

# 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

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

Issue # 53 April 2021

## *A Note from the Editor*

Aloha everyone, the Pandemic has not yet ended, but hope & creativity continue to prevail. Our entire Feb 2021 Conference was conducted virtually, while Communities and Regions continue our primary purpose. Some you may find upcoming events page along with website links. As always, we are here to serve and your input is *always* appreciated

*Sincerely, Phyllis S (APF-News)*

## Inside

**Report from the Chair** Reza

**Open Service positions and Qualifications**

## Articles

- **Challenges & suggestions from Delegates**
- **A Beautiful Dream**
- **The only requirement for.....**

**Did you Know?** Muk

**Clean time & Anniversaries**

**Coming Events & Virtual Meetings**

*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)*

## Introducing our Newly Elected Admin and 2021 Trusted Servants

David	FD Co-ordinator
Joanne	Womens' FD
Nita	PR Coordinator
Ash	APF Zonal Delegate

## APF Positions to be filled

Are you interested in joining our team of trusted servants in APF? Here are the open positions waiting for that qualified person to fill

- Merchandising Chair
- Newsletter Editor
- Alternate Zonal Delegate

If you are interested you may contact the current Chairs of each position or email us:

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

Qualifications and requirements are posted on page 3 of this issue

## Report from the Chair

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

First of all, I would like to thank you all for the active participation in the 2021 APF Meeting (Virtual). This is the first time APF conducted a fully virtual APF meeting. For some of us it was challenging as there are several time zones associated. Yet, together we managed to go to the end of the meeting despite various challenging situations.



Due to time limitations we could not accommodate all the sessions as we planned. We sincerely thank Paul (WB) and Jane (NAWS PR Manager) for understanding the challenging situation and for their support for managing the essential business.

Thanks to the delegates for supporting with your insights to form consensus.

Our sincere thanks to all outgoing Trusted Servants - Amitabh (Outgoing PR Coordinator), Phyllis (Outgoing Newsletter Editor), Sharon (Outgoing Women's FD Coordinator), Mohit (Outgoing Merchandise Chair), Ehsan (Outgoing SP Coordinator) for their relentless services for APF. Their contributions are invaluable to APF and always be remembered.

Congratulations to newly elected Trusted Servants – David (FD Coordinator), Nita (PR Coordinator), Joanne (Women's FD Coordinator) and Ash (Zonal Delegate). Your willingness to serve and active contributions will surely take APF lots of steps further.

Thanks to all the members who sincerely observe our meeting throughout the time. Your participations are always valued to us and we hope to create more ways for engagement in the future.

This is the first time we used an online application for voting for electing trusted servants and for one instance things didn't go as planned. This was a significant learning curve for us. We look forward to improving issues in the coming sessions.

In loving Service

*Reza A*

APF Chairperson

**Qualifications for Open Service Positions/Please note, this is to give you a basic idea. If you require information regarding above then please email us:**  
**[apfadmin@apfna.org](mailto:apfadmin@apfna.org)**

### **Merchandise Chair:**

- Attend all APFCNA meetings
- Chair and coordinate subcommittee meeting
- Prepare electronic reports in advance of all meetings
- Participate in discussions at APFCNA meetings
- Work closely with APFCNA committee and Treasurer in particular.
- Get all required approval from APFCNA committee before proceeding to any merchandise decision. Prepare a work schedule for onsite volunteers to service auction/raffles/event access
- Submit merchandise ideas for sale to APFCNA committee meeting for final approval
- Be mindful of budget and work closely with Secretary/Treasurer
- Working with Registration Point Person, recommend to APFCNA a wish list of items desired to be included in the Registration package
- Prepare and disseminate merchandising policy after getting it approved from

### **Newsletter Editor:**

- Must be at least 5 years clean;
- Must have NA service experience;
- May or may not be an APF delegate / representative;
- Is familiar with APF activities;
- Have a good working knowledge of the Traditions and Concepts of NA;
- Have good written communication skills;
- Have good english skills;
- Have good computer skills and has access to the internet;
- Is accessible for regular communication with APF committee members between meetings;
- Is able to work as part of a team; and
- Is not required to attend the annual APF meeting.

### **APF Zonal Delegate Alt:**

- Position requires 5 years of continuous cleantime
  - Belongs to a Country or Region that is not seated.
  - English speaking
  - Assist ZD gather conscience of APF for WSC
  - Assist in CAT / CAR presentations
  - Attend WSC in person or virtually
  - Attend WSC Webinars
  - Make themselves aware of current NAWS events, publications and status.
  - Upon vote of confidence the ZD Alt will become the ZD.
  - Positions combined require a 4 year commitment
-

## **REPORT ON THE CHALLENGES FACED BY APF COMMUNITIES AND SUGGESTED SOLUTIONS**

The global pandemic has been a very challenging time for all our communities, with different communities facing up to these challenges in unique ways. Together, we could pool our resources and share our experiences to tackle these challenges and to carry the message to the still-suffering addict.

Let us take a brief look at the challenges that were discussed on Day 1 of the virtual Feb 2021 APF meeting,

Region-wise:

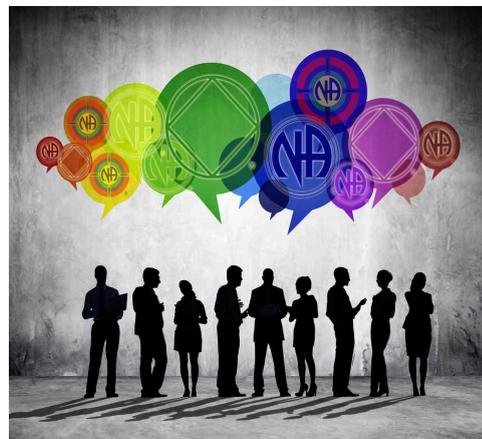
- U.A.E.

The biggest challenge involved non-English speaking members, many of whom feel excluded from service meetings which are usually conducted in English. The question asked was how could they be more inclusive in their service meetings? Some of the suggested solutions included inviting speakers of different language groups to the service meetings, getting help from bilingual members, and to include a translation feed.

On the issue of low representation from the LGBTQIA community and women, the suggestions offered were reaching out to both communities via the sponsorship route and the development of a meeting format to keep everyone safe.

- Malaysia

The fellowship faced a challenge with resistance to the online meetings amongst experienced members in the early days. Newcomers seemed to be doubtful of the efficacy of online meetings. Several possible solutions were offered including holding Speaker Jams, coming early, and staying late so as to chat with members and keep them updated, and offering encouragement to newcomers. It was also suggested that the groups should seek assistance from the ASCs who could discuss the issues and come up with solutions.



- Maldives

The region faced challenges such as low 7<sup>th</sup> Tradition collections, lack of experienced members attending meetings coupled with a lack of commitment to service. Membership retention was also a problem.

Solutions offered were to collect 7<sup>th</sup> Tradition contributions digitally, suggesting to members that they could use a dial-up connection for zoom and to call guest speakers to share at meetings.

- Bahrain

Their main challenge centred on not being able to conduct H&I and PR meetings. It was suggested that the Areas invite rehabs to virtual meetings and to set up virtual H&I meetings with rehabs. They could also send meeting lists electronically, hotline numbers, and service material to various institutions. For PR it was suggested to develop PSAs and send literature wherever needed.

- Japan

The main challenge faced was that of incorporating the Japanese fellowship and the issues regarding the sale of literature and taxation that stem from this. Suggested solutions included asking for help from regions that had negotiated these challenges successfully. It was also felt that attending regional PR events might help.

Gathered from the Delegates reports

*Sunil K~apf newsletter*

## A Beautiful Dream

Hi, my name is Top, and I'm a grateful recovering addict from Bangkok, Thailand. I went to my first meeting on September 6, 2010. And through the grace of my Higher Power, the love I receive and learned to give myself and others, I'm clean for 10 years seven months for the first time in my entire life.



In November 2010, I remember still very shaken and terrified of life, I went to my first convention in the South of Thailand. At the end of the convention I was asked to read Just for Today, in Thai. I had to Google it and as my legs were shaking, I got up on the podium, looked down at all the faces and broke down and cried. It took a while to finish as the tears kept pouring down. The whole room was full of complete strangers, some were crying with me. Identifying with the fear mixed with hope, some were on their feet telling me “keep coming back, keep coming back”. The sound was so big like claps of thunder echoing in my heart, then the love, the hugs that come after. What's so incredible is that I have never felt so loved and wanted in all of my life.

I desire for Thai addicts to find what I have found. My sponsor told me that I need to start translating the literature, and with the help of other addicts, the LTC\* began to form. I have stayed clean because of translation which is the major part of my recovery. Over the years it has become my higher power, my love and my passion. Today the Basic text is translated and printed. Just for Today is next to be printed, while the step working guide is being finished with translation. There are Thai meetings everyday, literatures being read, serenity prayer being prayed, all in my own language.

This is a beautiful dream that came true. Thank you so much to the LTC team, you are my dream team and I'm grateful for all of you. Thank you for keeping this addict clean.

*Top*  
Thailand

\*Literature Translation Committee)

## ฝันที่สวยงาม



สวัสดิ์ทุกคน ฉันขอตอบ และฉันคือผู้ติดยาเสพติดที่กำลังฟื้นฟูสภาพอย่างขาบซิ่ง  
ใจคนหนึ่งจาก กรุงเทพฯ

ฉันเข้าร่วมการประชุมครั้งแรก เมื่อวันที่ 6 กันยายน 2553 และด้วยความ  
ช่วยเหลือจากสิ่งศักดิ์สิทธิ์อันยิ่งใหญ่ ผ่านความรักที่ฉันได้รับและเรียนรู้ที่จะมอบ  
ต่อแก่คนอื่น ฉันได้ปลอดยามา 10ปี 4 เดือน (เป็นครั้งแรกในชีวิตฉัน)

เมื่อเดือนพฤศจิกายน 2553 ฉันยังจำได้ว่ายังสิ้นเทาและหวาดกลัวชีวิต เมื่อฉันได้  
เข้าร่วมงานประชุมใหญ่ครั้งแรก ทางภาคใต้ของประเทศไทย

ในช่วงท้ายการประชุม ฉันถูกขอให้อ่านบทความสำหรับวันนี้เป็นภาษาไทย ฉัน  
ต้อง กูเกิ้ลหาคำแปล ขาของฉันทันขณะยืนที่เวทีมองลงมายังหน้าคนมากมาย  
แล้วก็ร้องไห้

บทความอาจสั้นแต่การอ่านนั้นใช้เวลาานเพราะน้ำตาที่ไหลไม่ขาดสาย ในห้อง  
ที่เต็มไปด้วยคนแปลกหน้าที่ร้องไห้กับฉันเพราะเขาก็ค้นพบความกลัวปนความ  
หวังในตัวเองมาก่อนเช่นกัน หรือ บางคนลุกขึ้นยืนตะโกน “กลับมาอีก กลับมา  
อีก” เสียงตะโกนนั่นดังกังวานมากจนเหมือนเสียงพายุสะท้อนในหัวใจฉัน

ตามมาด้วยความรัก และอ้อมกอดมากมาย ตอนนั้นฉันรู้สึกว่ามีคนรักและต้องการฉันอย่างไม่เคยรู้สึกมาก่อน  
ในชีวิต มันคือแรงผลักดัน ของฉันที่จะให้ผู้เสพติดชาวไทยได้พบสิ่งที่ฉันเจอ ผู้สนับสนุนฉันจึงบอกให้ฉันแปล  
หนังสือ

ผ่านการช่วยเหลือของผู้ติดยาคนอื่น คณะกรรมการแปลหนังสือประเทศไทยจึงเกิดขึ้น ฉันปลอดยาได้เพราะ  
การแปลคือส่วนสำคัญในการฟื้นฟูสภาพของฉัน ตลอดหลายปีที่ผ่านมามันกลายเป็นสิ่งศักดิ์สิทธิ์, พลัง และ  
แรงใจของฉัน

วันนี้หนังสือคู่มือหลักได้ถูกตีพิมพ์แล้วและสำหรับวันนี้จะเป็นเล่มต่อไป คู่มือฝึกหลักปฏิบัติได้ถูกแปลแล้ว การ  
ประชุมไทยมีทุกวัน บทความถูกอ่าน บทแห่งความสงบถูกภาวนา ทั้งหมดในภาษาของฉัน

ทั้งหมดนี้คือความฝันที่กลายเป็นจริง ขอขอบคุณคณะกรรมการการแปลทุกคนคือทีมงานในฝัน ฉันขอบคุณทุก  
คน ขอขอบคุณที่ช่วยให้ผู้ติดยาคนนี้ยังปลอดยา

Thank you  so much .

## **The only requirement for membership is a desire to stop using**

Coming to Narcotics Anonymous is really the beginning of finally belonging. From living lives separated from everything but our disease, we have begun a journey of finding a connection that nothing else has given us. Our first experience of this 'sense of being a part of something' is found in our third tradition – The only requirement for membership is a 'desire' to stop using.



Tradition 3 makes Narcotics anonymous perhaps one of the most unique memberships to be found anywhere. Although each of us individually considers our membership of NA, no one ever really confirms it for us. We only come to renew on a daily basis because desire, the only requirement for membership in Narcotics Anonymous is quite literally about just showing up at the doors of recovery, everyday

'Desire' is also as we know, the only requirement for those still searching for freedom from active addiction. Seeing members show up at meeting rooms for days, months and sometimes even years looking to break their cycle of addiction is that desire. Even if they lack conviction and are still looking for their first day clean. Very often, for these members, their sense of belonging in Narcotics Anonymous is an acknowledgement of their desire.

The essence of this tradition does not just apply to those new to the fellowship. It is equally relevant for those of us who lose our way, as we sometimes do, without giving into the primary symptom of our disease. At such times we remind ourselves that we have a disease and our 'desire for recovery' is the only requirement.

In Narcotics Anonymous we are all equal in what qualifies us as addicts, in our need for recovery and to belong on a daily basis. We keep coming back regardless of where we are in the journey from desire to surrender.

*Sahil S*

*Bombay (Mumbai) India*



At least three of the communities submitting reports shared about the mix of languages in their fellowship. SOSNA (India) provides recovery opportunities in 8 languages: Bengali, Hindi, India Nepali, Kannada, Marathi, Oriya, Punjabi, Tamil. Singapore

provides recovery opportunities in 4 languages: Chinese, English, Malay, Tamil. UAE also provides recovery opportunities in 4 languages: Arabic, English, Farsi, Nepali.

At least two of the communities submitting reports shared about severe Covid-19 impacts. Maldives and Malaysia. Others reported some stresses in adjusting like the rapid institution of online meetings, the loss of face-to-face personal support, the special challenge all this presented to newcomers, H&I/PI activities, literature sale and distribution, fund flow adaptations. Other communities, like Singapore, Hawaii and Aotearoa seem to be thriving.

Some communities, like Nepal and Thailand, spoke about challenges associated with geography as meetings tended to serve centralized populations making NA less available in their rural or island areas. Other communities, like Singapore and Bahrain, shared about how being small eliminated some problems.

Several communities emphasized diversity challenges: Iran and Pakistan North wrote about challenges in making recovery available to women. UAE provided us with general population diversity information—the country is more than 25% Indian, 12% Emirati, 12% Pakistani, 6% Filipino, 4% Egyptian 40% Other—to help us understand the complexities of growing a fellowship within an international community.

Two communities mentioned special difficulties arising from government policies not associated with Covid-19. In Nepal, for instance, their website was shut down as their government and internet providers worked out what was and what was not permissible. In Nepal also customs policies require significant cash outlays for shipped literature. In UAE the process of government recognition is slow. Until this is resolved, meeting spaces cannot be rented legally so face-to-face NA meetings must be held in places like coffee shops.

*Mak H*

## Clean Dates ~ April to September



### April

18 April 1996

Joanne N

Dubai, UAE

### May

01 May 2005

Hasib Y

Bangladesh

17 May 1999

Mahmoud B

Iran

### June

05 June 1991

Tim S

Australia

08 " 1992

Sharon H ("Muk")

USA

09 June 1995

Ronnie

Philippines

15 " 2016

Azlan

18 " 2006

Xueli

China

21 June 1994

Irfan

Pakistan

21 " 1979

Phyllis S

Hawai'i

25 June 1990

Deb

Aotearoa NZ

### July

04 July 2001

Reza A

Bangladesh

25 July 2004

Sharon K

Aotearoa NZ

28 July 2008

Choney

Bhutan

### August

05 August 2001

Sajal R

Bangladesh

### September

1 September 2002

Pankaj G

Nepal

01 September 2002

David T

Australia

10 September 2012

Ahmad J

Pakistan (North Region)

12 September 2003

Dondee N

Luzon Area - Philippines

22 September 2013

Zaiman

Singapore

26 September 2007

Mohit A

Bangladesh

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

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

# Upcoming Events & Virtual Meetings

## Maldives

## Malaysia

8pm - 10pm (+5 GMT) 🇨🇵

11am - 01pm EDT 🇺🇸

Tuesdays

Every other week

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**Zoom ID: 8101202303**  
**PassCode: 999666**

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**4**  
Speakers from  
Worldwide NA

*Maldives*  
**INTERNATIONAL SPEAKER JAM**  
Hosted by: *Sunshine from*  
**MALDIVES**

**EVERY TUESDAY**

**SpeakerLAH**  
INTERNATIONAL SPEAKER MEETING

🇲🇾 🇺🇸  
**8 pm**

**Zoom ID: 864 6282 3341**  
**Password: 888888**

**2 speakers from NA**  
**worldwide fellowship**

NEW YORK 🇺🇸 - 08:00  
CALIFORNIA 🇺🇸 - 05:00  
INDIA 🇮🇳 17:30  
THAILAND 🇹🇭 19:00  
MALAYSIA 🇲🇾 20:00  
UK 🇬🇧 - 12:00  
NETHERLANDS 🇳🇱 - 13:00  
SIDNEY 🇦🇺 23:00

## Philippines

## EDM

**East meets West**  
**NA Philippines**

**Daily Speakers Meeting**

**9:00AM Philippines**  
**9:00PM EDT**  
**8:00PM CDT**  
**7:00PM MDT**  
**6:00PM PDT**

**ID: 891 363 3491**  
**Pw: 778899**

WNIR Narcotics Anonymous presents...

**A MONTH**  
OF  
Caring and sharing  
April 1st - April 30th

Visit us at [tjcn.org](http://tjcn.org)

Come Join The European Delegates Meeting  
April 19th - 4pm - 9pm BST/UTC+1  
Zoom ID: 946-1204-6000  
Password: TJC

**PROGRAM**

**4pm - A History of the EDM**  
Conor H (Ireland) & Betul (Turkey)

**6pm - My Experience of the EDM and its Growth**  
Becky (NAWS, USA) & Dorin (RD Moldova)

**7pm - Discotech EDM**

**8pm - Literature Share Meeting**  
Topic Tradition 7

Narcotics Anonymous

## **Stepping Up International**

Online Meeting of Narcotics Anonymous

We meet DAILY (7 days a week)

at the Same Time and Zoom ID:

Zoom **882 7980 2271**

Password **stepup**

7:30 AM AEST 11:30 AM HST

2:30 PM PDT 5:30 PM EDT

(Check Virtual NA for accurate times through the year.)

We are out of Melbourne, Australia, and supported by addicts in Australia, the US, and Europe.  
Our intention is for this meeting to continue after the pandemic!!!!

**We are in need of support including opportunities for service: Hosts, Co-Hosts, & Back-Up Hosts. Please Join Us**

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### **Australia**

For the most up to date details please visit the Australian Regional website events page at:

[Online Meetings - Narcotics Anonymous Australia](#)

<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)

*APF Country Website Links*

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

<http://www.nasingapore.org>

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

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

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

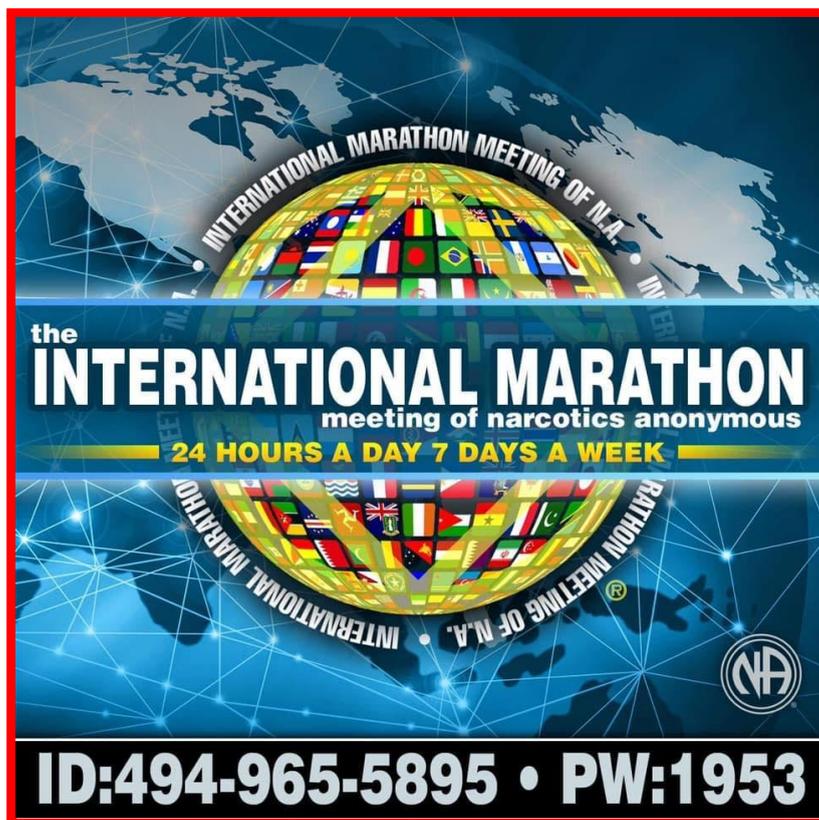
<http://nakorea.org/>

<http://www.nakuwait.org>

<https://www.nachina.co>

*For future issues, if you wish your event to be posted, contact :  
[newsletter@apfna.org](mailto:newsletter@apfna.org)*

*Just in case you just can't find an open virtual meeting*



*Lest We Forget*



*Together, we recover, and together, we serve—this is the spiritual core of our program, the foundation of our fellowship.*

*Twelve Concepts for NA Service, Concept Twelve*

## How will your NA community celebrate the Third Annual Service Day?

- Host a service-related speaker jam?
- Hold a virtual workshop?
- Organize a Service Learning Day?

NAWS will be hosting a webinar on Fellowship Development, 1 May, 11:00am-1:pm PDT. More information will be posted at [www.na.org/webinar](http://www.na.org/webinar).

Please send your ideas and comments to [worldboard@na.org](mailto:worldboard@na.org).

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



**SATURDAY**



**1 MAY 2021**