

## Games And Puzzles

Answers to Sudoku and the NA Word Puzzle will be in the next Newsletter Issue. Have Fun!

		1						
		2		3				4
			5			6		7
5			1	4				
	7							2
				7	8			9
8		7			9			
4				6		3		
						5		

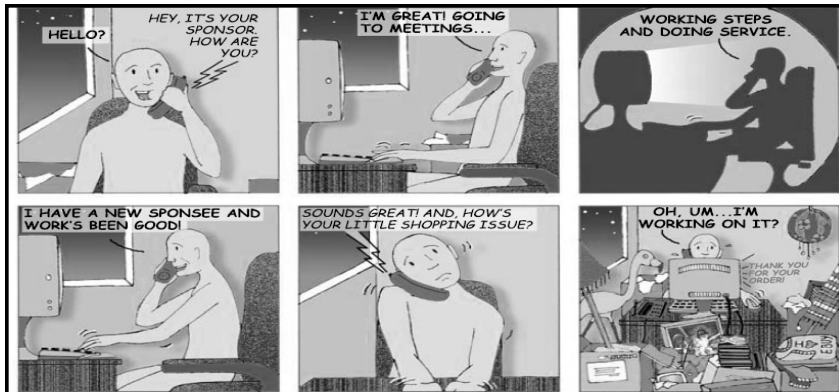
A	J	C	R	M	S	N	S	L	H	E	S	Q	B	S	X	K	B	J	Q
J	Q	Q	P	H	F	A	S	G	S	C	C	O	N	R	P	A	S	G	U
Y	F	P	P	T	G	S	E	R	S	E	R	V	I	C	E	U	P	N	T
X	A	X	E	Z	S	F	N	I	E	M	O	T	I	O	N	S	G	Y	Z
M	I	Q	E	I	E	J	I	E	N	V	F	F	P	I	L	M	R	S	E
C	T	S	U	R	T	P	P	F	G	R	A	T	I	T	U	D	E	W	M
O	Y	N	B	T	R	R	P	V	N	J	I	B	R	R	N	N	Y	B	H
P	V	D	W	O	E	E	A	Y	I	C	T	C	E	E	R	Q	I	U	B
T	Z	T	C	L	E	V	H	D	L	L	H	K	M	D	I	U	E	T	O
Y	C	E	A	O	T	E	X	A	I	E	K	O	O	N	P	J	Q	B	Y
H	S	P	B	V	T	N	F	S	W	T	K	F	C	E	U	J	C	T	V
S	S	H	K	E	X	T	I	S	G	A	I	R	W	R	V	E	I	M	T
E	Q	B	S	R	R	I	H	O	N	N	T	O	E	R	O	N	I	N	D
D	Z	J	P	L	J	O	M	Z	S	B	W	O	N	U	A	C	R	W	Q
K	D	E	A	G	L	N	H	A	J	U	O	C	A	S	C	N	Q	G	A
T	O	U	I	N	X	F	N	T	G	V	R	M	V	A	T	E	D	S	F
K	X	A	L	S	Z	I	L	N	V	K	K	B	P	E	O	E	U	G	B
F	F	S	P	T	T	S	E	W	G	Q	S	A	V	H	U	C	P	N	O
J	B	H	X	Y	U	M	L	T	G	M	N	T	U	N	P	G	H	S	X
V	W	L	P	U	Z	L	S	K	D	B	C	W	R	U	I	T	W	L	T

### How To Play Sudoku

The rules are simple: You simply fill in all the squares in the grid so that each row, column and each of the 3x3 squares contains all the digits from 1 to 9 without repeats or omissions.

EMOTIONS  
GRATITUDE  
HAPPINESS  
ITWORKS  
MOKAN  
PREVENTION  
RELAPSE  
SERVICE  
SURRENDER  
TRUST

FAITH  
GRIEF  
INSANITY  
LOVE  
NEWCOMER  
PROCESS  
SANITY  
STEPS  
TRADITIONS  
UNITY



From The NA Way Magazine Volume 25

# Thailand Narcotics Anonymous Regional Newsletter

October 2010



Issue 1#

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Or contact us on our 24 hour  
Hotline number

**02-231-8080**



The Thailand Regional Newsletter welcomes the participation of its readers. You are invited to share with the Thailand NA Fellowship. Send us your experience in recovery, your views on NA matters and feature items. All manuscripts submitted become the property of Narcotics Anonymous Thailand Region. The Thailand Regional Newsletter presents the experiences and opinions of individual members of Narcotics Anonymous. The opinions expressed are not to be attributed to Narcotics Anonymous as a whole, nor does publication of any article imply endorsement by Narcotics Anonymous. The Thailand Regional Newsletter is published every six months by Narcotics Anonymous Thailand

In sum, why can't we all just get along... but what the fuck do I know. It's early days for me. And we do have Unity Day on the horizon, right?

~~ Anonymous ~~

HA HA HA!



I called a friend who was a new NA member and heard the following recording:  
"I am not available right now, but thank you for caring enough to call. I am making some changes in my life. Please leave a message after the beep. If I do not return your call, you will know that you are one of the changes."



The monkey isn't on my back any more, but the circus is still in town.

Red Y, Wellington, New Zealand



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An oldtimer was sitting in a meeting and a newcomer walked in and sat down next to him. The newcomer's hair was sharply spiked and was all different colors: green, red, orange, blue, yellow, and hot pink.  
The oldtimer just stared until the newcomer said, "What's the matter, oldtimer, you never did anything wild in your life?"  
The oldtimer replied, "Yeah, as a matter of fact, I got wasted once and had sex with a parrot. I was just wondering if you might be my son."

**Taken From The NA Way Magazine—Apr 2009**

## 30 Days Recovery In Bangkok NA

As the insanity falls away and deep breathing and clearer thinking replaces it, a person stops being so completely and single mindedly self obsessed (kind of), and starts to take stock and notice the people surrounding them in the rooms. The good people who have supported me, from the first hours of my new conception, and inspired me to be a cleaner, better version of myself. The ones whose suggestions I follow to make small but substantial steps to becoming a more spiritual being.

One can see in a fellowship the size of Bangkok NA (read small), that there are micro fissures in the fabric which binds us together. I understand this as part of the micro-politics of everyday life. It is truly unavoidable, just like the social stratification groups in high school are inevitable. Yet, I have heard through shared experience how members can be alienated from 12 step programs due to personality differences.

The fact that this can happen in another 12 step 'spiritual program' worries me when, particularly as a new comer, I see people in NA having personality differences, maybe sharing albeit obliquely (it's not hard to recognize though when meetings are small and you do one everyday) about their small grievances and resentments regarding other members. Or doing it in a more overt, confrontational, and recognizable way.

Since every single one of you in this program has helped me in my very new recovery, welcoming me with loving, open arms, watching some of you have words and disagreements in the open, or remark upon each others personalities in a more private setting, it's kind of like watching older siblings and loved ones dabble in character assassination, and it hurts.

It hurts because there is a loyalty felt, as a newcomer, towards every single one of you who has assisted in my recovery. Those of you who have given me your phone numbers, broken bread with me, listened whilst I was in pain, sat with me while I have cried, reassured me things will get better, your sharing in the rooms resonating within my very being, about your recovery, hope and experience. There is no doubt in my mind, that this is EVERY SINGLE ONE OF YOU.

Not only do I feel hurt when you 'arc' up against each other, what scares me more, is that as a newcomer my brain goes to weird places... I think: in such a small group, how much a period of grace will I be given before people start listing their resentments against me (I'm assuming, at the end of this letter). And if and more importantly, I imagine - when it occurs, how will I deal with the sense of alienation I might feel as a newbie? Hopefully I will have enough time up to not let it affect me directly, and I have made enough personal connections with a few people who will support my somewhat inflicted, certainly self obsessed, and overly sensitive (can't you tell) personality.

Please, my fellow members, particularly those of you who have more time up, I realize we are all sick people in the process of getting better, and addiction is a disease that there is no known cure, but for any elder members, (meaning all of you above my 30 odd days): please, please, please for the love of god as you understand him, try and lead by example, and put the principles before personalities in this spiritual program. As a newcomer, I do not want to think that anyone, including myself, might be alienated from the rooms of NA and the chance to heal; that any underlying sense of separation and disenfranchisement might lead people back out to the streets or worse.

## A Parable By a Sponsor

A member of the program of recovery, 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 flamed 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 see you at the meeting in the morning."

~~ Author Unknown ~~

## Getting clean in the land of smiles

Around about 5 years ago I came to live in Thailand. I based myself on a well known party island called Koh Samui.

This was the perfect place for me: fast bikes, fast women, good clubs and bars plus easy access to drugs. This amazing new lifestyle had giving me a new feeling of identity and excitement.

In the first 3 month period of living on the island I was reintroduced by the local bar girls to my previous homeland drug of choice, amphetamines.

This time it was not in the form of a powder or crystal but in a little smokeable red pill known in Thailand as Yabba, aka the crazy drug.

Now not only was I living in a new and bazaar land, I was back up to old tricks of getting and finding ways and means to use more. For a while this was interesting and exciting. The situations I would get myself in were unique to a young guy from the West. I felt like I was the lead in some sort of developing world James Bond film including the beautiful women who were also my quick access to drugs.

But it didn't take to long before I would have to hide my meth use from my Western friends as it was frowned upon in social circles, both Thai and Falang.

Eventually I was back to where I thought I had left my addiction back in Australia. All of my thoughts and energy were placed in drugs and the lifestyle I was living. I tried to supplement one drug for another using cocaine and MDMA instead of meth and drinking more excessively. By this time the bad times were outweighing the good times I could not hold a normal relationship and a majority of the people I was socializing and using with were fairweather friends.

Every attempt I made to control my drug using or swap chemicals failed miserably, usually ending up in a catastrophically large bender because I could not handle the turmoil in my thoughts,

always saying those famous last words "Fuck It This Will Be The Last Time". Then I would find another excuse to use as soon as the gear ran out, until I was so in the grip of the drugs that I didn't need an excuse to use. I would tell myself this is what I do and "This is what I'm good at, and this is what I do—use drugs!"

## Pattaya

**Monday ( English Meeting )**

6.30 PM 19/56 Soi Skaw Beach, opposite Siam Bayview Hotel, 2nd Road

**Wednesday ( English Meeting )**

5.30 PM 19/56 Soi Skaw Beach, opposite Siam Bayview Hotel, 2nd Road

**Friday ( English Meeting )**

4.00 PM Liams Gallery, 2nd Floor, 352/107 Soi 4,Pratumnak Hill, Moo 12

**Saturday ( English Meeting )**

5.30 PM 19/56 Soi Skaw Beach, opposite Siam Bayview Hotel, 2nd Road

## Pai

For meetings in Pai please contact Marty:

Tel : 0812870512

## Chiang Rai

For meetings in Chiang Rai please contact Danny:

Tel : 0871825507

## Contact Information

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Mark (0892873128)  
**Koh Samui:** Olaf (0818952820)  
Dee (0890358410)  
**Chiang Rai:** Danny (0871825507)  
**Pai:** Marty(0812870512)

### **Visit the Thailand Regional Website:**

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Hotline number

**02-231-8080**

### **Contact Newsletter**

If you would like to be part of the regional newsletter or have a story to add please contact Ali at:

**[alf81uk@yahoo.com](mailto:alf81uk@yahoo.com)**

## Meetings In Thailand

### Bangkok

- Sunday ( English & Thai Meeting )**  
7.00 PM PSI Center, 9/2 Sukhumvit Road, Soi 43
- Monday ( English & Thai Meeting )**  
8.30 PM PSI Center, 9/2 Sukhumvit Road, Soi 43
- Tuesday ( English & Thai Meeting )**  
12.00 Noon ECB Church, Sukhumvit Road, Soi 10, Nearest BTS Station Nana
- Wednesday ( English & Thai Meeting )**  
8.30 PM PSI Center, 9/2 Sukhumvit Road, Soi 43
- Thursday ( English & Thai Meeting )**  
10.30 AM ECB Church, Sukhumvit Road, Soi 10, Nearest BTS Station Nana
- Friday ( English & Thai Meeting )**  
7.00 PM ECB Church, Sukhumvit Road, Soi 10, Nearest BTS Station Nana
- Saturday ( English & Thai Meeting )**  
12.00 Noon ECB Church, Sukhumvit Road, Soi 10, Nearest BTS Station Nana

### Chiang Mai

- Monday ( English & Thai Meeting )**  
7.00 PM RainTree Resource Centre, 3 Charoen Muang Road,
- Wednesday ( English & Thai Meeting )**  
7.00 PM RainTree Resource Centre, 3 Charoen Muang Road,
- Friday ( English & Thai Meeting )**  
7.00 PM RainTree Resource Centre, 3 Charoen Muang Road,

### Koh Samui ( Please call First )

- Monday ( English Meeting )** Phone Number: 0818952820 (Olaf)  
5.00 PM Big Bhudda Cafe (BBC)/Big Bhudda/Baan Bang Rak
- Wednesday ( English Meeting )** Phone Number: 0890358410 (Dee)  
11.00 AM Lamai Spa Resort
- Thursday ( English Meeting )** Phone Number: 0818952820 (Olaf)  
5.00 PM Big Bhudda Cafe (BBC)/Big Bhudda/Baan Bang Rak
- Friday ( English Meeting )** Phone Number: 0890358410 (Dee)  
11.00 AM Lamai Spa Resort
- Saturday ( English Meeting )** Phone Number: 0818952820 (Olaf)  
5.00 PM Big Bhudda Cafe (BBC)/Big Bhudda/Baan Bang Rak

### Phuket

- Thursday ( English Meeting )**  
7.00 PM 57 Sai Nam Yen Road, Patong Hospital, 4th floor, East Entrance
- Sunday ( English Meeting )**  
12.00 Noon Patak Road Soi 22, Karon School, Next to Karon Temple

Finally, after multiple attempts to stop alone, I was told about a guy on the island who did private drug counseling, so one night ,off my nut as per usual I saw this guy and asked if we could catch up and chat at another time.

At this time I didn't want to stop drugs completely and I was not under the impression I had a drinking problem. After a month or so of one on one counseling sessions about my drug problem / addiction I was still unable to get more than a couple of weeks clean and this is when I was taken to my first 12 step meeting, where I got the message and the feeling of hope and belonging.

All this great stuff I was seeing and hearing, however did not keep me clean any great time period as I would always pick up again. I did this for about a year—meeting and using—until in desperation I moved to Bangkok to get away from the old play ground and play things I was so use to.

After moving to Bangkok and still using for the first two months I started attending meetings regularly and I got a sponsor.

I started working the steps.  
I relapsed once again but this would be the last time

My clean date is now 11th June 2009 and that makes me close to 17 months clean at the moment. This is the longest period I have been without any mind altering drugs since I was 15 years old, and a whole lot has happened in that short time period - some good, some bad, but all worth it.

NA gave me a key to the life I knew was out there for me, but I just never knew how to get there alone.

~~ Anonymous~~



**"WE DO RECOVER"**

**กลับหัว กลับใจ**

PHUKET AREA NARCOTICS ANONYMOUS THAILAND WELCOMES  
YOU TO THE ANNUAL  
*NATRC IV*

SET ON BEAUTIFUL PATONG BEACH IN  
SOUTHERN THAILAND, FEBRUARY 18, 19, AND 20TH, 2011

**VENUE:** BANTHAI BEACH, RESORT, PATONG, THAILAND

Room rates approximately 6,000 to 8,000 Baht for peak season. Please contact hotel directly.

Cheaper accommodation alternatives to follow shortly or you can try

[www.patongbeachguesthouses.com](http://www.patongbeachguesthouses.com)

A land of a thousand smiles will entice you as you are invited with the warm and friendly Thai hospitality. The usual fun and recovery with great speakers, lots of meetings, merchandise, fantastic hotel facilities, and a delicious Thai buffet in tropical beach surroundings. Only 30 meters to the beach and popular shopping areas. Accommodation alternatives will be coming soon to our web site. Please bring memorabilia for auction!

No pre-registration available. Register at 1,500 Baht with dinner. More details to follow.



(DOWN SMALL SOI BETWEEN WATSON'S DRUGS AND MCDONALDS)



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## Other NA Events In Asia

**3th Darjeeling Area Convention, November 19th - 21nd 2010,  
Merik, Darjeeling, India**

Darjeeling Area has come into function and has decided to host its area convention. We have come together hand in hand with the theme chosen one.

For more information on this camp, including registration, venue, accommodation and contacts, or download the flyer at:

<http://www.apfna.org/docs/events/darjeeling2010.pdf>

**3th Chennai Area Convention January 7th, 8th, 9th 2011**

**YMCA CAMP CENTER**, Thyalur Village, Mangalam post, (via) Athanavur, Yelagiri Hills, India. Chennai Area of Narcotics Anonymous is having its 3rd convention. Join us and for more information. To download flyer please go here:

[http://www.apfna.org/docs/events/CHACNA\\_2011.pdf](http://www.apfna.org/docs/events/CHACNA_2011.pdf)

**NA Philippines National Convention, January 14th, 15th, 16th 2011 - Iloilo City, Philippines**

Join us as we share our recovery through good food, good sights and good friends in the beautiful City of Love, Iloilo. For more information please download flyer at: [http://www.apfna.org/docs/events/philippine\\_2011.pdf](http://www.apfna.org/docs/events/philippine_2011.pdf)

**NA India Women's Convention, January 28th, 29th, 30th 2011, Firefiles- a spiritual Ashram, Bangalore, India**

We are hosting the first ever Narcotics Anonymous women's convention in Asia In Jan 2011 in Bangalore, India... the Land of spirituality. There are only about 40 women in NA, India.. we need you more than you think... Please come support us.. we need you.. Besides a sister is FOREVER. For more information please download flyer:

<http://www.apfna.org/docs/events/WomenConvention2011.pdf>

**Orissa Area Convention, February 11th, 12th, 13th 2011 - Open Air Amphitheatre, Besides Konark Sun Temple, Konark, Orissa, India**

OACNA-II will be held in the background of the historic Sun Temple at Konark. The Convention will be held in an open air amphitheatre where the historic monument can be observed in all its majesty. For more information please download the flyer at: [http://www.apfna.org/docs/events/Orissa\\_2011.pdf](http://www.apfna.org/docs/events/Orissa_2011.pdf)