



Asia Pacific Forum - Newsletter

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A NETWORK OF NA COMMUNITIES

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Inside

Articles:

- A message from Afghanistan
- More Revealed: A Journey of Continuous Discovery
- Insanity of Fear and Practicality of Faith
- Small Steps Toward Recovery Taken With NA
- An Addict's Reflections
- Making History: Capturing our NA Community Stories

Reports:

- Mid-Cycle Momentum: Charting Our Strategic Progress

Others

- Interview with a Recovering Addict (Salah Al-Balushi)
- APF Conference/convention4 Photos
- APF History, "We've come a long way!"
- NA Gathering during Ramadan in Oman
- Clean Time
- Recovery Crossword
- Worldwide Connections
- APF Country Website Links

Announcements:

APF Newly Elected Servants

- APF Newly Elected Servants:
- Divya.....PR WG Coordinator
- Basil.....APF RZD

APF Vacant Position (Interim)

SP WG Coordinator

Secretary

A Note from the Editor

First, my deep gratitude and appreciation to all the APF Communities for having elected me as your trusted servant in the Newsletter team. I also would like to thank all the previous and current editors for the amazing service they have been doing within the last few years. I also need to appreciate all of you for sending us your beautiful articles. Please keep them coming, you can send us your contributions to the Newsletter team at:

newsletter@apfna.org

Sincerely

Meysam M (APF Newsletter Coordinator)



Get your "I Serve" pins
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Please send your ideas to
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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

A message from Afghanistan From a meeting to becoming a region

Now that I am writing this letter, I have been clean for almost 17 years, thank God. Seventeen years ago I entered Narcotics Anonymous with a bag full of despair. At the end of my drug use, I was using and crying. Drugs did not give me pleasure anymore. I cried day and night, and while crying, I asked God to die, either take my life or take these drugs out of my life. My family, my lady, my child and everyone was suffering because of my using. No one was happy with me and I had no use for them except damage and injury. They all ran away from me. I was a completely bankrupt person. No one had comfort and peace by my side until after a while I received the message of the fellowship and entered the fellowship.



It was as if I had been reborn because I had reached the end of the line and was very tired. I listened, I tried to be a listener in order to learn well, I listened to my sponsor and started to work the steps. In my early clean time, I had many family and financial problems, it was very difficult for me. I was disappointed and I hoped that this program would work, but I always consulted with my sponsor. He suggested that I wait and work the steps until my life is in order. I listened to the words of my old timers and my sponsor. They told me to get service and serve the members in the meetings. I served, and gradually my clean time went to two and then three years! After two years, I consulted with my sponsor that I want to return to my country,

Afghanistan, but I was very afraid that if I go to Afghanistan, problems might arise for me, but my sponsor advised me of the third step, that in this program we have a kind God, and he always supports and cares for us. At that time, there was only one meeting in Afghanistan, and I was afraid that I would not be able to go to the meeting, but when I came to Afghanistan, an extraordinary thing happened to me, and that was that the meeting was on our street. I was very happy and thanked God very much. I thanked him for always taking care of us addicts.

At that time, the number of members was very small, so it was the best opportunity to serve in the NA. My sponsor told me that you can keep the light on for that meeting so that newcomers can come and do the meeting. I was disappointed. Maybe the meeting will be closed and no one will support, but my sponsor said that you should do your part in the service. Don't think about the future, whether the meeting will remain dynamic or not. Not being able to transfer the steps to him well, I felt irresponsible and uncommitted. I thought I didn't understand anything about the steps, and that's why I was worried about transferring the knowledge of the steps to my sponsees. But working steps with these sponsees was a good start and I learned many things that I did not think about at all. Little by little, the Afghan fellowship grew, which we didn't believe would happen, but because God supported us and the meetings it is true today.

My sponsor said that you are not the owner of the meetings. You just serve and turn the rest over to God according to the Third step. Little by little we grew. A training workshop was held by APF and members from Iran came to Afghanistan for this. Gradually, the structure of Afghanistan was formed and our fellowship moved towards becoming a Region, which we did not believe would ever happen. That one day we would ever grow this much. Today I am a good servant in the structure of the fellowship and in meetings here in the Afghanistan fellowship, and the members are supportive of me and happy with my service. I thank my sponsor for always supporting me to be active in the development of the Afghanistan fellowship.

Mazaher - Afghanistan

پیامی از افغانستان



اکنون که این نامه را می نویسم نزدیک به هفده سال است که پاک هستم. خداوشکر هفده سال قبل با کوله باری از ناامیدی و یاس وارد انجمن معتادان گمنام شدم دقیقاً یادم هست که اواخر مصرفم؛ هم مصرف می کردم و هم گریه می کردم دیگر مواد مخدر به من لذت نمی داد. شبانه روز گریه می کردم و در حین گریه از خداوند طلب مرگ می کردم که خدایا یا جان من را بگیر یا اینکه این مواد را از زندگی ام بیرون ببر.

خانواده ام، خانم ام، بچه ام همه بخاطر مصرف عذاب می کشیدند هیچکس از من دلخوشی نداشت و من برای آن ها جز خسارت و آسیب هیچ فایده ای نداشت. همه از دست من فراری بودند یک انسان کاملاً ورشکسته بودم هیچ کس کنار من اسایش و آرامش نداشت تا اینکه بعد از مدتی پیام انجمن را گرفتم و وارد انجمن شدم انگار دوباره متولد شده بودم چون به آخر خط رسیده بودم و خیلی خسته بودم و دیگر هیچ راهی نداشتن سعی کردم در انجمن به هر طریقی شده است ماندگار شوم سریعاً به حرف دوستان انجمنی گوش دادم و راهنما گرفتم تا توانستم حرف گوش دادم.

سعی کردم شنونده باشم تا عملکرد خوبی داشته باشم به حرف راهنمایم گوش کردم و شروع به کارکرد قدم ها کردم در روزهای اول پاکی مشکلات خانوادگی و مالی زیادی داشتم خیلی به من سخت می گذشت هم ناامید بودم و هم امیدوار بودم که این برنامه آیا کار خواهد کرد ولی دایم با راهنمایم مشورت می کردم او به من پیشنهاد داد صبر کنم و قدم ها را کار کنم تا زندگی ام سرو سامان بگیرد، به صحبت های دوستان قدیمی و راهنمایم گوش کردم آن ها به من گفتند خدمت بگیر و در جلسات به اعضا خدمات رسانی کن من هم تا توانستم به انجمن خدمت کردم کم کم چشم بهم زدم پاکی ام به سمت دوسال و سه سال رفت.

بعد دوسال با راهنمایم مشورت کردم که می خواهم به کشورم افغانستان برگردم اما به شدت ترس داشتم که اگر بروم افغانستان شاید مشکلاتی برای من پیش آید اما راهنمایم قدم سوم را برایم گوشزد کرد که در این برنامه ما خداوندی مهربان داریم و او همیشه حامی و مراقب ما می باشد آن موقع در افغانستان فقط یک جلسه بود و من ترس داشتم که نتوانم جلسه بروم اما وقتی به افغانستان آمدم اتفاق خارق العاده ای برای من رقم خورد و آن این بود که جلسه سر کوچه مان بود خیلی خوشحال شدم و از خداوند بسیار بسیار تشکر کردم که همیشه مراقب ما معتادان است آن زمان تعداد اعضا خیلی کم بود بنابراین بهترین فرصت بود تا در انجمن افغانستان خدمت می کردم.

راهنمایم به من گفت تا می توانی چراغ آن جلسه را روشن نگهدار تا تازه واردان بیایند و از جلسه استفاده کنند ناامید بودم شاید جلسه بسته شود و کسی حمایت نکند اما راهنمایم گفت شما سهم خود را در خدمات انجام بده به آینده فکر نکن که آیا جلسه پویا می ماند یا خیر بعد از مدتی یکی از اعضا به من پیشنهاد داد که راهنمایم شوم و با او قدم کار کنم اما ترس داشتم رهجو بگیرم که نتوانم به خوبی قدم ها را به او انتقال دهم، احساس می کردم مسئولیت پذیر و متعهد نیستم، فکر می کردم از قدم ها چیزی متوجه نشده ام و بخاطر همین برای انتقال قدم ها به رهجو نگران بودم ولی رهجو گرفتن شروع خوبی بود تا قدم ها را انتقال دهم، در حین انتقال قدم ها چیزهای زیادی به من گوشزد شد که اصلاً فکرش را نمی کردم.

کم کم انجمن افغانستان رشد کرد که باورش را نمی کردیم این اتفاق بیفتد، چون خداوند حامی ما و جلسات بود راهنمایم گفت صاحب جلسات شما نیستید شما فقط خدمت کن و بقیش را طبق قدم سوم به خداوند بسپار، کم کم توسط فرمانطقه ای پی اف کارگاه آموزشی برگزار شد و اعضای از ایران توسط ای پی اف به افغانستان آمدند و کارگاه آموزشی برگزار کردند کم کم ساختار افغانستان شکل گرفت و انجمن ما به سمت منطقه شدن پیش رفت که اصلاً باورش را نمی کردیم که روزی جلسه سر کوچه ما وسیع شود. من اصلاً فکر نمی کردم خدمتگزار خوبی در ساختار یا جلسه باشم اما جزو خدمتگزاران فعال انجمن افغانستان بودم و اعضا از من رضایت خوبی داشتند از راهنمایم تشکر می کنم که دایم حامی من بود تا در توسعه انجمن افغانستان فعال باشم.

مظاهر افغانستان

More Revealed: Isang Paglalakbay sa Patuloy na Pagtuklas

Magandang Pagbati ng Paggaling mula sa mainit na baybayin ng Pilipinas!

"More will be revealed." Ito ang tema na umalingawngaw sa buong ika-29 na Philippines Narcotics Anonymous Regional Convention (PNARC) na ginanap sa surfing capital ng Pilipinas – ang Siargao Island noong Enero 24-26, 2025. Bilang miyembro ng registration committee, nasaksihan ko ang kamanghamanghang pagkakaiba-iba ng ating pandaigdigang samahan. Sa 182 na dumalo, 156 ay nagmula sa tatlong rehiyon namin – Luzon, Visayas, at Mindanao, habang 26 pa ay mula sa iba't ibang panig ng mundo – Singapore, Thailand, Japan, Australia, Canada, Finland, at siyam na estado ng U.S. Ang tanawin ng napakaraming nagpapagaling na adik na nagkakaisa sa samahan, paggaling, at paglilingkod, ay lubos na nakakaantig at nakakapuno ng puso sa pinakamagandang paraan. Alam kong bahagi ako sa isang higit na malalim at malawak na layunin.

Sa sampung taon, apat na buwan, at dalawampu't dalawang araw na pagiging malinis ngayon, mas napapahalagahan ko ang mga sandaling ito at ang aking lugar sa mundong ito, ngunit hindi naman ito palaging ganito. Nasubukan ko ang panahon na akala ko ay wala na akong halaga at ginusto ko nang wakasan ang aking buhay dahil sa kawalan ng pag-asa. Sa aking pagkalulong, nasubukan kong maghintay sa tabi ng kalsada ng malaking trak na dadaan upang magpasagasa, umaasang matatapos na ang lahat ng sakit, guilt, at kahihiyan. Naniniwala ako na kailangan kong maranasan iyon dahil ngayon, kung aking titingnan ang nakaraan, nakikita ko kung paano ginabayan ang bawat hakbang ng aking paglalakbay at tila bawat karanasan ay paghahanda para sa susunod.

Ang aking sariling landas ng paggaling ay nagsimula sa mga pagpupulong ng NA sa Cebu City, kung saan, noong una, bihira ang mga babaeng may mahabang cleantime. Sa pamamagitan ng paghihiikayat ng ibang miyembro ng NA at sa aking pagnanais na gawin ang programa, dumayo ako sa ibang lugar at dumalo sa aking unang NA Convention sa Davao City upang kumuha ng sponsor mula doon. Doon naganap ang isang mahalagang sandali: isang imbitasyon na magbahagi sa open mic. Takot na takot ako at nahihiya na akala ko ay hihimatayin na ako sa nerbyos, ngunit sa banayad na



paghiikayat ng magiging sponsor ko, ibinahagi ko ang aking karanasan ng nang buong puso at katapatan – isang bagay na hindi ako sanay gawin. Bagama't malabo na ngayon ang mga detalye ng aking ibinahagi sa oras na 'yon, nananatili ang pakiramdam: ako'y nakita, narinig, at hindi maikakailang bahagi ng kabuuan. Ang karanasang ito ang nagturo sa akin ng kahalagahan ng pagharap at paglilingkod. Mula sa unang open-mic share na iyon, ang aking paglilingkod ay umunlad: paggawa sa mga Hakbang, pagdalo sa araw-araw na pagpupulong, pag-aaral ng mga Tradisyon, pag chair ng mga pagpupulong, paglilingkod bilang GSR para sa unang women's home group ng Cebu, pagpapasimula ng mga bagong pagpupulong, pagsasagawa ng H&I work, pagsasalita sa mga event ng NA, pagiging sponsor sa mga babae, pagbibigay ng PI presentations, pagrepresenta sa aming area, pagiging tagapangulo ng Women & LGBTQIA+ conventions, at pag-ambag sa lokal na pagsasalin – hanggang sa ako'y maging kaya nang mag-alaga at maglingkod sa aking sariling pamilya at maging sa mga komunidad sa labas ng samahan ng NA. Lahat ng ito ay dahil noong mga unang araw ko, noong mahina pa ako, pinahalagahan ako ng mga miyembro ng NA at tinuruan akong tumayo at maglingkod.

Hindi ko lubusang maipahayag sa salita ang lalim ng pasasalamat na nararamdaman ko sa mga sandali ng pagmamahal at pagtanggap na naranasan ko sa loob ng mga pagpupulong ng NA. Sa kabila ng mga pagkukulang at limitasyon ng mga tao, binigyan ako ng sapat at ligtas na espasyo upang makilala ang aking sarili, maghilom ang aking mga sugat, lumago ang aking pagkatao, magkamali at matuto. Sa biyaya ng Diyos at sa pamamagitan ng paggawa sa programa, nagawa kong buuin ang isang buhay na mahalaga sa akin – isang buhay na hindi ko na gusting takasan kahit gaano pa kahirap at hindi komportable ang realidad minsan. Ang puso ko'y puno ng pasasalamat sa mga nauna sa akin, na nag-abot ng kanilang kamay, nagbigay ng suporta, at nagbukas ng daan para sa aking paggaling. Ang aking patuloy na pagpapalago, pagpapalakas ng aking koneksyon sa aking Higher Power, at libreng pagbabahagi sa kung ano ang mga libreng ibinahagi sa akin, ay ang aking paraan ng pagpaparangal sa kanila. Kagaya nang "higit pa ang nahayag" sa akin, nanalangin ako na mas marami pang adik ang makaranas at masiyahan sa halintulad na paglalakbay sa patuloy na pagtuklas at paggaling.

– Dave D., Pilipinas | 09-29-2014

More Revealed: A Journey of Continuous Discovery

"More will be revealed." This was the theme that resonated throughout the 29th Philippines Narcotics Anonymous Regional Convention (PNARC) held in the surfing capital of the Philippines – Siargao Island last January 24-26, 2025. As a member of the registration committee, I witnessed the incredible diversity of our worldwide fellowship firsthand. Of the 182 attendees, 156 hailed from our region's three areas – Luzon, Visayas, and Mindanao, while 26 more from around the globe – Singapore, Thailand, Japan, Australia, Canada, Finland, and nine U.S. States. The sheer sight of so many recovering addicts united in fellowship, recovery, and service, was profoundly moving and overwhelming in the most beautiful way. I know I am a part of something larger than myself.

With ten years, four months, and twenty-two days of clean time today, I get to appreciate these moments and my space in this universe, but it wasn't always like that. There was a time when I believed I was worthless and I badly wanted to end my life out of desperation of hopelessness. During the bottom of my addiction, I would patiently wait on a sidewalk for a huge truck to pass by so I could jump right into it hoping to finally break myself free from all the pain, guilt, and shame. I guess I needed to experience that coz now looking back, I can see how each step of my journey has been guided and every single thing seemed like a preparation for the next one.

My own path of recovery began in the rooms of NA



in Cebu City, where, initially, the presence of women with substantial clean time was scarce. Through other NA members' encouragement and my desire to work the program, I traveled to another area and attended my first NA Convention in Davao City for the sole purpose of asking someone from there to be my sponsor. It held a defining moment: an invitation to share during an open mic. I was so afraid and too shy that I thought I would have a panic attack, but with the gentle nudge from my then-would-be sponsor, I shared my heart out with so much honesty and vulnerability – something I was never used to. Though the specifics of my share are now a blur, the feeling remains vivid: I was seen, heard, and undeniably a part of the whole. This experience instilled in me the importance of showing up and being of service. And show up I did. From that first open-mic share, my service has evolved: working the Steps, attending daily meetings, running errands, studying Traditions, chairing meetings, serving as a GSR for Cebu's first women's home group, starting new meetings, conducting H&I

work, speaking at NA events, sponsoring women, delivering PI presentations, representing my area, chairing Women & LGBTQIA+ conventions, and contributing to local translation efforts – eventually it progressed to me being capable of nurturing and serving my own family and even communities outside the NA fellowship. All of these because in my early, broken days, NA members valued me and showed me how to serve. Words cannot fully capture the depth of gratitude I feel for the countless moments of love and acceptance I've experienced within the rooms of NA. Despite people's imperfections and limitations, I have been given enough safe space to get to know myself, to heal, to grow, to stumble, and to learn. By God's grace and through working the program, I have been able to build a life that I cherish – one that I no longer want to run away from regardless of how uncomfortable and hard the reality can be at times. My heart overflows with gratitude for those who came before me, who extended their hands, offered their support, and paved the way for my recovery. My ongoing commitment to continuous growth, strengthening my connection with my Higher Power, and giving away what was freely given to me, are my ways of honoring them. Just as "more has been revealed" to me, I pray that more addicts will get to embrace and enjoy the same unfolding of truth and recovery.

Dave D., Philippines | 09-29-2014

29th Philippines Narcotics Anonymous Regional Convention Photos



Interview with a Recovering Addict (Salah.B)

Interviewer:

In the name of Allah, the Most Gracious, the Most Merciful. I am an addict, my name is Hassan, and today I am conducting an interview with my brother, Salah Al-Balushi, to answer questions that will help us in recovering from addiction.

First question: What does addiction mean to you, Salah?

Salah: I am Salah, an addict. Over time in recovery, my perspective on addiction has changed. In the beginning, I didn't even know that I had a disease. However, by consistently attending meetings of Narcotics Anonymous and staying engaged in recovery, I realized that I needed to work on the program's steps. When I started working on the steps, I began with the first step under the guidance of my sponsor. Somehow, I discovered that I was suffering from a disease called addiction— a chronic illness that will stay with me for life. It manifests as obsessive thoughts that control my mind, and if I don't address them in a specific way through the Narcotics Anonymous program, they will be active 24/7.

To contain this active disease, I must also be active in my personal recovery by attending meetings, working with my sponsor, praying, and practicing the steps. These are the things that help me keep this disease at bay. Every day, addiction appears to me in a different form—it may make me feel like I don't need meetings, or that I'm doing just fine on my own. Sometimes, my disease tries to convince me that I have full control, or even that addiction was just a temporary phase and that I've moved on. But by continuing to attend meetings and working on the steps, I realized that all my fears and shortcomings were rooted in this disease.

Interviewer: That's an insightful explanation. But can you summarize your definition of addiction in a simple sentence?

Salah: For me, addiction is a chronic and fatal disease, always waiting for a moment of weakness to exploit and drag me back into suffering and relapse.

Interviewer: Second question, my dear brother Salah: How did you find Narcotics Anonymous? How did the message reach you, and what was your experience when you first attended the meetings?

Salah: I knew about NA four or five years before I got sober, but I kept telling myself that I didn't need it. I thought I was managing my drug use just fine—until I hit rock bottom. When I finally decided I wanted to recover, it was very difficult for me to become an NA member. Why? Because I didn't believe in the program. I had a past experience that shaped my doubts—my own brother, my flesh and blood, died from an overdose despite regularly attending NA meetings. So I thought, if NA didn't work for him, how could it work for me?

At that time, I had no personal experience with the program or recovery. I was merely observing from



the outside, watching what happened within NA. My lack of faith in NA persisted until, towards the end of my drug use, I started seeing some of my old using friends getting sober and changing their lives through the program. That made me curious.

When I attended my first meeting, I was filled with doubt—I believed and didn't believe at the same time. My first meeting felt very negative because I didn't understand the atmosphere, the structure, the message, or the principles of the program. I didn't even know anyone in the room. It was especially hard because I was in another country, outside Oman, and I couldn't relate to anyone there. Nothing attracted me to stay.

However, because I was in a treatment facility where attending NA meetings was mandatory, I kept going. If I didn't attend, I would lose my phone privileges and my free time. So at first, I only attended to keep my phone and free time. But after two months of this forced attendance, I became someone who genuinely wanted to go to meetings. I started believing in the program and even began using my free time to attend meetings voluntarily.

Interviewer: You started believing—what made you believe?

Salah: I discovered that the NA program actually works, but only if the person is willing to work on themselves. I kept hearing in meetings, "The program works if you work it." That's when I saw the evidence—it has existed for years, and many people have stayed clean for a long time. I, myself, have now been clean for more than nine years, Alhamdulillah.

Interviewer: Third question: Which step are you currently working on, and how do you apply it in your life?

Salah: Right now, I'm working on the tenth step, which is about living the program daily. I constantly evaluate my relationship with myself, the program, my family, and society. I examine my shortcomings, weaknesses, and areas that need improvement.

Every day, I ask myself: Am I respecting my disease? Am I seeking help? Am I making decisions and surrendering my will and life to God? Am I keeping secrets, or am I being honest with my sponsor? Am I still holding onto my defects, or am I

replacing them with spiritual principles?

Interviewer: Fourth question: What is your understanding of recovery and relapse? How can a recovering addict maintain sobriety and avoid relapse?

Salah: The program is simple. I don't have a relapse experience, and I thank God for that. This is because I kept attending meetings and following the suggestions given by members and my sponsor.

If I surrender and commit to working the NA program as required, recovery is possible. However, if I give my disease any room and don't respect it, I open the door for relapse. It's simple: either you work on your recovery, or you work on your relapse.

Interviewer: Fifth question: What gifts has recovery given you?

Salah: The greatest gift I have is freedom—I am no longer a slave to any drug. Today, I wake up and go to sleep without pain, confusion, or desperation to get high. That, in itself, is a huge blessing.

Interviewer: So we can say the greatest gift is the gift of freedom?

Salah: Yes, freedom is the greatest gift, and I achieved it through the 12 steps.

Interviewer: Sixth question: How do you compare yourself before and after recovery?

Salah: Before recovery, I hated myself. I always tried to escape from who I was. But through the program, I learned to love and be compassionate towards myself. My old self was fake, shaped by addiction, but today, I have built a new personality based on spiritual principles and values. The difference between then and now is like moving from hell to heaven.

Interviewer: Seventh question: What does service mean to you in NA?

Salah: Service is saving the life of an addict who is still suffering—simple as that.

Interviewer: How has service helped you stay clean?

Salah: Service is the foundation of NA. Without service, there would be no meetings, no committees, and no way to carry the message. Service allows me to give back what I have received, helping others find the same opportunity for recovery.

Interviewer: What is your message to a newcomer in NA?

Salah: Please, give recovery a chance. If you don't gain anything, you have nothing to lose. But if you stay in addiction, the outcomes are always the same: jail, institutions, or death.

Interviewer: Finally, what message do you have for the families of addicts?

Salah: Never lose hope. Keep giving the addict a chance, support them, and help them recover to become productive members of the family and society.

مقابله مع مدمن متعافي (صلاح.ب)



المقدم:

بسم الله الرحمن الرحيم أنا مدمن أسمي حسن اليوم بعقد مقابلة مع أخي صلاح البلوشي لكي يجاوبنا عن أسئلة تفيدنا في التعافي من الإدمان.

أول سؤال : ما هو مفهوم الإدمان بالنسبة لك صلاح؟

صلاح:

أنا صلاح مدمن، يمكن من فترة لفترة في التعافي اختلف عندي منظوري تجاه مرض الإدمان في البدايات كنت اصلا ما اعرف ان في عندي انا مرض لكن من خلال مواصلة حضور الاجتماعات لزماله المدمنين المجهولين و من خلال مواصلات العودة اكتشفت اني انا احتاج اشتغل على خطوات البرنامج فلما جيت اشتغلت على الخطوات بديت بالخطوة الاولى مع الموجه و بطريقة ما أكتشفت أنه في مرض أنا بعاني منه أسمه مرض الادمان وأنه مزمن وموجود معايا الي الموت و هو عبارة عن شي وأفكار هوسيه مسيطره علي تفكيري و إذا أنا ما اشتغلت فيه بطريقة معينة من خلال برنامج المدمنين المجهولين فا هو يكون نشط ٢٤ ساعة في يومي فعشان أنا اليوم أحاصر هذا المرض النشط لازم أنا أيضا أكون نشط في تعافي الشخصي من خلال حضور اجتماعات، من خلال الموجه، من خلال الدعاء، من خلال العمل على الخطوات فهذه الأشياء التي ستساعدني أن أحاصر هذا المرض، فمرض الإدمان دائما كل يوم بيوم يأتيني بوجه مختلف، أحيانا لا أريد أن أحضر اجتماع، أحيانا يحسني أنني جيد لوحدي ، و أحيانا يقول لي مرضي الحبيب أنت تقدر و أحيانا المرض نفسه يقول لي أصلاً لا يوجد مرض هذا مجرد كان فترة معينة أنت كنت تعاني منها وخلصت المعاناه، لكن مع الاستمرارية في الحضور مع العمل على الخطوات اكتشفت أن المخاوف اللي من خلال شغلي بالخطوات شقتها فيا كلها مبنية على هذا المرض والعيوب والنواقص الي في تفكيري.

المقدم:

جميل الكلام لكن أنا أريد باختصار في جملة بسيطة تعريف صلاح لمرض الإدمان.

صلاح:

أوكيه نسبه لي باختصار هو مرض مزمن و مميت و ينتظر ذلة مني لكي يستغل هذا الذلة كي يوقعني في الأسى و الألم ثم التعاطي مرة أخرى.

المقدم:

السؤال الثاني أخي الحبيب صلاح : كيف أتيت إلى زمالة المدمنين المجهولين؟ كيف وصلت لك الرسالة؟ و كيف كانت خبرتك في أول حضورك للاجتماعات؟

صلاح:

انا عارف الزمالة من قبل أن أتعاقي بأربع أو خمس سنوات ولكن كنت لازلت اقول اني انا ما احتاج الزمالة. انا اموري طيبة في التعاطي. لحد ما شفت الويل. يعني لحد ما شفت الحضيض و القاع و لما جيت ابغى اتعافي. كان واجد صعب اني انا اكون عضو في زمالة المدمنين المجهولين. ليش؟ لان انا كنت ما أومن في الزمالة. لان عندي تجربة سابقة. عندي كان أخ من لحمي ودمي توفي بجرعة زائدة. فهو كان يحضر اجتماعات زمالة المدمنين المجهولين باستمرار، فلو اجتماعات زمالة المدمنين المجهولين أو برنامج زمالة المدمنين المجهولين نفسه كان شغال، كان بيشتغل مع اخوي الي توفي بجرعة زائدة و انه ما اشتغل مع اخوي فما يشتغل معي ، و في هذه الفترة أنا كنت يعني ما صاحب تجربة في البرنامج أو في التعافي و كنت فقط اشوف و أتابع الي بيحصل في البرنامج ، وما كان إيمان في زمالة المدمنين المجهولين ولكن في نهاية التعاطي و بداية التعافي قابلت اشخاص كثير كان لي علاقة معاهم و بعضهم كانوا أصحاب تعاطي ، رأيت أنهم بدأوا يتركوا التعاطي وبدأوا انهم بدخلوا البرنامج و بدأت حياتهم تتغير للأفضل طبعاً ، فقررت اني اجرّب. و في اول اجتماع حضرته كنت رايح مصدق وما مصدق. أومن وانا لا أومن. وهكذا كان بالنسبة لي أول اجتماع جدا سلبي. لان انا كنت لا أعرف جو الاجتماع ما اعرف الطريقة. ما اعرف البرنامج ماذا يحمل من رسالة و مبادئ. ما اعرف الأسلوب. وما اعرف الاشخاص اللي كانوا موجودين ولا واحد فيهم انا اعرفه. فكان صعب جدا اني انا اكون جزء من هؤلاء الناس الموجودين في الاجتماعات ، كنت ما اعرف احد من الأعضاء لأنني كنت دولة أخرى خارج سلطنة عمان و ما كنت شايف أي أوجه تشابه ولا كان فيه اي شيء يعني يجذبني. لكن مع التكرار و الحضور و لأنني كنت مجبر اني لازم احضر. والشئ اللي كان يجبرني اني كنت في مكان علاجي و كان لازم في أيام حضور اجتماعات زمالة المدمنين المجهولين و الحضور اجباري لاني اذا لم أحضر، راح يكون عندي سحب الهاتف الجوال وما أحصل على اجازتي لذلك كنت أحضر للحفاظ على تليفوني و اجازتي ولكن هذا الشيء لما تعاملوا معي بهذه الطريقة ، بعد شهرين أصبحت الشخص الذي يؤمن تماما و أحب أحضر الاجتماعات و أصبحت أخذ من اجازتي و اروح احضر اجتماعات.

المقدم:

أصبحت تؤمن ، وما الذي جعلك تؤمن؟

صلاح:

اني اكتشفت أن برنامج زمالة المدمنين المجهولين ناجح ولكن يعتمد على الشخص نفسه إذا أراد أن يتعافي يجب أن يعمل عليه بكل جهد ، دائما أسمعهم في الاجتماعات يقولوا أن البرنامج شغال، اذا اشتغلنا نحن عليه. البرنامج فعليا شغال و الدليل على ذلك أنه هو تأسس من سنين وفي ناس تعافت بمدة سنينة يعني طويلة و أني أنا اليوم متعافي من الإدمان لمدة أكثر من ٩ سنوات و الحمد لله.

المقدم:

السؤال الثالث: اي خطوة في البرنامج انت شغال عليها الآن؟ وايه اللي تقدر تقوله لنا عن هذه الخطوة وعن تطبيقها كيفية تطبيقها؟

صلاح:

يمكن انا الان الخطوة اللي جالس اتعايش فيها كتوجيه من الموجه هي معايشة البرنامج. الخطوة العاشرة المطلوبة في كتيب المعلومات الاي بي ، و هو العيش لليوم فقط. انا اشوف كيف علاقتي مع صلاح اليوم. انا اشوف علاقتي مع البرنامج. اليوم انا اشوف علاقتي مع عائلتي. اليوم انا اشوف صلاح مع البرنامج، مع العائلة، مع المجتمع. مع التعافي بشكل عام. اشوف صلاح وايش محتاج من النقاط ان هو يحاول يصلحها من نفسه. ايش هي العيوب. ايش هي النواقص. وين الخلل في صلاح اليوم موجود. هل صلاح اليوم محترم هذا المرض؟ هل اليوم صلاح يطلب مساعدة؟ هل اليوم صلاح يتخذ قرار ويلتزم فيه ويوكل وإرادته وحياته لعناية الله؟ هل صلاح لا زال في عنده اسرار؟ هل صلاح جالس يعترف بالأسرار اللي عنده مع الموجه؟ هل صلاح لا زال مستمر بممارسة العيوب والنواقص ولا صار لا يحاول يصلح هذا من هذه العيوب والنواقص الي مبادئ روحانية موجودة اليوم في البرنامج. هل صلاح لا زال محافظ على القائمة اللي في الثامنة والتاسعة انه ما يسوي اشياء جديدة عشان يعوض فيها؟ وهل صلاح اليوم جالس يشوف يطلب الله؟ جالس ادعي. جالس يتأمل بالنعم اللي هو موجود فيها. جالس يحسن علاقته برب العالمين في الخطوة ١١. وهل صلاح جالس يمارس حمل رسالة في خطوة ١٢ بطريقة ما اللي هو يشوفه مناسب ويخدم من نفسه و المدمنين الآخرين؟

المقدم:

السؤال الرابع عن التعافي والانتكاس: ما هو مفهومك عن التعافي مفهومك عن الانتكاس و كيف يستطيع المدمن المتعافي على الاستمرار في التعافي وتجنب الانتكاسة؟

صلاح:

البرنامج بسيط جدا ، انا ما عندي تجربة انتكاسة و الحمد لله، و هذا نتيجة اني واصلت الحضور و طبقت الأشياء و الاقتراحات اللي اسمعها في غرفة الاجتماع من خلال الأعضاء الذين سبقوني في التعافي والموجه. لما بدأت أومن واطبق شفت نفسي اني مواصل في رحلة التعافي و بدون أي انتكاسة، فهذا بحد ذاته اليوم انا أومن لما انا اليوم أستسلم و أسلم و اشتغل على برنامج زمالة المدمنين المجهولين بالشكل المطلوب مني، وما أصرار مع مرض الادمان و احترامه واحترام عجزه تجاهه، فعندها سيكون التعافي ممكنا. ولكن اذا انا فتحت مجال للمرض وما احترمت المرض وخليت التعافي في جهة اخرى، فهنا انا فتحت الباب للانتكاسة، ببساطه شديده اما أن تشتغل علي تعافيك أو تشتغل على انتكاساتك

Interview Continued...

مقابله مع مدمن متعافي (صلاح.ب)



لمقدم:

السؤال الخامس: ما هي الهدايا والعطايا التي أعطاه لك التعافي و برنامج زمالة المدمنين المجهولين؟

صلاح:

أكبر هدية وأكبر نعمة أنا دائما و بشكل يومي نستشعر فيها هي يمكن جدا بسيطة لكن بنظري عظيمة جدا وهي أنني اليوم أنا ما صرت عبد لأي مادة مخدرة، اليوم أنا صرت انام و صرت اصحى من غير أي ألم من غير أي تشويش ، وبدون أي صراعات علشان أنا اروح اتعاطى ومن عند مين اروح اتعاطى وكيف اجيب المادة المخدرة، كل هذا بحد ذاته اليوم بالنسبة لي نعمة.

المقدم:

يعني نقدر نقول أنها نعمة الحرية.

صلاح:

نعم، هي الحرية ثم الحرية هي أكبر هدية. واكتسبت الحرية من خلال الخطوات ١٢

المقدم:

السؤال السادس: كيف تقارن ما بين صلاح قبل التعافي من المخدرات وصلاح بعد التعافي ودخول

الزمالة؟

صلاح:

بصراحة أنا ممكن اتذكر أنا لما كنت مدمن للمخدرات نشط و أتيت البرنامج، أنا كنت لاحب صلاح بتاتا

كنت أكره نفسي. و دائما كنت اتهرب من صلاح، ولما دخلت البرنامج تعلمت كيف احب صلاح و

أتعاطف مع نفسي و أحب نفسي، ليش؟ لأن الشخصيات اللي أنا مارستها قبل التعاطي وفي التعاطي ما

كانت هي الشخصيات الحقيقية بالنسبة لي كانت جدا شخصيات مزيفة، لكن اليوم شخصيتي الجديدة اللي مبنية على المبادئ الروحانية والقيم الموجودة في حياتي، بحد ذاتها هي أنا اشوفها صورة جديدة لحياة جديدة ونمو جديد. فالمقارنة اليوم فيها فرق كبير، يعني مثل الانتقال من الجحيم إلى الجنة.

المقدم:

السؤال السابع: ما هو بالنسبة لك مفهوم الخدمة في زمالة المدمنين المجهولين؟

صلاح:

بالنسبة لي مفهوم الخدمة هو انقاذ روح المدمن الذي لا يزال يعاني. بكل اختصار.

المقدم:

السؤال الثامن له علاقة بنفس موضوع الخدمة. قل لنا عن خبرتك في الخدمة في الزمالة وكيف خدمته في الزمالة ساعدتك ان انت تتعافى.

صلاح:

أنا اذكر دائما يقولوا في برنامج زمالة المدمنين المجهولين أنه لولا الخدمة ما كانت أستمرت زمالة المدمنين المجهولين. الخدمة هي أساس بالنسبة لي. لماذا؟ لأن لو ما في

أعضاء يقومون بالخدمة ما كان يكون فيه اجتماعات، وكذلك اللجان ماراح تواصل في حمل رسالة الزمالة، والمجموعة ما راح تواصل، الخدمة جدا شيء أساسي في

زمالة المدمنين المجهولين. لأن اليوم مثل ما أنا أتاحت لي الفرصة اني اتعافى، لازم هذا الشيء أنا أخذه ونقله للآخرين عشان يتيح الفرصة للغير اللي بعدي أنه توصلهم

رساله التعافي.

المقدم:

كيف الخدمة ساعدتك ان انت تتعافى؟

صلاح:

الخدمة هي أكبر جزئية في تعافي الشخصي التي تساعدني ان امتنع عن تعاطي المخدرات واستمر في التعافي، الخدمة تطلعني من مرض الإدمان و التمحور حول الذات،

الخدمة تجعلني تتخلص من عيوب ونواقص الشخصية، من خلال الخدمة عرفت كيف تكون علاقة مع نفسي ومع الآخرين، عرفت ان اليوم انه ما في شيء في الحياة لازم

يكون فيه مقابل، يوجد لدي اليوم شيء اسمه الانسانية و الحب غير المشروط، أصبحت اليوم أنا اعمل اشيء لمساعدته الآخرين بدون مقابل هذا ما علمته لي الخدمة في

الزمالة.

المقدم:

السؤال التاسع: ما هي رسالتك للعضو الجديد في زمالة المدمنين المجهولين؟

صلاح:

رسالتى للعضو الجديد هي ارجوك تعال جرب التعافي اللي نحن جربناه. اذا انت ما ربحت شيئا، فأنت ما راح تخسر أي شيء. لأن أنا كشخص جربت عدة أشياء لكي امتنع

عن التعاطي للمخدرات، لكن كل هذه الأشياء اللي أنا جربتها فشلت. فأرجوك طالما برنامج زمالة المدمنين المجهولين بالفعل قد ساعدني وأنا صرت جزء من هذه التجربة،

فأنا أتمنى أنك تجرب وتشوف وتتخذ القرار، لأن لتعاطي المخدرات نهايته معروفة إما سجون أو مصحات أو الموت، فالיום، إذا كنت تريد ان تكون الانسان اللي يعيش

الحياة بطبيعتها بحلاوتها ومرارتها لكن بدون عبودية المخدرات و العيش بسكينه و راحة و بدون خوف، اذا لازم تجرب برنامج زمالة المدمنين المجهولين.

المقدم:

السؤال الأخير لك أخي العزيز صلاح هو: ما هي الرسالة التي تحب أن توصلها لأهل المدمن الذي لا يزال يعاني ماذا تقول تقول لهم لكي يساعدوا المدمن هذا انه يتعافى.

صلاح:

لا تخيبوا الامل. واصلوا في إعطاء الفرصة للمدمن. احتضنوا المدمن فهو أكثر شخص محتاج لكم و لمساعدتكم حتي يتعافى و يصبح شخص منتج في الأسرة و المجتمع.

"Insanity of fear and practicality of faith"

It's 1995. Little KayKay (me) is regularly told by adults that she's so well-behaved and cute. Little do they know that my silence and shy smiles are just on the outside, while my nervous system alarms are in full-blown panic. My complicated relationship with fear begins, and my mind gets obsessed with objects I can blame. My brain chooses spiders and the dark.

It's 2003. High School Biology KayKay (still me) shrieks as the class playfully shows her a picture of a tarantula, thinking she's overreacting for the laughs. That night, she stares at the ceiling, wondering why she doesn't get along with anyone—and also why they're so stupid.

2010 rolls around. Active Addiction KayKay wonders if being a sophomore for a third year could be because of the drugs. The last two years were spent recovering from suicidal ideation and depression. Her new prescribed meds flare up her panic, and she forgets to eat. Of course, it can't be the drugs—the drugs are what take away the fears! Finally, a reprieve from all the complicated feelings and signals that get in the way of feeling good. The drugs are what take away the needs that get in the way of the wants.

2020 finds me at rock bottom—a sliced collection of parts given to different groups of people. Fragments that I rushed to present to anyone and everyone, hoping they wouldn't see my whole flawed self. My entitlement was a shield from having to admit the shitshow swirling inside me.

Now I don't just see that as insanity, but also as super impractical. The steps opened me up to being curious: What is right-sized among all the mountains and ant hills I've been running in circles around? What's the simplest way to do things? How much relief and clarity can I get from meetings and my sponsor?

These cute questions—seemingly obvious and



easy—revealed the truth about why powerlessness scared me in 2010. I thought I was at fault, imperfect, defective, and unworthy of peace because I didn't have godly power. I thought I was wrong and incompetent for not being able to control other people or reality.

The steps freed me to finally have a relationship with a greater power—a power that can handle all the spiders of the world. My higher power will bring to my awareness what I can then look at from all the perspectives of the fellowship. I can ask for signs and listen and be intuitive instead of compulsive. But listen, I said "I can," not "I do." God will do for me what I cannot do for myself—only. With the things I can do, I'm on my own, and I need to be honest when I have a barrier or when I'm unwilling. I surround myself with people who tell on themselves. I attend at least two meetings a week. I don't pick up no matter what, and I ask for help to keep it up.

In 2023, construction next door set it up so that spiders would regularly scurry across the wall in front of my desk while I was in online work meetings. In 2024, the electricity went out because of a storm while I was in the shower—and the door was locked. These incredibly significant moments were the first times I witnessed these situations and was calm on the inside.

The feeling I get when I'm in a situation that used to terrify me, and now feel a calm... Blows my mind. I can't describe to any newcomer the gratitude that I have for you letting me be of service and hearing my story. Thank you to APF and the people I met at the APF Convention of NA in Oman who told me about this newsletter and allowed me to be of service. The photo attached is a wonderful moment where I got to pose with these very large keytags. I hope so deeply, and with so much willingness, that I will never take any day clean for granted. No matter how many years I have, if I happen to be blessed with more, I hope I remember this transformation and new life I've been given. And not knowing, but having unconditional hope, feels really good today.

-KayKay Saudi

Safety Pamphlet Workgroup's Achievement

"My Safety, Our Responsibility: In and Out of Meetings"

We would like to extend our heartfelt gratitude to APF for their invaluable support throughout the past year. As the Safety Pamphlet Workgroup, we are proud to have contributed towards fulfilling APF's Goal #2: In the APF zone, NA is a safe place for women and sets clear expectations for appropriate behavior.

Our dedicated team met over 10 times between April 2024 and January 2025. With 9+ members, we were committed to diversity and inclusivity. We collaborated with members across various regions, including Australia, Singapore, Guam, Thailand, Hawaii, India, and Oman. We also included representation of LGBTQIA+ individuals in our efforts.

We also utilized a WhatsApp chat group to efficiently coordinate meeting times and ensure communication across different time zones. This involved us moving forward together through difficult conversations and embracing the acceptance of our differences in experience. The only way for workgroups to fulfill their functions is to practice principles before personalities and come together for the good of service in NA.

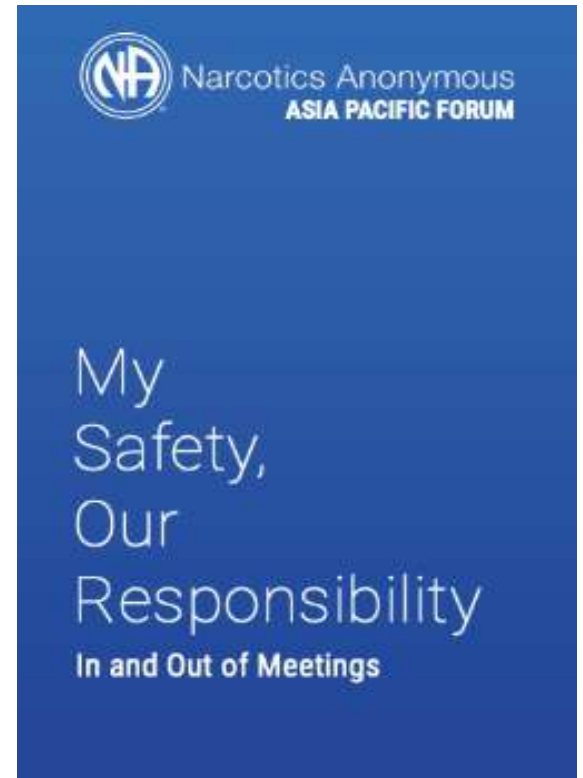
As we worked on the pamphlet, we kept in mind that these safety issues can happen to anyone, not

just women or newcomers. Inclusivity was a central focus, ensuring we used gender-neutral and inclusive language, acknowledging that people may identify as he, she, or they. This is important to ensure everyone feels seen and heard in recovery spaces.

The pamphlet also emphasizes that everyone shares responsibility in creating a safe environment—not only during meetings but also before and after. This is crucial in fostering a sense of accountability across all interactions. We also carefully considered the naming of the pamphlet, understanding that it should reflect the importance of everyone's role in maintaining safety and respect.

We hope that no addict needs to leave recovery due to feeling unsafe, harassed, or experiencing other inappropriate behaviors. It is only together that we are safe to recover, both inside and outside of meetings.

We request that everyone please visit <https://www.apfna.org/strategic-planning> where you can read the pamphlet online or download it to print for distribution and translation within your region. We encourage you to hold discussions with your homegroup, region, and fellow members on how we can come together to support the safety of those in recovery.



In Service,
Joanna

NA를 향한 회복의 작은 발걸음

2024년 NA 대한민국 국제포럼에 참가하며

부산에서 열린 NA 대한민국 국제포럼을 다녀왔습니다. 부산가톨릭대학교 강당에 굉장히 많은 분들이 오셨습니다. 준비도 잘하신 것 같았고 진행도 원활하게 운영되었습니다. 수많은 회복자분들이 계신 것을 보고 살짝 놀랐습니다. 그때제가 느낀 점은 나의 눈에 보이지 않는 곳에서도 열심히 회복을 하시는 분들이 이렇게나 많구나였습니다. 보통 그룹별 모임은 10명~30명 정도 모였었는데, 200분이 넘게 계신 것을 보고 힘을 얻을 수 있었습니다.

드디어 한국, 일본, 필리핀의 회복자

들이 경험담을 나누는 시간이 되었습니다. 각 지역별 대표가 경험담을 나누는 것을 들으면서 공감할 수 있는 점은 한 가지였습니다. 모두가 하나같이 누군가로부터 도움을 받았다는 내용이었습니. 우리는 혼자서는 회복할 수 없었다는 사실을 이제는 알고 있습니다. 도움을 받을 수 있다는 것은 참으로 감사한 일입니다. 중독자로서 살아오면서 우리는 스스로를 방어하기 위해 도움을 받지 않았습니다. 스스로를 방어하기 위해 도움의 손길을 뿌리쳐야 한다는 것이 참 아이러니합니다. 물질에 취해 살고 있을 때 우리는 아이러니한 상황을 많이 겪었습니다. 하지만 그런 상황을 알아챈 힘들었습니다. 누군가의 도움이 없다면 절대 깨지지 않는 세상에 살고 있었던 것 같습니다.

경험담이 끝나고 매번 우리가 했던 것처럼 모두가 빙 둘러앉았습니다. 한 시간 동안 각자의 경험담을 이야기 하였습니다. 한 일본의 중독자가 이야기한 경험담이 인상 깊었습니다. 그는 자신의 어릴 적 이야기부터 풀어갔습니다. 처참했던 어린 시절이 그를 약물의 세상으로 끌고 들어갔다고 했습니다. 어려웠던 유년 시절, 청년기 그는 그렇게 약물 중독의 세계로 들어가 버리고 말았습니다. 바닥을 치고 지금은 회복을 시작한 지 한 참이 되었고 지금의 평온한 시간에 감사한다고 이야기 했습니다.

. 그의 경험담을 들으면서 문득 나의 과거가 떠올랐습니다. 나의 할아버지는 나에게 매우 자상한 분이었습니다. 물론 술을 드시지 않을 때입니다. 술을 많이 드실 때면 폭력적으로 변하고 폭언을 하셨습니다. 할머니, 삼촌, 그리고 이모들은 이런 상황을 지긋지긋해했습니다. 할아버지가 술을 많이 드시고 들어오면 모두 대피해야 했습니다. 술이 깰 때까지 혹은 잠이 들 때까지 집 밖으로 피신을 해야 했습니다. 이런 수많은 사건 중의 한 부분일 뿐이고 실제로는 수도 없이 많은 어처구니없는 사건들이 많았습니다. 이름도 기억나지 않는 일본에서 오신 중독자 멤버의 경험담을 통해서 나의 어릴 적 경험들이 떠올랐습니다.

우리는 그런 것 같습니다. 매번 모임을 통해서, 상대방의 경험담을 통해서 우리 자신을 찾아가는 것 같습니다. 우리는 같은 문제로 보였고, 같은 관심사를 이야기하기 때문에 모두가 공감할 수 있습니다. 우리가 가진 것을 지키기 위해선 나누어야 한다는 NA의 가치를 확인할 수 있는 자리였습니다.

내년에도 기대됩니다. 우리가 함께할 수 있어 감사하고, 도움을 받을 수 있어 감사하고, 누군가를 도울 수 있어서 감사합니다.

당산 NA의 문을 두드리다.

안녕하세요 약물 중독자 벚꽃입니다. 저는 내향적인 성격의 소유자며 말이 많이 없고, 부끄러움이 많았습니다.

어느 날 저는 필로폰을 투약할 기회를 가지게 되었습니다. 예전에도 살면서 약물을 접해 보기는 했지만 필로폰만큼 강력한 것은 없었습니다. 어쩌면 내향적이고 부끄러움이 많았던 자신이 불만이었기 때문에 필로폰이 주는 강력함 취할 수 밖에 없었나 봅니다. 내가 가진 결핍을 채우고도 남고, 흘러넘치는 에너지를 주체할 수가 없을 정도로 약물에 폭 빠져버렸습니다. 살면서 현재를 만족하지 못했기 때문에 항상 미래에 대한 기대와 희망만 가지고 살아왔습니다. 현실에 만족하지 못하는데 미래라고 만족할 수 있겠습니까? 그러나 그때는 현재가 불만족스럽기 때문에 미래를 꿈꾼다고 믿었습니다. 망상 환자였던 것이죠. 처음 약물을 만났을 때 두려움에 '딱 한 번만 해볼까?'라는 식으로 시작했습니다. 판도라의 상자를 열어버렸고 상자는 닫히지 않았습니다. 저는 단 한 번의 약물 사용으로 중독자의 길을 걸었습니다. 약물생각이 끊이지 않았습니다.

. 약물을 사용해야 내가 살 수 있을 것 같은 강박을 얻었습니다. 조절 망상은 벌써 중독이 한참 지난 뒤 찾아왔습니다. 일상이 무너지는 것을 보고서야 "줄여야 하나?"라는 생각을 했었습니다. 계속되는 사건에 여러 번의 재판을 받고 처벌도 받았음에도 계속해서 상자의 뚜껑을 열어 버렸습니다. 완전히 약물에 노출되어 재판도 나의 약물 사용을 멈추게 하지는 못했습니다.

결국 교도소에 갔고 그 안에서 회복에 대한 메시지를 받았습니. 중독자임을 시인했고 누군가의 도움이 절실했습니. 메시지를 주신 선생님께서 NA 모임에 가야 한다고 제안을 하셨습니다. 저는 출소하고 당일 날 모임에 가기로 마음을 먹었습니다. 앞서 말씀드린 대로, 저는 내향적이고 부끄러움을 많이 타는 성격입니다. 그런 저에게 NA 모임의 문을 두드리기란 약물을 끊기로 마음을 먹는 것 처럼 어려웠습니.

출소 당일날은 당산에서 NA 모임이 있는 날이었습니다. 새벽 시간에 교도소 정문을 나와서 교도소의 담장을 바라보고 서 있었습니다. 많은 감정이 교차하는 시간이었습니다. 막상 나가면 모든 문제가 해결되고 후련함에 온 몸이 소름이 돋을 것이라는 예상과 달리 매우 담담한 이나 자신을 휘감았습니다. 그렇게 나가고만 싶었던 곳인데 정이 들었는지 약간의 아쉬움도 남아 있었습니다. 담장을 바라보며 잠시 서서 생각하던 순간에 앞으로 어떻게 살 것인가에 대한 고민을 해보았습니다. 두려웠습니. 어떤 미래가 펼쳐질지 그려지지 않았습니.

12 단계를 알려 주신 선생님께서 출소하면 마약 퇴치 운동 본부에 가서 도움을 받고, 꼭 모임에 참석하라고 신신 당부 하였습니다. 같은 중독자로서 너무나 편안한 모습을 가지고 계셨던 분이라 의심하지 않았습니. 오전에 집에 도착해서 어머니께 인사를 드리고 오후에 모임에 갔습니. 당신의 NA 문앞에서 서오만 가지 생각이 들었습니다. 반겨주지 않으면 어떻게 하지? 나에게 이상한 것을 시키면 어떻게 하지? 혹시 약물 중독자들이 많은데 약물이 있는 것은 아닐까? 건달들이 있는 것은 아닐까? 난 친화력이 없는 데 어찌지? 등등 오만 가지 걱정이 들어 문을 두드리기가 겁이 났습니.

용기를 냈고 문을 두드렸습니다. 모임이 시작했습니다. 나의 걱정과는 모두 정반대로 흘러갔습니. 나를 환영해 주었고, 나의 문제를 들어주려 했으며, 전부 좋은 사람들 같았습니다. 병원을 예약해 주었고, 포옹을 해주었습니다. 라면을 끓여 주었고, 커피를 사 주셨어요. 나의 문제에 귀 기울여 주었고, 공감을 해주었습니다. 저는 모임에 잘 왔다는 생각이 들었습니다. 처음 경험담을 정신 없이 뭐라고 이야기 했는지 기억도 안 납니다. 출소했고, 도움을 받으러 왔고, 약물을 끊을 수 없어서 그래서 왔다고 이야기한 걸로 기억이 납니다. 첫날 저의 모임에 대한 개인적인 느낌은 '도움을 받을 수 있겠다'라는 약간의 믿음이었습니.

그 이후로 빠지지 않고 모임에 갔습니. 모임은 저에게 구원의 존재였습니다. 그동안 망가졌던 관계를 조금씩 다시 일으켜 주었고, 소속감을 가지게 했습니다. 모임 덕에 병원에 가서 진료도 받게 되었고, 마약 퇴치 운동 본부의 프로그램도 듣게 되었습니다. 모임 안에서 무언가 나도 말할 수 있고, 공감 받을 수 있다는 것이 너무 좋았습니다. 나의 약쟁이 생활과 교도소 생활, 형사 사건들은 어디 가서 입도 뽕긋 못할 것 같았는데, 어떤 이야기든 받아주는 곳이 모임이었습니다. 그때 당시 저에겐 로맨티커거나, 고상하거나, 유행에 관련된 이야기나, 문화 생활 이야기 같은 것들은 제 머릿속에서 없었습니다. 전과가 몇 개인지, 몇 년을 받았는지, 수감 생활은 어땠는지, 무슨 약물을 했는지, 약물을 사용하고 어떤 미친 짓들을 했는지, 공범이 누구지 뭐 이런 것들만 머릿속에 있었는데 그런 이야기를 해도 괜찮은 곳이 모임이었습니다. 그런 이야기들은 점점 약물에 무력하게 끌려다닐 수밖에 없었던 이야기로 변했고, 어떻게 하면 약물을 하지 않을 수 있을까에 대한 이야기로 흘러갔습니. 약물을 끊을 수 있을 것 같다는 믿음이 있다는 이야기로 변해갔고, 약물을 잘 끊고 있다는 이야기로 이어졌습니다. 지금은 감사함과 봉사에 대한 이야기를 합니다.

앞선 회복자분들의 이야기에 관심이 가기 시작했을 때 멤버분들의 경험담이 들리기 시작했습니다. 멤버분들의 경험담을 들으며 나를 찾아갔습니. 그 안에 답이 있었고, 응원이 있었고, 감사가 있었습니다. 중독자로 살던 저는 감사함을 표현하는 것이 용기가 필요한 일이었습니다. 매일 숨어야 하기에 감사할 틈이 없었습니다. 그러나 이제는 감사함을 알게 되었습니다. 요즘은 살짝 미래에 대한 기대도 합니다. 과연 나는 일년 뒤, 혹은 이년, 삼년 뒤엔 어떤 삶을 살까?라는 생각을 합니다. 그때도 평안하길 바랍니다. 삶의 풍요로움을 주신 신께 감사합니다. 수렁에 빠져 허우적대는 나를 건져 주신 위대한 힘께 감사합니다. 그리고 저의 어두움을 걷어 주신 후원자 선생님께도 감사합니다. 또 항상 옆에서 많은 힘을 주시는 멤버분들께 감사합니다. 매일 아침 특별한 하루가 시작됩니다. 너무 많은 도움을 받았습니다. 그래서 너무 감사합니다.

벚꽃, 대한민국

Small Steps Toward Recovery Taken With NA

Attending 2024 NA Korea World Forum

I joined the 2024 NA Korea World Forum event held at Busan in December 2024. The event was held with 200+ NA members from various NA communities including the Korea Seoul region, Korea Busan region, Japan, and the Philippines. I was surprised to see huge numbers of members having a recovery journey. I've got an included feeling by witnessing the recovery proofs in international surroundings. In general, a single group has around 10 to 30 members, but this multi-group event has 200+ members. It encourages me to stay in a serene recovery journey.

While sharing the recovery experience of each region's members, I got a strong point of consensus. Addicts have recovered with another addict's or supporters' help. We fully recognized that the recovery journey won't be able to be sustained by an addict alone. I am grateful to get support from NA members at any time. When I struggled with addiction, I didn't ask for support from others. It is ironic to get away from one's hands to be self-defensive. By the way, I didn't realize the ironic situations while I was addicted to substances. It is something that can't be broken without support from outside of me.

After the experience sharing, we sat around and shared each other's experience. One of the Japan member's experience was impressive. He started his journey of recovery from his childhood background. The gloomy and miserable years dragged him into addiction. Fortunately, it's been a long time since he stopped using substances, and he feels thankful in his mind for serene times. I reflected my own growth era into his experience. My grandfather was a generous one when he was not drunk. When he drank, he showed violent ego, in terms of both action and wording. It makes family members keep their distance from him. It is one small story led by his addiction tendency, and our family members should be patient from this kind of incident. The story from Japan's community reminds me of my childhood years.

We are the ones who find ourselves in other members' experiences in the NA community. We gathered to fight the same problem, and it brought consensus by including ourselves on the same page. The NA Korea World Forum event proves the NA value described by the words "We should share our thought, feeling and experience to protect ourselves"

I look forward to the 2025 NA Korea World Forum.

Grateful for being together, grateful for getting supported, grateful for giving hands to other addictions who struggle.

Stepping through the door of Dangsang NA

This is Blossom who is an addict. I have an introverted and shy personality, and speak less. It had blocked me from joining the NA community, as it is hard to quit using drugs.

One day, I got a chance to use a very strong drug. I had experience of using various types of drugs, but this drug was the most powerful one. I believed that the drug covered my incomplete personality of being



introverted and shy, and it brought me into the addiction. Even if I filled the void, I became addicted more and more, even though I couldn't control the overflowing dopamine. I daydreamed expectations and hopes for the future, even though I couldn't be fulfilled by life in the present. How can I feel fulfilled for the future even if I won't be satisfied with the present? By the way, I believed I dreamed of happiness in the future to overcome misery in the present. I was in delusion. I felt fear when I faced the drug at first, and started with thinking "One time would be okay?" But it was a Pandora's Box and can't be packed again. I have been a drug addict by single drug use. I couldn't stop thinking of using the drug. Compulsion tortured me. Delusions came into my mind, and it blocked me from using drugs while I was watching my life collapse. I couldn't stop using drugs even though it was making myself go through multiple trials and convictions.

The recovery message finally visited me in the jail. I recognized myself as an addict and desperately was seeking someone's help. The recovery class instructor recommended me to join the NA community. I took a first step heading to NA. As I said prior in this article, I have an introverted and shy personality, and speak less. It had blocked me from joining the NA community, as it is hard to quit using drugs.

My release date from jail was a day having an NA scheduled meeting in Dangsang. I stepped out a door of the prison and saw the wall of it. I was obsessed with complicated feelings. Somewhat calm and fear-like feelings visited me. It is not an expected portrait which I expected in a prison. Somewhat attached ego harassed me, who wanted to be free. I started to draw how I would recover my life further, but no clear future was not drawn. I was afraid.

My sponsor said, "Please make sure you get support from the addiction recovery center, and join the NA meeting." I could open my mind, because the sponsor is a person who has a recovery journey for multiple years. I visited the NA meeting after having time with my family. Complicated feelings came to mind. "How

can I control my feeling if I'm not included in the meeting?" - "I'm a shy person who can't take actions that are shameful" - "Can I bear if there are a bunch of drugs with addicts?" - "I'm afraid if villains harass me" - "I don't have confidence to get along well with others." Overwhelmed feeling blocked me from stepping through a NA door.

But I encouraged myself and stepped through the door. After the NA meeting started, all concerns were gone. Members welcomed me and listened to my stories. They recommended to me to be helped from a clinic. Moreover, members sympathized and listened to my problems, with hugs. I've loved community time having coffee and snacks after the NA meeting. I got confidence, even though I can't fully remember my first experience sharing under nervousness. Feelings for the first NA day were a bit of growing belief that I can request "hands of help" from here.

I've joined every meeting since then. NA meetings have saved my life and recovery journey. My own collapsed network recovered by having a sense of belonging. I started to take medical treatment, and joined a programmatic cure led by an addiction support center. Talking freely and being included encouraged me. The NA meeting is the only place I can talk about any topics including: my story getting through the time when I hit a bottom, life in the prison, and legal related ones. At that time, there's no trendy stories, such as romantic, classy, or cultural related ones. The things I can talk freely with others were from my experience, what drugs I used, crazy things I did while high, who was my accomplice, and etc. NA members showed empathy in every topic. The stories that I was interested in were changed to remind myself of who I was, to have no choice but to be dragged by drugs, and to find a way to crash the vicious cycle. Now I'm talking about my belief of what I can do, and the story of getting through recovery. I can feel thankful feelings by supporting other addicts. I could give my attendance to NA members' stories about recovery slowly. It was a starting point. I've started to listen to others. I could find myself truly by hearing. Answers, cheers, and thankfulness; all of them were in members' stories. When I was an addict, it was hard to say thanks. I couldn't have a time to look back on my life and say thanks, because I should hide myself from others. By the way, I will know thanks now. I still worry about the future, regarding my life in a year, a couple of years, and so on. I pray to god to make me stay in serenity. Thank god for giving abundance in my life again. Thanks to the power let me get out of a mire of life. Thank the sponsor who shed a light in my life. Thanks to the NA members for their courage. I am starting a special morning of recovery everyday. It can be possible with plenty of support. Thanks all saving my days.

Blossom, South Korea

2025 Asia Pacific Forum Conference

The APF Conference was held from February 9th to February 12th in Muscat, Oman. We had 23 regions represented, with 6 communities participating virtually. The conference included sessions on community challenges and solutions, gender-neutral and inclusive language in our literature, the history of NA in a region, strategic planning, public relations and fellowship development, and newsletters. We were also privileged to have a session from the NA World Service Office. Additionally, consensus was reached on many proposals and reports presented during the conference.

On behalf of APF, we extend our heartfelt gratitude to the local fellowship in Oman for hosting us, the delegates who participated both physically and virtually, the NAWS Board, the WSO staff, and all those who contributed—either directly or indirectly—to the success of this conference.

In Loving Service,
Bijay, APF Chairperson

Asia Pacific Forum Conference / Convention - 4 (Photos)



An Addict's Reflections - A Bitter Sonic Journey

There was a sound...
A sound that came from nothing,
Or perhaps from a time before I was a child,
Or maybe... before I was even born.
I do not know.
I am not here to write where that sound came from —
The sound that slaughtered millions,
Shattered lives,
Reduced homes to ruins.
It breathes life in a moment,
And kills for a lifetime.
Destruction — in the purest form of letters.
Someone once told me,
"This path knows not the meaning of mercy."
Mercy, then, upon those who followed that sound,
And mercy upon the one who spoke those words.
It began...
A sound, barely heard —
Some days it came, some days it vanished.
Simple...
Perhaps it was my ignorance of weakness, of restraint,
A vast world called freedom
That today, I savor.
And for that place, O Lord, that gathers us —
The ones who survived that long, endless loss —
I praise You.
I once thought it was me who chose that path,
Little did I know
I was only answering the call of a sickness
That knows not the meaning of “enough.”
It started softly, whispering:
"Try... just once... you’re not like them —
The homeless, the jailed,
The forgotten souls on the streets."
May mercy be upon them...
And perhaps,
I am the one who magnified that sound...
No — I do not wish to blame myself for anything,
Not the past,
Not even the day I didn’t go to school.
The reason was clear — yes, it was the sickness.
After a long, bitter time — I won’t deny —
There was a brief moment... they called it celebration,
And we... a honeymoon.
But tread lightly,
Don’t dive too deep,
And never forget the word — bitter.
In the end, I found myself in the kindest of all fates — prison.
Yes, prison was mercy.
There are only three ends to this road:

Death, madness, or prison.
And on the second day behind those bars,
I... awoke.
Yes, there — only there — I realized
How I had ignored my mother’s sacred tears,
My father’s mighty words,
And my family’s grief —
Losing my brother,
And watching my own departure draw near.
Where was I?
What had I done?
Who was this — steering every choice I made?
Where was my work?
Where were the childhood friends —
The ones who never walked my path?
That sound...
It started as nothing but a whisper: “Try.”
And then it came back,
With a mighty army of voices:
Guilt,
Regret,
That endless question —
"How do I escape this noise?"
But not through what they called "treatment" —
No... it was bigger than that.
It was embrace.
It was life itself.
Before I end,
Let me remind you —
It was a bitter world,
A world that stripped you of the most precious gift — freedom.
No thoughts,
No dreams,
Just one sound —
Louder than anything else:
Use... Use... Use...
And what use?
Not for joy.
Not for pleasure, like them.
It was a desperate use —
Every hour, every moment —
A heavy dose to silence
Those voices you could never understand,
Unless you carry
What I carry —
In my body, my soul, my every feeling:
A disease...
They call it “ADDICTION”.
Ali K (Oman)

خواطر مدمن

رحله صوتيه مريره

هناك كان صوت جاء من العدم أو لربما كان قبل أن أكون طفلاً أو لربما قبل أن أولد لا أعلم لست هنا لأكتب من أين جاء ذلك الصوت الذي قتل الملايين وشتت حياتهم وخرّب بيوتهم بحبيهم في لحظة وبميتهم زمناً طويلاً مدمر
بمعنى أدق الحروف قال لي أحدهم ذات يوم هذا الطريق لا يعلم معنى الرحمة فرحمة الله على من اتبع ذلك الصوت ورحمة الله على من قال لي ذلك الكلام . كانت البداية صوت غير مسموع يوماً يأتي ويوماً يختفي بسيطاً لربما
كان عدم إدراكي بمعنى العجز والتحفّظ وغيرها عالم كبير من الحرية اليوم أنا أستمتع بها فك الحمد ربي على ذلك المكان الذي يجمعنا بمن نجي من ذلك الضياع الطويل كنت أعتقد أنني أنا من أراد ذلك لم أعلم أنني أتبع نداء
مرضاً لا يعلم معنى كلمة الشيع بدايتها بدأ يلقي علي تلك الأصوات الصغيرة جرب فقط مرة أنت مختلف عن المشردين فالشوارع وفالسجون والذين لا أنساهم رحمة الله عليهم لا أعلم ربما أنا الذي كبرت حجم ذلك الصوت أو تعلم
لست أحب أن اللقي اللوم على نفسي بأي شيء كان فالماضي حتى ذلك اليوم الذي لم أذهب إلى المدرسة كان سببه نعم المرض بعد زمن طويل كان مرير لا أنكر كانت هناك فترة وجيزة بما تسمى الإحتفال عندهم وشهر العسل عندنا
على مهلك لا تتعمق ولا تنسى تلك الكلمة مرير إنتهى بي المطاف الأكثر رحمة وهو السجن كالعادة نعم كان السجن رحمة فهناك ثلاثة مطافات لا غيرها الموت أو الجنون أو السجن في ثاني يوم خلف تلك القضبان تستطيع أن تقول
أنني إستيقضت نعم هناك فقط إنتبهت أنني تجاهلت دموع أمي الجلييلة وكلام أبي العظيم وحزن عائلتي على رحيل أخي وعلى رؤيتهم إقتراب موعد رحيلي أين أنا وماذا فعلت من هو الذي تحكم بكل توجهاتي أين عملي أين أصدقاء
الطفولة الذين لم يسلكوا نفس مسار طريقي بدأ ذلك الصوت من مجرد ما كان فقط (جرب) في يوم من الأيام بدأ يأتي بجيش جبار كبير بأصوات مختلفة من تأنيب الضمير ومن الحسرة على الذات ومن ذلك السؤال كيف الخلاص
من هذا الضجيج دون ما كنت أسميه بالعلاج ولكن يجب أن أعترف كان أكبر من مجرد علاج بالنسبة لي كان إحتواء كان حياة قبل أن أنتهي أحب أن أذكرك بأنه كان عالم مرير ينزع منك أثمن ما تملك الحرية لا أفكار غير صوت
واحد تعاطى تعاطى وأي تعاطي ؟ ليس من أجل السعادة أو من أجل الكيف كما هم يتعاطون كان تعاطي قهري في كل ساعة هناك جرعة كبيرة من أجل تخميد تلك الأصوات التي لن تفهمها إن كنت لا تحمل ما أحمله في
جسدي وروحي ومشاعري مرض يسمى بمرض الإدمان

علي.ك
عمان

APF History, "We've come a long way"!

1993: The first APF Newsletter was distributed at the 2nd annual Hawaii Regional Convention, which was held at Kailua-Kona, on the Big Island of Hawaii in November, 1993. An Asia Pacific Forum Workshop was also held at the convention for interested members, and a translated Japanese speaking meeting for our members from Japan. The APF Newsletter was mailed out in stamped envelopes to interested members, Areas, and Regions.

2025: Now the APF newsletter is digital for all of the fellowship, free to download on the APF website and circulated and translated widely throughout the 29 member communities

~ 1993: "Bombay is hosting their 2nd Convention in January 1994, "We are the Proof". The fellowship in Bombay started in 1987 and currently has about 100 members in 13 groups including 1 women's meeting. They are active in public information and H&I work. Their translation of IP #1 in Hindi has been completed and recently approved. Their translations committee is currently working on new projects.

2025: Today there are 27 meetings a week in Mumbai and there are 13 IPs translated into Hindi as well as the Fourth Step Guide and the Basic Text.

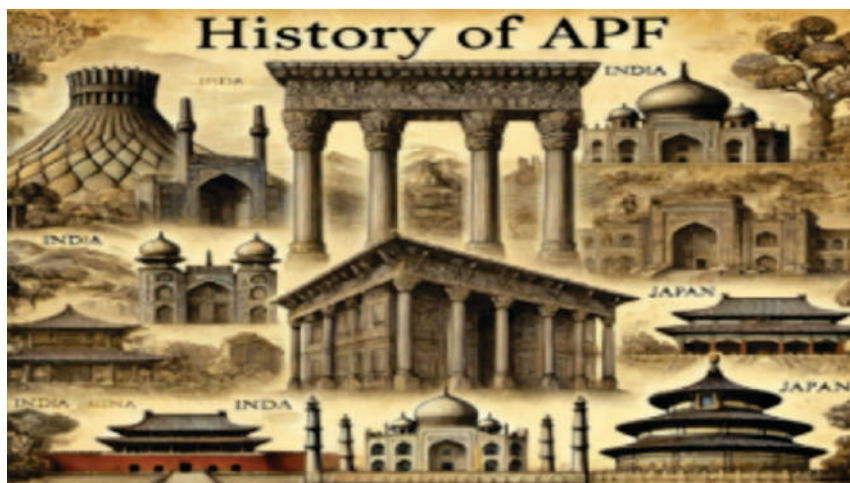
~ 1996: In the Philippines NA is 6 years old and they have 18 meetings per week in the Metro Manila area, 1 on Mindanao and 1 in the Visaya area. NA is supported in the Government Rehabilitation Centre and has become a part of their program. They just recently held their very first convention.

2025: The 29th Philippine NA Convention was held in January 2025! NA meetings in the Philippines are held regularly across various regions, providing support to individuals seeking recovery from addiction. Tagalog literature includes 12 IPs, the Introductory Guide to NA, the White Book, the Basic Text and Readings.

~ May 1996: Malaysia a growing NA community was very enthusiastic about the APF meeting in Kuala Lumpur. Although the fellowships started in Petaling Jaya in 1986 its slow growing, and they have only one meeting a week and a young fellowship, but are already working on translations and are doing H&I work. Languages in Malaysia include; Bahasa Malaysia, Tamil, Chinese, and Hindi. Public Relations with the Government are difficult. The Malaysian Government has very strict views on addicts and addiction and possession of relatively small amounts of narcotics can have severe consequences.

2025: NA in Malaysia has grown. Regional growth has spread the message of recovery to other states across Malaysia such as Johor Bahru, Pahang, and Kelantan but many areas are still underserved and do not yet have in-person access to the fellowship. Despite this, NA maintains a strong presence in the central areas of Kuala Lumpur and Selangor with several active working committees serving to develop the reach of NA. Vital to this are the committees of the Hospitals and Institutions Outreach and the Literature Translation. At present, NA Malaysia has ongoing meetings each day of the week at locations in Kuala Lumpur, Selangor, and Johor Bahru with a total of 5 Home Groups actively running within the NA fellowship. Literature includes 10 IPs and Readings

~ 1996: Singapore Fellowship can currently only hold meetings in a



treatment facility there. The Government does not allow them to conduct NA meetings outside of the treatment facility. Representatives from the WSO have said they will assist the local fellowship with ways to get permission to take meetings to the outside.

2025: There are now 11 meetings a week at various locations in Singapore.

~ 1996: NA in Calcutta started in 1986. The first meeting was in an individual's house who was director of a local rehab. The meeting stopped for two years and then restarted in 1988 with three members who began translating NA literature on their own. There are now 4 regular groups with up to 15 members regularly attending and sometimes as many as 30. Their translations committee has just finished IP #1 in Bengali, which is currently being evaluated by the WSTC. 80% of the Calcutta members are Bengali speaking. The Calcutta Area just held their first Convention which was very successful.

2025: NA in Kolkata has 54 NA Groups and holds 82 meetings per week. There are 8 IPs, the Basic Text and the White Book available in Bengali today.

NA began its message in Iran in 1980 at the Qarchak Rehabilitation Center by a few members who were following the principles of the fellowship in their recovery. In 1994, with the increase in the number of recovering members and the spiritual support of Iranian authorities, the first NA group officially began operating in Iran.

2025: There are currently 5226 groups and 22031 meetings. (Iran)

The NA of Afghanistan was started in 2009 by the efforts of several recovering addicts who got clean in the NA meetings of Iran, in "Dasht Barchi" of Kabul, the capital of Afghanistan. These members started their meetings 4 days a week with a small number of NA literatures and IP, NA introduction booklet, meeting addresses and distributed them throughout the city. They also tried their contacts to send messages to addicts in clinics and detoxification centers under of the government. They started their activities so that by carrying NA message to our members, they will become members of NA and thus get their recovery.

2025: There are currently 22 groups and 80-100 meetings per week. (Afghanistan)

NA Gathering during Ramadan in Oman



Ramadan NA Gathering in Oman: A Celebration of Unity, and Recovery

On March 14th, 2025, members of Narcotics Anonymous (NA) in Oman came together for a special gathering in honor of the holy month of Ramadan. The event, held at a peaceful local farmhouse, provided a serene setting for reflection and connection.

Following the Iftar meal, the gathering transitioned into a speaker meeting, where members shared their stories of hope, strength, and spiritual growth.

The event offered an opportunity for newcomers to connect with other members. This gathering was a powerful reminder of the importance of tradition and our unity.

As the evening unfolded, it was an opportunity in recovery, grounded in the shared spirit of Ramadan.

Making History: Capturing our NA Community Stories

As a truly global fellowship, NA has come a long way. But it is easy to forget what it was like for those who came before us: those members in our communities who struggled to provide safe spaces for addicts to recover and maintain their recovery. Compiling community histories - for a book or a website - is a good way to recognise and honor those incredible efforts over many years and decades. At the recent APF meeting in Oman, Red Y from the Aotearoa-New Zealand fellowship talked about his region's experience, strength and hope in compiling its community's history.

In 1989, I attended the first ever meeting of the Aotearoa-New Zealand Regional Service Committee. I was elected PR chair. For many years we had been part of the Australasian region. We made history that day!!! I've never forgotten those special service milestones. More and more, they feel like our family history.

So how can we as individual communities remember - and honour - such special moments in our history? In 2004, our RSC realised our fellowship's 25th birthday was coming up! We decided it was a great opportunity to celebrate!. To party! We also decided it was time to begin a project to compile the history of that momentous quarter century. The main focus would be on the evolution of the service structure, but that would bring in everything else to do with our fellowship.

So WHY did we do it? First, we felt it would help create unity and inspire our members. It might be also help us take inventory as a service body. The final product - a book - also might be a useful public relations tool.

That was because we planned to include a survey of our community, a 'snapshot' of who we were: age of the membership, gender, race, employment status, referral circumstances and much more. We debated it and decided it was a good idea.

So WHO did the work? The region elected a small team - me included - to run the project. We framed up a project plan and some timelines. We especially wanted to record the voices of our founding members, many who were ageing.

So HOW did we actually do it? And what would the result look like? And how were we going to tell our story? We'd always been good at keeping records. We always had conscientious secretaries - maybe the hardest job in service! We'd already



established a kind of fellowship archive - a stack of cardboard boxes of musty old minutes and convention financial reports! There was more paper around back then!!

So we started reading through those records - man, it was powerful. We found a great model - the Australian RSC history book *Recovery Down Under*. It told the no-holds-barred story of the struggles towards getting a service structure going. There were chapters about all the regional services - histories of literature distribution, conventions, PR and H&I. It helped us frame up a synopsis, a list of chapters, timelines etc.

So how were we going to make something that looked good? Our archive also contained many of our community treasures: fading cloth banners, newsletters, fliers, T-shirts, convention posters and badges - all that memorabilia. In short we had a vast collection of ready made artwork for a book or website. We also looked for ways to signpost our

journey towards becoming a more representative and diverse community. We recognised that as predominantly European membership, we needed to think about catering to the needs of addicts from our indigenous Maori community.

It was a busy year of drafting and editing chapters. And we kept shouting out to our oldtimers to contribute stories. In some cases we came and interviewed them. Mostly, they agreed to write down in their own words their recovery memories, the good, the bad and the ugly. We put no limit on the word count. This took months and involved a lot of chasing up - this is NA. But members 'got' what what we were doing and we gathered a lot of material.

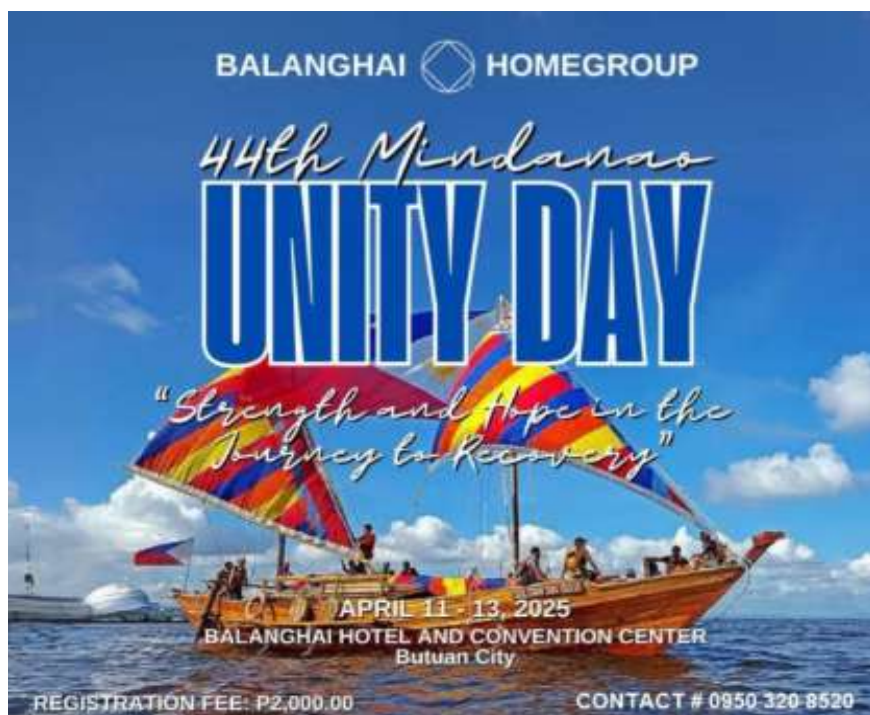
And we told our contributors we would edit their contributions and send those back to them for final review before they were placed in chapters. The editing and the approvals took time, but we got there. We even included a chapter about the APF - and its first meeting, held in New Zealand in 1992. I was there!

We were lucky to get *Keeping NZ Clean: Narcotics Anonymous in Aotearoa: a brief history* printed cheaply. A member painted the cover. We launched the book with a huge chocolate cake. And our founder Janet C flew from Auckland. She has since passed, but fortunately we had her story. We printed 500 copies. Now they're treasures themselves. Communities that have compiled their own histories confirm they found the process inspiring and unifying. If yours is thinking about doing one, please get in touch with me. I am happy to help.

Let me end with a quote from our introduction: 'Building a working community took a thousand mistakes. At times people ran out of the room in tears, vowing never to return. Some went out, used and died; others thankfully stayed. Again and again, we were forced to revisit our Twelve Traditions - providing us with practical guidelines on how to run our groups and get along. Thanks to these Traditions, our community and its members survived.'

'Keeping NZ Clean is awarts-and-all-story. In any ways it is our community taking inventory on close to a quarter century of existence. Many voices can be heard in this book - voices bursting with pride, with joy with gratitude. All are looking forward to the next quarter century. And the one after that. We do recover.'

Upcoming Events & Virtual Meetings



If you wish to have your future events posted Email newsletter@apfna.org

Clean Time

December

02 December 2007	David R	China
16 December 2011	Carrie	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
26 December 2011	Sanjeev	India

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 2010	Ali	Pakistan (South)
19 January 2016	Andy	Guam

February

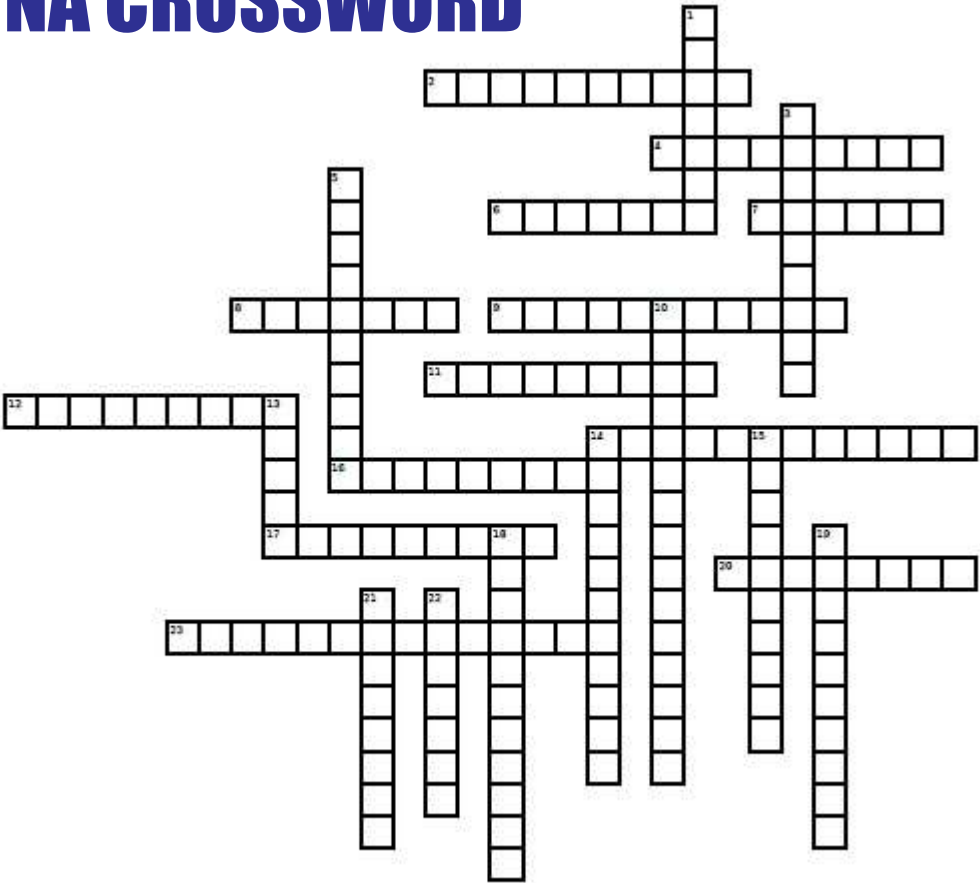
01 February 2021	Jatin	India
08 February 2001	Rocky	NERF (North East India)
13 February 2008	R.K. Gunikanta	NERF (North East India)
18 February 2000	Sam B	USA
18 February 2018	Hassan M	Qatar
20 February 2016	Jennette	Guam

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
10 March 2021	Esha MB	India
13 March 2018	Mohammed W	Qatar
15 March 2021	Ahmed A	Qatar
26 March 1995	Ricky S	Philippines
31 March 1994	Wajid A	Pakistan



NA CROSSWORD



Down:

- 1. That no addict need die from _____ of addiction
- 3. Ever reminding us to place.
- 5. Our Traditions that can protect us from ourselves
- 10. There is no room for this is NA. (Basic Text Page 72)
- 13. We become a part of and found that we could recover.
- 14. We always say that this is a _____ illness and whose ends are always the same. Jails,
- 15. This is the physical aspect of our disease.
- 18. This is a 2 way street.
- 19. What is the Key to our symbol. (Hint – Our Symbol)

Across:

- 2. Recovery in our group is one of our most valued assets. (Hint basic text page 64, Edition6)
- 4. Our Mind , Body and Spirit was _____ by drugs.
- 6. There are No _____ attached to this 12 step program.
- 7. It is always said that it is the Job
- 8. Step One means that we do not have to use illness and this is a great _____
- 9. Value of one addict helping another is without parallel.
- 11. This is dangerous to spiritual growth.
- 12. We do recover to live clean and happy lives. Welcome to NA. The steps do not end here. The steps are a _____

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

www.na-hawaii.org

www.nakr.org

