



# 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.



# NOVEMBER **2021** ISSUE



Photo by [Brooke Lark](#)

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

### Latest news from our World Service Office Board

Greetings from the HA World Services Board!

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 carry out HA's business throughout the year.

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Contact The Mainline Bulletin:

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### **2021 HAWS Conference Update**

I am excited to announce that the official minutes from the 2021 HAWS Conference have been completed! Please inquire with your Delegate for a copy or email the HAWS Secretary. We have been working diligently to deal with the substantial increase in service applications of members seeking to serve on the HAWS Board. Our new Nominations Committee has been very helpful in interviewing and recommending these candidates to the Board. At our most recent meeting, we were able to fully approve the acting Mainline Chair, elect a new Treasurer, Vice-Treasurer and, as a direct result of your vote at Conference, a first-ever Outreach Chair!

### **Open HAWS Office Board Positions**

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? If so, then service with the HAWS board may be right for you!

We are accepting applications for the following positions:

- **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.

If you are interested in any of these positions, please send service resumes, references, and inquiries to: [hawssecretary@gmail.com](mailto:hawssecretary@gmail.com)

Thanks for letting me serve,

Pat B., HAWS Secretary

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# THAT'S WHEN I KNEW

## Personal Story: Lindy H. – Green Bay, WI

Hello family! My name is Lindy and I am a Heroin Addict. From an early age I loved escaping my feelings and would use any means to do so. I searched for ways to completely "check out" from reality by getting blackout drunk or playing the pass-out game. I loved feeling nothing.

When I found heroin, I knew I had arrived. Pushing the needle in, seeing blood flash, a warm rush, and then pure nothing was something I've always yearned for. I wasn't only craving a buzz, I was craving death.

I met my now husband in the peak of my heroin use. I couldn't understand why he loved me so much, I was just a leech and cheated on him with the dopeman every chance I could. I often would leave him sitting at the gas station parking lot to go pick up because the dopeman thought he was a cop. He would sit patiently for hours.

I became pregnant with what I hoped was his child and tried so hard to quit on my own, but it didn't work. That's when I knew I had a huge problem. This tiny life in my stomach couldn't stop me from getting high, and I was risking her little life as well as mine. Not long after I nodded out in a parking lot and was awakened by two police

officers. I was finally put in a place where I couldn't hurt my unborn child anymore, and that was jail.

I was released on my due date and had this incredibly beautiful baby daughter. I never treated the physical craving, mental obsession, nor spiritual malady, and ended up using other drugs on top of what was prescribed. Before too long, CPS was involved and I was looking at losing my daughter and family. I was finally beaten into a state of reasonableness and went to treatment. My husband married me on March 4th, 2016, and 9 days later I got on the plane to a treatment center in San Clemente, California. My sobriety date is March 14th, 2016.

I was introduced to the Heroin Anonymous program in Dana Point, California, while I was in detox. I loved it so much. I remember feeling like there was a fellowship tailor-made just for me. They talked about the solution outlined in the Big Book of Alcoholics Anonymous, and I remember finally feeling like I belonged. I went through the 12 steps quickly and experienced a spiritual awakening. I felt blanketed by the warm rush of God, which felt a lot like the warm rise of heroin. I was safe and protected.

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That's when I knew that this program was the sufficient substitute for my heroin addiction.

When I got back home from treatment, I dabbled around in other fellowships and just didn't feel comfortable. I felt like it was watered down, especially when it was frowned upon to thump the big book. I knew I had to jump ship and develop the fellowship I was craving, so I went an hour south of me to HA meetings. That's where I met Eric E. He gave me everything I needed to start HA in our area. He drove up to help support us in any way he could. He spoke my language, which was from the Big Book and said the same things as my group back in California. There were times where I was so afraid HA wouldn't take off. He reassured me that it would, as long as I kept the doors open.

So, we kept the doors open, coffee on, and had Big Books-a-plenty. People started to slowly come in and out, but things didn't grow until after the peak of Covid. Our local Green Bay HA started up meetings on

Zoom. It was a lot of people's only option, and it grew our fellowship amazingly. After we could meet in person again, our numbers went up. Now we have a beautiful HA fellowship in our area and I am so grateful. God is so good.

I am very active in service, I am the co-chair for our Wisconsin State Area, and also serve as a World Delegate. I work with several women through the Big Book, we bring HA into our local jails, and we have five HA meetings each week. My homegroup is "The I.V. League" on Tuesdays at noon. I always thought being a heroin addict was the worst thing that could ever have happened to me, but now I can see it is the best thing that's ever happened. I have found my purpose--carrying heroin addicts away from the brink of death. I am so amazed by the depth and weight this program has. The solution is here for the taking and I am forever thankful to be a part of it.

- Lindy H.

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# YOUR POWERDRUNK MEDIA MOGUL

## Committee Corner: Chairperson – The Mainline

Here at the Mainline, we think it is important to humanize higher-level service positions and help our fellowship understand how accessible they are. They have a mystique about them, and we wanted to pull back the curtain and show what the day-to-day looks like, from a real committee member. As well as what the role means/meant to them. We call these columns "Committee Corners".

For this month's Committee Corner we interviewed Aiden F., from Arizona, former Chairperson and acting Secretary of the H.A.W.S. Mainline Committee about his time spent being of service to this publication.

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### **How long have you served on the Mainline Committee?**

I have been serving on the Mainline Newsletter Bulletin Committee for just over four years. I completed a full four-year term on the HAWSOB board in the glorious spotlight that was the Mainline Committee Chairperson, but have recently slid into the shadowy role of Secretary, where I look forward to continuing pulling all the puppet strings from behind the scenes. Joking, of course (or am I?) ;-)

### **What positions have you held?**

If you've ever been involved in HA service, you know that titles and duties vary widely. We're a small fellowship still, which usually means the people who show up do most of the lifting, regardless of position. Though Chair and Secretary were the formal titles I held on the Mainline Committee, I had a chance to do ALL the other stuff as well. An old wizard once told me, "Young man, never become too proud to scrub your own toilet." So, if our Content Seekers' content pipeline ran dry, I was always happy to pick up the phone and cold-call Canadian dope fiends off the HA website meeting contact list and ask them to write stories.

### **Which was your favorite? Why?**

Each position had their own special delights. Personally, I'm a geek, so I really enjoyed nerding out developing our email analytics reporting system. As Chair, I got to lord over my subservient committee folk and satisfy my deep need to run the lives of others. But as I mentioned, being a Content Seeker always delivered amazing experiences. Telephoning heroin addicts all over the world for personal stories definitely took the cake. The excitement, adrenaline,

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triumph, and the always potent awareness that all over the world there are people suffering, but most importantly, recovering from heroin addiction. Just plain wild...so, so fulfilling.

**Tell us about your most memorable experience.**

When I joined up, the Mainline had no defined committee positions or committee structure. It also had no publishing schedule, project management system, team collaboration tools, subscriber list, cybersecurity... really no infrastructure to speak of. This made it very difficult to rotate new people onto the committee and allow our elder-states-people to safely vacate their positions. Many of us think, "If I leave, everything will go to hell. No one else can possibly do what I do!" To be fair, sometimes this is true. What is inexcusable is to have these fears and not do something about it. It's not that hard to document how you do what you do-to create something as simple as a numbered step-by-step checklist in a word doc of your position's process. My most memorable experience on this committee was when we all aligned and rallied around this "What if we leave and it dies?!" fear. We developed the most amazing platform to run our Mainline Newsletter. We wrote position descriptions for all roles. We implemented Trello for managing our internal projects and maintaining

our publishing calendar. We set up Mailchimp to secure our email list, disseminate the newsletter, and gather broadcast performance data. And most fulfillingly of all, we redesigned the format in Google Docs. We did all of this so that anyone could join the committee and have a turn-key experience-newcomers and old-timers alike. Thrilling, truly.

**How has serving on this committee impacted your recovery?**

In my early recovery, I idolized the meeting chairperson. I couldn't wait to be sober long enough to be seen as important enough to get voted into positions of fame and worship (one day...). Turns out, it's not that hard to be a meeting chairperson. Almost everyone gets to try their hand at it. There are no special skills involved, the sobriety requirement isn't restrictive, and the world keeps right on turning if you forget to show up for it. Over the years, my desperate grasping for attention lessened. This, in turn, allowed me to finally see that there were all of these really important, mostly invisible, service positions throughout our fellowship. And some of these really important positions were really difficult to fill precisely because they couldn't be done by just anyone. Sobriety had given me the opportunity to pursue a career in creative production and digital marketing, and this professional skill set fit

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hand-in-glove with service on the Mainline Committee. Best of all, and contrary to what my ego still tells me, almost no one knows I do any of this. This little "Committee Corner" column might be the most publicly exposed I've ever been. It is abundantly clear that I am of unique use. There is no doubt I'm supposed to be serving right here in this way. I take great pride in being able to give back the specialized creative skills and passion this fellowship allowed me to find.

**Any hopes for the Mainline in the future?**

Like any powerdrunk media mogul, my humble hope is for global reach ;-). Honestly, I don't believe it's too daring a pipe dream. I've seen tremendous growth in just the past

four years. It is not a matter of if, just when. But before I leave, I do hope to be a part of publishing our first newsletter in another language. Auf Deutsch vielleicht?

**Anything you'd like to add?**

I'd like to leave y'all considering something I mentioned earlier; where do you think that you, specifically you, might best serve H.A.? Your mission, should you choose to accept it, would be to find your very own super-important, semi-invisible, perfectly-personally-tailored service position. What are your superpowers and how can you put them to use here? I cannot recommend the high enough. You'll never come down.

- Aiden F

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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](mailto:haworldbulletin@gmail.com).

Thank you!  
The Folks at The HAWS Mainline



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