



Asia Pacific Forum - Newsletter

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A NETWORK OF NA COMMUNITIES

www.apfna.org

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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

A Note from the Editor

Dear APF people hi! During the past 4 years of being in the Newsletter service, I've always been trying to do my best through getting extra energy through your support. It doesn't mean that there are not any mistakes or shortcomings with my service, so I humbly extend my hand to you and ask for your kind help and support, as I am your own trusted servant.

It's again the time to get to gather for the next APF conference, to help each other again for developing the beautiful NA message, to celebrate again our achievements, our new lives with the one of the most amazing people of NA, these wonderful members in Malaysia!

Hopefully I can get this chance to meet all of you in person, wishing all the best for those who will participate.

Appreciating my amazing team in the newsletter, I'm asking you kindly, don't hesitate sending us your beautiful articles to us through the email address: newsletter@apfna.org

4th NA Women & LGBTQIA+ Convention, Philippines

I'm Onyl T., a proud gay recovering addict. I attended the 4th NA Women & LGBTQIA+ Convention held in Sacred Heart Center, Cebu City, Philippines. It was such an inspiring experience for me to be with the minority group of Narcotics Anonymous : the Women and LGBTQIA+. The gathering managed to provide a safe place where the participants could be themselves and connect with fellow recovering addicts. And because of this, I felt more at-home with the Narcotics Anonymous Fellowship.



Ako si Onyl T., at ipinagmamalaki ko na ako ay isang baklang nagbabagong adik. Dumalo ako sa Ika-apat na Kumbensyon ng Narkotiko Anonimo para sa Kababaihan at LGBTQIA+ na ginanap sa Pilipinas, sa may Sacred Heart Center sa Lungsod ng Cebu. Ang pagtitipon na ito ay nakapagbigay ng isang ligtas na espasyo para sa mga nagsipagdalo upang sila'y maging tapat sa kanilang mga sarili at makahalubilo sa mga kapwa nilang nagbabagong adik. At dahil sa aking pagdalo rito, ako'y nakaramdam ng mainit na pagtanggap at mas naging komportable sa Samahan ng Narkotiko Anonimo.

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

The Gift in the Fellowship of Narcotics Anonymous

Mobile and Magical

There were four of us in the car on our way to the meeting room. One member, who has 22 years clean, said to me: "They lied to us. They told us we exchange gifts and medallions to motivate each other to stay on the recovery journey. But the truth is—we cannot keep what we have unless we give it away."

Without hesitation, I took off my handmade necklace. It had been made by a member with 16 years clean, who had passed recovery on to me through kindness. He had accompanied me and treated me with compassion. Whenever my strength failed and I lost faith in myself, he would always say to me: "We loved you until you could love yourself."



Our companionship ended at my two-year clean celebration! He wasn't there. But I insisted on holding onto that end. The necklace began to feel like a chokehold—how could it not, when I was drifting off the path, denying my faith in the program, and losing the desire to continue my recovery journey? But now I am well. I am receiving recovery through love here in Bahrain—from members who live in conscious contact with God, who practice self-denial. I came to understand that the necklace was a gift meant to move me from faith in people to faith in principles. When that member stopped accompanying me, he was in fact practicing self-denial. I realized the reason was simple: he had been the mirror through which I saw myself—the first mirror that reflected my truth. The bond between us was built on believing in those reflections and holding on to our similarities. We got out of the car, and I saw Saleh, who has five months clean. I thought to myself: "He even looks like that member!" So I said to him: "Can you keep going until six months? This is your gift." He said, "I'll try!" And I say to him now, as I write these words: "Seek companionship—don't 'try.' Just for today." When I finished carrying the message, I began to feel sick, unworthy of this responsibility, and very weak. Then I realized that what I was feeling wasn't self-doubt—it was like diving deep into myself, emerging from self-centeredness, and savoring my ability today to practice self-denial. I know now that what lives inside me also lives inside that member. He didn't disappear or isolate himself—he simply has his own personal, free path of recovery, in all its dimensions. Outside the meeting hall, as I was saying goodbye, a member with 34 years clean called out, commenting on my act of carrying the message: "Don't worry about what people say. We'll keep our promise and preserve the sacredness of the meeting." That was the essence of what he said—and I didn't hesitate to accept those words from a trusted servant who has dedicated his life to service and never judges. He gave me a gift! I returned to Kuwait burning with spirituality. I wanted nothing from my own will, and I prayed: "My God, take my will and my life. Guide me on this journey of recovery and teach me how to live." As for the Soft medallion, I will keep it to give to my sponsor—18 years clean—the first true, unconditional love I've ever experienced. It wasn't a love I chose; it was chosen for me by my Higher Power. Now, I feel complete peace.

الهدية في زمالة المدمنين المجهولين مُتنقلة و سحرية

بوجود أربعة أعضاء في السيارة بطريقنا إلى غرفة الاجتماع فقال لي عضو - ٢٢ سنة تعافي. لقد كذبوا علينا يبادلونا بهدايا وميداليات من خلالها نحفز بعضنا البعض للاستمرار برحلة التعافي ولكن الحقيقة هي أنه لا نستطيع الاحتفاظ بما لدينا إلا بتقديمه للآخرين

فما ترددت لحظة لأقوم بخلع قلادتي المصنوعة يدوياً بيد عضو ١٦ سنة تعافي قد منحني التعافي عن طريق (الرِّقْ) . رافقني وارفق بحالي وما إن خارت قواي و فقدت الثقة بنفسي دائماً كان يردد على مسامعي أحبتك حتى تُحب نفسك. انتهت الرفقة في احتفال الستين ! ولم يكن موجوداً و استمرت . مُصرة على الرفقة وكنت مترددة في تقبل و قبول أن دوره قد انتهى معي

أصبحت القلادة خائفة كيف لا و قد بدأت أحيّد عن الطريق أنكرت إيمانيات بالبرنامج و أفقد الرغبة في الاستمرار برحلة التعافي

ولكنني الآن بخير أتلقى التعافي بالمحبة من أرض البحرين من أعضاء يملكون حس الصلة الواعية بالله مُنكرين لذواتهم فعلمت أن القلادة كانت هدية لأنقل من مرحلة الإيمان بالأشخاص إلى الإيمان بالمبادئ وكان ذلك العضو بتوقفه عن الرفقة كان يعمل على إنكار ذاته . حددت السبب ببساطة لأنه كان المرأة التي أرى بها نفسي هو لي أول امرأة أرى بها حقيقتي والعهد بيننا تصديق الانعكاسات في أحوالنا و التمسك بأوجه الشبه

فنزّلنا من السيارة ورأيت صالح - خمس شهور تعافي و قلت في نفسي هناك ! شبه حتى في الشكل بينه وبين ذلك العضو ! فقلت له : هل تستطيع الاستمرار إلى الست شهور ؟ فهذه هديتك ! فقال سأحاول و أقول له من هنا و أنا أكتب ما أكتب .. ابحث عن الرفقة لا تحاول هو لليوم فقط

وما إن انتهيت من حمل الرسالة و أشعر أنني مريضة ولا يليق بي أن أتحمل هذه المسؤولية و كنت في حالة ضعف شديدة حتى فهمت أن الحالة التي تملكني لم تكن حالة عدم ثقة بالنفس . إنما حالة تشبه الغوص في أعماق النفس لأخرج من التمحور حول الذات و أنعم بقدرتي اليوم على إنكار ذاتي و أعلم أن ما في داخلي الآن هو في داخل ذلك العضو هو لم يتعد أو اتجه . للعزلة له طريقته الخاصة في التعافي وهي رحلة شخصية حرة بكل أبعاده

وخارج قاعة الاجتماع ودعت الأعضاء ونادى عضو ٣٤ سنة تعافي يُعلق على حمل الرسالة بأن لا تكتري للأقوال سبقي على العهد و نحافظ على قدسية الاجتماع . كان هذا مختصر معنى قوله و لم أتردد بأن أقبل الكلام من عضو ! خادم نذر حياته للخدمة ولا يحكم . وقدم لي هدية عُدت للكوييت و أنا أشتعل من الروحانية لا أريد شيئاً من إرادتي فرددت : إلهي . خذ بإرادتي و حياتي و وجهني في رحلة التعافي و علمني كيف أعيش

سأحتفظ بها أهديتها لموجهي ١٨ سنة تعافي أول علاقة حب Soft أما ميدالية حقيقية غير مشروطة أكونها بدون اختيار مني فقد اختارت لي قوتي العظمى هذا الإنسان و أشعر الآن بالرضا التام

سيكون موجهها رفقتي و المرأة التي أنعم بها حتى أجد النور فأعيش وأستمتع بالحياة دون تعاطي مخدرات



The Third Tradition

The Third Tradition of Narcotics Anonymous says, “The only requirement for membership is a desire to stop using.” No secret handshake, no entrance exam— just a glimmer of hope and a bucketful of honesty. Honestly, it’s about as exclusive as a north Indian wedding bash, you show up, you are in! That took some pressure off me when walking into a meeting for the first time with my nerves frayed and my self-esteem shot to hell!

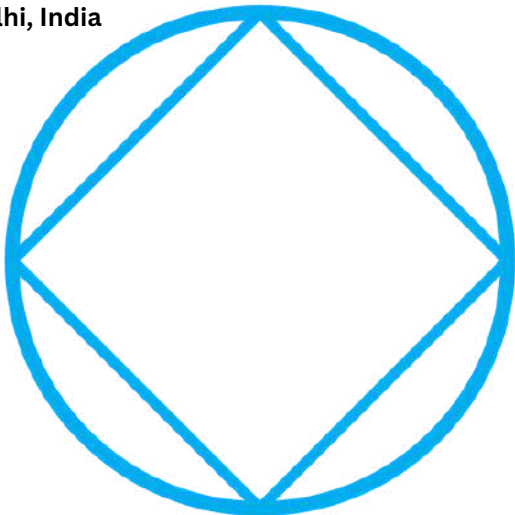
The beauty of this tradition is that it levels the playing field. No matter your story— maybe you hit your bottom at a five-star hotel bathroom, or perhaps it was on your mother’s sofa or even jail—everyone gets a seat at the table. In Narcotics Anonymous, there is no recovery police at the door or a bouncer checking your “life-cleanup” credentials. The only thing needed is a desire, however shaky, to stop the chaos. That made me feel like I really belonged, even when I wasn’t sure what time of the day it was.

Equality is at the heart here: addiction does not care about your race, wallet size, or whether you prefer rock, reggae or Bollywood. NA knows this, and the third tradition keeps the group open for all Flavors of humanity—no one gets benched for being ‘too much’ or ‘not enough’. Openness creates surprising mixes. Once, I found myself sharing tips on dealing with cravings between a semi- retired hotel manager and a twenty-something, wanna be guitarist! , and it just worked.

Inclusivity isn’t a slogan in NA—it’s a lifeline. This simple rule means that even if you stumble in during a rainstorm of relapse, or just want to see what it’s all about, there’s a chair for you (even if it squeaks embarrassingly!). Because nobody, and I mean nobody, should be denied the chance to start over—not even if they tell one too many bad jokes on their first day. Like all Traditions anonymity sits at the core of this Tradition, we are all together as one with equal and unfettered access to our wonderful program. The Tradition also reminds us that we’re all works in progress, united by hope, humility, and a desire for something better.

As I end, nothing could be better than these amazing lines from “It Works How and Why”: - “Desire is not a measurable commodity. It lives in the heart of each individual member. Because we can’t judge the sole requirement for membership, we are encouraged to open wide the doors of our meetings to any addict who wishes to join.”

Amitabh. S
New Delhi, India



Updates from Strategic Planning

Håfa Adai, everyone in the Zone,

We are finalizing several key documents for Delegate review at the upcoming APF Annual Meeting:

- Human Resource Panel
- Secondary Positions
- Delegate Orientation Handbook

If adopted, these will also require updates to our guidelines. Following the 2025 Conference, two action plans were launched:

- APF Inventory – discontinued due to low participation
- Workgroup Initiative – now titled “Journey to the Center of the APF”, gaining strong momentum and scheduled for consideration at the Annual Meeting

Serving as Strategic Planning Coordinator these past two years has been rewarding. We began with two goals:

1. In the APF Zone, service is attractive, and our service boards have a high level of participation.
2. In the APF Zone, NA is a safe place for women and sets clear expectations for appropriate behavior.

The second goal now continues under the Women’s Fellowship Development Workgroup, while our team remains focused on strengthening participation and unity across the APF

A Message from your Strategic Planning Coordinator

Serving as Strategic Planning Coordinator has been a deeply rewarding experience. Over the past two years, I’ve learned and grown alongside dedicated and talented individuals, and I remain convinced that the APF is one of the best places to serve.

When I began this role, we set two goals. The first—making service attractive—sparked valuable conversations. Through our APF Annual Meetings, we discovered that attraction to service cannot be manufactured by a workgroup or a document. What truly draws people in are the principles we live by: honesty, humility, and love in action. These are practiced through working the steps, and that is what our Delegates consistently find attractive.

Challenges remain. At times, members may forget to check their motives, and words or actions—though well-intended—can still feel offensive or intimidating. Occasionally, our concepts and traditions are wielded like weapons, even when paired with a prayer or smile emoji, unkind words remain unkind. Different communities bring different service styles; what feels direct in one place may feel harsh in another. No single person is at fault—we all share the responsibility of creating an atmosphere rooted in kindness and respect.

Our action plans may contribute to making service more attractive, but the real draw comes from practicing principles—not appearances. And those principles must be lived by all of us, not just by the committees we serve on.

This coming APF Annual Meeting will end my term as Strategic Planning Coordinator. With eight positions rotating this year, I encourage everyone to support those stepping into service. Let us remember: none of us are paid, and none of us serve for status. We are here to love, to support, to serve, and to carry the message to the still-suffering addict—together.

Andy T. Interim Strategic Planner

Upcoming Events & Virtual Meetings

CELEBRATING 16 YEARS OF NARCOTICS ANONYMOUS IN SIKKIM

The Greatest GIFT

SACNA-II
2025 FEB. 19, 20 & 21

19, 20 & 21 FEBRUARY, 2026

Hotel Batika Pvt. Ltd.
Surkhet Road, Nepalgunj, Banke, Nepal

REGISTRATION CHAIR
+977-9864937352

CONVENTION CHAIR
+977-9848392729

PRE-REGISTRATION (Till 21 Nov. 2025) **NRS.2550/-**

REGISTRATION **NRS.2650/-**

INCLUDES:
3 Night Dinner, Hi-Tee

IRCNA XIII
13,14,15 MARCH 2026

HURRY UP LIMITED SEATS

HOW TO REACH
CORBETT THE GRAND, JIM CORBETT NATIONAL PARK, UTTARAKHAND

ROAD	TRAIN	AIR
Self-Drive/Car From Delhi via Haridwar, Gagrau, Uttarakhand, Nepal, to Ramnagar (240-270 km, 4-6 hours). Hotel 8 km from Ramnagar. (Self-drive). Cost ₹2000-3000 (4WD). Taxi/Cab Delhi to Ramnagar (-₹14,000-₹16,000). Local taxi to hotel from Ramnagar (-₹500-₹1000, 30-45 min). Bus Arundhati Vihar 186T, Delhi to Ramnagar (₹800-₹1000, 8-9 hours). Taxi from hotel to Ramnagar (₹200-₹500, 15-20 min).	Train Nearest station Ramnagar (8 km from hotel). From Delhi, Bareilly Express (-₹5 hours, ₹300-₹1000). Ticket to hotel (₹1000-₹1200, 15-18 min). Alternative Kathgodam station (68 km, taxi ₹1100-₹2000).	Flight Nearest airport Pantnagar (70 km, 2 hours by taxi, ₹2,000-₹2,500). Flight from Delhi (2-3 weeks, ₹9,000-₹10,000). Alternative Delhi airport (250-300 km, 3-4 hours by road/train). Taxi from Pantnagar or Ramnagar to hotel.

Contact US
Convention Chair: Pawan +91 80958 88880
Information Chair: Kunal +91 88795 88883
Registration Chair: Gagandeep +91 90727 16832
Vice Registration Chair: Nageshwar +91 84681 52548

SMACNA VIII
DREAMS ON WINGS
22,23,24 JANUARY 2026

LONAVALA - LE TRANQUIL RESORT
22,23,24 JANUARY 2026
21ST NIGHT DINNER AND STAY INCLUDED - CHECK IN AFTER 5:00PM

Register Now

2 Sharing Room - Rs.11,500
3 Sharing Room - Rs.10,000
4 Sharing Room - Rs.8,500

Registration Chair - Jatin B : 9152080948
Treasurer - Murgan : 8433872341
Information Chair - Esha MB : 97344 01126
Convention Chair - Hasan : 9930880693

Hurry!

DREAMS ON WINGS

Lonavala is a popular hill station in Maharashtra's Sahyadri range, known for its lush greenery, waterfalls, and historical sites like forts and ancient caves. Located between Pune and Mumbai, it's a popular destination for nature lovers, adventure seekers, and history enthusiasts. Key attractions include Tiger's Leap, Bhushi Dam, and the ancient Karla and Bhaja Caves.

PHILIPPINE NARCOTICS ANONYMOUS REGIONAL CONVENTION

30th PNAARC
JAN. 23-25 2026

Manila

BAYVIEW PARK HOTEL MANILA
1118 Roxas Blvd. cor UN Ave.
Ermita, Manila 1000 Metro Manila

CONTACT PERSON: Jay R. - 0925-805-2473
Rio T. - 0956-264-7480
REGISTRATION: Edna M. - 0917-678-0520
Xerdx A. - 0927-493-8399

REGISTRATION FEE: P4,200.00
EARLY BIRD RATE: P3,950.00 from AUGUST 25 to OCTOBER 31 only

Send your payment to: GCASH NO. 0927-493-8399

Please send screenshot of your payment to any of the contacts above or email to: no.luzon.asc@gmail.com

REGIONAL SERVICE COMMITTEE

PHILIPPINE NARCOTICS ANONYMOUS REGIONAL CONVENTION

30th PNAARC
JAN. 23-25 2026

BAYVIEW PARK HOTEL MANILA
1118 Roxas Blvd. cor UN Ave.
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REGIONAL SERVICE COMMITTEE

IRWNA

UNITY FIRST

Dates
11, 12, 13 February 2026

Venue
Lake Land Country Club
Nibra, 711403, West Bengal, India

Indian Regional Women's Convention of Narcotics Anonymous

UNITY FIRST

Chair
+91 98300 11544
Vice-Chair
+91 98104 77911
Registration Chair
+91 85848 08946
Information Chair
+91 85848 49987

IRWNA - 11.12.13 Feb 2026
Lake Land Country Club, Nibra 711403, West Bengal, India
Indian Regional Women's Convention of Narcotics Anonymous

UNITY FIRST

Registration Now Open!

Join us for 3 days of fun, frolic, connection and recovery - a rejuvenating experience filled with recovery, laughter, connection and care.

IRWNA - 11.12.13 Feb 2026
Lake Land Country Club, Nibra 711403, West Bengal, India
Indian Regional Women's Convention of Narcotics Anonymous

UNITY FIRST

Registration Slots

Triple sharing suite	each bed + tax ₹8,000.00
each bed	tax ₹90.00
Twin sharing room	each bed + tax ₹9,500.00
each bed	tax ₹105.00
Twin sharing suite	each bed + tax ₹11,000.00
each bed	tax ₹122.00
Twin sharing Deluxe suite	each bed + tax ₹13,500.00
each bed	tax ₹150.00

IRWNA - 11.12.13 Feb 2026
Lake Land Country Club, Nibra 711403, West Bengal, India
Indian Regional Women's Convention of Narcotics Anonymous

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For Indian Registrations
Scan to pay (₹)

QR Code

Mention IRWNA in the payment reference.
After payment, please send a screenshot to: +91 8080011504

IRWNA - 11.12.13 Feb 2026
Lake Land Country Club, Nibra 711403, West Bengal, India
Indian Regional Women's Convention of Narcotics Anonymous

UNITY FIRST

For Overseas Registrations
Scan to pay (\$40)

QR Code

Mention IRWNA in the payment reference.
Add "Friend or Family" (charitable) a fee will be charged.
After payment, please send a screenshot to: +91 8080011504

IRWNA - 11.12.13 Feb 2026
Lake Land Country Club, Nibra 711403, West Bengal, India
Indian Regional Women's Convention of Narcotics Anonymous

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For Overseas Registrations
Scan to pay (\$40)

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Mention IRWNA in the payment reference.
Add "Friend or Family" (charitable) a fee will be charged.
After payment, please send a screenshot to: +91 8080011504

IRWNA - 11.12.13 Feb 2026
Lake Land Country Club, Nibra 711403, West Bengal, India
Indian Regional Women's Convention of Narcotics Anonymous

Recovery ROCKS

Thai-Speaking NA Convention

การประชุม NA ภาษาไทยของเราจัดขึ้นที่เกาะสมุยในเดือนมิถุนายนที่ผ่านมา มีผู้เข้าร่วมกว่า 80 คน เป็นการเฉลิมฉลองการฟื้นฟูที่สนุกสนานและประสบความสำเร็จอย่างมาก เราหวังว่าจะได้พบคุณอีกครั้งในปีหน้า!

Our Thai-speaking NA Convention was held in Ko Samui this June, with over 80 attendees. It was a joyful celebration of recovery. It was a great success. We look forward to seeing you next year!



Joy of Fundraising for the APF

They say a picture tells a thousand words... Joining other addicts to spread the message of the APF, and that it's our zonal forum, and supporting its efforts brings joy to us all. Mahalo for allowing us to serve through our support of APF workgroups, attending the annual APF Conference, and through our continued merchandise sales efforts to send contributions from members around the world. In loving service from the Hawai'i Region and beyond.



مفهوم دوازده به زبانی ساده

این مفهوم یادآوری می‌کند که تمام فعالیت‌ها، تصمیم‌ها و خدمات در انجمن باید بر پایه‌ی عشق، محبت و تمایل به کمک به دیگران انجام شود. هدف از همه‌ی کارهای خدماتی، از ساده‌ترین تا مهم‌ترین آن‌ها، فقط و فقط رساندن پیام به معتادی است که هنوز در عذاب است. عشق و محبت، روح خدمات است.

در انجمن، ما خدمت می‌کنیم نه برای قدرت، مقام یا منافع شخصی، بلکه از روی عشق و سپاس بهبودی خودمان است. هدف اصلی، انتقال پیام به معتاد در حال عذاب است. هر نوع خدمات یا فعالیت باید با این هدف سنجیده شود. آیا این کار به ما کمک می‌کند پیام بهبودی را بهتر منتقل کنیم یا نه؟ خدمات باید از خودخواهی و جاه‌طلبی دور باشد. وقتی خدمتگزاران با عشق و فروتنی کار می‌کنند، انجمن پایدارتر و مؤثرتر می‌شود. مفهوم دوازدهم بر ارتباط میان عشق، وحدت و هدف مشترک تأکید دارد. وقتی عشق راهنمای ماست، اختلاف‌ها کمتر و همکاری بیشتر می‌شود.

محسن گ. ایران

The Twelfth Concept in Simple Language

This concept reminds us that all our activities, decisions, and services in the fellowship must be based on love, kindness, and a desire to help others. The purpose of every service — from the smallest task to the most important one — is only to carry the message to the addict who still suffers.

Love and compassion are the spirit of service.

In our fellowship, we serve not for power, position, or personal gain, but out of love and gratitude for our own recovery. Our main goal is to carry the message to the addict who is still suffering.

Every service or activity should be measured by this question:
Does this help us carry the message of recovery more effectively?

Service should be free from selfishness and ambition. When trusted servants act with love and humility, the fellowship becomes stronger and more effective.

The Twelfth Concept emphasizes the connection between love, unity, and our common purpose. When love guides us, conflicts decrease and cooperation grows.

Mohsen G. Iran

Direct Responsibility: Love in Action

When I first got clean, I didn't understand what "service" in Narcotics Anonymous really meant. I thought it was about positions, meetings, and decisions — something complicated, maybe even political. But with time, experience, and guidance from our Traditions, I came to see that true service is neither mystical nor difficult. It is simple and elegant — one addict helping another.

For me, real service begins when one member reaches out a hand to another who still suffers. It's that moment of honesty when I share my story — how I stopped using, how I lost the desire to use, and how I found a new way to live. When I do that, something spiritual happens. It's not about me anymore; it's about passing on the hope that was freely given to me. That, I've come to believe, is the foundation of all NA service.

Over time, I realized that our Traditions guide this process beautifully. The Second, Seventh, and Ninth Traditions — the cornerstones of our service structure — teach us everything we need to know about how to serve. The Second reminds me that the true authority in NA is a loving God, expressed through our group conscience. The Seventh teaches me to rely on the fellowship itself — that all our resources, energy, and creativity come from within. And the Ninth Tradition, perhaps the most profound of all for me, defines what direct responsibility really means.

The Ninth Tradition tells us that "NA, as such, ought never be organized," but that we may create service boards or committees directly responsible to those they serve. That phrase — directly responsible — changed my whole understanding of service. It means the power always rests with the groups and the members, not with the committees or trusted servants. The structures we create are not "NA." They are tools that exist for NA, not of NA. Their only purpose is to make our basic service easier — to help one addict reach another.

I learned this truth not from reading, but from experience. I've served at different levels — from local group service to regional work — and every time I forgot that I was directly responsible to the members I served, things got complicated. Ego crept in. Confusion followed. But when I remembered that my role was simply to carry out the will of those I served, not to govern or control, everything became clear again.

Direct responsibility keeps our service grounded and spiritual. It protects the sanctity of the NA group and ensures that every board, committee, or workgroup remains a servant — never a master. I've seen how easily we can lose sight of this, especially when tasks grow larger or when personalities clash. But when we go back to our Traditions, the simplicity of our program shines through again.

Our leaders are but trusted servants. They do not govern. That's not just a line from our Traditions — it's a way of life. I try to remind myself that being a servant means acting with humility, respect, and grace.

I often think of the image of a fine waiter — quiet, attentive, and devoted to service. A good servant doesn't control the table; they make the experience smooth and pleasant. In the same way, in NA, I serve the fellowship — not myself.

Anonymity reminds me that everyone's voice matters equally. The Seventh Tradition reminds me that when the purpose is right and spiritually aligned, the resources always come. Time and again, I've seen that when we act out of love and not fear, the people, money, and willingness appear like small miracles. The beauty of our service lies in this simplicity. We don't need complicated systems or rigid control. What we need is faith, honesty, and willingness — and an understanding of where the true authority lies. When we practice direct responsibility, we create a space where service flows naturally, without confusion or struggle.

Every time I sit in a meeting or participate in a service discussion, I remind myself: NA is its members and groups — nothing more and nothing less. The rest, all the committees and structures, are there to support that connection between addicts. When we forget that, we lose direction. When we remember it, we find unity, purpose, and peace.

Today, I see service in NA as something simple, spiritual, and elegant. It's about surrendering ego, honoring our Traditions, and remaining directly responsible to those we serve. It's not about control; it's about connection. Not about authority, but about love in action.

That, to me, is the beauty of direct responsibility — the true spirit of service in Narcotics Anonymous. True service is not mystical. It is not complicated. It is one addict saying to another, "You never have to use again — just for today." And everything else we build should exist only to make that possible.

And in that moment, everything — the Traditions, the structure, the years of experience — all come together in one simple truth: Service in NA is love in action — pure, humble, and beautifully simple.

Rishi, SOSONA, India



Parenting

My name is Maria, and I am an addict.

Today, as I write this letter to you, I have been clean for 20 years and 5 months. When I first encountered this global program, I never imagined that a new life was waiting for me:

the loss of the intense, insatiable craving for drugs,

the loss of the obsession to use,

and finding of a new way for living.

These were the messages of this program, and I was so desperate and exhausted, without any belief or even hope, that no other way, I agreed to continue attending meetings and maintain complete abstinence.

Strangely enough, things began to improve, and I would tell myself, “Even if everything gets better, I will still use, because now I know how to control it.” I thought this program had made me capable of controlled use, and that I could succeed in using responsibly.

But something inside me said, “It’s not possible, and even if it were, you cannot do it.”

Later, I realized that inner voice was the product of eight months of being clean and attending meetings. Honestly, I owe all of these 20 years and 5 months to the clarity of those early days.

Well, I am 46 years old, and I have spent 20 years and 5 months in the fellowship. I started using drugs at age 14, left school, got married, and became a mother at 16. I had a daughter from that mistaken marriage. I divorced at 24 and lived a very messed-up life with my daughter. Every day, I thought I was a victim. I blamed everyone for my irrational decisions, from God to my innocent little girl...

I didn’t realize that my addiction had shaped my way of life, and that I was merely a victim of it. I lived to use, and I used to live.

Becoming familiar with this recovery program has been the greatest chance of my life. In fact, during my first 13 months of my being clean, I returned to school and later earned a Master’s degree in Accounting, and I am now working in this field.

During the mandatory quarantine due to the COVID-19 outbreak, I decided to pursue my passions and dreams, which had previously been overshadowed by addiction. I began studying law, and as I write this, I am only ten days away from the Bar Exam. I don’t know if I will succeed, but I will share the outcome in my next letter.

In short, addiction is all about loss, and recovery is all about gaining. My fate could have been jail, institution, or death. But spiritual awakening, achieved through the Twelve Steps, changed the outcome.

Now, seeing what lies ahead—spiritual awakening, societal success, hope, and excitement—I realize I had never known these feelings. I had never been hopeful in my life and had never imagined that good things could happen in the future. My future always seemed dark and hopeless, and the past bitter and disgusting.

I want to write about my relationship with my daughter. My audience is familiar with NA and addiction, so there is no need to explain them. I am just happy to still have hope in NA. When I joined NA, my daughter was 8 years old. I had endured a lot of suffering from my own mother and thought of myself as a victim in raising my child alone. I always blamed my daughter, who was actually also a victim. I constantly told her that I had given up my youth, remarriage, and happiness for her. I believed I was doing something great by raising her alone, but after 10 years of clean-time, I realized that my fears and co-dependence had kept her with me. My blaming had hurt her. As she grew older, she confronted me, asking, “Was it my fault? Did I choose to be born? Did I tell you to have a bad, unhealthy marriage that made me the product?” The very blame I had placed on her came back to me through her, and she still sometimes does...

Now she is a mother herself, with a sweet little son—my grandson. I am very happy with him, and I thank God twice every day: once for keeping me clean, and once for giving me the chance to see and play with my grandson. This is the greatest joy of my life, which I wish for all of you.

Over the years, I tried to fix everything but failed; I tried to love but was only dependent; I tried to forgive but only did so when I was afraid—afraid of losing. I wanted to be honest and act rightly with others, but I couldn’t, for two reasons: I chose relationships under difficult circumstances, and I tried to change them according to my own desires—a battle as unequal as fighting my addiction.

When I celebrated my 16th year of clean time, I felt the worst emotions: anger, resentment, aggression, and more resentment. Amidst these struggles, I reached the end of the line again—this time without using, despite being clean and a member of NA for 17 years, holding a management position as a financial officer, with a good career and social status. Still, I felt helpless and powerless. I realized that I must have missed something in the program. I had undervalued the practical aspect of it, thinking, as a Persian proverb says, “just talking sweetens the mouth.” But that wasn’t true. I became more exhausted, bankrupt, and fearful each day, constantly creating frustration in my relationships. For the first time, I truly understood the meaning of surrender. Understanding surrender took 17 years of sobriety and being an NA member.

I want to share my relationship with my daughter and my experiences with all mothers in recovery around the world. My past bitterness, regrets, and frustrations made me want to hinder God’s will and my daughter’s growth. My selfish fears led me to forward-escape, creating new problems that I thought were part of recovery. Eventually, I realized that I didn’t know how to be a mother and needed to start learning from scratch. I needed practice. I had been more like a strict teacher, police, or religious leader—an angry, controlling, and fearful mother.

Yet I could no longer continue this way. Our relationship had become mutual; my daughter was growing, attending educational classes, learning to be a real mother to her son, and she wouldn’t let me interfere with her parenting. My pride suffered, until I finally surrendered, realizing that I am responsible for my own actions and personal recovery—not my daughter, not any student, nor anyone else. Hope emerged unexpectedly. After 17 years of sobriety, I was reborn, practicing surrender, acceptance, and clarity. Everything became practical. I refrained from mere talking and realized that the core of this program is action.

The book ** Living Clean** (on parenting) became my best guide for becoming a mother in recovery. I now understand that recovery means having a fresh perspective, aided by NA. Attending meetings, working the steps, and serving in sponsorship are the main pillars of this program, the only spiritual tools that help stop addiction. Staying clean has transformed my life, giving it true value. But if I do not carry out the message of Tradition 5, I will have to bear the pain of the gradual destruction of addiction.

In conclusion, I wish that no addict dies before hearing our message. Achieving this wish requires practicing the Twelve Steps and Tradition five to which I am committed.

Maria. M

Alborz Area, Iran Region

پدر و مادر بودن!

سلام اسم من ماریا و یک معتاد هستم

امروز که در حال نوشتن این نامه هستم، ۲۰ سال و ۵ ماه است که پاکم.

وقتی با این برنامه ی جهانی آشنا شدم فکرش را هم نمی‌کردم که زندگی تازه ای در انتظارم است.

از دست دادن میل شدید و سیری ناپذیر به مواد مخدر، از دست دادن، وسوسه مصرف و پیدا کردن راه تازه ای برای زندگی.

اینها پیام این برنامه بود و من آنقدر ناامید و خسته بودم بدون هیچ باور و حتی امیدی، از روی ناچاری قبول کردم که به رفتن جلسات و همچنین قطع مصرف و پرهیز کامل ادامه بدم.

بطور عجیب و غریبی اوضاع داشت خوب میشد و من به خودم میگفتم وقتی که همه چیز درست شود باز هم مصرف میکنم چون دیگر یاد گرفتم چکار کنم. فکر میکردم این برنامه من را متوجه مصرف کنترل شده کرده و دیگر میتونم مصرف کنم، مصرف موفق!

ولی چیزی در درونم می گفت نمی شود، اگر هم بشود تو نمیتوانی .

بعدها فهمیدم آن صدای درونی محصول 8 ماه پاک بودن و به جلسه رفتن بود. راستش را بخواهید همه این 20 سال و 5 ماه را مدیون روشن بینی آن روزها هستم.

خب، من 46 سالم است 20 سال و 5 ماهش را در انجمن بوده ام. از سن 14 سالگی مصرف تفنی را شروع کردم و از مدرسه خدافظی کردم ازدواج کردم و 16 سالگی مادر شدم و یک دختر محصول آن ازدواج غلط بود که خب 24 سالگی طلاق گرفتم وبا دخترم یک زندگی بسیار آشفته را ادامه دادم .هر روز فکر میکردم که من قربانی ام.

همه را مقصر تصمیمات بی عقلانه ام میدانستم؛ از خداوند گرفته تا آن دختر کوچولوی بیگناه ...

من نمیدانستم این روش زندگی رو اعتیادم رقم زده ومن فقط قربانی اعتیاد هستم. زندگی میکردم که مصرف کنم و مصرف میکردم که زندگی کنم.

آشنایی با برنامه بهبودی بزرگترین شانس من در زندگی اکنون ام است.

راستی من در 13 ماه پاکیم به مدرسه رفتم، بعدش دانشگاه "کارشناسی مدرک ارشد حسابداری را گرفتم و الان هم مشغول به کار در این زمینه هستم .

در دوران قرنیه های اجباری اجتماع در اثر شیوع کرونا تصمیم گرفتم به علاقه ام پردازم و رویا هایی که در گذشته فراتر از مصرف نرفته بود در بهبودی از سر گرفته شد. در رشته حقوق شروع به تحصیل کردم و اکنون که اینها را مینویسم فقط 10 روز تا آزمون وکالت فاصله دارم. نمیدانم موفق شوم اما در نامه ی بعدی خبرش را به شما خواهم داد.

کوتاه بگویم، اعتیاد، عالم از دست دادن است و بهبودی عالم بدست آوردن. قرار بود عاقبتی چون زندان تیمارستان و مرگ در انتظارم باشد،

اما بیداری روحانی حاصل از برداشتن قدمهای 12 گانه نتیجه را تغییر داد.

الان که می‌بینم چه چیزهای دیگری در انتظارم است مثل بیداری روحانی، موفقیت در اجتماع، امید - امید، اشتیاق - اشتیاق! من با این دو بیگانه بودم و هرگز در زندگی ام امیدوار نبودم، هرگز به این فکر نمی‌کردم که در آینده ممکن است اتفاقات خوبی بیفتد.

آینده همیشه برای من سیاه و ناامید کننده بود، گذشته هم تلخ و منجر کننده. میخواهم از رابطه با دخترم بنویسم.

مخاطبین من کسانی هستند که NA و اعتیاد را می‌شناسند، پس زیاد نیازی نیست که راجع بهشون حرف بزنم، فقط از اینکه هنوز هم به NA امید دارم، خوشحالم.

وقتی به NA پیوستم دخترم ۸ سالش بود؛ من یک عالم رنجش از مادرم و مادر خوانده ام داشتم.

خودم را قربانی بچهام می‌دیدم، فکر می‌کردم که چون به تنهایی باید بزرگش کنم پس قربانی‌ام و همیشه دخترم را که در اصل او قربانی بود، سرزنش می‌کردم.

من همیشه ب او می‌گفتم من به خاطر تو از جوانی، ازدواج مجدد و خوشبختی هایم گذشته ام.

همیشه فکر می‌کردم که من کار بزرگی کرده ام که او را به تنهایی بزرگ کردم. همیشه فکر می‌کردم به خاطر خودش این کار را کردم. اما وقتی که ۱۰ سال پاکی داشتم فهمیدم به خاطر خودم ، ترس‌هایم و وابستگی‌هایم

او را پیش خودم نگه داشتم. سرزنش‌های من او را اذیت می‌کرد. وقتی کمی بزرگ شد ازم حساب می برد و بهم می گفت مگر من مقصر بودم؟ مگر من خواستم به دنیا بیام؟ مگر من گفتم که یک ازدواج بد و ناسالم انجام بده؟ که محصولش هم من بشوم؟ خلاصه تمام سرزنش‌هایی که از او کرده بودم، او هم از من می‌کرد، هنوز هم گاهی می‌کند ...

البته الان او یک مادر است و یک پسر کوچولوی شیرین هم دارد، نوه من!

من با او خیلی خوشحالم. همیشه دو بار از خدا تشکر می‌کنم؛ یکبار برای پاک ماندنم و یکبار هم به خاطر اینکه فرصت دیدن نوهام و بازی کردن با او را بهم داد.

این بهترین خوشحالی زندگی من است که برای همه شما آرزویش می‌کنم.

در طی این سالها، سعی داشتم ام همه چیز را درست کنم اما نمی‌شد. سعی داشتم عاشق باشم اما فقط وابسته بودم، سعی داشتم بخشنده باشم اما فقط زمان‌هایی می‌بخشیدم که می‌ترسیدم. ترس از دست دادن داشتم.

می‌خواستم با آنها صداقت داشته باشم باهاشون درست کارانه رفتار کنم اما نمی‌تونستم. دو تا دلیل داشت؛ یکی اینکه روابطی رو انتخاب می‌کردم که شرایط سختی داشت، دوم اینکه انتخاب می‌کردم آنها را باب میل خودم تغییر بدم، یک جنگ نابرابر، شبیه جنگ با اعتیادم!

من در شرایطی که شانزدهمین سال پاکی ام را جشن می‌گرفتم بدترین احساسات رو داشتم؛ خشم، عصبانیت، پرخاشگری، رنجش! وای رنجش و باز هم رنجش!

در این کش و قوس و یا کشمکش باز هم باختم باز هم با یاس و ناامیدی به آخر خط رسیدم. این بار بدون مصرف با سابقه پاکی، بهبودی داشتن، رهجو، پست خدماتی، کار کردن بعنوان مدیر مالی یک شرکت، حقوق خوب، شرایط اجتماعی قابل قبول. من باز هم با عجز و ناتوانی، یاس و ناامیدی به آخر خط رسیدم آنجا متوجه شدم آخر خط دقیقا کجاست. حتما یک جای برنامه را اشتباه انجام داده ام! بله، به این نکته مهم که این برنامه عملی است کمتر بها داده بودم. فکر می‌کردم به قول یه ضرب المثل

ایرانی با حلوا حلوا گفتن دهان شیرین می‌شود. ولی اینطور نبود! من هر روز خسته‌تر ورشکسته‌تر و ترسو‌تر می‌شدم و مدام در روابطم باعث سرخوردگی خودم می‌شدم.

من برای اولین بار تسلیم را به معنی واقعی درک کردم. درک تسلیم بعد از 17 سال بدون مصرف و عضو NA بودن طول کشید.

می‌خواهم درباره رابطه‌ام با دخترم بنویسم و تجربه خودم را به تمام مادران در حال بهبودی در تمام دنیا بگویم.

تجربه های تلخ، پشیمانی و سرخوردگی های من باعث شده بود که مانع خواست خدا و همچنین رشد دخترم بشوم. ترسهای فلج کننده من باعث شد فرار روبه جلو کنم ترسهای خودمحرورانه من باعث شد بدون در نظر گرفتن مسئولیت پذیری، خرابی های جدیدی بوجود بیاورم که فکر میکردم بهبودی است، کاملا خودسرانه و من درآوردی بود .

من بالاخره متوجه شدم مادر بودن را بلد نیستم باید از صفر آموزش ببینم. من باید تمرین می کردم مادر بودن را. اما بیشتر شبیه معلم، پلیس و یا رهبر مذهبی بودم.

یک موجود بسیار عصبانی، خشمگین و کنترلگر به اسم مادر، خیلی ترسو و هراسان.

با این حال دیگر نمی‌شد ادامه داد چون رابطه ما دو طرفه شده بود. دخترم بزرگ شده بود، کلاس‌های آموزشی می‌رفت، سعی داشت مادر بودن را یاد بگیرد و با پسرش مثل یک مادر واقعی رفتار کند و حتی به من هم اجازه نمی‌داد که درباره تربیت فرزندش به او اظهار نظر کند.

به غرورم برمی‌خورد، تا اینکه بالاخره تسلیم شدم که من مسئول اعمال و زندگی خود هستم و همچنین بهبودی شخصی خودم، نه رهجو، نه فرزندم و نه هیچکس دیگر. اینجا امید به طور غیر منتظره‌ای پدیدار شد، انگار در 17 سال پاکی!

دوباره متولد شدم، شروع به تمرین تسلیم، پذیرش و روشن بینی کردم. دیگر این‌ها همه عملی بود. من از اینکه فقط حرف بزنم خودداری کردم و بالاخره فهمیدم این برنامه فقط یک نکته دارد و آن هم عملی بودنش است!

قسمت پدر و مادر بودن در کتاب پاک زیستن، بهترین الگوی من برای مادر درحال بهبودی شدن است .

حالا میدانم بهبودی یعنی داشتن یک زاویه دید و نگرش تازه به کمک NA است. رفتن به جلسات، انجام قدمها و خدمت در پیام رسانی رکن اصلی این برنامه است. تنها ابزار روحانی ای است که به توقف اعتیادم کمک میکند. درست است که پاک ماندن زندگی مرا تغییر داده است به طوری که ارزش زندگی کردن را داشته باشد اما اگر رسالت سنت 5 را بدوش نکشم، مجبورم رنج به تدریج نابود شدن توسط اعتیاد را به دوش بکشم.

در پایان آرزو میکنم هیچ معتادی قبل از شنیدن پیام ما از دنیا نرود .

محقق شدن این آرزو مستلزم انجام قدم 12 و سنت پنجم است.

من به آن متعهد می شوم!

ماریا. م

ناحیه الجوز، منطقه ایران

NA Meeting In Gwangju

Greetings. I am Wan, an addict and also a servant of Gwangju NA Korea. Firstly, I would like to express my gratitude for the opportunity to deliver my words here.

With flourishing support and attention, Gwangju NA have been able to continuously take place since 11th of July last year. And now we are to celebrate its first anniversary. Once again, thank you very much to you all. By all means, thank you to the members of our community, who have shown how much they care, with constant attendance at every meeting.

Being able to take part as a servant of Gwangju NA has been one of the most meaningful experiences in many ways. There were days when I would come back to my place and realize I had just sat down and read the readings for an hour alone myself. Sometimes it's just for a chat; when the meeting was only two of us, just me and another member, we had read the readings and shared our experiences, but ended up gossiping about each other's girlfriends or any other irrelevant topics around the world.

Today, I would like to briefly talk about yet it still sits in my core memory, an experience that inspired me as a servant, which would not have been possible on my own.

It happened not long after the NA meeting was launched. The meeting was without heat, which is unusual since the only requirement to become a member of an NA meeting is the desire to stop using. I cannot explain the details, but surely the conversation was not about their experience of addiction or recovery. They blamed the people, the country, the situation, the environment, and so on...I had to take action to calm them down and ease the atmosphere. I listened and made some jokes, but I failed miserably.

The primary purpose of the meeting seemed to have vanished. It was bitter, and I felt guilty for not fulfilling my responsibilities as a servant. To search for a clue, I went to visit other NA group servants for advice, and maybe a little cry on their shoulders. And thankfully came to a realization.

NA meetings are always open for people who are struggling with their addiction to narcotics. A role of a servant at NA meetings is to make sure the space is safer, welcoming, and inviting to anyone who is struggling with addiction. In other words, the NA meeting aims to create an inclusive community, always opening at the same time, at the same place, growing to become better without any rush or haste.

I looked back and reflected on myself, and changed the way I was seeing. Concentrating on the things that I am supposed to do moved me forward and made things organized.

As time passed, members who had now become regular started to show up one by one. And our community received increasing attention and complaints simultaneously, which was very thankful that helped to improving the Gwangju NA group.

“We seek spiritual progress rather than spiritual perfection.”

“As one of my favorite lines, our progress is on the way, and must go on for the struggling addicts of narcotics.

If anyone is interested in Gwangju NA meetings, you are more than welcome to visit. We, the members and I, promise to give warm greetings. Who knows, it could be an unforgettable experience after having delicious dishes of Jeollado, which is known for its great taste in the country.

Thank you once more to those who made the Gwangju NA meetings present. I hereby oblige to continue to do my best as a servant in our safe and comforting space, in order for our community to move on.

Thank you.

안녕하세요. 저는 광주 NA 모임의 봉사자인 중독자 완군입니다. 우선 저의 이야기를 이 곳에 할 수 있음에 감사를 표합니다. 많은 분의 지원과 관심 덕분에 광주 NA 모임은 지난해 7월 11일 이후로 꾸준히 이어질 수 있었습니다. 그리고 올해에 우리는 그 1주년을 맞이하게 되었습니다. 다시 한번, 모든 분께 진심으로 감사드립니다. 특히 매 모임에 꾸준히 참석하며 깊은 관심과 헌신을 보여주신 우리 공동체의 모든 회원께 진심으로 감사드립니다.

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“우리는 영적 완전함보다 영적 향상을 추구한다.”

제가 좋아하는 문구 중 하나입니다.

우리의 회복은 여전히 진행 중이며, 약물 중독으로 고통받는 이들을 위해 계속되어야 합니다.

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감사합니다.

A Message from Afghanistan

Hello dear friends

I think addiction was with me since I was a child. We were six brothers. I was a busy kid. I was an approval-seeking, selfish, and self-centered person. I always said that I would do something to be a good son. Until I got acquainted with drugs, everything got worse. I got married. I said that maybe it would get better, but it didn't happen. I left our city for Herat. I said that maybe I would get better, but it didn't happen. I was never seen again. My use continued. Every day my life got worse. My use increased until I was forced to use. I continued for two years. I always told myself that this is the last time I would use drugs. I wouldn't use them again, but I couldn't. The next day, my use increased. I became more distant from society. My behavior with my family became more and more nervous. My work reputation was zero. To the extent that I lied to my family, I couldn't sleep at night. I always said to myself, why would I lie to my wife and children? Why don't I call my parents? There were many reasons. My contact was only with my users and my users' friends. I was financially well off but mentally and emotionally I was in a mess. One day a friend left me a message on social media saying that I was a sponsor for addicts. I messaged him with a thousand fears that I was using drugs. How should I use them to get to work and stay connected with society or not lie to my family? He asked for my phone number and called me. He said you should stop using. I said, "Isn't it possible to say that there is no way to have a normal use?" He said, "In short, he said good things." We talked for half an hour. I decided not to use them that night. I threw everything away. After three days, my pain increased. I couldn't stand it anymore and went to use them again. I called someone and said, "I haven't used drugs for three days and I'm in pain." He gave me the address of the meetings and said, "I'm clean." I said, "Isn't it possible to say, "Yes, go to the meeting!" I said to myself, God, what is this meeting? I said in short, I will try the meeting too. I got the address of the meetings. I went at 5:30. I calmed down when I entered the meeting. I still don't know why I calmed down. At the end of the meeting, everyone hugged me. They said, "Welcome!" It was a very friendly environment. I felt lightened by their warm hugs. The members said, "You have come to a good place. Keep coming back. We will be happy." I saw that ninety days had passed. I am still clean. I have no pain. I was very happy. I started taking steps. I started serving. After two years of being clean, we started a new group in my place of residence. Most of my friends also came and got clean. There, I was the only one who was clean. I dreamed that one day we would become three people and start a meeting. But today that group has more than twenty members. I ask God that there will be a meeting in every corner of Afghanistan. After a while, I served in the Afghan Region. I served there for four years. I learned many things from service that I had never experienced in my life. Along with service, my work grew and I regained credibility. My damaged relationships were repaired.

Today, in my family, who once told me that I would never get better, they are proud of me, they consult with me, they respect me. This fellowship gave me new life. Serving in the fellowship taught me how to live. Today, my parents, wife, and children are proud of me. Today, more than fifty people work with me and I have a good relationship with my employer and colleagues. I thank God that God also placed the fellowship and friends in my path to change my path. I am owe to God and the friends who serve the fellowship. My addiction has no cure, but with meetings and working hard, I can go through this process well. Today, thanks to God and you, my friends, I have been clean for nearly seven years.

پیامی از افغانستان

سلام دوست های عزیز

فکر میکنم از بچگی بیماری اعتیاد با من بود

ما شش برادر بودیم من بچه شلوع کاری بودم یک آدم تایید طلب، خود خواه و خود محور بودم همیشه میگفتم کاری کنم که پسر خوبی باشم تا اینکه بامواد آشنا شدم بامصرف مواد همه چیز بدتر شد ازدواج کردم گفتم شاید بهتر بشود که نشد از شهرمان به هرات رفتم گفتم شاید بهتر بشوم اما نشد و هیچ وقت دیده نشدم، مصرف ادامه داشت هر روز زندگی ام بد تر میشد مصرفم زیادتیر میشد تا اینکه اجبار به مصرف شدم دوسال ادامه دادم همیشه باخود میگفتم این آخرین بار مصرف من است دیگر مصرف نمیکنم اما نمیشد روز بعد مصرفم بیشتر میشد بیشتر از جامعه دور میشدم با خانواده رفتار عصبی من بیشتر میشد اعتبار کاری ام صفر شده بود ،به حدی که به خانواده دروغ میگفتم شب ها خوابم نمیبود همیشه باخودم میگفتم چرا با زن و بچه ام دروغ بگویم، چرا باپدر و مادرم تماس نمیگیرم و چرا های زیادی بود تماس من فقط با مصرف کننده و دوست های مصرفی ام بود از لحاظ مالی خوب بودم اما از لحاظ روحی و روانی بهم ریخته شده بودم، روزی یک پیام ازفضای مجازی برایم توسط یک دوست گذاشته شده بود که من راهنمای معتادان هستم باهزار ترس برایش پیام دادم که من مواد مصرف میکنم چطور باید مصرف کنم که به کار خودم برسم و با جامعه در ارتباط باشم یا باخانواده خود دروغ نگویم ،شماره تماسم را خواست زنگ زد گفت باید قطع مصرف کنی ،گفتم مگر می شود گفت راهی جود ندارد که مصرف نرمال داشته باشید خلاصه حرفهای خوبی زد نیم ساعت صحبت کردیم ازشب تصمیم گرفتم مصرف نکنم همه چیز را دور انداختم ،بعد سه روز دردم زیاد شد طاقت نداشتم رفتم دوباره مصرف کردم، به یک نفر زنگ زدم گفتم سه روزه مواد نردم درد دارم آدرس جلسات را داد و گفت من پاکم گفتم مگر میشود گفت آره برو جلسه!! باخود گفتم خدا این جلسه چه هست، خلاصه گفتم جلسه را هم امتحان میکنم آدرس جلسات را گرفتم ساعت پنج و نیم رفتم با ورود به جلسه آرام شدم هنوز نمیدانم چرا آرام شدم ،آخر جلسه همه من را بغل کردند خوش آمد گفتند محیط خیلی صمیمی ای بود با بغل های گرمشان سبک میشدم، اعضا می گفتند جای خوبی آمدید بازهم بیا ما خوشحال می شویم ،دیدم نود روز گذشت هنوز پاکم درد ندارم خیلی خوشحال شدم ،قدم ها را شروع کردم، خدمت گرفتم، بعد دو سال پاکی یک گروه جدید در محل زندگی ام استارت زدیم که بیشترین دوستان هم مصرفم آمدند و پاک شدند در آنجا فقط من پاک بودم آرزو میکردم که یک روز سه نفر بشویم و جلسه را شروع کنیم ولی امروز آن گروه بیشتر از بیست نفر عضو دارد از خدا میخواهم روزی شود که در گوشه گوشه ی افغانستان جلسه باشد.بعد مدتی در شورای منطقه افغانستان خدمت گرفتم چهارسال آنجا خدمت کردم چیزهای زیادی از خدمت یاد گرفتم که در زندگی هرگز تجربه نکرده بودم در کنار خدمتکارم رشد کرد و دوباره اعتبار کسب کردم روابط صدمه دیده ام ترمیم شد. امروز در خانواده که یک روز به من می گفتند تو درست نمی شوی به من افتخار میکنند ،با من مشورت می کنند، به من احترام می گذارند، این انجمن جان دوباره را به من داد خدمت در انجمن زندگی را به من یاد داد، امروز پدر مادرم ،زن و بچه هایم به من افتخار می کنند، امروز بیشتر از پنجاه نفر کنارم کار میکنند و رابطه خوبی با صاحب کار و همکارانم دارم ، خدا را شکر میکنم که خدا همچنین انجمن و دوست هایی سر راهم قرار داد تا مسیرم تغییر کند. من مدیون خدا و دوستان خدمت گزار انجمن هستم، بیماری اعتیادم درمان ندارد اما با جلسه و کارکرد قدم میتوانم این فرایند را به خوبی طی کنم. امروز به لطف خداوند و شما دوستان نزدیک هفت سال پاک هستم.

Clean Time Dates

September

01 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 S	Singapore
26 September 2007	Mohit A	Bangladesh

October

01 October 2008	Mohsen G	Iran
15 October 1983	MaryEllen P	USA

November

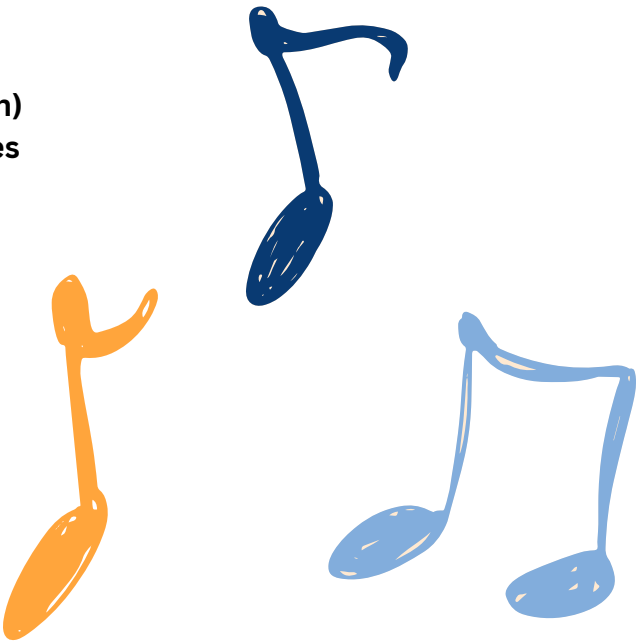
07 November 1992	Linda O`	Hawai'i
11 November 1987	Kimberly Y	USA
11 November 1999	Malcom J	USA
22 November 2004	Meysam M	Iran
24 November 2002	Dilman	Nepal

December

02 December 2007	David R	China
16 December 2011	Carrie L	Hong Kong
13 December 2015	Nikki S	Hong Kong
17 December 1968	Tom Mc	Hawai'i
18 December 1975	Larry R	Hawai'i
19 December 2013	Ishtiaq A	Pakistan (South)
19 December 2016	Basil A	Oman
26 December 2011	Sanjeev	India

January

04 January 2004	Amitabh S	India
06 January 1998	Rajinder P	India
07 January 2004	Sumeet D	Nepal
13 January 1999	Mahmoud Ch	Iran
22 January 1993	Roger S	Aotearoa NZ
31 January 2010	Ali	Pakistan South
19 January 2016	Andy	Guam



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

