



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

Heroin Anonymous World Services
Monthly Bulletin

- - -

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



JUNE **2020** ISSUE



Photo by [Rodion Kustaev](#)

THE 2020 CONVENTION IS POSTPONED

A message from the HAWSOB

Dear members of Heroin Anonymous,

Nearly all the facets of our fellowship have been affected by the COVID-19 pandemic. We are proud that so many groups have thrived despite these challenges and we applaud your unwavering commitment.

The Heroin Anonymous World Services Office Board (HAWSOB) has been carefully considering whether to postpone the 2020 World Convention in

Contact The Mainline Bulletin:

All correspondence will be filtered by our H.A. bulletin committee at: haworldbulletin@gmail.com.
We can also be contacted through our website at: www.heroinanonymous.org

Atlanta to be held in August. After much deliberation and extensive consideration, **the HAWSOB has decided to postpone the 2020 World Convention for 1 year.**

Some important factors that led to this decisions were:

- The general safety and Unity of our fellowship
- The desires of the HA members we serve
- The unclear trajectory of the pandemic and associated local laws (i.e. social distancing requirements)
- Financial and personal travel concerns
- Convention logistics

We hope this has not caused inconvenience.

If you have purchased a registration package for the 2020 convention, it is now valid for 2021. Alternatively, we are presently establishing the ability to refund registration.

If you have made a reservation with the hotel, you can cancel it with Marriott directly at +1 404-766-7900.

Look for updates and details on refunds, 2021 convention dates, the 2020 World Conference, and more at www.heroinanonymous.org/convention. This web site will be updated regularly as we receive new information.

Please know that this decision was not made lightly. While we are disappointed that such a wonderful event must be postponed, we also look forward to the 2021 World Convention in Atlanta and are enthusiastically working with the Host Committee in Atlanta toward its successful consummation.

As always, we welcome your correspondence at hawssecretary@gmail.com.

HA World Services Office Board of Directors

- - - - X

Contact The Mainline Bulletin:

All correspondence will be filtered by our H.A. bulletin committee at: haworldbulletin@gmail.com.
We can also be contacted through our website at: www.heroinanonymous.org

A ZOOM WITH A VIEW

Mixed Responses to Zoom Meetings

This year has been, for better or worse, a time of innovation and improvisation in the fellowship. The spread of COVID-19 has forced isolation throughout wide swaths of the world, affecting people who feel varying degrees of affinity for and reliance upon a sense of community to maintain their sense of personal well-being.

The response to the quarantine mandates was a slew of Zoom meetings popping up across the country and around the world. Members of HA were suddenly able to regularly attend meetings from the

comfort of their own homes, cars, hotel rooms, pools, the tops of trees, while riding in a hot air balloon... Any place a wi-fi equipped device could reach, a meeting was just an app away. The question is, though: When it comes to the problem of integrating one's self into a group conscience, is this answer a "remotely" viable solution? Two contributors weigh in.

Enjoy!

- Anthony B.
Mainline Content Chair

- - - - X

FROM THE WOMB TO THE ZOOM

PRO Zoom Meetings: Anonymous– Portland , OR

In the interest of full disclosure, I will preface this opinion with the acknowledgement that I am a bona fide introvert. This may be true of many of us; after all, we certainly enjoyed seeking out ways to obliterate our inhibitions. There are times, despite all the work I've done in the past to smash the ego and correct self-seeking

tendencies, that the idea of intentionally placing myself in a room in which I'm surrounded by other human beings makes my skin crawl. Bukowski said, "Isolation is the gift," and while he may have written those words while drunk on a park bench, I can certainly appreciate the sentiment.

Contact The Mainline Bulletin:

All correspondence will be filtered by our H.A. bulletin committee at: haworldbulletin@gmail.com.
We can also be contacted through our website at: www.heroinanonymous.org

Enter Zoom meetings. If I'm not in the mood for fellowship or an onslaught of hugs but still in need of a message, I can hit the link at meeting o' clock on the dot and slide out immediately after the choppy, discordant serenity prayer (or immediately before the Lord's Prayer. Sorry, my Lordheads.. I'm just not a fan). If I am in the mood for fellowship, but have been restricted by the executive branch in my state of residence, I can still hit my home group and catch up with some of the people who mean the most to me. If I'm feeling vulnerable or embarrassed but would still like to share, I can switch off the camera so my flushed face or nervous sweat can keep a company of one. In the event that my sobriety lapsed and I behaved poorly in the months leading up to/in the wake of the pandemic and am no longer welcome at some meetings I once called home... Well, the whole world is at my fingertips. If I don't feel a particularly strong allegiance to any one fellowship, there are meetings available to me in every time zone.

This accessibility is, in my mind, the true strength of Zoom meetings. Maybe you're in a fellowship desert, with no meetings for tens or hundreds of miles. Maybe you hit a rough patch and need to hear something spiritual, right this

second. Maybe you just want to travel the country and experience different takes on recovery, or network with people outside your bubble regarding traditions, or service work opportunities, or World Services info or events. For example, as I write this at 8:55 pm on a Monday night in Portland, I know that I have invitation links to meetings in Vancouver, Washington at 7, and Phoenix, Arizona at 8, and I could attend both. Hard to beat that commute time.

I'll admit, I have been blessed to remain in close enough proximity to my sponsor to maintain weekly in person meetings. Perhaps if that were not the case, I would be struggling a bit more with the lack of tangible fellowship and resent the digital rooms a bit more. That face-to-face, arm-to-shoulder, living-breathing-human-being touch is vital, and I am hopeful that my county will give the green light for such gatherings again soon. I would also love to see the continuance of regular digital meetings. If we are truly in the business of remaining teachable, constantly seeking, and acting as proponents of limitless expansion, I believe this format to be invaluable.

- Just Some Dude

- - - - X

Contact The Mainline Bulletin:

All correspondence will be filtered by our H.A. bulletin committee at: haworldbulletin@gmail.com.
We can also be contacted through our website at: www.heroinanonymous.org

FROM THE ZOOM TO THE TOMB

CON Zoom Meetings: Anonymous – Phoenix, AZ

While HA meetings available on Zoom and similar platforms are highly convenient and accessible, they are not without drawbacks. Zoom meetings, like traditional meetings, are based primarily on participation, but the potential to become distracted is amplified in an online setting.

It can be easy to leave the television or a gaming console on but out of sight because features like muting and not sharing video can hide what you're doing from other meeting attendees. Conversations with roommates or family members not participating in the meeting can also be a tempting sidestep during a Zoom meeting.

Leaving a meeting early is another potential pitfall of Zoom meetings because it is all too easy to click that "leave" button without suffering any perceived consequences. After all, what's the harm in leaving one meeting early? There is always another meeting, at almost any time of day. With the increased accessibility of meetings through Zoom, one must be careful not to fall into the all-too-comfortable realm of "catching the next one."

We all love our pets. They are cute and lovable and distracting.

- - - - X

Whether it is the owner whose attention is drawn away from the meeting because of something way too adorable, or other people watching the animal do something incredible rather than paying attention to whatever message is being shared, animals can be a disturbance.

Maybe you just need a snack? If you're anything like me, that snack can very well turn into cooking a full blown meal for four, and suddenly you've missed the entire meeting. Even if you are engaged and participating for the entire meeting, there is no before-the-meeting or after-the-meeting fellowship happening. Some of the most important discussion and message sharing happens before and after the official meeting. But with Zoom, you log on and log off and even if you wish to speak with someone outside of scheduled meeting times, you still have to pick up that fabled 10,000 pound phone and use it.

With the intrusion of Zoom meetings in HA, it is as important as ever to be there for the still-suffering addict. Where will your attention fall?

-Some Other Dude

Contact The Mainline Bulletin:

All correspondence will be filtered by our H.A. bulletin committee at: haworldbulletin@gmail.com.
We can also be contacted through our website at: www.heroinanonymous.org

FOR MY SPIRITUAL MAINTENANCE

ZOOM Meeting Spotlight: Seattle Lockdown Reprieve – Seattle, WA

The beginning of my sobriety journey started as many have before, and will continue long after I'm gone. It started in jail. While I was locked up, I was able to attend 12 step meetings. At first, I was attending them for the change of scenery, even just for an hour a week, but one day something clicked. I can't tell you what it was. My mind was still fuzzy from detoxing. Regardless, something did click, and when I got out, I was in AA meetings the next day. I continued to grow in my sobriety through AA, but there was always this gnawing feeling of not fully belonging. Yes, I'm an alcoholic, but that's not what eventually brought me into the rooms. I felt the weight of dishonesty when I would talk about my problems but exclude my experience with heroin. I was taught to be completely honest to be successful in recovering in the program, and living a different way of life.

I transitioned over to online meetings when the COVID-19 hit, but I still was only talking about my problems with alcohol. Then one night a dear friend of mine, the secretary of an HA meeting, asked me to attend that HA meeting online. I wanted to support my friend and was happy to check it out. The meeting is called the Seattle Lockdown Reprieve and is

based out of the Seattle area of Washington state.

What I heard and saw that night in the meeting was something I can only describe as a spiritual experience. Finally I felt that sense of truly belonging, something I had always heard people talk about in 12 step fellowships but never felt. I saw people from all across the country coming together, people who have really inspiring recovery and a clear message of hope. Everyone was discussing their experience, strength, and hope, and keeping their discussions on recovery. The message of hope through working the program has been clear every time I attend. The meeting format allows for new speakers every night, and there's always great diversity in the types of topics. I can see God's work in the way Heroin addicts come together for the meeting. This connection I feel and the experiences I've had inspired me to get into service with the group. I wholeheartedly love this meeting, and all the people who attend it, and I'm immensely grateful for the people who started it. My daily reprieve is contingent on my spiritual maintenance, but it's also contingent on being connected to my fellows, who I have found in this meeting.

- Christopher L

Contact The Mainline Bulletin:

All correspondence will be filtered by our H.A. bulletin committee at: haworldbulletin@gmail.com.
We can also be contacted through our website at: www.heroinanonymous.org

X X X

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



Contact The Mainline Bulletin:

All correspondence will be filtered by our H.A. bulletin committee at: haworldbulletin@gmail.com.
We can also be contacted through our website at: www.heroinanonymous.org