



Greetings,

We write you as representatives of Heroin Anonymous World Services (HAWS). This informational bulletin's purpose is to increase communication between the groups of Heroin Anonymous throughout the country and world.

### **The Progress of Your Fellowship**

The size and strength of HA is marbled throughout the world. In some places, well established groups exist who have excellent attendance and success. In others, only a few meetings exist which slowly grow. Still further, some areas do not yet have HA. Regardless, HA is growing very fast.

In the following entries, HA members from different areas were asked to let the rest of the fellowship know where they are currently at, that is, some information about how their fellowship is experiencing challenges and successes and anything else they'd like to let the rest of HA know. We hope you find it as inspiring as we do. *The opinions expressed below may not be those shared by HA World Services. If you'd like to let the fellowship know about your group, please let the bulletin committee know!*

#### **Toledo, OH**

"The first night of the T.A.R group of heroin anonymous was back in August , 2014. We had only eight people show up and four were the original group members. We began to think that we may have made a bad decision and that people wouldn't start to show. This changed each week as attendance grew and more and more people became home group members. We currently see upwards of 30 people on a regular basis and that number continues to grow. Our format is a step discussion that starts off with a different speaker that shares their experience strength and hope on the specific step for 15 minutes, and then opens to discussion. Our name is a play on words; we all know what tar heroin is, but T.A.R. stands for Taking Another Route. It has been a great spiritual experience for all home group members to be a part of carrying the message, keeping with our primary purpose and helping the heroin addict who still suffers." - Bryan L.

#### **Springfield, IL**

"Heroin Anonymous was first brought to Springfield, IL on March 26, 2014. The first meeting was a group discussion meeting located at 2925 Holmes Street (The R Club) at 4:30 pm on Saturdays. It was

widely accepted in the Springfield recovery community and attracted quite a few members. Within a couple of months, there were five HA meetings running throughout the week. Unfortunately, attendance has dropped dramatically, but a couple of us are still committed to holding the original meeting and we're hoping that it will one day pick up again. As long as there are heroin addicts searching for help, the door will always be open at the Springfield, Illinois Heroin Anonymous meeting. We feel very privileged to be of service to our community that, like most places, is in critical need of hope and recovery." - Shannon B.

### **Moreno Valley, CA**

"The first Main Line HA meeting was held on Friday, September 12, 2014 at 5:30 p.m., in Moreno Valley. The Main Line meeting was started by Mike D. along with Melissa B. and Greg W. The seed was planted in Mike D. while in Austin, Texas after attending an HA Meeting there (one of many) and realizing it was needed in the recovery community wherein he lived (Moreno Valley) and fellowshipped. Mike D. is a recovered heroin addict and has recovered from a hopeless state of mind and body. Heroin addicts are Mike D.'s people. Empowering singleness of purpose and knowingness that heroin addicts do recover, became a vision of Mike D.'s and it sprouted into reality with starting the first meeting in the area. We are taking baby steps in "carrying the message" to heroin addicts but we are, none the less, well on our way. The Main Line meeting is located in Moreno Valley which is in Riverside County. We have struggled with attendance, but we are growing very slowly. We are currently working on growing our attendance by introducing The Main Line meeting to Moreno Valley and surrounding areas by promotional mailing." - Caryn H.

### **San Diego, CA**

"First off I would like to say 2014 was an exciting year of growth for us in San Diego, CA. We have started up 3 new meetings this year, have had multiple special events and retreats to unify HA San Diego. Retreats have been successful, but a small turn out from new comers which has been our struggle. We are coming up with more fun and innovative ways to show new comers that getting involved in HA isn't just rewarding but fun. We have grown so much, there is standing room alone at some of our meetings. This has become one of our few problems and the search for larger and more suitable venues is in the works. Our attendance in Inter-Group has grown and the involvement of our members is steadily increasing. While we look to acquire our 501c3 to allow us to secure larger venues and new places is preferred to open new meetings, as we are junkies and trust is hard to come by. All in all its be a fabulous year of growth and prosperity, we hope to open a couple more meetings this next year and be able to host an event at least once a month. Thank You for all your support and guidance." - Chris K.

### **Las Vegas, NV**

“Saturday, Nov. 10<sup>th</sup>, 2012, an amazing event took place. About 30 to 40 heroin addicts gathered at the Serenity Club in Las Vegas, NV to have the first heroin anonymous meeting in the state of Nevada. A couple months later there was standing room only in the meeting and we, as a group, added 2 more days, Thursday and Friday, and a month after that we added a Sunday meeting as well. There have been ups and downs, deaths and births. Our group stands firm with about 20 to 25 people in each meeting and at least 10 to 15 home group members now and just added a new H&I meeting to our group on Wednesday at the Freedom House. Though we might not have the attendance that we use to, the group is still practicing our primary purpose, "to carry the message to other heroin addicts". The Blacked-Out meeting of heroin anonymous meets Thursday, Friday, and Saturday at 7:00 pm in room 3 at 3990 Schiff Drive, Las Vegas, NV. Sunday at 7:15pm in room 1 and Wednesday 7pm the Freedom House, 3852 Palos Verdes Street, Las Vegas, NV.” - Bobby M.

### **Berlin, Germany**

“The meeting started with 2 members on February 18<sup>th</sup>, 2014. Then, I was continuing the meeting alone for a month. Another member came and we continued for a month and then we were 3 members continuing for another month. Then, we spread the message more and more. On June 10, new people attended the meeting. We have a lot of guys here on substitution trying to stay clean from other drugs and get clean in general. Today, the meeting is about 5-6 more or less fix members and up to 6 people related. We are going to one hospital once a month and it is planned to go to another hospital as soon as possible. We are proud to be the first meeting representing HA on the European mainland.” - Mirko Z.

### **Los Angeles, CA**

“I started Heroin Anonymous from a point in my life where I felt it was really needed in the Hollywood area of Los Angeles. I was 38 days sober and once I had come back from my relapse, I felt strongly about helping other Heroin addicts recover in any way that was available. I sent out flyers to local rehabs, posted them on the Metro train, and handed them out at meetings. Heroin Anonymous started on January 8th 2014 in Hollywood, California at a small church located in a trendy area of Hollywood. It started off with usually 5-10 people. The HA kids from the Pasadena area came out and helped support it and go through it's rough time of being attended by very few people. Some days we didn't think it would keep going but I made sure it would. I know I needed the help and support of other Heroin addicts to practice altruism at its best. In June 2014, we moved it to another location and earlier time of 7:15pm, where we felt HA Hollywood would get more attendance. Now that it's at an earlier time, more local rehabs can attend. Now, we get between 8-17 people. The Hollywood Metropolitan Church is very supportive and has many other fellowships throughout the day.” - Diana R.

### **Portland, OR**

“Portland Area Heroin Anonymous has grown exponentially since its December 2013 resurgence, and the need couldn't be greater as Oregon entered the top 20 in fatal overdoses in the US during 2013. What originally started as a single Wednesday meeting has expanded to 8 meetings in a single week

held at locations in and around Portland. We now have gender specific meetings, a step study meeting, and a meeting held at an outpatient treatment center. H&I orientations began this past March with over 60 members eligible to carry the message each Saturday into Portland's largest detoxification center. Plans are being finalized to include another location. The HA literature panel was also formed this past September. Over 20 members meet monthly to create and discuss the group-developed readings with the ultimate goal of creating a Heroin Anonymous "big book". The Portland Area HA Help Hotline was launched and made operational in October. This 971 area code telephone number has been printed by the hundreds onto newly updated fold-able meeting schedules and member phone lists. We now hold a monthly speaker event and potluck every first Saturday of the month. The inaugural meeting took place December 6<sup>th</sup> and celebrated HA Portland's 1 year anniversary with speakers Paul F who helped bring HA to the Portland area, and Chris G representing HA World Services in Phoenix AZ. The event was wildly successful with over 100 attendees. " - Ben A.

### **Cleveland, OH**

Pros: We haven't been around long but in the past two years there are a handful of members who have stayed sober and actively participate in our meetings. The meetings are growing in numbers not only in Cuyahoga County but also in surrounding counties and throughout Ohio. We are trying to get more Big book study's since that is our guide to our solution. I definitely feel the longer we stick it out the more solid of a foundation we will build and have to offer to people suffering with heroin addiction. The program of heroin anonymous is a place of comfort for heroin addicts to talk freely about their addiction.

Cons: There is not a lot of sobriety. People don't know how to act right. It's hard to attract people when there's a lot of negative stuff being said. There is a preconceived notion about what HA is and what we are really about, claiming sobriety while being on Suboxone or other maintenance programs. There are a lot of people in Cleveland AA that deter newly sober people from going to HA, saying that it isn't the program or those who participate do not stay sober (contempt prior to investigation). A challenge of ours is to get people to keep coming back, and when they do, to actually stay sober. To understand that just because it is HA and not AA is not going to be the easy way out. We do all the same things that were suggested to us in the program of AA." - Adam B. and Lindsey Z.

### **Saint Louis, IL**

"Hi my name is Phillip W and I am a heroin addict. My home group meets on Friday night at the Harris House, 8pm, 8317 South Broadway, St. Louis, MO 63111. It is the oldest HA meeting in St. Louis. We will be celebrating four years in February with the 4th annual "Junkie Jubilee". I was asked to come up with some of our successes and challenges as a group. Our Biggest success is that heroin addicts are getting and staying sober. We, as a home group, have numerous sober activities that we do each and every year. The most recent was our 3rd annual Christmas party named "Junkie Jingle Bells", which is a potluck

with a speaker and an appearance from Santa Claus and his ol' lady. We have 2 floats a year known as "No Dope to Float". This year is "No Dope to Float 8": 3 days in the woods, campfire meetings, floating, food and fellowship. We offer scholarships for the newcomer so they can see that "we are not a glum lot", that you can have fun in recovery. We also had "Junkies on Ice" which was a night of ice skating at an outdoor rink in St Louis. We have bonfires and also do regular after meeting fellowships. We have regular meeting attendance and we also have both men and women that have been through the 12 steps and are willing to sponsor new folks and WE DO. Some of our challenges are that some folks feel we are clicky (but those are folks that still seem to want to do it their way) and getting new meetings started since it seems to be the same faces at most of our meetings. We have 5 regular meetings and 1 service commitment meeting in the family court of St. Louis county. Sometimes the singleness of purpose gets skewed as we occasionally get people at our open meetings from other fellowships that share from their fellowship. We would like to eventually have service positions and an H&I committee as well as establish an area but we need to get one first. Thank you for this opportunity to submit this and thank you to Lynn for brainstorming with me to come up with this." - Phil W.

### **Birmingham, AL**

"The breaking point meeting of Birmingham, AL has held meetings since December 11, 2012. We have grown from a single meeting a week with an average attendance of 45 junkies to a group boasting 3 meetings a week with anywhere from 85-125 recovering heroin addicts. Though we have buried several homegroup members this past year, it seems like every time we ask members to "raise their hands if you have more than a year of clean time to show this program works," another hand goes up." - Lee M.

### **Suffolk County, NY**

"Heroin Anonymous began in New York arising from the massive Heroin Epidemic hitting the community here on Long Island. It was formed from a thought of how to better carry the message of recovery to the addict who still suffers sitting in non-solution based meetings, where the big book/step work is non-existent, and people are unaware they can recover. In September 2011, the first meeting began in a church basement on Monday night, in Holbrook New York. It was a step series meeting, which consisted of 7 dedicated members willing to offer their time, money, and energy to see H.A. take off here on Long Island. This quickly grew over the next couple years to over 100 people any given week. From that rapid growth, overwhelming demand and major transformations occurring in people's lives, many of the members of Monday night, branched out and started various other meetings throughout Suffolk County. Although we have just recently lost our Monday night meeting place, any given day of the week, you will find meetings ranging from both men and women's meetings, rehabs and institutions, with people recovering, thanks to the service of men and women here in New York doing. Due to Heroin Anonymous being such a new fellowship, and many members being new to recovery, being steadfast, keeping God first, and helping the new comer as our primary purpose has proven to be successful and will continue to do so. We pray HA can continue to meet the demand and serve the heroin addict continuing to offer

hope, illuminating “a way out” of the darkness. We shall be with you in the Fellowship of the Spirit, and you will surely meet some of us, as you trudge the road to happy destiny. May God bless you and keep you—Until then.” - Jon J.

### **Indianapolis, IN**

“The Fellowship of Heroin Anonymous in Indianapolis, IN follows the primary purpose of providing a tried and true method of recovery to a growing worldwide epidemic. From humble beginnings of just a handful of heroin addicts, the Indianapolis group of HA has grown to foster a true atmosphere of recovery with an ever growing network of meetings and leaders. In just over one year, our group now consists of 3 meetings and over 100 regular attendees. The weekly 12&12 meeting has an effective hands-on approach with long term recovery available to attendees via men and women liaisons. Indianapolis continues to grow and carry a simple message and solution to those who believe they have an insurmountable problem.” - Brian Y.

### **Kenosha, WI**

“Heroin is an epidemic in southeastern Wisconsin. More specifically, Kenosha, Wisconsin. When an individual was starting the Tuesday 6:30 PM Dopeless Hopefiends group, I approached him and asked why. He simply replied, "I just want to try and save a life." Since that point, nearly 2 years ago, that same individual started a second meeting in our town. Both of these meetings have faced various challenges such as meeting attendance, having accountable home group members, and other issues as far as maintaining a reliable facility to hold the meeting in. One of the biggest challenges I feel our groups has faced as a whole is when the individual that started both these meetings went back out and met the bitter ends we all inevitably meet if we continue on that way. That event shook our whole community. Yes, we have dealt with difficulties as well as tragedies. But both our groups have managed to pull through. Since both these groups have started it has been an introduction into recovery for countless suffering addicts that never knew something like this existed. Also since these meetings have been started our community has backed us tremendously and helps us spread the word about our HA meetings, times and locations. Different centers help by printing out our flyers in mass quantities and getting them put into places where we may not have been able to. I can't speak for our group as a whole but for myself I can say that these meetings have helped me to be more accountable and to put aside my selfishness and suit up and show up week after week to carry the message to the addict who still suffers. What makes it worth it for me is when I walk through the doors and see the newcomers and see hope in their eyes after everyone shares and then to see them come back. That makes it worth it for me and why I feel it is important to try and keep the lights on week after week.” - Andy L.

### **Contact Us:**

All correspondence will be filtered by our HA bulletin committee by e-mailing [haworldbulletin@gmail.com](mailto:haworldbulletin@gmail.com)

We can also be contacted through our web site at [www.heroinanonymous.org](http://www.heroinanonymous.org)

*If you would like to be removed from this e-mail list, please reply to this e-mail with such a request.*

Sincerely,

Heroin Anonymous World Services Board