



Asia Pacific Forum - Newsletter

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A NETWORK OF NA COMMUNITIES

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A Note from the Liaison Editor

On Behalf of our beloved APF Newsletter Editor and because of the current war, Iran does not have communication to the internet. Gratefully Meysam has been able to communicate via one of our long standing Trusted Servants this message.

First and foremost he is ok today and his main concern is getting out this current newsletter. He has asked me as our previous editor to be his vehicle at this time.

I wish to thank the current Newsletter team, especially Jatin who has done a remarkable job putting this together.

As always, if your Region or APF Community has a current event as well as an anniversary for the months of June through September, please let us know. You can send your articles at newsletter@apfna.org.

Sincerely,

Phyllis S~Hawai'i

Current APF Newsletter Liaison

My first APF Conference in Malaysia as RDA (SOSONA)

Hi! Namaste! I'm Tushar, a grateful recovering addict from South Mumbai India! Hugs to all of my fellow Asia Pacific Zone members! SOSONA India sends special hugs to all of our NA members from Iran. It was a privilege to attend my first APF meeting in Malaysia a few months back.

I was attending the APF conference as a Regional Delegate Alternate from SOSONA, India. Our region selects Regional Delegates using a rotational policy. Our Region consists of approximately 16 areas, and it takes a long time for each area's turn to come around. For the first time in its 23-years history, my area, the South Mumbai ASC, was able to select an RD. It was overwhelming and a great honor. I received many, happy journey messages for attending this conference.

We reached Kuala Lumpur one day before the conference. It was fantastic to be part of the conference with 21 regions from the Asia Pacific Forum and to be a part of our worldwide fellowship. The sharing on APF history and how it started by Larry was very touching. Thanks to the Malaysian Fellowship who were fantastic hosts. I have been coming to NA since past 33 years and this is one experience I will always remember and cherish. Jumpa lagi!

Tushar - RDA (India- SOSONA)



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

The Last Person I Had to Forgive

When I first got clean, I thought the hardest part would be not using. I believed if I could just put the drugs down, everything else would fall into place. What I didn't expect was that once the fog lifted, I would be left alone with myself. The wreckage of my past wasn't just outside of me—it lived inside my head, replaying on a constant loop. Long after I stopped hurting the people around me, I kept hurting myself.

I came into recovery carrying a heavy load of guilt and shame. I felt guilty for the lies I told, the promises I broke, and the people I disappointed. But deeper than guilt was shame. Guilt said, "You did bad things." Shame said, "You are a bad person." That distinction mattered. Guilt can move us toward change. Shame keeps us stuck. For a long time, I didn't believe I deserved to feel better. I thought living with self-hatred was part of paying my dues.

Working the Steps helped me begin to untangle that knot. In my Fourth Step, I wrote down the things I was most ashamed of. I expected my sponsor to be shocked or disgusted when I shared them in my Fifth Step. Instead, I was met with understanding and honesty. I began to see patterns instead of permanent labels. I wasn't uniquely broken—I was a sick person acting out of fear, selfishness, and addiction.

Still, insight didn't immediately bring peace. I became willing in Steps Six and Seven to let go of my defects, but one defect I clung to was beating myself up. It felt safer to punish myself than to risk forgiving myself. If I stayed hard on myself, maybe I would never forget what I'd done. Maybe I would never go back. Somewhere along the way, I confused accountability with self-condemnation.

Making amends in Steps Eight and Nine was both freeing and humbling. I faced people I had harmed and did my best to clean my side of the street. Some responded with grace. Others needed time. A few never responded at all. I learned that I couldn't control their healing, only my willingness to make things right. But after I had done what I could, I realized something surprising: I had made amends to almost everyone except myself.

I was still replaying old mistakes before I went to sleep. I was still questioning whether I deserved good things. When someone trusted me, I wondered if they knew who I used to be. When something went wrong, I told myself it was proof that I hadn't changed. I was living clean, but I wasn't living free.

Forgiving myself didn't mean pretending the past didn't happen. It didn't erase consequences or undo harm. It meant accepting that I cannot change yesterday, only how I live today. I had to learn that continuing to punish myself served no one. It didn't help the people I hurt. It didn't strengthen my recovery. In fact, it quietly fed the same self-centeredness that had driven my addiction. I was still making everything about me—just in a negative way.



What helped me most was talking honestly about it. When I admitted to my sponsor that I didn't know how to forgive myself, I was reminded that self-forgiveness is not a feeling; it's a practice. It looks like showing up consistently. It looks like doing the next right thing. It looks like treating myself with the same compassion I would offer a newcomer. I began to challenge the voice in my head that said I was unworthy. When it told me I would always be the person I used to be, I answered with evidence: I stay clean today. I make amends when I'm wrong. I try to practice principles in all my affairs. That is not the behavior of the person I was in active addiction. Step Ten continues to play a big role in this process. When I promptly admit when I'm wrong, I don't allow new shame to pile up. I don't have to carry a growing list of silent resentments against myself. I can make mistakes without making them my identity.

Over time, something shifted. I stopped needing to rehearse my worst moments as a reminder of where I came from. I can remember without reliving. I can acknowledge the harm without defining myself by it. I can look people in the eye. I can be of service without feeling like a fraud.

Today, forgiving myself means accepting that I am a human being in recovery. I was sick, and now I am responsible. I am not proud of everything I've done, but I am grateful for the growth that came from facing it. Staying clean is a living amends—not just to others, but to myself.

The last person I had to forgive was me. When I finally began that process, I discovered a deeper freedom than simply not using. I found the freedom to live in the present, to accept love, and to believe that I am worthy of the recovery I have been given—just for today.

Alexis
Guam, USA

Forgiveness or Letting Go?



In the Narcotics Anonymous program, we are encouraged to forgive those who have harmed us, in order to preserve our energy and avoid wasting it on resentments. I was always told that being forgiven depends on our willingness to forgive others.

When I first came across this suggestion, it sounded like a helpful and reasonable idea. However, whenever I tried to put it into practice, it felt like an incredibly difficult task.

Even though I was completely sure that forgiving others would relieve me from the heavy negative feelings caused by resentments, there were times when I simply had no real desire to forgive the person who hurt me – especially when it came to emotional wounds.

So, I began asking others for guidance, hoping to understand why, despite recognizing that my resentments were based on my own character defects, I still couldn't seem to shake them or their impact on my life.

I remember years ago, while working Step Five with my sponsor for the second time, he said something that felt truly magical – something I have no doubt was a message from my Higher Power spoken through him. He said, "Sometimes in our recovery journey, there come days when we may not be truly able to forgive others, because forgiveness requires a great deal of spiritual strength. Instead, we can choose to let it go for a while, until we gain that strength. In this way, we don't have to carry the weight of negative feelings and all the consequences that come with holding onto resentment."

What a powerful insight! I embraced it completely and began applying it whenever I didn't yet have the willingness to forgive. If I were to paint a picture of this idea, it would be like placing my resentment in a box and waiting for the right moment to open it and finally let it go.

One of the many paradoxes I've encountered in NA is this: although addiction is a complicated disease, the path to freedom is simple – through the Narcotics Anonymous program and the spiritual principles hidden within it.

Meysam M, Iran

بخشش یا گذشت؟

در قدم برنامه‌ی معتادان گمنام، به ما پیشنهاد می‌شود کسانی را که به ما آسیب زده‌اند را ببخشیم، تا انرژی‌مان را حفظ کنیم و آن را صرف رنجش‌ها و خشم‌های درونی نکنیم. همیشه به من می‌گفتند که بخشیده شدن، در گرو بخشیدن است.

وقتی برای اولین بار با این پیشنهاد روبه‌رو شدم، از یک سو به نظر منطقی و بسیار مفید می‌رسید، اما از سوی دیگر، هر وقت تلاش می‌کردم آن را عملی کنم، تصمیمی فوق‌العاده دشوار به نظر می‌رسید.

اگرچه کاملاً مطمئن بودم که با بخشیدن دیگران، از بار سنگین احساسات منفی ناشی از رنجش‌ها رها می‌شوم، اما گاهی هیچ تمایل واقعی برای بخشیدن کسی که به من آسیب زده بود، نداشتم؛ مخصوصاً اگر آن آسیب از نوع عاطفی بود.

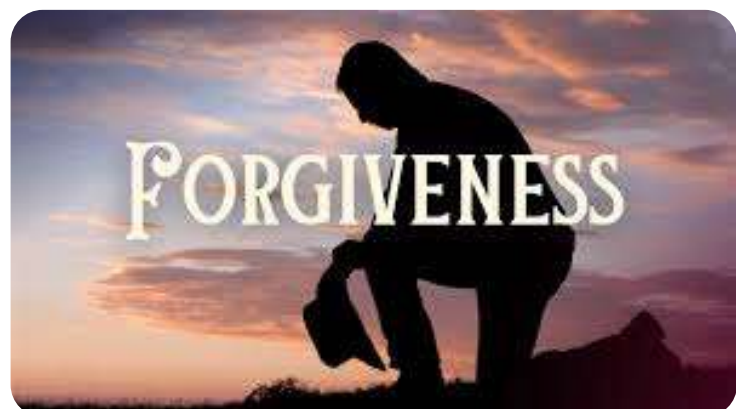
برای همین، شروع کردم به پرسیدن از دیگران و جستجوی پاسخی برای این سوال که با وجود اینکه ریشه‌های رنجش‌هایم را می‌دیدم و می‌دانستم که چگونه به نقص‌های خودم مرتبط هستند، چرا هنوز نمی‌توانم از شر این کینه‌ها و تأثیرشان بر تمام جنبه‌های زندگی‌ام خلاص شوم؟

یادم می‌آید سال‌ها پیش، وقتی برای دومین بار قدم پنجم را با راهنمایم کار می‌کردم، او جمله‌ای گفت که گویی جادویی بود و شکی ندارم که پیامی از طرف نیروی برتر بود که از زبان او جاری شد: "گاهی در مسیر بهبودی، روزهای پیش می‌آید که شاید واقعاً نتوانیم دیگران را ببخشیم، چون بخشش به پتانسیل روحانی بالایی نیاز دارد. به جای آن، می‌توانیم برای مدتی رهایش کنیم، تا زمانی که به آن پتانسیل لازم برسیم. در اینصورت مجبور نیستیم بار سنگین احساسات منفی و پیامدهای آن رنجش را به "دوش بکشیم".

واقعاً چه پیشنهاد ارزشمندی! این ایده را خیلی دوست داشتم و سعی کردم هر وقت هنوز تمایل کافی برای بخشش نداشتم، آن را به کار بگیرم. اگر بخواهم تصویری از آن بسازم، مثل این می‌ماند که رنجش را داخل جعبه‌ای بگذارم تا وقتی زمان مناسبی رسید، جعبه را باز کنم و برای همیشه دورش بیندازم.

در واقع برنامه‌ی معتادان گمنام همیشه برایم پر از تناقض‌های شیرین بوده؛ یکی از آنها این است: با اینکه اعتیاد یک بیماری پیچیده است، اما راه‌هایی بسیار ساده است؛ برنامه‌ی معتادان گمنام و اصول روحانی نهفته در آن.

میثم م، ایران



UPCOMING EVENTS & VIRTUAL MEETINGS

DELHI AREA CONVENTION OF NARCOTICS ANONYMOUS CHITTORGARH



DACNA -15

HOTEL KESAR BAGH CHITTORGARH (RAJASTHAN) 10-11-12 SEP 2026

REGISTRATION SLOTS
 Double Sharing : Rs. 16500/-
 Triple Sharing : Rs. 14500/-

Premium Jacuzzi Rooms :-
 Double Sharing : 25000/-
 Triple Sharing : 23000/-

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DELHI AREA CONVENTION

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 MAY 1ST & 2ND 2026

ROOTED IN RECOVERY

RUPPI'S HOTEL & RESORT - BIGGEST WAVEPOOL IN KARNATAKA

 DORMITORY ₹ 5,500 PER HEAD	 4 SHARING ₹ 6,500 PER HEAD	 TWIN SHARING ₹ 7,500 ONLY 5 ROOMS
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STAY CONNECTED

Kathmandu Area Convention of Narcotics Anonymous X

KACNA X

NA KATHMANDU
 Since 1994
 All about connections

Celebrating 32 Years of NA Kathmandu

24 to 26 September 2026
Kathmandu, Nepal

Venue: Amrapali Banquet, Naxal, Kathmandu

Registration Price :
 Rs 3,999/-
 with
 3 Dinners, 2 Lunch & 3 Tiffin

HELPLINE: +977 9843081000

NA CONVENTION CAIRNS

Together We Can

19 - 21 JUNE 2026

RYDGES ESPLANADE RESORT FULL WEEKEND: \$75 (\$50 CONC)
 209 ABBOTT STREET, CAIRNS CITY FRIDAY: \$20 (\$10 CONC)
 FAR NORTH QUEENSLAND SAT OR SUN: \$40 (\$20 CONC)

More info and registration:
na.org.au/multi/events/na-cairns-convention-2026/
 Email: naconvention@gmail.com

NARCOTICS ANONYMOUS SYDNEY COMBINED AREA CONVENTION 2026

NO MATTER WHAT

15-17 May 2026

SYDNEY PORTUGAL COMMUNITY CLUB 100 MARRICKVILLE RD, MARRICKVILLE

HRCNA 31

Aloha! Come join us in celebrating our NA recovery at the beautiful Outrigger Kona Resort & Spa.

Convention Registration: <https://na-hawaii.org/na-hawaii/hawaii-regional-convention/hrcna-31-online-registration/>

Now available is our hotel link:
[OUTRIGGER Kona Resort & Spa - Reservations - HRCNA 2026 Booking Link](#) at our special rate
Group Code 262910CONV
 If you book using our link there will be no resort fee or parking fee!

Registration will be limited for our Convention so register early. There will be a Golf Tournament on Thursday morning (also limited) that will not be on the registration form. For more information please call John G 808-855-5667

OCTOBER 29 - NOV 1, 2026
KONA, BIG ISLAND OF HAWAII

WSC Unity Day

Speaker Meetings
 Listen to members from around the world share their experience, strength, and hope.

Saturdays
2 May & 9 May

NA History
 NA history presentations by Chris and Boyd.

Sunday and Monday
3 May & 4 May

All at 7:30 pm Pacific Daylight Time

Zoom Meeting ID:
 883 0100 5069
 Passcode: 1953

Our Common Welfare

Spanish and Portuguese translation provided.

NEPAL REGIONAL CONVENTION

NRECNA X

DATE: 4,5,6 MARCH 2027
 VENUE: POKHARA, NEPAL

Hosted by Pokhara Area Service Committee

For more information +977-9806608808

Visit our facebook page Na Pokhara ASC

WWW.nanepal.org



No Matter What

My name is Ammar. I am an addict from the Kingdom of Bahrain. By the grace of God, and with the help of the NA program I have been clean for 41 years. God along with other members blessed me to start NA meetings in 1985. It was on and off, same as how Jimmy K. started NA meetings in 1953. We used to be four members, like the founders. Now, we have around 200 people, including newcomers and people with good clean time. We have gone through many experiences—unity, sponsorship, group activities, traveling with members, and conflicts. All these experiences have added to my recovery, especially humility. I believe that being a founder comes with a responsibility to stay clean, to continue starting meetings, to do service, and to encourage other members to stay clean. As the book says, service has kept me clean. Nevertheless, I have faced many conflicts with members. I kept coming back, but some of them stopped coming back. The good news is that I have learned to let go of them, and they can start their own programs and meetings. I attend three meetings a week, sponsor people, and continue doing service gladly when I am asked. I am a treasurer in my home group, but because of my age and wear and tear, I cannot carry chairs anymore. However, I can still push them, and members come and help me stack them. It used to be a must to work on the steps. Now, I am grateful to experience the steps not just once or twice, but many times. I love the fact that this keeps me clean until today. Currently, I am working on Steps 6, 7, 8, 9, and 10, and I truly love this work. I have discovered that when I have nothing to work on within myself, I tend to go off the program. I love my sponsor, despite what my head says about him. In the end, I truly appreciate what he has offered me in terms of sponsorship. My centeredness in my relationship with my wife is very challenging, but I have learned to take it one day at a time, to let go, and to trust that tomorrow all will be fine. This is my experience. I never thought there would be a war in my country. May God pour peace on our kingdom, our region, and the Arabian Gulf. May we pass through these tough times safely, and may God keep us safe, which I truly believe He will. I thank the APF Literature Magazine Committee for asking me to write about this Arabian addict's experience and recovery. Thank you for reaching out to me and for helping me stay clean for one more day.

Thank you.

Ammar Alhasan

مهم نیست چی



اسمي عمار، وأنا مدمن من مملكة البحرين. بفضل الله، وبمساعدة برنامج سنة. 41، أنا متعافٍ منذ NA زمالة المدمنين المجهولين بنعمة من الله، ومع إخواني في الزمالة، بدأنا اجتماعات زمالة "م.م" في . كانت البداية متقطعة، مثل ما بدأ جيمي ك. الاجتماعات في 1985 عام . كنا أربعة أشخاص فقط، مثل المؤسسين الأوائل. واليوم، بحمد الله، 1953عضو، بين أعضاء جدد وأعضاء لديهم فترات 200أصبح لدينا ما يقارب تعافٍ طيبة. مررنا بتجارب كثيرة: وحدة، توجيه، أنشطة جماعية، سفر مع الأعضاء، وحتى خلافات. كل هذه التجارب كانت جزءاً من تعافٍي، وأهم ما تعلمته منها هو التواضع. أشعر أن كوني من المؤسسين يحملني مسؤولية: أن أع أستمري في التعافي، أساهم في بدء الاجتماعات، أخدم الزمالة، وأشجـ الآخريين على الاستمرار في التعافي. وكما يقول الكتاب: الخدمة هي التي حافظت عليّ في التعافي. واجهت خلافات كثيرة مع بعض الأعضاء. كنت أستمري في الرجوع، بينما توقف بعضهم عن ذلك. واليوم أقول: الحمد تعلمت أن أؤكلهم إلى ، فلاكلٍ طريقه، ويمكنه أن يبدأ برنامجه واجتماعاته بطريقته. أحضر ثلاث اجتماعات أسبوعياً، وأوجه بعض الإخوة، وأخدم بكل سرور عندما يُطلب مني ذلك. أنا أمين صندوق في مجموعتي المحلية ، وبسبب التقدم في العمر والإرهاق، لم أعد أستطيع حمل الكراسي كما في السابق، لكنني ما زلت أستطيع دفعها، ويحرص الإخوة على مساعدتي في ترتيبها. في السابق، كنت أتعامل مع الخطوات على أنها واجب يجب إنجازه. أما اليوم، فأنا ممتن لأذني أعيش الخطوات مرّة ومرتين وثلاثاً، بل مرات عديدة. وهذا ما يحافظ عليّ في التعافي حتى اليوم. حالياً أعمل على الخطوات ، وأحب هذا العمل كثيراً. وقد اكتشفت أنه 10و 9و 8و 7و 6دما لا يكون لدي ما أعمل عليه في داخلي، أبدأ بالابتعاد عن البرنامج. عز أحب موجّهي، رغم ما قد يقوله لي عقلي أحياناً. وفي النهاية، أنا ممتن له على كل ما قدّمه لي من توجيه ودعم. اتزانني في علاقتي مع زوجتي يشكّل تحدياً كبيراً، لكنني تعلّمت أن أعيش يوماً بيوم، وأن أترك الأمور ، وأثق أن الغد سيكون أفضل بإذن الله. هذه تجربتي. لم أكن أتوقع يوماً أن تحدث حرب في بلدي. أسأل الله أن يعمّ السلام على مملكتنا، وعلى منطقتنا، وعلى الخليج العربي، وأن نمرّ بهذه الظروف الصعبة بسلام، وأن نحفظنا جميعاً، وهذا ما أؤمن به يقيناً. على دعوتهم لي لكتابة هذه التجربة، تجربة

APF أشكر لجنة الأدبيات في مدمن عربي في التعافي. شكراً لتواصلكم معي، ولمساعدتي على البقاء في التعافي ليوم إضافي. شكراً لكم عمار

الحسن

Not the Disease of “Substance”



For a long time, I believed my problem was a particular “substance.” I thought that if I could just quit drinking, everything would be fine. If I could just smoke a little less pot, everything would be cool. I tried cutting back. I tried quitting both. I never did more cocaine in my life. (I know I’m aging myself – cocaine is so yesterday.) When I attempted to stop using cocaine, I started in on a half gallon of ice cream a night. It became clear – at least in hindsight – that it really didn’t matter what I put in my body or how I administered it. I was going to use it to excess, and my life was becoming increasingly unmanageable.

In a nutshell, the real issue was addiction itself – a disease that can attach to anything and, if left untreated, quietly take over my life. I do not suffer from “the disease of ice cream” or “the disease of cocaine.” I suffer from the disease of ADDICTION.

Oddly enough, I was a bit relieved when I realized that. I was finally able to identify and accept my actions, face the consequences, and begin dealing with where I had landed. Upon arrival in NA, the path to recovery became evident over time.

When I focus only on what I used, I miss the deeper truth. Addiction affected far more than my consumption. It touched my relationships, my work, my family, my spirituality – and especially how I felt about myself. It influenced the way I thought, the way I reacted, and the way I moved through the world (which, I might point out, was less than graceful for a while).

Identifying myself as an “addict” matters. Our common language matters. It is all-inclusive. It is simple and complete. It reminds me that what defines my recovery is not the “substance,” but the underlying condition I share with others.

Recovery for me is not simply about abstaining – it is about rebuilding a life. The freedom, growth, and sense of peace I have found go beyond anything I once imagined possible. Today,

I identify as a recovering addict with a solution and a path to rich freedom within. I have found that freedom in Narcotics Anonymous.

Mardi M - Hawai'i Region

A New Life With Hope



I have started writing this article with hope. All of our stories in NA are nearly same. I shall not talk about my using days rather yes a little bit I would like to share. When gradually I got into addiction , trapped by the obsession. I was just blown away with the craving all the time to feel high. And I reached to a level where I lost everything, mostly my family, near and dear ones and I lost hope- the worst part of such a powerful disease, addiction. I didn't find any meaning in my life to survive. When I saw and felt the crisis - no food to eat, on streets, no one to share, no one who can understand and help me. I tried to quit in different ways few times but the disease was so powerful that neither I could use, nor I could quit , though I wanted. In desperession I tried committing suicide so many times but it was all the time a failure. When I hit my rock bottom- Accident, laying on the road with blood flowing for almost 3-4 hours. I asked for help from those who were passing by but nobody came up to help me.

There was no hope of Living, no hope to see and feel the world without the use of drugs. It was like I was a dead women walking with no lights, no hope, no purpose - just like a zombie. I sometimes doubted on my breathing also. But, By the Grace of Almighty, atleast but not atleast , my mom and dad came to help me who have blocked me from more than 2 years on call and from everywhere, after all the nuisance and mess I did from the age of 13 due to addiction. Willingly, this time I went to a Rehabilitation center for treatment and the only purpose was to live life without the use of drugs. I got NA message from there and after taking treatment of 8 months, I carried on blindly what NA has suggested , what you all suggested to stay clean. So, daily basis I just kept coming back to the rooms of NA. Got the hope to live fully without the use of drugs- A New Life with full of Sunshine, dance, songs, chattering sounds of birds and helping others who are still suffering with this powerful, cunning and baffling disease, which had no hopes on me. I want to continue this journey that helps me to get back to life, These rooms helped me get back to my family, build trust on me, and gives me a new identity. I just try to keep this as Gratitude for NA that brings me back from a hopeless case to with full of hope, faith, trust and self confidence and self worth, with new positive notes for me as well as for all of us.

Esha MB - India

APF Conference Reflection – RD Perspective

(Kuala Lumpur, Malaysia – February 2026)

Attending the Asia Pacific Forum this year was both a humbling and powerful experience. Sitting in a room with delegates from across the zone—each representing communities with vastly different cultures, languages, resources, and challenges—really reinforced how diverse and far-reaching our fellowship is. At the same time, it reminded me how connected we all are through the same purpose: carrying the message of recovery. There’s something hard to describe about being physically present in that environment. You’re not just hearing reports—you’re hearing real stories from people doing the work in places that look very different from Hawai’i. Some communities are well established, while others are still building the most basic service structures. Yet despite those differences, there was a shared sense of commitment and willingness that cut across all of it. One of the things that impacted me most was hearing how widespread our service participation challenges are. Whether from well-established regions like Hawai’i, Australia, and New Zealand, or newer communities just finding their footing, many of us are facing the same issues—burnout, vacant positions, and a small number of members carrying most of the workload. It became clear that this is not a local problem, but a zonal one, and likely something we’re seeing across NA as a whole.

What stood out to me wasn’t just the problem itself, but how similar the experiences were. Delegates shared about the same handful of members rotating through positions, the difficulty in getting newer members involved, and the hesitation people feel when service looks overwhelming or overly time-consuming. It reinforced for me that if we want participation to grow, we may need to rethink how we invite people into service—not as a long-term obligation, but as an opportunity to contribute in manageable and meaningful ways. At the same time, I was deeply moved by the humility and dedication of communities that operate with far fewer resources than we have in Hawai’i. Some of these fellowships are carrying the message in environments that present real cultural, political, and logistical challenges—things we don’t always have to think about. And yet, they continue to show up, to serve, and to grow. That perspective stayed with me and challenged me to look at our own situation with a little more gratitude and a little less assumption.

Another key takeaway for me was the role of the delegate. The APF does not function through motions in the same way many of us are used to. Instead, it relies heavily on discussion, shared experience, and ongoing work that happens throughout the year in workgroups and collaboration efforts. That means the responsibility of the delegate doesn’t end when the conference does—it really begins when we return home. We serve as the bridge between the zone and our local fellowship. If we don’t communicate what’s happening, encourage participation, and bring input back to the table, then that connection weakens. The strength of the APF is directly tied to how



engaged each region is, and that starts with us. I also saw a clear shift toward increased reliance on Zonal Forums in NAWS strategic planning. This is a significant change. It means that our participation at the zonal level carries more weight than it has in the past. It also means that our region’s voice is only as strong as our willingness to be involved—not just at the conference, but in surveys, workgroups, and ongoing discussions throughout the cycle. What I’m bringing back to Hawai’i is a renewed sense of responsibility—not just to report information, but to help create opportunities for involvement. That includes encouraging participation in APF workgroups, supporting Fellowship Development efforts, and making sure our members are aware of and engaged in NAWS and APF surveys. It also means looking at how we invite people into service locally, and whether we’re creating an environment that feels accessible, supportive, and sustainable. The conversations around Fellowship Development also stayed with me. There was a strong sense that the APF needs to continue focusing on unseated and struggling communities—those that may not always be present at the table. That aligns closely with our primary purpose, and it’s something we as a region can support by staying connected and involved. More than anything, this experience reminded me that service is not about position—it’s about willingness. It’s about showing up, staying open, and being willing to learn from others, even when their experience looks very different from our own. It’s about practicing principles—humility, patience, and unity—in real time. On a personal level, this conference gave me a deeper appreciation for the role I’ve been trusted with. Representing Hawai’i at the APF is something I don’t take lightly. It comes with responsibility, but it also comes with an opportunity to grow—to listen more, to understand more, and to carry that back to our fellowship in a meaningful way. I’m grateful for the opportunity to be part of this process, and for the relationships and perspective I’ve gained through it. It continues to shape not only how I serve, but how I show up in all areas of my life.

With Aloha and In Loving Service,

Donnie M

Regional Delegate, Hawai’i

Mai ka hikina a ka lā i Ha'eha'e, A i ka mole 'olu 'o Lehua, Aloha mai kākou.

**From the east, where the sun rises at Ha'eha'e, to the
soft, gracious roots of Lehua, Aloha to us all**

Diversity is our Strength

A moment to acknowledge those who came before, those here now, and those to come. To the *kaula* (rope) that binds this *wa'a* (canoe) together, in the ever-changing conditions of the *wai* and *kai* (waters) who connect us all. To the *mea'ai* (food) who sustains us so we may flourish and survive any weather. To the stars who guide us. *Mahalo nui a me ke aloha* (deep gratitude with love).

Growing up in Hawai'i has often felt like being in many places at once. There is a melting pot of diversity with many languages, backgrounds, religious affiliations, and cultures. I am a mixed-race person. I knew that as being hapa growing up. I was raised between cultures and homes and do not carry a specific gender identity. People often mistake me for Japanese, but I am mixed Asian, Hawaiian, and Haole (a word used to describe white people/foreigners and is often used in a derogatory manner).

I grew up mostly with my Hawaiian family. I am *māhū*—in most basic terms, a gender-fluid person: the in-between. I always felt different, a performer, an imposter, even within my internal landscape.

I grew up with an appreciation for difference, but never understood diversity as a strength. I always looked at the “haves” and “have-nots.” I constantly felt in competition with others, needing to position myself as either superior or inferior, depending on how I could manipulate an outcome to my benefit. This often resulted in impulsive, sometimes violent and often degrading behavior toward myself and others. Trauma—by my hand or not—resulted in a defensive approach to social dynamics. I had a general distrust of others, and always felt fear and aggression in relationships. This kept me disconnected from my authentic self and others for a long time.

Who I was was never enough. This was learned and reinforced on my own. I did not know how to trust a Higher Power or myself—my *na'au*, my intuition—to integrate, accept, and love all parts of me. I had a dependence on validation from the outside world and would position myself in ways that repeated familiar pain. I still struggle with this, and may always struggle with this, but these days I feel okay walking through it clean.

I have often resorted to using drugs and destructive behaviors to cope with my distorted reality, dragging the past into the present or drifting far into the future. I am a hope-to-die dopefiend—in and out of jail, detoxes, treatments, psychiatric hospitals, and have survived near fatal experiences.

It has taken many years of coming in and out of NA to reach the level of surrender and willingness I have today. I hope to save the reader time and suffering through sharing my experience—that surrender does not have to

come through relapse, humiliation, and near-death outcomes—though relapse is a part of my story. I am grateful for another chance at life; so many do not make it back. Throughout my years in the program, I followed every suggestion but one: to stay and don't pick up no matter what. I still struggle with feeling like I want to run away sometimes. There is a story in the Basic Text that says, “...your bottom is wherever you choose to stop digging.”

I may not have much time, but I have experience. I have a NA family who loves me exactly the way I am. We share our lives—the joy, the pain, what works, and what doesn't. Today, I am learning from others that being in reality is where I find my Higher Power, freedom, and choice.

Through reading the literature, I understand that being in reality requires a practice of returning to the present moment and rigorous honesty. I am learning to recognize what is real versus what is fantasy or illusion, as well as identify the behaviors tied to my cyclical chase for self-centered consumption—whether it be the illusion, drama, food, rage, etc.

Being in the rooms, I have come across people whose message becomes a point of spiritual awakening and examination of my relationship to the program. A close friend shares her experience, strength, and hope and I am reminded to watch my ego, intentions, motives, biases, and impacts—to be courageous and ask the question: how do I contribute to unity in and out of the rooms? Today, I accept my life depends on a program of recovery, and I can renew my surrender and commitment at any moment, and do it clean.

NA gives me autonomy, humility, and a practice of surrender and acceptance. I feel peace and serenity when I am no greater than nor less than anyone else. I feel anonymous—equal, connected, and a part of, rather than separate. This is not only in the rooms, but in life. For the first time, I experience safety in healthy, intimate relationships, and a deep emotional connection with myself and others. I am learning to have boundaries, be consistent, and practice discernment—moving toward a life that is safe and not destructive. I am able to share in others' joy and pain without insecurity and making it about me. I practice this as a whole human being, knowing being human is not perfection. Today, most times, that is okay.

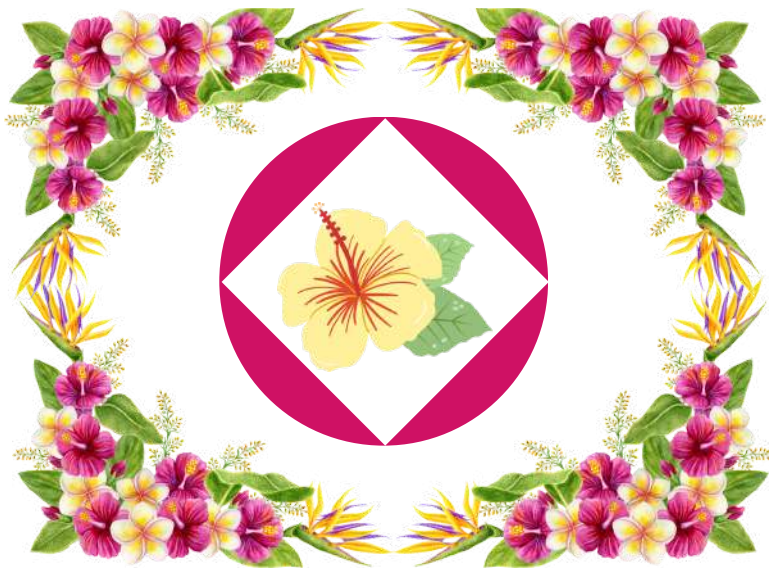
My journey in NA began with a desire to stop using. I wanted to stop disappointing my family and stop going to jail. It has been hard and it has been work. The journey has evolved into a desire for positive change in all areas of my life, by arresting the disease through working a rigorous program. This means I study literature, get a sponsor who works a program, form a relationship with that sponsor,

(Continued Page 9)

work steps with them, get into service, practice an application of spiritual principles, and reach out. Most of all, to stay and keep coming back. Today, I understand the value of diversity. I see through others that understanding and application of spiritual principles will grow and evolve over time as long as I practice with myself and others—whether we like each other or not. I witness members reach different levels of freedom, even when life gets hard, and that gives me hope. My story and life is not wasted as I once thought. It is clear today, in a way it was not before, that collective efforts to carry this life-saving message reaches far—rooting deeply, branching wide, and planting seeds to a new way of life.

I have purpose today, and I feel useful with a sense of kuleana—reason and privilege—to freely give back what is freely given to me. I feel a sense of joy and generosity in spirit, wanting for others what Narcotics Anonymous gives to me and so many. I love connection today. I adore my NA family. For the most part, I no longer aggressively navigate life through a lens of fear. It is such a gift when the veil lifts and light shines on truth, though it is often difficult to move through—to be free from what keeps me in fear of wonder, curiosity, myself and my Higher Power.

“We see that, regardless of the presence or absence of material success in our lives, we can be content. We can be happy and fulfilled with or without money, with or



without a partner, with or without the approval of others. We’ve begun to see that God’s will for us is the ability to live with dignity, to love ourselves and others, to laugh, and to find great joy and beauty in our surroundings. Our most heartfelt longings and dreams for our lives are coming true. These priceless gifts are no longer beyond our reach. They are, in fact, the very essence of God’s will for us.”

Step 11 - It Works How & Why
Anonymous

More Than a Meeting

The tables were set, the delegates had arrived, and you could feel it in the room—the passion for service was alive and strong. My name is Andy T. from Guam, and I had the privilege of serving as the Strategic Planning Coordinator for the 2026 APF Annual Meeting in Kuala Lumpur. I’ve been fortunate to attend every Annual Meeting since 2022, and each one has left its own mark on me. Every year brings something new—another lesson, a different perspective, and a deeper awakening of the spirit of service. Over the years, I’ve been blessed to serve in different roles, from Regional Delegate to serving as part of the APF Admin team. Each role has stretched me in new ways—sometimes spiritually, sometimes mentally, and sometimes in my patience—but always with purpose. Through it all, my understanding of service has deepened, and my recovery world has expanded in ways I couldn’t have imagined when I first showed up. Kuala Lumpur was no exception—if anything, it was even more special. What stood out most to me was how well we worked together. Year after year, I’ve watched us grow—becoming more solution-focused, more collaborative, and less confrontational. The spirit of service wasn’t just present; it was guiding us.

Leading up to the conference, many of us spent months meeting regularly in our workgroups. Those conversations mattered. The openness, the honesty, and the shared commitment to refining our work made all the difference. By the time we arrived in Kuala Lumpur, it truly felt like we were moving forward together. Because of that, this meeting stands out as the greatest APF Annual Meeting



I have ever attended. What an incredible outcome. Although I won’t be serving on the APF Admin team in 2027, my heart remains fully with this fellowship. I have complete faith that we, as a Zonal Forum, will continue to grow, serve, and do great things together. I will deeply miss working alongside all of you, and I carry nothing but gratitude for the opportunity to have served.

Andy - Guam

APF CONFERENCE - MALAYSIA 2026



Clean Time Dates

February

01 February 2021	Jatin	India
08 February 2001	Rocky	NERF (North East India)
13 February 2008	R.K. Gunikanta	NERF (North East India)
18 February 2000	Sam B	USA
18 February 2018	Hassan M	Qatar
20 February 2016	Jennette	Guam

March

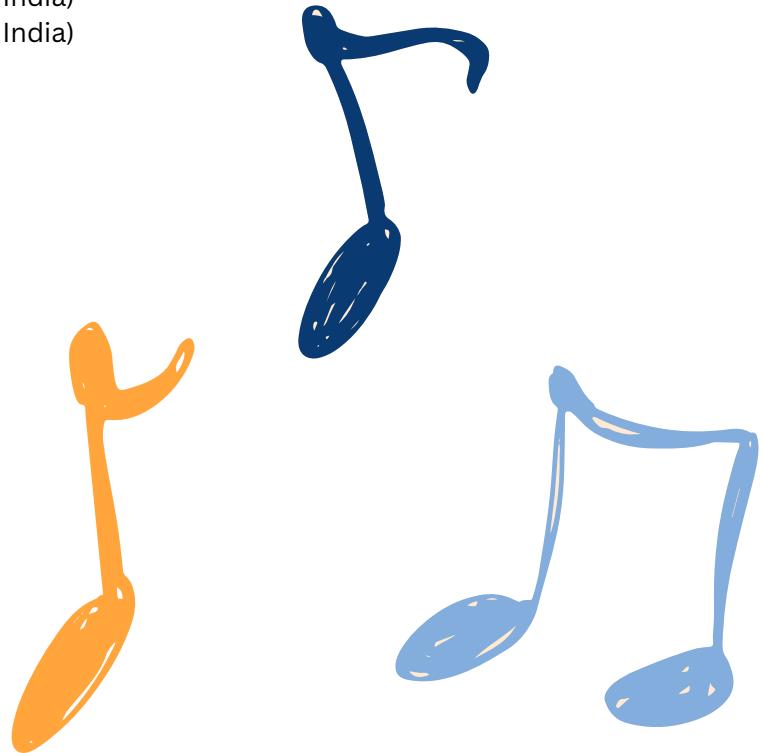
01 March 1997	Robert P	Thailand
01 March 2007	Hammed T	Kuwait
09 March 1987	Erik R	Hawai'i
10 March 2021	Esha MB	India
13 March 2018	Mohammed W	Qatar
15 March 2021	Ahmed A	Qatar
26 March 1995	Ricky S	Philippines
31 March 1994	Wajid A	Pakistan

April

6 April 2021	Mayan M	Maldives
10 April 20013	Hesham S	
29 April 1991	Parvez A	

May

07 May 2014	Rizky B	Indonesia
17 May 1999	Mahmoud B	Iran
20 May 1988	Donnie M	Hawai'i



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

[ww.namalaysia.my/a](http://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

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