

# CARRYING THE MESSAGE

Newsletter from Kathmandu Area Service Committee Vol No.5, Issue 2, August 2012

## A Global Fellowship

When I arrived in Barcelona a week before the 33rd World Convention of Narcotics Anonymous, I met a friend from California who had been living in Spain for a year. She took me to a local NA meeting with 10-15 fellow addicts in attendance. They shared in Spanish and my awesome friend translated for me. Every time I thought it was going to be my turn to share, somebody else spoke before me and shared pretty much exactly what was going on in my head, and they almost always concluded with some sort of solution. By the time I opened my mouth to share, all I could do was express total gratitude for them and their shares. I knew I was with family. This was my introduction to NA in Spain.

A week later at the convention the excitement and love was overwhelming. Thousands of recovering addicts from around the world were meeting and hugging each other. In fact, we couldn't go anywhere in the city without seeing one another, smiling, stopping, hugging, and talking. The volume of love in that city got turned up to max when we were in town.

The meetings at the convention had such strong messages of recovery. The speakers would start inevitably with that pain of experience that we can all relate to, and then they would always land powerfully on the strength and hope. Profoundly moved, I laughed and cried. When I looked around, I saw others were right there with me. I felt the bond. I experienced the connection to something greater.

The entertainment was amazing. People danced their booties off every night to Euro-rave style tribal beats. And the concert stage down towards the Mediterranean had a variety of seriously moving musical performances ranging from Swing so swanky I felt eternally hip, to Flamenco so beautiful it inspired tears for the memory of my life's dreams lost and the realization that they are coming true again.

My favorite part of the convention though, hands down, was the connections I made with fellow addicts. I made instant-friends who I knew I could be myself around. This is normally quite difficult for me, as it usually takes time to build trust. Nevertheless I felt loved, and a part of. I laughed my butt off. And when I had questions about life as a sick puppy, they related and shared solutions that they had found in their own lives with the same sorts of issues.

I am so grateful for this program, the fellowship, fun in recovery, and our global family. I will always go to conventions. They fill me up and they have this magical way of reigniting my recovery and dreams.

-Marty L.

### For the Record

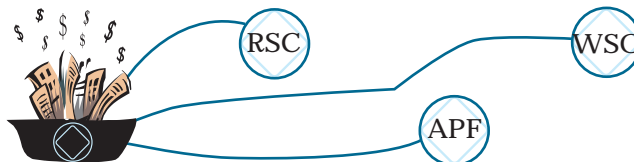
There are many misconceptions about Narcotics Anonymous, so we wish to state what NA does NOT do...

1. NA does NOT operate detox units, recovery or half-way houses, and is not affiliated with such facilities.
2. NA does NOT crusade, solicit, advertise for members nor try to persuade anyone to join us.
3. NA does NOT keep case records or case histories nor follow up on members or in any way try to control them.
4. NA does NOT engage in sponsor research.
5. NA does NOT make medical or psychological diagnoses or prognoses nor provide marriage, family or vocational counseling.
6. NA does NOT provide welfare or other social services.
7. NA does NOT conduct spiritual or religious services of any kind.
8. NA does NOT engage in education or propaganda about drugs.
9. NA does NOT accept money for its services, is NOT funded by any public or private sources or agencies, nor does it accept any contributions from non-NA sources.

Thank you to "Sanity" in the New Jersey Region

### KATHMANDU AREA PRACTICING FUNDING NA SERVICE

Narcotics Anonymous Kathmandu has contributed \$500 to World Service Office, \$300 to Asia Pacific Forum and \$200 to Nepal Regional Service Committee of NA on May, 2012.



**DRUG PROBLEM ?**  
**We can Help!!**  
 Call Narcotics Anonymous, Kathmandu  
**00977-9843081000**

It is really magical to see how NA members from different life experiences come together as a group, share with one another, be of service in NA and this message keeps spreading slowly to each and every corner of the world. I wonder how many NA members are in service at this very moment all over the world to carry the message of hope and freedom.

I just wonder how many secretaries all around the world are opening meetings & preparing minutes, how many H&I committee are in institutions, how many web servants are uploading contents, how many translation committees are translating NA literatures into their local languages, how many PI committees are busy informing public, how many merchandises are being printed or made, how many treasurers are managing NA funds, how many newsletters are in the making, how many literature committees are receiving & distributing literatures, how many NA members are preparing for workshop, camp-out, convention and other events, how many area level & regional level meetings are taking place. I just wonder.

All this spirit, all this willingness in unity, inspired by our primary purpose will definitely make room for more newcomers. NA will never die till the newcomers keep coming and we need to keep our doors open. I just wonder and can only feel 'I am also a part of this greater whole and I contribute in the extent possible to carry the message'. Today, my heart just asks me one thing. Is your 'gratitude' in action?

editorial

## Kathmandu Area Inventory and Planning Report

Kathmandu Area Inventory and Planning was conducted on 21st July, 2012 at Administrative Staff College, Jawalakhel, Lalitpur from 10 am to 5 pm. Target Audiences were ASC trusted servants, GSRs, service members & NA members. Altogether, 57 members participated in the event. Suyash R. (Regional Delegate, Nepal Region) was the resource person for the event.

Purpose: Learning Days and workshop sponsored by Area Service are valuable tools for increasing area members' awareness of the work or services conducted by the Area Service Committee. For this purpose, Kathmandu area organized the workshop that covered the topics on Area Planning Tools (APT) in a larger group and Area Inventory which was conducted by breaking the participants into small groups to review and work in different questions regarding area services to evaluate strengths and weaknesses, take direction and solution from the group.

### Topics Covered:

1. Area Inventory Survey at every Home Group: A format was developed and distributed to every home group to gather information regarding area service work one week before the workshop. By doing this Area came to know that many members are unknown about the ASC service work and there was information gap between GSR's and home group members.

2. Area Planning Tools (APT): A PowerPoint APT presentation was conducted to orient and to help strengthen the understanding of the members about what is planning, why it is important to plan, benefits of planning, who plans and seven steps of planning process in the first session before the lunch. This was done on the large group.

3. Area Inventory: After the lunch in the second session, participants were into small group. There were 6 tables with at least 6 members to work on 2 questions. In this inventory format there were 12 questions asked every table to work on just two different questions. Group had at least 40 minutes to work on those questions and each group chose a facilitator to come in front to present their answers regarding their questions.

Conclusion: Generally the workshop was quite effective and it was felt that such event should be done annually but again there were some challenges. Overall, program received good response.

## KACNA- VI BRIEF REPORT

Kathmandu Area Convention of Narcotics Anonymous -VI was held with the theme "More Will Be Revealed" from 6th to 9th of April 2012. The sixth convention was held at Subhatara Residential School, Lubhu, Lamatar-1, Lalitpur. There were 301 participants at the convention out of which 9 new comers were supported from the new comer fund.

Media conference was conducted few hours before the event on 6th April in which press release were distributed. Main highlights of the event were marathon Meetings, Main Speaker Meetings, Women's Meeting, Workshop, Documentary, Speaker Jam, Merchandize, Area Merchandise, Countdown, Disco, Live Music, Games (Football, Basket Ball, Swimming, Snooker and Pool) and Fellowshiping.

### TREASURER REPORT OF KACNA-VI (Amount in NRs.)

Total Inflow	1280621
Total Outflow	1072154
Surplus	208467

### Division of Surplus

Merchandise Stock	54970
Cash at Bank	136000
Cash at Hand	17497

Also, Convention workshop was conducted on Wednesday, December 28, 2011 at Public Youth Campus, Dhobichaur, Kathmandu (Time 1:30 pm to 3:30 pm) as a preparation event for the KACNA-VI.

## Open NA Speaker Meeting for 'The Himalayan Times'

Public Information Committee of Narcotics Anonymous Kathmandu conducted an open NA speaker meeting targeting paper media reporters from 'The Himalayan Times' on 12th July 2012 at 12 steps home group (Sann International College, Gairidhara, Kathmandu). The meeting was conducted from 4 to 5 pm.

'History of NA' and 'How It Works' were the topics covered at the meeting which ended after a burning desire session. Total attendance at the meeting was 51 including the two journalists.

The meeting was successfully held and response from media reporter was positive and they request to attend one more meeting writing the stories as an article of NA in the newspaper. PI committee expresses heartfelt gratitude to all the NA members for active participation and the trusted servants of 12 step home group for their service efforts and co-ordination.

## HOW TO SHARE

from Mid-City Area, Chicago, IL

- o Part of sharing is sharing time. Give others a chance to share. (Consideration, respect, maturity) See Steps Three and Twelve.
- o If you share a problem, also share the solution. (Hope, selflessness) See Steps Two, Seven, Nine, and Eleven.
- o Every time that you share, you should include a discussion of a spiritual principle or step. (Carrying the message) See Step Twelve, Tradition Five.
- o When you have very little to say, and then say very little. Don't start by saying, "I really don't have much to say," and then talk for the next 15 minutes. Rambling is just taking up valuable meeting time. It is okay to be brief. (Humility, willingness, goodwill, honesty, acceptance, trust) See Steps One, Three, Six, and Eight.
- o An NA meeting is not a garbage dump. This is the place to carry the message of recovery, not spread your disease. Remember: This is God's message you're supposed to be carrying, and not yours. We are, at best, vessels for the message of a loving Higher Power. (Selflessness, hope, freedom, powerlessness, surrender) See Steps Five, Six, and Ten, and Tradition Five.
- o After you share, please do not get up and walk right out. Set an example for the newcomers. (Patience, tolerance, integrity, maturity) See Steps Three, Nine, Ten, and Eleven.
- o If you can't get to the meeting on time, you have surrendered your right to share, unless you are called on. (Humility, responsibility, respect) See Steps Four, Seven, and Nine.

## Being of Service

When I speak of service I speak about opportunities to be of service. There is a serious difference between doing service and being of service. Doing service is a task that is often presented in an unattractive or unpleasant manner. Being of service is involving your total essence in helpful activity. Speaking about service in a derisive or cynical manner undercuts the positive action and negates the value that comes out of being of service. My belief is that our groups and committees are GOD sized. When we accept the tasks from our higher power with joy and enthusiasm others will want to be around us because they want what we have. Then they will do what we do, which is to perform their tasks with joy and enthusiasm. In this way we learn to practice acceptance around the blessings of personal growth through positive action. When we share this gift we get to not only keep what we have, but to get more of it.

If my attitude about service makes me cranky, irascible, and miserable than nobody will want what I have. Simply put, we say, "If you want what we have, do what we do." If we present our experience of service negatively why would anyone want what we have or want to do what we do?

Forever circled with love & hugs, Jeff R

There are times when I just feel like I don't belong. I feel alone, even when I'm around others. It doesn't matter how friendly and loving others are toward me, I still feel as if they don't understand me and I still feel as if no one really cares. These feelings of self pity, low self-esteem and isolation are my diseases way to keep me from reaching out to others. And it's not just to keep me from reaching out for the help I need. It's also to keep me from being there for others. After all, I can't help someone else who's having a hard time if I'm too busy feeling sorry for myself. Those are the times when I literally have to force myself to get up and do something for someone else. Get out of myself and remember that it's not all about me today. As a matter of fact, very little of it is about me.

What it is about is being there for others so I can, in turn, get what I need. Being a part of is helping each other so we can all make it. Being apart from is suicide.

## HELPING OTHERS

Having been around the rooms of NA for a few years, and having had the same sponsor for many years, I'm reminded of what he tells me when I call with an issue. He more often than not asks me, "Have you helped someone today? Have you been to a meeting today?" Too often, the answer is, "Well, not really." His response usually is "Go to a meeting, help someone, call me tomorrow and we'll talk about the problem." As you may guess, when tomorrow comes, I usually can't remember what the problem was.

I recently had the rewarding experience of rediscovering how helping others help all of us in our recovery. After many years clean, I finally had the opportunity to buy my first home with my girlfriend. The house was in need of a lot of work, and we only had a little more than a month to accomplish the remodel. Having been in the trades myself for many years, I knew several friends in recovery who were also in the trades. I had no idea that between us, we had every skill necessary for the makeover.

When people learned what we were doing, several offered to help. One friend, who is a carpenter, was between jobs, and needed some work. We were able to help him at the same time he was helping us. Other NA friends, with drywall and texture experience, helped redo all the ceilings. The interaction between them was like the comedy show at an NA convention. The entertainment was priceless! Our electrician and plumber worked at such reduced rates, that their part was also a gift to us. Another NA friend tiled the kitchen and baths.

One friend, with little experience in painting, came by and wanted to help. After a brief lesson with a roller, she was off and running. About 7 o'clock I had to leave. She asked if she could stay and continue painting. "Sure if you want". But I reassured her that it was not necessary. When I came back the next morning, she had painted every wall in the house! When I asked how long she had stayed, she replied, "Oh 10 or 11."

We had a bunch of overgrown trees and bushes that needed removing. A friend in early recovery wanted to "work out some issues." He discovered that cutting down trees and pulling out stumps was a great way to get "out of his head".

We now live in a home filled with positive energy as a result of one addict helping another.

I definitely feel like the whole process was a "God thing", and we are filled with gratitude and renewed faith in how helping others really works.

Anonymous

## BEING A PART OF, NOT APART FROM

# PUBLIC INFORMATION STALL OF NA AT 'INTERNATIONAL DAY AGAINST DRUG ABUSE AND ILLICIT TRAFFICKING'

Public Information Sub-committee of Narcotics Anonymous Kathmandu carried the NA message on 'International Day against Drug Abuse and Illicit Trafficking' which was organized by Nepal government. The event was held on 26th June, 2012 at Kathmandu Durbar Square, Basantapur from 10 am to 9 pm.

The purpose of Public Information Sub-committee is to inform the public that Narcotics Anonymous exists, and that we offer recovery from active addiction. The committee does this by creating, distributing and managing all communications regarding Narcotics Anonymous throughout the Kathmandu Area in accordance with the Twelve Traditions and Twelve Concepts of Narcotics Anonymous as well as the Narcotics Anonymous Guide to Public Information.

### Carrying the message:

Why do we publicize the NA program? "Each group has but one primary purpose," our Fifth Tradition asserts, "to carry the message to the addict who still suffers." How can we judge the usefulness of a service project? By considering the extents to which it will help our groups fulfill their primary purpose. PI's main job is to attract addicts to group meetings. As the Basic Text reminds us, "The group is the most powerful vehicle we have for carrying the message." (Basic Text, p. 65.) Some of the ways how we carried the message of NA to public are:

1. Flyers hanging at Event side: We kept our eight PI banner that has the message "Drug problem? NA can help!!" with our website and helpline number. We had NA banner in down stage too.
2. Presentation: Formally, the event was opened by NA presentation. Following were included in the presentation.
  - o A short description of global and local NA history
  - o A description of NA-our primary purpose and requirement for membership
  - o The role of NA groups and its service bodies and our traditions
  - o 12 steps of NA (it is spiritual not religious program)
  - o Where to find NA? (Phone line and website)

### 3. Public Information Stall:

We kept our PI stall where we displayed various NA fellowship approved recovery literatures and materials of NA like medallion and key tags. We distributed:

1. 700 NA local meeting list
2. 300 The Information of Narcotics Anonymous Booklet
3. 500 NA- A Resource in your community Booklet
4. Sold few literatures to clean addicts and organization like drug rehab
5. News release to 6 different paper media
6. Our stall was visited by general public, medical students, school and college students, different organization working on drug addiction, media, police, doctors, government officials and Home Ministry of Nepal Government, etc.



## KATHMANDU AREA OF NARCOTICS ANONYMOUS CELEBRATING WORLD UNITY DAY

**DATE:**  
1st SEPTEMBER 2012

**VENUE:**  
INDRENI PARTY PALACE  
BASUNDHARA, KATHMANDU

**TIME:** 12:00PM - 11:00PM



*Inspired by Our Primary Purpose*