

# Asia Pacific Forum News

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

A NETWORK OF NA COMMUNITIES

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[www.apfna.org](http://www.apfna.org)

**Issue # 56 January 2023**

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## **A Note from the Editor**

Salaam everyone, first of all I congratulate everybody on the upcoming new year and wish that day comes when any addict can have the best access to the NA message across the world and no addict need ever die, due to the use of drugs, Inshallah. Anyways, the interesting news I wanted to let you know is that, from now on, we will release a new version beside our issue in a large and high contrast format for those addicts who have vision difficulty. Our team strongly believes that NA must be inclusive and available for everyone!

Sincerely, Meysam M (APF~News)

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## Inside

### Articles

- Why I Love... - Davoud
- The Spiritual Principle of Anonymity - Amitabh
- APF Chairperson Letter - Reza

### 2023 World Service Conference CAR Motions

### Clean time & Anniversaries

### Coming Events & Virtual Meetings

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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](mailto:newsletter@apfna.org)

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Darjeeling has the pleasure of hosting the 3rd Asia Pacific Forum  
Convention of Narcotics Anonymous on the

3rd, 4th & 5th of March 2023. The venue is the Gorkha  
Rangamancha Bhawan, Mall Road, Darjeeling, India.

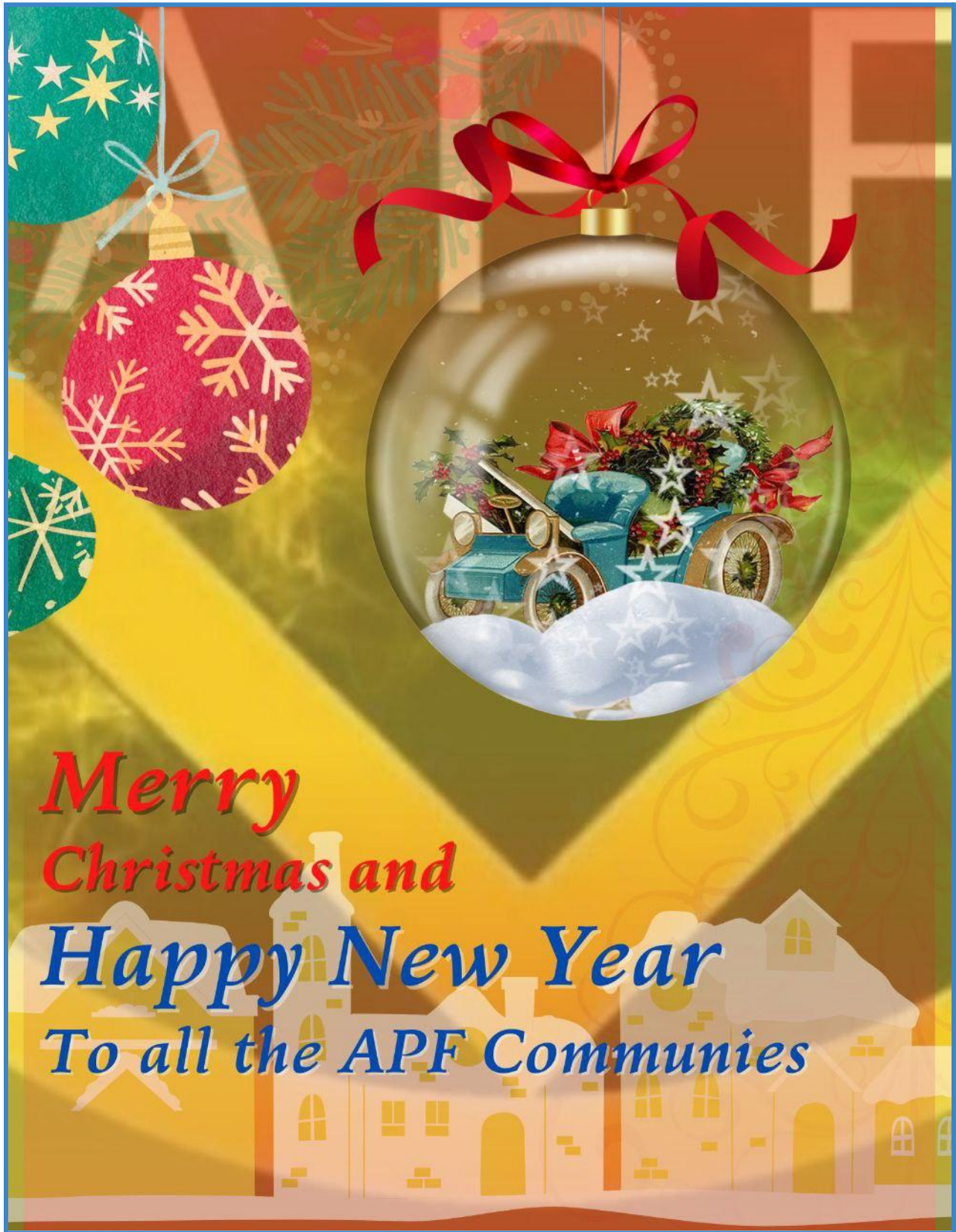
The host committee of APFCNA 3, Indian Region, Darjeeling  
Area Service Committee, and the Asia Pacific Forum would like to  
welcome you all and invite you to come and join us in this  
celebration of recovery

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Vacant Positions:

1. Fellowship Development Coordinator
  2. Women Fellowship Development Coordinator
  3. Public Relation Coordinator
  4. Merchandise Chair
  5. Alternate Zonal Delegate
  6. Newsletter Editor
  7. Web Servant
-

**Merry Christmas & Happy New Year**



*Merry  
Christmas and  
Happy New Year  
To all the APF Communities*



## Why I love ...

### Why I Love The Program?

I love the “Unconditional Love” specially the concept of “Therapeutic Value of Helping One Addict to Another”

This therapeutic value made me return to normal life sooner than I expected and gave me the passion of living life. I fell in love with the whole program and NA. During my recovery, I have passed many challenges; like losing my 32 year old beloved son, but loving this program kept me going on and never felt alone again. It shines over my entire life, just like the sun...

Davoud.D

Iran



## چرا من عاشق برنامه شدم؟

من عاشق، عشق بلاعوض و بلاشرط برنامه شدم، به خصوص کمک یک معتاد به معتاد دیگر.

این ارزش درمانی به من کمک کرد تا خیلی سریع به زندگی برگردم. برگشتن به زندگی به من شور زندگی را داد، به همین علت عاشق تمام برنامه شدم و از بحران های زیادی در طول پاکی ام عبور کردم؛ مثل از دست دادن پسر 32 ساله ام که عاشقانه دوستش داشتم.

عشق به برنامه، هیچوقت مرا تنها نگذاشت. مثل خورشید به تمام زندگی ام تابید.

داوود. د - ایران



## **The Spiritual Principle of Anonymity**

“NA has no classes of membership and no second-class members. The common denominator in NA is the disease of addiction. We are all equally subject to its devastation. We share an equal right to recovery.”

—It Works, Tradition Three, “Applying Spiritual Principles”

The above quote taken from ‘It Works How and Why’ and now in the spanking new piece of NA literature, ‘A Spiritual Principle a Day’ (May 28- Equality in Anonymity) took me a long time in my recovery journey to really comprehend. I walked into the rooms of Narcotics Anonymous like a whole lot of us; battered, bruised and broken. I was 39 years old, supposedly a husband and a father with very little hope or self-esteem. It took almost 4 months for the edginess to disappear and to find connections within my homegroup and the wider fellowship; but connections I did find when, on the gentle encouragement of my sponsor, I took my first hesitant steps into NA service. I was elected to what seemed to me at that time, an exalted position! A GSR!

I was going to carry the conscience of my group, an English speaking one to the Area Service Committee of Delhi! That did wonders for my self-esteem and I began to think slowly but surely

that I was better than the addicts around me. I was a first language English speaker with knowledge of NA literature (most of it in English at that time), was working the Steps like they were epaulets on my shoulder and generally felt like I was the smartest addict in the room! I began to reflect in my persona what I had actually been all my life, a self-obsessed, self-centered addict with no understanding of the spiritual principles of equality or anonymity. I was always right, had the loudest voice on almost every issue and felt consistently that no one wanted the welfare of NA like I did! I began to lose friends in NA and damage relationships both within the fellowship and without. When I was 6 years clean, I hit what I now think of as my recovery rock bottom; I was verbally abusive to a RCM at the regional meeting that I was chairing, to the extent that the meeting had to be stopped. I had dragged myself into a corner where I was alone, full of angst and rancor.

I came back home and in consultation with my sponsor, took a break from structured service and began to work the Traditions. The same entry in SPAD (May 28th) has this line

at the end of the first paragraph - "The disease of addiction tries to weaponize our differences to keep us sick". This was for me at that time my moment of truth. I began to listen, began to read the

Traditions and ask questions about what the spiritual principle of anonymity really meant to members. I soon realized that anonymity meant much more than simply not having a second name, that everyone who walked into Narcotics Anonymous had equal rights and equal access to the message, that I did not have proprietary rights in NA. That I was and will always remain just another recovering addict. The Third Tradition has always been the most healing for me. It has asked me to leave my baggage of judgements at the door whether they be in the fellowship or at home. Anonymity has also begun to teach me that I can exist without the need to be noticed constantly. That I can be a fragment on a canvas and still be making a difference. That I can be a loving father and a husband despite the burdens of patriarchy or my self-centered core. I know today that I cannot have deep and meaningful relationships without understanding the Traditions and how all twelve of them are centered on the spiritual principle of anonymity.

Anonymous – literally coming from the earth like each one of us!

Amitabh S



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## APF Chairperson Letter

Dear Delegates, Trusted Servants, Workgroup Members, WB & NAWS, Members & Observers,

At last the great news! APF is going to have its face to face meeting from Monday the 27<sup>th</sup> February to Thursday the 2<sup>nd</sup> of March, 2023 at Darjeeling, India after two years due to unavoidable circumstances created by the pandemic. Another good news is we are also having our 3<sup>rd</sup> APF Convention at Darjeeling from 3<sup>rd</sup> March, Friday to 5<sup>th</sup> March Sunday, 2023. We thank the Darjeeling and Indian fellowship for taking initiative and working relentlessly for the both events.

Convention registration is open and members can be registered through the convention website: [www.apfcna.org](http://www.apfcna.org). Please circulate APF convention information to your communities so that many members can celebrate their recovery at the APFCNA3.



There are some vacant positions in APF service: Fellowship Development Coordinator, Women Fellowship Development Coordinator, Public Relation Coordinator, Merchandise Chairperson, Newsletter Editor, Web Servant and Alternate Zonal Delegate. We encourage the communities and members to come forward and nominate for the above mentioned positions which will enable APF to serve its communities properly. Please send interested members resume within 24<sup>th</sup> January 2023.

If your community is willing to host next APF meeting, please send the Bid proposal within 30<sup>th</sup> January 2023. This would be great opportunity to any member community to have face to face APF meeting which also supports a great deal to the Fellowship Development.

Guideline review workgroup prepared the Draft guideline and that has already been shared with the delegates. In the upcoming APF meeting there will be a session on Guideline where we would discuss and approve the draft guideline.

APF has been registered as a Charitable Organization in Aotearoa, New Zealand. As a result, we now have some legal requirements to submit APFs annual return and maintain a proper

financial reporting. Incorporation workgroup and Treasurer are working relentlessly to manage our accounts with the help of our Auditor. We will have an AGM during our APF meeting also.

Thanks to all communities for their financial contribution towards APF. We encourage all APF communities to contribute to the development of the APF with financial, human resources, and consciences.

APF Zonal Delegate will conduct a virtual workshop on CAR in order to gather conscience of the unseated communities on WSC motions. We encourage all unseated communities to participate in this upcoming workshop. ZD will also participate in the WSC 2023 virtually which will take place at USA from 30<sup>th</sup> April to 6<sup>th</sup> May 2023.

Workgroups and Trusted Servants are consistently meeting virtually at their monthly meeting throughout the year.

Our Secretary and treasurer will communicate with the delegates to confirm delegates participation and funding issues at the upcoming APF 2023 meeting.

I hope all of you are safe and healthy. Thanks to all the delegates, Alternate delegates, trusted servants, workgroup members, and all members for continuous support and love.

Reza A

APF Chairperson



**2023 World Service Conference**  
**Conference Agenda Report Motions**

[na.org/conference](http://na.org/conference)

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1. To approve adding zonal delegates from seated zones to the Settlor and Trustor of the Fellowship Intellectual Property Trust (FIPT).

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2. To approve the revisions to the FIPT Operational Rules contained in Addendum B.

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3. To approve the revisions to NA Intellectual Property Bulletin #1 contained in Addendum D.

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4. To acknowledge that an NA meeting that meets regularly in person or virtually can choose to be an NA group if they meet the criteria described in The Group Booklet, including the six points for an NA group, and are consistent with NA philosophy as expressed in our Traditions. (Footnotes will be added to The Group Booklet and GLS, reflecting the decision of the WSC, if this motion passes, and referencing Virtual Meeting Basics as a possible resource.)

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5. To revise A Vision for NA Service, changing the phrase “his or her own language and culture” to the phrase “their own language and culture.” (If this motion passes, A Vision for NA Service will be revised in future printings, including in Fellowship-approved recovery literature.)

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6. To approve a change to World Services Translation Policy in GWSNA to allow the possibility for up to six locally developed personal stories to be included in translated Sixth Edition Basic Texts, if the stories have first been published in the Little White Book of that language. These stories would be placed in their own section in Our Members Share with the following language preceding them:

A Vision for NA Service looks forward to a day when addicts around the world have the opportunity to experience our message in their own language and culture. In pursuit of that vision, communities or language groups that have published local stories in the Little White Book may include up to six of those stories in the Basic Text if they choose. These [fill in the number] stories were originally published in the [fill in the language] Little White Book in [fill in the year].

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7. To extend the six World Board members' terms currently expiring in 2024 through the end of the upcoming World Service Conference cycle.

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8. As a result of the COVID pandemic, to suspend the World Convention of NA (WCNA) rotation policy after 2024, to allow the World Board to determine what is possible and practical moving forward and then seek approval from conference participants.

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9. To approve a three-year World Service Conference cycle on a trial basis following WSC 2023 through WSC 2029. Following 2029, the WSC cycle would return to two years, unless another decision is made.

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10. If Motion 9 is adopted, to approve an interim virtual WSC in the middle of the conference cycle for decisions that are legally necessary and those that conference participants choose to address. As was done in the 2020–2023 cycle, material would be posted on na.org under the same deadline policies as the CAT (90 days prior) and all voting conference participants would be polled to choose the items they wish to address.

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11. If Motion 9 is adopted, to approve a change to the release of the Conference Agenda Report (CAR) to be thirty days earlier than the current policy of 150 days prior to the start of the World Service Conference. The new CAR release day would be 180 days prior to the in-person WSC meeting for English, 150 days for translated versions. The deadline for the finalization of regional and zonal motions would be 270 days. The Conference Agenda Report will be posted on na.org at no cost to members.

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12. To change the current policy of NA World Services automatically funding delegates from seated regions and zones to the WSC to funding available upon request.

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13. To direct the World Board to create a project plan for the next World Service Conference (WSC), for the development of a new IP for daily personal inventory of gratitude.

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14. To direct the World Board to create a project plan for consideration at the next WSC to investigate changes and/or additional wording to NA literature from gender specific language to gender neutral and inclusive language.

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15. To direct the World Board to create a project plan for the next WSC to initiate the process for the Fellowship to approve adding “gender” to “What is the NA Program?” to read: “Anyone may join us regardless of age, race, gender, sexual identity, creed, religion or lack of religion.”

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16. To direct the World Board to develop a project plan, for consideration at the next World Service Conference, to create a booklet of Step study questions where all answers relate to a line in Chapter Four in the Basic Text.

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17. To place an 8 year moratorium on the creation of new recovery literature after WSC 2023, excluding all translations or literature projects currently in development.

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18. To direct the World Board to create a project plan for the next WSC to study permitting service committees of Narcotics Anonymous who are, or may be, willing to serve as literature printing/ distribution and selling centers inside and outside the United States.

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19. To direct the WB to create a virtual Institutional Review Board (IRB) to review all researchers and their research questions that request access to the Narcotics Anonymous population through NAWS to conduct research.

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20. To direct NAWS to provide at na.org audio recordings of the worldwide webinars on the topics of Public Relations, Hospital & Institution, Step Writing for Inmates, Fellowship Development, Phone Line, and others.

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21. To direct NA World Services to remove the Hospitals and Institutions Handbook from the inventory.

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22. If any Motion or Proposal, in Content or Intent, has been submitted and failed to achieve consensus or adoption at two consecutive World Service Conferences, the previously proposed Content and Intent may not be suggested to the Fellowship in the Conference Agenda Report (CAR)/ Conference Approval Track (CAT) or at the WSC for one entire conference cycle.

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23. All in-person and virtual World Service Conferences will be streamed to provide access to NA members in English audio.

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24. All Conference Participant webinars will be streamed to provide access to NA members in English audio.

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25. All votes and straw polls on motions that were included in the Conference Agenda Report or the Conference Approval Track, not to include election ballots, will be displayed in real time for all Conference Participants to see, showing who voted and how they voted.

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For detailed information please refer to:

[www.na-car-guide.com](http://www.na-car-guide.com)

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## Clean Time Dates

### November

07 November 1992	Linda O`	Hawai`i
11 November 1987	Kimberly Y	USA
23 November 2004	Meysam M	Iran

### December

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

If you wish to share your MileStone in our newsletter, email:

[newsletter@apfna.org](mailto:newsletter@apfna.org)

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## Upcoming Events & Virtual Meetings

APFCNA-3 (Asia Pacific Forum Convention of NA)

Darjeeling, India / March 3-5, 2023 / Contact: [apfcna3@gmail.com](mailto:apfcna3@gmail.com)



**SAVE THE DATE**

**courage to change**

Asia Pacific Forum Convention - March - 3,4,5 -2023 - Darjeeling - India  
Venue: Gorkha Rangamancha Bhawan, Mall Road, Darjeeling  
APFCNA - 3

**NA**  
E-Mail  
[apfcna3@gmail.com](mailto:apfcna3@gmail.com)



The 29th Dopes on Slopes at Indian Head Resort

New Hampshire, USA / January 20-22, 2023

Contact: Elizabeth E. +1-860-961-7841

# The 29th Dopes on Slopes

January 20-22, 2023

@Indian Head Resort, New Hampshire

Registration: We are using Venmo this year!  
Venmo-@Elizabeth-Est

Please include in the comment section:

Name, phone number, and who you are rooming with if sharing. Include shirt type and size.



hosted by  
Sound of Serenity group  
of Narcotics Anonymous  
Uncasville, CT

Contact info:  
Elizabeth E. 860-961-7841  
Rob D. 860-304-8581

Cost Breakdown: Must be paid in full. If sharing a room total cost must be paid.  
registration includes two(2) nights & four(4) meals

#### Rooms

Single = \$430      Triple = \$690  
Double = \$500      Quad = \$840

#### Shirts

Sweatshirt \$45  
Long Sleeve \$30

**\*\*Discounted Lift tickets will be sold at the lodge\*\***

Narcotics Anonymous is not affiliated with with the Indian Head Resort

# Japanese NA Fellowship “What is Sponsorship?”

Open Speaking Meeting / 1pm JST / December 18, 2022

Zoom ID 703 657 3645 / Password 565656

**スポンサーシップって、なーに?**

Harue(Welcome Growing UP)  
Aki(Last Fort)  
Takashi(Hachioji J.F.T)  
Yuka(Nakano Athome)

**18 DEC 2022**

**スポンサーシップ  
ミニ体験アリ**

**有香**  
中野アットホーム

**タカシ**  
八王子JFT

**アキ** (男性)  
ラストフォート

**ハルエ**  
ウェルカムグローイングアップ

**What is Sponsorship?**

**STARTS AT 1.00 PM.  
JOIN US TO THINK ABOUT  
YOUR SPONSORSHIP.**

**OPEN SPEAKER  
MEETING**

**Zoom ID : 703 657 3645 PASS : 565656**



# Nepal RCNA (Regional Convention of NA) VII

Jhapa, Nepal / March 4-5, 2023 / [www.nanepal.org](http://www.nanepal.org)

## THEME "THE BIG PICTURE"

"All spiritual awakenings have some things in common. Common elements include an end to loneliness and a sense of direction in our lives.

Our journey through the Twelve Steps will bring about a spiritual experience of the same nature, only more profound and lasting. We undergo a continual process of ego-deflation, while at the same time we become more conscious of the larger perspective. Our view of the world expands to the point where we no longer possess an exaggerated sense of our own importance. Through our new awareness, we no longer feel isolated from the rest of the human race. We may not understand why the world is the way it is or why people sometimes treat one another so savagely. But we do understand suffering and, in recovery, we can do our best to alleviate it. When our individual contribution is combined with others, we become an essential part of a grand design. We are connected at last.

Just for today: I am but one person in the entire scheme of things. I humbly accept my place in the big picture.

## About Nepal Regional

Nepal, Regional Service Committee (RSC) has been formed on 5th March, 2005. RSC has been functioning through communication, coordination, cooperation and guidance ever since its formation in order to develop the fellowship and service structure in Nepal RSC provides these services so that NA groups and members can more successfully carry the message of recovery that our program of recovery can be made more available to addicts.

## COMMITTEE DETAILS

Convention Chair : Raju G. +977-9842700296  
Treasurer : Raju L. +977-9816085911  
Information Chair : Gunjan S. +977-9816066615  
Registration Chair: Saroj S. +977-9806080462  
Hotel & Hospitality Chair: Bhim L. +977-9814381762  
Merchandise Chair: Buddhi S. +977-9842753560

## NEPAL REGION BASED AREA HELP LINE NO.

Eastern ASC +9779815965697  
Chitwan ASC +9779811269440  
Kathmandu ASC +9779843081000  
Dhaulagiri ASC +9779821353673  
Pokhara ASC +9779806608808  
Dharan ASC +9779804380557  
Surkhet ASC +9779848392729  
Lumbini ASC +9779817501494

## REGISTRATION CONTRIBUTION

Registration Cost: Nrs. 4500/-  
(Including food+Program only)  
With room in venue Nrs. 8250 ( 2 person per room / 7 rooms)  
A/c No.: 00501000171021000001  
A/c Name: RAJU LAMA, RAJU GIRI, PRAKASH UPRETI  
Bank: Excel Development Bank Ltd  
Branch: Dhulabari, Jhapa, Nepal  
E-mail: nanepal.regional@yahoo.com

Members are requested to make Pre-registration to help convention committee manage early expenses of the event. Members who pre-register will get a pre-registration gift. Last date for pre-registration is 5 Jan. 2023.

## MEETING LIST OF EASC

Day	Time	Location
Sun	We can H.G. 4:30 to 5:30pm	Mahendra Ratna School, Birtabazar
	Spiritual H.G. 4:00 to 5:00pm	Nawa Yuba Club Love Dhada, Damak
Mon	Astha H.G. 4:00 to 5:00pm	Bijuli Office, Jhijhile
	Buddhashanti H.G. 4:30 to 5:30pm	Budha Aadarsha H. School, Budhabare
Tue	Inspire H.G. 4:00 to 5:00pm	Dipini School, Damak
	Stepping Stone H.G. 4:30 to 5:30pm	Sanischare H. School, Sanischare
Wed	Naule disha H.G. 4:45 to 5:45pm	Devi Sec. School, Birtamod
	Subha Sandesh H.G. 4:00 to 5:00pm	Fulbari Sewa Sangam Club, Dudamari
Thu	Samarpan H.G. 4:30 to 5:30pm	Saraswati Ma. Bi. Itabhatta, Damak
	Bihari Kiran H.G. 4:00 to 5:15pm	Dhulabari H. School, Dhulabari
Fri	Milestone H.G. 4:00 to 5:00pm	Krishna Ni. Ma. Bi., Damak
	Freedom H.G. 4:00 to 5:00pm	Kerkha H. School, Kerkha
Sat	New Step H.G. 4:00 to 5:00pm	Surunga Ban Office, Surunga
	Naule Dish H.G. 3:00 to 4:00pm	Devi Sec. School, Birtamod
Sat	Biswash H.G. 4:00 to 5:00pm	Kakarvitta Community Hall, Kvt.
	Asha H.G. 4:00 to 5:00pm	Prithivi School, Damak
	Mukti H.G. 4:00 to 5:00pm	Rastriya Ramaniya School, Dudhe
	Reincarnation H.G. 3:00 to 4:00pm	Pathari Multiple Campus, Pathari

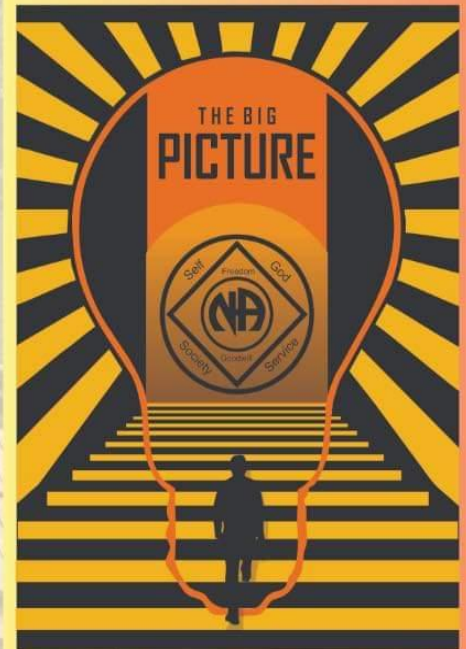
## NEPAL REGIONAL CONVENTION OF Narcotics Anonymous - VIII

4-6 MARCH 2023

(NRECNA-VIII)

HOST:

EASTERN AREA SERVICE COMMITTEE



[www.nanepal.org](http://www.nanepal.org)

Venue: Hotel Shivansh Garden  
Birtamode, Jhapa, Nepal

# Sponsorship Day 2022

NA Worldwide Celebration / December 1, 2022

# Sponsorship Day

Thursday, 1 December 2022

**Today I will give back some of the unconditional love I received—to a sponsee, my sponsor, or any addict who needs it.**



*A Spiritual Principle a Day, 1 December*

*Sponsorship is simply one addict helping another. The two-way street of sponsorship is a loving, spiritual, and compassionate relationship that helps both the sponsor and sponsee. (IP #11, Sponsorship)*

*It's all about the humanness of sponsorship. Every sponsee-sponsor relationship is unique, and helps us to learn and grow.*

*Many communities plan an event in honor of sponsorship to celebrate. As members, we can each reflect on the best way to mark the day.*



***How can you improve these relationships?***

***Have you called your sponsor or sponsee today?***

***How can you give back?***



**Sponsorship medallions**  
[www.na.org/webstore](http://www.na.org/webstore)



BACNA (Boston Area Convention of NA) XX

Boston, USA / January 6-8, 2023 / [www.bostonconvention.org](http://www.bostonconvention.org)



**BACNA XX**

**Boston, MA**

**January 6-8, 2023**

**[www.bostonconvention.org](http://www.bostonconvention.org)**

2023 WS (World Service) Conference

CAR (Conference Agenda Report): Now available for download

[www.na.org/conference](http://www.na.org/conference)

**NOW available  
for download**



**2023 World Service  
Conference**

**Conference  
Agenda  
Report**

**[www.na.org/conference](http://www.na.org/conference)**



SPAD (Spiritual Principle a Day Book) Ordering

[www.na.org/webstore](http://www.na.org/webstore) #1110, \$13 USD



**Have you ordered your copy yet?**

**\$13**

**(#1110)**

**[www.na.org/webstore](http://www.na.org/webstore)**

# APFCNA (Asia Pacific Forum Convention of NA) 3 FLIER

Darjeeling, India / March 3-5, 2003 / Contact: apfcna3@gmail.com

[Front Page]

## VISA REQUIREMENTS

No special permit is required for foreigners visiting Darjeeling, however, one must have valid passport with a visa to travel to India, the India e-visa is currently available to citizens of 157 countries. If you intend to visit for tourism, you can simply apply online and obtain the necessary entry authorization to visit India.

<https://www.india-visa-online.org>  
<https://indianvisaonline.gov.in>

COVID 19 vaccination is mandatory for arrival into India, (check latest guidelines before travelling). Air Suvidha form is also mandatory for travel to India: "Air Suvidha" self-declaration form | fill online ([newdelhiairport.in](http://newdelhiairport.in))



## CLIMATE

The temperature in the month of march will fluctuate between 6°C (42.8 f) and 17°C (62.6 f), it will be chilly in the mornings and night, but the days during these months are usually graced with warm sunshine. Also this is the time when the Rhododendrons and Magnolia are in full bloom in Darjeeling.

This time of the year is a great time for 'trekking, picnicking and sightseeing in and around the Darjeeling town, spectacular view of the landscapes, the panoramic views of mountains, valleys, rivers, and fields under the clear blue sky are a sight to behold.

## CURRENCY

There are a number of official currency exchange centers in Darjeeling for people wanting to exchange foreign currency. Most of the ATMS in the country accept international debit and credit cards to give out cash, also almost all hotels and restaurants in Darjeeling will accept international debit and credit cards, please remember to notify your bank that you will be using your card overseas.

## ACCOMMODATION

There are many hotels available in the range 'of USD 20 to 100 in Darjeeling. the following search engines can assist you in finding suitable accommodation.

[www.booking.com](http://www.booking.com)  
[www.agoda.com](http://www.agoda.com)



## OUR VISION

Every addict in the world has the chance to experience our message in his or her own language and culture and find the opportunity for a new way of life.

Narcotics Anonymous communities Worldwide, NA World Services and the APF work together in a spirit of unity and cooperation to carry our message of recovery.

With three decades of fellowship and service experience, Darjeeling eagerly looks forward to hosting APFCNA 3, this is a great opportunity to raise awareness about the NA way of life within our region, neighbouring communities, and other Asia Pacific Forum communities.

Sl. No.	Home Group	Day	Time	Address
1	Whispers of Recovery	Monday	4:00 pm to 5:00 pm	Hayden Hall Darjeeling
2	Freedom	Tuesday	4:00 pm to 5:00 pm	Hayden Hall Darjeeling
3	4:00 PM	Wednesday	4:00 pm to 5:00 pm	Hayden Hall Darjeeling
4	Lifeline Thursday	Thursday	4:00 pm to 5:00 pm	Hayden Hall Darjeeling
5	Higher Grace	Friday	4:00 pm to 5:00 pm	Hayden Hall Darjeeling
6	Lifeline Saturday	Saturday	5:00 pm to 6:00 pm	Hayden Hall Darjeeling
7	Living Clean	Sunday	5:00 pm to 6:00 pm	Hayden Hall Darjeeling
8	Shelter for Survival, Sonada	Tuesday Thursday Saturday	4:00 pm to 5:00 pm	Scots Mission Junior School, Sonada
9	Silver Lining (Virtual)	Everyday	8:00 pm to 9:30 pm	Zoom ID 686363375 Password 85095
10	We Can, Meis	Sunday	4:00 pm to 5:00 pm	Melli Primary School, Near Police Station West Bengal
11	Stepping Stones, Kurseong	Wednesday Saturday	5:00 pm to 6:00 pm	Hill Top School, Kurseong, Kurseong
12	Rebirth, Siliguri	Sunday	5:00 pm to 6:00 pm	Laxmi Maya Girls School, Near Laxmi Eye Hospital, Siliguri

All meetings are in Nepali language

**REGISTRATION AMOUNT** : USD 35 - includes program, ID lanyard, Registration pack, entertainment and dinner & snacks for 3 days.



DARJEELING, INDIA

**Courage to Change**





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## WELCOME

The Asia Pacific Forum convention of Narcotics Anonymous is a Bi-Annual event that combines the celebration of recovery with service oriented workshops. Each alternate year the APF delegates the responsibility for planning and hosting the APFCNA to one of the Asia Pacific Forum NA communities.

We the host committee, SOSONA - Indian region, the Darjeeling Area Service Committee and the Asia Pacific Forum are personally inviting you to help us celebrate recovery in Darjeeling in March 2023.

## REGISTRATION

Why do we need to register? Money collected from registration is used for paying for the venue which provides us with the meeting facilities. The audio and visual equipment, registration kit, entertainment, merchandise, food and other logistical expenses.

**REGISTRATION AMOUNT** : USD 35- includes program, ID lanyard, Registration pack, entertainment and dinner & snacks for 3 days.

Registration amount for those pre registering from inside India is INR 2700/ please use the following account.

**HDFC BANK**  
**DARJEELING BRANCH, LADENLA ROAD, RINK MALL,**  
**ACCOUNT NUMBER: 50100541203722**  
**IFSC CODE: HDFC0000454**



Scan this code to pay me

## CONTACT

Anusha.C : +91 90648 65523  
Rajiv.M : +91 86373 44588  
Gopal.R : +91 81451 50946

For those Pre- Registering from outside India please go to <https://www.apfcna.org/events/apfcna3>

The Convention is a celebration of recovery event rather than a regular scheduled NA meeting, so a registration lanyard is required to attend.

We also ask that you do not bring any drugs or drug related paraphernalia onto the convention site, or act in any way that will be harmful to the image of NA as a whole whilst on the venue premises.

## ABOUT DARJEELING

Darjeeling is amongst one of the most significant hill resorts of the Indian state of West Bengal, which is at a height of 2134 meters. Darjeeling is an international tourist destination encompassed in an amphitheatre of the majestic Himalayas, tea gardens, and heritage beauty.

Adding to this is the rich flora and fauna and icy weather, she proudly bears her nickname, "the queen of hills". It is also easily accessible from all corners of the world.

Once a summer resort for the British raj elite, it remains the terminus of the UNESCO world heritage narrow-gauge Darjeeling Himalayan railway or "toy train" completed in 1881 <http://dhr.in.net/>

## TRAVEL INFORMATION

**By air:** The nearest international airport to Darjeeling is Bagdogra international airport, which is a distance of 69.2 kilometres (43 miles) from Darjeeling.

One of the most economical ways to get to India is from Singapore or Dubai. There are 9 flights from Delhi to Bagdogra and 8 flights from Kolkata to Bagdogra every day. This search engine may assist in finding flights : [www.skyscanner.com](http://www.skyscanner.com)

**By Road:** There are regular bus and train services from Delhi, Mumbai, Kolkata and Bengaluru, as well as from neighbouring countries including Nepal, Bangladesh and Bhutan.

Land travel from Bagdogra airport to Darjeeling can be completed in 2.5hrs using a local taxi cab which is easily available from the airport. One can also book a vehicle from the hotel they have booked. The APFCNA 3 Committee will have a travel desk at Bagdogra airport to help facilitate travel to Darjeeling.

## LAND PRICES ESTIMATE

Bagdogra airport to Darjeeling	: 69km	2.5 hrs	\$45 (full vehicle)
Pasupati (Nepal) to Darjeeling	: 29km	1.5 hrs	\$30 (full vehicle)
Kakarivitta(Nepal) to Darjeeling	: 85kmp	4.5 hrs	\$55 (full vehicle)
Jaigoan (Bhutan) to Darjeeling	: 178km	5 hrs	\$75 (full vehicle)

## SERENITY PRAYER

"God, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference."

Pg. 274: Just for today - Daily meditation

Recovery involves change, and change means doing things differently. The problem is, many of us resist doing things differently: what we're doing may not be working, but at least we're familiar with it. It takes courage to step out into the unknown. How do we find that courage?



**DARJEELING, INDIA**

**Courage to Change**

We can look around ourselves at NA meetings. There, we see others who've found they needed to change what they were doing and who've done so successfully. Not only does that help quiet our fear that change-any change-spells disaster, it also gives us the benefit of their experience with what does work, experience we can use in changing what doesn't.

We can also look at our own recovery experience. Even if that experience, so far, has been limited to stopping the use of drugs, still we have made many changes in our lives-changes for the good. Whatever aspects of our lives we have applied the steps to, we have always found surrender better than denial, recovery superior to addiction. Our own experience and the experience of others in NA tells us that "changing the things I can" is a big part of what recovery is all about. The steps and the power to practice them give us the direction and courage we need to change. We have nothing to fear.

Just for today: I welcome change. With the help of my Higher Power, I will find the courage to change the things I can.

Pg. 274: Just for today, daily meditations for recovering addicts.

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If you wish to have your future events posted Email

[newsletter@apfna.org](mailto:newsletter@apfna.org)

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## **Worldwide Connections**

### NAWS

For the most up to date details please visit the NAWS website at:  
[www.na.org](http://www.na.org)

### APF

For the most up to date details please visit the APF website at:  
[www.apfna.org](http://www.apfna.org)

### Australia

For the most up to date details please visit the Australian  
Regional website events page at:  
<https://www.na.org.au>

### Hawai'i

For the most up to date details please visit the Hawai'i  
Regional website at: [www.na-hawaii.org](http://www.na-hawaii.org)

India

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

[www.naindia.in](http://www.naindia.in)

Iran

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

[www.nairan.org](http://www.nairan.org)

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## **APF Country Website Links**

[www.na-bali.org](http://www.na-bali.org)

[www.nacambodia.com](http://www.nacambodia.com)

[www.saudina.org](http://www.saudina.org)

<http://www.nakuwait.org>

<https://www.nachina.com>

<http://nakorea.org>

[www.na-thailand.org](http://www.na-thailand.org)