



# THE MAINLINE

APRIL 2016

*Greetings,*

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

## MEETING SPOTLIGHT

"Bright Side of the Spoon" Group – Sumter, SC

The "Bright Side of the Spoon" Group is a new meeting residing in Sumter, South Carolina. Our first meeting was on March 8th 2016 and hosted 30 people. We have 28 home group members who have all contributed generously to get our meeting off to a good start. Our meeting is

held every Tuesday at 9:30pm. The first three weeks of the month are literature-based discussion formats followed by a speaker meeting on the fourth week. We are hoping to build our meeting on the foundation of the solution rather than group therapy. Although it may be hard to keep people

on topic at all times, it is our chairperson's responsibility to bring the meeting back into check. We look forward to contributing to the H.A. Fellowship and are extremely excited to be given the chance to bring H.A. to South Carolina.

- "Bright Side of the Spoon" Group

## ONE HEROIN ADDICT'S RECOVERY

My name is Jason and I am a heroin addict. When I was 30 years old, after enough pain and when the desperation became great enough, I became willing to follow some simple suggestions and have not found it necessary to get high in over five years. I come from a great family. I grew up in the Western Suburbs of

Chicago and was raised in a loving home. I was afforded every opportunity to succeed and be happy that I could have asked for. However looking back I can see now that there was always something going on inside of me. I was an anxious kid. I was self-conscious. I believe I was born restless, irritable and discontented. I was

never truly comfortable being who I was, where I was, doing whatever I was doing. This was long before my first drink or drug. When I discovered pot and alcohol I realized I could change the way I felt. When I was high I felt like I blended in, like I became a part of what everyone else was a part of. So I kept doing it. It seemed to

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work. When I entered high school I wasn't an academic or an athlete. I made plenty of friends but didn't seem to quite fit anywhere completely. I gravitated toward guys who were much like me – guys who smoked pot and drank. Together we discovered other drugs such as LSD. I

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graduated high school without any serious consequences, but I was just as discontented and uncomfortable on the inside as ever. Shortly after high school I discovered opiates. I felt as if I had found the answer, although at the time I would not have been able to tell anyone there was even a problem. It seemed like all of the other drugs had just been a tease. Opiates gave me a sense of ease and comfort I was not able to find anywhere else. I knew that heroin was a dangerous drug. I had sat in DARE classes and even watched close friends end up hooked and in jail. I looked down on them and said I would never do it. Then when there were no more pills to take that changed. I took a trip with a friend of mine to the west side

of Chicago and scored some dope. I was in the grips of a progressive illness and had started down a road that would take me to places I had no intention of ever going, with

people I had no intention of ever being with, doing things to people I love very much that I had no intention of doing.

I was hooked. Two years into my heroin addiction, when I was 22 years old, I took part in a robbery to support my drug habit and was given a five year prison sentence. It was surreal. Here I was, a young suburban kid from a good family headed off to prison. I was

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released when I was 26. I thought I was cured. I chalked it all up to being young and stupid. I thought I had grown up. I got out and began to drink heavily. In no time I was back on pills and, just like always – back on dope. The next five years were to be a series of

detoxes, rehabs, overdoses, broken relationships and many failed attempts to clean up and get myself together. When I was 30 years old I found myself right back where I was at 22 – in a jail cell again. How had this happened? I had no answer. I was finally out of answers and out of ideas. I honestly did not want to get high and go on living the way I was living. But I didn't know any other way. I had never been willing to honestly accept the help I had been offered at every 12 Step meeting I had been to in the last 10 years. Something had

changed, though. Without realizing it and without trying I had surrendered. I decided that the very first day upon my release I was going to find a 12 Step meeting and ask for help. I decided that I

was actually going to follow all of the suggestions I was never willing to follow before: finding a sponsor, attending meetings, reading the Big Book and taking "the steps", being open to a Higher Power, taking a fearless and honest look at myself, making amends to

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people I had harmed, paying the money back, sacrificing of myself to help others, starting to pray and meditate. As I began to do these things my life started to change. One day I realized that I actually felt comfortable. I finally seemed to feel the way I wanted to feel all along. I felt okay. I realized that it wasn't me that had done it. All I had to do was become willing to take some actions that would make room in my life for a Higher Power. I believe that God has been present in my life all along trying to get in. But I

*All I had to do was admit that I was defeated, that I was out of alternatives, and be willing to follow directions.*

was too full of myself and my resentments, fear, dishonesty, guilt and shame. As I cleaned house I found that the Power simply flowed in. I didn't have to worrying about finding or understanding God. He found me. I have a relationship with that Power today that does for me what I could never do for myself. I am a good employee, a good brother, a good son and a member of the life giving Fellowship of Heroin Anonymous. All I had to do was admit that I was defeated, that I was out of alternatives, and be willing to follow directions. Once

I did that, I found a new life that I never thought possible for a guy like me. What a gift!

"Life will take on new meaning. To watch people recover, to see them help others, to watch loneliness vanish, to see a fellowship grow up about you, to have a host of friends – this is an experience you must not miss. We know you will not want to miss it. Frequent contact with newcomers and with each other is the bright spot of our lives."

–Alcoholics Anonymous, Pg. 89.

## A MESSAGE FROM THE HAWS WRITING COMMITTEE

The Heroin Anonymous World Service Writing Committee has a service opportunity for sober heroin addicts wishing to help the fellowship. The Literature Committee serves Heroin Anonymous by sharing the message of hope and recovery through written materials. To participate, committee members should have an active program, be working steps with a sponsor, and at least one year clean and sober. The commitment involves reading, reviewing, and revising existing HA literature and creating content that serves the fellowship's needs. Please send an email to [hawswriting@gmail.com](mailto:hawswriting@gmail.com) to confirm your interest or with any questions.

*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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