



THE MAINLINE

MAY 2016

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 world.

H.A. STARTUP KITS

Just one year ago HAWS reported shipping out twenty HA meeting start-up kits a month, reaching across the far corners of the globe. As the voices of Heroin Anonymous continue grow, so does our ability to carry the message to the heroin addict who still suffers.

Today, approximately twenty meeting startup kits are hitting mailboxes around the world each week. From Canada to Louisiana and even Germany, heroin addicts are helping one another escape the bondage of addiction and find freedom in the altruistic

lifestyle prescribed by the Twelve Steps of Heroin Anonymous.

If you're interested in starting an HA meeting in your area, send your mailing address to hastartupkits@gmail.com to order a free meeting start-up kit.

A MESSAGE FROM THE H.A. WORLD SERVICES LITERATURE COMMITTEE

Recently, especially in the past 6 months, our orders for chips and literature have skyrocketed. This signifies incredible growth in our fellowship of which we are proud to support! However, it has not come without growing pains. Some orders for chips and literature have been sent out far later than we had hoped. We now realize that we have finally outgrown our ability to perform some of the functions required to adequately distribute chips and literature. This has caused us to take a look at how we currently operate and what must change to keep up with demand. Currently, our web site states that most orders are filled within two weeks but to allow up to four weeks before assuming there is a problem with the order. For now, we must ask that you give a bit more time, about 6 weeks, while we work out these kinks. Thank you for your patience and for participating in the fellowship to which we owe our lives.

ONE HEROIN ADDICT'S RECOVERY

My name is Derek and I am a heroin addict. More importantly, I am a member of Heroin Anonymous as well as Alcoholics Anonymous. My clean date is February 2nd, 2013. I have that date tattooed over my veins. Some people may find that foolish but, the way I look at it, that was the day I became willing, the day I realized I cannot do this on my own. All of my ideas wound me up running from helicopters with knives in each hand, ready to find a bush to hide in and end it all. Naturally, that event brought me to the psych ward for a two week hold. That was the final act in my using. There are plenty of other stories in my decade of using, but that's not what this is about. This is about how I came to be a prominent member in H.A., and how I found a way to live life, happy, joyous and free.

My birth parents were addicts/alcoholics. I was detoxing out of the womb. Child Protective Services quickly dropped me off at my aunt's doorstep with a brown bag of diapers and formula. To make a long story short, she ended up adopting me when I was four years old. I had a good life, was raised well, and had everything I could ask for. I was never left in the dark about my birth parents and they would even visit a few times a year, usually around the

holidays. I grew up knowing that I most likely would become an addict if I ever started. That didn't stop me. I had to do my own research. I'm stubborn, and if told not to press the red button, I'm going to press it just to find out why I shouldn't have.

I ended up at a psych ward. When I was committed, I remember enjoying my time in the facility. It hit me; if I was enjoying the "looney bin", I was probably clinically insane. That's when I realized something had to change. I was pacing the halls one day and a staff member asked if I wanted to sit in on an H&I panel for A.A. I figured, "What the hell, my heads starting to spin in these halls anyway." I sat in on that group, and to this day, I couldn't tell you what was said, but I remember thinking that these guys are all smiling and seem genuinely happy. I realized that I couldn't recall the last time I felt as those men did. I forgot what true happiness was and I yearned to smile again. They gave me a Big Book and wrote my date on the first page. I still have that book, and thankfully, I still have that date. As I recall, that same day, a man approached me asking if I had

ever heard of his treatment program. I told him it was the one rehab I had never attended and, prior to that, I had never been near ready for such a commitment. He asked if I was

ready now, and I remember telling him, "I can't keep needles out of my arms, I have a problem, and I am willing to do something about it."

It hit me; if I was enjoying the "looney bin", I was probably clinically insane. That's when I realized something had to change.

The next day I was taken to his in-patient facility. It was a beautiful place and from the beginning I started taking every piece of advice I was given. I graduated after 26 days and went directly to my Intensive Outpatient (IOP) group. From that meeting, I went to a sober living group with my soon-to-be house manager. When I arrived, I noticed a guy had "F--- Off" tattooed across his forehead and was covered in tattoos from head to toe. I didn't expect to be allowed to enter the sober living group that night, but I was wrong. Ever since, the man with the tattoos has played a pivotal role in my recovery. Hearing the stories of who he used to be, and seeing the person he is today, made me realize the power of the program. In the beginning I didn't have my own conception of a higher power, but I started

Contact HAWS Bulletin:

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We can also be contacted through our web site at: www.heroinanonymous.org.

listening to the traits his higher power had. The fact that he would talk about a higher power actually helped me believe that there was one at all, and if it worked for him, it could work for me. I ended up graduating the IOP program and I realized I was actually finishing things that I started. Further, I had acquired a vague concept of my own higher power. I did the 12 steps in the first few months of recovery and even started managing my sober living after being there for about nine months. I stayed for another four months as manager of that house and even started chairing an H.A. meeting in California after the chair-person told me she was going to rehab and had faith that I could run the meeting while she was away. I ran that meeting for a few months and finished a second, more thorough set of steps.

My family asked if I would move to Colorado with them. Even though California had always been home, I begrudgingly agreed and realized that I would be able to start the next chapter of my life in

H.A. is the highlight of my week, and I look forward to seeing my new-found family every time I go.

Colorado Springs. It was tough moving to a different state and sticking with the program. I hit meetings every day, but I felt like a newcomer, even though at that point I had about eighteen months clean. Soon, though, I found my groove in the program of A.A. and quickly picked back up where I left off in California. I met a girl in the program who was working a solid program, and we started dating. I would tell her about the H.A. meeting back home and how much I missed it. She ended up catching wind of one in our town. We showed up and there was one lady. She was so excited to see people. She had started the meeting after noticing the epidemic and dire need for an H.A. meeting and told us we were only the third and fourth people to show up

since she started it up three months prior. We shared our stories with her and said we would start making announcements to our other brothers and sisters in the program. Before we knew it, twenty or more people attended each week on a consistent basis. She ended up

handing the meeting over to us, and since then, it has grown to an average of about forty people per week. In our town, that is a big meeting, and it is truly a blessing.

I have worked three sets of steps, a set of traditions, help run one of four H.A. meetings in all of Colorado, and have two sponsees who have over a year and have completed a set of steps. I have my family back in my life, have my own conception of a higher power, and have true happiness today. I even work at a treatment facility and am working toward a certification as a drug and alcohol counselor. From where I was a little over three years ago to where I am today, life has surpassed anything I could have imagined it would ever be. A few years ago I could hardly stay alive. Now, I help others get their lives back, just like I was able to do with the help of the fellowship and my higher power. H.A. is the highlight of my week, and I look forward to seeing my new-found family every time I go. This program has blessed me with a new lease on life and continues to work for me to this day, and hopefully many days to come.

If you would like your meeting featured in our meeting spotlight, or have any other content you would like to submit, please feel free to contact us at the email listed. Thank you!
Heroin Anonymous World Services Board

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