As is common in emerging communities, local NA groups have developed in Bhutan alongside the AA community, and a local treatment facility has provided information and meeting space. To foster its growth and development, the Bhutan NA community has received donated literature from NA World Services. In February 2010, supplied with materials provided by NAWS, members of the Asia Pacific Forum traveled to Bhutan to meet and work with local members. Workshops were held to introduce the worldwide NA Fellowship, the basics of an NA group; the NA Steps, Traditions, and Concepts; and NA service. Workshop attendance was a record 25 members, all gathered to learn and grow in NA. After the workshop, members enjoyed time together and built unity in a campout.

One week after the APF representatives returned to India, the NA Thimphu community formed an interim area service committee. Two weeks later, APF members provided an online presentation about NA for a Bhutanese government official who is supportive of NA’s efforts in Bhutan. Two months later, with funding from NA World Services, six Bhutanese NA members traveled to Kolkata to participate in their first Asia Pacific Forum meeting. A second fellowship development workshop was held in July 2010.

Many thanks to Bablu B, Joydeep M, and members of the NA Bhutan community for photos, information, and sharing.

Dechen W...

...so, I always make a point to pray (in my own way), share, and support; and I hope that with God’s grace, support from the fellowship, and a little effort from myself, I will keep moving and growing.

Choney D, Thimphu

Bhutan: Land of the thunder dragon

Bhutan is a small country in the eastern Himalaya Mountains, located just above northeastern India and south of China, near Bangladesh and Nepal. It is known by its people as “Druk Yul” (Land of the Thunder Dragon), and is a country that prides itself on limited tourism, which helps maintain their commitment to their culture and environment. The capital city of Thimphu (pictured below) sits at an altitude of 7000 feet, on the banks of the Wong Chu River, and is the site of the Kingdom of Bhutan royal government offices.

Bhutan members share

I was in a treatment center for six months. When I got out I relapsed after ten days. I went back to the center, and tried to run away again, but they kept me there another four months. But, in that pain, for the first time ever in my life, I believed I could stay clean because I could feel the strength and power of the NA program and fellowship. Today I’m clean for four years.

Nima D

My experience and knowledge of NA is so narrow that all I knew of NA was the meetings, but now that a fellowship development workshop was conducted by the Asia Pacific Forum, I have new information. Now I know the meaning of giving that extra thing after we’ve given it all…to help keep a newcomer clean another day.

Yeshay

In our workshop, I learned that prioritization means we decide which service projects seem most needed in this NA community…setting priorities in a group assembly that invites all members to participate and work together, rather than focusing on the desires of individual committees.

Rokten D

Being separated from my parents at an early age made me weak and vulnerable… I soon went into depression and then I tasted my first drug. When the deadly smoke hit my flesh, I choked and coughed so hard, my throat ached. My eyes were bloody red and my body began to heat up. I panicked and quickly poured water all over my face. This first experience told me not to go on, but after some time, I could breathe again and my body became numb…as soon as the drug effect wore off I had to do it all over again. Eventually, I came to realize my-limit and heard of NA. Coming to NA made me feel at home, I became conscious, but the most influential factor was strong sharing time, which made me realize I wasn’t the only one who felt that way and wasn’t the most troubled. I had strangers going through the same thing as me. I had to fight now for myself. Change is possible, and there is a hope of light.

Dorji T

So far I have attended three NA meetings. The workshop conducted by the members from Kolkata has boosted my morale and has given me determination.

Swit R

I learned how drug addiction is just the tip of the iceberg, and that the main problem lay within us.

Tshering (as told by Sonam P)

For the present, I don’t have anything such as materials, money, property, or a luxurious life; but I am still the happiest person in the universe with the loving and caring I get from this fellowship and my home group. I have love, care, trust, and relationships just because I am clean and serene.

Dekim W

NA has been in Bhutan for the last 6 yrs. In Thimphu there are six meetings with two groups, and there is another meeting in Gelephu (border town).

Ugyen D, April 2011

NA Bhutan

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