



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.



JULY **2022** ISSUE



Photo by: Jacqueline O'Gara

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

Latest news from our World Service Office Board

Greetings from the HA World Services Board!

Contact The Mainline Bulletin:

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Here is some information to help you stay up to date with all things Heroin Anonymous. For those of you Mainline subscribers that are new, the HAWS board is compiled primarily of HA members who meet monthly to tend to HA business throughout the year.

Conference: The HA World Service Conference was held July 13-15th in Phoenix, AZ, and went wonderfully! The updated conference committee documents will be uploaded to the website when available. There were 23 areas representing 19 states, and 5 areas were new to the conference! There were some exciting changes to HA we'd love to share:

An **HA Book Task Force** has been created to explore what the fellowship is looking for in an HA book.

HA World Merchandise is being created to be sold. Keep up with future Mainline bulletins for an announcement on new arrivals to the HA shop (see below for an art request).

Art Request: Are you creative or artistic? Do you have ideas for cool HA merchandise? Sweet! If you would like to contribute art or merchandise ideas for HA use, please send to

HawsSecretary@HeroinAnonymous.org

Website Accuracy: Do you like the idea of heroin addicts in your area finding your homegroup? Well then let's make sure your homegroup meeting is accurate on the website! Please check your homegroup or any meetings in your area's information on the website for accuracy and if there are any discrepancies (time, date, location, contact info, etc.) email HawsWebmaster@HeroinAnonymous.org to correct it.

HAWS Positions: Looking for more involvement with HA? Then service with the HAWS board may be right for YOU! Our nominations committee is continuing to screen applications, interview, and recommend candidates to join the board. If you are interested in the following positions, please send service resumes, references, and inquiries to: HawsSecretary@HeroinAnonymous.org

- **At-large Voting Member:** This position is for new members to the board. Its sole function is to show up and help us to discuss and

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vote on decisions. Eventually these members join other committees and may be asked to fill other roles.

- **Non-Heroin 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.

- **H&I Chair:** This position is for someone who can work on H&I matters requiring interaction with HA members from the world level. This position may include working on an HA pen pal program for inmates in corrections facilities.

In loving service,
Anna A., HAWS Outreach Chair
HawsOutreach@HeroinAnonymous.org

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I HAD LOST THE BATTLE

Personal Story: Mia T. New Haven CT

I was sober for 15 months before I threw my life away with heroin at the age of 20. I had my second abortion, I lost the person I was previously in a relationship with, and my poppy passed away. Then I had a bad day at work. That day, November 29th, 2019, was the first time I tried heroin and my life changed forever. I went to detox after detox but all I wanted was heroin. I didn't have a desire to stay sober after that, and I

couldn't have stayed sober even if I wanted to.

I relapsed time and time again. I couldn't even stay sober for a month at a time. Heroin was the devil, and I couldn't stop dancing with it. The little bit of life I had left was sucked out of me every time I put heroin into my body. Once I started shooting it, it was all over for me. I had lost the battle.

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I ended up homeless in my car, stealing bags of shrimp at stores to sell to bodegas just to get enough money to not be sick. I sold myself for a couple bags here and there. I had a warrant for my arrest. Worst of all, I became the person I was always terrified of becoming. "Selfishness-self-centeredness!

That, we think, is the route of our troubles." All I cared about was Mia and how I would get my next fix.

I constantly overdosed. I really thought I was going to die from this disease. I wanted to die but Narcan never failed. The last time I overdosed I woke up in a McDonald's parking lot in Waterbury, CT. It was 20 degrees, and I was not dressed for the occasion. I was hoping that was the last time I'd ever have to do heroin because I hoped to die. I was brought to the hospital and I remember being happy because I finally got to sleep in a bed instead of my car. That night, a man who was an overdose respondent, made me realize why I came to H.A. in the first place. He had been sober for a few years and talked about the 12 Steps with me. He had the light in his eyes that I had before I relapsed. He sat and talked to me for hours while I was delusional. He had what I wanted.

I finally came home on November 18th, 2020. The gift of desperation and gratitude hasn't left me since, and I have been sober since November

19th, 2020. I jumped straight into the program and to be quite honest, H.A. saved my life. The men and women in the program stuck by me and welcomed me with open arms every time I relapsed. They have done things for me they'll never know. I finally have my life back and I want to live it.

The program of H.A. isn't easy, but it's simple. A day at a time I stay away from heroin. Some days the cravings will come, but I call people and talk about it instead of taking negative action. This program gave me a connection with a Higher Power that I never imagined.

I'm not sober because of my own will; I'm sober because of God's will. My Higher Power is the reason I'm alive today and that's why I try to give back in service: to make up for what I put God through. It's a daily reprieve contingent on the maintenance of my spiritual condition. I wake up in the morning and get on my knees and pray. It's the least I can do for my Higher Power and it's how I start the day off right.

For so long I never wanted to be sober. Today I value my life and the people in it. I don't want to lose it or them, so I listen to what's suggested. Everyday isn't easy, but it's a lot easier than the life I was living before. I wouldn't trade my life for the world today and I

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thank the program of Heroin Anonymous for that.

"A Way Out" meeting in West Haven, CT is what gets me by. I have an immense amount of gratitude for that group and the people in it. I don't know what I would do if H.A. wasn't in Connecticut. I have a life that

is truly beyond my wildest dreams, and it gets better each day I stay sober. It's all thanks to H.A., my Higher Power, and the Fellowship.

-Mia T.

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IDEAS ON SELF-SUPPORT

Tradition Twist: Lindy H. Menominee, MI

The 7th tradition states, *"Every H.A. group ought to be fully self-supporting, declining outside contributions."* Taking a good look at heroin addicts, we have never been fully self-supporting; we have hustled, robbed, and manipulated people into taking care of us. After becoming sober, I should no longer be dependent on handouts from people.

This goes the same for our groups and fellowship as a whole. We take in contributions from our own members to keep our fellowship afloat. Wouldn't it be crazy if H.A. had financial sponsorship like Nascar? In our meeting format it would state, "This group is brought to you by Pfizer, Geico, McDonald's and M&M's." That would literally destroy us. I am so glad we do not

operate like that. Heroin Anonymous is a smaller fellowship and does not take in as many contributions as Alcoholics Anonymous, so we are running into the issue of being fully self-supporting. HAWS barely scrapes by and GSO is a huge million-dollar corporation, so taking that into consideration, it's a much different comparison.

This year, delegates (myself included) are scrambling around trying to come up with enough money to make it to the conference. Some of us have financial security and can pay our own way, but doesn't that go against the 7th tradition?

Our groups are to be fully self-supporting, not supported by individual members. It can actually discourage some people from wanting

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to pick up certain service positions because they cannot shell out a thousand dollars every year to make it to the conference. We want the dishwasher working minimum wage to get involved and have a vote as well as the doctor making six-figures.

I know from my own personal experience that it is embarrassing to ask my group for help as I see other members paying out of their own pockets. Money should never be a deterrent to spreading the message of recovery. Being fully self-supporting would mean that we would have funding set aside for everyone, despite their financial means. It ought to be something to strive for in the future.

H.A. cannot rely on book sales like other fellowships because we do not have one, yet. This is a main reason why we are fully self-supporting from our groups, so here are some ideas on how to implement the 7th tradition in your own area. A good way we apply the 7th tradition at my homegroup is by making sure that we are fulfilling our service positions at group level. Showing up for commitments is a big deal. To support my group in a way that isn't monetary is also a part of self-support. Here I can come to my

homegroup, step up, and take action on what needs to be done-not just assuming someone else will do it. This can make our service structure stronger and supported in that way.

One way we raise money in our area is by having events. We have 50/50 raffles, auction baskets, and hustle up other items to fund our fellowship. These funds can also be distributed to our State area and HAWS to help out our fellowship as a whole. From my experience it's probably not a good idea to just sit on money as we can't use it to grow, and it could be utilized in many different ways.

Heroin Anonymous is growing so rapidly and we get to contribute. We get to be of service. We get to be a part of something that isn't the dope game. We get to be financially responsible today. What beautiful blessings! We are a part of history today. I thank God for H.A.

-Lindy H.

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THE GOD NOD

Meeting Spotlight: Dylan M., Oshkosh, WI

My Name is Dylan and I'm a recovering Heroin Addict. I have two and a half years of uninterrupted and absolute sobriety after 27 years of being in active addiction. I feel like I could have had a proper first step experience 13 years ago.

Unfortunately I didn't hear a message that had depth and weight. That's why today I feel like it's important to make sure there are meetings available that are solution based.

While in treatment, I was finally exposed to good recovery meetings and saw other addicts of my type (the hopeless variety) that had found a solution to their problem. I believe there are two parts to a solid first step experience: First, you need to know what you're up against; Second, you need to see a way out. So, armed with some facts about myself, and wanting what I had seen in others, I was ready to have an experience with the rest of the steps.

At sober living I began to get fired up about recovery. One night while visiting my family in Green Bay I went to an H.A. meeting where I met a guy called "Big Book Eric." We

probably talked for close to an hour after the meeting about the Book, and he gave me a rare reprint which I now display on my nightstand. About a year later, I went to the Winter Conference in Akron, OH and met other members of the fellowship here in Wisconsin who I'm great friends with today! Their passion for H.A. and for helping the newcomer was a real inspiration.

When I got back from the convention my mind was made up, and I started the God Nod group of Heroin Anonymous. My new friend was super helpful. He gave me the readings, chair sheets, Big Books, and key tags/ bracelets. He even came to the first couple meetings and brought some people so we felt supported. It was a struggle trying to figure out a meeting format that worked. I felt it was important to promote discussion about the literature so I wanted a format where asking questions was encouraged. However, getting people to come on a Friday night was difficult. I actually gave up and stopped coming after a couple months.

About two months later, I came to the club on a Wednesday night and found an H.A. meeting in full swing.

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One of the group members had moved the meeting time to wednesday night and the meeting flourished! Since then, I haven't missed a meeting and even started a speaker meeting on Friday nights.

Being a part of this Fellowship has been the bright spot of my life! Finding great speakers, getting people from the sober living houses involved, and broadcasting upcoming events on the Oshkosh HA Facebook Group has really helped get things

on track. I feel like this is the beginning of something really big and I'm proud to be a part of it!

The God Nod group meets Wednesday nights at 7PM at Solutions Recovery in Oshkosh, WI.

-Dylan M.

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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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