



# H.A.W.S. **MAINLINE**

Heroin Anonymous World Services  
Monthly Bulletin

- - -

This informational bulletin's purpose is to  
increase communication between the groups of  
Heroin Anonymous throughout the world.



# DECEMBER **2020** ISSUE



Photo by *Filip Bunkens*

## 'TIS THE **SEASON**

### **HAWS Announcement**

Greetings, members of Heroin Anonymous,

'Tis the season of great cheer and new beginnings! The HAWSOB wanted to wish you all well one last time as the end of 2020 is here. Although we were not able to all get together for the World Convention this year we are hopeful to see you all in Atlanta 2021! There have been many changes this year and the H.A. Board was certainly no

---

Contact The Mainline Bulletin:

All correspondence will be filtered by our H.A. bulletin committee at: [haworldbulletin@gmail.com](mailto:haworldbulletin@gmail.com).  
We can also be contacted through our website at: [www.heroinanonymous.org](http://www.heroinanonymous.org)

---

exception to these either. We have recently elected new members, as some of our long standing members' terms have come to an end. We are still looking for a **Chair, Vice-Chair, Secretary, and Voting At-Large.**

If you are interested in being of service please email your service resume to [hawssecretary@gmail.com](mailto:hawssecretary@gmail.com).

We hope that you enjoy this time of year with your loved ones and also remember that there are many members who may be struggling right now. Please be sure to reach out the hand of Heroin Anonymous when you can. Have a safe and happy New Year!

Best wishes,

Adam D.  
HAWSOB Secretary

- - - - X

## TRADITION ELEVEN

### Traditions Column: Jaycie W. – Birmingham, AL

We are told to practice the principles in all our affairs...

The person writing this is, in my opinion, unrecognizable from the person that was introduced to Heroin Anonymous in the psych ward via Zoom back in March (I got sober on Zoom-how crazy is that?). There is an obvious reason for the shift in myself: the removal of drugs from my

system. However, I think the most significant change in me is my self-esteem. When I first got sober, I was like the rest of us. I was full of shame, guilt, regret, plenty of anger, and all the other things we experienced in those first few months. I hated myself. I did not want to be alive. I had a newborn fighting for his life in the NICU that I legitimately thought would be

---

Contact The Mainline Bulletin:

All correspondence will be filtered by our H.A. bulletin committee at: [haworldbulletin@gmail.com](mailto:haworldbulletin@gmail.com).  
We can also be contacted through our website at: [www.heroinanonymous.org](http://www.heroinanonymous.org)

better off if I just were not his mom anymore. I hated the staff at my sober living and blamed THEM (logically) for not being able to see my son. I was so very broken, angry, and lost. When I looked in the mirror I absolutely could not stand what I would see. I was incredibly hard on myself for my physical appearance, and unfortunately that is where I drew my self-worth from. I obviously was not enough, especially for the people I hurt.

Because of the lack of self-love, I craved attention and validation. I am not proud of it, but I sought it from external sources. I ended up getting involved with someone else in the rooms while I was trying to fix things with the father of my child. Both he and my sober living found out. I was disgusted with myself, so the opinion I had of myself plummeted even further. I isolated and just seethed with anger toward everyone except the person that deserved it: ME. But the rest of that story is a story for another time. The reason I mention it is to show that I was still running from doing the work on myself. I was miserable. Something needed to change.

When I got honest with my sponsor about my behavior, she pointed out that it was a consequence of my low self-esteem. She suggested I focus on building it, and reluctant as I was, I did. As stupid and pointless as it felt I stuck about 15 affirmations to my bedroom mirror and said them out loud to myself every single day. I wrote down five

things that I like about myself every single day. I sent her a gratitude list every single day. I stopped looking at my physical appearance when I looked in the mirror and started looking at other, deeper things: was I doing the next right thing? Was I being kind? Was I being honest? Was I helping others? Was I being a good friend? Was I present for my son when I was able to be with him? When I started to do all these things, I noticed I did not hate myself anymore. Then I started to like myself. Eventually, by some miracle, I even started to love myself. I cannot tell you the last time my self-esteem was a direct result of my physical appearance. After a few months of working on this, I started to notice something. People wanted to be around me. People complimented me. People came to me for advice on confidence! ME!

Here is where the title ties in: Tradition 11 teaches us to let people be drawn to HA, not to try to convince people how great it is and that is why they should come to a meeting.

***Tradition 11: Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.***

I had been promoting myself, and it was not working. I was empty and seeking fulfillment in all the wrong ways. No wonder I was miserable!

So I stopped trying to convince people to like me. I stopped trying to promote why people should be proud that I was sober. I started

---

Contact The Mainline Bulletin:

All correspondence will be filtered by our H.A. bulletin committee at: [haworldbulletin@gmail.com](mailto:haworldbulletin@gmail.com).  
We can also be contacted through our website at: [www.heroinanonymus.org](http://www.heroinanonymus.org)

---

just doing the work and loving myself. I stopped caring about how others viewed me - if I knew in my heart that I was consistently doing the next right thing, it did not matter what anyone else thought. And because of this my company and friendship became attractive to people all on its own.

I do not seek validation or relationships as often as I used to.

I am comfortable in my own skin.

Now, the right people find me because I am doing the right things.

We are told to practice the principles in all our affairs. I can tell you that now I understand why.

- Jaycie W.

- - - - X

## PHYSICALLY LOST ALL, **SPIRITUALLY LOCKED UP**

### Personal Story: Perdue – Birmingham, AL

I'm Perdue, and I'm an addict. Heroin, meth, uppers, downers, hallucinogens, pot, alcohol, hell I even got hooked on Gabapentin. When it came to mind altering substances, I did not discriminate.

I started using substances daily by thirteen years old. I was taught to be an adult at a very young age and never developed the coping skills it takes to be one, which is something I have only recently realized. I replaced coping with drugs and alcohol and other detrimental habits. I was so busy taking care of my family, my friends, and everyone else that I never realized I should be taking care of myself. And I didn't start doing that until I got

arrested last year at 26. "The alcoholic that has lost all and is locked up," and that is what I was: physically, mentally, emotionally, and spiritually locked up. I was depleted, and so lost.

There is this addiction recovery video that I've watched several times which helps me describe how I felt in the years before my recovery. The guy in it says about the addict "He was so low that the curb felt like a skyscraper." He says "his triggers are whenever he opened his eyes," and he says that "he was so bad at suicide because he kept waking up." I felt that death would have been such a sweet relief, but I was too much of a coward to go

---

Contact The Mainline Bulletin:

All correspondence will be filtered by our H.A. bulletin committee at: [haworldbulletin@gmail.com](mailto:haworldbulletin@gmail.com).  
We can also be contacted through our website at: [www.heroinanonymus.org](http://www.heroinanonymus.org)

---

through with it, though I did shots that should have completely finished me.

I was so depressed and completely controlled not just by my addiction but by fear and by shame. One just fueled the other, which fueled the other in a monstrous cycle that took over damn near every minute of my life especially in the last three years before I got arrested. I've always struggled with addiction, but the last three years were the worst it had ever been.

Getting arrested saved my life! I hold on so dear to the feeling of relief sitting on my mat in my cell. I had a roof over my head, a place to sleep, food to eat, clean clothes, running water, and finally an opportunity to build structure and responsibility. After a couple of months of watching the girls gather for church, I remember the first step I took to go join them. The moment I became willing. It was the beginning of my entire psychic change.

The weight that was lifted was nothing short of a miracle, but "Faith without works is dead." So, I prayed; I started to do the next right thing; I made a decision to turn my will and my life over to the care of god as I understood him, and I woke up each day with a goal to be a better person than I was the day before. Why? Because I was shown mercy, the chance to live finally.

When I stuck to it, a world of opportunity opened up to me, and I had the chance to go to rehab, which was exactly what I needed. I got transferred from the detention center where I spent four and a half months to a sober house in Tuscaloosa. I loved it. I learned about my addiction, started working the twelve steps, developed an amazing support system, and I had the greatest staff that an addict seeking help could ever hope for. I graduated from there and then went on to a sober living community in Birmingham, AL where I currently reside. I just celebrated my one year with my wonderful sober living family, which was extremely humbling and rewarding.

I went from being tormented day in and day out by my addiction and that life that I was living, and it's nothing short of terrifying thinking about what it would be like to relapse and fall back into it. It's especially terrifying knowing from experience and hearing the stories from many others that with each relapse it only gets worse and worse.

One of the life-changing things I have learned to do, and only by being determined and dedicated to my recovery, is how to take that fear and instead of letting it cripple me, I've become grateful for it. I pray never to forget that agony and misery. I pray it continues to help me move forward and progress. I remember thinking how difficult it was going to be getting sober, and

---

Contact The Mainline Bulletin:

All correspondence will be filtered by our H.A. bulletin committee at: [haworldbulletin@gmail.com](mailto:haworldbulletin@gmail.com).  
We can also be contacted through our website at: [www.heroinanonymus.org](http://www.heroinanonymus.org)

---

now I wish I knew sooner that this is so much easier than I ever imagined.

Now I have a year not just of sobriety but of recovery. I have a full-time job (that I've kept). I pay my bills. I go to my meetings. I'm the house senior. I'm inspired by the people who I surround myself with and try to do the same for them. I get to be a part of my son's life and watch him grow, and hopefully before long I will be reunited with my daughter as well.

I'm proud of myself, and it is an amazing thing.

I read my Big Book and do step work daily. It's one of the big reasons why I've gotten this far. I don't just read because I have to; I read because I want to. It brings me peace, knowledge, understanding, and progress. I pray every day and

continue to develop a personal relationship with my higher power. I've got a sponsor who inspires me and is a great mentor and counselor. I'm beginning to develop relationships with my family again. I have learned about resentments, fear, tolerance, patience, acceptance, forgiveness, honesty, gratitude, humility, complacency, open-mindedness, willingness, inventory, and all together a freedom through sobriety! I've learned to take it one day at a time and to live life on life's terms. I promise you, "It works if you work it!" I love you all, and I have a burning desire that we all have a beautiful recovery!

Thank you for letting me share!

- Perdue

X X X

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 [haworldbulletin@gmail.com](mailto:haworldbulletin@gmail.com).

Thank you!  
The Folks at The HAWS Mainline



---

Contact The Mainline Bulletin:

All correspondence will be filtered by our H.A. bulletin committee at: [haworldbulletin@gmail.com](mailto:haworldbulletin@gmail.com).  
We can also be contacted through our website at: [www.heroinanonymous.org](http://www.heroinanonymous.org)