



# THE MAINLINE

AUGUST 2019

*Greetings,*

*We write you as representatives of Heroin Anonymous World Services (HAWWS). This informational bulletin's purpose is to increase communication between the groups of Heroin Anonymous throughout the world.*

## PRE-REGISTER FOR THE WORLD CONVENTION

HA World Convention Update (August 28-30, 2020 in Atlanta, GA)

### **The World Convention Is Coming!**

Pre-registration for the 2020 Heroin Anonymous World Convention is now up and running. However, I wouldn't let it run too far, because if you catch it now, you will save yourself \$10 in the future! Your future self will be so happy! If you'd like to register for the event, the link is as follows: <https://heroinanonymous.regfox.com/heroin-anonymous-world-service-convention>

## RODE HARD AND PUT UP WET

Personal Story: Luke N. – Atlanta, GA

My name is Luke, and I am a heroin addict. I had a normal (whatever that means), happy childhood. My parents are still happily married, and I am an only child. I had plenty of friends, went to church every Sunday and Wednesday, and played sports growing up.

For whatever reason, probably genetic inheritance, the very first time I poured alcohol into my body at 14 years old, my body had an abnormal reaction, and my first sober breaths the next morning were

closely followed by the mental obsession. The chase was on, and it kept progressing. I was introduced to recovery at 17 by a professional in the treatment field. I went to the meetings and heard a lot of differences and saw the word "God" on the wall amongst the steps, which I was not too fond of. Eventually, I did more experimentation, was incarcerated, did back-to-back inpatient treatment tours followed by sober living with which I found dry periods but never a psychic change sufficient to bring about lasting recovery.

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When I was 21 years old, I discovered Oxycontin, quickly followed by heroin, and we all know how the story goes. Overdoses, abscesses, creative criminal money schemes, job losses, personal relationships severed. I could tell war stories till the cows come home, but the truth is that I had become a prisoner of war within that inner turmoil, the very core of this ailment, the spiritual malady.

Restless, irritable, discontent, easily annoyed and never satisfied. This was the internal condition I experienced with or without heroin and still is today if I allow myself to become disconnected. I saw that even in my dry periods I had this itch that I couldn't quite reach. I was always convinced that if my external arrangements were X, Y or Z, I wouldn't be driven to stick a spike in my arm to change the way I felt.

After exhausting all my resources and ideas, I emerged from the abandoned house in the English Avenue neighborhood of Atlanta where I resided with a last-ditch opportunity my family gave me. I went three hours southeast to the Bridges of Hope in Louisville,

Georgia where I was separated and reborn. I met with my sponsor and began seeking a God that I did not understand with the desperation of a drowning man. I knew the stakes were high, and I had no more cards left to play. I saw Power at work in the staff, the senior residents, and the path laid out. In the words of Bob D. from Vegas, "I knew I didn't know, and I knew that you did." I was being told constantly that, "Faith without works is dead," and so as I took the clear-cut plan of action laid out, He did for me what I could not do for myself. At two months, the obsession left. At three, I began sponsoring, and it just keeps getting better.

Today I live back in Atlanta. I work full time in the treatment field, and I enjoy getting time with my 7-year-old daughter every weekend. My experience continues to evolve, but the recipe stays the same. I'm active in two homegroups. I work the steps with a sponsor, and I sponsor men. Life is still life, but whenever I experience fear (my current agnosticism), I'm reminded of the step 2 proposition on page 53 in the Big Book. Is God everything, or is he nothing? Thanks for letting me share. -Luke N.

## THE STREAM OF LIFE

Personal Story: Clay B. – Atlanta, GA

My name is Clay, and I am a heroin addict. My sobriety date is September 8, 2015. My drugs of choice were heroin, cocaine, and Xanax.

I come from a great family and had a great childhood, so I don't really have a moment in my past that I can point to and blame for

why I used the way I did. I've just been obsessed with the idea of changing the way I felt for as long as I can remember.

I used painkillers for the first time when I was in high school, and from there I was hooked. An addiction to Oxycontin quickly evolved into an addiction to heroin and cocaine. I

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began to steal to support my addiction and ended up in jail on more than a few occasions. I wanted to quit, but I couldn't. I couldn't imagine life with or without drugs and alcohol.

I bounced around from treatment center to a treatment center but never took it seriously. I had to reach my own bottom. Thankfully, that day finally came, thanks to the intervention of my parents and the Columbia County Sheriff's Department. I ended up going to the Bridges of Hope, where I found God and fully gave myself to the 12-step process.

Since then, that relationship with God has grown, and I devote my life today to helping other people, not just addicts and alcoholics. Today I am able to pack what I can into the stream of life and do my best to carry the vision of God's will into all my affairs. This program has done so much more than get me off drugs and alcohol. It has shown me how to be a man and how to be there for the people in my life today. As a result, I have a life today that's beyond my wildest dreams. I owe it all to God and the 12 steps.

-Clay B.

## FROM BROKEN VEINS TO BROKEN CHAINS

Meeting Spotlight: Ian F. – Prescott, AZ

There are many moments when, in hindsight, my life changed. After over a decade of dope sickness in an ever more progressing affliction, I had finally hit my turning point. Finding Heroin Anonymous and specifically Broken Chains in October 2015 is one of those moments.

My first service commitment at Broken Chains was picking up cigarette butts. I never thought picking up cigarette butts would put me on a path that would save my life. I had not known what a single step or a fellowship was at first, but I found a message of hope that has endured throughout my years in recovery.

At first, the meeting was not recognized by our intergroup, who tragically believed that we had to send a GSR to be a HA meeting. However, once the purpose of a GSR was

explained to the home group, we immediately elected one.

Broken Chains is a speaker meeting, and early on we were lucky to get a heroin addict with 6 months of sobriety. Our home group was a few members, and maybe 17 people attended.

After AZ Area formed in August 2016, our district nearly collapsed, and Broken Chains was the only meeting in Prescott, AZ to survive. Things looked grim for the HA fellowship in our little mountain town, but something beautiful was on the horizon.

The lines of communication between Prescott and the rest of Arizona were established, and members from all over the state began to attend Broken Chains and share their experience, strength and hope.

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Within 14 months there were 11 HA meetings in Prescott, AZ alone. Word spread around the recovery community in Prescott, and attendance flourished to over 100 members at Broken Chains! The amazing experiences of heroin addicts pulled back from the gates of hell inspired countless hopeless members who can trace their recovery to this meeting, myself among them.

Recently, something even more amazing happened at Broken Chains; on a Friday

night in June over 100 years were picked up by heroin addicts who have chosen our way of life! Since finding Broken Chains, I have never had to wonder what to do on a Friday night, and if someone is ever in town, they will know where to find me any Friday at seven pm.

Broken Chains is the home I never knew I needed, and I could not imagine my sobriety without it. -Ian F.

*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 the email listed.*

*Thank you!*

*- Heroin Anonymous World Services Board*

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