerlessness over drugs.

Many times I decided to get clean, but after a while, I started using again more intensively. I thought about death and suicide many times, but I didn't have the courage to do it. Then I came to NA after years of misery and unsuccessful attempts at getting clean in 2004.

When I entered the first NA meeting, a revolution happened in my life.

For the first time, I stepped into a place where no one made fun of me, no one asked about my race, NA was the place where I was looking for years. I belonged to the fellowship because no one asked me where are you from?, Do you have a birth certificate or an identification card? No one asked about my race, it was not important, how much or how little I had. Even the type of substance that I used was not important, no one took a contract or a signature from me, they just said that you are our friend, welcome to Narcotics Anonymous. Finally, after all that misery and dereliction, I found a place that soothed all my pains. Finally, I got clean in

Narcotics Anonymous and I knew that getting clean should be accompanied by recovery. Recovery is not free and you have to work hard to get it.

I was the first Afghan to participate in the meetings of Isfahan province in the region of Iran, and I tried to provide a platform for my fellow addicts to be attracted to the meetings so that they would not experience the problems that I had when I first entered the meetings. At the beginning of entering the fellowship, the disease of addiction made a difference between me and the members. Illness constantly forced me not to pay attention to the similarities, despite thousands of justifications and excuses, I tried to stay so that my compatriots would not experience my experience.

I'm constantly serving at the structure and group level so that I can help my fellow addict friends inside Afghanistan by gaining experience. I was the first non-Iranian who served at the level of Iran's service structure. I was the first non-Iranian who entered Isfahan Central Prison as a group leader on behalf of the H&I Committee. In the first years of my entry into Narcotics Anonymous, my biggest wish was to carry the message of Narcotics Anonymous to my country and I have always shared and talked about this and my wish was that my fellow addicts could experience the message of NA by their own language and culture. The message of the fellowship entered Afghanistan through the members of Iran's service structure and continued.

Today, thanks to the grace of God and the help of the regional members of Iran, we have our own service structure and region. Our service structure has seven areas and one region. Herat area has the largest number of groups with more than ten groups, then Kabul area with five groups, Ghazni, Jaghori, Mazar-e-Sharif, Farah and Neem-Ruz areas are a set of areas where recovery meetings are held and the Narcotics Anonymous message works.

We are members of APF , and I, as the Afghanistan delegate, gave the Afghanistan region report to APF in 2023.

Narcotics Anonymous is very young in Afghanistan, we have many problems, for example, we don't have a women's group, we don't have H&I committee , we don't have recovery meetings in many cities and provinces, but with all these problems, there is hope among our members that one day all these problems will be solved. We have formed a temporary registration committee and are looking for registration. We prepare our publications from the WSO of the Iran branch, and the members of the Iran region always support us. Each season, two hundred copies of Payam Behbodhi magazine from Iran region and one hundred copies of Rahe Moshtarak magazine from Iran area10 are provided to our members in Afghanistan for free.

Finally, as a small member of the Afghanistan region, I would like to thank all those who helped or are helping towards the main purpose of our groups. We hope that one day no addict in the world will die without experiencing our message.

Rehmatullah .N _RD(Afghanistan)

پیامی از افغانستان



سلام و درود خدمت شما دوستان عزیز در خبرنامه ای پی اف و تمام دوستانی که این نامه را می خوانند.

اسم من رحمت ویک معتاد از منطقه افغانستان هستم.

خیلی وقت بود تصمیم داشتم نامه ای بنویسم و تجربه ای خودم را از آشنا شدن با جلسات انجمن در کشورمان و ساختار خدماتی در افغانستان را با شما به مشارکت بگذارم.

البته سالها قبل نامه ای به «مجله پیام بهبودی» در منطقه ایران

نوشتم که تحت «عنوان من یک مهاجر هستم» چاپ شد. آن تجربه خوبی بود و باعث شد با چند نفر از همدردانم و هم شهری های هایم آشنا شوم.

هنگامی که هشت ساله بودم به خاطر جنگ و فقر به ایران مهاجر کردیم و دو سال بعد بیماری سرطان پدرم را از ما گرفت.

با از دست دادن پدرم تنها شدم و بیماری اعتیاد من شروع به فعالیت کرد و خیلی زود با الکل و انواع مواد مخدر آشنا شدم، خیلی زود در دام اعتیاد گرفتار شدم و این گرفتاری بیست و یک سال ادامه داشت.

در سال هایی که در چنگال اعتیاد فعال و مصرف مواد مخدر گرفتار بودم با تمام وجودم فقر، درد، تنهایی، بدبختی، خماری، ناتوانی در مهاجرت را احساس کردم و عجزم را در مقابل مواد مخدر دیدم.

بارها تصمیم گرفتم پاک بشوم ولی پس از مدتی دوباره با شدت بیشتری مصرف کردم. بارها به مرگ و خودکشی فکر کردم ولی شهامت این کار را هم نداشتم تا اینکه پس از سالها بدبختی و پاکی های ناموفق سال هزار و سیصد و هشتاد و سه با انجمن آشنا شدم. با ورودم به اولین جلسه انجمن انقلابی در زندگی من رخ داد.

برای اولین بار قدم به جایی گذاشتم که کسی من را مسخره نکرد، کسی از نژادم نپرسید انجمن جایی بود که سالها دنبالش بودم. من به انجمن تعلق داشتم زیرا که کسی از من نپرسید اهل کجا هستی؟، شناسنامه یا کارت شناسایی داری؟ از نوع نژادم کسی نپرسید، دارایی و نداری ام برای کسی مهم نبود. حتی نوع ماده مصرفی ام هم خیلی مهم نبود، کسی از من قرارداد یا امضایی نگرفت آنها فقط گفتند دوست مان خیلی خوش آمدید. سرانجام بعد از آن همه بدبختی و آوارگی جایی را پیدا کردم که آرامش بخش تمام دردهای من بود. سرانجام در معتادان گمنام پاک شدم و دانستم که باید پاکی همراه با بهبودی باشد. بهبودی رایگان نیست و باید برای به دست آوردنش تلاش کرد.

اولین افغانستانی بودم که در جلسات استان اصفهان در منطقه ایران شرکت می کردم و سعی کردم بستری را فراهم کنم تا هم شهری هایم جذب جلسات شوند تا مشکلاتی که در اوایل ورودم به جلسات داشتم آنها تجربه نکنند. در اوایل

خیلی مواقع بیماری اعتیاد بین من و دیگر همدردانم احساس تفاوت ایجاد می کرد. بیماری مدام من را وادار می کرد به شباهت ها توجه نکنم علی رغم هزاران توجیه و بهانه سعی کردم بمانم تا هم کشوری هایم تجربه من را تجربه نکنند. مدام در حال خدمت در سطح ساختار و گروه هستم تا با کسب تجربه بتوانم به همدردانم در داخل افغانستان کمک کنم. اولین غیر ایرانی بودم که در سطح ساختار خدماتی ایران خدمت کردم. اولین غیر ایرانی بودم که از طرف کمیته زندانها و بیمارستانها به عنوان سرگروه وارد زندان مرکزی اصفهان شدم. در سالهای اول ورود به معتادان گمنام بزرگترین آرزویم این بود که پیام انجمن معتادان گمنام به کشورم رسانیده شود و همیشه در این مورد مشارکت و صحبت می کردم و آرزویم این بود که همدردانم بتوانند پیام انجمن را به زبان و فرهنگ خود تجربه کنند. امروزه که دارم این نامه را می نویسم نزدیک به پانزده سال است که پیام معتادان گمنام در افغانستان کار می کند. پیام انجمن از طریق اعضای ساختار خدماتی ایران به افغانستان وارد شد و ادامه پیدا کرد.

امروز به لطف خداوند و کمک اعضای شورای منطقه ایران ، ساختار خدماتی و شورای منطقه خودمان را داریم. ساختار خدماتی ما دارای هفت ناحیه و یک منطقه است ناحیه هرات با بیش از ده گروه بیشترین گروه ها را دارد و بعد ناحیه کابل با پنج گروه ، نواحی غزنی، جاغوری، مزارشریف، فراه و نیمروز هم جزو نواحی هستند که جلسات بهبودی برگزار می شود و پیام معتادان گمنام کار می کند.

ما عضو فرامنطقه ای پی اف هستیم و من به عنوان رابطه منطقه افغانستان سال دو هزار و بیست و سه گزارش منطقه افغانستان را به APF دادم.

معتادان گمنام در افغانستان خیلی جوان است ما مشکلات زیادی داریم مثلا گروه بانوان نداریم کمیته زندانها و بیمارستانها نداریم در خیلی از شهرها و استان های ما جلسات بهبودی نداریم اما با تمام این مشکلات امید بین اعضای ما وجود دارد که روزی تمام این مشکلات حل می شود ما یک کمیته موقت ثبت تشکیل دادیم و به دنبال ثبت هستیم.

نشریات مان را از دفتر خدمات جهانی شعبه ایران تهیه می کنیم و اعضای منطقه ایران همیشه از ما حمایت می کنند. هر فصل دویست عدد مجله پیام بهبودی از شورای منطقه ایران و صد عدد مجله راه مشترک از ناحیه ده ایران به رایگان در اختیار اعضای مان در افغانستان قرار می گیرد.

در آخر به عنوان عضوی کوچک از منطقه افغانستان از تمام کسانی که در راستای هدف اصلی گروه های مان کمک کردند و یا در حال کمک کردن هستند سپاسگزارم.

امیدواریم روزی هیچ معتادی در جهان بدون تجربه کردن پیام ما نمیرد.

رحمت الله.ن (رابط منطقه افغانستان)

Miracle of a 12-Step Call

Håfa Adai, My name is Andy I'm an addict from the beautiful island of Guam. I stepped into my first meeting in June of 2014 and I knew all about my addiction and there was nothing anybody could convince me of otherwise. Roughly a year after that first meeting I found myself back out on the streets looking for that next fix which led me back to prison.



The feeling of being alone and confused was defeating. I didn't know where I went wrong. I thought I had learned how to use it correctly! I didn't know what else to do. Why couldn't I stop using? Then I remembered that there was a place I had been, with people like me, who stopped using for multiple years, and that place was in the rooms of Narcotics Anonymous. I reached out but was still full of shame to walk back into a meeting. Two members picked me up and took me to a local coffee shop to talk about how I had been doing. Greeted with a hug and brotherly love they showed me that it was ok. They knew exactly how I felt because they had been there before. That night I made my way back into a meeting full of desperation and willing to surrender to every suggestion given. That moment was the start of my journey in Narcotics Anonymous.

Today, I am 8 years clean! Through the rooms of Narcotics Anonymous, I know that my higher power has plans for me. Trusting my HP and applying the spiritual principles of NA makes everything possible. It's not the nature of addiction that I need to be concerned about anymore, just my recovery. If it wasn't for those who came before me, through that 12-step call, I would still be on the streets or dead. Grateful for that miracle 12-step call, my HP, and to being able to be a part of NA....

In loving service,

In the middle of the ocean,

Andy T. Guam

“Twelfth concept”

“In keeping with the spiritual nature of Narcotics Anonymous our structure should always be one of service never of government.”

Around the Table of the Service or Government Structure?

I want to start this article about the twelfth concept with a few questions.

Selfless or governmental ?

Looking at all tastes or just my own ?

Listening to the voice of alone or government voice?



The twelfth concept has its effect when I practice the principle of selfless as a servant member. The pulse of a service structure is directly related to the principle of humility and selflessness of the members around the table.

As a member of the service structure, we should not allow the pulse of a structure to be sounded by certain members. The message of the fifth tradition is implemented when the table of our service structure moves towards service, not governmental.

Today, we have learned that we could not get rid of drugs alone, but with the help of the fellowship, we were able to stay clean. Therefore, in a service structure, the message of the fifth tradition is implemented when we implement the principle of collective wisdom, not governmental .

The slogan "I can't, we can" at the service desk, you should always be at our table so that the twelfth concept can be effectively implemented.

If, as a servant member of a service structure, I seek to impose my opinions on the collective wisdom, this is a warning to revisit step 10. It's a form of self-centered activation.

The principle of selfless is to step on my illness ideas and let others express their ideas around the table.

When God manifests around the table, that each member of the structure avoids the principle of force and compulsive. Around the service structure table, there is a very powerful temptation and imposition compared to spiritual principles.

Sometimes it is very difficult to be silent and respect the opinions of the members around the table. This is where the spiritual principle of selfless and humility comes to my aid. Practicing these principles around the table requires a lot of practice.

Finally, it is necessary to ask myself a few questions before coming to the table of the service structure during the meditation of the 11th step.

Am I looking to carry the message of the fellowship or to impose my personal opinions?

Am I looking for a suitable solution or just Imposing opinions?

Am I looking to govern the service desk or not?

After leaving the service structure desk, it is better to take a daily inventory from the 10th step.

Was I humble around the table?

Did I respect people's opinions?

Was I self-centered around the table?

Did I practice selflessness or addiction?

Was I influenced by defect or spiritual principle? which one

Was I hasty or patient around the table?

In the end, let me say this when our structure is a service structure that each member around the table seeks to practice spiritual principles, not defects.

Thanks Mohsen-Iran

« مفهوم دوازدهم »

"در راستای حفظ ماهیت روحانی معتادان کمنام، ساختار ما همیشه خدماتی است و هرگز نباید حکومتی باشد".

دور میز ساختار خدماتی یا حکومتی؟



این مقاله از مفهوم دوازدهم را با چند سوال می خواهم شروع می کنم....

از خودگذشتگی یا حکومتی ؟

نگاه به همه سلیقه ها یا فقط سلیقه خودم ؟

گوش دادن به صدای تنها یا صدای حکومتی ؟

زمانی مفهوم دوازدهم اثر خودش را دارد که اصل از

خودگذشتگی را به عنوان عضو خدمتگزار عملی

کنم. نبض یک ساختار خدماتی ارتباط مستقیمی به اصل فروتنی و از خودگذشتگی اعضای دور میز دارد.

ما به عنوان عضوی از ساختار خدماتی نبایست اجازه دهیم نبض یک ساختار توسط اعضای خاصی به صدا درآید. پیام

سنت پنجم زمانی عملی می شود که میز ساختار خدماتی ما به سمت خدمتگزاری پیش رود نه حکومتی.

امروزه یاد گرفته ایم که به تنهایی نتوانستیم مواد مخدر را کنار بگذاریم بلکه با کمک انجمن توانستیم پاک بمانیم. بنابراین

در یک ساختار خدماتی زمانی پیام سنت پنجم عملی می شود که اصل خرد جمعی را عملی کنیم نه حکومتی.

شعار من نمیتوانم ما میتوانیم در دور میز خدماتی می بایست همیشه سر لوحه ما قرار بگیرد تا مفهوم دوازدهم به نحو

احسن اجرایی شود.

اگر به عنوان یک عضو خدمتگزار در یک ساختار خدماتی به دنبال تحمیل عقاید خود در خرد جمعی هستم این هشدار

است تا قدم دهم را دوباره مرور کنم به نوعی فعال شدن خودمحوری یا خودخواهی است. اصل از خودگذشتگی این است که

پا روی عقاید بیمارگونه خود بگذارم و اجازه دهم دیگران هم عقاید خود را در دور میز عنوان کنند.

زمانی خداوند در دور میز تجلی می یابد که تک تک اعضای خدمتگزار از اصل زور و اجبار پرهیز کنند. در اطراف میز

ساختار خدماتی وسوسه و اجبار بسیار قدرتمند تر از اصول روحانی است.

بعضی مواقع سکوت کردن و احترام به عقاید اعضا در دور میز بسیار سخت است اینجاست که اصل روحانی از خودگذشتگی

و فروتنی به کمک می آید. تمرین این اصول در دور میز نیاز به تمرین و ممارست خیلی زیادی دارد.

در آخر ضروری است قبل از رفتن به دور میز ساختار خدماتی چند سوال در حین مراقبه قدم یازدهم از خود
پیرسم.....

آیا به دنبال رساندن پیام انجمن هستم یا تحمیل عقاید شخصی؟

آیا به دنبال راه حل مناسب هستم یا فقط تحمیل عقاید؟

آیا به دنبال حکومتی کردن میز خدمات هستم یا نه؟

بعد از ترک میز ساختار خدماتی هم بهتر است یک تراز روزانه از قدم دهم از خود بگیرم.

آیا دور میز فروتن بودم؟

آیا به نظرات افراد احترام گذاشتم؟

آیا خود محور در دور میز بودم؟

آیا دور میز از خودگذشتگی را عملی کردم یا بیماری اعتیاد؟

آیا دور میز تحت تاثیر نواقص بودم یا اصول روحانی؟

آیا دور میز عجول بودم یا صبور؟

در پایان این را بگویم زمانی ساختار ما خدماتی هست که تک تک اعضای دور میز به دنبال تمرین اصول روحانی باشند نه
نواقص شخصیتی.

با تشکر- محسن. ایران

A Message From Saipan

Håfa Adai,

my name is Jack S. and I am a grateful recovering addict. My clean time is 3/5/15. Thanks to the Narcotics Anonymous Program I moved home 8 years ago to make my living amends by being my 84-year-old mother's caregiver until her passing at 91. Aside from being a caregiver, I moved to the



islands at a time when The Commonwealth of the Northern Marianas Islands had just established their drug court program along with an in-patient treatment center. I assisted in developing NA meetings island wide. Today we have daily NA meetings for addicts who are struggling with addiction. Thank you Narcotics Anonymous for allowing me to find humility by being of service to others. What was freely given to me in recovery I freely give to others. My life is livable today free from any use of mind-altering substances. We do recover.

Trusted servant

Jack S Saipan

Singapore PR Story

PROJECT GIVE AND TAKE

An NA Singapore APF PR Week Local Campaign

By Addict A

2023 will be remembered when the world opened again from the cold social distancing and isolation of COVID19. For NA Singapore PR subcommittee, we discussed how we can participate in the APF PR week differently and took this opportunity to reach out to more numbers suffering addicts with our message of recovery in a new cost efficient and effective way. In 2023, we had H&I service in four key institutions. We discussed, wouldn't it be great if we could connect to as many institutions and halfway houses in Singapore to invite the recovering addicts to join NA meetings? With this in mind, project give and take idea was formed.

What is Project Give and Take

The project has two components:

1. Give: Give the Message – Donate NA Basic Text and literature to the library of institutions, halfway houses, shelters, and after care providers working with rehabilitation of addicts.
2. Take: Take the Addicts – Create a poster to be installed at organizations to encourage the addicts to attend our meetings either online and in person once they finished their program there.

Overcoming Obstacles Together

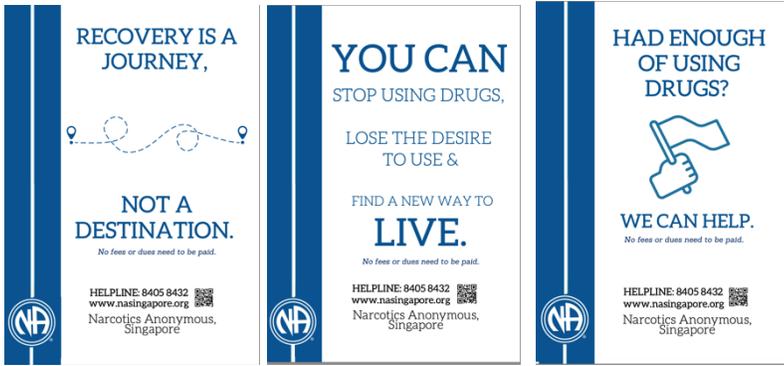
The idea is simple but in Singapore, being a small fellowship, we had to overcome few obstacles:

1. Lack of funding to purchase the required Basic Text.

A most of NA meetings became online and hybrid during COVID19, 7th tradition collection was much lesser than in persons meeting. The Singapore PR team presented this challenge to APF, and within two weeks time, APF together with NAWS, was able to send the required Basic Texts for us to implement Project Give and Take. We thank you APF and NAWS for this; it's truly beautiful to be part of our global NA family with very strong regional support.

2. Lack of artwork for NA posters artwork in Singapore.

The next challenge for Singapore fellowship to overcome was how to have a local posters to invite addicts in institutions to join the NA meetings. Higher Power always provides what we need; we reached out to our local fellowship and luckily we had a local SGNA member with experience in graphic design. APF also sent us design from all over the region we could get inspiration from. Below are the designs from our local member we used, with the theme of "Recovery is a Journey."



One other member expressed a very positive comment about the design created by our local member, saying that, “Usually in Singapore, organizations use fear and darker images when talking about drug addiction. The poster designs are so refreshing, I never though NA can be this positive and modern.” Aside from posters, we provided book inserts with our helpline, website, and QR code to easily contact NA Singapore.



3. We needed more volunteers to mobilize our ambitious outreach. To recruit members to volunteer, together with the APF PR and Fellowship Committee, we hosted an online workshop “We All are PR” on 25 June 2023. This became the most attend online workshop we had in Singapore with attendance of 37 members locally and from the region!

Singapore Fellowship of Narcotics Anonymous

In Celebration of PR Week 2023

WE ALL ARE PR
NA, Public Relation & You
ONLINE WORKSHOP

Nita
APF PR Coordinator

Amitabh S
APF FD Coordinator

25 June 2023 Sunday
4:00pm – 5:30pm SG

Zoom ID: 2708194733, PW: serenity

Everyone is invited

- 3:00 pm - TH🇹🇼, JKT🇮🇩
- 4:00pm - SG🇸🇬, MY🇲🇾, PH🇵🇭, Bali🇮🇩
- 5:00pm - JP🇯🇵
- 1:30pm - India🇮🇳
- 1:45pm - Nepal🇳🇵

Painting the Town Blue

We launched Project Give and Take during APF PR week in June 2023. Local SGNA members volunteered to visit various institutions and organizations working with rehabilitation of addicts. As halfway houses in Singapore are usually organized by either religion or race, this PR drive allow our Basic text to reach to all races and religions in Singapore. We were also able to reach out to Women’s shelters and organizations working with LGBTQ groups. We were able to put posters on their bulletin boards and Basic Texts in their libraries. One organization leader messaged us, “We are thankful for sharing your resources to us, we are happy to connect again with NA Singapore”.



In a span of two months, we were able to visit twelve organizations, covering 75% of all halfway houses in Singapore. Our message reached to more than 300 recovering addicts in rehabilitations. After the PR campaign, we had two organizations reaching out to us on possibility of conducting H&I sessions for their supervisees on their premise. Through the work of our NA chairperson, we were able to bring in two batches of halfway house supervisees to our local Sunday NA meeting during their day off. We planted the seed of the message of recovery and hopefully it will be a light to someone in their darkest night.



A Light in the Darkest Night

My name is A, I’m a grateful recovering addict. I was diagnosed with tumor in 2019, and after the surgery, my recovery didn’t go well. I kept passing out at work. My company asked me to stop working and then COVID happened. Without health insurance and job, I resorted to drugs to manage the pain, then I used it to manage the loneliness and isolation of COVID19, then it became out of control. In 2022 I was arrested by in Singapore, and incarcerated for drug consumption. Singapore has a zero tolerance policy towards drugs; users can incarcerated as much as seven years. Without my health, a job, and a future, I reached my rock bottom.

In the darkest night of your life, God's love shines the brightest. In my despair, I found the NA Basic Text in the prison library. From the first day I got incarcerated, drug addicts in prison believed once an addict always an addict. Through the Basic Text, it was the first time I read that "We do Recover," that any addict can stop using drugs, lose the desire to use, and find a new way to live. It's a message of hope. When I got out of prison, I thought that if I stopped using for a while, that I am ok. But the desire to use got stronger, and I needed help. In desperation, I found myself in the rooms of NA. I started attending meetings regularly, 90 meetings in 90 days, found a sponsor, and started doing service.

I will be celebrating my two years of clean time soon, my health is back, I am back at work. Life has been good in recovery. I keep the rooms open on weekends through my service positions. I am thankful for NA Singapore, our PR subcommittee, APF, and NAWS for the support they gave in making Project Give and Take happen. We are now able to amplify the kindness and service the H&I team did before me having put that Basic Text in the prison library. We now have made it available in almost all places where addicts are seeking recovery, and hopefully one day, someone will write the same story as me - that in the darkest of their night, they find a blue book that sparks their recovery journey. Thank you for letting me share.

Addict A. from Singapore

The Service Gathering of Iran RSC

The service gathering of Iran RSC was held on 7 and 8 of February 2024 in Isfahan city. In this gathering, current affairs of NA and services were held in the form of service discourses.

The audience of this gathering were area & metropolitan committee service representatives of the whole of Iran.

The most important challenges and problems of groups, metropolitan committees, area and region; Before the gathering, it was selected as a survey form and its solutions were discussed in the gathering.

The administrative team and sub-committees of the Iranian regional forum mentioned the most important activities, requests and problems

The main challenges in the Iran region was about world services, and we tried to inform the members about the important issues of WS and their costs and plans by inviting the director of the WSO of the Iran branch.

Several different workshops on the topics: value of presence, virtual space, effective service structure, history of Iranian regional forum and effective discourse were also held.

Even though all this time and cost was spent, the purpose of holding this gathering was so that the Iranian regional forum could communicate with the members of the metropolitan committees and to hear each other's voices. Our hope is that it can help our unity and services in the Iranian region can be more effective.

The Chairperson of educational workshops of Iran Regional Forum

Aram_Sh





Dear PR Workgroup Members and Delegates,

Update on PR activity in Bogor, Indonesia.

At the APF Conference in Bogor, 4 - 7 March 2024, the chairman of NA Regional Indonesia invited several communities to attend the conference.

The community representatives approached the world board members who were also present at the conference (Lib and Veronica). From the discussion there, it was agreed that NA would visit the community organization.

Friday, 8 March 2024. Me, Lib and Veronica visited an organization called the Pesona Bumi Pasundan Foundation to do a PR Presentation to the community.

The meeting was attended by 50 field workers, whose work and outreach is very close to drug users.

The discussion was very interesting and interactive.

1. In the discussion, it is very clear how the understanding of NA is that so far many people think that those who can become NA members are those who are abstinent.
2. NA is known as a rehabilitation program, so people don't dare to come to rehab.
3. People with a background as sex workers, transgender, etc. are still embarrassed and reluctant to come to face-to-face meetings.

Me, Lib, Veronica explained about NA in detail, what NA is, the requirements for becoming an NA member, where NA meetings are, homegroups, suggestions for attending online meetings, anonymity, etc.

Follow-up :

1. Send an Indonesian PSA video
2. Send NA meeting schedule online
3. Send the face-to-face NA Meeting address

Cc in this email Indonesia PR Committee and Indonesia Regional Service Committee.

Attached is the photo after the PR activity.

Thank you.

In service,

Nita

APF PR Coordinator

The Gift of Life Though NA

I am Feisal, an addict. I am so grateful for the miracle and gift of life. It never crossed my mind that I would stop using drugs. my life has come to an end i.e. prison, institution and death. I have found a way from reading Basic text and that is me. I find the courage to come out of isolation and the darkness of life to attend NA meetings. From there everything started to change. I began to find a new way of lif I lost everything during two decades of active addiction. I lost a loved one while in addiction. The safest place for me is prison. that's the end of my life. I am powerless over myself. I don't know the direction of my life and what my life goals are. I feel that I have no future. I was too scared to face life, didn't want to change myself, and I was just living the lie I told myself, But by the grace of almighty, I was saved by the Narcotics Anonymous program and the fellowship told me I didn't need to use again. After some I came again to the meeting. I began to believe in myself and someone else in recovery. I started working, supporting myself and being responsible.

I began to maintain relationships with higher powers and family. My life is getting better. I am no longer a person who lives in loneliness and fear. I can feel the amazing love inside me and outside. Now I realize that I know that I get clean because I don't want to die but I stay clean because I have so much to live for the fellowship always showed up for me. And now I have to show up for other. Now I do service in my community and bring the message to other addicts that there is hope for all of us because this message and love saved me.

*Feisal, In fellowship
Malaysia*



Clean Time dates

December

02 December 2007	David R	China
16 December 2011	Carrie L	Hong Kong
13 December 2015	Nikki S	Hong Kong
17 December 1968	Tom Mc	Hawai'i
18 December 1975	Larry R	Hawai'i
19 December 2013	Ishtiaq A	Pakistan (South)
19 December 2016	Basil A	Oman
21 December 1984	Karyn	Hawai'i
23 December 1997	Benedict R	India
26 December 1985	Tali Mc	Hawai'i
26 December 2011	Sanjeev	Indi



January

04 January 2004	Amitabh S	India
06 January 1998	Rajinder P	India
07 January 2004	Sumeet D	Nepal
13 January 1999	Mahmoud Ch	Iran
22 January 1993	Roger S	Aotearoa NZ
31 January 2011	Ali	Pakistan South
19 January 216	Andy	Guam

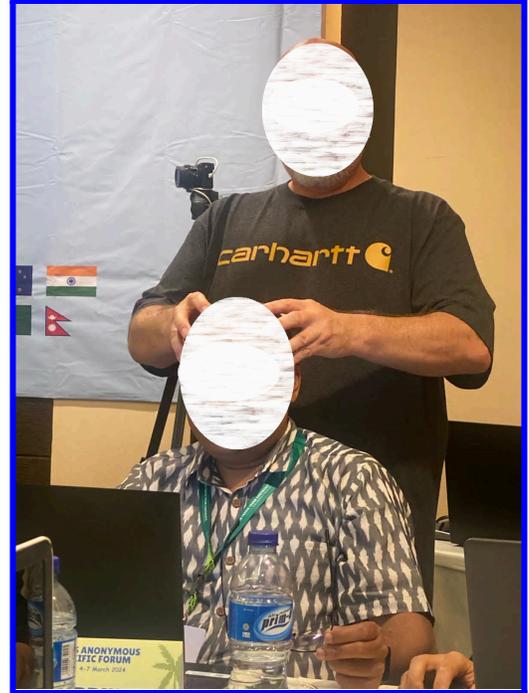
February

13 February 2008	R.K. Gunikanta (Guni)	NERF
08 February 2001	Rocky	NERF (North East India)
18 February 2000	Sam B - "Serenity Sam"	USA
18 February 2018	Hassan M	Qatar
20 February 2016	Jennette	Guam

March

01 March 1997	Robert P	Thailand
01 March 2007	Hammed T	Kuwait
04 March 1995	Partoit G	India
09 March 1987	Erik R	Hawai'i
13 March 2018	Mohammed W	Qatar
15 March 2021	Ahmed A	Qatar
26 March 1995	Ricky S	Philippines
31 March 1994	Wajid A	Pakistan

Photos of APF Conference 2024 Indonesia, Bogor



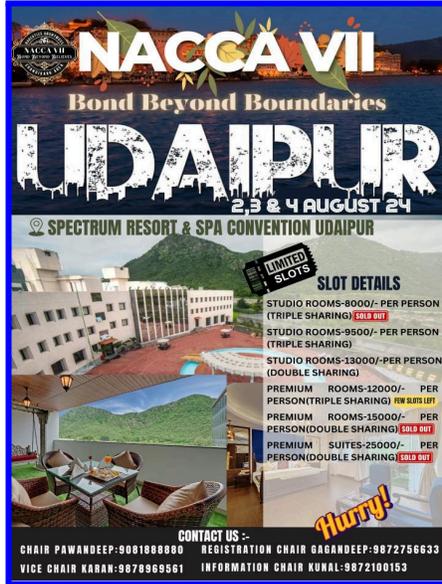


Qatar annual convention 2024 “ The miracle comes true “



Upcoming Events & Virtual Meetings

NACCA VII



NACCA VII
Bond Beyond Boundaries
UDAIPUR
23 & 24 AUGUST 24
SPECTRUM RESORT & SPA CONVENTION UDAIPUR

LIMITED SLOTS

SLOT DETAILS

- STUDIO ROOMS-8000/- PER PERSON (TRIPLE SHARING) **GOLD**
- STUDIO ROOMS-9500/- PER PERSON (TRIPLE SHARING)
- STUDIO ROOMS-13000/- PER PERSON (DOUBLE SHARING)
- PREMIUM ROOMS-12000/- PER PERSON (TRIPLE SHARING) **NEW SLOTS LIST**
- PREMIUM ROOMS-15000/- PER PERSON (DOUBLE SHARING) **GOLD**
- PREMIUM SUITES-25000/- PER PERSON (DOUBLE SHARING) **GOLD**

Hurry!

CONTACT US :-
CHAIR PAWANDEEP: 9081888880 REGISTRATION CHAIR GAGANDEEP: 9872756633
VICE CHAIR KARAN: 9879969561 INFORMATION CHAIR KUNAL: 9872100153

SERVICE DAY 2024



SERVICE DAY

Good will is best exemplified in service; proper service is "Doing the right thing for the right reason."

Basic Text, Our Symbol

Many communities plan a service learning day, or service-related speaker jam or workshop.

How will your NA community celebrate?
How will you be of service?

Get your "I Serve" pins
www.na.org/webstore
Item #3600

WEDNESDAY, 1 MAY 2024

FROM DARKNESS TO LIGHT



FROM DARKNESS TO LIGHT

NA MALTA

Malta Convention 2024
November 8th-10th

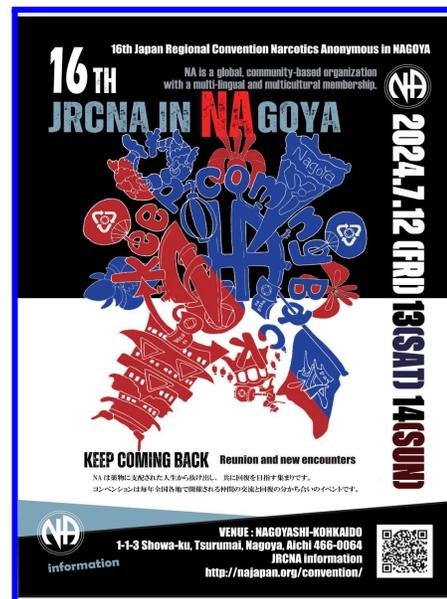
AX The Victoria Hotel, Sliema

www.maltana.org

NA Malta Convention 2024

na.conventionii@gmail.com

JRCNA NA GOYA



16th Japan Regional Convention Narcotics Anonymous in NAGOYA

NA is a global, community-based organization with a multi-lingual and multicultural membership.

16TH JRCNA IN NAGOYA

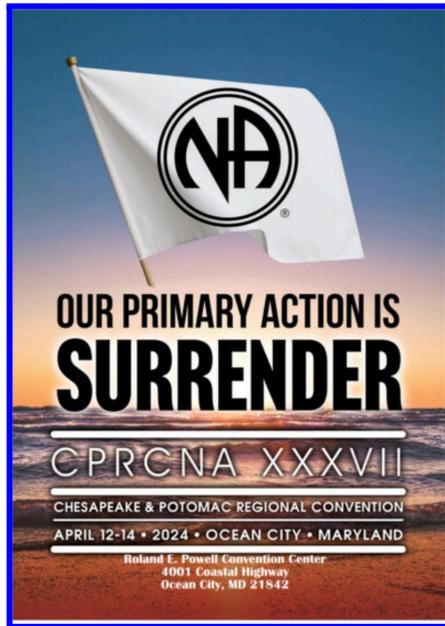
2024.7.12 (FRIDAY) 13(SAT) 14(SUN)

KEEP COMING BACK Reunion and new encounters

NAは薬物に支配された人生から脱却し、共に回復を目指す会です。コンベンションは毎年全国各地で開催される仲間との交流と回復の分かち合いのイベントです。

VENUE: NAGOYASHI-KONKAI DO
1-1-3 Showa-ku, Tsurumai, Nagoya, Aichi 466-0064
JRCNA Information
<http://na.japan.org/convention/>

CPRCNA XXXVII



OUR PRIMARY ACTION IS
SURRENDER

CPRCNA XXXVII
CHESAPEAKE & POTOMAC REGIONAL CONVENTION
APRIL 12-14 • 2024 • OCEAN CITY • MARYLAND

Roland E. Powell Convention Center
4001 Coastal Highway
Ocean City, MD 21842

PR WEEK 2024



PR Week
2-8 June 2024

Every area, region, and zone is encouraged to commit to at least one activity during PR week.

We All Are PR

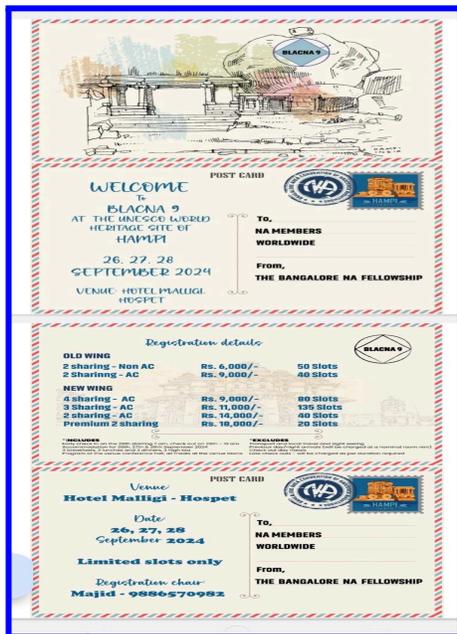
How will your public relations team come together to increase awareness of PR service and the NA recovery program?

For more information and activity ideas go to www.na.org/pr_act.

Please send flyers, ideas, or photos of your events to pr@na.org

"We All Are PR" note cubes available www.na.org/webstore Item #9601

BLAGNA 2024



WELCOME to BLAGNA 9 AT THE HISTORIC WEBB HERITAGE SITE OF HAMPTON 26, 27, 28 SEPTEMBER 2024 VENUE HOTEL MAILLIGI HOSPET

Registration details:

OLD WING		
2 sharing - Non AC	Rs. 6,000/-	50 Slots
2 sharing - AC	Rs. 9,000/-	40 Slots
NEW WING		
4 sharing - AC	Rs. 9,000/-	80 Slots
3 sharing - AC	Rs. 11,000/-	320 Slots
2 sharing - AC	Rs. 14,000/-	40 Slots
Premium 2 sharing	Rs. 18,000/-	20 Slots

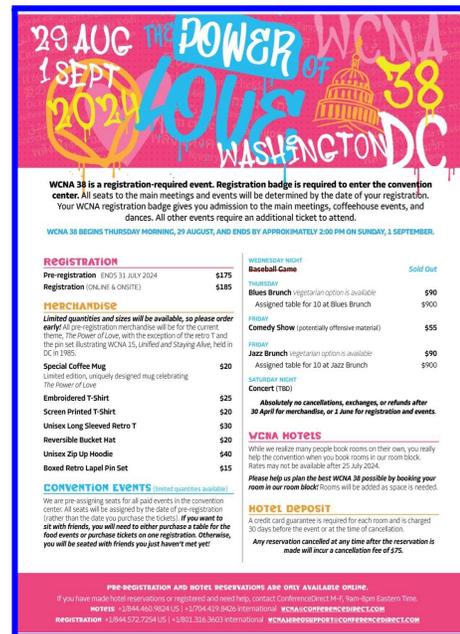
Venue: Hotel Mailligi - Hospet

Date: 26, 27, 28 September 2024

Limited slots only

Registration chair: Majid - 9886570982

WCNA 2024



29 AUG - 1 SEPT 2024 THE POWER OF LOVE WASHINGTON DC

WCNA 38 is a registration-required event. Registration badge is required to enter the convention center. All seats to the main meetings and events will be determined by the date of your registration. Your WCNA registration badge gives you admission to the main meetings, coffeehouse events, and dances. All other events require an additional ticket to attend.

WCNA 38 BEGINS THURSDAY MORNING, 29 AUGUST, AND ENDS BY APPROXIMATELY 2:00 PM ON SUNDAY, 1 SEPTEMBER.

REGISTRATION	
Pre-registration (ENDS 31 JULY 2024)	\$175
Registration (ONLINE & ONSITE)	\$185
MERCHANDISE	
Limited quantities and sizes will be available, so please order early! All pre-registration merchandise will be for the current theme, The Power of Love, with the exception of the retro T and the on-site illustrating WCNA 35, Unified and Staying Alive, held in DC in 1985.	
Special Coffee Mug	\$20
Limited edition, uniquely designed mug celebrating The Power of Love	
Embroidered T-Shirt	\$25
Screen Printed T-Shirt	\$20
Unisex Long Sleeved Retro T	\$30
Reversible Bucket Hat	\$20
Unisex Zip Up Hoodie	\$40
Boxed Retro Lapel Pin Set	\$15
CONVENTION EVENTS	
Baseball Game	Sold Out
Blues Brunch	\$90
Assigned table for 10 at Blues Brunch	\$900
Concert Show (generally offensive material)	\$55
Jazz Brunch	\$90
Assigned table for 10 at Jazz Brunch	\$900
Concert (TBO)	\$150
Absolutely no cancellations, exchanges, or refunds after 30 April for merchandise, or 1 June for registration and events.	
WCNA HOTELS	
While we realize many people book rooms on their own, you really help the convention when you book rooms in our room block. Rates may not be available after 25 July 2024.	
Please help us plan the best WCNA 38 possible by booking your room in our room block! Rooms will be added as space is needed.	
HOTEL DEPOSIT	
A credit card guarantee is required for each room and is charged 30 days before the event or at the time of cancellation. Any reservation cancelled at any time after the reservation is made will incur a cancellation fee of 17%.	

PRE-REGISTRATION AND HOTEL RESERVATIONS ARE ONLY AVAILABLE ONLINE.

If you have made hotel reservations or registered and need help, contact Conference Director: F. J. Stone, Stone Eastern Time.

HOTELS: (888) 466-9624 (US) | (270) 439-8426 International | WCNA38CONFERENCE.DIRECT.COM

REGISTRATION: (204) 972-7254 (US) | (513) 801-334-3603 International | WCNA38SUPPORT@CONFERENCE.DIRECT.COM

If you wish to have your future events posted Email

newsletter@apfna.org

Worldwide Connections

NAWS

For the most up to date details please visit the NAWS website at:

www.na.org

APF

For the most up to date details please visit the APF website at:

www.apfna.org

Australia

For the most up to date details please visit the Australian Regional website events page at:

<https://www.na.org.au>

Hawai'i

For the most up to date details please visit the Hawai'i Regional website at:

www.na-hawaii.org

India

For the most up to date details please visit the India Regional website at:

www.naindia.in

Iran

For the most up to date details please visit the Iran Regional website at:

www.nairan.org



APF Country Website Links

www.na-bali.org

www.saudina.org

www.nakuwait.org

www.nachina.com

www.nakorea.org

www.na-thailand.org

www.nanepal.org

www.nasingapore.org

