



Greetings,

We write to 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.

New HA Literature

H.A.W.S. has a Literature Committee that meets regularly to write, edit, and distribute H.A. literature. In an effort to create a more unified voice of our Fellowship, we would like to extend the opportunity for anyone interested to offer feedback, edits, suggestions, etc. on our pamphlets and readings. We just recently completed a reading entitled "A Path to Happiness," which is meant to be an alternative reading to "A Vision for You." It was brought to our attention that H.A. does not have permission to copy and adapt the readings "How it Works" and "A Vision For You" from Alcoholics Anonymous and read them in our meetings. We would like to remain in cooperation with other fellowships so we have begun the process of coming up with our own readings. The literature committee is made up of a panel of H.A. members who would like the fellowship as a whole to have the opportunity to participate on this endeavor. We recently got some feedback from Birmingham, AL with some proposed changes to "A Way Out." The literature committee has approved these changes but would like any additional input. Please contact us at h.a.w.s.literature@gmail.com if you wish to participate, and be watching for the latest reading to be posted to our website! We look forward to hearing from you.

Meeting Spotlight

Our Meeting Spotlight this month falls on "Dark Side of the Spoon" in Hollywood Los Angeles! This is an hour long speaker discussion meeting, and has been around since January 8th 2014. With a usual turn out of 9-20 people they meet every Tuesday at 7:15pm. "Dark Side of the Spoon" can be found at the Hollywood Metropolitan Community Church (4607 Prospect Ave. Hollywood, CA 90027). If you'd like your meeting featured on the bulletin, please email (haworldbulletin@gmail.com).

Newsletter Suggestions

We are discussing starting a newsletter where we can include stories, poems, meetings, and other assorted information about HA happenings and experiences. If you would like to contribute or have any suggestions, please email the HA World Bulletin email box at haworldbulletin@gmail.com. We look forward to hearing from you!

Contact Us:

All correspondence will be filtered by our HA bulletin committee by emailing:
haworldbulletin@gmail.com

We can also be contacted through our website at
<http://www.heroinanonymous.org>

To submit things for the purpose of archiving please email Jeffrey.guthrie@gmail.com

How to unsubscribe:

If you would like to be removed from this email list, please reply to this email with such a request.

Sincerely,
Heroin Anonymous World Services Board

A Path to Happiness

Our purpose is to share a message of recovery with heroin addicts still struggling with their addiction. The suggestions we follow are guidelines to progress. We realize there is much more to learn. We searched for a power we could rely on, took stock of our shortcomings, made amends for our past wrongs, and turned our thoughts towards helping one another. That is how we recovered from a seemingly hopeless state of mind and body. We have acquired peace of mind, camaraderie, and joy in sobriety. Allow God to direct your life. Uncover your defects of character and carry your experience to the sick and suffering heroin addict. Sharing this experience is the Foundation Stone of our recovery. May you find the strength and courage to recreate your life. Keep coming back and join us on the path to happiness.

A Way Out

Many of our members have tried to stop using on their own. We were able to dry out for days, months or even years, only to face another demoralizing relapse. What we needed was a way to stay sober. If you are a heroin addict desperately searching for a way out, we found one that's working for us. We all had our own ideas on how to stop using. These methods didn't work for long. If these approaches were successful, we would have quit a long time ago. Holding on to these beliefs was futile. Until we were able to let go altogether, we could never be free.

We have discovered a better way to live. We saw others who no longer struggled with heroin addiction and even seemed happy. They encouraged us to go through the Twelve Steps like they had. By applying these principles in our daily lives, we found a new freedom, a new happiness and a new way of living.

Here are the steps we took:

1. We admitted we were powerless over heroin - that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God, as we understood Him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to heroin addicts, and to practice these principles in all our affairs.

When we sincerely applied the 12 steps to our lives, we found long-term success in sobriety. We are not asked to do this perfectly. We strive for progress, not perfection. We have found a way out of our suffering and simply wish to share what worked for us. In our fellowship you will see heroin addicts helping each other, freely passing on their experience to those who are desperately searching for an answer to their own heroin addiction.

Please submit feedback to h.a.w.s.literature@gmail.com by January 1st, 2015.