



THE MAINLINE

JULY 2016

Greetings,

We write you as representatives of Heroin Anonymous World Services (HAWS). This informational bulletin's purpose is to increase communication between the groups of Heroin Anonymous throughout the world.

WORLD SERVICES BOARD POSITIONS

H.A. World Services has open service positions including the Treasurer and Conference Chair. Each of these are significant undertakings and require quite a bit of time and effort. In the same breath, each provide an invaluable service to the fellowship. If you have the ability to communicate remotely from outside the Phoenix area, or are able to attend monthly business meetings in the Phoenix area, and believe you may qualify for one of these commitments, please contact us and we will give you more information and direction. Please note that the deadline for applying is August 31st, 2016.

CARRYING THE MESSAGE

Hello, my name is Jason G. and I am a heroin addict. I have been attending H.A. in Portland, Oregon coming up on three years. When I went to my first meeting of Heroin Anonymous, there were only 5-6 other people in it and the meeting had only started a few weeks previously. It was the first of its kind in Portland. It was "The Way Out" and it met every Sunday at 5:30pm, and I will never forget the first time I sat in a meeting of Heroin Anonymous. What I knew is that I instantly felt at home. Over time the meeting

progressed in attendance and picked up another day of the week. As the number of home group members started growing, a couple other members and myself got together and talked about getting a Hospitals and Institutions meeting together where we could carry the message to heroin addicts who couldn't make it to an outside meeting. We brought this idea to "The Way

H.A. WORLD CONVENTION ANNOUNCEMENT

Last year around this time, HAWS announced the 2017 World Convention. Due to logistical dilemmas regarding the location, we have unanimously decided to postpone the next World Convention until 2018. As more details materialize, we will keep the fellowship updated on the progress.

-HAWS

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Out" business meeting and gathered a group conscience. We voted on service commitments, and I was voted to be the H&I panel chair. I was to start the process of getting H.A. into a local detox. When the member who was working on solidifying the commitment had to suddenly step down, I was given the contact information and with it I was also given the opportunity to take on that process. I was nervous, scared, and felt unprepared at first. It took month after month of emailing back and forth with the detox center supervisor, waiting for weeks to receive a response, waiting to then bring the information back to the meeting for a group conscience and vote to decide what would work best for the fellowship, and then back to emailing the detox and so on. While this process was continuing to move along, so did my knowledge of service work and the traditions, which was quickly evolving. We finally got a date set in stone where we were given the chance to bring Heroin Anonymous to the men and women of the detox facility. This was a huge step

for our fellowship. A detox had faith in an unheard of fellowship, (in Portland) that had only been around for 7--8 months, and we were so incredibly grateful to have the chance to give away what was so freely given to us.

Having been able to be a part of the growth of Portland Area Hospitals and Institutions has been one of the most rewarding types of service work I have ever been a part of. I feel that being able to carry the message of recovery, and offering it to such a variety of men and women has helped the fellowship grow and show others that there truly is a way to live a wonderful life without the use of drugs and alcohol, and the 12 Steps are an amazing tool to full freedom from active addiction. Even though our fellowship has gone through periods when commitments were hard to fill due to how new and young we still are, we have always been able to find willing members to make sure that the message is able to be carried to those who need it. More and more people are coming to meetings and sharing that their first encounter with Heroin

Anonymous was through experiencing H&I when they were in detox/ treatment themselves, and it only solidifies the success of this service work and the fruit it bears.

One of the best feelings is when someone comes into a meeting and says that because of H.A. H&I, they decided to come to the rooms and wanted to try and give recovery a shot.

As the fellowship grows in Portland, more and more meetings have started. With those meetings growing, more members are sticking around and doing the work, and it's also so great to see that Portland H&I has grown tremendously as well. We now serve three treatment centers and are able to carry the message of hope to (at least) a couple hundred people a month. I encourage anyone that hasn't done H&I to try it out. Everyone has something to offer and you never know how your story will impact someone else and their journey. We are heroin addicts who have been freed from active addiction. We are miracles.

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MEETING SPOTLIGHT

"The Point" Group – Portland, OR

As the fellowship of Heroin Anonymous grew up around us in the Rose City, we began to discover that it could be difficult to practice spiritual principles in all of our affairs, and it became clear that none of us were saints. We began to ask ourselves, "What is the point?"

Well, 'The Point' is a Big Book study group which was established in April 2016 at Kenilworth Presbyterian Church in southeast Portland. Attendance has fluctuated from a small handful to as many as 20, but regardless of the volume we see a healthy mix of both recovery veterans and new recruits. The HA fellowship in this city is flourishing, boasting at least one meeting daily, but one area we felt was sorely lacking was a dedicated literature study. The addition of 'The Point' to the Portland roster changes that, offering an opportunity for those unfamiliar with the literature to become acquainted as well as a chance for those more seasoned to gain new perspective. Newcomers often begin by sharing that they have never opened a book before, and leave excited to devour the material further and return week after week. From developing our understanding of the literature to encouraging practical application of the principles in sponsorship, this meeting has the potential to be a solid part of the recovery foundation in Portland, and we do our best to stay humble about being proud of that. 'The Point' is held on Wednesdays at 8pm at Kenilworth Presbyterian Church.

ONE HEROIN ADDICT'S RECOVERY

Hi, I am Brian B. and I am a heroin addict. My Sobriety date is 4/24/12. I have a home group, The Strange Mental Blankspot Group of HA, in Albany, NY. I have a sponsor, Eric D., whom I work steps with, and I sponsor others. Most importantly, I have a higher power who keeps me sober on a daily basis. I say those 4 qualifying facts because that's what I do to stay sober. Everything I share after that is simply my opinion.

I am a junky who loves to eat Xanax and mix heroin

and meth in one rig and shoot goofballs. That being said I want to be clear that I suffer from the disease of alcoholism. It's a two-part disease that makes me react differently, from my fellows, to drugs and alcohol. The first different reaction is when I put drugs or alcohol into my system they instantly become paramount to anything else in my life. Before I use them I could pass a lie detector test when I said I am only going to have 1 bag, 1 pill, 1 puff, or 1 drink, but afterward all bets are off

and I have no control over my life. The drugs take over and I become a spectator. The 2nd reaction that is askew to how others deal with drugs and alcohol is that while I am sober, and despite my admitting it is injurious, I become so insane that the only choice I have is to use again. Therefore the cycle continues. That cycle repeated itself for 22 years and took everything from me including my will to live.

"Some day he will be unable to imagine life either with alcohol or without it.

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Then he will know loneliness such as few do. He will be at the jumping-off place. He will wish for the end."

-Alcoholics Anonymous, p.152

I wish I could say I found the "jumping-off" point when I woke up from a coma after the last of my many overdoses but that wouldn't be true. I found this point at four months sober, 3,500 miles away from my home, in a rehab. I found myself on the back porch of this rehab in so much pain I couldn't go on another day. I was planning on calling someone who I know could hook me up one last time but when I reached into my pocket for my phone I found Doug P.'s phone number written down on a piece of a paper. I was told to call him and let him sponsor me. God intervened in my life at that moment and I called Doug, forcing the following words out of my mouth: "Doug, I have no idea how to stay sober. Would you show me?" I wasn't swept off my feet at that moment and carried to

heaven to live happily ever after but I can say from then on things started getting better.

What followed I don't assume was too different from anyone else who found a spiritual experience through the 12 steps that solved their problems. It was difficult and uncomfortable at most times. My prescribed actions were the exact opposite of my ideas but they were better. Not rainbows and butterflies every day, but better.

What it looked like was simple, but not easy. I went to a lot of meetings. At a few meetings I got service commitments. At those meetings I showed up no matter what to perform that service commitment. My sponsor and I worked steps and when he had time for me I was there no matter what. When I did my 5th step and the obsession to use was lifted, I started building a relationship with the higher power of my understanding. That relationship became paramount to everything

else in my life. Every day I wake up and try to turn my will and life over to my Higher Power's purpose for me. For me, that purpose is to stay sober and help other addicts to achieve sobriety. Since I started this process the insanity has not returned to force me to use again.

At 13 months sober I attended my first meeting of Heroin Anonymous. It was the Get Well Group in Orange County, CA., that my friend Bobby and I started. I had no idea what to expect when we e-mailed for our startup kit. By simply sending an email and finding a place to hold a meeting my life has found purpose and beauty I could have never imagined. When I moved home to NY I ordered more kits and found the same purpose and beauty. I get a ringside seat to others recreating their lives on a daily basis and it is beyond my wildest dreams. Thank you, HA, for helping this junky find a life with No More Suffering.

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 the email listed. Thank you!

- Heroin Anonymous World Services Board

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