



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.



AUGUST **2022** ISSUE



Photo by: Aaron Burden

Greetings from the HA World Services Board!

HAPPY BIRTHDAY HEROIN ANONYMOUS! H.A. celebrated its 18th birthday on August 12th, the day the first H.A. meeting was held in Phoenix, AZ in 2004. We could not be more grateful for this! For more nerdy H.A. info, click 'About' on [HeroinAnonymous.org](https://www.HeroinAnonymous.org).

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,

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

the HAWS board is compiled primarily of H.A. members who meet monthly to tend to H.A. 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 five areas were new to the conference! There were some exciting changes to H.A. we'd love to share:

- **HA Book Task Force:** A task force has been created to explore what the fellowship is looking for in an H.A. book.
- **HA World Merchandise:** Merchandise is being created to be sold. Keep up with future mainline bulletins for an announcement on new arrivals to the H.A. shop. See below for an art request.

ART Request: *Are you creative or artistic? Do you have ideas for cool H.A. merchandise?* Sweet! If you would like to contribute art or merchandise ideas for H.A. use, please send to HawsSecretary@HeroinAnonymous.org

Virtual Meetings: *Do you want to attend an H.A. meeting 1,000 miles away from your very own couch? Do you find it interesting to hear heroin addicts from another region share their experience, strength, and hope?* We have 28 active zoom meetings in 10 different states! Go to the HeroinAnonymous.Org, click meetings, and click the link for online meetings. Make sure to convert the time zone! Email HawsWebmaster@HeroinAnonymous.org if you notice any inaccuracies or want to add a meeting.

HAWS Positions: Looking for more involvement with H.A.? Then service with the HAWS board may be right for YOU! Our nominations committee is continuing to screen applications, interview, and recommend

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

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

In loving service,

Anna A., HAWS Outreach Chair

HawsOutreach@HeroinAnonymous.org

CONNECTING TO **POWER**

Personal Story: Katlyn C. Redmond, OR

My name is Kat. I am a recovered Heroin addict. My home group is Coming Too and I am currently working steps nine, 10, 11, and 12.

The action required in each step I took, through clear-cut instructions out of the book "Alcoholics

Anonymous," was gracefully given to me from the willingness I built off my foundational knowledge that "To use is to die." Understanding the allergy and obsession were necessary for me to remain desperate enough to go to any lengths to become free

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 heroin addiction. However, it was not the only requirement.

Steps two through seven would prepare me to fulfill eight through 12. How was I going to make a list of all persons I had harmed? Where would I get the ability to remember every time I stole, lied, cheated, assaulted, used, abused or neglected another person. I did not know it at the time, but I was desperate to do anything to be relieved of the overwhelming desire for heroin. So, I became willing to believe that not only could God help me, but also that he would help me. My life was no longer my business if it meant that my children could keep their mother. I took a suggestion that I sit down and write out every name that came to my mind that I had resented or harmed, including the opposite sex, along with every fear.

In the miracle of flowing from one step to the next, I began to experience a Power doing for me what I couldn't do for myself. That Power helped me remember the names, which I then wrote down. It enabled me to take the action to approach them. It is the same power that will reveal more faces and names to me throughout my life as I live in steps ten, eleven, and twelve.

From the honesty of those first few steps, I began to be able to differentiate the true from the false. All my resentments slowly became a lie. Harms I had created

became real, and if I wanted to stay sober, I needed to understand the direct relation between resentments, my wreckage, and my sobriety.

Through my experience I have found that holding a resentment poisons me and blocks me from the Spirit and my fellows. If I am grounded in the belief that God is either everything or nothing, then I believe that God lives within those I've hurt and am resentful towards. If I resent you, I must be free from that blockage to remain connected to Power. Power that keeps me sober. Trust me, if I didn't need that Power, I would never approach my enemies. I now know that it is with those "enemies," where not only do I experience the most freedom, but where I can be a demonstration of what God can do.

This step was very easy for me to over-complicate, and extremely difficult to not write on all other steps. All means, to my conscious ability. If my spirit sees an amends and I don't write that name on my eighth step list, then I am ignoring what that Power is showing me. In my experience with previously relapsing while on step eight, I know the importance of acknowledging (or not acknowledging) what action my God is showing me to take. God is interested in my ability to face the truth that is in my ability to see.

Every promise I received was given based on the action I took from what

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

was shown to me in prayer and meditation. I still review my list often as it is quite long. There are answers that are not yet clear to me from the Power, other than the need to remain willing to face this wreckage with complete abandon. The Power has suggested I not intentionally ignore a name on my eighth step list and that I directly make my approaches and amends wherever possible; and, of course, that I continue to pray for the next actions to take off my list.

I do not have opinions on my list. I do not pick and choose what I feel needs to be on or off of my list. If I notice within my Spirit that I am intentionally avoiding a name on my list, I pray for God to give me what I need to make my approach. I meditate until an answer is revealed. I do not beg for forgiveness. I do not grovel before anyone. I do not expect an outcome, nor do I harm others to save myself.

I refer to the Big Book for instruction where I may need help seeing what the Power is trying to direct me to do. The greatest reality I have had in my recovery was hearing a man say, "I do not do the work to stay sober, I do the work to stay connected to that which already is keeping me sober." From that moment, I had a shift in my foundation and connection to God. If I am truly grateful for Grace, then I will take action to express my appreciation by utterly abandoning myself to God through righting my wrongs with His children and helping other heroin addicts find their truth around their need to connect to this Power.

-Katlyn C.

- - - - X

NO PLACE LIKE H.A.

Personal Story: Zackary O. Naugatuck, CT

A couple years ago right before Covid hit, Heroin Anonymous started in Connecticut. Before this, the only other experience I had with H.A. was in upstate New York when a

couple of guys came into the rehab I was at. I called them afterwards, cracked the big book open briefly with one of them, but still wanted

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

to do things my way and was back out there for a few more years.

When I had found the program of recovery in another fellowship (thank God) through the book "Alcoholics Anonymous," I had completely forgotten about my first experience with HA. In another fellowship, my first sponsor had been a heroin addict, which really helped me to relate and get down with what he was talking about, and what a bunch of others were talking about. They were talking about the first 164 pages of that book, "Alcoholics Anonymous."

I got to work with my sponsor and my life drastically changed. He encouraged me to help others, right away, and I found purpose in my life. Though I may identify as more than a Heroin Addict, there was something missing in my recovery—something major. I didn't have a space to share my experience, strength, and hope openly about my heroin addiction. I found myself naturally connecting more with people in the meetings I was attending who were also heroin addicts. Come to find out, there were quite a few people out there just like me, who were heroin addicts and had similar experiences.

When a couple buddies of mine brought up starting an HA meeting, I was pumped up. One of them works in a sober house, and that's where it all started. The "Right Side Of The

Tracks" meeting was underway, and could you believe that it just so happens another meeting started in CT, called "A Way Out," right around the same time with a whole different set of Heroin addicts?

Since all of this has happened, my recovery has taken on a whole new level of awesome. I have places to go where I can be with my people and not feel limited, or worried, about talking in relation to my heroin addiction. It's truly amazing and I am extremely grateful to have found HA, and all of the people I meet who are a part of it. Covid hit and both meetings were affected; however, they carried on and both are doing well today and growing. Our delegates and some others headed down to the conference and convention last summer in Georgia and got involved in some service.

What an experience! We've connected with other meetings and members outside of our state and it has been an incredible journey thus far.

I am so grateful for the 12 step program I initially surrendered at and the sponsor I had who took me through the Big Book. However, there really is no other place I find where I feel at home like I do in HA. It is in HA that I find my greatest potential to relate to, extend my help to, and recover with other heroin addicts who are just like me. And the best part is that it utilizes the same literature and

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

program of recovery laid out in the Big Book, which is what started this journey for me in the first place. I think that HA will continue to grow in Connecticut and I certainly plan to stick around and help that to happen.

I never thought I'd end up where I am today. I thought I was destined to die with a needle in my arm. It still amazes me that I have places to go where I can talk about and share with others how I recovered from that "seemingly hopeless state

of mind and body". HA is awesome, and I am beyond blessed to be a part of it! If you're ever coming through or close to Connecticut, come check us out on a Thursday or Friday night!

-Zackary O.

- - - - X

THE ONLY DEBT I OWE

Tradition Twist: Anonymous

I received a twelfth-step call the other day from an individual that had never been to nor knew anything about H.A. or Twelve-Step Fellowships in general. During our conversation we discussed, among other things, the program of Heroin Anonymous. Afterwards he asked me "How much does this cost?" Luckily for him, myself, and countless other heroin addicts we have our eighth Tradition, which states, "Heroin Anonymous should remain forever nonprofessional, but our service centers may employ special workers."

Because of this Tradition, we are never to be paid for our twelve-step work. The 8th Tradition ensures that H.A.'s message of recovery is available, for free, to the heroin addict that still suffers.

Today, this Tradition can sometimes be difficult to navigate. With so many rehabs and detoxes, not to mention the growing number of services such as recovery coaches, peer-support specialists, sober companions, etc. there is what seems

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

to be a never-ending amount of employment opportunities for those of us in recovery. I myself work in the recovery field and, in the beginning, it was challenging.

Separating my job from my twelfth step was something that I understood in theory, but in practice was a little bit difficult. It was all too easy to say to myself "I help people all day, why do I need to also sponsor guys?" or, "My job is basically my twelfth step work." These are things I have often heard said by others in the recovery field. I know for myself these thoughts can be dangerous. Being able to sponsor other heroin addicts is one of the most rewarding things in my life. It not only ensures my immunity from heroin, but the spiritual compensation I get from working with another heroin addict is greater than any monetary reward I could receive. While I certainly try to carry the principles I have learned as a member of Heroin Anonymous into my professional life, I must always separate my professionalism from my twelfth step work.

But what if we did get paid to do this. To some extent we can see what the results would be. Having been to several rehabs and different programs throughout my addiction I have had many paid professionals tell me what was wrong with me and how to "fix" it. Most of these people were well-intentioned and

eager to diagnose me with one mental illness or another. In the beginning my family spent a lot of money to get me sober. Then the taxpayers of whatever state I was living in paid a lot of money to get me sober.

Unfortunately, none of it worked. What worked was another heroin addict sharing a message of hope and the program of recovery with me.

They took me through the steps and showed me how to get connected to a God of my understanding. It didn't cost me a dime.

The second part of this tradition states, "...we may employ special workers." and H.A. does do this.

Well, we employ one worker. While a fellowship such as A.A. has hundreds of paid employees, H.A. currently has one. This person is not paid to do twelfth step work, but rather to make it possible for H.A. groups and areas to have the resources they need to carry the message effectively. They are primarily responsible for fulfilling and shipping all orders for pamphlets and chips that are received by H.A.W.S. through the website. While there are many people in H.A. eager to be of service, this is a task that requires a paid employee to ensure these orders are met and sent out in a timely manner. As H.A. continues to grow, there may be other tasks that may require the

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

fellowship to employ other special workers.

When I told my new friend that there was no cost for membership in H.A., that we do this simply out of a desire to help the next suffering heroin addict, he seemed somewhat skeptical, but at the same time relieved. I can certainly understand that. As someone who always thought everyone was trying to get something from me, and at the same time never having anything to give, I was also

skeptical, but certainly relieved that this program was free. I now have a sense of gratitude for our 8th Tradition. I know that the only debt I owe to H.A. is to freely help the next suffering heroin addict that walks through the doors.

-Anonymous

- - - - X

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