



Asia Pacific Forum - Newsletter

Afghanistan - Aotearoa New Zealand - Australia - Bangladesh - Bahrain - Bhutan - Cambodia - China - Guam - Hawai'i
Hong Kong - India - Indonesia - Iran - Japan - Kuwait - Malaysia - Maldives - Nepal - NERF - Oman - Pakistan North
Pakistan South - Philippines - Qatar - Saudi Arabia - Singapore - South Korea - Thailand - UAE - Vietnam

A NETWORK OF NA COMMUNITIES

www.apfna.org

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A Note from the Editor

Dear fellow members, this is the last issue in 2024, before the next APF Conference/Convention. I had this honor to be in service of the Newsletter team for more than two years. Hopefully you people have enjoyed my friends work on our team within the past two years and forgive me if there were any mistakes in my service. Looking forward to meeting all of you in Oman. I also need to appreciate our other editors; Phyllis, Amitabh, Archer, Dennis, Mohsen, Andy, Katherine, Hajar and Jatin for helping me complete this work.

Sincerely, Meysam M (APF News)

Introducing the APF Vacant Positions

- Newsletter Coordinator
- Strategic Planning Coordinator
- Alternate Zonal Delegate
- Public Relation Coordinator

Remember
to please take a few minutes to fill out the 24 question survey at www.na.org/survey

The Membership Survey allows us to learn more about who has heard our lifesaving message and where we can better focus our efforts.

لطفاً برای پاسخ دادن به ۲۴ سوال نظرسنجی www.na.org/survey چند دقیقه وقت بگذارید

نظرسنجی اعضا به ما امکان می‌دهد تا راجع به این که چه کسانی پیام نجات دهنده زندگی ما را شنیده‌اند و کجا بهتر می‌توانیم بر روی تلاش هایمان تمرکز کنیم، بیشتر بدانیم.

www.na.org/survey

Unity Is Our Strength

APFCNA4 Oman
13, 14, 15 FEB 2025
REGISTRATION OPEN NOW
<https://www.apfcna.org/>

Please register, it helps!



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

email_newsletter@apfna.org

Found Lost Hope

I am a recovering addict from Mumbai, which is also known as the Financial Capital of India and the City which never sleeps, I attended a respectable school and completed my college education just like everyone else, but I was unaware of my addiction until I was in the thick of things. Coming from a wonderful family, this city gave me everything – a good job, and money – but because of my drug addiction, I ended up being the black sheep of the family.

I had no idea when I turned into an addict whose primary concern is finding a means to get high first thing in the morning. And in the process, I lost everything. I lost my father when I was young, I continued losing good jobs, I started to spiral into financial bankruptcy, I lost my relationship, my family's love and support, and I continued to not realize what was truly wrong with me. Until I lost my mother in 2019, that is when I hit my lowest point. My only support my only hope of survival was my Mother and I had lost her also. I was left on my own, and while it was easy for me to sink into depression and self-pity, I found it very difficult to shake off my attitude and ego, which were constantly telling me that I still had everything and that I was the world's ruler. I was unaware that I was heading toward insanity, and that the only thing that remained was death. And I had no idea that my addiction, anger, and self-issues had brought me this close to death. I practically sold everything, including kitchenware, electronics, and furniture, to pay for my drugs and live a solitary life away from people.

I still didn't know what was wrong with me, and although it's been said that this disease is progressive, I now believe that disease is progressive and that it can quickly push us onto



the streets if we don't give up. Coming from a good family, I never understood what was going on when I was living a life like people live on the streets.

I guess that was God's will for me because my mother, who was also my pillar of support, had gone to the heavenly doors, leaving me with nothing at all. One day, I got up and called an NA member, telling him that I had lost everything and that I was just hanging on and didn't know if I would make it.

After I asked him for assistance, he called and said, "You can come down to my Rehabilitation center." It took me three months to finally make the decision to go to the rehabilitation center because of my ego and "I know it all" attitude, but when I did, I did so with the sole intention of improving. And the desire to stop using drugs. I had lost everything by then - family, relationship, money, job, HOPE,

Faith, I could say I was bankrupt physically, mentally and spiritually.

I began implementing the program. At first, I wasn't sure if it would work for me, but because there was nothing to lose and everything to gain, I urged myself to go ahead and do it the correct way. After eight years of persistent attempts, Step 1 was eventually completed. I realized the importance of surrender, I began to pay attention to what other members were sharing throughout the meeting, I began to feel connected, and I told myself that, for the first time, I was feeling like I wasn't alone. That's when the hope began to return to my life. There was a person who had lost everything in the meeting room, and there were a lot other addicts like me, which gave me hope that I could succeed if they could. That was the start of my path, and I am grateful to this day that I am a member of Narcotics Anonymous, the fellowship that helped me find my lost hope. In addition, I realized the value of sharing, and Keep coming back, as the other members advised, I found a sponsor, started living, and started living Just for Today.

My family is back, I got married to a fellow recovering addict, my physical health has improved, I've reconnected with my higher power spiritually, I got my job back, and I've begun to comprehend the process. And one thing is for sure—if you put in the work, it works. It's not simple, but it is doable if you put in the necessary effort. The easiest way is to tell yourself that if you can go any mile to get your high it is easier to find a meeting room and stay clean.

NA rooms are the place I got my LOST HOPE BACK.

By- Jatin - An Addict (India)

The Ties that Bind Us Together

My big family of APF community, Salaam!

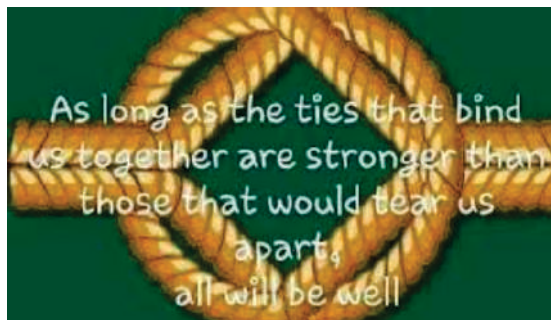
After 3 years of doing service in the newsletter team, I decided to write an article about my last service trip to Isfahan, one of the areas of Iran region.

There, I was invited in order to do a couple of services; speaking on a topic and conducting a virtual speaker section.

For the virtual speaker section, I asked one of the spiritual members I have ever met. Yes, she is someone who I'm proud to call her Mom!

My Hawaiian Mom spoke for those enthusiastic members who were completely excited to hear from her rich experiences.

During her speech, she called me as her son and explained a bit about my service position in the APF. By that, I was so proud my Mom is speaking about me and give me as an example to point how much service would work in our recovery way. Such an unforgettable moment! I never ever forget



those kind word you used about me, motivating!

Then, there were some other interesting program doing only by our fellow members, theater performance, music, dance and some other enjoyable programs.

Beside all these nice experiences, I was also proud to participate in this event with one of my most experienced members from my living city.

Together, we had a lots of fun during the way of

going and getting back to Isfahan. My companion also had a service to do there, as one of the in person speakers. She spoke about a very important topic which my huge NA community has been getting involved with; "The ties that bind us together". That was very interesting listening to her share.

During that share, I was thinking to myself like unless we have to focus on our commons rather than differences? If so, should not we consider this matter during our service discussions? How my discussions would be helpful for the NA as whole? How I have thought about it before start to challenging any topics?

Yes! Indeed, thinking on these issues makes me more careful about every single words I'm supposed to use in my service discussions. I must consider it, actually!

Love y'all

By- Meysam M - Iran

The Miracle of Love

My fellow friends, I am very happy and grateful for the opportunity to share my experience with you.

In the past, I thought love was unattainable or limited to a special relationship.

I lost the quality of using everything that I made an unrealistic and permissible thought for myself, or just poured it out without understanding the depth of the words, I was just looking for love, I didn't want to be in love, was afraid to accept the self-made responsibility....

How can you not be in love and at the same time have the power to receive love? Actually, I was not a reflection of this force, I was not in love....

In addition, miracles cannot be experienced with poor thoughts, contemptuous look and rude language, It may seem silly, but I think that miracles don't be necessarily happened, the miracles can be made, As long as I let the miracle of love make me a miracle worker. Maybe that's why, on the way to find the miracle of love, We even lost ourselves because we forgot that miracles are created by a miracle worker. Now I can ask myself a question, have I made myself a miracle worker?!

Have I come to the understanding that miracles are created inside me?!

Am I mature enough to be a conductor of this force like a circuit?!

Do I know today that my role is to make a miracle worker of myself?!

Am I so in love that the power of love is manifested in my thoughts, behavior and actions!?

Have I come to the understanding that being in love is a quality?!

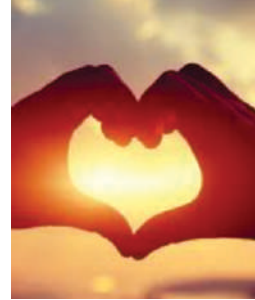
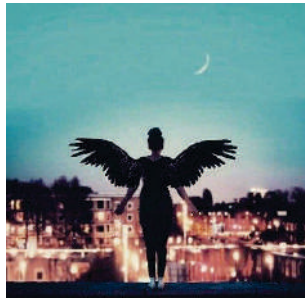
I myself am the obstacle of a miracle....

I was not in love and how immature I was looking for love....

If I want to define love, I can have an adaptation from the Living Clean book....

Love is the flow of life energy from one person to another.

By- Sahar - Iran



معجزه عشق

از اینکه فرصتی دست داد تا تجربه خود را با شما دوستان همدردم به اشتراک بگذارم بسیار خرسند و سپاسگزارم.

در گذشته تصور میکردم عشق دست نیافتنی و یا محدود به روابط خاصی است .

از هر مساله ای، برای خود تفکری غیر واقعی و مجاز ساختم و بدون درک عمق و اژه ها فقط بر زبانم جاری می شدند، بدین سان کیفیت استفاده از آن ها را با باورهای مخرب از دست دادم.

من فقط به دنبال عشق بودم، نمی خواستم عاشق باشم؛ من از پذیرفتن مسئولیت خودساختگی می ترسیدم

چگونه می توان عاشق نبود و آمادگی لازم برای دریافت عشق را به دست آورد... من بازتابی از این نیرو نبودم من عاشق نبودم!!!

مضاف بر آن، با تفکرات فقیر، نگاه حقیر و زبان و قیح نمی شود معجزه را تجربه کرد. شاید احمقانه به نظر برسد لیکن باور امروز بر این مهم بنا گردیده است " معجزه الزاماً رخ نمی دهد

بلکه می توان آن را ساخت، اگر که اجازه بدهم اعجاز عشق از من معجزه گر بسازد ! " ناگزیر تصورات باطل، باورهایی از جنس بیماری اعتیاد سبب شد تا در راه یافتن معجزه عشق، حتی خودمان را گم کردیم!...

و از خاطر بردیم معجزه فقط با دستان یک معجزه گر رقم خواهد خورد.

اکنون می توانم از خود سوالی بپرسم، آیا من از خود یک معجزه گر ساخته ام؟! آیا به این درک رسیده ام که اعجاز از درون خلق می شود؟!

آیا آنقدر به بلوغ رسیده ام تا مانند یک مدار بهبودی، رسانای این نیرو باشم ...؟! و اما امروز می دانم سهم من فقط، ساختن یک معجزه گر از خویشتن است!

آیا آنقدر عاشقم تا قدرت عشق در افکار، رفتار و عملکرد من متجلی شود؟!

آیا به این درک رسیده ام که عاشق بودن یک کیفیت، تعهد و راهی برای ارتقا رابطه آگاهانه من با یک نیروی برتر از خویشتن است؟

من خود حائل اعجازم....

در حالی که عاشق نبودم، چه نابالغانه به دنبال عشق می گشتم ...

می خواهم حامل اعجاز باشم ...

زندگی به روال برنامه انجمن معتادان گمنام همان حلقه گمشده ای بود که مرا به خویشتن باز گرداند، با کمک سایر معتادین توانستم معجزه عشق را رقم بزنم ...

بهبودی اعجاز زندگی من است.

من نمی توانم ما می توانیم

در خاتمه اگر بخواهم راوی روایت عشق باشم، می خواهم اقتباسی از کتاب پاک زیستن را به رشته

تحریر در بیاورم....

عشق جریان انرژی زندگی از فردی به فرد دیگر است...

سحر- ایران-مهرماه ۱۴۰۳

Step 10

"We continued to take personal inventory and when we were wrong promptly admitted it."

Step ten is a maintenance step. I have been writing daily inventories since day one unknowingly and that has helped me get through day to day life challenges and its struggles. It gave me a lot of clarity and allowed me to move on with dignity as it's not only about shortcomings and character defects, I also write about my strengths and what motivates me. However it feels complete when I follow the rest of the steps and restart all over again.



This time I looked into the pamphlet living the program and answered the questions in them. It was a good start. This is not a step to get obsessed with my character defects and overlook them.

Step ten is useful for many reasons. It becomes your companion, your guide and your light for an insight into yourself and the situation around you. It digs deep inside me. Similar to the fourth step but it works on a daily basis as a forward step rather than looking into the past.

I talk to God in this step. I talk of people and situations that I am powerless over in this step through the connection of a Higher Power. Most importantly I talk to myself in this step, in times of despair, it gives me hope. In times of achievements and celebrations it humbles me. I can laugh, I can cry, I can just be me and let go of things I cannot change in this step.

This is one of my favorite steps because it is my daily dose of reflection of my true self. I seek and pray for answers in this step. I ask for guidance and let it flow in this step. The pen is heavy some days, the pen is light some days, but it never leaves me without revealing the truth and gives self-appraisal and self-love. I can always dig deeper into the unknown and follow through with a true, honest, kind, forgiving and loving heart. It reveals nothing but the truth!

Love and Light

By - Mayan, Grateful recovering addict (Maldives)

My Struggle as an Addict

It's another day the alarm clock goes off, and it's back to the daily grind at workplace, it's really a challenge that mirrors the setbacks and obstacles that I faced while on drugs.

With anxiety and depression weighing on my mind I

continue to do volunteer work and service with various organizations and NA to maintain the work life balance and toe the fine thin line of discipline for my immediate family. If you ask me, having an addictive behavior and addiction issue is not that bad all the time, we just learn to cope and adapt one day at a time and enjoy life's simple pleasures like a cup of coffee with my two cats minus the cigarette.

Everyday is truly a blessing in disguise with the opportunity to make ourselves better than before.

Cheers from Singapore

Wilfred F.



Journey to the 38th World Convention of NA "The Power of Love"

My journey to the 38th World Convention of NA began in a cold Western Massachusetts, USA church basement. In desperation earlier in the day, I looked up online recovery meetings nearby, recovery meetings of a fellowship where I knew I had to go if I wanted to have any chance of surviving, any chance of hope to not put any more drugs into my body that would take me out of this world. It was my drug of choice, more: getting and using and finding ways and means to get more. I have to use to live, I thought, I have no other choice to survive the feelings that are drowning me. But that day I woke up, and a tiny flame inside of me struggled, trying to flicker back to life. I didn't know that this tiny will to live, this gift of desperation, was saving my life. I had to get to an NA meeting.

So there I was, sitting out in my car, waiting. I arrived twenty minutes early to the meeting, to a place I had never been to before. I watched people mill around outside, smoking, laughing. How can they be smiling and laughing when I'm so destroyed inside? I thought. No matter, I had to get into that meeting. I had to live. I got out of my car, and swiftly walked past them and into the meeting room. Abruptly I was greeted by a smiling face at the door and welcomed. Get away from me, I thought, just let me get my coffee and sit down and stop talking to me. But the greeter kept on smiling, making little jokes, trying to put me at ease. But I couldn't smile back and couldn't open up because if I did, then they might see how broken I was on the inside and how ashamed of myself I was. If they truly knew me, surely they would reject me. So I shot the greeting member a nasty look to leave me alone, got my coffee, and sat down. But you know what? That member didn't give up. They gave me a smile and at the end of the meeting, a hug, and said, "Keep coming back, see you next week!" My heart which I had hidden away to protect myself in active addiction, that I thought had iced over years ago, I felt begin to melt inside my chest. Because once I was back out in my car, I realized that in that meeting chair, for the first time in nearly a decade, I felt something new and precious; I felt safe.

Week after week, I kept coming back to that meeting. That one smile and greeting from that very first NA member I ever met kept pulling me back, and I had something to look forward to each week. I was still too scared of the intimacy of having to talk to people, but eventually I began to stay a few minutes after the meeting instead of running away. I didn't smoke anymore and was really affected in the circles after the meeting with everyone blowing smoke in my face while trying to talk to them about recovery, but another woman brought hula hoops to play with in the parking lot as an alternative to the smoke circles, and I began to connect with her. At her encouragement, I got phone numbers, and wanted to try another meeting, for two meetings a week!



I was so excited to try another meeting at a different location. I showed up, and it was all looking good, until there was a smoke break in the middle of that meeting. Everyone got up to go outside and fishbowl with tobacco, and there I was, a newcomer, still shaking in my boots, too triggered by the plumes of smoke to go outside with the others, so I was sitting alone in the meeting room inside just wanting to not cry from my pain of emotions and withdrawal. I had never felt lonelier, and feared that if I got up from my seat and went into that parking lot during the smoke break that I surely wouldn't come back into the room. I would go right to my car and use again. How could I do this alone? Like a miracle, I turned around, and with big smiles two members noticed me, stayed inside, and talked me through the next fifteen minutes until everyone else came back in from the smoke break and the meeting began again. They stopped me from running away, and in doing so, they saved my life.

Slowly but surely, two meetings a week became three, four, more, and I got more numbers and began working the 12 steps. I even made the first meeting I went to my home group, like a home I had never had before. The members of my home group were patient and kind with me, and they would smile and ask me how my week was. One day I even arrived late because I attended a Zombie 5k run and they were so interested I couldn't believe they were paying attention to me and not trying to harass, manipulate, or attack me with their actions or words. I was shocked, and realized, these people weren't just NA members, they were something I had none of: friends.

Over the next months, I got brave enough to ask someone to sponsor me, and I took the leap of faith to not only get clean, but stay clean. I began working the 12 steps with my sponsor. I learned the importance of service work and took pride in

myself, and even switched my home group to be one that needed more support from members and chaired the meeting. Then, at 3 months clean, they asked me to serve as their group service representative, their GSR, at the next Area service meeting. Me? What do I have of value to represent this home group? No way, what do I know about that? Or anything about recovery? How can I represent us? I thought. My insecurities left over from feeling worthless in addiction were choking me. My home group members told me just to go to Area anyways. "Well," I joked to them, thinking of a way to hide my insecurity and trying to get out of service, "I'll go to the Area meeting and just see how it is first before I commit." When I went to Area the next week, someone asked me if it was what I expected and if I'd stay on as GSR, and I snorted sarcastically, "Hmph, expected there to be pizza." And wouldn't you know it, one moment later, another GSR walked in carrying a stack of pizza! There had never been food served before at Area, and never since, but that day there was! As I ate the pizza, and my words, I chuckled at the message my Higher Power sent me to be of service and officially took on the GSR position.

365 days doing everything the program suggested, calling my sponsor daily, doing steps, service in PR and H&I, going to recovery events, and building my network, went by in almost a flash of a dream and suddenly it was my one year anniversary. I couldn't believe who showed up to celebrate with me, couldn't believe that I was worth friendship to these people. I held onto their gifts, letters of love, and words of support tightly. I was not perfect, far from it, but they still cared for me anyways. These are the people who for the past year had seen me struggle and listened to the story of my sad little broken pieces of life and helped me not only put it back together, but helped me to believe that it was worth it to put the pieces back together, no matter jagged or missing each part was, and filled into the cracks the shining light of recovery.

My recovery journey has taken me to so many different places across the world throughout the years, and I have had the privilege of living long term in different countries. The first one I moved to was Thailand. I was jet lagged, tired, and just came from a location for two weeks that had no NA meetings and I was a hot mess and insecure again about going to a meeting in a new place with no one I knew, but I went anyways like how I'd been taught to in early recovery. I sat in the back and closed my eyes. As the meeting began, my ears perked up. I knew that voice! I opened my eyes, looked at the chairperson, and recognized him! After the meeting I went up and asked, "By any chance have you attended meetings in a cold Northampton church basement?" He smiled and said yes. Who could have predicted that halfway around the world I would find someone I knew in recovery, and feel right at home again.

Journey to the 38th World Convention of NA - Continues

I eventually moved a few years later to Japan. How blessed I was for all of this, going from a young 25 year old girl who thought her life was over, thought she was worthless, who thought she couldn't survive her feelings, believed she was due all the abuse that came to her, to now living this life clean and beyond my wildest dreams. But this was only possible not because I wanted recovery or needed recovery, but because I was willing to do the work of the 12 steps and take that leap of faith to never use no matter what, even if I wanted to use, because I was worth so much more than what my addiction told me. I was worthy having joy in my life.

A few years later I moved to Singapore and while sitting at our Area service meeting, I was clackety-clacking on my keyboard the minutes as secretary, eating little snacks provided by fellow members, and the discussion turned to the upcoming Asia-Pacific Forum, the APF, and a member turned to me. "Why don't we nominate Katherine to go as our Regional Delegate to the APF?" "I second that!" another member proclaimed, as the chair said, "All in favor?" "Wait! No," I started trying to figure a way out of it, "Remember in our guidelines we wrote that service members can't just be clean, they have to be willing?" They laughed and told me to talk to my sponsor. I called my sponsor after, flabbergasted. "How can I represent them? I've only lived here a year and a half, and I'm not even Singaporean. What do I know, who am I of value to them?" I asked her. My sponsor smiled through the phone and explained to me that, if they believed in me, and if the Higher Power shown through the group conscious believed in me, who was I to question it? But still, the next month at the area meeting, I explained that I was so humbled by their nomination, but I couldn't accept because even though I was living there for a while, I was still an Ang Mo, a foreigner in their country. They smiled, and responded lovingly, explaining that I'm an addict just like them, a member who has been tireless in service, helped out others in countless ways, and at the end of day, even though I'm an Ang Mo, I'm their Ang Mo. So I humbly and gratefully accepted their nomination and attended the APF as the Regional Delegate of Singapore. They also sent me with an Alternate Delegate, because we don't do anything alone in recovery, and we had the time of our lives. From discussing issues such as women's safety in meetings, to riding kick scooters in the park, to learning about consensus-based decision making, to making our NA karaoke inaugural debut performing at the end of the group fellowship dinner, we were truly living the dream, alive and having fun in recovery!

A few months later, I received an email asking me to speak at the 38th World Convention of Narcotics Anonymous, WCNA. My addiction spoke in my

mind. Me? How did they hear about me, who am I, I am no one and of no value, I still mess up and get angry and cause harm with my outbursts to those I care about, I should be ashamed of myself, I should not be carrying a message let alone one at the biggest convention in America. Ready to decline, I called my sponsor and she smiled through the phone. She told me that someone must believe in me even if I didn't believe it myself, and to accept the invitation no matter what my disease was telling me.

What joy WCNA 38 was, and it was exactly what I needed. By the time the convention approached, my life and emotions had gone from being stable to upheaval. I had left my work as it was making my life unmanageable, went to the USA to spend a few weeks with my grandmother who had just gone into hospice care, moved back to Thailand, then visited NA members in Nepal, then back to my shared place Thailand, and was feeling lost and alone yet again. However, I had NA, so I was only alone for as long as I wanted to be. Just like I was taught to be honest in early recovery, I shared openly at meetings about my struggles with my grandmother in hospice, my living and work situation, and how it was affecting me. Then I got the phone call that my grandmother had only days left, and I flew to the USA immediately and made it just in time to get a hug from her and hold her hand while she died. With all this, and the support of my recovery network, I helped support my family in ways I never thought possible through her passing and the funeral, and the next day took a train to the World Convention.

Finally, after 10 years, 10 months, and 10 days clean, I arrived at WCNA 38. I was greeted with so much love and the biggest hugs of my life the moment I arrived in the convention space. I was reunited with members I had met from all over my time living in Asia, and filled with such gratitude that they understood my pain of my grandmother passing and kept me close in each meeting. I even met new recovery friends from California and Virginia who talked and joked with me like we had known each other for years in recovery, because their story was my story and mine was theirs, because we were all addicts in recovery celebrating life today!

However, the biggest joy of the convention came when I went to speak on my topic. As I sat there quietly waiting, I didn't recognize anyone in the room. I began to turn in on myself, my addiction telling me that I was alone, that I was worthless to everyone else yet again, that I was too awful of a person for anyone to want to support me because look, see, no one is here for you. I began to cry. Then, not even two minutes before the meeting began, in the room walked one person, then

another, then another, then another on a scooter. And another! And who were they? They were NA members from my first two homegroups and my first service Area in Western Mass, USA, people I hadn't really seen much since the start of my recovery over a decade prior. By a miracle in the mass of thousands and thousands of addicts at the convention, they found me and came to support me speaking. And then in came someone from Canada who I helped get to a meeting while I lived in Thailand, and another member who I helped get to a meeting when I lived in Singapore showed up too! In that moment I realized, love showed up. The lie that I was worthless and unworthy of love was finally dead.

My journey to the 38th NA World Convention, "The Power of Love," only began because of that very first addict who saw me shaking while waiting for coffee at my first meeting and greeted me with love and a smile, even when I didn't want them to. And my journey in recovery only continued because of the power of love other addicts unconditionally showed me throughout the years, and will continue to show me in the future. They showed me that I was worth loving, loving me until I loved myself. Because of getting clean and living the program through the 12 steps, sponsorship, and service, I have evolved into an empathetic daughter, a reliable coworker, a trusted friend, someone who wants to love others and has kindness in her heart today. Today I am so humbled to be 11 years clean and in another service position with the Asia Pacific Forum.

I don't have a permanent home right now, as I'm transient within Asia while my work gets sorted out, but those worries are so little in the grand scheme of things, because NA is my home wherever I have a seat in a meeting. And I always make sure to put an empty chair out during a meeting for the addict who didn't make it and the addict who is yet to come in. So if you're new, been around for awhile, just coming back, or visiting, there is a chair waiting for you in the house at the end of the road. Welcome home. No matter where I came from, where I am now, and where I'm going, recovery is with me as long as I reach out and keep believing that self-love and life clean & serene is possible. As long as I don't use, with the support of my Higher Power and NA, anything is possible.

For those who have helped me and to the new addict who has yet to come in, I give you these final words from a dear friend who passed away in recovery: the therapeutic value of one addict helping another is without parallel.

I love you all.

Katherine A.

Western Mass, USA & currently Thailand

Why I Love... Diversity in Recovery

NA Japan region has a membership of a size with more than 1,000 and less than 2,000 people for recent decades.

I've been active through my clean time of 21 years in sponsoring a dozen of younger fellow LGBTQIA+ members all over the country, who also now have sponsees, grand-sponsees and so on. I had an opportunity to visit the 3rd W&LGBTQIA+ convention in Manila, speaking, meeting and exchanging minority experiences, strength and hope with fellow local members.

As I'm inspired by other LGBTQIA+ and ally members I met during the fortunate weekend, I texted the experience back to Japanese sponsees on time. With the encouragement of RSC in the Philippines, now I am encouraging my sponsees to save the date (and air fees) to attend AFP 2026 in the Philippines to experience the fellowship together with me and people at the APF.

For that I'm enjoying making and connecting my new family of choice with each other and appreciating the long lasting spiritual bonds of international NA unity at the same time.

By - Fumi (Japan)



Diversity! にほんご

「なぜ で 様性を祝うのを愛するようになったのか」:

近年NAの日本リージョンは1,000人より多く2,000人より少ないくらいでメンバー数が推移してきました。クリーンタイム21年の間に、10数名の自分と同じLGBTQIA+のスポンサーたちと国内外で一緒に歩んできました。今はスポンサーたちに更に若いスポンサーやグランドスポンサーたちが全国に広がっています。

今回マニラで第3回W&LGBTQIA+コンベンションに参加する機会に恵まれて、スピーカーをしたり地元の仲間たちと出会って、共にマイノリティーの経験と力と希望を交換し合いました。この恵まれた週末で会った他のセクマイやアライ(味方)の仲間たちに胸を打たれる度に、その場で日本のスポンサーにテキストで感動を伝えていました。現地のRSCの仲間が勇気づけてくれて、今は日本のスポンサーたちに、今から2026年のフィリピンでのAPFのコンベンションに日程(と渡航費)を調整して、APFのフェロシップを皆んなで味わいに行こうよ、と励ましています。そうする中で、自分も自分で選択した「新しい家族」を得て大事な仲間たちに互いにつながってもらったり、一度出来たらずっと続けられる、リージョンを超えたNAの集合性に基づいたスピリチュアルな絆を楽しんでいます。

ーふみひで(日本)



Mid-Cycle Momentum: Charting Our Strategic Progress

We are currently in the second year of a five-year cycle set to conclude in 2028, with two goals outlined in 2023 in Darjeeling.

What have we done so far?

Goal 1 In the APF zone, service is attractive, and our service bodies have a high level of participation.

Our first solution,

Our first solution, "[Vacancy Worksop](#)" has been created to answer all the unknown factors. During this workshop, we would discuss the process of applying, requirements, and responsibilities. More importantly, we can hear from members of the admin team currently performing the duties on their experience. If you are interested but unsure this workshop is for you. We can navigate the process together on, "How to Serve in the APF". This year the workshop will be conducted on November 24th, 11 am IST, on Zoom. All interested members in our zone are welcome to join!

Meeting ID: 643 130 7242

Passcode: 123456

The second solution, a "[Handover Guide](#)" has been created. A best practice guide to complete a handover. It contains suggestions for mentoring an incoming trusted servant and setting expectations.

Goal 2 In the APF zone, NA is a safe place for women and sets clear expectations for appropriate behavior.

A safety pamphlet in the making! After the last conference, a workgroup was formed to create a new safety pamphlet. They've been diligently working to complete it in time for the next conference.

What to expect at the next conference in Oman?

We are mid-cycle, so our 2 goals are defined. During our upcoming conference be prepared to talk about solutions! This is where we start to put our creativity to work and decide together what is practical and achievable for each goal as a solution. I am excited to see what we come up with!

Serving as your Interim Strategic Planning Coordinator has been a rewarding experience. Strategic Planning, Public Relations, Fellowship Development, Women's Fellowship Development, and Merchandise all have monthly workgroup meetings. Attending these meetings is a great way to understand what we do and why we do it. A link to join these workgroups can be found at [Workgroups | apfna](#)

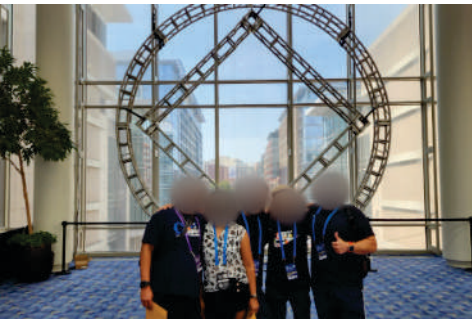
Andy T

Interim Strategic Planning Coordinator

sp@apfna.org



Photos from the 38th World Convention of NA



Photos from the 20th Anniversary Celebration of the area 7 of Iran Region



Area 3 Convention of Iran Region



Photos from the Philippines 3rd Annual NA Women's & LGBTQIA+ Convention



Upcoming Events & Virtual Meetings

Kingdom of Bahrain

39637414 الخادم محمود أسد رئيس لجنة المؤتمرات
36737342 الخادم علي الانصاري نائب رئيس لجنة المؤتمرات
38X11717 الخادم محمد حسين أمين صندوق لجنة المؤتمرات

SPONSORSHIP DAY

On Sponsorship Day we acknowledge the power of sponsorship to change lives. We learn and grow just as much from sponsoring as we do from being sponsored.

To celebrate this unique relationship, many NA communities hold sponsorship-themed speaker jams, meetings, or other events. As members, we often express gratitude for the people who participate in sponsorship with us on Sponsorship Day.

www.na.org/naibid

TRCNA 15

LALNA-II

Information Chair: Yasir M
Registration Chair: Parves K
+8803746-481237 +8803746-47752
yasar1973@gmail.com shajaratul123@gmail.com

UAE CONVENTION

BAHRAIN-ASC.CNA

17th CEBU UNITY DAY

MEMBERSHIP SURVEY

Clean Time dates

September

01 September 2002	Pankaj G	Nepal - AD
01 September 2002	David T	Australia - AD
10 September 2012	Ahmad J	Pakistan (North Region)
12 September 2003	Dondee N	Luzon Area - Philippines
22 September 2013	Zaiman S	Singapore
26 September 2007	Mohit A	Bangladesh

October

01 October 2008	Mohsen G	Iran
15 October 1983	MaryEllen P	USA
21 October 2013	Katherine A	USA/Thailand
26 October 1998	Anto	Indonesia

November

03 November 2010	Ash D	Thailand
07 November 1992	Linda O`	Hawai'i
11 November 1987	Kimberly Y	USA
11 November 1999	Malcom J	Australia
20 November 2003	Reza Z	Iran
22 November 2004	Meysam M	Iran



THAILAND CONVENTION

THAILAND REGIONAL CONVENTION XV 'LOST DREAMS AWAKENED'

21st(2pm) to 23rd(3pm) February 2025
VENUE - ASIA PATTAYA HOTEL, PRATAMNAK SOI 4, PATTAYA.

ROOM RATES
SEA VIEW SINGLE/TWIN 2000thb/NIGHT incl Breakfast
GARDEN/GOLF VIEW SINGLE/TWIN 1800thb NIGHT incl Breakfast

IF YOU WANT TO BOOK DIRECT, IT IS VIA EMAIL, Ms WEAW,

<wallapha@asiahotel.co.th> and state you are attending NA 'seminar'.

FURTHER DETAILS AT:
WWW.NA-THAILAND.ORG

FACEBOOK: Thailand NA Conventions

Congratulations

If you wish to have your future events posted Email at

newsletter@apfna.org

TOGETHER WE CAN

Worldwide Connections

NAWS

For the most up to date details please visit the NAWS website at: www.na.org

APF

For the most up to date details please visit the APF website at: www.apfna.org

APF Countries Website Links

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

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www.naqatar.net



WORLDWIDE