



# THE MAINLINE

NOVEMBER 2019

*Greetings,*

*We write you as representatives of Heroin Anonymous World Services (HAWS). 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)

**Coming August 28-30 in 2020 is the HA World Convention!**

We are excited and honored to be hosting this event, a global scale celebration of a life-saving fellowship, here in Atlanta! Registration is up and running. If you take some time to pre-register now, you will save yourself \$10! The registration link can be accessed here:

<https://heroinanonymous.regfox.com/heroin-anonymous-world-service-convention>

Since the Winter weather has weaved its way into our wonderful world, we now have hoodies for sale in fundraising for the convention! They are \$35 each, \$10 if you require shipping for it.

You may contact Drew, our merchandise rep, for more information and to order at:

[drewsullivan5471@gmail.com](mailto:drewsullivan5471@gmail.com)

Thank you for your support, and we look forward to seeing you here!

## POSITION OPENINGS: ADVISOR & VOTING AT-LARGE

HA World Service Office Board Update

Greetings fellow service maniacs,

This is your friendly World Service Board Secretary bringing you an announcement. We recently had a couple of positions open on our board that we would like to fill. If you love being of service to the fellowship that saved your life and have always wanted to be a part of or at least wondered what the World Service Board of Heroin Anonymous does, this may be for you.

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**The two positions we have open are an Advisor and a Voting At-Large member.** The suggested requirements for these positions are as follows:

1. 2+ years of continuous sobriety.
2. Working knowledge of the 12 steps, 12 traditions, and the 12 concepts of Heroin Anonymous.
3. Be able to be attendance either in person or through video each month for our business meeting.
4. Have prior service work in 12 step fellowships.

If this seems like something you would be interested in being a part of please be sure to submit your sobriety resume to the board at [hawssecretary@gmail.com](mailto:hawssecretary@gmail.com). We look forward to hearing from you and seeing you serve with us soon.

ILAS,  
WSOB Secretary,  
Adam D.

## HAWS POSITION OPENING

"Start-Up Kits" Chairperson

The next time you are perusing the HA chips and literature merchandise, you might notice some major changes have taken place. **The new conference approved pamphlets are now available for purchase through the chips and literature committee of HAWS.**

We have downsized from 15 pamphlets to 11 through the consolidation of several pieces. This also enabled us to simplify our bundles into one literature option comprising of all pamphlets. If you cannot wait to check them out, have a gander at the "Literature" page of the HAWS website which has the full content of all our pamphlets for your reading pleasure.

We have received considerable requests for areas to hold a personal inventory of New Meeting Start-Up Kits. While we love helping turn the light on for new meetings, HAWS encourages areas to be self-supporting to strengthen the unity of groups. **HAWS will soon be offering "New Meeting Start-up Kits" for purchase as a bundle option.** If your area has the means of providing these kits to new meetings, please consider keeping them as part of your area's chips and literature inventory to support the growth of your local HA fellowship.

On the subject of start-up kits, the Chips and Literature committee is seeking to fill the position of "Start-up Kit" chairperson. It is suggested that the applicant has 2 years of sobriety time, a computer and printer, and mean organizational skills.

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**Responsibilities are as follows:**

- Checking the start-up kit email at least once a week
- Maintaining a prudent inventory of supplies
- Packing and shipping approximately 6 start-up kits a week
- Maintaining a database of new meetings
- Following up with new meetings 3 months after sending the kit
- Provide continued support to new meetings

Interested applicants please send your resume to [h.a.w.s.literature@gmail.com](mailto:h.a.w.s.literature@gmail.com) by November 21st, 2019.

ILAS,

HAWS Board

## PURPOSE THROUGH SERVICE

Personal Story: Anthony A. – Warren, OH

My experience in recovery began in Alcoholics Anonymous in late 2008. I got in trouble for possession and had been hooked on heroin and cocaine for about ten years. The longest I was able to stay sober for the next six years was about 13 months. Staying sober was an issue, and I couldn't seem to figure out the magic formula.

It took time and pain for me to be willing to do what these AA's said they had done.

I moved to a new area in March of 2014 fresh off a year-long heroin binge. It was bitter cold, and I had very little hope that this time would be any different than the last 20. I was approached by someone who assigned me a sponsor and told me self-propulsion would only last so long. With that warning, I decided to get busy.

One of my friends asked me if I had ever heard of Heroin Anonymous, to which I replied, "No. They have a program for everything, don't they!?"

There was only one HA meeting in our town, so we went that Thursday. I was still pretty fried, so I didn't really know what was going on. It was strange to hear people follow their names with "...and I'm a heroin addict". I felt like saying: "Well, aren't you special?"

I got the hang of it and stuck around because my friends did. I had tried this 12-step stuff before like I said and felt like I might as well try HA while I waited for the relapse to happen.

It wasn't long before my friend Matt told me about his idea to start a men's HA meeting. He and a few others planned this thing, and the format was one I had never seen. This

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got me interested, so I went to the first formal meeting and joined. The men there had a goal: to be a group which happened to have a meeting, rather than the other way around. They unapologetically talked about what God meant to them

This was also new and very appealing to me, so I decided to stick with these guys.

Now, I thought I had experienced service to the AA fellowship on my previous attempts. I would make coffee from time to time, help set up the tables and chairs, tear down the meeting, etc. I even once attended a Hospital Committee business meeting with my sponsor. I might have been high for that one. I can't remember. "Service work will help keep you sober" had absolutely no meaning to me because I participated at meetings while nodding off for several years.

I didn't understand what powerlessness meant back then. When its meaning sunk in, I stopped worrying about relapse. It's simply not my business anymore.

Our area had three HA meetings and our numbers were growing so I asked Matt if he had ever heard of a Hospital Committee. I told him that I wonder if HA will ever have one here. His response was "Start one." So, we did. This has definitely been cool to be a part of.

I got on HAWS website, printed the H&I stuff off, and went from there.

Our first commitment was a local psych ward. The first night we went, we were announced twice on the loudspeaker: "All patients to conference room A for the Narcotics Anonymous meeting. All patients please report to conference room A for the NA meeting. Thank you."

"That's great...", I thought. "...not the best way to start."

We talked about nonsense for an hour, but there was one patient who was quiet until five minutes till the end. He was one of us and wanted to talk. When we left there, I felt something. It was a similar feeling to doing a shot, but there was something different. It had Substance. It wasn't dirty. It was like something in my spirit lined up with something else. Or like two puzzle pieces fit perfectly together. Something made sense that never did before. I felt warm.

Looking back, that confused mess of feelings is something I know now as Meaning, or Purpose. It's something I don't ever have to question in my life because it's real to me. With that frame of reference, I have been able to find Meaning in all sorts of places around me –inside and outside of HA. It's participatory. It's living.

In service,

Antony A.

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## IS THERE MORE?

Personal Story: Lennon J. – Johns Creek, GA

For me, a little extra help was necessary. Though H.A. as a whole doesn't have an opinion on outside issues, as a member of H.A. it's okay for me to have outside issues. Mine were mental health related. There are many like me that have this specific outside issue as a part of their story, so I figured it might be beneficial to share my experience

I started using heroin at 15; by 16 I was a junkie. Smoking cigarettes at 12, Weed with my friend and his mom at 13. I actually don't want to dive too much into my using history in detail. You've heard it all before and know how bad that looks. I'd rather offer you hope via my story and my experience in the never-ending journey of recovery.

Just so we can all agree that this disease doesn't discriminate, I grew up in an extremely affluent area, and I had my parents behind my back with a silver spoon in case I "needed" it. In reality, that looks more like me manipulating and using the dysfunction in my family to achieve my ultimate goal: getting high.

My family maintained upper-middle class well up until their divorce. I knew I was different when I was a young lad. I felt things very intensely. I didn't quite fit in with my peers but was able to use my insecurities, shyness, and pain as a mask to lure people into thinking I was cool. Quite frankly it worked. I was the "bad boy". Yet to my

teachers and adults I was still the sensitive, knowledgeable, caring, and loving Lennon. My peers and my teachers were all a part of my game to make me look a certain way. Wearing two masks, I was a kid who was always suffering on the inside for as far back as I can remember.

I ended up getting sober at the age of 19. Once I had a year, I thought I had it figured out. I began filling that void with things outside of myself and had made my facade of recovery my identity. Still, on the inside, something was missing. I had a void that needed to be filled. It didn't feel like the steps were working on me like everyone else. God hadn't removed my fear or anxiety. What did, however, was a girl I met at one and a half years sober. A normal girl. The perfect person, the girl of my dreams, the girl I was waiting for the whole time. I had arrived.

The relationship masked a lot of mental health issues and their symptoms. The girl was a constant in my life that put everything in place. In reality, it allowed me to take the lane that didn't include learning to love myself. After four years sober and no longer practicing ANYTHING program-wise, I thought I had it figured out again. I was going to be a normal person like my girlfriend/higher power, wine with dinner and weed only occasionally.

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It took only about a year for all of the bedevilmments to re-manifest. I was able to manage my alcohol consumption, except when I was actually drinking. After four years, my girlfriend was done, and I was so far gone mentally that I couldn't even see it coming.

When it happened, I broke down. I had an identity crisis, followed by delusions, fear, paranoia, mania, and dissociative behaviors. It was as if my disease and all the pain and mental health symptoms I learned to mask as a young kid with drugs, relationships, sociopathic tendencies, and being the actor and director of my own life came back all at once.

After it hit, I threw myself back into the program, got sober again, worked the steps again vigorously and honestly. However, my brain was outsmarting me, talking me into ending my own life. Telling me to.

After working the steps, I ended up getting 1013d. I had lost 30 pounds, spent two weeks in bed all while being sober (really abstinent) for five months. By the grace of the 12 steps, I managed to stay sober, but there was a deeper house cleaning and professional help needed for what was happening to me. For me, the 12 steps weren't enough.

I went to a psych hospital where I was diagnosed with several mental health problems. I learned that for me and my sobriety, working the steps, being of service, and engaging in fellowship didn't fully deliver what I thought other people had. However, with intensive therapy, a psychiatrist, coping skills, and professional diagnosis *alongside the 12 steps* life became manageable.

I am still fighting today, but it's a battle I've been winning...one day at a time.

In my story, mental health issues almost killed me. The 12 steps saved my life and got me into the hospital via 1013 where I could get professional help rather than going back to dope.

I am forever grateful. If you feel like it's not enough, don't be ashamed. If you feel like you didn't get what everyone else has, you may be like me, needing outside help and just a little bit more. This program works on my disease of addiction and ultimately the steps still saved my life.

Lennon J.

*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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