

Asia Pacific Newsletter

29th Edition

Service and Home Groups Edition

Welcome to the September 2007 Edition of the Asia Pacific Forum Newsletter. This newsletter aims to provide you with information about our communities and activities and this edition also includes some information and personal experiences with Home Groups.

Building Better Home Groups is a topic chosen by the last

Narcotics Anonymous World service Conference as something for the worldwide fellowship discuss. We hope that you enjoy reading this edition. If you enjoy this Newsletter and believe that other people would like to read it, please print copies and take them to your home-groups and service meetings for distribution.

To find out more about the Asia Pacific Forum you can access our website on: www.apfna.org and if you want to access full versions of the community reports from the last APF meeting you can find them at www.apfna.org/apf_minutes/downloads/2007/community_reports/

Asian Pacific Forum Statement of Purpose

The Asian Pacific Forum is made up of the NA communities from the Asian Pacific Zone.

The Regions and communities of the Asia Pacific have joined together to discuss issues of mutual concern, address our common needs, exchange ideas and share experiences to further our primary purpose

The forum is intended to compliment the existing service structure of NA

Our goal is:

- a) To develop and support NA in this part of the world
- b) To support translations of NA literature into our languages
- c) To support Outreach, H&I and Public Information efforts within Asia Pacific
- d) To maintain and support communication among NA members, communities and Regions within this part of the world
- e) To continue working with NAWs in our efforts.

The APF Meeting - Out of This World – Thank You

My experience at APF Nepal has been out of this world. I never knew that as an addict I could experience such beautiful feelings which cannot be expressed in words. It was the most wonderful time I had ever had in my whole life.

Imagine the Love, Care, Respect for what you are, Hope, and Strength flowing all around you by the people that you had never met before, and who belong to different parts of the world having diverse cultural and religious beliefs. It simply was an overwhelming event for me. So many good things happened to me there, like the feelings of being part of the fellowship, which comprises of people with varying and sometimes conflicting religious beliefs and cultural practices, but their hearts are filled with nothing but

selfless Love, Care, and deep respect for each other. While sitting in the APF meeting I felt like being honored by God to be a part of NA service.

Another gift I was graced with was that I found my long awaited sponsor who filled my life with joy by making me see the life in a different perspective. And then the Nepal Convention filled my heart with such wonderful feelings which will have a very special place in my memory for the rest of my life.

God bless you all for making my life so meaningful and excited which earlier knew nothing but despair and wished to die.

Hugs Hamid RD Alt. Pakistan (North)

Email articles or stories of recovery for the APF Newsletter to:

newsletter@apfna.org

Thank you from the Top of the World – Nepal Report

First of all we were glad to see you all on the top of the world. Although we are the new region we are growing very rapidly in the corner of east to west of Nepal. Thank you very much for giving us the opportunity to welcome you all.

We now have around 42 groups 63 weekly meetings and about 1800 members. We get approximately 500 Newcomers a year from institutions & H&I as well.

We have 6 Areas with H&I, PI, Merchandise & translation subcommittees. We only have a Translation subcommittee in Regional level. We rotate our Regional meeting around the Areas to promote unity and exchange ideas to solve Area problems. We hold lots of

campouts, workshops, PI presentations, H&I meetings in area level. H&I and PI is doing well.

We also held our 1st Regional Convention. For the first time in the history of NA-Nepal people from the different corners of Nepal were there to share their Experience, Hope & Strength as well as lots of foreign members. The convention was one which grew the environment of leadership cultivation.

We seem to be getting better at organizing our Translation work since we formed the translation coordination committee (TCC) among all the Area LTCs. We have submitted IP1 and are doing IP22 & 14.

Once again thank you very much for being with us & giving us this opportunity to be the part of this worldwide fellowship, NAMASTE

My Experience of the APF Meeting in Nepal

Thank you to all the delegates who attended the Asia Pacific Forum Meeting in Nagarkot, Nepal early this year. Thank you for your love & support, it was a wonderful learning experience for me. I left Nepal with the lingering impression that a fellow Nepali NA

member gave me. Nepal stands for Never Ending Peace And Love. The Peace and Love that I received from my fellow delegates & all the members there will always be nurtured & cherished deep in my heart & spirit. Hugs, Dominic G. Acting Alt RD Philippine Regio

In Loving Service – The Malaysia Report

We currently have 14 meetings in our community and 6 groups spread across the country with approximately 100 members. The service work is accomplished by around 10 committed members and around 2 newcomers arrive each week generally referred from treatment centres. We believe that we need to focus

more on sponsorship to assist newcomers to get clean and recover.

We are re-starting a translations subcommittee to translate NA literature into Bahasa Malaysia and we hope that one day we have a central literature shipping and NA office within the APF.

Greetings from NERF, India

Our region is close to poppy cultivation and heroin production in the Golden Triangle making drugs easily available and there is major heroin trafficking. Socio-political unrest, unemployment, corruption, the secessionist movement and HIV problems affect our community. Many of our NA friends go missing due to this disease.

In spite of the facts of various problem and constraints, NERF has been carrying messages of NA and continuing its activities in the region.

We have organized our 4th Camp out and our 7th H & I weekend this year. We had 5 Service workshops, an H&I learning day, an ASC service workshop and we are

developing local PI brochures, the Manipuri translation of the 4th Step guidelines and a local newsletter. We held our 16th Regional Assembly, service workshops in Nagaland and are developing a website.

At present we are experiencing a shortage of literature; our finances, on-line orders and shipping charges make things difficult. We are fortunate in receiving a consignment of literature from Australia fellowship so we extend our hearty gratitude to them.

We lastly would like to extend our sincere gratitude to NAWs and APF for their support and understanding. May GOD bless you all and wonderful recovery.

Brief APF Admin Report

The meeting evaluations indicated that the community reports and discussions were valuable and that some delegates found the complexity and language requirements of the NAWs Presentation challenging.

We will bear this in mind when we develop the agenda for future meetings.

Officially Hong Kong is now part of China and we will be removing them from our roll call.

Special Focus This Edition: Building Stronger Home Groups

This topic was chosen by the World Service Conference for discussion in the fellowship during the next conference cycle.

Having a home group has been considered by many of us to be an important part of the foundation of our recovery for the reasons identified by the Aotearoa New Zealand Convention workshop including: feeling like an important part of a group, giving us a sense of

belonging and the opportunity to work with others in NA service. Being in the home group can help us develop and maintain our commitment to recovery and give us a place to share our stories more intimately, celebrate recovery milestones and carry the message to newcomers.

We asked some of our members to write and give us their experience and ideas regarding Home Groups.

My Home Group – Florida USA

My home group meets on Wednesday evenings at 19.30-21.00. We meet in a small church in Boynton Beach, Florida, US. The format of the meeting is "Chair's choice" (the person who is chairing the meeting for the month) of literature reading, usually a short selection or part of an IP - always NA approved literature, followed by three minutes of silent meditation. We aren't allowed to have candles and the lights are kept on low. Then the meeting is opened up to general sharing either on the reading or on whatever struggle (or success) that member is experiencing in their recovery.

I joined this group because of its focus on welcoming the newcomer while at the same time providing a space for people who have been in recovery for a long time. The cleantime of the members ranges from brand new to nearly 25 years. Having a mid-week opportunity to gather with others for a focused meditation is a bright spot in my schedule. Nearly every week after the meeting several of us will go to a local restaurant for a meal and additional fellowship. This was a very important part of my getting comfortable in this community when I moved here 18 months ago.

Bob J. Lake Worth, FL USA

My Home Group in Wellington Aotearoa New Zealand

My Home Group is the Monday night Wellington, Just For Today meeting. We are 30 to 40 people of various cleantime; the most is 24 years clean. The meeting is non-smoking. We sit in a circle on uncomfortable old wood and metal school chairs. The floor is lino/vinyl tiles. The lights are florescent tube lights. The Serenity Prayer, Steps and Traditions banners lie on the floor in the middle of the room. The venue is in the middle of the city beside the St Mary's of the Angels church, which is beautiful. Our building looks like a concrete bunker! Although the venue it is not very nice, I love this meeting. If NA was about aesthetics I would have never lasted. Thank goodness it is about our message!

I joined this meeting some years ago after the Lesbian & Gay Monday night meeting was closing. I have had a Monday night Home Group for all of my recovery (19 years today). This meeting is the one I try to attend all conscience meetings at and also where I do service. I am currently serving as meeting Secretary. It is where if I do not attend and I have not told someone I am not

coming to the meeting, someone will call me to see that I am OK.

It is also where I feel responsible to look after/check on the trusted servants of the meeting (if I am not one of them myself) to see if they are OK about being a secretary, do they have all that they need. Also if they are a Treasurer, is the money getting to the bank? Do they know when the ASC's are and when they are. Do they need anything and are they feeling supported, as opposed to electing someone to a position and leaving them to it and only becoming involved if they are not doing what they were elected to do.

Usually I will celebrate my clean time birthdays at my Home Group. I see that we are all to support the new comers; however I make a special effort at my Home Group meeting. I was once told the only reason you do not attend your Home Group is a funeral or a death. Your funeral or death!

Love Hamish

An Alternate View Regarding Home Groups: Home Groups are Overrated

It is my opinion that the concept of having a "home group" is overrated, especially in small communities.

In Kuala Lumpur (KL), where there are only 3 groups holding a total of four meetings a week, there is, in my opinion, no arguable necessity to identify with any one of these groups as "home" – it would be far more constructive if all members attended meetings of any and all groups. As seen here, most members of any one Home Group are rarely seen at meetings held by other groups.

It is my observation that, where KL is concerned, the

notion of belonging to a particular Home Group has created an illusion of "us and them". This does not augur well for unity, which is of the utmost requisite in small communities like ours.

However, in KL at least, there is an unwritten expectation that one must belong to a Home Group, lest he/she be viewed as a dissident, at worse, or a bad influence, at best.

These days I consider Kuala Lumpur and all its groups as my "home" – whenever and wherever I lay my hat.

David K., Malaysia

My Home Group – Toorak, Melbourne, Australia

I have been a member of a home group ever since I first came to NA and it has always made me feel like I was participating fully in the fellowship. My current home group has been meeting in the same building for the last 17 years. Sometimes it can be so crowded that people have to stand in the doorway. We have a good balance of older cleaner members and newcomers and we make an effort to welcome people and provide a friendly atmosphere of recovery. I have had various jobs in the group mainly GSR and I also pick up the cigarette butts after the meeting because it is a kindergarten during the

day time and we need to maintain good relations with the people who rent us the hall.

Although I would encourage people to join a home group I also agree that we must be careful that group loyalty does not create a "them and us" mentality where groups compete with each other or we feel uncomfortable going to other meetings because they do things differently to us. After all we are members of the same fellowship. We welcome visitors from any group in the world, please come and join us on Tuesday nights.

Ron B

More Community Reports**Community Report from Pakistan (South) 2007**

Hi, my name is Tufail an addict from NA community Pakistan (south). There have been meetings here since 1994, groups since 1998 and an Area formed since 2004. We currently have eight groups of 5 to 15 members. About 6 to 12 members are having 2 to 10 years clean time and we get about 3-5 new members per month from rehabs.

We have been progressing translations in Urdu. We have some key tags, the LWB and some IPs but we do not have an approved glossary of NA terms completed. We are submitting to NAWS on CD an URDU translation of "A guide to local service in NA", and a translation of the "12 steps working guide" will be done within the next six months.

We have been holding new events in our community; our first ever brain storming workshop had 60-65 addicts, our area/region organized an awareness program on NA structure & the participation was 50 members. And we held a full night get-together with 50 addicts from four groups.

We need more Urdu literature about recovery in our community and would appreciate a fellowship development trip from the APF to assist us to grow, best would be someone from India. We would like workshops on the service structure and responsibilities and how to develop committees. We also want to learn how to grow our fellowship/network, meetings and members and guidelines about fund raising.

In Loving Service

STOP PRESS

Hi All

We are very pleased to have our first ever H&I workshop in Pakistan (North). It went on beautifully and every one participated enthusiastically.

Love and Hugs NA Pakistan North

Xin Chao and Hugs from Vietnam

By now you, all should have heard our most exciting news. We have three (3) Vietnamese meetings in Ho Chi Minh City. There will be another one starting in Bien Hoa, about 2 hours from HCMC after TET. This new one will be more like an Institutional Meeting; with luck, it will blossom from that to another Vietnamese meeting.

All the meetings are in HCMC and only a few blocks apart. The Vietnamese have followed the English style of meetings, which are held in a coffee shop that sells alcohol as the English members are not allowed to meet in private.

The new Vietnamese members are getting the message while they are in treatment centers and then they have created their own meetings with the support of English members.

The number one key issue in our area is still the same, translated material and getting those that are translated approved. The USA translated version is in the old

southern language however the modern Vietnamese uses the northern structure. This is not a big problem but there is no consistency in the language.

We are currently trying to get the message out to as many people and groups as we can. This is still not easy, as we have not been approved to exist yet. However, several treatment centers have stated they have a license and could run meetings. Remember we can meet only if the government has no problem with this. That is why the English meeting meets in public. We have ruined a few people's drinks with them listening to us while they are relaxing.

Yours in loving service Ford T Vietnam's APF rep

PS Hi All, just a quick not to let you know that we have added a 12 step meeting to our list of meetings in Ho Chi Minh City. It's on Saturday at 3pm. This is a floating meeting in the new Phu My Hung area. Hope you all have another 24 hours.

Hello from NA Pilipinas

NA Pilipinas now has an organized Regional Service Committee that meets quarterly. We have 3 Areas, 38 groups holding an estimated 87 meetings weekly and approx 500 – 600 members. We meet about 100 newcomers each month and hope that our service and translations efforts will encourage them to stay. Our work is hampered by the fact that our country is made up of hundreds of islands and the only travel is by boat and plane.

We have met with many Government agencies and the H&I Subcommittee are working with the personnel of a maximum security prison (New Bilibid Prison) in order

for NA to hold meetings inside the institution. We continue to host conventions and held a Unity Day last year.

Our LTC has just finished White Booklet into Pilipino and is waiting for NAWS approval. We hope that all the IPs will be translated in Pilipino in 2007. Areas are doing translations into local dialects.

Right now, donations from Groups are still tough because collections are still few. The Area Service Committee is asking the members to give more 7th Traditions in order to enhance our primary purpose.

PI in China – March 2007 - Shanghai

It is with great joy and gratitude that I am writing this report

After many phone calls over a period of 3 months, we were given an opportunity to meet with the head of the Jin Yun private hospital treating addicts in Shanghai. The four of us met up outside a subway station and started on our journey to the very outskirts of Shanghai in a taxi, which took us nearly an hour to get there.

We met up with the head of the hospital who took us to his office and introduced us to a doctor and nurse, who work with addicts in treatment. The doctor could speak English which made life a bit easier for us.

They were interested to know more about NA and us, and asked about how long we had been off drugs, etc. They wanted to know what drugs we used etc. They also wanted to know which religion or god we belonged to. We presented them with a NA Basic Text.

After answering all their questions, they told us that they would refer their patients to our meeting and invited us for lunch in the hospital staff dining area.

After lunch we were given security passes and taken on a tour of the detoxification unit to meet the patients.

Wow! This has never happened in our PI efforts before in Shanghai. We were stopped every time and asked to get permission from the Foreign Affairs office to meet up with the doctors. Here we met and spoke with a few addicts in the Detox and welcomed them to our meetings. We are hopeful and pray that we see them at our meetings in Shanghai.

At the end of our tour of the Detox and the introduction with the Psychiatrist we were asked if we could come in again to present a meeting to the addicts in treatment, which we joyfully agreed.

We will be looking forward to the meeting with addicts at this hospital which houses 20 addicts at a time. The addicts are kept there for a week and then sent home. We hope that the message of our fellowship and our meetings will be passed on to the addicts so that they may have a chance at a better way of life.

Many thanks go to Nick R, Paul S and Jason for being a part of the PI effort. Together We Can!

In Gratitude and Loving Service to NA, Geoff. T

PS from China

On a grateful note, we in NA now have a draft copy of the Group Booklet in Chinese. Love and Peace Sam B

Hello and Gratitude from Your Webservant

Upcoming events in the Asia Pacific Region are posted to the APF events page as they come in.

It's important to remind your areas that once information/registration/flyers have been finalized for your event to make sure and pass along that info as early as possible to the web-servant for posting. This will ensure continuity and consistency and support for your respective events, as well as having a single point of contact for information from the APF Region to NAWS or any other NA region or area.

We continue to stay in contact with the RCM's/RD's, as well as other APF members to keep the web site

updated with any and all information related to NA APF events. And appreciate any & all feedback related to the site.

Information/registration forms on any of our upcoming events can be downloaded and printed from our site:

http://www.apfna.org/Global_Pages/Events.htm.

We continue to receive communications from the public and NA members through our web site by e-mail. We pass on or respond to these communications as required.

In Loving Service, Charlie Q., APF Webservant

2008 APF meeting, Kuala Lumpur, Malaysia (Date to be announced)

If you are intending to go to the next APF meeting and require funding you must complete the funding request form found at the APF website and follow the guidelines; only one delegate will be funded from each seated community.

The APF Admin committee also encourages all communities to forward contributions to fund the work of the forum and that where possible, that they help fund their own delegates to attend the annual meeting.

Positions for election at the next meeting include Chairperson, Secretary, Webservant and the Newsletter Committee Chairperson. Contact Paulo the APF secretary on secretary@apfna.org for information and job descriptions for these positions.

Upcoming Events**Kolkata Area Convention Narcotics Anonymous VI**

Theme is "Stairway to Serenity" Date 14th/15th/16th December 2007.

Venue: Galudih Inn, Jharkhand, India

Contact person: Anindita RB

Phone: +91 98300 11544 e-mail kolkatanaconvention@yahoo.com

Chandigarh Area Second Convention

Living the Dreams 31/8/07 to 2/09/07.

Site :- jungle live in , camps & retreat Ypo Ganed Ghat , Shimla Hill, Chail-kufri Road. (h.p).

e-mail :- chandigarhna@gmail.com

"The 6th Jakarta Narcotics Anonymous Convention"

Date: Nov 30 - Dec 2, 2007

Venue: Graha Wisata Kuningan, Jakarta, Indonesia

Contact person: Charlie S

Phone: +62 (815) 1001-0750 e-mail fountain_fsg@yahoo.com

APF Newsletter

The APF Newsletter assists the NA communities in the Asian Pacific Forum to communicate about their activities between APF meetings, and provides information regarding Narcotics Anonymous in Asia and the Pacific to NA members and the public via the APF website.

The APF Newsletter is focused on providing a description of the activities of the APF NA communities and committee members, and includes personal stories of recovery and the service experience of the members within the APF and other NA communities.

We invite you to send articles and reports for the next Edition to: newsletter@apfna.org

From the Newsletter Committee

Thankyou to everyone who assisted us to develop this edition of the APF newsletter. We will be including more community reports in the next edition and welcome letters, articles or reports from any members recovering in our communities. We also want to welcome Danny U onto our committee for the next year,

This newsletter was compiled by the APF Newsletter Committee consisting of: Bella (Aust), Geoff (China) Sue H (Australia) David K (Malaysia) Danny U (Indonesia) and Ron B (Australia)

Send material to <newsletter@apfna.org>