



THE MAINLINE

APRIL 2018

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.

SPEAKERS SELECTED & EARLY BIRD REGISTRATION EXPIRING 2018 World Convention Update

Before we talk 2018, let's talk 2021: It's already that time again! Heroin Anonymous is accepting bids from Area's throughout the fellowship for the next World Convention in 2021. The guidelines and supporting documents needed for submitting a bid can be found on heroinanonymous.org/convention. Interested Areas should put their bids together in the next couple months and bring them to the World Conference in Portland, Oregon which takes place a couple days prior to the World Convention August 28-29, 2018.

Now, for the amazing 2018 convention that's currently underway, things are moving along quickly here in Portland. The speakers for the Convention have been selected! Tiffany S. from St. Louis, Eric O. from Phoenix, Chris S. from San Diego, and Tabitha W from Phoenix will be keeping you all entertained with their stories of experience, strength, and hope! We're also really looking forward to the different workshops, and especially the panel discussion about MAT (Medication Assisted Treatment) drugs and recovery.

Heads up! The hotel block is almost half full! Room nights are \$99 and can be booked by visiting the same convention web page linked above. Don't wait to book your room! Also, if that wasn't enough stress, you only have one more month to get the early registration price of \$35 for the World Convention. Beginning June 1st the price will increase to \$45.

In case you were holding off on buying the basic registration and were saving up for the "Baller Package" you can actually take advantage of the pre registration price now upgrade your agenda items later. When you're ready to add agenda items like the entertainment, the banquet or the brunch, please contact the registration chair at hawcreg2018@gmail.com and they'll handhold you through the process.

If you have any questions or comments about the convention or Portland in general, feel free to get in touch with one of the committee members at haconvention@gmail.com. We can't wait to see you this summer in the Pacific Northwest!

- HAWC18 Committee

Contact HAWWS Bulletin:

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

HOW TO GET ON A CONFERENCE SUBCOMMITTEE

World Conference Update

To all service junkies,

Heroin Anonymous is having their first official World Conference August 29th and 30th in Portland, Oregon and we need your help. There are several sub-committees that have formed to perform specific tasks that support the World Conference. Each sub-committee needs support to meet the goals they have set for themselves, and there is something for everybody. From finance to H&I to writing literature for HAWS, there are many opportunities and a variety of ways to share your unique abilities and get involved. If you are interested in helping out on a subcommittee the contact information for each Committee Chair is below:

- Conference Chair - HAWSconferencechair@gmail.com
- Structures and Bylaws Chair - HAWSstructureandbylawschair@gmail.com
- Information and Technology Chair - HAWSitchair@gmail.com
- Public Information Chair - HAWSpiChair@gmail.com
- Writing Chair - HAWSwritingchair@gmail.com
- Hospitals and Institutions Chair - HAWShandichair@gmail.com
- Finance Chair - HAWSfinancechair@gmail.com

We hope to hear from you and look forward to seeing all of you at the Heroin Anonymous World Convention in Portland :)

ILIAS

- HA World Conference Committee

WHY AM I AN ADDICT?

Personal Story: Dana H. – Seattle, WA

I am often asked the how and why I became a drug addict. More specifically, why a *heroin* addict? I do not think classification is the important thing here because more often than not, you will find that the answer is that the addict does not intend to become an addict. One does not wake up one day and aspire to be a drug

addict. I know I didn't. As a little girl, I had big dreams of being a movie star and acting, or one day becoming a teacher! I did not wake up one morning and decide to throw my life away and be a drug addict. I have no idea how long it actually took for me to become physically addicted to the drug.

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One day, things were all fun and easy. There wasn't much change the next day, either. However, many days later I was experiencing pain and sickness I've never felt before in my life, and I had no idea where it was coming from or how to get rid of it. And I didn't *really* know what dope sickness was until I had had several habits. It took me months before I realized my first habit was even a habit, because before then, I had never really gone without it. Even then, at first, the withdrawal symptoms were mild.

I think it no exaggeration to say, it took only one injection to make me a tried and true heroin addict. It wasn't until after six to nine months of daily use and several hundred injections before I truly realized I was mentally, emotionally and physically addicted to the point that withdrawals were actually all consuming and disabling, if that makes any sense at all. The questions, of course, could be asked:

"Why did you ever try narcotics? Why heroin? Why did you continue using it long enough to become addicted?"

People become addicts for many different reasons, but I believe the underlying issues are the same. I believe people become addicted because they have deep-seated, unmet needs, unresolved pain and trauma, no strong motivations in another direction, or some combination of these factors. Dope wins by default. I tried it as a matter of curiosity. I tried it to mask a pain I didn't know I was hiding from. I tried it as a matter of convenience and I tried it because I could. I drifted along taking shots when I could score, knowing all along what I was doing I shouldn't and that only made it

worse. Most addicts I have talked to report a similar experience.

If you have never been addicted, you can't imagine what it means to need drugs with a heroin addict's level of intensity. I didn't *decide* to be a heroin addict. One morning I woke up sick. At this point, not only did I now have the mental craving of addiction, I was also physiologically addicted. My body needed it to function. I had lost all power of choice and all the control I thought I ever had. This incredible, super unmanageable, seemingly invincible demon had been unleashed. I never saw it coming, but I was now in for the fight for my life. LITERALLY!

This fight destroyed me. It is then in this cycle of powerlessness and painful unwanted self-destruction that you remain until the pain becomes great enough, or the consequences finally start outweighing any benefit, or some significant intervention happens that helps you to detach from this life long enough to detox. Simply separating from the drug is a long and painful miserable process. Even if you do see it all the way through, you still have long odds at full recovery. The cards are stacked against us as heroin addicts... unless we find and work a full program of recovery. From this path, our lives will become manageable and meaningful again.

I happen to be one of the blessed ones. On September 15, 2016, my life changed forever, and has only gotten better since then. I owe my life to God, the Big Book of AA, the steps and the fellowship of HA. I came into these rooms lost, broken, malnourished, suffering from depression, psychosis, and a level of hopelessness I had never known before addiction.

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I was completely empty, completely defeated, there was nothing left of me but a body waiting to die. My life has never been so good. Today, no matter what my head tells me, I am able to live and enjoy life as other people do without the use of drugs and alcohol. Today, I am an honest, loving, hardworking daughter, sister, mother, and friend. Today I have my hope back.

Today I am grateful. Today I am blessed. Thank you, Heroin Anonymous, for giving me back my life!!!

Love and respect from Seattle,

Dana H.
Seattle, WA

“NYUNITY”

Area Spotlight: New York State

Heroin Anonymous in New York State started on Long Island in Holbrook on 9/19/2011. Since then HA was launched in Albany, NY in 2014, and Rochester, NY in 2016. In all three places the meetings were well received, which resulted in even more popping up. From that, all three regions formed area meetings, however, due to being separated by about 200 miles there was no unity among the three areas.

The connection between the three regions was initiated in late 2017 when one of our members contacted a representative of Heroin Anonymous World Services. The intent of the phone call was to discuss the 2018 HA World Conference. During that conversation, this local member was asked about the other meetings in the state. This prompted that member to begin reaching

out, and what has happened since has been pretty cool.

All three areas will be sending delegates to the first ever HA World Service Conference on August 30th in Portland, Oregon. Members from each locale have started taking pilgrimages to the other areas in NY to share their experience, strength, and hope while gaining ideas for improving Heroin Anonymous in their area.

On 3/19/18, all three regions came together on a conference call and began planning the first ever New York State HA Unity Day event, to be held in July 2018. New York is just scratching the surface of what unity brings to the fellowship, but the effect has been electric.

Brian B.
Saratoga Springs, 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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