



# THE MAINLINE

JULY 2017

*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.*

## A MESSAGE FROM THE HAWs LITERATURE CHAIR

An exciting time for Heroin Anonymous is beginning; a project is starting that any member can be part of. We are gearing up for a pamphlet overhaul, and we'd love your input!

As you know, our pamphlets are used as a central means to communicate with the heroin addict who still suffers. It is crucial that the pamphlets are concise yet gripping and engaging. With more and more people trapped in the horrors of active heroin addiction it is our duty to ensure that our message of recovery through the 12 steps is clearly heard and understood. We will be revitalizing these pamphlets and need your help.

The project will commence this summer of 2017, and it is our goal to be completed by August of 2018, in time for the 2<sup>nd</sup> HA World Convention. Please contact [hawswritingchair@gmail.com](mailto:hawswritingchair@gmail.com) to become part of this essential and far-reaching project.

## MAINTAINING MY HUMILITY IN H.A.

A member's story on early-recovery ego and the sacredness of simplicity.

When I found HA I was lost. Before ever work for me. Although I heard stories similar to hearing the message of HA, I had come to mine, the suggestion that taking some the conclusion that I could not stop shooting instructions out of a book seemed ridiculous. I heroin. When I got to HA, I knew it wouldn't didn't matter what I thought, though. As what

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seemed to be unfortunate circumstances forced me to do the 12 steps, my Higher Power's plan unfolded. It's been unfolding for over 10 years now.

I am a professional (I guess): I go to work every day, Monday through Friday, and periodically on the weekends. When I wake up in the morning, I do a short morning meditation in the shower followed by the 3<sup>rd</sup> Step prayer. Throughout the day I do my best to keep my Higher Power in my thoughts. Before I go to bed, I write an e-mail to a friend with a daily review. Sometimes I forget to do it.

I go to one meeting a week. It is my home group and I often chair the meeting. Its attendance is between three and seven people each week. It is attended by mostly men, of a slightly different demographic than many of the other meetings in my area. The average age is about 30 to 35 I would guess. Some have been sober for a while and some not so long. Some have families and some don't. However, we do our best to make it to our Home Group because we know we've been given our rich lives because of the maintenance of our spiritual life. We also know that we lose it if we fail to maintain it. We gather together in the back room of a small church, read a passage from the book, have a 5-minute meditation, and spend the rest of the time sharing our experience as it relates to the reading.

It wasn't always this simple for me. Early in my recovery, I thought that my social status in HA determined the quality of my sobriety. I would go to meetings, act as cool as I could,

and speak as though I was a spiritual giant. Meanwhile, my personal life was chock-full of deception and selfishness. As time went on my Higher Power forced these things to come to the surface, and when they did I always got back to the simple instructions in our basic text. Slowly but surely, I grew.

I know that there are people out there for whom one meeting a week is not enough. I know there are those whose goal it is to share the message of our fellowship to a crowd of thousands. I know that certain voices are heard more than others in our fellowship because of their eloquent and articulate way of describing their success in sobriety.

As I've grown, however, I have realized that there are many people like me – who live relatively quiet lives, who bring the spiritual principles they've survived on to their family, their work, and their community without the recognition of their success or the acknowledgement of their good deeds. For me, the latter way of living has been indispensable. It allows me to maintain humility in HA and has given me a life that I didn't know existed. I am grateful for the entire fellowship, and I truly believe the strength of our fellowship lies in all of its members whether they are the outspoken chairperson of the most popular meeting in town, or the soft-spoken coffee maker at the lightly attended meeting.

- An anonymous member of HA in Phoenix, AZ.

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## A MESSAGE FROM THE HAWS CONVENTION LIAISON

Attention, 12 step connoisseurs and tradition aficionados (or as they shall henceforth be called, "traditionados")! The workshops committee for the Heroin Anonymous World Convention is looking for your input and recommendations. Existing potential discussion topics for workshops are Back to Basics, Technology and Social Media in Recovery, Hospitals and Institutions, Tradition 7, Anonymity, and two morning Meditation workshops. We are looking for well-versed candidates to lead these workshops as well as suggestions regarding other topics meriting a focused discussion. Your perspective is welcome, wanted, and needed, as we are looking to draw from all over the country to make the 2018 Convention engaging and rewarding for the entire fellowship.

Please direct any related content to [haworldbulletin@gmail.com](mailto:haworldbulletin@gmail.com) with the subject line "Re: World Convention Workshops" for review, and thank you in advance for your service!

*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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