



# 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.



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# JANUARY **2023** ISSUE



*Photo by: [Henrikas Mackevicius](#)*

## **Greetings from the HA World Services Board! And Happy 2023!**

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 tend to H.A. business throughout the year.

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**Contact The Mainline Bulletin:**

*All correspondence will be filtered by our H.A. bulletin committee at: [haworldbulletin@gmail.com](mailto:haworldbulletin@gmail.com).  
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**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 HeroinAnonymous.Org, click meetings, and click the link for online meetings. Make sure to convert the time zone! Email [HawsWebmaster@HeroinAnonymous.org](mailto: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](mailto:HawsSecretary@HeroinAnonymous.org)

- **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](mailto:HawsOutreach@HeroinAnonymous.org)

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## I AM A HEROIN ADDICT

### Personal Story: Adam H. Greenbay, WI

My name is Adam, and I am a heroin addict. My sobriety date is June 15, 2021. I have a sponsor who has a sponsor, and I sponsor guys. With that being said, when I embarked on this journey I wanted nothing to do with recovery. The only reason this all started was I had been offered treatment to get out of jail from felony possession of heroin and meth. So I said, "Sign me up."

When I got to treatment, my plan was to just get through the 28 days and go back to the chaos of my life.

Little did I know, God had a different plan for me. I was introduced to HA. I used to always introduce myself by saying, "My name is Adam. I'm an addict." Even at HA meetings. I wasn't ready to fully admit that I was a heroin addict.

Half way through treatment, I kept hearing people say things like, "God," "Steps," "Sponsor," and, "Find a Higher Power." I kept hearing how God had removed people's mental obsession.

I was talking to my mom one night while I was still in treatment and I asked her how the Footprints in the Sand prayer went. She told me she would print it out and drop it off

at the treatment center the next day. That night I prayed to God for the first time. It felt weird so I wrote it out on paper. It went like this: "God, show me a sign that you're real. God, take the mental obsession from me. God, show me what I need to see. I love you and I trust the path." I turned the light off and went to bed.

The next morning from 8:00 to 8:30 we had mandatory meditation time where one person would read from "On Awakening," one person would read from the "Just for Today" book, and one person would read from "The Twelve Step Prayer Book." Up until that day I was not participating in anything.

For some reason, I said I would read from "The Twelve Step Prayer Book." I turned to that day's prayer, and it was Footprints in the Sand. That morning, God showed me that He was real and I instantly believed. It was like the lights got turned on. Everything was different.

All of a sudden, out of nowhere, I wanted to give recovery a real shot. It was the miracle I needed. I needed to believe that God could restore my sanity, and He did.

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I got a sponsor right when I got out of treatment and started working the Steps. God turned my fear into faith. From that point on, I started saying, "My name is Adam. I am a heroin addict." Before, I was hiding behind just being "an addict." After that God shot, I was finally able to say I am a heroin addict. It is

extremely freeing to be able to admit that heroin, which was destroying my life, brought me to God and H.A., which in turn saved my life.

-Adam H.

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## WHAT MAKES ME POWERLESS

### Step of the Month: Hannah G. East Canaan, CT

I don't have a very dramatic story when it comes to my addiction. I lied, cheated, stole to maintain my heroin use, and tried to stop quite a few times. Heroin made me feel powerful. I did it because I liked the effect it produced. That is, until the sneaky nature of addiction, and the allergy that comes with it, made me completely powerless over how much I put in my body. I never had the appropriate words to describe what the feeling was until I began reading the Big Book with my sponsor and listening to other heroin addicts share on Step One in meetings.

My sponsor and I read about the phenomenon of craving, and I heard a speaker share on it at a meeting.

The speaker talked about how once they put heroin in their body, they could not control how much they used after that. That stood out to me,

because I distinctly remember, during active addiction, setting out a certain amount to do for the day and blowing through that in just a few hours. I would do all of my dope and I would try to do all of yours, too. Once I understood that experience is what is called "the phenomenon of craving," it made so much sense. The first step talks about powerlessness, which includes this phenomenon. This phenomenon is also referred to as the "allergy" to heroin.

What else makes me powerless over heroin? That is the mental obsession. I always thought I could "beat the game" and control my heroin use. I tried to do just a few bags a day; I tried to go to rehab; I tried to be on MAT; I tried countless other methods to use heroin recreationally. This mental obsession with the drug occurred even when I was in treatment the

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last time. I was terrified that I was going to get out of rehab and go back to using because I was still obsessed with the drug. I dreamt about it every night. I tried to figure out ways to sneak it into my treatment center. I would have cravings for heroin that literally took my breath away. However, because I was working the Steps and reading the Big Book, I instinctively turned to my Higher Power. I had no idea what or who I was praying to, but I prayed desperately for the obsession to be relieved. Eventually, through prayer and continued step work, it was taken away from me.

The other part of Step One is the unmanageability. When I first came in, I thought unmanageability was only referring to what I did to get my drugs and what life was like in active addiction. However, while reading with my sponsor, I learned that my life is unmanageable because

when I try to manage it, I end up getting high. I may have the best of intentions to stay sober, but left to my own devices I will pick up again. Unmanageability presents itself in sobriety too, when I've tried to stay sober without a spiritual solution or doing step work. Thankfully, I am able to say I'm recovered because I have a relationship with my Higher Power and have had a spiritual awakening as a result of doing the steps with a sponsor, and I try to leave the managing of my life to my Higher Power.

-Hannah G.

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## ANOTHER PARADOX

### Tradition Twist: Eric E. Green Bay, WI

Tradition One seems like one of many paradoxes in my life. I was a selfish heroin addict, constantly trying to build a structure in the dope game, constructed on a foundation of insanity, that landed me in a lot of humiliating

situations. I started with a self-centered motive, only having my common interest in mind, not considering the common welfare of anyone. After being introduced to the program, I started to see that

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selflessness and humility are the keys to freedom from addiction.

Having a service commitment in a growing fellowship early on and continuing throughout my sobriety has given me a lot of real world experience putting Tradition One into action.

In 2021, while serving on the H&I Committee, we worked hard taking the H.A R.P. pen pal program from an idea to a submission for the World Conference. The submission was ultimately tabled for the next year's conference. What could have hurt our committee's pride, and been seen as a disappointment, instead allowed us to take the time to reorganize and ensure we were putting in place a solid structure for a successful program, with the

groups' best interests first. We took the feedback we received, applied what we learned, and in 2022 the H.A.R.P program received passing votes. It has since been put into action at a number of institutions.

Going through the 12 Traditions with my sponsor, and using the Traditions Checklist, I have learned a lot about the "do's" and "don'ts" in a group setting, spiritual principles vs character defects, and looking at whether I'm taking *my* inventory or *everyone else's*. Steps 10, 11, and 12 give me the ability to practice these principles in all my affairs, and to participate in a Group Conscience. I am now able to focus on the common welfare of others first and rest assured that, paradoxically, my personal recovery is protected by the Group Conscience.

-Eric E.

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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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