



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.



JANUARY **2022** ISSUE



Photo by [Erwan Hesry](#)

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

Latest news from our World Service Office Board

Greetings from the HA World Services Board! My name is Anna and I am the newly elected, and first ever, Outreach Chair on the HAWS Board. I would love to share with you all a little about what's going on with HA World Services.

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Thank you for reading the Mainline and staying up to date with all things Heroin Anonymous. The HAWS board is compiled primarily of HA members who meet monthly to tend to HA business throughout the year.

Our wonderful and new Nominations Committee is continuing to screen applications, interview, and recommend candidates to join the Board. As a reminder, last month we approved a Mainline Chair, elected a new Treasurer, Vice-Treasurer, and as a direct result of your vote at Conference, a first-ever Outreach Chair (me)! Speaking of service 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? 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, please send service resumes, references, and inquiries to: hawssecretary@gmail.com

In loving service,

Anna A., HAWS Outreach Chair

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LACK OF POWER WAS MY DILEMMA

Personal Story: Anonymous – Oregon

I began using heroin in the middle of my substance-abuse career. I sought that sense of ease and comfort that chemicals gave me above anything and everything else in my life. As my disease progressed, life kept happening to me. When I found out I was pregnant, I thought the baby was the answer... God's purpose for me on this earth. For a couple years I had abstained from heroin specifically, and when I found out I was pregnant I quit everything for a few months.

One of the most harmful and painful ideas I've ever believed was that I CHOSE to do heroin again. Even a week after my daughter was born. Following the same train of misinformation, I thought I chose heroin over her time and time again. I had convinced myself that when I would relapse, it was because I was consciously choosing to go back out. I was laden with guilt and remorse the last time I sent her to live with my mom.

When I came back into the rooms this last time, the beginning of 2020, I was given a Big Book--which I read. The word "read" is an understatement. I devoured it. I soaked in every word. I listened to hours and hours worth of Big Book workshops on YouTube.

This book has taught me (driven it home, in fact) that I am powerless

over heroin (I have no choice in the matter). I can't choose anyone or anything above heroin. Period. If I'm a real heroin addict, which is what the book tells me, I have lost the power to choose whether I will get high or not. With this knowledge came the inability to carry on the internal dialogue of what a terrible mother I was. I call this "first step freedom."

If I can't choose, what am I to do? The book says lack of power WAS our dilemma. Through following the program of action laid out in the first 103 pages, I have become empowered. The God of my understanding keeps me safe and protected from heroin, and "people, places, and things." I am not hopeless anymore. I am not powerless anymore. I don't have to burn up energy avoiding triggers. By the time we get to step 10, the book promises us a position of neutrality. It says the problem has been removed.

One of my most recent experiences living in this empowered state happened during an amends. The girl I was making amends to used to be my best friend, and I had never left her side without shooting heroin. We met late at night in a fast-food parking lot. She was clearly loaded. I could hear it in her voice, and see it in her eyes. However, the thought of using did not cross my

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mind. I didn't have to fight to stay sober! I made my amends, and I talked to her about this incredible fellowship!

The Big Book showed me a spiritual solution. The steps brought me into an effective and two-way relationship with my God. Treating the spiritual malady has cleared up the mental obsession to use heroin.

Treating the mental obsession has freed me from the bondage of addiction. God does this for me so I can help others.

I am blessed to be a recovered heroin addict. Thank God for the Big Book.

- Anonymous

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PROJECT P.I. **TENNESSEE** PODCAST

Personal Story: Andrew S. – Tennessee

My name is Andrew S., and I am a heroin addict. I first had the idea to create a podcast for T.A.H.A which stands for Tennessee Area of Heroin Anonymous sometime during the middle of 2021. It had become more difficult for me to go to as many in-person meetings as before, so I started listening to alot of speakers from another 12-step fellowship. I couldn't find a podcast of speakers for Heroin Anonymous on Spotify. I knew that there were other formats that had HA speakers, but I felt we were definitely missing a strong medium.

When I started getting involved with my area's Public Information

Committee, I brought up the idea of recording speakers and posting it on a podcast. The other committee members liked the idea, but no one had experience with creating a podcast. It was suggested that I create it. I had a very difficult time.

When I started sponsoring a guy by the name of Adam, I learned that he was really good at using computers, so I asked for his help. He was able to help me convert the MP3s so we could post it on the podcast and he created a cool banner.

We have been broadcasting for three months now! Each month we have about

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fifty listeners, and we are currently uploading two speakers a month, either from Tennessee or guest speakers from other areas.

https://open.spotify.com/show/5OKcOgBmxb27OwbH51B9ss?si=zFOTi1YYROWnhhHuNf3nKw&utm_source=copy-link

If you would like to become one of our Spotify listeners, just search, "Heroin Anonymous TN Podcast" or click the link below.

- Andrew S. Tennessee

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EXPLORING THE CONCEPTS: PART ONE

Concepts Column: Pat B. – H.A.W.S. Secretary

Do you have a problem with authority? What about a constant craving for control and having your voice heard? Do you feel it is your duty and purpose in life to make sure recovery is available to Heroin Addicts? If you answered yes to these questions, you're probably a sober heroin addict and suffering from a problem that only an understanding of the Twelve Concepts can overcome!

So, what are the Concepts? In HA, we have 36 spiritual principles: the Steps, Traditions and Concepts. In short, the Steps keep us alive, the Traditions keep groups alive, and the Concepts keep the whole fellowship alive. In my experience, the first of any set of these

principles states the problem or goal; in step one the problem is that we are powerless over heroin, and here are 11 ways to fix that. The traditions lay out that unity is our number one priority and the rest of them preserve that. So, for the 12 Concepts the ultimate goal is that the individual members, junkies like you and me, must stay in charge of this whole thing. How cool is that? The only rule is that junkies are in charge!

If you have ever read or heard about Tradition Two, it basically says that our Higher Power inspires each of us to share in the group conscience, and when that group conscience votes and makes decisions it creates a sacred authority or

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voice that leads our group. The same idea is what provides the framework for Concept One "The final responsibility and the ultimate authority for H.A. World Services should always reside in the collective conscience of our whole Fellowship." As I mentioned before, number one mentions the goal, followed by 11 ways they make that happen. Concept Two lays out the most important way that your voice can shape all of Heroin Anonymous.

Many of us were around when HA made the transition from a fellowship governed by a steering committee in Arizona to what we have now, a fellowship run by its collective conscience. The key word here is "delegated authority", and it is not as complicated as it sounds. Our homegroup's have their group conscience and they elect a General Service Representative to carry their sacred message to an Area Assembly made up of GSR's from other groups. That Area will elect a few Delegates who will essentially listen to the group conscience of the GSR's and use their spiritual inspiration and guidance to shape

their vote at the World Services Conference once a year. You might be saying, "Yeah, Pat, we get it. We know how areas and the conference work." To which I would say, "Good, it looks like you have been an expert in practicing Concepts One and Two all along!"

How cool is that! Instead of a closed group of people governing our fellowship in the shadows, we each have a voice and a vote in our homegroup that can be heard and affect change for all of HA! I would challenge all readers to look for other areas in your life where you can allow a group conscience to make a decision instead of trying to control the show, or maybe we can "Delegate Authority" by allowing a friend, sponsor, or coworker to help us when we are struggling. Thank you so much for taking the time to strengthen our fellowship by learning a little bit about these principals. Stay tuned for next month where we will start talking about your rights in service!

-Pat B. HAWS Secretary

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A VESSEL FOR UNITY

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Tradition 1: Blayne I. – Leadville, CO

"So at the outset, how best to live and work together as groups became the prime question. In the world about us we saw personalities destroying whole peoples. The struggle for wealth, power, and prestige was tearing humanity apart as never before. If strong people were stalemated in the search for peace and harmony, what was to become of our erratic band of alcoholics? As we had once struggled and prayed for individual recovery, just so earnestly did we commence to quest for the principles through which A.A. itself might survive. On anvils of experience, the structure of our Society was hammered out." 12 & 12 Alcoholics Anonymous, pages 130-131

Unity is of paramount necessity to see a fellowship grow and flourish. My name is Blayne, I am a heroin addict, and my sobriety date is April 26, 2017. When I first walked into a room of a 12-step fellowship, there were two very clear and apparent things I noticed; people had freedom and they were a unified front. They excitedly brought me in and made me feel more at home than I had ever felt in my life. They showered me with love, invited me to hang out, took me in as their own and told me the freedom they had could be mine so long as I followed in their path. The program on which they were completely unified, came

with two simple prospects- love and service.

In my time here within the rooms I was blessed to be a part of the start and growth of HA in Rochester, NY. Our fellowship was able to grow quickly because we were unified in our purpose. I quickly learned that the Traditions are the binding force that keeps our groups together. When out in the world today we see disunity everywhere- in the rooms of HA we remain unified. The reason we must remain unified is simple- we will die if there's not a place for us to go to find and give our solution to our heroin addiction.

Now it's easy for me to say that the Traditions are the binding force that keeps us together- but what does that look like and how can I apply tradition one within the rooms and my daily life? Within the rooms unity can be tricky for an individual. Gossip is an easy way to cause disunity very quickly. This concept works in all relationships. If I am constantly taking my partner's inventory it leaves no room for me to see my own part, and leads to resentment within the relationship. Gossip is just character assassination with a fancy name. It serves no purpose anywhere whatsoever. We're all sick here, we all have defects, why not focus on ourselves and what we can do better

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than taking everyone else's inventory?

Another aspect within the rooms and life that causes disunity is cliques. A good question to ask yourself is, "Do I run to talk with my friends or am I quick to include the newcomer to make them feel welcome?" It's easy to run to talk with friends to catch up and have fun, but the newcomer, fresh in the door, feels alone, outcast, and uncomfortable. When I first came into the rooms I was met with love, unity, and was included in everything. I felt a part of something for once in my life. In my sponsor's words to me early on, "Your life isn't about you anymore." Just because I am able to stay sober now doesn't mean that the rooms become just another social hour. I have to continue to reach out, and love and serve all those who come into HA.

The life I get to lead today doesn't just end when I leave a meeting. The principles I have learned through this process are principles I must be willing to apply to my daily life. There are many more questions that I could answer on here but it seems as though I am out of time (I'm over my word count). The reality of my life today is that unity has to be the cornerstone of my very being, for without it I am useless to the world. If I am not a vessel of unity in any of my affairs, I become a vessel of disunity and my usefulness to those about me will suffer greatly.

One of my goals within my life is to be a vessel for unity every single place that I go. For if I am a unifying presence, maybe, just maybe, I can shed a little light into the already dark world.

-Blayne I. Leadville, CO

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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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