



# 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.



# SEPTEMBER **2020** ISSUE



Photo by [Flavien Beauvais](#)

## CONVENTION **PANELS**

**Check meeting changes on the HAWS website**

Hello Heroin Anonymous!

The 2021 HA World Convention is looking for people who might participate in panels at the convention. **If you are interested in participating in one of the workshops below, please contact us at [haconvention@gmail.com](mailto:haconvention@gmail.com)!**

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Contact The Mainline Bulletin:

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1. **Why HA?** - Is there a person in your area who you would describe as a "beyond-dedicated" member of HA? Does this person continue to show up for HA regardless of his or her own life? Well, we would like to speak with him or her ASAP. We're looking for a heroin addict who has truly had a spiritual experience - someone who not only understands the importance of the program but continues to serve its members through service and dedication. The goal of this panel is for us to connect with those individuals who rally for HA Unity and advocate for HA on all levels.
  2. **Cooperation, Not Affiliation** - We get it - HA rules. Suffering from heroin addiction, recovering from heroin addiction, and relating to your fellow ex-junkie is incredible (we are all about it, obviously). However, there are over 50 different 12 Step Fellowships in existence, and crossover frequently occurs, which can sometimes blur the lines of our Traditions. We are on the lookout for those individuals who advocate for HA in cooperation with other 12-Step programs, thus embodying the spirit of the principal, "Cooperation, Not Affiliation". Participation in this workshop *does not require being a heroin addict!!!*
  3. **Spirituality in Relationships** - Do you know that one couple in your area that has overcome every obstacle gracefully by utilizing the spiritual principles they learned in HA? Or, that one person who thrives in their sobriety network and is a blossoming social butterfly? What about that individual who slays in their career and is able to truly practice these principles in *all* of their affairs? We are looking for people who have a strong relationship with their higher power and bring that level of spirituality into their relationships. Some common themes in this person's life may include principles before personality, spiritual consent, loving people more than loving their feelings, and integrity.
  4. **Heroin Addict Who Still Suffers** - Who's your sponsor? Does he or she sponsor a number of folks in your area? Are they always reaching out to the newcomer? Do they seek out those in local detoxes and rehabs to help carry this message? Do they have a clear understanding of selflessness? Well, we are looking to have a conversation with them!!! We want to speak to those who trudge the road of happy destiny and walk hand in hand with the heroin addict who is still suffering.

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5. **Public Information** - There are thousands of heroin addicts dying on a daily basis. As heroin use has increased, so have heroin-related overdose deaths. According to the Center for Disease Control, somewhere between 120 and 150 people are dying from overdoses every day in the United States, resulting in a national health crisis. Now is the time for HA to step up into the public sphere and offer the message we carry on a larger scale. We want to speak with the recovered heroin addicts who dedicate themselves to the carrying of HA's 12-Step recovery message to the public.

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## THIS IS NOT **A SELFISH PROGRAM**

### Personal Story: Alex K. – New Haven, CT

Heroin addiction is a beast. A ravaging, blood-sucking monster that hides behind our self-doubt and under every resentment. More than anything, heroin addiction is the epitome of selfish behavior and self-centered fear. Entering recovery, I had no idea how to have real relationships. Forget about healthy, mutually respectful ones. All my interactions were based upon what I could take from you, while giving up the least to get it. Heroin addiction is selfishness.

There is a reason our primary purpose, as a fellowship and as individuals, is to seek out and share our message of hope with the suffering heroin addict. Everything we do is meant to support and facilitate that purpose. We do not recover without embracing the

newcomer who, without us, will die from our shared disease. This is our primary purpose because we are singularly capable, in a way no one else is, to save a life. A life that was at one time our own, walking into a Heroin Anonymous meeting shaking and sweating and unsure. Self-will is selfish, self-seeking fear. God's will is the opposite: selflessness and courage. In other words, I cannot defeat selfishness with more selfishness.

Our primary purpose is not easy. It involves sacrifice and emotional turmoil at the best of times. It hurts, it costs, and it can be uncomfortable. But it is necessary. By taking in suffering heroin addicts and showing them how we found our higher power and ourselves, we both survive. We both

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earn another day, stolen from the grip of death. I find myself having to sacrifice more, be more creative, and to find an extra reserve of willingness to reach out to my fellow addicts in this time of need. But I know that if I do not, it is me who suffers along with my fellows.

The solution that we agree upon is drastic. It is not just a program; it is a lifestyle. It is the upheaval of thoughts and feelings that once drove me to seek out every form of self-deception and momentary release to avoid my chronic emptiness. I had to subscribe to a lifestyle that is not all about me to change my personality and my driving motivations. In this way I am set free. But drastic and uncomfortable does not have to be difficult and out of reach. That is our job as heroin addicts who have found the solution, to bridge the

lofty ideals and catch phrases into an actionable and relatable lifestyle accessible to everyone who seeks it.

This is where the paradox of our program lies. When I give freely of myself, when I spend time sitting one on one across the table from the suffering heroin addict, I fill my purpose. In filling this purpose, I open myself to the gifts God provides. The emptiness becomes full. By giving freely of myself, I can have anything in this life I choose. Provided I remain willing to maintain a simple attitude: That of myself, I am nothing, but through God and with another, I thrive. This is not a selfish program. It's a relationship of mutually assured survival.

- Alex K.

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## SURRENDER

### Personal Story: Lauren W. – Birmingham, AL

I'm Lauren, and I'm a heroin addict. I grew up in Birmingham, AL and started using at the age of 11. At that time, I was mostly just smoking pot and drinking, but even then, it was obvious that I was not able to use and drink like a normal person.

When I picked up heroin for the first time at the age of 14, it took me through a hell I wouldn't have wished on my worst enemies. It is a miracle in itself that I made it to adulthood. When I was 18, I went to treatment for the first time. I found myself laughing and crying and

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feeling things I had never felt before, and I loved being sober. The day I left treatment, I got high.

I started attending local anonymous groups but felt so excluded and different. There I was, 18 years old, trying to relate to the people I met in other 12-step fellowships, but I just couldn't. It wasn't until I walked into my first HA meeting that I finally felt a sense of community, understanding, and real fellowship.

Many more failed attempts at sobriety came and went, and when I turned 20, something had changed for me. I craved a normal, happy,

joyous, and FREE life. I craved those things even more than I craved heroin. On June 1st, 2019, I woke up bleary-eyed and defeated, called my sponsor, and begged for her to show me the way. Heroin Anonymous, my sponsor, and my Higher Power have truly saved my life.

Today I work at a job I adore. I have a healthy relationship. I show up for my family and friends, and I'm free from my heroin addiction. I know one thing for certain: if I could do it, anyone can. Thanks for letting me share.

-Lauren W.

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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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