



# THE MAINLINE

OCTOBER 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*

## 1000 DIGITAL DOPE-FRIENDS

Letter from the Editor

Dearest Members,

This service commitment has been unlike any we've held. We've been bureaucrats on boards and homegroups. We've been coffee grunts and cig-butt-picker-uppers. We've had the frustrating and rewarding pleasure of sponsoring many a young weasel.

But, serving on the Mainline Bulletin has been...unique.

We spend several hours per month in front of screens, remotely coordinating with content creators and editors for articles, responding to email inquiries, and composing and sending the bulletin itself. As you can imagine, this position does not involve much physical fellowship.

There are also no esteemed board titles, no ego, and therefore no confusion about why we're serving. But with no back-patters around to worship our service sacrifice, how do we know we're making a difference? It is sometimes difficult to *feel* the impact that this bulletin has when one is so far removed from any contact from the readership.

But every once in a while, we pass a clear and major milestone: We have officially reached 1000 newsletter subscribers! Quite literally, we couldn't have done it without you ;-)

We are humbled and honored to serve you and are thrilled to see the list continue to grow.

### **Contact HAWWS Bulletin:**

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We can also be contacted through our web site at: [www.heroinanonymous.org](http://www.heroinanonymous.org).

Even though it may be hard to judge the *impact* of a message when physically removed from the recipient, this is the only position where we can tell you precisely how many people received the message each and every time a message is sent.

Today, that number is 1015. Here's to the 1016<sup>th</sup>!

In gratitude,  
Your Editor

## INCONVENIENCE STORE

Personal Story: Mick B. - West Yorkshire, United Kingdom

Hi, I'm Mick and I'm an addict.

I've been clean and sober for multiple years now, I attend meetings in other 12 step rooms and I live in West Yorkshire, United Kingdom. I'm going share a short story of something that happened to me recently.

The other weekend I was in a city that is known for its drug and alcohol problems. I walked into a convenience store, and as I did there was a scene unfolding: A security guard was trying to stop a woman from leaving. She was suspected of shoplifting. I'll admit, the woman looked like a heroin addict and an alcoholic to me. She shouted at the security guard to not look in her bag. He was trying to see inside to find the stolen goods and stop her from leaving the store.

Outside, some men who were on a night out drinking overheard the situation. They came in and one of them offered to pay for the food she had stolen. The man who made the offer stated that he felt sorry for her. But then one of his friends began complaining that they shouldn't help her; that she should accept the consequences of her actions

and suffer if need be. This continued while I made my purchase and made my exit. With the drama behind me, I thought to myself, "I'm glad I'm clean and sober"....and then I went to a 9:30 pm 12 step meeting.

The story of the woman shoplifting was exactly what addiction was like for me: unmanageable, threatening, with a mixed bag of people either wanting to help me or wanting me to suffer. Now that I'm clean and sober, life is kind to me; it's manageable, and the bag isn't mixed any more. Most people actually want the best for me. I'm grateful to the 12 Steps because I can go to back that city, see addiction around me, and not be tempted to use. I can think clearly, be grateful that I'm not in that place any longer and use that gratitude to motivate me to do the next right thing.

At my first meeting, somebody said, "You might be ten years clean, but you're only a day away from using". That's why I keep coming back and why I work the 12 Steps. In the UK, there are no Heroin Anonymous meetings yet. I wish there were, as I identify

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best when I'm among heroin addicts.  
Maybe one day I will set up HA in the UK!

Thanks for reading! Stay clean and sober, go  
to meetings, and work the steps.

In Fellowship,

Mick B.  
West Yorkshire, UK

## IT DOES GET BETTER

Personal Story: Caleb W. - Portland, OR

I was born to a single mom and raised in the Portland, Oregon metropolitan area. My mother was addicted to crank and my father to crack. I was raised by and around convicts and drug addicts for most of my early years. My mom ran around with a lot of what I would call "heavy hitters" in the criminal world. Being a young child those were the people that I grew to idolize. Unfortunately, I had no idea that idolizing people like this might shape me, and how hard the road ahead would be.

In the year 2000 my mom was released from prison. I was living with my grandparents and she came to live with us. At that point she was doing good and living right. I, on the other hand, had started stealing pills out of my grandparent's medicine cabinet. I was 10 years old, so I didn't really know what I was taking, but I knew that if it had warning labels on the side that read "may cause dizziness or drowsiness" I was certainly going to take it. My addiction progressed rapidly from that point on.

In 2004 (at the age of 14) I was arrested for the first time and was facing up to 11 years in OYA for Unlawful Possession of a Firearm; Unlawful Trafficking of a Firearm; and a Theft I. I was lucky enough to get off on a Formal Accountability Agreement though. When I

turned 17 I got into OxyContin. In less than a year, I was hooked on heroin. It then took less than another year to go from having a fear of needles to poking myself with one.

The day I injected heroin for the first time was the day I was willing to give everything just to feel that high "one more time" every single day. Nothing else in the world mattered as much to me as that high. I was taking multiple Xanax bars and shooting over half of a gram of heroin at a time. There was a solid year where I overdosed at least once a week. It wasn't that bad though, I told myself, because in all of those O.D.'s I only died one time...It's insane that as heroin addicts we can look at an O.D. we survived and brush it off so quickly, when we were literally at the edge of death. One day, I was sitting in my sister's bathroom cooking up a shot of dope, like I always did, but something was different. I didn't know exactly what it was. I had this clear realization that I was absolutely going to die from this drug...and I was totally and completely ok with it.

By the grace of my Higher Power I am not dead. I have over a year clean and I work with other people in recovery for a non-profit organization that helps people get off the streets and get clean. For years, I have been in and out of the rooms of recovery trying

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different programs, but I've always relapsed and usually overdosed in those relapses. This time, for the first time ever, I am working my steps thoroughly. I am a member of Heroin Anonymous, and also for the first time, I am of service to Heroin Anonymous. Today I truly believe in this program and that the steps have the ability to change my life and my perspective on life, but only if I work the program.

If you're reading this and you're still suffering from the grips of heroin addiction, I want you to know that it does get better, but in order for that to happen you first have to give yourself a chance. There will always be a place for you in the rooms of HA, but we can't take you there, you'll have to bring

yourself. The first and toughest part of the battle is getting to a meeting and taking that white key tag.

Also know that as soon as you get there you're no worse and no better than anyone else in that room, as soon as you take that tag you're on level ground with every person in that room. Even if they have decades of clean time, we're all equal and we will help you any way we can.

Caleb W.  
Portland, OR

*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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