



Asia Pacific Forum - Newsletter

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A NETWORK OF NA COMMUNITIES

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- Andy - Interim SP Coordinator
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- APF Conference 2025 Muscat, Oman | 9 - 12 February 2025
- 4th Asia Pacific Forum Convention of Narcotics Anonymous Muscat, Oman | 13 - 15 February 2025

Others

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An Indigenous Person in Prison

Hi, my name is Stewie, and I am an indigenous addict.

At 11 years of age, I drank alcohol for the first time. My family often had BBQs, so I drank the half-empty bottles or glasses. I remember liking the way it felt.

Growing up I suffered all sorts of abuse from my stepfather, physical and mental abuse. I started smoking pot and sniffing all sorts of stuff.

With the pot, pills, plus booze, came crime and I became violent myself. By now I was free to do whatever I wanted as I was running away from home.

It didn't take long before ending up in a boys' home and then on release, my drinking and drugging progressed. My violence peaked. I ended up in court where I received an 18-year sentence.

In prison I was introduced to the needle at first speed, and then heroin for the next 15+ years. Used and abused every drug I could get my hands on. I have used violence to get drugs.

2 years ago, I was introduced to NA. I went to my first meeting for all the wrong reasons hoping it would help with my parole. Pretending I was doing something



about my drug problem. I didn't stop using but the message began to get through. I am the only one who stayed clean. Then I stayed on to carry the message again and again. I was the only person to remain drug-free. I learned to work the steps, I have a sponsor and by the grace of God I am one year clean today. Today I am a mentor in the Unit that gave me my life back. I try to help the addict who still suffers, and I am so grateful to NA and its members who come into the prison to carry the message. I heard outside guests speak and I wanted what they had. Tried to do it my way but couldn't stay clean. Then the prison started a drug intervention unit. I was ready and had an open mind. 29 of us began our journey and after 14 weeks.

Thank you NA - Stewie

A Note from the Editor

The APF Newsletter team always welcomes your letters, articles, stories and experiences of recovery, as well as your visual designs. We kindly ask you to share your experiences with the other members through the email address: newsletter@apf.org. This time we've implemented a new design for which I need to thank Jatin, our new team member for his amazing job. I also need to appreciate our other editors; Phyllis, Amitabh, Archer, Dennis, Mohsen, Andy, Katherine, and Hajar for helping me complete this work.

Sincerely, Meysam M (AFP~News)

World Unity Day
Join thousands of recovering addicts for the closing meeting of the World Convention of Narcotics Anonymous 38!

Our worldwide NA Fellowship will come together to hear the NA message carried from Washington DC to households, meeting rooms, institutions, correctional facilities, and activity halls around the world.

Access the free, online audio streams at:
www.na.org/wcna38streaming
(translated streams and meeting schedule will be here too)

All WCNA 38 main meetings (Thursday, Friday, and Saturday nights, and Sunday morning) will be audio-streamed

If you're gathering to listen, let us know about your event. We'll use that info to invite a few communities to "shout out" live to members in DC and around the globe.
Please send event details and contact info to keri@na.org or call 818.773.9999, ext 130.

To determine your local time, visit www.timeanddate.com/worldclock/converter.html

This free internet stream replaces the telephone system used in the past, except for institutions that are unable to access the internet stream.
For info about institutional connections: bob@na.org or 818.773.9999, ext 153.



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

email newsletter@apfna.org

Helping an Addict to Another

My name is Mohammad and I'm an addict.

I will never forget the last time I used drugs. I was using and crying at the same time. My drug use led to the loss of one leg. Endured a lot of pain till I was given the NA message, fortunately.



When released from the detox center, I was full of pain, hate, resentment and disappointment. Headed to a meeting, and getting in a taxi, despair took over my whole being. On my cellphone, I listened to a voice message my recovery friend had sent me. As soon as I played it, I heard, "In the name of God, I am Parvaneh an addict".

I didn't know who she was or where she is now. I haven't heard anything else about that file. There exploded a bomb of positive energy and hope, into my heart. I took a turn in life and decided to stay clean through the NA meetings, as much as I can and by the grace of God I could!

I began to do service as the H&I and PR chair to pay my debt as one of the Narcotics Anonymous members, and to carry the NA message to the still suffering addicts.

While writing this letter, I have been clean for 6 years, 8 months, and 12 days and I owe my clean time to God and NA.

This is the "Helping an Addict to Another"

Thank you Miss Parvaneh!

Mohammad, Afghanistan, Kabul

کمد یک معتاد به معتاد دیگر

سلام محمد هستم یک معتاد. اواخر مصرف بود هیچ وقت یادم نمیرود، هم مصرف میکردم و هم گریه میکردم به خاطر مصرف مواد مخدر یکی از پاهای خودم رو از دست دادم.

درد زیادی کشیدم تا لطف خدا شامل حال من شد و پیام انجمن معتادان گمنام رو گرفتم ...

تازه از مرکز سم زدای بیرون آمده بودم پر از درد نفرت و رنجش و ناامیدی بودم. طرف جلسه میرفتم سوار ماشین شدم ناامیدی تمام وجودم را گرفته بود ... گوشه ام را گرفتم تا فایل صوتی رو که دوست همدردم برایم فرستاده بود گوش کنم تا پلی کردم گفت به نام خدا پروانه هستم یک معتاد نمیدانم پروانه کی بود و الان کجاست از آن فایل صوتی دیگر هیچی نشنیدم بمبی از انرژی مثبت و امید در دلم منفجر شد ... جان دیگری گرفتم و تصمیم گرفتم به هر قیمتی که شده پاک بمانم آمدم در جلسات انجمن معتادان گمنام و به لطف خدا پاک ماندم یا کمیته پیام رسانی زندان ها H&I خدمت کردم از جمله به عنوان مسئول کمیته و بیمارستان ها خدمت کردم تا بتوانم دین خود را به عنوان یکی از اعضای انجمن معتادان گمنام برای رساندن پیام انجمن به معتادی که هنوز در عذاب است ادا کنم ...

الان ۶ سال ۸ ماه ۱۲ روز است که پاکم و

این پاکی رو مدیون خداوند و انجمن میدانم

این است کمک یک معتاد به معتاد دیگر

...ممنونم پروانه خانم

محمد - افغانستان



With or Without My Children

Hi, my name is Jayne, and I am an addict. The first time I said these words was at a Narcotics Anonymous meeting on May 24th, 2004, which was also my first day in rehab. I initially had mixed feelings about Narcotics Anonymous, I didn't feel very comfortable with the members being so welcoming, but I also desired it. I wanted people to be kind to me, but at the same time, repelled by their kindness.

My addiction had taken a big toll on me, so much so that I had to re-learn the absolute basics of life such as showering and brushing my teeth and hair each day. I also had to learn how to communicate with others. I lost the ability to have basic conversations with people, I was so lonely but also so uncomfortable around others. I was so full of shame and guilt that I often wore a hood in an attempt to hide my eyes. Believing if people could see into my eyes, they would see all the bad things I had done.

My main shame and guilt were around losing custody of my three children four years previously and because of this, I was convinced I was the worst person in the world. Their father took custody of them because as my addiction progressed, I could no longer take care of them, and my fourteen-year-



old daughter had been forced to take on the mother role as well as attend school and tell lies to her father and other family members about my addiction in order to protect me. After the children left my care, I fell into a whole new level of addiction and began to live a life that I could never have imagined. The more shame and guilt I experienced, the more I would use to mask the pain and vice versa. I believed that the kids were better off without me, and I succumbed to a life of drugs, crime, and degradation.

I had this idea, that once I got clean the kids would run into my arms and we would live happily ever after. This was not the case. My eldest daughter was pregnant with

her first child and was living with her partner and my younger two had their own life with their father. The realization of this was heartbreaking for me, as all I wanted was to be with my children, but through my addiction, significant damage had been done to both me and my family. So, I realized then that I had two choices, either go back to the life of addiction where I could continue to numb the pain or continue to go to meetings where I was promised that if I got a sponsor, worked the steps, and be of service to others, I could recover. So, I chose the latter.

This year I will celebrate my 17th year in recovery, and I am still healing my relationships with my children, and I think I always will

be. I believe what works for me is that I continue to give them permission to heal, I don't put a time limit on it, I just keep on loving them regardless of where they are at, with me. There was a five-year period when one of my children was estranged from me, but I kept praying and letting go regardless of the pain I was in. I am so grateful for the members who propped me up and fed me hope that one day I would have all three children back in my life. Today, through this program, I have all three children in my life. I have also been blessed with seven grandchildren who know me for who I am today. My most memorable moment so far was Christmas 2020, when I had Christmas lunch with my three children for the first time since 1998. This had been my biggest dream for such a long time and through continuing contact with my Higher Power, it became my reality. What made it even more special was that my seven grandchildren also surrounded me with love that day. I am so grateful that I made the decision to stay clean with or without my children, because just for today I have my children and so much more.

Jayne, Australia

Brought Back to Life

My name is Zaidi, I am an addict. My place of residence is in Kuala Lumpur, Malaysia. The reason why I love NA so much is because it has given a special gift that every addict craves, which is to stop and calm down from using drugs. As a child, it can be said that I was a lucky child because I was given enough love from my family. And when I was a child, I



also sat with my grandfather who spoiled me with money. When I grew older, I followed the activities of my uncle and aunt, which was to use drugs. At that moment I felt great when smoking drugs. Until one day I suddenly realized that institutions and prisons were my second home. At that time, I felt that I really had no hope of stopping using drugs and would either die in prison or an institution.

But I am grateful, for having gone from an addict who had given up hope and was gripped by drugs, to having met a program whose message is hope and whose promise is freedom, which is the essence of the NA program. This is where a very strange episode in my life began, which is living a life without using drugs. In NA it was suggested to come again and again, get a Sponsor immediately, and work on the NA program. Going from being a stubborn person to following what NA says, I came again and again, got a Sponsor immediately, and worked on the NA Program. From a stubborn person who does not want to listen, I have trusted someone in NA who is my Sponsor. I followed many things he said, from small things to big things.

It was also suggested to me to do the 12 steps of NA with my sponsor, do service work, carry the message to the addicts who are still struggling and so on. At the beginning of my recovery, I did a lot of service work such as setting the table/chairs, removing cigarette butts, opening the meeting room door, and a few other things. It really helps me in my daily life to be a productive member of society.

In NA there are 2 big things that I can't forget when I hear words from my sponsor, namely:

- 1) My sponsor said that if my recovery age is not yet 2 years old, don't try to get married. I followed and thankfully finally now I have become a father of a pair of children.
- 2) The sponsor said that if my work burdens me, it's better to stop. This I also followed. Even though I will be married in the next month, thanks to my Highest Power and thanks to NA because now I still have work to live life in the true sense of life.

Finally, I am very grateful to my Higher Power for always making it easy for me to come to NA meetings so that I can stay clean from using drugs until today.

Thank you NA
Zaidi

Mati Hidup Semula

Nama saya Zaidi, saya seorang penagih. Tempat permainan Asaya adalah di Kuala Lumpur, Malaysia. Mengapa saya sangat sangat sayang dengan NA adalah kerana ia telah memberi suatu hadiah yang istimewa yang didambakan oleh setiap orang penagih iaitu berhenti dan tenang dari mengguna



dadah. Semasa kecil boleh dikatakan saya seorang kanak-kanak yang bertuah kerana diberikan kasih sayang yang cukup dari keluarga saya. Dan semasa kecil juga saya duduk bersama datuk yang mana mereka sangat manjakan saya dengan wang ringgit. Bila usia meningkat remaja saya terikut-ikut dengan aktiviti pakcik dan makcik saya iaitu mengguna dadah. Pada ketika itu saya rasakan hebat bila menghisap dadah. Sehingga suatu masa tiba-tiba saya tersedar yang institusi dan penjara adalah rumah kedua bagi saya. Waktu itu saya rasakan bahawa saya memang tiada harapan untuk berhenti mengguna dadah dan akan mati didalam penjara atau institusi.

Akan tetapi saya bersyukur dari seorang penagih yang telah putus harapan dan masih dicengkam oleh dadah saya telah bertemu dengan satu program yang mesejnya adalah harapan dan janjinya adalah kebebasan iaitu NA dalam suatu program besar yang mereka anjurkan. Disinilah episod yang sangat asing dalam hidup saya bermula iaitu menjalani kehidupan tanpa mengguna dadah. Dalam NA saya disarankan untuk datang lagi dan datang lagi, mendapatkan Sponsor dan kerjakan program NA. Dari seorang yang keras kepala saya ikutkan apa kata NA, saya datang lagi dan datang lagi, mendapatkan Sponsor dengan segera dan kerjakan Program NA. Dari seorang yang keras kepala tidak mahu dengar kata, saya telah mempercayai seseorang dalam NA iaitu Sponsor saya. Saya ikut banyak perkara yang dikatakannya, dari perkara yang kecil hingga ke perkara yang besar.

Saya juga disarankan untuk kerjakan 12 langkah NA bersama sponsor, buat kerja-kerja servis, sampaikan pesanan kepada penagih-penagih yang masih sensara menagih dan lain-lain lagi. Diawal pemulihan banyak kerja-kerja servis yang saya lakukan antaranya atur meja/kerusi, buang puntung rokok, buka pintu bilik perjumpaan dan beberapa perkara lain. Lanya sangat membantu saya dalam kehidupan seharian untuk menjadi ahli masyarakat yang produktif.

Dalam NA ada 2 perkara besar yang tidak dapat saya lupakan apabila mendengar kata dari sponsor saya iaitu:

- 1) Sponsor saya kata jika usia pemulihan saya belum sampai 2 tahun jangan cuba-cuba untuk berumahtangga, saya ikut dan syukur sehingga kini saya telah menjadi seorang bapa kepada sepasang anak
- 2) Kata sponsor jika kerja saya membebankan lebih baik berhenti saja dan ini pun saya turuti juga walaupun saya akan berumahtangga dalam masa sebulan yang mendatang, syukur kepada kuasa tertinggi dan terima kasih kepada NA kerana sekarang saya masih ada bekerja untuk menjalani kehidupan dalam erti kata hidup yang sebenar.

Akhir kalam, saya sangat bersyukur kepada kuasa tertinggi kerana sentiasa permudahkan saya datang ke perjumpaan NA untuk saya kekal bersih dan tenang dari mengguna dadah sehingga ke hari ini.

Terima kasih NA Zaidi

Rotation in the Service or Changing the Seat.....!!

When I first entered the program, the old members suggested that I serve. I made tea and coffee at meetings. I became the secretary of the meeting. I became responsible for literature and served on committees.

The service helped me a lot to be successful in my personal life. Service taught me spiritual principles, including responsibility, commitment, love, humility, honesty, tolerance, acceptance, etc.

However, after years in the fellowship, this becomes a problem for some members at the level of structure. Unfortunately, the issue is challenging in many structures for new members in service. We have members at the structure level who do not give the opportunity for others to serve and are constantly changing seats. We do not force anyone in the fellowship to serve and we do not force anyone away from service. Our fellowship is based on the principle of desire and all members have the right to choose to serve.

The question is, isn't not allowing others the opportunity to serve a kind of defect? Isn't it a disease to constantly serve in the fellowship and cause disunity in a structure?



It's better to ask myself these questions in a personal daily inventory when I serve at any level of a structure.

Is it just my ability to do service?

Is it unique when I'm doing service or do others have special abilities?

Am I seeking approval when I am doing service?

Am I looking for lobbying in the service?

Am I always looking for a change in the service chair at the structural level?

Am I looking to prove myself in service?

Am I seeking votes or collective wisdom in order to get a seat in the service?

Am I looking for my promotion?

Am I flexible when I serve?

Do I consider common welfare or personal benefit?

Do I convince the members in the service level so that everyone is influenced by me?

Do I think that only I alone deserve this service?

Do I only see my service abilities, or do I also see the abilities of others?

Has my service caused others to be rejected from the service?

Has my service disturbed the level of structure?

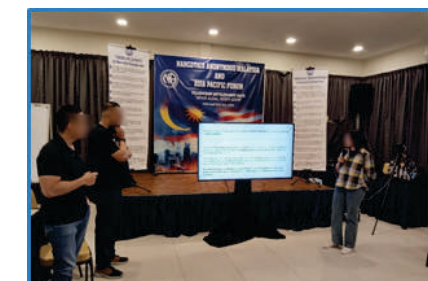
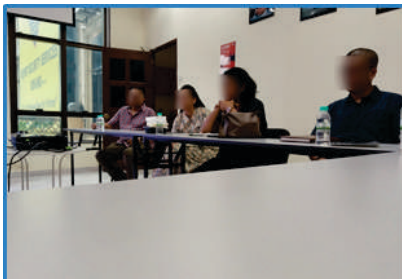
Has my service offended a bunch of people?

Can I allow myself to serve at the level of groups after years of service at the structure level, for example, the morning group? So that other people come with new ideas and serve.

Today, at the level of structure, as an old member, if I want to be of service, I must be very careful that structure does not come under my control, and I also give the opportunity to serve to others. To understand that, at the level of the structure, there are members who have special abilities and talents who can serve. In the end, I think it's necessary to remind myself that my services at the level of the structure do not cause convulsions, and members are not rejected from the service by me.

Thanks Mohsen G - Iran

Photos from the Malaysian PR&FD/WFD Workshops



The Malaysia FD Workshop Report

Hello Beautiful People

When we come together magic happens!!

3 months of continuous efforts culminated in the "Never Alone Never Again" Learning Days in Kuala Lumpur Malaysia on the 20th and 21st of July. We did Workshops on the Steps, Sponsorship, What is NA, How to be an Ally, the 12 Concepts for NA Service and the spanking new IP Mental Health and Recovery which was an absolute first for us!! We had great fun, learned a whole lot from each other and even had a speaker share meeting thrown in at the end!! There were about 70 addicts in attendance, predominantly newcomers who stayed with us for hours!! Malaysia NA is at the cusp of something big and they have a pretty determined group of service volunteers hoping to make that a reality.

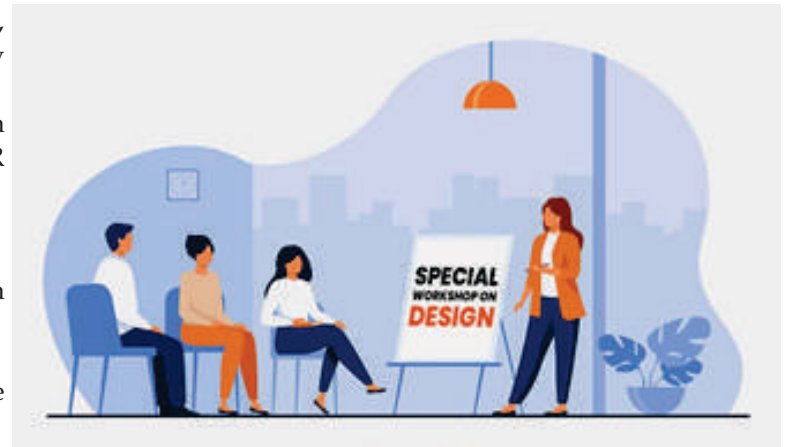
Amitabh. S
FD Coordinator



The Malaysia WFD Workshop

1. APF Women's FD attended, participated in & shared at H&I in Solace Rehab, Kuala Lumpur. This was organized by the Malaysian fellowship to learn about how to run H&I, dos and don'ts, briefing and experience shared
2. WFD participated in the PR event for professionals along with Malaysian fellowship, APF PR & FD teams. We reached approx 15 organizations at the PR event
3. FDEVENT-
 - The Malaysian FD Learning Days was attended by 7-8 women over 2 days.
 - We ran a separate workshop and discussion with the women attendees on Sponsorship on Day 1
 - Combined workshop with men & women on 12 Steps on Day 1
 - Conducted a very powerful session on Welcoming Newcomers and How To Be An Ally with participation from men & women on Day 2
 - Women participation was very high throughout the FD activities

By- Pooja - WFD Coordinator



The Malaysia PR Workshop

PR Presentation was held at the invitation of Drug Policy Program Malaysia to provide an explanation about NA. This was related to changes in narcotics laws in Malaysia, pertaining to the decriminalization of drugs. And the Drug Policy Program sees NA as one solution to refer addicts who are still using so they can recover from addiction.

Friday, July 19, 2024

NA (PR Coordinator, FD Coordinator, WFD Coordinator, and 6 NA Malaysia members) attended a meeting at the Drug Policy Program office to prepare for a meeting with professionals the next day. In this meeting, we first explained what NA is and how this program runs and works for all of us.

Saturday, July 20 2024 (8.30 am – 5 pm)

This event was attended by around 30 professionals from various organizations and individuals who work closely with addicts, including psychologists, rehabilitation professionals, NGOs, and Islamic religious leaders.

This event was more of a workshop specifically explaining NA, questions and answers, we also mock demonstrated NA meetings. All participants were very enthusiastic during this presentation/interaction. From the start we were informed that in Malaysia NA is known as a very Christian 12 step program, so in the presentation and sharing we explained in detail that NA is a spiritual program, not a religious program. Explanations were received and understood very well.

We explained in detail the 12 steps, steps 1 – 12 with specific examples.

The follow-up tasks resulting from this meeting were follow-ups to all organizations present, the legal registration of NA Malaysia, and since then, several newcomers have attended the NA recovery meetings.

Thank you to the PR Workgroup members, NA Fellowship in Malaysia, NAWS for supporting us with literature and everyone else who helped us in facilitating this event.

In service,
Nita - APF PR Coordinator



JRCNA in Nagoya Japan Sponsorship Workshop Presented by WFD and Japan Region



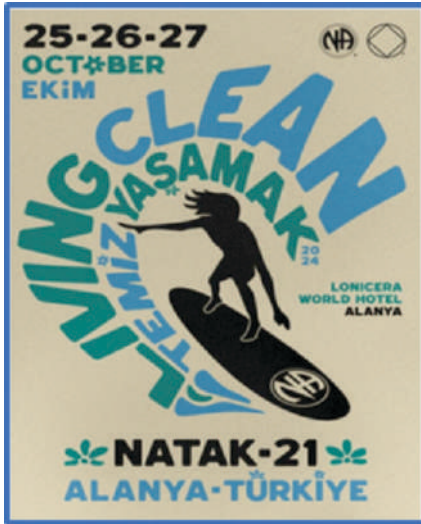
Clean Time dates

May		
01 MAY 2005	Hasib B	Bangladesh
07 May 2014	Rizky B	Indonesia
11 May 1993	Joydeep M	India
17 May 1999	Mahmoud B	Iran
June		
04 June 2014	Salim A	Oman
23 June 2001	Ehsan R	Iran
5 June 1991	Tim S	Australia
08 June 1992	Muk Sharon H	USA
09 June 1995	Ronnie V	Philippines
18 June 2006	Xueli	China
21 June 1994	Irfan	Pakistan
21 June 1979	Phyllis S	Hawai'i
25 June 1990	Deb F	Aotearoa NZ
25 June 1993	Archer K	Hawai'i
July		
01 July 2019	Carl D	Guam
04 July 2001	Reza A	Bangladesh
12 July 2021	Mohamed M	Qatar
25 July 2004	Sharon K	Aotearoa NZ
25 July 2008	Choney	Bhutan
27 July 2018	Reena U	Guam
August		
05 August 2001	Sajal R	Bangladesh
11 August 1997	Ian U	Thailand
16 August 1982	Sharleen F	Aotearoa NZ
20 August 1989	Sue K	Australia
24 August 2002	Nam Noel M	New York City
31 August 2023	Mohamed G	Qatar



Upcoming Events & Virtual Meetings

NATAK-21



NA AZERBAIJAN



WCNA 38



BAHRAIN-CNA



BLANCA 9



ARAKCNA XXV



KACNA IX



W&LGBTQIA+



APFCNA 4



KINGDOM OF BAHRAIN



TOGETHER WE CAN

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

APF Country Website Links

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

www.namalaysia.my

www.nahawaii.org

www.nakuwait.org

www.naindia.in

www.naqatar.net

www.omanna.org

www.nasingapore.org

www.nzna.org

www.nanepal.org

www.guamna.org

www.na-thailand.org

www.nahongkong.org

www.nakorea.org

www.nairan.org

www.nakuwait.org

www.na-bali.org

www.saudina.org



WORLDWIDE