



# THE MAINLINE

NOVEMBER 2017

*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.*

## CONFERENCE SUBCOMMITTEES FORMING

2018 World Conference Update

Exciting news, fellow HA's!

The subcommittees for the HA World Conference are being formed, and we looking for volunteers to fill positions. The subcommittees forming are...

- Hospitals & Institutions
- Public Information
- IT (Information Technology)
- Structures & Bylaws
- Conference committee
- Chips & Literature
- Finance committee

We urge all Areas to elect their delegates, and encourage the delegates to reach out and let the committee know which subcommittee you are interested in serving on. Furthermore, any member interested in serving on these subcommittees should also reach out to the Conference committee and let us know. Thank you all for your service in this exciting time!

Please direct all inquiries to [hawsconferencechair@gmail.com](mailto:hawsconferencechair@gmail.com)

Blessings,

Sharmyn T.  
Conference Chair

### Contact HAWWS Bulletin:

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## CONVENTION FUNDRAISERS HU\$TLIN' HARD!

### 2018 World Convention Update

All over the northwest, groups and districts are coming together to hustle hard for their recovery. They're holding bingo tournaments, throwing potlucks, and hawking merchandise at speaker meetings to raise money for the 2018 Heroin Anonymous World Convention, to be held in Portland, Oregon at the end of August. So far, almost three thousand dollars have been raised, and the World Convention committee is working hard to make sure that money doesn't go to waste. Potential workshops are being discussed, the evening entertainment developed, and speaker tape submissions are being reviewed. Thus far, 25 submissions have been received, and **we are open to receive and review through February 5 of next year.**

Of course, there wouldn't be much of a group conscience guiding us without each and every one of you. With that thought in mind, **you are encouraged to get involved!**

- Have an idea for a workshop, or someone in mind to guide a particular workshop?
- Do you want to see ex-junkies doing stand up, or singing their hearts out, or engaged in vicious rap battles?
- Would you like to speak at the convention, or know someone who should?
- Wish to contribute in a different, but equally meaningful, way?

Contact us at [haconvention@gmail.com](mailto:haconvention@gmail.com) and let us know how we can best represent your area's HA flavor.

Finally, we would be remiss were we not to inform you that registration for the convention is open. As ex-addicts, we love procrastinating...but not as much as we love to follow the crowd. 32 HAs have already pre-registered! The bandwagon is ripe for some gettin'-on!

Visit <http://heroinanonymous.org/convention> and register now!

Cheers,

- HAWC Committee

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## THE FIX

Meeting Spotlight – Seattle, WA

The inaugural Heroin Anonymous Seattle meeting, "The Fix", was held Friday, August 11, 2017 and meets weekly from 8-9pm at Recovery Café at 2022 Boren Avenue in Seattle, Washington. The first meeting was a huge success, with a turnout of eighteen members, boasting similar numbers in the weeks following.

"The Fix" now has regular attendees, and many have chosen to call it their home group. I am proud to say that this meeting is one of the things I look forward to each week, and plays an integral role in my sobriety.

At our HA meetings, members talk about their addiction, their difficulties, and their accomplishments. The Big Book of Alcoholics Anonymous is used as our guidebook and a new chairperson chooses a topic to read from each week and then shares their experience, strength and hope

with each other in order to help each other stay clean.

I am looking forward to sharing our successes with you as our fellowship grows even larger in Washington. We have even partnered with Vancouver and formed Washington Area. We also have met some people who have expressed interest in starting new meetings in North Seattle and Everett, WA. The fellowship of Heroin Anonymous is still very new here in Seattle but I expect it to be great and do great things and grow beyond measure!

With God's great grace, we are blessed to have another 24. Thank you for paving the way so we can have what we have and go where we are headed today.

Dana P.  
Seattle, WA

## SAVED FROM A LIFE OF "YETS"

Personal Story: Megan L. – Riverhead, NY

Today, life is good. I am a young mom, but always attentive, loving and kind. My 7-year-old daughter is currently a star student at Catholic school, though I always doubted God. She dances around the house after we finish working on her homework together each afternoon. A year ago today, I was 27 years old and had attained almost eight years of sobriety. My life, as I knew it, was perfect. I was free... or so I thought.

One morning after dropping my daughter at school, I went to breakfast with a few friends. I hadn't thought about using drugs in years. I'd even considered the possibility that I wasn't an addict of the hopeless variety. That being said, I was peer pressured by someone I considered a friend into drinking and shooting heroin that morning. I don't know why I said yes, but I did.

To this day I can't explain it. Was I a fear of upsetting people or being a people

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pleaser? Perhaps it was the subconscious desire to numb my feelings? Only God knows.

From that day forward it was off to the races. I was blacked out from a combination of anti-anxiety and dope almost daily for a good three-month time period. I was evicted. CPS took my daughter and placed her with my mom. I was distraught. I'd reached rock bottom for sure. I lost everything that I ever cared about.

The day after CPS whisked my confused, crying daughter away I knew I had to stop. I checked into a local detox. I was given medication to stop the shakes and the fog that constantly crept into my mind.

A week later I was released and decided to give HA another shot. I had tried it as a teenager, but my motives were never pure. I saw it as a great place to meet like-minded people and hang out. This is not its purpose. This time I was willing to do anything to get my daughter back and save myself from a life of horror and "yets".

I found a sponsor who had everything I wanted: happiness, sober friends, spirituality and humility. She took me through the step work. We met once or twice a week for a few hours to read from the Big Book. She would point out the parts that were directions, where the promises lived, where there were warnings and where to

find prayers. I began to believe in a Higher Power around step 6, although I was willing to consider it as a possibility when I went through steps 2 and 3.

Now that I've been through the steps I have all the spiritual tools I need to survive, to live happily, to accept the things I can't change, the courage to change the things I can change and the wisdom to know my limits.

I pray and meditate daily. Each day I feel a closer connection to my higher power, which I choose to call God. I haven't gotten my daughter back quite yet, but I visit her several times a week. The judge says she should return home in February 2018, so long as I remain sober and compliant with their mandates.

Every day I make an effort to do at least one thing to help another addict. Whether it's driving another girl to a meeting, talking to someone on the phone or buying a newcomer his or her first Big Book.

Life is good. And to be honest, it is only getting better. Thank you for letting me share.

Megan L.  
Riverhead, NY

*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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