



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.



MARCH **2020** ISSUE



Photo by Danyu Wang

CORONAVIRUS / **COVID-19**

Announcements & Resources from the HAWSOB

We, the Heroin Anonymous World Services Board Of Directors, have crafted a recent announcement regarding measures and steps meetings and members have been taking during the recent Coronavirus outbreak.

The announcement and supplemental resources can be found by visiting <http://heroinanonymous.org/covid-19/>.

Contact The Mainline Bulletin:

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Direct links to PDFs for download and dissemination are also included below for your convenience:

- [Current Online Meeting List](#)
- [Online Meeting Anonymity Best Practices](#)

Stay healthy,

- HAWSOB

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THIS IS THE YEAR!

HA World Convention Update (August 28-30, 2020 in Atlanta, GA)

Months away from now, the 3rd Heroin Anonymous World Convention will be held in Atlanta, GA from August 28-30! That will be a week before Dragon Con, so Atlanta is going to be absolutely popping, as the kids say!

We've been working to put together a great convention, we'll be having awesome events and entertainment lined up that even an introvert like me will enjoy. We'll also be holding a variety of panels with topics such as; Why HA?, Willing to go to any lengths, The heroin addict who still suffers, Spirituality in relationships, To the agnostic, Having had a spiritual awakening, Anonymity, Cooperation between fellowships, How to grow HA in your area..

Reach out to one of us if you have some experience in any of these topics and would be interested in sharing about it on a panel! You can send an email over to haworldbulletin@gmail.com if you'd like to get involved in one of these panels. We could use your help, and it's a

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great, different sort of chance to see how your experience can benefit others!

Pre-Registration is still up. Now is the time to register because registering now will save you 10 bucks in the future, and if you're like me, every dollar really counts! You can register at the following link:

<https://heroinanonymous.regfox.com/heroin-anonymous-world-service-convention>

We look forward to having all of you here in Atlanta. We look forward to celebrating the unity of a life-saving fellowship with you. We're such a young fellowship, but we've grown so much, and it's amazing that we get to do events like this, where we can witness the growth, and witness what it's done to ourselves and others. Be safe and send an email to the email listed above if you want to get involved in any way!

- Mark H.

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JOYS OF **OUTREACH**

A Message From the HA World Conference Outreach Committee

Hello HA family! As the World Conference Committee's first Outreach Coordinator, I would like to give you all a little update about what HA outreach is and why it matters. HA outreach is about connecting all of the meetings in this fellowship together. Together, some dedicated HA members and I call every single meeting in the country (and outside of the country) in between conferences. We reach out to all meetings to gather information on how their meeting is doing and offer guidance for those who request it. At times, we will make contact with a

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meeting that is unsure of how to start an area, what a delegate is, or when/where the conference is. We educate these groups and inform them on current world matters and help them to get more involved.

One HA member who assists with outreach from Oregon stated, "Outreach has helped me to step out of my comfort zone by reaching out to people I don't know. I also feel like a member who is part of a greater whole because I get to communicate and speak with HA members from other states that I would normally not talk to. It is a great experience and I am learning a lot."

Another member from Tennessee said, "I enjoy being involved in HA Outreach because it makes me feel connected to our fellowship around the country and has given me a way to help these meetings and our fellowship unify and come together. I think outreach is super important because if it wasn't for someone reaching out to TN from world, we would have never had the help or information to form our area, grow our fellowship in TN and get involved with HA on the world level!"

When we make contact with a new or struggling meeting, we are able to provide suggestions based on personal experiences in our areas. All the while we are keeping notes, as well as ensuring the meeting information on the website is correct. It is unfortunate that sometimes a struggling heroin addict will look up Heroin Anonymous and go to a meeting to seek help, but the meeting is no longer active or has moved. We make these calls to help those heroin addicts find us. We make these calls to move towards the goal of all HA meetings in the world being represented at the world conference, as it should be.

- Anna A.

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REMOTE RECOVERY: HA GOES DIGITAL

Meeting Spotlight - "Remote Recovery" by Aiden F. – Phoenix, AZ

On March 13th the White House declared a national emergency in response to the growing threat of the novel Coronavirus.

On March 14th, my cell phone exploded from a group text with heroin addicts from New York, Connecticut, Arizona, Georgia and Alabama discussing how and when to have our first fully remote H.A. meeting.

Over my 12 years of sobriety I've had the pleasure of serving at almost every level in HA's structure, from home groups to World Conventions and everything in between. Never, I repeat NEVER have I witnessed such a rapid coming together of our fellowship. The idea was conceived, the schedules were coordinated, and the digital logistics came together all in the matter of an hour.

...this is NOT typical for 12 step fellowships ;-)

The meeting was to be held at 6:00pm PST, 9:00pm EST. We decided to use ZOOM as our video conferencing tool (not a tool endorsement, just this member's experience). And we whipped up a Big Book discussion format, sprinkling in some digital conferencing best-practices into the opening announcements.

Just before six I received an email from our digital logistics person with the video link, a conference phone number, and some additional meeting details (those same best practices).

At six, I clicked the link.

Now, if I told you that everything worked and went swimmingly without a hiccup, you might say to yourself, "Ya, cool. No big deal." right?

Here's the thing though: I've been a remote worker for the last 7 years of my career. I was also the first remote-in video conference guinea pig for HA World Services while serving as Treasurer and having just made the move from Arizona to California. Yes, the world has had this technology for a while... but in my experience, at least 50% of the time something majorly f***s up and there's a tedious and painful troubleshooting session.

On this occasion, there was not a single flaw. No delay in execution. Entirely seamless.

Now, you may chalk it up to a skilled setup by an experienced individual (props. you know who you are). However, I've come to believe in the awesome power of synchronicity, especially during circumstances when our fellows are

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at greatest risk, and/or we as a fellowship are in a position of greatest assistance to them. This power was totally operating.

So, the meeting:

It felt very normal, which made it *abnormal*. We read the usual readings, we asked if any member was new or celebrating a sobriety birthday, we even read the twelve traditions and mentioned how members could contribute to the 7th tradition digitally using credit/debit payment methods.

A member read aloud a section from the AA Big Book on page 25 from Chapter 2: There Is A Solution. We talked about pride. We talked about the 4th dimension. We talked about the hopelessness and futility of life as we had been living it. But we remained focused on one fact: there *IS* a solution. That even if the world goes to sh*t, we don't have to.

We still have the same simple set of spiritual tools and a fellowship that *guarantees* our safety and protection from drink and drug, provided we stick close to our higher power and perform well what we believe its work to be.

I remember when I first got sober someone said to me:

"Serenity is not manifesting calm when life is calm. Serenity is being calm amidst chaos. Serenity is how you live in the eye of the storm."

Wherever you are, I hope you and yours are safe from the stormy chaos around you. But I would be remiss if I didn't also encourage you to double down on your efforts to create a serene *inner* eye for the *inner* storm.

There may be uncertainty around what this coronavirus will or won't do to our world, but I remain 100% certain that heroin WILL kill me. Even now I can feel my addiction processing and curating the external anxieties swirling around me, trying to find one that can exploit a weak spot in my spiritual armor. I know my disease is stronger and hungrier than ever...

But today, my spirit remains fed. My spiritual diet and practice may begin to look very different in the coming weeks and months, but it is my job to get creative and keep feeding my soul the good stuff: meetings, prayer, meditation, step-work, sponsorship, and weirdly disconnected yet still entirely effective digital fellowship.

ILAS,

- Aiden F.

P.s. If you are curious about how to start your own Online HA meeting, just email haworldbulletin@gmail.com and we'll connect you with someone who can walk you through the setup

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THE SPIRITUAL PRINCIPLE OF NEUTRALITY

A Member's Thoughts on Tradition 10: Melissa H. – Bend, OR

In a world as divided as the world now, the spiritual principle behind Tradition Ten is sacred to ensuring the future of Heroin Anonymous. Tradition Ten states, "Heroin Anonymous has no opinion on outside issues; hence the H.A. name ought never be drawn into public controversy." Looking at this from a world level, this means Heroin Anonymous remains in a position of neutrality. H.A. does not affiliate with the Democratic or Republican Party. H.A. does not take a stance on Medically Assisted Treatment or the opiate epidemic sweeping the nation. The sole purpose of the existence of Heroin Anonymous is to provide a spiritual solution through the twelve steps to those suffering from heroin addiction.

Because of Tradition Three, the doors to Heroin Anonymous are open wide and all-inclusive to any person looking for a way out of their heroin addiction. Heroin doesn't discriminate, and all walks of life have been inside the rooms. It doesn't matter your gender, race, religion, socioeconomic status, or level of education. If you are a heroin addict, you are welcome.

The common thread that binds us all together is that we are heroin addicts seeking a solution. By exercising restraint in talking about controversial issues, the

effectiveness of Heroin Anonymous increases, and the risk of division of the fellowship decreases.

As a member of Heroin Anonymous, I have a homegroup and I practice steps ten, eleven, and twelve on a daily basis. I take other women through the steps, as outlined in the Big Book of Alcoholics Anonymous. I attempt to practice the spiritual principle of neutrality at my homegroup and with my sponsees.

Seeing as there is currently only one meeting of Heroin Anonymous in the town I live in and a very limited number of recovered heroin addicts available to sponsor, it is imperative that every heroin addict feels welcome and safe. Discussion of controversial issues would create an automatic division. 50% of the people in the room would agree, and 50% would disagree. Some topics could even generate a climate of animosity.

I personally choose to not discuss political matters in any public forum including social media because I am friends with other members of Heroin Anonymous and potential new members. If a newcomer, dying of heroin addiction, is looking for a sponsor and reads something I have posted on social media regarding politics, there is always the possibility that they will refrain

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from asking me to take them through the steps, which is one less person I could have helped, because they disagree with my political belief. Without even knowing it, I lost my effectiveness.

This does not mean that I do not have my own personal opinions and beliefs. In fact I am very opinionated on certain political issues, and I vote. I simply do not discuss them publically around members or potential members of Heroin Anonymous.

If I am practicing this tenth tradition in all of my affairs, other H.A. members may know that I

voted, but they don't know whom I voted for. As a member of Heroin Anonymous, I have a responsibility to put my personal opinions and beliefs aside, for the survival of other heroin addicts and the survival of H.A. as a whole.

Recovery from heroin addiction can give someone back their life, and that has more depth than any other opinion or belief I have. Therefore I am happy to refrain from discussion of outside issues if it means the perseverance and survival of Heroin Anonymous.

- Melissa H

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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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