



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.



NOVEMBER **2022** ISSUE



Photo by: [Chris Lawton](#)

Greetings from the HA World Services Board!

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 H.A. members who meet monthly to attend H.A. business throughout the year.

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*

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 29 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 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-Addict Advisor:** This is someone who is not a member of H.A. 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.
- **Heroin Addict Advisor:** This is someone who is a member of H.A. This person will utilize their experience with H.A. and 12-step service to advise the board.

In loving service,

Anna A., HAWS Outreach Chair

HawsOutreach@HeroinAnonymous.org

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I LIVE TO GIVE OTHERS HOPE

Personal Story: Joshua B. Grand Rapids, MI

I was born in Shelby, Michigan and raised most of my life in Northern Michigan. I graduated from Hart Senior High and Michigan State University where I became a robotic engineer. I started using drugs at a young age, going from weed and alcohol to finally falling in love with heroin. I used for 20 years. It cost me everything in my life. I chose drugs over my family, my kids, my wife, my family. My every need was heroin. I was so wrapped up in it that I went to jail, prison, and had 22 overdoses.

My addiction went out of control in July of 2007 when my mom passed away holding my hand. Heroin helped me cope. I had no idea heroin would become my only love. I went from an educated, working family man to an out of control addict who gave everything up. I went to many states trying to get clean, only to get deeper in my addiction as I found myself homeless in Florida, Colorado, Washington, Maine, Vermont, and California.

Ashley, my sister-in-law, and David, my brother, got me back home to Michigan from Colorado in September of 2019. Three days after being home, I overdosed in Muskegon,

Michigan and ended up in ICU for 11 days. I woke up clean and sober on September 27, for the first time in 20 years.

The first time I ever asked for help on my own, I ended up going to treatment and then going to another program for 30 days. During my duration of recovery, I reconnected with my dad's best friend who had six years clean. I moved into his recovery house where he helped me maintain sobriety and eventually get off of MAT.

I became very involved with HA and another 12-step fellowship. HA saved my life. I went from having no hope or desire to live to wanting to help others find recovery. Today I have three years clean and sober. I have learned about living life on life's terms as I was recently diagnosed with stage 4 Squamous Cell Carcinoma of the Lung which has metastasized to my spine, brain, prostate, and torso.

Today I live to give others hope and tell them recovery is possible. Without HA, I would not be where I am at. I am so very grateful for the opportunity to share a little bit about my story, as well as run the

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Grand Rapids chapter of HA. Due to circumstances, we had to shut our meeting down. Today I help run a sober house and work with recovering addicts. I sponsor guys and I chair meetings. Most importantly, none of this would be possible without God, my recovery, my family, and my sponsor.

-Joshua B.

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HIS WILL, NOT MINE

Personal Story: Justin R. New Fairfield, CT

There had always been enough contempt and judgment towards the idea of God, and the freedoms that were promised through belief and faith, to keep me concerned with me.

To this point, when enough was enough and the hopelessness and desperation consumed me and my seemingly "last option" would be to work these steps, the idea of a Higher Power or God was inconceivable, let alone the idea of a relationship with this "Spirit of the Universe." What does that even mean? How does that happen? Why does it matter?

Having reviewed those "three pertinent ideas," I had emphatically been convinced there was certainly no hope for me without His aid. I relied on our first few prayers, asking God for help. "I am a heroin

addict and I don't know what to do..." and I offered myself to God, to be relieved of myself, my bondages. "May I do Thy will always." The foundation was being laid, the idea was beginning to take meaning. This program of spiritual action as it's called is where I found my truth in regard to how this relationship with God would come to be. For all of the nuances that defined who I thought I was, I was only that... nuances of me.

Willingness, honesty, and open-mindedness truly were the essentials of my recovery—they had brought upon an inspiration beyond any I had ever known. These beliefs and experiences strengthened my faith and my understanding of what God would have me be, and these steps would teach me how to align my will with God's will. I had been afforded the opportunity to grow and

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understand that through inventory and amends, and more inventory, my sanity would return and my obsession with heroin would be lifted. "Every day is a day when we must carry the vision of God's will into all of our activities." What that translates to is more action, a matter we cannot let up on. Experience shows us that our recovery is dependent upon our spiritual maintenance. What has always been attractive to my defiance is the freedoms which this program offers: there are no demands, merely suggestions.

Step eleven suggests prayer and meditation. My first go around with this step looked like writing out a review of my day, and for two weeks I would send a picture of said review to my sponsor. Suffice to say that Mr. Defiance didn't like that too much and on that thirteenth night decided that my laurels looked a little more comfortable than that old notebook, and I bought myself two more weeks. Although every ounce of me wanted to be upset, I was honestly somewhat joyous and, looking back now, find myself grateful. That extra time would truly show me the importance and reward for that review, the consciousness and concern for God's will, and to fully understand the capacities to which I could give to this life rather than how much I could take. My communication with God improved not just at night, not

only in the morning, but throughout the day. Through these practices of prayer and meditation I absolutely came to know peace. The souls I would encounter would come to know me as they never had. My belligerence and temperament eased as I would become divorced from self. My usefulness to others within and outside of our fellowship grew and purpose began to take shape. I was experiencing the promises of the eleventh step fully.

"It is easy to let up on the spiritual program of action..." This statement must be emphasized. I admit, for myself and my experience, that the eleventh step can become a proverbial "fox hole" step at times. My laurels come in all shapes, colors, and sizes. I have played the odds, and what inevitably came back was, well... me. Once having come to rely upon His inspiration and His direction, and then not doing that, the answer to the old question, "Why does it matter?" becomes a little more clear. My will alone does no one any good.

- Justin R.

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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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