

# Asia Pacific Forum News

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**Issue # 57 May 2023**

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## **A Note from the Editor**

First of all, I need to appreciate all the APF delegates for giving me the opportunity of being of service as your Newsletter Editor for another term. So, I will try to do my best through further interaction with my team and all of the APF communities. Once again, I would like to kindly ask you to support your own Newsletter by sending us your stories, articles and any NA related issues to the following email address: [newsletter@apf.org](mailto:newsletter@apf.org).

Sincerely, Meysam M (APF~News)

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Last Update of APFCNA3; The Conference and general news of the decisions made during the meeting.

The Convention and its interesting snippets.

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## Introducing our Newly Elected Admin and 2023 Trusted Servants

Nita.....PR Coordinator  
Karyn.....Merchandise Coordinator  
Meysam.....Newsletter Editor  
Amitabh.....Interim FD Coordinator  
Bappa.....Interim Web Coordinator  
Divya.....Interim WFD Coordinator

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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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# **The APF Experience**

## **Journey to Darjeeling**

Filled with excitement, I was able to be a part of Narcotics Anonymous on a more global level. Invited to attend a conference aimed at service for NA in our communities. The journey was 46 hours long to include 4 flights and many layovers. When I landed in Bagdogra I was met by an NA member holding a sign with my name on it. Oh, how special that felt. We took a 2.5 hour drive up the mountain into Darjeeling through narrow roadways and no driving regulations. I thought the driver was crazy! He weaved passed cars crossing on the other lane barely fitting. The road up the steep mountain was treacherous, no guard rails, and at some points, parts of the pavement had collapsed. I could have sworn I made a hole in the passenger car deck from stomping on my invisible brake pedal. There were some highlights in the drive. I was able to see many tea farms going up the mountain and the view of towns built on the side of the mountain was amazing!

I arrived in the later part of the day in Darjeeling. The atmosphere was cold, temp in the 40's, and the air felt thinner. Off in the distance I can see what looked like fog. I



was standing in the clouds! Coming from an island and having summer all year long and into 40-degree weather was a big change for this islander.

The hotel was quaint, each room nicely kept with what looked like antiques. My room was nice with the exception of the temperature only regulated by a heater the size of a laptop. Restless and full of adventure, I layered my clothing and set out to explore the town.

Not far from the hotel I found the town square. Everyone seemed lively and happy in this simple town. Along the streets there were many shops selling items of their culture like Tibetan displays and knitted clothing. One pathway had all street food vendors, and I was reluctant to try but did anyway. The food was spicy, which I liked, bursting with flavors my tongue had never tried.

The next day, as I stepped out of the hotel, there were monkeys everywhere! Swinging from power line to power line, playfully, and grunting. Unsure of how to act, I kept my distance. Reality sunk in, I'm no longer on my island.

As the day progressed the cold became more difficult to bear. I watched as members from around the region arrived in pairs or more, all full of joy and excitement to be in a different part of the world. My day went differently, I was by myself. Many times throughout the day, I sat there wondering what I was doing when I could be with my fiancé and 3 kids in the warm comfort of our home. Feeling alone and unsure of my Hp's will for me kept me closed off from the rest of the members on that first day.

## **APF Conference**

The next day was the first day of the conference. Greeted with warm hugs, Delegates had designated seats and were given custom shawls as a welcome gift from the local committee. All of us in alphabetical order. I sat next to Bhup from Bhutan and Rezza from Iran. Through the conference days I translated for Rezza into Persian with the help of Google Translate. Jokingly, he tells everyone I am the new Iran RD and his new sponsor!

We started the conference with a prayer and opening remarks. I learned many things about NA in other countries. Two different extremes, Iran has over 600,000 members and women in Afghanistan are in fear of being

hung for attending meetings. I am grateful for our local community despite our low membership numbers. Smaller communities face less complicated issues.

At the end of the conference, we had a scheduled fellowship dinner at a local restaurant. Fellowship dinner so that we can bond outside of a conference setting. This was my 1st, of many, spiritual awakening. The local fellowship filled the rest of the restaurant taking pictures of us as if we were celebrities from a newly released box office hit. I was confused at first, I thought we had done something wrong! Then I realized they were just grateful to have NA members from around the world gathering in their town. As I sat there sharing laughs with everyone, I was amazed how we are all so different, yet we are all the same. Despite our cultural differences we all share the same common disease of addiction, and we are all there for the same common purpose. To carry the message to the addict who is still suffering. I no longer felt alone...I am where I should be!

The next few days of the conference everyone was so loving. We all participated in workshops and activities that were not just fun but educational too. As a member, I

learned to be more mindful of how I conduct myself with members and the public. Through service we bonded and exchanged contacts so that no matter where we go, we are not alone.

During the night I would walk the town wearing my Guam NA clothing and members who have come from around the world would approach me and give me a hug. They were also here for the convention. Some didn't speak any English at all, but I clearly understood whenever they asked me for my shirt or sweater. The constant hugs and interaction kept me warm in Darjeeling.

## **APF Convention**

On the morning of the convention, I received a message from the convention committee. I was asked to share my experience on a topic for speaker jam. The opportunity to share some of my story in front of almost a thousand people was a little nerve wrecking. Anxiety had me beat and I declined. Knowing that I would regret the choice that I made, I requested to speak on a topic for the next day. Unfortunately, those topics did not really appeal to me the way I wanted it to.

Speaker Jam started with 3 speakers speaking on 3 different topics. When they were done, they didn't fill the allotted time so the trusted servant asked if anyone else would like to share their experience, strength, and hope on the topics. This was my 2nd chance to share my story and so I raised my hand! The topic I chose was "Trusting the Process". I introduced myself and then paused for a prayer. Asked my Hp to guide my words and spoke from the heart. Choosing to share my gratitude and getting a show of empathy and support from the audience was another spiritual awakening. We are all the same, we are one fellowship!

The following days were met with members introducing themselves to me, talking about how much they can relate to what I shared, with questions about, "Where is Guam?". Throughout the convention I had the opportunity to listen to others share their experience, strength, and hope and how that related to me in my recovery.

On the last day of the convention, we had a Country and Clean Time Countdown. I chose for my entrance song "Guam USA" by KC Leon Guerrero. The huge display showed our Guam Flag stating 1 member from Guam

totaling 7 years 1 month and 17 days. As I stumbled into the center of the circle, struggling my way through the crowd, I was greeted with the crowd cheering! It was exhilarating! I raised my hands and they got louder and then I ran the circle high fiving everyone along the way! Another spiritual awakening.

I have never been met with so much energy from so many members the way we just celebrated clean time! The celebration lasted for about 4 hours with everyone singing, dancing, and chanting “KEEP COMING BACK!”.

In loving service,  
In the middle of the ocean,  
Andy T. Guam



## **Sparks of Hope**

My name is Hesam, an addict from Iran; I've been clean for over 17 years.

My story starts since after my 10th milestone celebration, I was diagnosed with cancer. When I received this news from my Dr., I felt so devastated. The first thing I was thinking of at that moment was death...

Feeling so desperate I called my beloved sponsor and informed him, I can't remember his exact words but I felt so much better after that call. I didn't disclose about my illness and soon, I started the treatment.

After some days, I had to go to the hospital and get ready for some surgery. The whole day, I was thinking about all my life's happenings while I was glad and grateful that I'm not a user of alcohol or drugs anymore, as if so, the only solution for me in the same situation was using more and watching death.

The surgery didn't go well and they decided to start chemotherapy for me. After some chemo sessions, I received a message about some new NA meetings close

to my home. I decided to show up there once. I barely made it to the meeting, as I had no energy in my body and felt so sick. But I knew attending the meeting can revive hope in my heart and actually it did!

I kept going back to that meeting till there was a business meeting for the service of Alternate GSR. I decided to stay in that Business meeting and though feeling sick, support the group as there were few members, only 6 or 7. There was no volunteer for the commitment! I felt responsible at the moment and the sudden thought came to my mind: If you're going to die soon, then you have to give what you have received in this fellowship. Immediately, I announced my willingness to the group and I was elected.

During the whole procedures of my treatment, I tried to do my service efficiently. Treatment and service were going on in parallel. After some chemo sessions, I had to go for another surgery. I continued my commitment soon after, while the cancer had absorbed all my strengths. But my love for the fellowship and the service didn't let me refuse to serve.



I felt so much healthier after two years being in service. I met my Dr. while I had my last check-up and the scan results in my hand. He cheered for joy and in my wonder told me that I was recovered and treated well! I remember his exact words: I had no hope for you and I don't know what has happened to you or who or what has helped, but **YOU ARE FINE!**

Although my doctor had no clue , I knew it well that the one and only reason for standing against my illness and surrender came from the magic of my love for NA, the service and my relationships in the fellowship.

Thanks to my higher power to let me stay clean and in service.

Hesam

Karaj, Iran



## بارقه های امید

سلام، اسم من حسام و مدت ۱۷ سال و چند ماه است که پاک هستم.

داستان من از جایی شروع شد که بعد از تولد ۱۰ سالگی پاکی ام متوجه بیماری سرطان در وجودم شدم.

زمانی که پزشک این موضوع را به من اطلاع داد، تمام دنیا به یکباره بر روی سرم خراب شد.

اولین چیزی که به ذهنم رسید، مرگ بود.

در همین حال و احساس به راهنمای عزیزم زنگ زدم و موضوع را به او گفتم. یادم نیست او دقیقاً چه گفت ولی من آرامتر شدم. موضوع را به هیچکس نگفتم، رفتم به دنبال درمان.

مراحل درمان شروع شد، چند روز بعد به بیمارستان رفتم بستری شدم و آماده شدم برای جراحی. تمام روز و شب به اتفاقات زندگی ام فکر میکردم ولی خوشحال بودم از اینکه مصرف کننده الکل و مخدر نیستم چرا که اگر در آن شرایط بودم، تنها کاری که از دستم بر میامد، مصرف کردن و منتظر مرگ بودن بود.

بعد از یک عمل ناموفق دوره شیمی درمانی شروع شد.

چند جلسه از شیمی درمانی ام گذشته بود که پیامی دریافت کردم یا این مضمون که در نزدیکی خانه ام یک جلسه تازه تأسیس باز شده است.

یک روز تصمیم گرفتم به جلسه بروم.

به زحمت خودم را به جلسه رساندم. واقعاً توان حرکت نداشتم.

ولی باز هم پناهنده شدن به جلسه امید را در دلم زنده کرد.

بعد از شرکت در چند جلسه، در پایان یکی از جلسات مقرر شد تا برای پست خالی نماینده علی البدل، جلسه اداری اضطراری برگزار شود.

من هم از روی ناتوانی ترجیح دادم بنشینم و جلسه اداری را حمایت کنم.

جلسه اداری با هما ن ۶ یا ۷ نفر برگزار شد، ولی هیچ کس کاندید این پست خدماتی نشد.

من احساس مسئولیت کردم و تصمیم گرفتم اگر قرار باشد با زندگی خداحافظی کنم، پس باید دین خودم را نسبت به انجمن ادا کنم. نا خدا گاه برای خدمت کاندید شدم و رأی هم آوردم.

در حین درمان سعی کردم خدمتم را هم به نحو احسن انجام دهم.

درمان و خدمت، موازی هم پیش می رفتند. بعد از چند جلسه شیمی درمانی، مجبور شدم دوباره عمل جراحی مجدد انجام بدهم. بعد از عمل، دوباره خدمت شروع شد. سرطان تمام رمق من را گرفته بود، ولی عشق به انجمن و خدمتی که داشتم اجازه نمی داد تا از خدمت سرباز بزنم. بعد از دو سال خدمت مداوم، سالم بهتر شد.

آخرین چکاپ رو نزد پزشک بردم. پزشکم هورا کشید و گفت که درمان شدم!

جمله پزشک این بود؛ "هیچ امیدی به شما نداشتم، نمیدونم چه کسی به تو کمک کرده ولی شما درمان شدید!"

ولی من خودم میدونستم اگر من تونسته بودم در برابر بیماری و درمان دوام بیاورم، فقط و فقط به خاطر وجود انجمن و خدمتی بود که انجام دادم.

از خدا به خاطر حضورم در انجمن سپاسگذارم

حسام  
کرج، ایران



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## Why I love...?

Why I love “I can’t, WE can”

I love this phrase as it saved my life. As an addict for many years of my active addiction, I tried many times to get clean but I failed. Each time, I was more hopeless and disappointed on myself. In the last years of my using, I stopped trying even, as I knew I couldn’t and it just made me more broken inside and outside.

Till I found NA, the program that assured me I can’ do it alone while TOGETHER we can! That was the rescue! What I needed, and still I do and will need forever. Thinking of our fellowship and the community I have in NA made me able to pass many life challenges and never feel alone again.

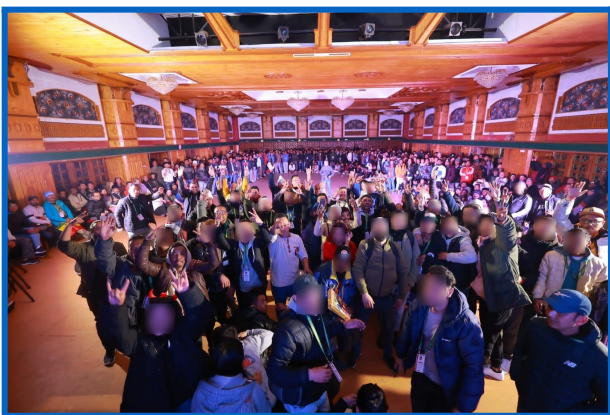
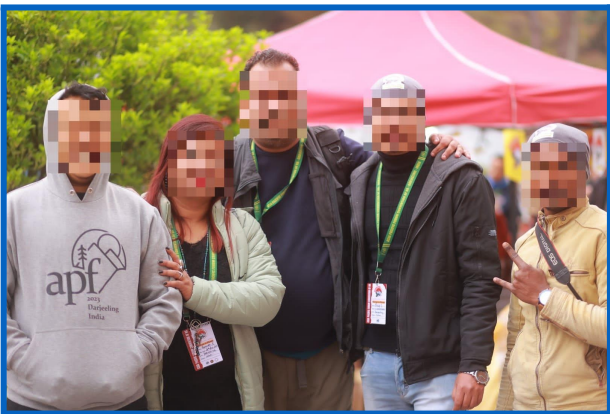
There are lots of benefits in this idea of “WE CAN”, unity, open-mindedness and hope and many other principles are hidden in this phrase. And that’s why it’s the one I always remember the first.

Mahboubeh

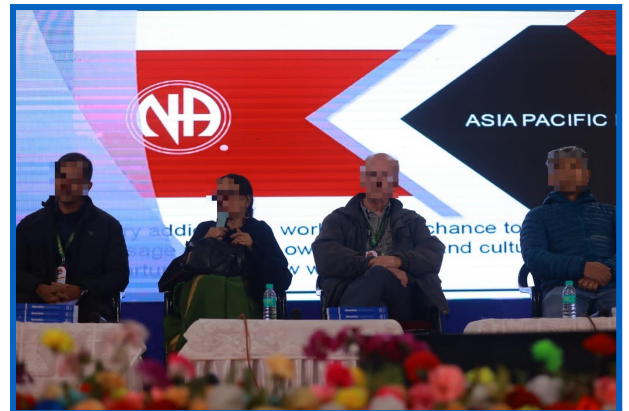
Tehran, Iran



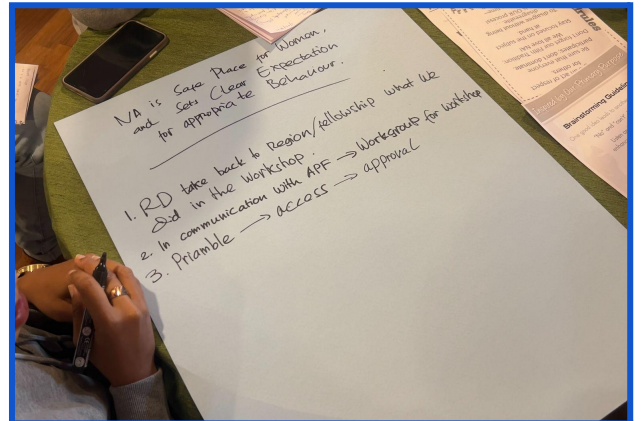
## APFCNA 3 Photos







# APF Conference



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## Key Highlights of the APF Conference 2023:

- Consensus Based Decision Making process was adopted
- APF 2023 minutes were approved
- Workgroups for Strategic planning were formed to develop action plans
- Issues and Challenges from communities were shared
- Orientation session was presented Virtually by ZD for CAR.
- APF 2024 conference locations was prioritized
- Fellowship Development including Communication workshop was conducted



- Public Relations session was conducted
  - Approval of guideline in making some changes in majority of voting, vision statement, residence of APF trusted servants and validity of Red card section
  - Performance report was approved
  - Minutes of 2022 AGM were approved
  - Chairpersons' Report was approved
  - Treasurer's Report was approved
  - Extension of term of one year for Auditor for Incorporation was approved
  - Elected Public Relations, Merchandise and Newsletter Coordinators
  - Financial report was approved
  - Creation of a Whatsapp group for admin to communicate with delegates with information was approved
  - Budget for 2 consolidated years ( 2023/24) was approved in which contribution to NAWs , increase in budget of FD were approved
  - Vote of thanks was conducted
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# **Summary on the APF SP Service**

## **Strategic Planning**

What the heck is Strategic Planning?

I have heard this question repeatedly and noticed the questioning looks when the topic comes up. So I thought I would write a short article to cover the basics, and catch everyone up to where we as the APF are in the process.

Strategic planning can be thought of as a way of intentionally deciding our direction. Often we get caught up in the daily demands to assess our direction or effectiveness. SP gives a way of doing this, while not ignoring the fact that we must react to issues as they arise.

We start by scanning, or taking an inventory. We look at what is working or not working, what are our strengths and weaknesses, what problems are we facing, what is limiting our growth as a fellowship etc.

We use this information to decide what is most important to us to address. We have limited resources, so we must

choose how to use them. Establishing what is most important to us lets us begin our work in an intentional manner.

As a group we set Goals. These are measurable, time bound and specific. This allows us to evaluate our progress, manage the resources spent, and know when we have achieved them. At the APF we have a 5 year planning cycle, at the end of which we re-evaluate our goals.

We create projects that work towards meeting the goals. We set realistic plans, monitor and evaluate as we go along, and have clear deliverables.

Whew- that sounds like a lot. Really in practice it is much more simple than it sounds.

The APF is at the start of a new 5 year cycle.

At the conference in Darjeeling the Delegates Prioritized 2 goals for this cycle. These are set to be re-evaluated in 2028. Of course if new information arises, new issues come up , or completion of the goal, we can change this date.

Goal 1: Within our zone service is attractive and has a high level of participation.

Goal 2: Within our zone NA is a safe place for women, and sets clear expectations for appropriate behavior.

From these goals we develop workgroups. For this year we have 2:

1: Develop a framework for filling vacant positions, how to effectively handover a role, and how to support incoming trusted servants (this wording is modified for simplicity and clarity).

2: Create a workshop for men that teaches how to empower members (women).

At the APF meeting in 2024 we will assess the state of these workgroups, and probably create new ones that will move us towards our goals.

That's it, Strategic Planning in a nutshell.

Now what?

Now we go about the work of trying to reach our goal. Our workgroups are open to all members of our Zone. Please do not hesitate to get involved. We are happy to share what we are doing and we value your input. To get involved send me an email.

If you have any questions or just want to learn more, please reach out to me. I am also available as a resource to any planning that your community is doing. There is a monthly SP meeting, everyone is welcome. Send me an email, and I will add you to the list.

Thanks for your attention.

Clay N

SP Coordinator

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





## **FD Blast for Newsletter!**

Dear Members of our most incredible Zone!!

Namaste!! I would first like to thank the Trusted Servants of the APF for having given me this most amazing opportunity to be of service. It's always a privilege and honor to be of service in Narcotics Anonymous. I would also like to thank David T for his most spectacular service as your FD Coordinator, he has left big shoes to fill and I hope we can do justice to the standards he has set for us. The FD Workgroup meets on the First Friday of every month and our inaugural virtual meeting will be held on the 5th of May 2023. We hope a whole lot of you can join this meeting, we are going engage in a proactive approach in terms of carrying out FD efforts. I am attaching the Google drive link for the FD Request and Development form, please go through it. and let me know if you have any questions. My email id is: [fdc@apfna.org](mailto:fdc@apfna.org) and our FD workgroup email is: [apf-fd@apfna.org](mailto:apf-fd@apfna.org). Do let me know if

you want to be added to that list. I hope to see you all soon, I haven't been this excited about service in a long time!!!

Lots of Love and Hugs

Amitabh S

APF FD Coordinator Interim

The Drive Link to the Form:

[https://docs.google.com/document/d/1LCEXECDpP0M64OhYjOTzCJ9nOSCefyWpSIIGO2xnX88/edit?usp=share\\_link](https://docs.google.com/document/d/1LCEXECDpP0M64OhYjOTzCJ9nOSCefyWpSIIGO2xnX88/edit?usp=share_link)



## **APF PR Presentation to Professional Darjeeling, 3rd March 2023**

The APF PR Workgroup together with the local PR committee held a PR Presentation to Professionals in Darjeeling.

Preparations for this activity were made several months in advance, and then 2 months before the Workgroup and local PR activities this committee held a coordination meeting every weekend.

We share tasks, from preparing invitations, invitation lists, materials, banners, ordering literature etc.

On the day of the presentation, the event was attended by professionals in Darjeeling. Attendings by Government, Police, Hospitals, Rehab centers, Schools and also international NGOs.

This activity went well and as expected, the discussion session was very interactive and the participants who attended showed interest by asking the Local PR Committee to be able to make a presentation at their



institution and in the future we can continue to work together.

On this occasion, we also distributed literature "Miracle Happen" and IP'S to the invitees. Thank NAWS for organizing the literature.

Thanks to all the members of the PR Workgroup and also the Darjeeling PR Committee for their service.

Upcoming  
PR Event  
PR Week 4 -10  
June 2023

In service,  
Nita  
APF PR  
Coordinator



**PR Week**  
4-10 June  
2023

Narcotics Anonymous  
World Services

Every area, region, and zone is encouraged to commit to at least one activity during PR week.

**We All Are PR**

How will your public relations team come together to increase awareness of PR service and the NA recovery program?

For more information and activity ideas go to [www.na.org/pr\\_act](http://www.na.org/pr_act).

Please send flyers, ideas, or photos of your events to [pr@na.org](mailto:pr@na.org)

"We All Are PR" note cubes available [www.na.org/webstore](http://www.na.org/webstore) item #9601



# **2023 World Service Conference**

## **Conference Agenda Report Motions**

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

"The CAR (Conference Agenda Report) is a compilation of motions that have been brought before Narcotics Anonymous ("NA"), at the world level, during a World Service Conference ("WSC"). They are one of the ways NA World Services informs the fellowship of NA, all over the world, what is happening, what needs to be discussed, what needs to be voted on, and the future direction of the NA fellowship, worldwide, as a whole."

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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**

February

13 February 2008	R.K. Gunikanta (Guni)	NERF
08 February 2001	Rocky	NERF
18 February 2000	Sam B - "Serenity Sam"	USA
20 February 2016	Jennette	Guam

## March

01 March 1997	Robert P	Thailand
01 March 2007	Hammed T	Kuwait
04 March 1995	Partoit G	India
09 March 1987	Erik R	Hawai'i
26 March 1995	Ricky S	Philippines
31 March 1994	Wajid A	Pakistan

## April

10 April 2013	Hesham S
29 April 1991	Parvez A

## May

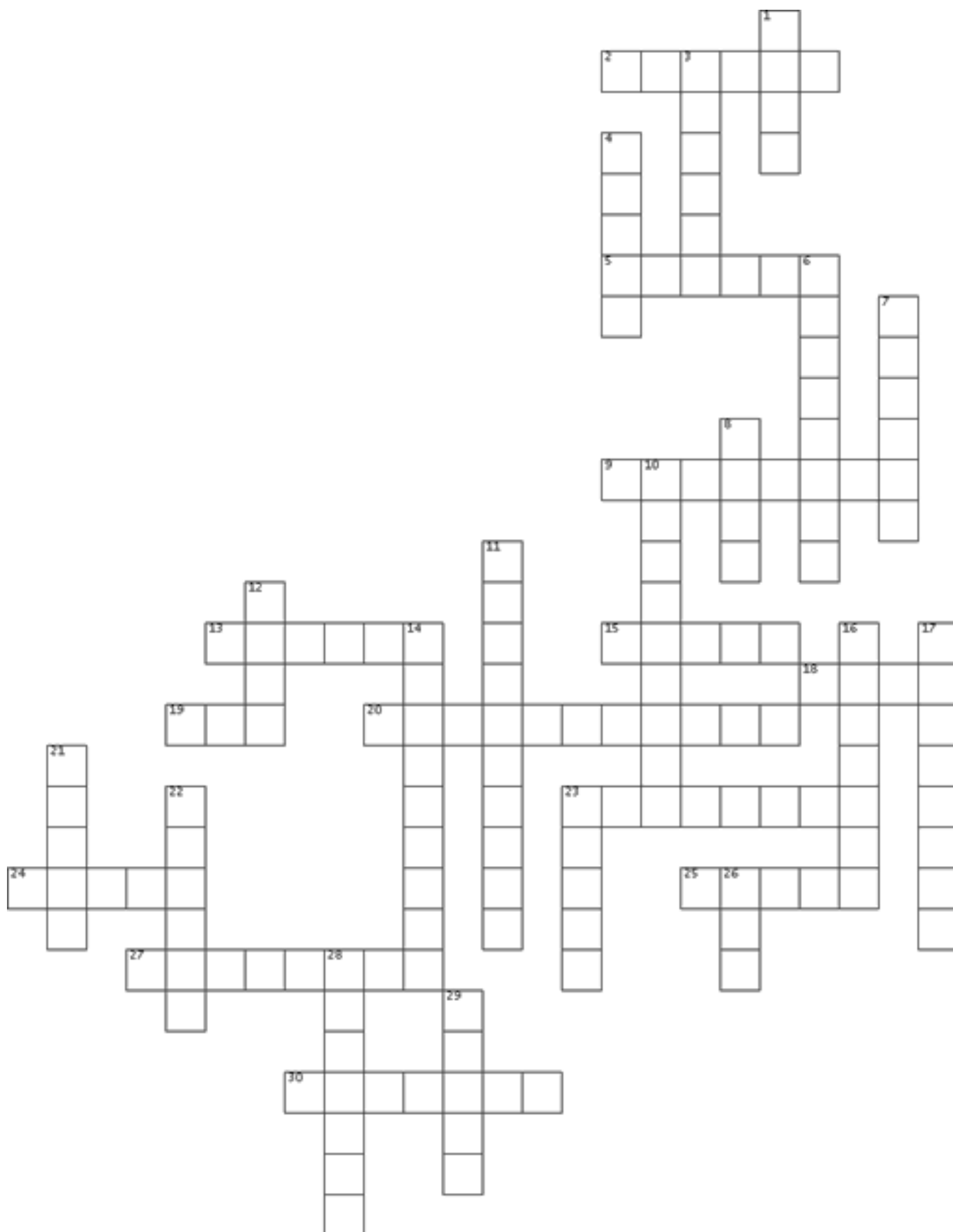
07 May 2014	Rizky B	Indonesia
11 May 1993	Joydeep M	India
17 May 1999	Mahmoud B	Iran

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

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

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# A Basic Text Crossword



## **ACROSS**

- 2. through the Twelve Steps
- 5. step is an action step
- 9. implies action
- 13. come true
- 15. step is the key to freedom
- 18. will be revealed
- 19. comes from sharing from the heart
- 20. is the spiritual principle of step six
- 23. service of this work is the very principle of Step Twelve
- 24. are our solution
- 25. joyous and free
- 27. for who we are
- 30. a suffering addict is one of the greatest experiences life has to offer

## **DOWN**

- 1. what we have by giving it away
- 3. ourselves we become able to truly love others
- 4. time for ourselves is helpful in making conscious contact
- 6. is a result of getting honest with ourselves
- 7. to care and love
- 8. takes on new meaning
- 10. balance is one of the first results of meditation
- 11. is the key to our symbol
- 12. for courage to be fearless
- 14. condition is the basis for successful recovery
- 16. Open-mindedness, and Willingness
- 17. begins with surrender
- 21. is a must in Narcotics Anonymous
- 22. is our only requirement
- 23. experience strength and hope
- 26. clean addict is a miracle
- 28. from active addiction
- 29. has replaced fear

All answers are 'fill in the blank'  
from the English Basic Text  
(answers on next page)

## **A Basic Text Crossword - Answers**

### **ACROSS**

2. **Relief** through the Twelve Steps
5. **Eighth** step is an action step
9. **Decision** implies action
13. **Dreams** come true
15. **Fifth** step is the key to freedom
18. **More** will be revealed
19. **Joy** comes from sharing from the heart
20. **Willingness** is the spiritual principle of step six
23. **Selfless** service of this work is the very principle of Step Twelve
24. **Steps** are our solution
25. **Happy** joyous and free
27. **Grateful** for who we are
30. **Helping** a suffering addict is one of the greatest experiences life has to offer

### **DOWN**

1. **Keep** what we have by giving it away
3. **Loving** ourselves we become able to truly love others
4. **Quiet** time for ourselves is helpful in making conscious contact
6. **Humility** is a result of getting honest with ourselves
7. **Daring** to care and love
8. **Life** takes on new meaning
10. **Emotional** balance is one of the first results of meditation
11. **Simplicity** is the key to our symbol
12. **Pray** for courage to be fearless
14. **Spiritual** condition is the basis for successful recovery
16. **Honesty** Open-mindedness, and Willingness
17. **Recovery** begins with surrender
21. **Unity** is a must in Narcotics Anonymous
22. **Desire** is our only requirement
23. **Share** experience strength and hope
26. **Any** clean addict is a miracle
28. **Freedom** from active addiction
29. **Faith** has replaced fear

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## Upcoming Events & Virtual Meetings

### **BALI AREA CONVENTION OF NA XX**

June 16-18, Seminyak, Bali, Indonesia



# CIACNA XIX

September 29-October 1, Indianapolis, USA

CIACNA XIX Registration Form

Unity Is a Must

"Through Recovery We Grow"

September 29<sup>th</sup> - October 1<sup>st</sup>, 2023

Wyndham Indianapolis West

2544 Executive Dr.

Indianapolis, IN 46241

For Reservations Call - (317) 248-2481 Convention Room Rate is \$119 per night

**Room Reservations must be made by 9/1/2023 – They will go FAST!!**



(Please Print Clearly)

Name	
Address	
City, State, Zip	
Email	
Phone	

Type	Dates	Cost	#	Total
Early Bird Registration	Until March 31, 2023	\$15.00		
Registration	April 1 <sup>st</sup> – July 31, 2023	\$20.00		
Registration	August 1 <sup>st</sup> –Until Convention	\$25.00		
Comedy Show	September 30, 2023	\$20.00		
Banquet	September 30, 2023	\$45.00		
Newcomer Donation				
		Grand Total		

You can register on PayPal at [ciacna@yahoo.com](mailto:ciacna@yahoo.com), or Cash App at \$CIACNA19, or Zelle at [ciacna19@yahoo.com](mailto:ciacna19@yahoo.com),

or Mail Check or Money Order & Registration Form to

CIACNA XIX, PO Box 441716 Indianapolis, IN 46244

All mail in registrations must be in no later than September 1, 2023

*For registration information please contact Devin W. (317) 629-2460 or Debbie S. (317) 476-4550  
or Don P. (317) 492-0957*

## WSC Unity Day

April 29 & May 6, Zoom: [www.na.org/conference](http://www.na.org/conference)



**WSC Unity Day  
Speaker Meetings**

*Every two years, delegates from our worldwide NA communities come together for the World Service Conference.*

*Listen to members from around the world share their experience, strength, and hope!*

**Saturdays**  
**29 April & 6 May**  
**7:30 pm PDT**

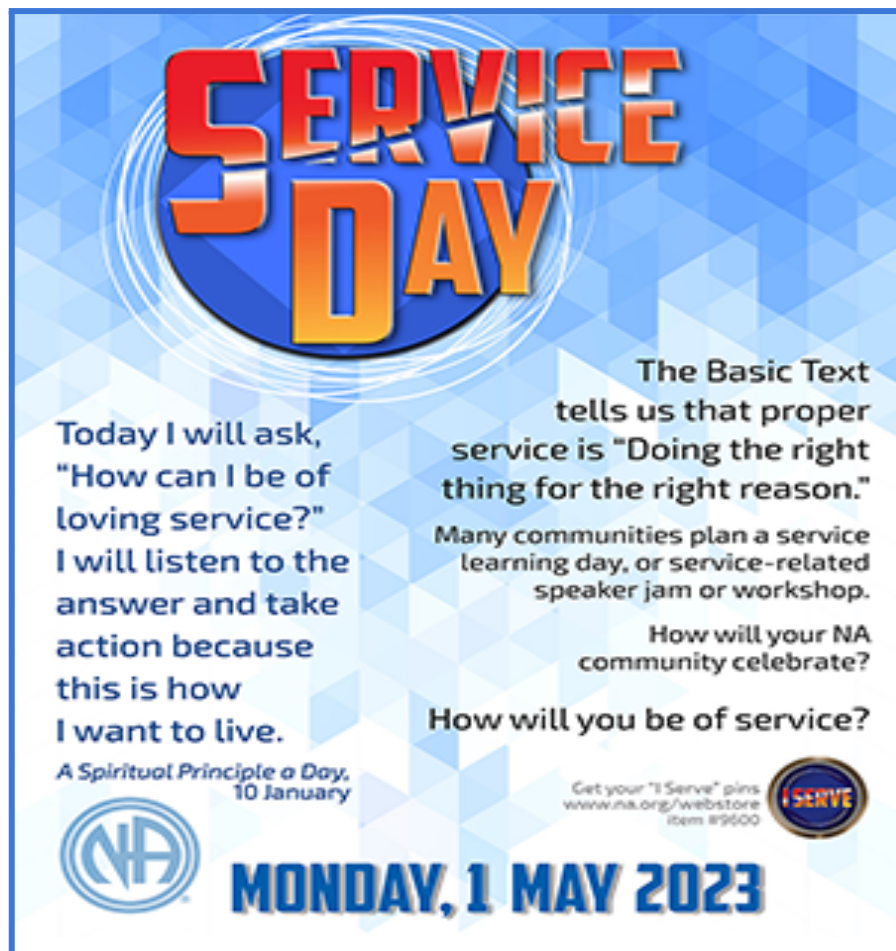
Live streamed from the World Service Conference!

Link will be posted to [www.na.org/conference](http://www.na.org/conference) before meeting starts.

**CREATING OUR FUTURE**

The poster features a central NA logo at the top left, a globe icon, and two circular icons showing people in discussion. The text is arranged in a clean, professional layout with a mix of bold and italicized fonts.

## Service Day



**SERVICE DAY**

Today I will ask,  
"How can I be of loving service?"  
I will listen to the answer and take action because this is how I want to live.

*A Spiritual Principle a Day,  
10 January*

The Basic Text tells us that proper service is "Doing the right thing for the right reason."

Many communities plan a service learning day, or service-related speaker jam or workshop.

How will your NA community celebrate?

How will you be of service?

Get your "I Serve" pins [www.na.org/webstore](http://www.na.org/webstore) item #9600

**MONDAY, 1 MAY 2023**

The poster has a blue geometric background. It features a large, stylized 'SERVICE DAY' title at the top. Below the title, there are two columns of text. The left column contains a personal reflection prompt. The right column contains information about the Basic Text and community activities. At the bottom, there is a call to action for 'I Serve' pins and the date 'MONDAY, 1 MAY 2023'. The NA logo is in the bottom left corner.



# NA PRAC

May 25-28, Naran Valley (Pakistan)



Narcotics Anonymous  
Pakistan



# NAPRAC 2023

## 18<sup>th</sup> NA PAKISTAN REGIONAL ANNUAL CONVENTION



25<sup>th</sup> - 28<sup>th</sup>  
May 2023



Naran Valley



Transport,  
Food, Hotel



na\_pakistan@yahoo.com



T 92-300-4300300 01 | Aziz: 92 321 8536160 | Mehboob: +92 332 3013103



14-FF, Abrar Business Center Wahdat Road, Lahore (Regional Service Office)

# Belgian Regional Convention

May 26-28, Belgium, <https://na-belgium.org>



CONVENTION RÉGIONALE BELGE  
*BELGISCHE REGIONALE CONVENTIE*  
*BELGIAN REGIONAL CONVENTION*

**26.27.28 Mai-Mei-May 2023**

**Prévente.Voorvekoop.Presale**    Sur place.Ter plaaste.At the door

<b>40€</b>	Week-end	<b>60€</b>
<b>15€</b>	Vendredi . Vrijdag . Friday	<b>25€</b>
<b>25€</b>	Samedi . Zaterdag . Saturday	<b>35€</b>
<b>25€</b>	Dimanche . Zondag . Sunday	<b>35€</b>

**Réservation via le lien:**  
**Sur l'onglet évènement**

*Reservations on the following link:*  
*Click on events*

*Reservaties via deze link:*  
*Click events*

**<https://na-belgium.org>**

**Repas & BBQ sur inscription: 01.04 au 30.04**

*Registraties maaltijden en BBQ: 01.04 bij 30.04*

*Registrations for meals & BBQ: 01.04 to 30.04*

# Tri-Area Convention 6

May 19-21, Pittsburg, USA



## Tri-Area Convention 6 May 19 – 21, 2023



### HOTEL INFORMATION

**Wyndham Grand Downtown Pittsburgh**  
**600 Commonwealth Place**  
**Pittsburgh, PA. 15222**

For reservations by phone: 1-888-317-0197  
(Payable to the hotel by Credit Card, Check)

### TO GET THE CONVENTION RATE

MENTION GROUP CODE: **Narcotics Anonymous Tri-Area**  
**(\$149.00 Single)**  
**(\$179.00 Double)**

Hotel reservation can be made online at  
<https://book.passkey.com/go/NA2023>



**Package A \$75.00 (Registration & Banquet)**

(Please Print All Information Clearly)

\$25.00

\$55.00

Until 5/1/2023 A SAVINGS OF \$5.00

Name \_\_\_\_\_ first \_\_\_\_\_ last \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone (\_\_\_\_) \_\_\_\_-\_\_\_\_ email \_\_\_\_\_

Date: \_\_\_\_\_

Quantity \_\_\_\_\_ Total Cost \_\$ \_\_\_\_\_

NEWCOMER DONATION \_\$ \_\_\_\_\_

**Mail to: Tri-Area Convention P.O. Box 24045 Pittsburgh, PA 15206**  
**NO Refunds ..... No Exceptions !!!!**



**Pre-registration \$25.00**

(Please Print All Information Clearly)



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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)

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

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