

CARRYING THE MESSAGE

E-newsletter from Kathmandu Area Service Committee Vol. No. 8, Issue 2, June 2016

A slow but a worthy process

I heard in a meeting yesterday that we are not staying clean because we are lucky, there is some serious effort you have to execute if you want to stay clean and we all know what those are. May be there had been luck to bring us into the room of Narcotics Anonymous but to stay here despite millions of feelings going inside my gut is believing in a higher power, believing in something that will really take care of me far better than I do.

I never felt these feelings that I feel today when I was in early recovery; I never felt that I need something or someone to look after me when I came to NA the first time. I was guided by that desperation, as a gift from my higher power, which made me positive enough to understand that I cannot use anymore or else I will end up where we all end up. I chose to come to meetings and was attracted by this atmosphere of recovery. After a long battle with drugs, I finally found people like me who had found a way to live without using. It was all about following the suggested guidelines like get your ass to a meeting, pick a service position, make a sponsor, work the steps and many more. I believe that I was guided by something power greater than my disease and me, which my life has become so much better

than before.

I wanted to write something today as a gratitude to my fellowship back home that saved my life from such a horror. I have got heap of tears in my eyes while typing this article. As a part of life on life's term I came to Sydney in 2013 and found myself in a different jungle once again. A completely different life that I had never lived, a place where I found so many challenges that my head used to feed me with ideas of using to relieve the pain. From going meetings every single day, service commitments from home group to region, H & I's and merchandise I ended up only doing 1 meeting in a week and sometimes 1 in 2 weeks for two years. I just found it was so difficult to deal with all those feelings that come when you are alone. I felt alone being from a different country. I approach someone for help in guiding me in recovery. Now we've been working together for 3 years and I'm trying to be humble working the 7th step with him now. I've never been so close to my higher power than I am today. I had never imagined that I have so many problems with myself. I always blamed everyone and everything for my messed life. After 2 years in university I graduated and felt a relief. Now I'm looking forward to a

commitment I've made to myself, going to meetings, picking up a service position and hanging out with the Sydney fellowship. It was not smooth again, I started feeling different from other people in the rooms, and I used to go to the meeting and headed back to home without interaction with anybody. I was going through more pain than ever, my disease told me that people in this room don't care about you, I don't belong to this fellowship and I'll never be able to make good friends over here. I was also looking for some Nepali members but there was no one around so I used to call the members back in Nepal to stop my disease for a while. Working the 1st step gave me an idea that I am a born addict, my disease is isolation, it's my default not to surrender and not to ask for help, my disease give me 100's of excuses to avoid others. Thank god to my sponsor who always told me 'You are an awesome good bloke, mate.' and I realized that I was beating up myself. I never saw the good things with me; my mistakes and defects always carried me away, which was always an obstacle to view the real world. Slowly I started picking up myself and going to meetings, these days I attend minimum 4 meetings a week. I made a commitment

in a home group as a secretary for 1 year and completed it. I go to tea, coffee, breakfasts and dinners with the people over here now. I can chair the meeting here with 30 to 40 members around without a single sweat in my hand or head. I have come to realize that I have to stop running and pick up a phone, pick up a pen and pray to my higher power. What I have achieved in my life is unbelievable as an addict and it is only because of

the fellowship of the Narcotics Anonymous who always kept the door open for me. Still I have got some loopholes in my recovery and I have been contacting the H&I members over here so that I can give back what was freely given to me. This program works more effectively when you listen to someone, talk to newcomer after the meeting, identify with others and do some selfless service. 19th January, 2016, I will start my 7th year in recovery and

I am still praying to Higher Power to give me the knowledge of his will and carry that out because I am sick and tired of having my own way in my life and I just feel blessed to wake up with a mad head along with the program of Narcotics Anonymous and know that I really don't have to use again destroying myself and everyone's life around me.

Hi, my name is **Prawesh** and I am grateful recovering addict.

Editor

"To fulfill our fellowship's primary purpose, the NA groups have joined together to create a structure which develops, coordinates and maintain services on behalf of NA as a whole."

- First concept

Big Meeting (Welcome Home -3) was hosted back on 21st May with attendance of more than 130 members which was a successful event.

APF (Asia Pacific Forum) has announced its first APF convention to be host in Nepal and Nepal Region has nominated Kathmandu Area to host it in March 2017.

After cancellation of KACNA VII due to devastating earthquake, our higher power had offered Kathmandu area a chance to serve again through hosting Asia Pacific Forum Convention.

Kathmandu area is grateful and excited for being part of service to serve our fellow members once again with same zeal and energy.

- **Shishir G**
Newsletter Committee
Narcotics Anonymous kathmandu

1st Asia Pacific Forum CONVENTION March, 2017



Kathmandu, Nepal

Up Coming Event

VACANCY

*Service Post in Kathmandu
Area Service Committee*

Vacancy Posts

- PI Chair
- RCM 2

Narcotics Anonymous, Kathmandu ASC
Helpline No. +977-9843 08100
Email: asc.kathmandu@gmail.com,
Web: nakathmandu.org
GPO: 19369

My Only Solution Recovery

Asmit P.

On Sunday January 26, 2014, a major turning point occurred in my life. Hereafter the abyss was ended; the abyss was the dark void of pain, shame, fear and loneliness that had always existed within me. Using Drugs made everything bearable; it anesthetized my feelings and let me forget my fears.

Before 2014 I was in complete seclusion, isolating live to use and used to live. Soon my chemicals became my lover, best friend and Confident. Nothing else mattered, except using drugs. Soon I became addicted on drugs, and then after I never satisfied using drugs needing more and more dose and I was jobless so I had to do all sorts of bad things to get drugs. I wasn't hesitating doing bad things. Stealing money from home, manipulate others to get money, transfigured me into an ugly bad person. As following this when my parents found I was using drugs they took me to professional therapy and hospital. But none of this worked. At times I tried myself on my own and abuse, controlled using, sheer willpower, substitution nothing worked. I had become prisoner of my own making.

On 2014, January 25 after using high amount of drugs with friends I returned home soon when my father discovered he got angry and we caught up

on fight, my hand was broken; nearly I got killed by my own father. Then he refused to take me to hospital but my mom came to rescue and took me to the hospital. After this I was all day laying on bed thinking about life. How drug has affected my life, then I discovered recovery is my only solution then after I make strong commitment. I promised mom that in any cost I will never use drugs. Then after my time and fate changed I was sitting all day in home I barely leave home. I had no contacts with my old suffering partners, I spent all day watching TV & sleeping. First week it was so difficult for me but thereafter I got enough strength and hope. Then I never have to look back. One night I met my old friend who just came out from rehabilitation center then my friend gave me the gift of hope. Twelve step meetings were brought into my hometown twice a week and my friend suggested me to attend. I went to my first meeting. First time I found I was not alone with the disease. The next week I went back and heard complete strangers telling my story. This is where I belong. I thought I'm in the right place. I continued to go to meetings, got a sponsor and began to work the 12 steps of narcotics anonymous.

In the process of recovery, I gained insight into myself and the diseases of addiction and relationships. After about five months, the sensations

of genuine feelings began to emerge. I honestly didn't know what these waves were that were washing over me and feared I was going insane. Then one sunshiny day, I learned how to smile. Most importantly I learned that true happiness is an inside job. This was a major growth.

26 January 2016 was the 2nd anniversary of my new way of life. The story of my recovery is a story of redemption and rebirth. It's the story of two lives in one. Today I have become the person I always wanted to be. Today I can look upon myself and others with understanding, acceptance, forgiveness, and love. I have discovered the true meaning of the word joy. The Promises have come true.

I attribute my continued clean and serenity to a blessed state of grace contingent on my spiritual condition. The dictionary's definition of the word grace is "unmerited Divine intervention and love". During my most difficult moments, I would often contemplate the words from the old Southern spiritual "Amazing Grace" and somehow that inspiring hymnal always gave me the hope I needed. I have spent years looking everywhere, trying everything to fill the void that exists within me. Nothing worked. Until one day, when I started working the 12 Steps and began to look within.

IT Works, If You Work On It.

Love and hugs, Prajal a recovering addict.

Gratitude to higher power, N.A. floor and everyone who support me in recovery, I am clean since 6-july-2014. These days, I don't have to regret about my past

and nor do have fear about my future. This is all possible due to application of program. I don't want to waste my life as suffering period, today I feel about my responsibilities. I am trying to stick on program, I do have sponsor, I'm continuing steps,

been in service, keep in touch with recovering fellows and giving best to attend N.A. event. During old days drugs was only priority and now life has shown different meaning. Trying to do well and feel good, and grateful to my god of understanding.

Happiness is Not a Requirement

Dan M. from Las Vegas, Nevada, USA

Although there is much to rejoice in when we commerce our journey of recovery, for most of us, life on its own terms is, at best, extremely challenging. When we finally give up the high cost of low living, get clean, and begin to work the Narcotics Anonymous program, others often expect us to be happy. We may share these expectations, believing that life will immediately begin to improve in measurable ways. After all, good riddance to our active addiction, its physical, emotional & spiritual damage, and its inexorable advance towards jails, institutions and death!

What's not to be happy about? Oh...I don't know, maybe the wreckage of our using related to family, relationships, job/career, finances &/or health. Then, there's that exquisite phenomenon known as post-acute withdrawal (P.A.W.). P.A.W. effects can last for weeks or even months, and include deficits in energy, concentration, attention span, sleep, memory, and the ability to maintain a "normal" mood (anxiety & depression are

quite common), as our brains and bodies effectively rewire themselves to adjust to living without drugs.

P.A.W. is frequently under-recognized and can be very difficult to cope with. In fact, it is not unusual for addicts in very early recovery to return to using figuring that, "if this is what being clean feels like, screw it; I might as well use!" And, just in case that isn't enough, let's add the loss of our primary method of coping with the world, and the gift of experiencing (in all their glorious intensity) all the uncomfortable feeling states that we previously obliterated, blocked out, diluted, and otherwise kept at a distance by getting high. Fortunately, happiness is not a prerequisite for recovery.

Increasingly, when people don't present with the outward manifestations of happiness, significant others in their/our lives – partners, parents, children and friends both in and outside of Narcotics Anonymous – seem to become concerned that there is something "wrong". Social expectations have somehow transformed normal, natural sorrow (as

distinguished from clinical depression – which may require medical evaluation and possibly medication, at least temporarily) into a depressive disorder. What used to be considered appropriate emotional reactions to loss, grief &/or negative life events are often now viewed as problematic & even pathological – necessitating counseling &/or medication with the ever expanding repertoire of anti-depressants.

In its extreme forms this message is that we almost have a responsibility to be happy, and that if we are not, we are doing something wrong. In this context, sadness is something to "not give in to" or to be "gotten over". Yet, what's wrong with feeling sadness? The short answer is: (wait for it...) nothing! Savoring the complete meal that is the human condition involves digging in to a healthy portion of sadness, along with all other emotions, to the best of our ability. Occasional heartburn can be part of an overall healthy digestive process.

NA teaches us that happiness exists on a continuum – from overt joy and celebration to

much more subtle serenity and peace of mind & heart. Our literature tells us that, "We can think of happiness as contentment and satisfaction. ...these states of mind seem to come to us when we least strive for them." (Just for Today, 4/8) There are moments when I've been blessed with profound joy; those precious ever-so-brief glimpses of beauty, clarity, and just how perfect life in recovery can be. However, such transcendent experiences are always temporary. If I expect to keep them as if they are possessions, I invariably set myself up for disappointment. Through NA and a deepening relationship with the god of my understanding, I've learned that the most healthiest and spiritual thing I can do is to recognize and appreciate these moments for what they are - as opposed to focusing on what they are not and will never be.

Expectations that we should find ways to be happy no matter what our circumstances are, are unrealistic, unhelpful and unhealthy. Believing that by simply changing our thinking we can change anything and everything in our lives, including for example, our socioeconomic status, is downright delusional. This notwithstanding, we always have the choice of whether to focus our attention more on our problems or on potential solutions. The solutions for me today reside in the 12 Steps and spiritual principles of Narcotics Anonymous.

I find that the more solution-focused I am, the more positive and hopeful I feel. Regardless of

the number and magnitude of challenges I may face, the more I pay attention to the many blessings I've been given, the greater my conscious contact with gratitude. As a result, my mind and heart are a hell of a lot more likely to experience contentment and serenity than they would be otherwise. And I can take just a few more small steps towards grace.

In "Man's Search for Meaning", a psychiatrist, wrote about the psychological impacts of life as a prisoner in the Nazi concentration camps of World War II.

He describes in excruciating detail how his captors took away virtually everything of personal value and basic human dignity. Perhaps the only thing that the Nazis were unable to take away was his choice as to how to react to the degradation and trauma that was perpetrated upon him. Consequently, he made a conscious decision to focus his energies on "owning" the space between the stimulus (whatever was said or done to him) & his response to it. His ability to retain this choice under the most extreme circumstances imaginable provides a remarkable example of the Serenity Prayer

in action, as well as the power of personal choice.

I've learned that whatever happiness I may experience is not an end in itself. The harder I try to make it happen, the more it will elude me. One of the many gifts that NA has given me is the understanding that happiness - be it in the form of joy, contentment or serenity - is a direct consequence of living a meaningful life in recovery.

Drug Problem? We Can Help			
NARCOTICS ANONYMOUS KATHMANDU			
Call: +977 9843081000			
Meeting List			
	TIME	GROUP	VENUE
SUN	5:00 PM	NA New Born Group	Mahendra Bhrikuti School Ekantakuna
	6:00 PM	Be Here & Now Group	Mangaladevi School Gausala Chowk
MON	7:00 PM	Everest Home Group	Gyaneshwor Church Gyaneshwor
TUE	5:00 PM	NA Gratitude Home Group	Mahankal School Mahaboudha, Ason
	4:45 PM	NA Divine Shelter Group	S. Mahendra Bouddha Ma. Vi. Bouddha, Fulbari
WED	4:00 PM	NA Never Alone Group	Public Youth Campus Dhobichour
	6:00 PM	Evening Fellowship	Paropakar School Bhimsenthan
THU	4:00 PM	12 Steps Group	Brihaspati School Naxal, Kathmandu
	6:30 PM	New Way to Live Group	Eeti Club, Eeti Tole Lagankhel
	6:00 PM	Living Clean (Literature Study)	Int'l Josheph Pub. School Kapan, Mahankal
FRI	3:45 PM	Miracle Happens Home Group	Himalayan Madhyamic Bidhyalaya Banepa, Kavre
	4:15 PM	NA We Can Group	Bishwo Niketan High School Tripureshor
	5:00 PM	Clean N Serene Group	Lalitpur B. Campus Lagankhel
SAT	8:30 AM	God's Will Group	Manohor School Gongabu
	4:00 PM	Be Clean Group	Bhaktapur M. Campus Dootpati, Bhaktapur
	4:00 PM	Life Line Group	ST. Xavier's School Jawalakhel
	4:00 PM	Hand in Hand Group	Bansbari H.S. School Maharajgunj, Chakrapath
Updated: June 2016			

A Crazy Father

My name is Deepak and I am a recovering addict with multiple years of clean and serene in NA. I'm from Nepal. I have small family where I live with my son and my parents.

I took my first pills in 2000 A.D. during my eleventh standard and it went accordingly with other drugs up to heroine. In spite of being poor, I was good in education since my childhood. When my addiction was revealed, I was only child of my parents; my parents planned me for abroad in a hope to make me free from addiction. Then my cunning mind played well convincing me, that I will have a better life over there and I can fulfill my obsession and my inner void with my favorite drugs, heroine. I stopped my education after passing the final exams in eleventh standard and waited for my visa approval.

I had dreamed of earning money to build a beautiful house, have a car, and marry a beautiful lady and have my own business. After one year in 2001, I got a chance for a flight to Tokyo, as a student. I accept the broker process for moving to Japan and I was notified with the illegal process with an Indian passport (being Nepali citizen) and a student visa attached to it. I made a decision and went to Japan on loan. As I reached there I didn't continue my school, I worked as a part timer to earn money. Addiction on me was still alive through other substitute drugs (alcohol and drinks). one day I had to end up with my illegal process and I surrender myself to a police and after few days of custody I was deported through India, not directly to Nepal. I serve the custody over India and I was charged with illegal process and

through court I was defending myself. My father was informed and he brought me home from prison of India. And today, I still appreciate it was a second chance for my life.

I carried my disease of addiction with me to Nepal and started taking huge amount of my drugs, and which very soon brought unmanageably. Later I figured out I had a disease schizophrenia, and had to diagnose with regular treatments and a monthly follow-up with prescribed medicines from a hospital in Kathmandu.

I got married in 2006 and we had a child in 2008. I was unaware about drug treatment centers. My parents gave me chance and put me on treatment which was out of my town. I got relapsed in 2008. My wife and my child began to live with her parents. My parents took me for second treatment and again I got relapsed. The counselor brother from my first treatment and my parents were still supporting me in some ways so that I could feel better, and overcome my disease, but my active addiction never left me free. I made a mistake by not attending to the meetings.

For the second time I moved out of the country towards Dubai for work in a post of security guard, but I worked only for two complete years due to my schizophrenia disease. But I never stopped with substitution; alcohol and once or twice with marijuana and with cough syrups from a medical store.

Then I returned back to home. Things were going chronologically until she broke her promise to remain in my home at least for

five days a week. During my stay in abroad I'd dream to live together happily. But the same reason kept coming. It was all like I'm going to use for sure. We always had fighting due to my old behavior pattern. With my strong desire I went to NA meeting in 2013-05-25 A.D, which really took a lot of courage to get started with. Then life became quite easier to live without the use of drugs. I started doing what program has to offer but at the mean time my wife got married to another guy. So, we had no options other than a divorce from a court and Thank God! the responsibility of my own little child was granted to me.

Still problems were magnifying due to my shortcomings and issues with surrounding, despite all I tried to work on my own with a small cafeteria in my own house. To all incidents happened between active addiction I'm trying to find solution by working step. Meeting has been a place for me to admit my exact nature and I humbly ask for a courage to forgive myself and others through NA.

After one year of clean time, I managed myself to go abroad and work again to make enough money for future. Unfortunately, I get sick again and had to take a leave asking my parents conscience. Then earthquake hit us. I couldn't join my job back since then I'm engaging myself doing treatment in hospital nearby with my dear father and attending meetings and works on home.

I try to work the step writings and by today somehow all is well. Thank god! By today I am also feeling grateful for the life in NA.

Thank you!