



Asia Pacific Forum - Newsletter

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A NETWORK OF NA COMMUNITIES

www.apfna.org

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A Note from the Editor

Dear APF Family,

A warm welcome to another issue of the APF Newsletter! We hope you enjoy reading the stories, updates, and shared experiences from across our Asia Pacific Fellowship. Before you begin, I would like to express my heartfelt gratitude to our amazing Newsletter Team. A special thank you for the outstanding work on our previous issue. Due to the internet shutdown in Iran, I was unfortunately unable to participate as Editor, and the team carried the project forward with dedication, creativity, and unity. I am deeply grateful for their service. Finally, this newsletter belongs to all of us. We warmly invite you to share your experience, strength, hope, stories, articles, and news from your community. Your contributions help keep our Fellowship connected and inspired. Please send your submissions to newsletter@apfna.org. We look forward to hearing from you!

With gratitude and love in service.

Meysam

APF Newsletter Editor

NERF – Northeast Regional Forum of Narcotics Anonymous

Fellowship Development Trip – Regional Outreach 2026

From 29th May to 6th June 2026, NERF (Northeastern Regional Forum of Narcotics Anonymous) conducted a Fellowship Development Trip across the region. The purpose of this journey was to strengthen our fellowship, support community development, build a service structure, and assist in forming and strengthening ASCs (Area Service Committees) in different locations.

During this trip, we conducted several workshops and connected with members across various remote districts and cities, including Dibrugarh, Digboi, Changlang, Jirampur, Itanagar, Guwahati, Dimapur, and Kohima.

The journey brought opportunities for learning, sharing experiences, overcoming challenges, and building stronger connections within the fellowship, continuing our primary purpose of carrying the message and supporting the growth of Narcotics Anonymous in the Northeast region.



You Can Submit your Articles at :
newsletter@apfna.org

"That Hot June Afternoon: 31 Years Clean and Counting"

Hi Folks, I just celebrated my 31st clean birthday and thought I would pen down a bit of my journey here. It just seems like the other day that I checked into a rehab on a hot summer's day, way outside Kolkata — blown, and yet going in for a rest and recuperation stint. Leaving drugs was not on the horizon; rest was what I was looking for. I was, as the book says, "sick and tired of being sick and tired," and had been for a few years — but nothing that rest could not fix. So what if my life was razed to the ground; 17 years of using does that. My holy grail was finding the right mix of chemicals that would fix everything. To cut a long story short, I stayed there for 15 months. When my head cleared and it sank in that I could not use any longer, I was terrified and found every excuse not to come out — but I finally did. And the best thing I did was to heed their advice: if I had to stay clean, I had to go to NA. My first meeting in NA was on a Sunday morning at Group of Hope in Kolkata. I was terrified, unsure, scared, and had no belief in NA. I remember the classroom, kindergarten chairs, a small circle of people sitting, the rest is a fog, except for one of them hugging me after and saying 'keep coming back. I was scared and shaking, a tape going on in my head, don't turn left, 'coz a hundred meters away, that's how far my pusher was. From there it has been a long journey. I got a small job and made small steps in getting self-supporting; the shame and guilt was huge, the self-confidence was missing. I got to know members in NA, learnt how to laugh — smile was no longer a stranger. Then, about three years clean, I shifted cities, moved to Delhi, and it was like I had rewound to start all over again. New meetings, didn't know anyone in the fellowship, scared and unsure. I remember my first meeting, it was in Hindi, a language I had almost forgotten, they all knew each other, I felt alone, scared. I pulled out the familiar playbook and kept going to meetings, and I stayed clean. A job happened, and then marriage and fatherhood. The years rolled by; I was getting older, stuck in a small job, money was tight, I was still low on confidence and self-worth — but at least I was clean. And then life caught up. I got a new job, career took off, money happened, and through all this time I kept going to meetings, because



now the faith had come: if I kept going to meetings I would stay clean, and if I stayed clean, every day was a new chance, a new opportunity, a new blank canvas to paint my life on. The years have rolled by; now my hair is whiter, my daughter has grown up, my marriage has built many beautiful memories, and my wife and I now look back with a smile at our journey. Now 31 years have passed clean, and it still seems at times that it was just the other day — a hot June afternoon — that I walked into that rehab. It amazes me how far down the road I have travelled; I would never have thought this life would be possible. As the song goes, what a long, strange trip it has been. Indeed. Thank you, all of you in NA — you have been my higher power and taken this atheist on a long, loving journey and helped me stay clean so that I could travel this road.

Lots of love n hugs

Surojit. C - India

Serenity Brings Clarity

When I read the January 22nd SPAD, a line gives me a sense of direction: "Ahhhhh, serenity. A permanent state of peacefulness... shared no member ever." I used to think peace was something I had to search for in quiet places.. Today, I know it is a daily discipline that restores my humanity and gives me clarity when life gets hard. Recently, my serenity was put to the ultimate test. My daughter, Gracy, is 7 years old now, but from the time she was 3, she lived a very hard life. For years, she could barely even say "Mommy" or "Daddy." As a father, watching her struggle broke my heart. My addict mind immediately took over with overthinking, fear, and worst-case scenarios, fearing signs of autism. I was terrified and deeply depressed, watching my mind try to steal my hope. In active addiction, I would have run, lied, or isolated from this pain. But recovery taught me to live life on life's terms. Even when I felt like I was reaching my emotional breaking point, I refused to give up on my personal program. I opened up to my sponsor, shared honestly in meetings, and talked openly with my family. We consulted pediatricians and listened to experienced parents who offered us hope and patience. Together, my wife and I poured our hearts into supporting Gracy. I watched my wife give endless energy to nurture her speech, and through open-mindedness, we kept searching for the best solutions. What kept me from collapsing was my daily spiritual practice. Every morning before



the sun comes up, I walk the hillside near my home, breathe the fresh jungle air, and sit in meditation as the first light touches the mountains. Listening to the birds and surrendering my fears in prayer gives me the peace I need to return home. That morning discipline awakens the humanity in me. It allows me to show up as an accountable husband, a patient father, a reliable worker, and a dedicated servant in NA. Today, Gracy is stepping back into a normal life—she is now speaking fluently! Though she still has days where she is building her strength, we continue to support her every step of the way as loving parents. Hearing her voice fills my heart with immense gratitude. When I am at peace inside, the fog clears. I stop reacting out of fear and start making conscious, loving decisions for my family. To the newcomer: if your mind feels like a storm right now, just pause. Take one deep breath. You don't need perfect peace all at once—just stay clean, do the daily practice, and live life one day at a time. - By Dilman (Nepal)



علیرغم هر شرایطی، کار درست را انجام بده!

اینجا، ما در کنار هم یکپارچه‌ایم.
آن بیرون، ما امید را زنده می‌کنیم.

بله، کاملاً درست است. حال که در شرایط جنگی قرار داریم، آیا پاکی و بهبودی باید از اولویتهای زندگی ما خارج شود؟ مگر در فصل "الهامات تازه‌ای خواهد شد" از کتاب پایه به این موضوع اشاره نشده است که در مسیر بهبودی، ممکن است با مرگ عزیزان، از دست دادن شغل، بیماری‌های لاعلاج، طلاق و بسیاری از بحران‌های دیگر مواجه شویم؟ با این حال، علیرغم هر شرایطی، می‌بایست پاکی خود را ادامه دهیم و مصرف مواد مخدر هرگز نمی‌تواند یک راه‌حل باشد. همچنین در قدم دهم به‌درستی به «انضباط شخصی» اشاره شده است؛ جایی که باید تلاش کنم، فارغ از احساسات و افکارم، کار درست را انجام دهم. به قول انگلیسی‌زبانان:

"No matter what, do the right thing"

آیا شرایط جنگی نیز نمی‌تواند یکی از همان بحران‌هایی باشد که در این فصل از کتاب پایه به آن اشاره شده است؟ به نظر من، قطعاً همین‌طور است.

با این حال، وقتی شنیدم یکی از کشورهای درگیر جنگ قصد دارد پیشنهادی برای گردآوری و چاپ نشریه‌ای جدید با عنوان "پاک ماندن در شرایط جنگی" به خدمات جهانی NA ارائه دهد، بسیار خوشحال شدم. حتی این موضوع را با تعدادی از رابطین مناطق ایران، به‌ویژه مناطقی که در خدمات جهانی دارای کرسی هستند، مطرح کردم تا در صورت تمایل و امکان، کارگروهی مشترک با همدردان مان در کشورهای درگیر جنگ تشکیل شود و اعضا بتوانند با استفاده از تجربیات مشترک، ایده‌ها و راهکارهای خلاقانه خود را درباره حفظ پاکی در شرایط اضطراری همچون جنگ، در قالب یک نشریه جدید با دیگر اعضای NA در سراسر جهان به اشتراک بگذارند.

پس به امید آن روز؛ و به امید روزی که صلحی پایدار در سراسر جهان برقرار باشد.

میثم. م
ایران

علیرغم هر شرایطی، کار درست را انجام بده!

درد بر همگی شما!

همیشه زمانی که IP "اعضای دور افتاده؛ پاک ماندن در انزوا" را می‌خواندم، هرگز فکر نمی‌کردم روزهایی را در بهبودی‌ام تجربه کنم که عملاً درگیر چالشی چنین مشابه باشم. همیشه با خود فکر می‌کردم چه کسانی واقعاً در چنین شرایطی بهبودی خود را دنبال می‌کنند؛ ملوانان روی کشتی‌ها، اعضای ساکن در مناطق دورافتاده و غیرقابل دسترسی، زندانیان و یا چه اعضای دیگری؟

پاندمی کرونا!

جایی که با پوست، گوشت و استخوانم این تجربه را درک کردم؛ آن هم نه برای مدتی کوتاه، بلکه به مدت سه سال. نه تنها در کشوری که من در آن زندگی می‌کردم، بلکه در سراسر دنیا، اعضا برای رفتن به جلسات و پاک ماندن با چالش‌های بی‌شماری مواجه شدند. آنجا بود که خلاقیت معتادان در حال بهبودی شکوفا شد. ایده‌های خلاقانه‌ای که باعث شد اعضای ما مجدداً به چرخه بهبودی و حتی خدمت بازگردند. بله، در زمانی که بسیاری از فعالیت‌های سیاسی، اقتصادی و اجتماعی در سراسر دنیا متوقف شده بود، ما با طرح ابتکاراتی همچون برگزاری جلسات بهبودی و خدماتی بر بستر پلتفرم‌هایی مانند Zoom توانستیم از این بحران نیز عبور کنیم. پس از تجربه این شیوه از ادامه بهبودی در دوران پاندمی کرونا، هرگز، بله هرگز، فکر نمی‌کردم روزی فرا برسد که شرایط برای برگزاری جلسات، حتی به‌صورت مجازی، برای همدردانم غیرممکن شود.

جنگ، یک جنگ واقعی!

ما در ایران با شرایطی جنگی مواجه شدیم؛ شرایطی که نه امکان برگزاری جلسات حضوری وجود داشت و نه جلسات مجازی. بخشی از دنیا که حتی دسترسی به اینترنت برای اعضا به‌طور کامل قطع شده بود. شرایط جنگی بود و بسیاری از اتفاقات اجتناب‌ناپذیر. در خلال جنگ، حتی با تهدید قطع حامل‌های انرژی مانند برق و آب نیز مواجه شدیم. حال سؤال این بود: چه باید کرد؟

خاطریم هست روزی در خلال یک آتش‌بس موقت، این فرصت را پیدا کردیم که برای مدتی کوتاه جلسات حضوری خود را بازگشایی کنیم. در یکی از نخستین جلسات با فرمت سخنرانی و «بارش افکار» که خود نیز به‌عنوان سخنران دعوت شده بودم، چالش‌هایمان را مطرح کردیم و از همه خواسته شد هر ایده خلاقانه‌ای را برای مواجهه با شرایطی حتی پیچیده‌تر – مانند قطعی برق، تلفن و سایر امکانات ارتباطی – ارائه دهند. ما حتی پا را فراتر گذاشته بودیم و انتظار تجربه شرایطی وخیم‌تر را نیز داشتیم.

ایده‌های خوبی مطرح شد؛ از جمله برگزاری نشست‌های کوچک در منازل اعضا، مطالعه نشریات، نوشتن افکار، ملاقات حضوری با راهنماها، دعا و مراقبه، و بسیاری از راهکارهای خلاقانه دیگری که شاید تا آن زمان به ذهن هیچ‌کس نرسیده بود. بله، بار دیگر خلاقیت اعضا خود را نشان داد؛ نه تنها در آن جلسه، بلکه در بسیاری از جلسات NA در سراسر ایران. ما توانستیم راه‌های مؤثری برای مواجهه با شرایط بحرانی‌تر در زمان جنگ پیدا کنیم.

یکی از صحبت‌های جالب یکی از اعضا در همان جلسه این بود:

"مگر در زمان مصرف، برای تهیه و مصرف مواد به این فکر می‌کردیم که آیا آب، برق، تلفن یا سایر امکانات در دسترس هستند یا نه؟ تهیه و مصرف در هر شرایطی جزو اولویتهای ما بود. حال آیا بهبودی به همان اندازه در اولویت ما نیست؟"

No Matter What, Do the Right Thing!

Greetings everyone,

Whenever I read the IP “The Loner — Staying Clean in Isolation”, I never imagined that I would one day experience a period in my own recovery where I would be faced with a challenge so similar. I often wondered who actually pursued recovery under such circumstances—sailors at sea, members living in remote and inaccessible areas, incarcerated members, or perhaps others facing unique situations.

Then came the COVID-19 pandemic!

It was during that time that I came to understand this experience firsthand—not for a short period, but for nearly three years. Not only in the country where I live, but throughout the world, members faced countless challenges in attending meetings and staying clean. It was then that the creativity of recovering addicts truly emerged. Creative ideas helped our members reconnect with recovery and service. While many political, economic, and social activities around the world came to a standstill, we found ways to continue. Through innovations such as recovery and service meetings held on platforms like Zoom, we were able to navigate that crisis and continue carrying the message.

After experiencing recovery in this way during the pandemic, I never—yes, never—imagined that a day would come when meetings would become impossible, even virtually, for my fellow members.

War. A real war!

In Iran, we found ourselves living under wartime conditions. There was no possibility of holding in-person meetings, and virtual meetings were not an option either. We were in a part of the world where internet access was completely cut off. It was a time of war, and many circumstances were simply unavoidable.

During this period, we also faced the possibility of disruptions to essential utilities such as electricity and water. The question became: What do we do now?

I remember that during a temporary ceasefire, we had the opportunity to reopen some in-person meetings for a short time. At one of the first meetings, which used a speaker-sharing and brainstorming format—and where I had been invited to speak—we discussed the challenges we were facing. Members were encouraged to share any creative ideas for dealing with even more difficult circumstances, such as the loss of electricity, telephone service, or other forms of communication. We were preparing ourselves for the possibility that conditions could become even worse.

Many valuable ideas were shared, including holding small gatherings in members’ homes, reading NA literature, writing about our thoughts and feelings, meeting with sponsors face-to-face, prayer and meditation, and many other creative solutions that perhaps none of us had previously considered. Once again, the creativity of our members revealed itself—not only in that meeting, but throughout NA meetings across Iran. Together, we discovered effective ways to face increasingly challenging wartime conditions.

One member shared something that deeply resonated with me:

“When we were using, did we stop to consider whether we had electricity, water, telephone service, or anything else before



finding and using drugs? Using was a priority no matter what the circumstances were. Isn't our recovery worth the same level of commitment today?"

I believe the answer is yes.

Now that we are living under wartime conditions, should recovery and staying clean no longer be among our priorities?

In the chapter “More Will Be Revealed” from the Basic Text, we are reminded that recovery does not protect us from life’s challenges. We may experience the death of loved ones, loss of employment, serious illness, divorce, and many other hardships. Yet regardless of what happens, we are encouraged to continue our recovery. Using drugs is never the solution.

Likewise, Step Ten speaks to the importance of self-discipline—the willingness to do the right thing regardless of how we feel or what we think at any given moment. As the saying goes:

“No matter what, do the right thing.”

Could war be one of those life crises referred to in our literature? In my opinion, it certainly can.

With that in mind, I was encouraged to learn that one of the countries currently affected by war is considering submitting a proposal to NA World Services for the development of a new piece of recovery literature titled “Staying Clean During Wartime.” I was so inspired by this idea that I discussed it with several regional contacts in Iran, particularly those whose regions are represented at the world level. We talked about the possibility of creating a collaborative workgroup with members from countries experiencing war, so that we could share our collective experience and develop recovery-focused ideas for maintaining our clean time during extraordinary circumstances.

Perhaps, through our shared experience, strength, and hope, we can contribute to a piece of literature that may one day help recovering addicts around the world who face similar challenges.

Until then, I remain hopeful—not only for that possibility, but also for a future in which lasting peace exists throughout our world.

Meysam M - Iran

UPCOMING EVENTS & VIRTUAL MEETINGS

Kathmandu ASC presents



CELEBRATING 32 YEARS OF NA IN KATHMANDU

The Ties that Bind. Narcotics Anonymous is a program of action, not theory. Theme, All about connection

Connection to Ourselves

As we stay clean, we begin to discover who we are. L.C/pg.25

Connection to a Higher Power

Our action and motives reflect our values and beliefs. When we are in tune with a power greater than ourselves, we seem to Flow more easily with the currents in our lives. L. C/pg.29

Connection to the world Around us
Self-acceptance, for most of us, means finding a balance between our recovery and our lives outside N.A. L.C /pg. 35

Connection to others

When we share our experiences honestly, we give others the opportunity to relate to us and connect with us in spite of any surface differences. * L.C / pg 40

**Kathmandu Area Convention of
Narcotics Anonymous (KACNA X)**

Why We Register ?

Money collected from registration is how we pay for the meeting facilities, equipment, registration packets, and other expenses to put on. Every table, chair, and room we use costs money. The gathering is not a regularly scheduled meeting, but rather a special event, we will be requiring a registration badge to attend. It is the support of each member's registration that helps make our Convention a success. Your support is greatly appreciated.
Join us from 24th to 26th September 2026, for our anniversary celebration.

**WE WARMLY INVITE YOU TO
CELEBRATE WITH US!**

Date:

September 24, 25 & 26, 2026

Time:

10 am, Registration Open

Venue:

Amrapali Banquet, Naxal, Kathmandu

Weather:

The temperatures in Kathmandu in September are comfortable with low of 15°C and and high up to 25°C.

Registration:

Registration Chair: +977 986-9759177

Vice Registration Chair : +977 981-8206826

Registration Rs. 3999/-

with 3 Dinners, 2 Lunch & 3 Tiffin

Information:

Convention Chair : +977 985-1035961

Hotel & Hospitality Chair: +977 986-4062922

Information Chair: +977 980-8768147

Online Details: Scan QR



Khalti

Esewa

JOIN US FOR THE 30TH CONVENTION
IN THE HEART OF CAIRO

مسار يجمعنا
A PATH THAT UNITES US

October 2026 | 10-9
Friday & Saturday

The American University in Cairo
NAC: Tahrir Square Downtown, Cairo, Egypt

30TH NA

BE PART OF HISTORY. BE PART OF THE JOURNEY.

Official Website: www.egypt30convention.org
Mail : Egyptconvention30@naegypt.org

SERVICE IS SPIRITUALITY IN ACTION



BOMBAY AREA CONVENTION - BACNA-XVI

Sharings, Celebrations, Fellowshiping,
Friendships, Unity ... the great
experience of Bombay Area Convention.

Located in the midst of the beautiful
Western Ghats of Maharashtra.

DATES:
7, 8, 9 January, 2027.

VENUE:
Rainforest Resort,
Igatpuri.

**WE NEED YOUR
SUPPORT**

REGISTER TODAY

Slots filling up fast.

For More Details, Contact:

SHREYAS - 9152002224
HAMZA - 9819795858

**DELHI AREA
CONVENTION -
NARCOTICS ANONYMOUS**

**10, 11, 12
September 2026**

**Kesar Bagh Palace,
Chittorgarh, Rajasthan**

REGISTRATION

Basic Registration
Rs. 1500 Only
(Rupees One Thousand Five Hundred Only)

**FOOD COUPONS
(Total 3 Days: Rs. 4500)**

3-Day Food Coupon: **Rs. 4500**

Individual Meals:

Breakfast Rs. 450	Lunch Rs. 700	Dinner Rs. 900
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ACCOMMODATION INFORMATION

Stay is not included in the BASIC registration fee. Nearby hotel options are available with approximate charges ranging from ₹700 to ₹4,000.

NEARBY HOTELS

Hotel Kirti Plaza (3.7 km)	077268 88011
Hotel Shree J (3.6 km)	094136 70931
Hotel Pride of Chittor (4.9 km)	087647 52023
Imagica Resort (12 km)	088261 29662

CONTACTS

Convention Chair: 9873229221 (Sumer R)	Registration Chair: 9717955465 (Divyender S)	Information Chair: 8368244967 (Sheela D)
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**SOUTH MUMBAI ASC
CAMPOUT 2.0**
CLEAN & FREE

CAMPOUT 2.0 - KHANDALA

**ST. MARY'S VILLA,
KHANDALA, MAHARASHTRA**

**22ND & 23RD
AUGUST 2026**

FOOD & ACCOMMODATION

**DORMITORY
Rs.3000**

**5 SHARING ROOM
Rs.3500**

PAY TO HOTEL: RICHARD - 9322892028

**CHECK IN
11:00am
22 August Saturday
(Onward Lunch)**

**CHECK OUT
10:00am
24th August Monday
(After Breakfast)**

**Rs.500 EVENT REGISTRATION AMOUNT
PAY TO SULTAN**

ANIS
Information Chair
+91 70217 22814

SULTAN
Registration Chair
+91 84529 45643

MURGAN
Campout Chair
+91 84336 72341

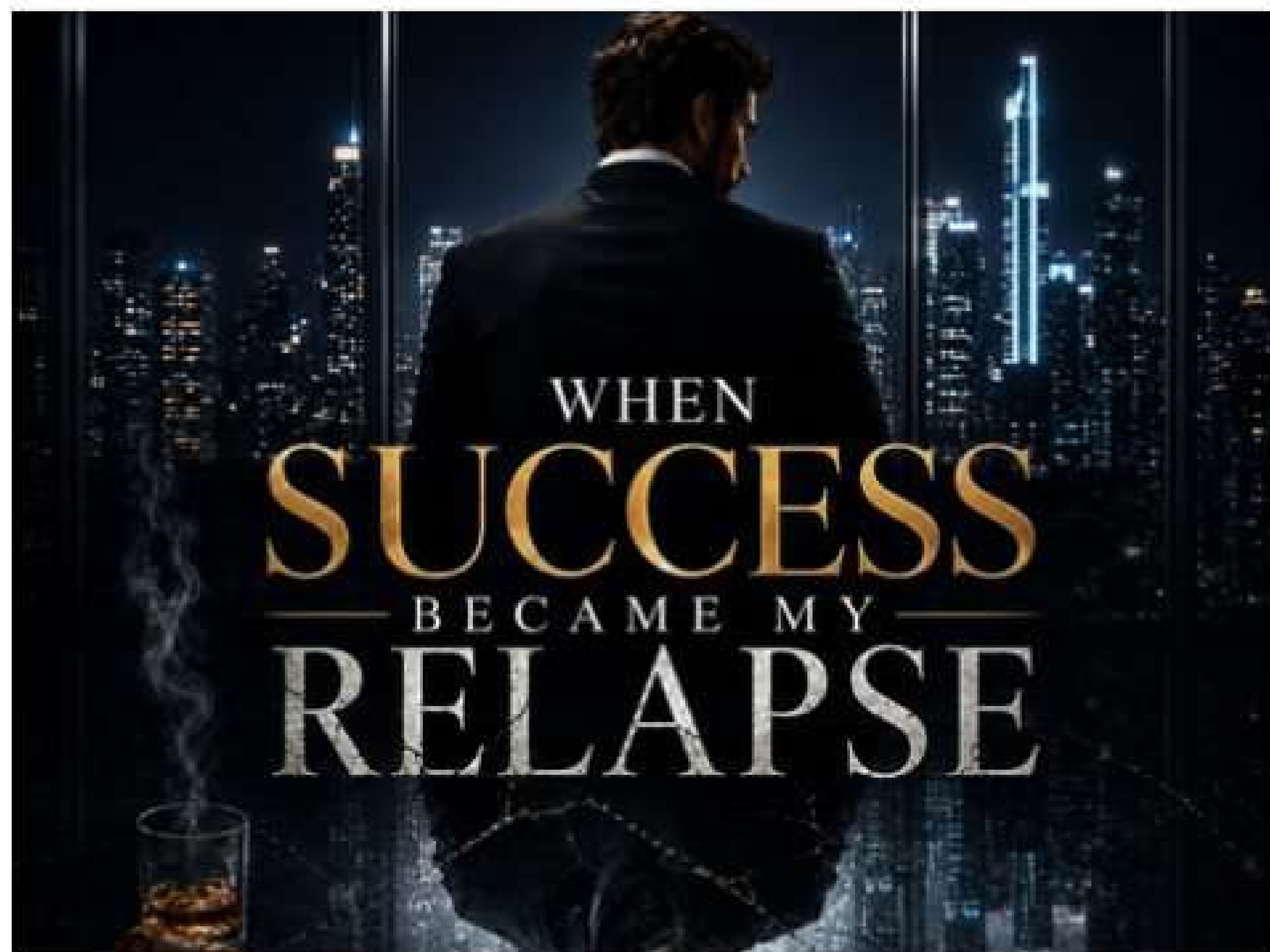
SEND BOTH PAYMENT SCREENSHOT ON SULTAN'S NUMBER

2 PAYMENTS NEED TO BE MADE.

1 1st payment for food & accommodation to be paid directly to richard - 93228 92028

2 2nd payment Rs.500 registration to be made to sultan - 84529 45643

When Success Became My Relapse



Finding My Way Home Through Service and Recovery

For many years, I believed that drugs were my only problem. I suffered, made countless decisions to change my life, and failed over and over again. Every time I stopped using, I thought, "This time will be different." I would stay clean for a while, achieve some success, gain confidence, and convince myself that I no longer needed anyone's help. But the truth was different. Every time success entered my life, I slowly forgot who I was and where I came from. Pride replaced humility, and I returned to the same patterns of thinking and behavior that had always led me back to using. My relapses began long before I picked up the first drug; they started the moment I believed I could manage my life on my own. Thirty-nine months ago, I reached a point where I felt that NA and the program were no longer working for me. It seemed as if the magic had faded and there was nothing left for me to discover. Yet something inside me refused to give up. I was determined to experience the miracle of this program in my own life. Instead of walking away, I chose to serve. I became involved in service, accepted responsibilities, and made myself available to other addicts. Through service, I stayed clean and connected. When I felt that the program was not working for me, I worked for the program. Today, I can honestly say that service did more than help others—it helped save my life. It kept me grounded, connected, and moving forward in recovery when my own faith was weak. For years, I moved back and forth between pain and hope, failure and success, active addiction and recovery. Each time, I lost something: peace of mind, relationships, opportunities, and pieces of myself. Today, I understand that drugs were never my only problem. My real problem was the disease of addiction—a disease that affected my thinking, my feelings, and my behavior. That is why I learned that simply stopping the use of drugs was not enough. In the end, I discovered that Narcotics Anonymous was the only place that truly worked for me. It was where I found honesty, hope, and a new way to live. Today, NA is not my last refuge; it is my home. It is where I continue to learn how to live clean, grow as a person, and stay in recovery one day at a time. I do not know what tomorrow will bring, but I do know that today I do not have to face the disease of addiction alone.

Omid

Kashan, Iran

وقتی موفقیت، منجر به لغزش شد



یافتن راه بازگشت به خانه از طریق خدمت و بهبودی

سال‌های زیادی باور داشتم تنها مشکل من مواد مخدر است. رنج می‌کشیدم، بارها تصمیم می‌گرفتم زندگی‌ام را تغییر دهم و هر بار دوباره شکست می‌خوردم. هر زمان که مصرف را قطع می‌کردم، با خودم می‌گفتم: «این بار فرق می‌کند.» مدتی پاک می‌ماندم، به موفقیت‌هایی می‌رسیدم، اعتماد به نفسم بیشتر می‌شد و کم‌کم خودم را قانع می‌کردم که دیگر به کمک هیچ‌کس نیاز ندارم. اما حقیقت چیز دیگری بود. هر بار که موفقیت وارد زندگی‌ام می‌شد، به آرامی فراموش می‌کردم که چه کسی هستم و از کجا آمده‌ام. غرور جای فروتنی را می‌گرفت و دوباره به همان الگوهای فکری و رفتاری بازمی‌گشتم که همیشه مرا به سمت مصرف سوق داده بودند. لغزش‌های من مدت‌ها پیش از اولین مصرف آغاز می‌شدند؛ درست از همان لحظه‌ای که باور می‌کردم می‌توانم به تنهایی زندگی‌ام را مدیریت کنم. سی‌ونُه ماه پیش به نقطه‌ای رسیدم که احساس می‌کردم NA و برنامه دیگر برای من کارایی ندارند. انگار جادوی برنامه از بین رفته بود و چیز تازه‌ای برای کشف کردن وجود نداشت. با این حال، چیزی در درونم حاضر نبود تسلیم شود. مصمم بودم معجزه این برنامه را در زندگی خودم تجربه کنم. به جای اینکه از برنامه فاصله بگیرم، خدمت را انتخاب کردم. در خدمات درگیر شدم، مسئولیت‌هایی را پذیرفتم و خودم را در دسترس سایر معتادان قرار دادم. از طریق خدمت، پاک ماندم و ارتباطم را حفظ کردم. وقتی احساس می‌کردم برنامه برای من کار نمی‌کند، من برای برنامه کار کردم. امروز صادقانه می‌توانم بگویم که خدمت فقط به دیگران کمک نکرد؛ بلکه زندگی مرا نجات داد. خدمت باعث شد در روزهایی که ایمان خودم ضعیف شده بود، همچنان متعادل بمانم، ارتباطم را حفظ کنم و در مسیر بهبودی به حرکت ادامه دهم. سال‌ها میان درد و امید، شکست و موفقیت، اعتیاد فعال و بهبودی در رفت‌وآمد بودم. هر بار چیزی را از دست می‌دادم؛ آرامش ذهن، روابط، فرصت‌ها و بخشی از وجود خودم. امروز می‌فهمم که مواد مخدر هرگز تنها مشکل من نبودند. مشکل واقعی من بیماری اعتیاد بود؛ بیماری‌ای که بر افکار، احساسات و رفتارم تأثیر می‌گذاشت. به همین دلیل یاد گرفتم که صرفاً قطع مصرف مواد کافی نیست. در نهایت دریافتم که معتادان گمنام تنها جایی بود که واقعاً برای من جواب داد. جایی که در آن صداقت، امید و شیوه‌ای تازه برای زندگی کردن را پیدا کردم. امروز NA آخرین پناهگاه من نیست؛ خانه من است. جایی که در آن یاد می‌گیرم چگونه پاک زندگی کنم، به عنوان یک انسان رشد کنم و فقط برای امروز در بهبودی باقی بمانم. نمی‌دانم فردا چه چیزی در انتظارم است، اما می‌دانم که امروز لازم نیست بیماری اعتیاد را به تنهایی روبه‌رو شوم.

امید

کاشان، ایران

From Fear to Freedom: My Journey in Recovery



Hi, I am Sumiran, an addict. I come from the beautiful hills of Darjeeling, and my home group is Freedom.

Finding Narcotics Anonymous through the grace of my Higher Power has been the best thing that has ever happened to me. I still remember the first day I walked into the rooms of NA three years ago. I was desperate, beaten down by the horrors of active addiction, scared, and struggling with very low self-worth. Looking back now, what a journey it has been. It has been a great ride—I wouldn't say it was always smooth, but it has been a truly enjoyable one. And when I say enjoyable, I mean it.

When I first started attending meetings, I didn't know much about NA. However, today I can say that NA is as deep as you are willing to dig. I kept coming back because I heard members sharing experiences that sounded familiar; I could connect with them and see myself in their stories. The acceptance I found in those rooms, along with all the coffee meets after the meetings, really drew me in. I did my "90 meetings in 90 days," and one fine day, I had the opportunity to get into service.

I had often heard members share their experiences regarding service, and it really piqued my interest. Even as a fearful individual full of insecurities, I showed willingness. I wanted to sit in those chairs and chair a meeting; it made me feel worthy because I had always struggled with self-doubt and self-criticism. Today, I am grateful for that opportunity. I know that as an individual who was once irresponsible and lacked self-esteem, I can give credit to service and NA as a whole for helping me grow in those areas.

Then, I began hearing members talk about sponsorship. One day, my sponsor at the time asked me, "Don't you want to get into sponsorship? Are you planning to play alone?" I had been procrastinating, telling myself I would wait until after my first 90 days. But one day in a meeting, a member shared about the disease of addiction and how it progresses over time if we don't treat it. They spoke about how delaying the step work is essentially delaying the treatment of the disease. That hit home. I reached out to my sponsor and asked him to sponsor me.

I am still here, working the Steps. It has been an incredible journey from Step 1 to Step 6. I've learned about my disease and realized that I am powerless not only over substances but over the disease itself. I saw evidence of a Higher Power in Step 2, and I realized that if I keep doing what I'm doing, I will be in the process of restoration to sanity. I carried that power into Step 3, turning my will and my life over to His care. Steps 4 and 5 gave me the courage to be fearless, and they taught me how to be transparent and vulnerable. Now, I am here, asking that same power to help me with my defects.

I am not saying my journey has been a fairy tale. I have had my ups and downs, my highs and lows, and I have suffered due to my own self-will. However, I have kept putting my faith and trust into the care of my Higher Power, and I have continued doing what helped me when I was a newcomer.

That is my story so far.

In loving service.

The World Within My Soul

I looked within myself,
and found storms and tempests
raging through my chest.
I breathed a weary sigh,
then gazed more closely—
and saw the winds, the mountains, the rivers.
I saw the beauty of deserts and gardens.
I saw the night and the day.
Then I lingered longer,
looked deeper still,
and beheld the earth, the planets, the stars, the galaxies.
I saw demons and angels.
My God—how can all of this dwell within me,
when I am but a speck upon a patch of land,
within a spot, upon a planet
in the vast dominion of Your kingdom?
I looked within myself,
and found the whole universe there...

Hassan Almasri



العالم في روحي

نظرت بداخلي
و امعنت النظر
فوجدت الاعاصير و العواصف تهب بصدري
تنفست الصعداء
ثم امعنت النظر
فرايت الرياح و الجبال و الأنهار
رايت الليل و النهار
ثم تأملت أكثر و تمعنت النظر
فرايت الأرض و الكواكب و النجوم و المجرات
رايت الشياطين والملائكة
يا الله كيف كل هذا بداخلي و انا نقطة في رقعة في إقليم في
كوكب من ملكوتك
نظرت بداخلي
فوجدت الكون كله

حسن المصري

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Connection Heals.

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CONNECTION SAVES
ONE DAY AT A TIME

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EVERY ADDICT EVERYWHERE.
WE ARE RECOVERING.

Find Out
RECOVERY IS REAL.
AND IT'S AVAILABLE.

YOU ARE NOT ALONE ANYMORE.
(তুমি আর একা নও)

WE DO RECOVER
WE DO IT TOGETHER
WE FIND A NEW WAY TO LIVE
WELCOME HOME

WE ARE HERE.
Real people.
WE LISTEN.
Real support.
WE BELIEVE.
Real hope.
WE GROW.
Real freedom.

HELPLINE: +91 98362 23071
WEBSITE: WWW.NA.ORG
WWW.NA.KOLKATA.ORG

ONE MESSAGE CAN CHANGE A LIFE

CONNECTION SAVES LIVES

Hey, you okay?
Not really...
There's a meeting tonight.
You don't have to do this alone.
Maybe I'll come.
We'll be here.

LOCAL NA MEETING:
WEBSITE:
HELPLINE:

NEED TO TALK?
We're here to listen.

If you or someone you know needs help with a drug problem, we're here for you.

Call our helpline:
+91 98362 23071

We understand.
We've been there.

It's Confidential.
Your privacy is important to us.

You are not alone.
There is a way out and we can help.

or go to www.nakolkata.org
for more information

諦める必要はない
私たちは必ず回復できる

一人じゃない。
つながることで、変わる。
希望は、ここから始まる。

Narcotics Anonymous Japan

つながり
回復
勇気
自尊心

ミーティングは全国で開催されています
必ずしも、どこでも参加できません。

ミーティング情報はこちら
NA 日本 コーポレーション

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NOBODY HAS TO FACE ADDICTION ALONE.
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Recovery is possible

Local meeting details:
[Insert details here]

Website: www.na.org

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1-800-622-2255

Website: www.na.org | www.na.org

You Are Not Alone Anymore

Local Meetings: 123 Main St, 7 PM Daily

Website:
www.na.org

Helpline number:
1-800-273-TALK

Let's evolve ourselves in all these 48 hours | www.na.org

Inter-Regional Consultation Meeting of Iranian Regional Service Committees



June 5, 2026

With gratitude and best wishes for continued recovery,

The Fourth Inter-Regional Consultation Meeting of the Iranian Regional Service Committees was held on June 5, 2026, at the offices of Iran Region One. The meeting was convened in response to a request from the Board of Trustees and the Director of NA World Services and focused on sharing experience and best practices related to Hospitals & Institutions (H&I) services.

Trusted servants from several Iranian Regions participated in the meeting. Following introductions and a review of previous discussions and service efforts, participants shared experience regarding H&I services, with particular emphasis on carrying the NA message in correctional facilities and treatment settings.

The fellowship also recognized the recent participation of Iran Region 2 (Hamedan) in the Asia Pacific Forum (APF) and extended congratulations on this service achievement.

As a result of the discussions, participants agreed to:

- Encourage greater cooperation among Regional H&I Committees through joint meetings and shared training opportunities.
- Establish ongoing communication channels to facilitate the exchange of information, experience, and service resources among the Regions.

Hold a joint H&I workshop involving Regions One and Two and their respective Areas to further strengthen service efforts and coordination.

The meeting also benefited from a presentation by an APF trusted servant, who shared updates, experience, and information regarding current APF activities and services.

Additionally, a translated version of the **Long-Term Correctional Facilities Internal Guidelines**, developed by NA World Services, was made available to participants for review and future service use.

The next Inter-Regional Consultation Meeting is scheduled to be hosted by Iran Region Two during the summer season and is expected to focus on Fellowship Development (FD) and Training services.

In loving service,

Iranian Regional Service Committees

گزارش نشست هم‌اندیشی بین شوراهای مناطق ایران



5 اکتبر 2026 (15 مهر 1405)

با سلام و آرزوی تداوم بهبودی،

چهارمین نشست هم‌اندیشی شوراهای خدماتی مناطق ایران در تاریخ 15 مهر 1405 به میزبانی شورای خدماتی منطقه یک ایران برگزار شد. این نشست در پی درخواست هیئت امنا و مدیر خدمات جهانی NA و با هدف تبادل تجربه و بررسی بهترین شیوه‌های خدمت‌رسانی در حوزه زندان‌ها و مراکز درمانی (H&I) تشکیل گردید.

در این نشست، خدمتگزاران مورد اعتماد مناطق مختلف ایران حضور داشتند. پس از معرفی شرکت‌کنندگان و مرور فعالیت‌ها و موضوعات مطرح‌شده در نشست‌های پیشین، اعضا به تبادل تجربه پیرامون خدمات H&I پرداختند و به‌ویژه بر نحوه رساندن پیام بهبودی NA در زندان‌ها، مراکز درمانی و سایر مؤسسات تمرکز کردند.

همچنین در این جلسه، حضور و مشارکت شورای منطقه دو ایران (همدان) در انجمن آسیا - اقیانوسیه (APF) مورد تقدیر قرار گرفت و این دستاورد خدماتی به اعضای انجمن تبریک گفته شد.

در نتیجه گفت‌وگوها و تبادل تجربه‌های انجام‌شده، موارد زیر مورد توافق قرار گرفت:

- تقویت همکاری میان کمیته‌های زندان‌ها و مراکز درمانی (H&I) مناطق از طریق برگزاری نشست‌های مشترک و استفاده از ظرفیت‌های آموزشی و خدماتی یکدیگر؛
- ایجاد بسترهای ارتباطی مستمر برای تبادل اطلاعات، گزارش‌ها، تجربیات و منابع خدماتی میان مناطق؛
- برگزاری یک کارگاه یا نشست مشترک H&I با مشارکت مناطق یک و دو با حضور نواحی آن‌ها، با هدف افزایش هماهنگی و اثربخشی خدمات.

این نشست همچنین از ارائه یکی از خدمتگزاران فرامنطقه آسیا - اقیانوسیه (APF) بهره‌مند شد که طی آن آخرین فعالیت‌ها، تجربیات و اطلاعات مربوط به خدمات این فرامنطقه با شرکت‌کنندگان به اشتراک گذاشته شد.

علاوه بر این، ترجمه «جزوه اساسنامه داخلی زندان‌های بلند مدت» که توسط خدمات جهانی NA تدوین شده است، در اختیار شرکت‌کنندگان قرار گرفت تا در خدمات آتی مورد استفاده قرار گیرد.

نشست بعدی هم‌اندیشی شوراهای مناطق در فصل تابستان و به میزبانی شورای خدماتی منطقه دو ایران برگزار خواهد شد و تمرکز آن بر خدمات توسعه انجمن (Fellowship Development) و آموزش خواهد بود.

با تقدیم احترامات شایسته
خدمتگزاران شوراهای مناطق ایران

Clean Time Dates

June

02 June 2009	Tushar P	India
04 June 2014	Salim A	Oman
05 June 1991	Tim S	Australia
08 June 1992	Muk Sharon H	USA
09 June 1995	Ronnie V	Philippines
18 June 2006	Xueli	China
21 June 1994	Irfan	Pakistan
21 June 1979	Phyllis S	Hawai'i
25 June 1990	Deb F	Aotearoa NZ
25 June 1993	Archer K	Hawai'i

July

04 July 2001	Reza A	Bangladesh
12 July 2021	Mohamed M	Qatar
25 July 2008	Choney	Bhutan

August

05 August 2001	Sajal R	Bangladesh
11 August 1997	Ian U	Thailand
16 August 1982	Sharleen F	Aotearoa NZ
20 August 1989	Sue K	Australia
24 August 2002	Nam Noel M	New York City
25 August 2004	Sharon K	Aotearoa NZ
31 August 2023	Mohamed G	Qatar

September

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



WORLDWIDE CONNECTIONS

NAWS

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

www.na.org

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

www.apfna.org

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

<http://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

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

www.naindia.in

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

www.nairan.org

APF COUNTRY WEBSITE LINKS

www.na.org.au

www.namalaysia.my/a

www.na-hawaii.org

www.naindia.in

www.nasingapore.org

www.nzna.org

www.guamna.org

www.na-indonesia.org

www.nairan.org

www.na-bali.org

www.naqatar.net

www.nanepal.org

www.saudina.org

www.nakuwait.org

www.nachina.com

www.nakorea.org

www.omanna.org

www.nakuwait.org

