

The Mainline Bulletin is published as a monthly electronic document, disseminated via email newsletter, and is archived on the HA World Services website at [www.heroinanonymous.org](http://www.heroinanonymous.org).

There are several categories to choose from for a submission, you are not confined to these topics. The editors are always looking for innovative material, as long as it relates to HA experience and reflects an awareness of HA's singleness of purpose. Articles are reviewed by the editorial staff and selected by committee consensus. You will be notified if your story or photo is selected for publication, and you will be consulted regarding any revisions made to your writing.

## **Mainline Columns & Categories:**

### **Hot Shots**

Quick quips about H.A. Service or Recovery. Maybe a simple revelation you had recently, something you heard at a meeting that really resonated, or some hard truth your sponsor dropped on you.

### **Chasing the Dragon**

How did you KNOW you are a Heroin Addict? What made you decide to choose recovery? What does YOUR recovery look like?

### **Higher Power I Choose to Call \_\_\_\_\_.**

How did I find my Higher Power? How do I speak/listen to my Higher Power? Personal grappling with agnosticism and spirituality.

### **Ripping & Running...Through Recovery**

Your Story: What it was like, what happened, & what you are like now.

### **Teamwork Makes the Dream Work**

Twelfth Step & Service Stories. Sharing the program with another heroin addict and contributing to HA as a whole.

### **Step Ahead**

The step of the month based on the number of the month. What does this step mean to me? How do I work/share it?

### **Tradition Twist**

Tradition of the month based on the step of the month. How does this tradition show up in my group, home & work life?

### **Meeting Spotlight**

New meetings startup stories. How did you feel when HA meetings came to your area? What was it like the first time you went? Did you start this meeting? How is it doing now?

### **Shoot the Breeze Q&A**

Interview Q&A based column. If you have a great story, but aren't sure of your writing chops, we can send you some questions and you simply answer them! The easiest way to get your story in the Mainline!

### **Committee Corner Q&A**

At the end of this column each month we'll ask for YOUR suggestions for a service member to be interviewed with the questions YOU want answered. What committee or service position would YOU like to learn more about?

## What the Mainline Does Not Publish:

- Poems
- Prayers
- Song lyrics
- Tributes to individuals
- Plays
- Previously published material
- Content unrelated to HA
- Content that violates the 12 traditions or general principles of HA

## When Submitting Your Story:

- You are giving license to HAWS Inc. to include in its monthly newsletter, The Mainline Bulletin, to be used in a compilation of stories, royalty free, in perpetuity, in any way needed, and to be edited, modified, or not used at all.
- Please be sure to include **your first name, last initial, email address, your city and state, and the name of your meeting** (if a spotlight) somewhere in your submission document. You may also submit anonymously, or request that your story be published anonymously.
- You are welcome to **title** your story, but it is not required. See past Mainline issues to get a feel for how stories are named.
- Please take care to not name any related facilities or outside enterprises. This includes recovery centers, jails, hospitals, other 12 step fellowships, or halfway houses. A simple description of the institution will suffice, such as “the treatment center I attended”.
- Virtually any format is acceptable but submissions are usually in typed paragraph form. Please proofread for grammar and punctuation.
- The submission cutoff date is the 15<sup>th</sup> of each month. Please submit prior to that date for review. If submitted after the 16<sup>th</sup>, your content may be used in a future release. Content can be submitted via email or direct mail.
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