



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

Heroin Anonymous World Services
Monthly Bulletin

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



OCTOBER **2021** ISSUE



Photo by [Sunira Moses](#)

H.A.W.S.O.B. **UPDATE**

Latest news from our World Service Office Board

Hello, Heroin Anonymous!

I want to thank each and every one of you for reading the Mainline and for keeping our fellowship alive. HAWS is almost entirely run by volunteer members of HA; we meet every month to try and carry out HA's business throughout the year.

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We are working to get a **flyer about electing Trustees** and updated guidelines for convention bids out to the Delegates, so keep an eye on your inbox for those. We hear all the murmurs and excitement about Regional Trustees and Bid Committees for the 2024 World Convention--keep up the good work!

We are pleased to announce that **Brent B. from Alabama has been elected as your first ever HAWS P.I. Chair!** Brent has worked tirelessly for his entire sobriety to make HA's message accessible to the public and we are so glad to have him continuing this work on a national level.

Do you love service work? Do you find the traditions and concepts to be stimulating instead of depressing? Do you want to make sure that HA is here for years to come? Then service with the HAWS board may be right for you!

We are accepting applications for the following positions:

- **Treasurer:** This is for a highly responsible HA member with experience in accounting or managing money.
- **Outreach Chair:** Another product of your votes at conference, this board member will maintain and establish contact with new and forming HA groups, districts, and areas throughout the year with the primary goal of informing them about the conference and HA as a whole.
- **At-Large Voting Member:** This position is for new members to the board. It's sole function is to show up and help us to discuss and vote on decisions. Eventually these members join other committees and may be asked to fill other roles.
- **Non-Addict Advisor:** This is someone who is not a member of HA. They may be an expert in recovery fellowships, non-profits, or possess various business skills that they wish to volunteer for the good of HA.
- **Vice-Treasurer:** Our newest position, this member would be a part of checks and balances on the board...pun intended! As

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Vice-Treasurer, you will assist in the maintenance of HA's funds, which directly affects our ability to serve the fellowship!

If you are interested, please send service resumes, references and inquiries to: hawssecretary@gmail.com

Thanks for letting me serve,

Pat B., HAWS Secretary

IF THINGS GET BAD, I'LL JUST STOP

Personal Story: Jon H. – Vancouver, WA

My name is Jon. I am from Vancouver, Washington and my homegroup is the Hope Dealers meeting of Heroin Anonymous.

The first time I got loaded I was probably 14 years old and I had stolen some weed from my dad. I remember thinking that this was awesome, and that I wanted to stay high for the rest of my life. Things started out fun and exciting, as they usually do. I was enjoying myself. I was having fun. I was part of the "cool kids" at school.

Things stayed that way for quite a while. Looking back I can see now that there were a lot of signs that I had an addict mind, but things weren't bad enough for me to realize it then.

It wasn't until around 2007 that I found heroin. I had already been

dabbling with opiates, but they were much too expensive for me to develop a real habit. I remember actively searching out heroin. I would see all the old school heroin addicts walking around town and I would say to myself, "That will never be me. If things get bad, I'll just stop." Then the time came where things got bad and I was unable to stop.

This is where my story starts repeating itself. I would have small bits of success and then go back to dope because I thought it was just a matter of will power. I knew nothing about recovery or 12-step meetings. I would bounce back and forth between the streets and jail. If I was lucky enough someone would let me sleep on their couch.

In 2012, I got sober for the first time. I found the rooms when I was in a treatment center. I hit the

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doors on fire. I had found a love for life again. I did all the things: sponsor, homegroup, service. Life was good.. until I forgot where I came from and slowly backed away from recovery.

The relapse that followed shortly afterward was the worst I had ever experienced. I was at my absolute bottom and had no idea how I could ever get out. Thankfully, the Vancouver Police Department arrested me and picked a clean date for me: 1/05/16. I spent three months in jail and a month in treatment. When I got out, that's when I found

Heroin Anonymous. I remember walking through the doors and feeling as if I had found my home. Here were like-minded fellows who were staying sober and having success at life, and it was something I had always wanted.

Today my life is amazing. I am active in service and stay in the middle, because it's much harder to fall off if you're surrounded by people with the same common goal in mind.

- John H.

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HUMILITY FOR NEWCOMERS

Spiritual Concept: A Group of Heroin Addicts - Phoenix, AZ

One homegroup in Phoenix, AZ, pondered how they might convey the principle of "humility" to a newcomer. This is their account:

"If you are reading this, it means you may already have at least a passing acquaintance with humility. The simple quest for knowledge or wisdom, regardless of the topic to which it pertains, implies a willingness to grow. What better an example of humility than this?

When many of us arrived at HA, we were humiliated. We were embarrassed

that our lofty plans had led us to the bottom of the barrel. If our egos were deflated enough to allow a glimpse of honesty into our minds, this humiliation led us to our first encounter with humility; we came to the realization that our humiliation was often a result of our own actions. As a result, many of us wallowed in our self-pity, finding solace in the familiarity of our depressive state of mind.

When we attended 12-Step meetings, and perhaps even spoke to the other

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members, we heard many different stories which often had a common theme: consistent suffering led to an admission of powerlessness, and this powerlessness paradoxically opened a door to a new way of living that had previously seemed impossible. We didn't understand how or why this sequence of events could have occurred, much less for so many individuals, but this message was nothing if not consistent.

Despite our skepticism, our desperation had led us to HA. Eventually, the pain of living as we had been (with or without heroin) became so difficult that the steps suggested by HA members seemed more reasonable.

Shortly thereafter, we discovered that the essence of the 12 Steps and 12 Traditions was to continuously seek humility as a character trait. This meant admitting our character defects and our wrong-doings, even when doing so was humiliating. If we were persistent and thorough, our lives got better, and we began to invite humility into our lives. This was the basis upon which we formed a relationship with a higher power. We asked God to change us.

For many of us, however, this foundation appeared to crumble when we began to have problems in other aspects of our lives. Our personal relationships with family or friends, our employment, and even our interaction with members of HA began to be troublesome.

Each member of HA has a desire to live at peace with themselves and their fellows. We have found that in order to achieve this kind of humility, we must admit that we had unreasonable expectations of ourselves, others, and of God. We realized that we had to employ the same grueling hunt for humility, the practical application of which worked so profoundly in settling our drug-related problems, to all aspects of our lives.

For some of us, this perspective came quickly. Yet, for others, this perspective became pertinent much later in our sobriety - perhaps even years. We came to realize that neither the amount of time sober, nor our popularity in the fellowship, resulted in the humility we sought. Rather, humility came as a direct result of working the Steps, performing unselfish acts, and inviting God's guidance into all our affairs.

This marked a new epoch in our journey. Suddenly, our application of the 12 Steps widened significantly and our lives became easier. Humility entered aspects of our lives that our program had not yet affected. For the first time, our new-found freedom became a testament to our faith beyond the walls of HA.

When problems arose, we sought humility by communicating our dilemmas to our sponsors, friends, and God. We asked not only for perspective in the situation, but

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what actions we could take to ensure our own humility, regardless of others involvement.

In the book, "Twelve Steps and Twelve Traditions", the author Bill W. describes the basic ingredient of humility as "a desire to seek and do God's will." This ideal began to permeate our lives and often seemed to be second-nature. Sometimes, however, our egos led us to "rest on our laurels", as the book,

"Alcoholics Anonymous", says. When we did, we became uncomfortable and turned back to basic tenants we learned in HA. We finally had evidence that humility had allowed our higher power to work in our lives and we enthusiastically joined those who had a similar experience in HA, passing the message on to the next person who lacked such an experience as best we could."

- A Group of Heroin Addicts

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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.

Thank you!
The Folks at The HAWS Mainline



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