



CARRYING THE MESSAGE

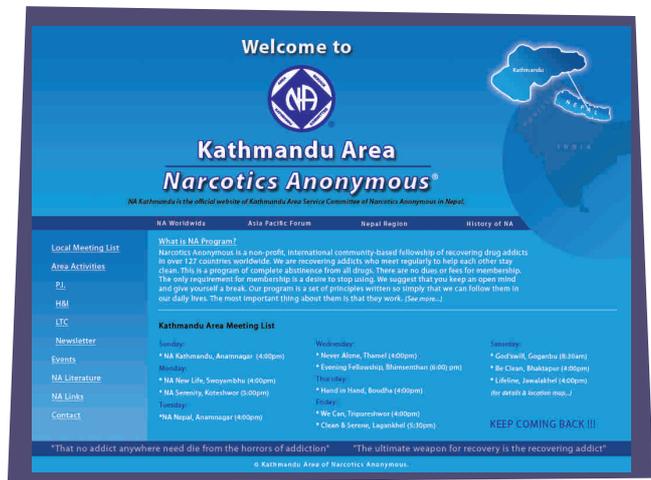
Monthly Newsletter from Kathmandu Area Service Committee Vol. No.1, Issue 5, June 2008

[HTTP://WWW.NAKATHMANDU.ORG](http://www.nakathmandu.org)

launched !

Relentless efforts, selfless service of all NA members of Kathmandu with the purpose to carry the message of recovery to the addict who still suffers has achieved yet another milestone. Finally, Kathmandu Area Service of Narcotics Anonymous (KASNA) launched its website last month. NA members can log on to <http://www.nakathmandu.org> where they can easily collect all information regarding Kathmandu Area Service Committee, Sub Committees, Local Area Meeting List, NA worldwide, NA link sites and upcoming events of NA. The most interesting browser of this website is the location map of all NA meetings of Kathmandu valley. Members who find it difficult to reach NA meetings can now easily reach there without any confusion as the detailed location map can be downloaded from this site or printed as well. Service person's contact number is also available in this website. PI Sub Committee in coordination with KASNA is directly responsible for this website.

In the contemporary scenario, internet use is growing rapidly as a main source of information and communication. Its popularity and demand at present has proven it to be the most easily available medium to gather information with less effort and time. Considering all these things, we felt it was necessary to come up the website which would serve as the effective way to carry the message of recovery to the members in Kathmandu Valley and outside at the present context. Thus, NA Kathmandu website was launched and it is the first website ever developed by any Area Service Committee of NA in Nepal Region. We believe that this website will fulfill our primary purpose which is "to carry the message of recovery to the addict who still suffers" and it will definitely help each and every NA member around the world to keep in touch with NA program no matter where they are. Any person who wants information about our NA program can now easily gather all the information without exposing themselves. We hope this website will carry our message of hope and freedom to those addicts whom we are unable to reach through PI. Definitely, this website will play its part as the main structure for PI Sub Committee.



In future, we are also planning to develop NA chat room, member's directory, online meeting (once in every week) and provide all the information in Nepali language too. We are quite sure that we will be able to fulfill our purpose. We believe in the NA way and with 12 steps, 12 traditions and 12 concepts of Narcotics Anonymous, we will find our way towards freedom from anger, fear and resentment. At last, please do visit our website: <http://www.nakathmandu.org>.

PI Sub committee
Kathmandu Area Service of Narcotics Anonymous (KASNA)

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SUBSCRIPTION

WE LIKE TO REQUEST ALL NA MEMBERS TO SUBSCRIBE OUR E-NEWSLETTER VIA EMAIL. PLEASE SEND YOUR REQUEST TO kfmasc.newsletter@gmail.com IT WILL BE OUR PLEASURE TO KEEP YOU UP TO DATE WITH THE LATEST NEWS AND INFORMATION ABOUT RECOVERY.

- NEWSLETTER COMMITTEE.

This Newsletter may be the very first someone sees of Narcotics Anonymous. After all, there doesn't seem to be announcements about this fellowship in posters or signs, ads or billboards, or public service announcement on TV or radio. It seems, in fact, that the only way people are finding out about NA is through the rehabilitation centers or similar facilities.

But this newsletter, paid for, produced and written by recovering addicts in NA is evidence that we exist. It is a proof that there is a place where an addict, any addict, can stop using drugs, lose their desire to use and find a new way of life.

"Carrying the Message" is in need of your experience, strength and hope that you earned while working a program of recovery in Narcotics Anonymous. Kathmandu Area distributes 500 printed copies and many more e-versions of this newsletter every month. "Carrying the Message" reaches jails, rehab facilities, detox-units, support groups, home groups and addicts who want to know what we are at meetings all over the place, many times in a day, seven days a week learning to live a new way of life.

There are 12 meetings in a week in Kathmandu area alone and more than 60 a week in Nepal region. Our ability to make ourselves known through public information is limited by addicts who are willing to volunteer their time to work at getting the word out. Here is one vehicle, which can make a profound difference in the life of someone who doesn't know about us. A family member, a caring friend, an employee or employer or casual acquaintance may find the information from this newsletter to help a suffering addict find recovery. Somewhere on a park bench, an addict, sitting alone and broke, may catch a copy blowing with the wind and read your story, find hope and willingness to try, once again, to get clean.

It can be done. Each person who wrote for this issue of "Carrying the Message" is living a drug-free life in recovery. Any addict with the willingness to come to a meeting and can do what we can do. And compared to the daunting work of finding ways and means to continue using, recovery in Narcotics Anonymous is not a huge effort or great sacrifice. It is no where near as hard as time in prison. Nor it is as hard as walking the streets late on a winter night with no money and no place to go. Nor is it as painful as seeing family or friends or strangers look away in disgust.

I have heard that our stories are the most important things we have. Yet my story insists that I should be dead because I could not stop using drugs. Indeed, if I were the only person listening to my story, I would be high, locked up, or dead right now. For today, my story has a surprise ending. I am clean and I am not obsessed about using drugs any more.

My story is only valuable when I share it with other recovering addicts. This is how I surrender my disease and find help to recover from it. "Carrying the Message" needs your stories. What you write might help many people. Or it might help some people. Or it might just help one person, just one addict to stay clean and walk in the path of recovery. Please help us get the word out in carrying the message.
THE LIFE YOU SAVE MAY BE YOUR OWN.

*In Loving Service
Newsletter Committee
Kathmandu Area of NA*

Seventh Tradition:

"Every N.A. Group ought to be fully self-supporting, declining outside contributions."

N.A. members support Narcotics Anonymous; it is a right, a privilege, and a responsibility of membership. Support comes in many forms including financial contribution, personal effort, active participation and emotional commitment. Giving our effort without selfish motives is a new experience for most of us; self-sacrifice is foreign to addiction. By contributing to our fellowship in any way we can, we really begin to feel like a part of Narcotics Anonymous. For us who have always felt separate, this feeling of belonging is very precious. By financially supporting our services, we can both fulfill our personal program and ensure direct responsibility. Being autonomous means being self-supporting. If we accept outside contributions we would entangle ourselves in the affairs of others. The Seventh Tradition is a part of the promise of freedom which is our heritage as N.A. members.

THE GRATITUDE

The Gratitude we speak of in regard to tradition seven is like the collective sense of direction the second tradition talks about. It is the gratitude of the NA group as a group. When NA members gather to share their recovery, they generate a sense of gratitude among themselves. They are grateful the group exists and want it to continue to be there for them and for the members yet to come. The gratitude of the group speaks, in part, through the group's collective commitment to support itself.

The Group's decision to become fully self-supporting, declining outside contribution, reflects the group's sense of responsibility for itself. In recovery, we discard the illusion that the rest of the world is responsible to take care of us. Rather, we take due pride in caring for ourselves. Individually, we demonstrate our newfound maturity by accepting the weight of our own burdens. Collectively, we demonstrate our maturity by accepting responsibility for our group, not seeking nor accepting outside contributions.

The burden of responsibility, however, may seem unbearable without an appreciation for the simplicity of the group's needs. The commitment to become self-supporting is not a commitment to raise vast sums of money to fulfill sweeping programs. Rather, the group determines it will master the few basic resources it needs to fulfill its simple primary purpose: to carry the message to still-suffering addicts.

TRUE STORY

A MOMENTARY GLOW

A member of a NA, who previously had been attending meetings regularly, stopped going. After a few weeks, her sponsor decided to visit her. It was a chilly evening and the sponsor found the sponsee at home alone, sitting before a blazing fire.

Guessing the reason for her sponsor's visit, the sponsee welcomed her, led her to a big chair near the fireplace and waited. Her sponsor made herself comfortable but said nothing. In the grave silence, she contemplated the play of the flames around the burning logs.

After some minutes, the sponsor took the fire tongs, carefully picked up a brightly burning ember and placed it to one side of the hearth all alone. Then she sat back in her chair, still silent. The sponsee watched all this in quiet fascination. As the one lone ember's flame diminished, there was a momentary glow and then its fire was no more. Soon it was cold and "dead as a doornail."

Not a word had been spoken since the initial greeting. Just before the sponsor was ready to leave, she picked up the cold, dead ember and placed it back in the middle of the fire. Immediately, it began to glow once more with the light and warmth of the burning coals around it. As the sponsor reached the door to leave, the sponsee said, "Thank you so much for your visit and especially for the fiery sermon. I'll meet you at the meeting in the morning."

HI, MY NAME IS COLLEEN AND I AM AN ADDICT

I would like to tell you how I feel about the difference between staying clean and being in recovery and how this affected my life.

When I was 18 years old I quit drinking and doing all drugs. I did this on my own knowing nothing about N.A. or any other 12 step program. Many people considered me a successful story as I stayed clean and sober for 15 years.

The only problem; I was not in recovery. By this I mean I still had all the old attitudes and behaviors of a using addict. I guess you could say I was on "dry high." Sure, you could say, "Wow, 15 years clean, that's great." But it wasn't.

I wasn't happy, I wasn't a nice person and I really didn't care about myself at all. I was an emotional mess as well. I became very ill. Due to this I lost everything. A marriage, a great paying job, and any small amount of happiness I did have. I was forced to go bankrupt.

I got mixed up with a very evil man just because I was lonely and everything was a wreck. Then I started using with him. I know most lose everything because of using but I guess I have always done things differently from others. I didn't take too long before I was back "hard coring" again. I cannot go into everything that happened during this time but it definitely was out of control. Everything from kidnapping, almost being murdered to being in a cult for a while. When I finally escaped from the cult my family put me into detox and a program. Unfortunately, since it was not my decision to be there, I relapsed 20 minutes after getting out.

Fortunately for me, my ears had been open and I had the tools they taught through NA and other organizations in the back of my head. After a few close calls, I finally realized I needed help. Again I did it alone for three months. Then one day I found myself walking down some steps into a church basement. I finally found what I needed to help myself the right way. It was my first NA meeting. Through these meetings I discovered that it was not just using that I had to conquer. There were many other issues. I will be turning four years old on Nov 6, 2004. I was emotionally healthier after six months with NA than I had been after 15 years just not using alone. I am now a recovering addict not just someone staying clean for a while.

I hope this message may help someone else who may think that just quitting is a real way to fix their problems and that there is much more to it. Always remember that being clean and recovery are like a pair of socks. Without each other, they are useless. Thank you for listening and I sincerely hope that this story may help someone else who doesn't quite get it and if they keep coming back, hopefully they will.

Love from Colleen

ACCEPTABLE & RESPONSIBLE & PRODUCTIVE MEMBERS

As a result of being a member of Narcotics Anonymous, I have received many gifts above and beyond the promised "recovery from active addiction" that our literature describes. I am more honest, hopeful, courageous, humble, responsible, patient, loving, and serene than I was when I was using. I also have been married for twenty-two years to another member of our fellowship. I have a thirteen-year-old daughter. I had a loving relationship with my parents until their deaths. I have not been arrested for thirty-three years and I have a good-paying job.

I pay my taxes early and I vote in every election. All in all, most people would say that I am a responsible and productive member of society. Every now and then I get reminded that, although I am proud to be a recovering addict, society may not view me in this way. In early recovery, I used to give blood on a regular basis. Then one day I was given a questionnaire and one of the questions was "Have you ever used drugs intravenously?" Being honest, I marked "yes," and I was informed that they had no need for my blood. Even though, by the grace of God, I am HIV-negative and do not have hepatitis C, they still do not want my blood-but I still offer it every couple of years, just in case.

More recently, I applied for a volunteer position. The application process included an intensive investigation of my background and a polygraph test regarding any matters of concern to my background screeners. It turned out that the fact that I have been clean for twenty-five years did not overcome the fact that I had three felony arrests when I was seventeen years old. When the people who wanted me for the volunteer position tried to help me overcome this obstacle, they asked me how many times I had smoked marijuana, used LSD, snorted methamphetamine, etc. As I answered each question honestly, I could feel that they did not want someone with my background volunteering for their organization. I was disappointed, hurt, and acutely aware that the tired old lie "once an addict, always an addict" is not dead in the minds of many in society. These experiences have made me appreciate the love and acceptance NA offers me. It gives me membership that is mine as long as I have the desire to stay clean. It gives me a place to be of service, so I can keep what I have by giving it away. And finally, it gives me the confidence that, some day, if it be God's will, I will be able to donate blood again and be a volunteer, even though I was arrested when I was seventeen years old. The end of this story is that I allowed myself to feel sad for a couple days and to feel a pang of hurt when my friends talked about their training in this volunteer organization, but I have used the Serenity Prayer to show me the way back to peace of mind.

While I cannot make that organization accept me as a volunteer, I can still volunteer in other ways to help the same people. I have had a surge of energy, and the skills I learned in the service structure of NA are being put to work to help another group that is suffering. I may always bump into walls, reminding me that my rights of membership in society have been limited because of my addiction, but this same addiction has opened the doors to NA membership and all the blessings I have received here.

Anonymous NA member

Bill Beck

"the fat addict"

It is with sadness that I pass on the news that one of our predecessors succumbed to liver cancer on Wednesday, January 17. Bill Beck was better known as The Fat Addict in our Little White Booklet. He also went by the name Allah Ram. Bill died with 39 years clean, celebrating his clean date on July 9 (which coincidentally, is the date Jimmy Kinnon passed away).

Bill started up most of California's early treatment centers that utilized the 12th Step approach to recovery, notably Impact House, Cri-Help, and Crysallis. These treatment centers served as a safe haven for recovering addicts to rest, clean themselves up, get medical treatment, be introduced to meetings outside the center, and most of the counselors were recovering addicts themselves. The programs usually lasted anywhere from 6 to 9 months and addicts were not required to have health insurance or money to finance their stay at these centers. Bill's model of assisting addicts in their early recovery led to thousands and thousands of addicts finding their way to a new way of life, for once they completed treatment, they re-entered society with a sponsor, meeting lists, literature, and a new host of friends who were also in recovery. For those who relapsed, a seed had been planted and they always knew they had a seat saved for them in N.A.

Bill was an early pioneer in NA history, lending his time freely to serving at the area level, the regional level, and the world level. He served on the Board of Trustees for a number of years before he tendered his resignation from that Board at a World Service Conference, along with Jimmy Kinnon who also resigned, in the early 80's. He was a close and loyal friend of Jimmy Kinnon's to the day he died. I recall Bill was always seated at Jimmy's bedside during his final days, quiet and in prayer, and always there when Jimmy opened his eyes.

Bill always encouraged addicts to seek a teacher and find a spiritual path that suited them. People enjoyed and admired Bill's sense of humor, his frankness, and his way of stepping up to the plate and saying what needed to be said. He had a tremendous amount of compassion for others and he also loved beautiful women and good food. He was a pretty good barber and set up shop just outside San Diego during the last years of his life. Although Bill was small in stature, he was a giant of a man. I shall miss him. I give thanks to having known him and the knowledge that we were friends. Perhaps a moment of silence can be taken at your home groups in remembrance of him. May God keep him close to him!

Thank you
Bill Beck.

NA World Service News

- ⑥ The World Service Conference was held at the end of April in Woodland Hills, California. It was a memorable event and here are some highlights:
- ⑥ Approval of the 6th Edition Basic Text- The 6th Edition will be available by the end of the year. It will cost \$11 and be slightly larger to distinguish it from previous editions.
- ⑥ Approval of Targeted Literature Pieces: By Young addicts for Young Addicts and For the Parents and Guardians of Young people in NA.
- ⑥ NA World Services will start producing Gold colored Roman Numeral Medallions.
- ⑥ We elected one World Board member and re-elected another. We also elected three Human Resource Panel members, as well as one World Service Conference Co-Facilitator.
- ⑥ We seated seven new regions to the World Service Conference (WSC). They are: Egypt, El Salvador, Nepal, Nicaragua, Poland, Southern Brazil, and North Carolina.

ACHIEVEMENTS OF KATHMANDU AREA SERVICE:

1. Add one Sub Committee to the Kathmandu Area Service Committee (i.e. Website Sub Committee).
2. One New Home group "NA Serenity" of Koteswor has joined the area service committee of KTM Area.
3. Our Forth Area convention has been done with more successfully due to that our local fellowship have trust us more than before in money matters.
4. Various Sub-committee guidelines have been prepared and approved from ASC meetings. The guidelines are for PI, H&I, Newsletter & website.
5. Official Website of KTM ASC have been registered with domain name under www.nakathmandu.org and successfully launched.
6. Regular ASC meeting is conducting with participation of 6 to 10 GSR's.
7. Weekly subcommittee meeting is conducted in ASC office on Saturday.

THREE TOOLS FOR THE NEWCOMER

When I first got clean after a couple of years of "struggling," (I found out later that this is what happens when you go to meetings but aren't committed to recovery), my sponsor shared with me these three tools. They made so much sense, (or may be I was just so ready) that I tried them out. Guess what? they worked!!!

He told me that first thing I had to do was to "Complete the Process". I had to complete the process of convincing myself that I could not control my using no matter what I tried and I thought I had tried it all!!! "Before coming to the fellowship, we exhausted ourselves by trying to use successfully, and wondering what was wrong with us". (Basic Text Page 10) Our text talks about some of the things we tried: substituting, limiting using to social amounts, churches, religions, cultism, geographic change, approval through sex or change of friends, marriage, divorce, desertion, sheer willpower, psychiatrist, hospital, recovery house, lovers, new towns, new jobs, just to name it few. "Everything we tried failed. (Basic Text Page 21) As long as we think we can control drug use, we are almost forced to continue. The minute we admit we're powerless, we never have to use again. (It works how & why Page 12)

The next thing he told me was how to finally let go of "old people, places and things" that are always a danger to my recovery. "Embrace the fellowship, he said "...my thoughts will be on my new association people who are not using...." (Basic Text Page 90) "We have to open up and accept the love and understanding that we need in order to change". (Basic Text Page 54) Embracing the fellowship allows me to take mental ownership of the program. I finally able to "buy in" to recovery as a way of life and become a "part of" instead of "apart from". I often hear members share about being "around the fellowship" for years, or being "around the program" and not staying clean. Maybe it's time to get "in" the fellowship and get "on" the program. Embracing the fellowship allows me to do this.

Finally, he told me that Recovery doesn't start in my head, or in my heart; it starts in my feet! "GET BUSY..." Do some NA services, join a committee, set up for a meeting, put up chairs, and make some tea & coffee, BE OF SERVICE! GET INVOLVED! DO SOMETHING! Service has been a cornerstone of my recovery, and continues to be so. I have maintained at least one service commitment as long as I have been clean and I urge my sponsees to do the same.

They worked for me; perhaps they will help someone else. If you are "struggling" like I did, give them a try. What have you got to lose?

Love & Hugs
Suyash R.

UPCOMING NA EVENT:

**2nd Annual Pokhara Area Convention,
July 8 - 10, 2008
"One Promise, Many Gifts"
venue: Sarangkot Hill, Pokhara City, Nepal.
To contact organisers:
Phone 977-980 415 9346**

CLEANTIME CELEBRATION

Karma 3 months

Sonam 3 months

Subash G. 1 year

Vivek T. 1 year

ChandraPrakash G. 4 years

For cleantime celebration email us.

June