



# 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.



---

# MAY **2023** ISSUE



*Photo by: [Michael Schwarenberger](#)*

## **Happy Summer from the H.A. 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 tend to 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](mailto:haworldbulletin@gmail.com).  
We can also be contacted through our website at: [www.heroinanonymous.org](http://www.heroinanonymous.org)*

---

**Bookmarks/Merchandise/Art Request:** H.A. World Services has produced its first ever H.A. World merchandise... bookmarks! These limited edition designs are available now at \$3 per bookmark. Head to [www.HeroinAnonymous.org/Order](http://www.HeroinAnonymous.org/Order) to snag some! We have a request from artists or artsy heroin addicts: please send any merchandise ideas or designs to [Merchandise@HeroinAnonymous.org](mailto:Merchandise@HeroinAnonymous.org)

**2023 HAWS Conference:** The official 2023 Heroin Anonymous World Service Conference dates are July 12-14th in Phoenix Arizona. More information is at [www.HeroinAnonymous.org/Conference](http://www.HeroinAnonymous.org/Conference). Come represent your area! E mail [HawsOutreach@HeroinAnonymous.org](mailto:HawsOutreach@HeroinAnonymous.org) with any questions.

**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 close to 30 active zoom meetings in 10 different states! Go to our world website, 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.
- **Public Information Chair:** This position is for a member of H.A. who will work with public information at the world level. The efforts of Public Information can be best summarized as taking actions to increase the general population's awareness and accessibility of Heroin Anonymous.

In loving service,

Anna A., HAWS Outreach Chair

[HawsOutreach@HeroinAnonymous.org](mailto:HawsOutreach@HeroinAnonymous.org)

---

Contact The Mainline Bulletin:

All correspondence will be filtered by our H.A. bulletin committee at: [haworldbulletin@gmail.com](mailto:haworldbulletin@gmail.com).  
We can also be contacted through our website at: [www.heroinanonymous.org](http://www.heroinanonymous.org)



## TOURNIQUETS & ART KITS

### Personal Story: Lily R. Long Island, NY.

From a very young age, there was not much that I considered exciting. Roller Coasters, Christmas trees, swings, parks - basically the things that are typically appealing in the way of childhood whimsy. However, I was always excited and eager to create. The mode of creating never mattered to me. Whether it was through song, writing, drawing, or even comedy skits that I would perform in my own head, creativity felt like a higher purpose.

Showing others my creations made my heart rush in a way that I couldn't describe at the time. The only thing that compared from that moment was the rush I felt the first time I picked up a drug. I remember suddenly not caring if the thoughts on the inside of my head made it out. I was fine with dozing off and just "being". At first, of course, I imagined it was all some beautiful independent film that had great focused camera views of my nodded-out face behind my desk at my 9 to 5.

The suffering was fine because it was, in a way, artistic to me. It felt like a stepping stone, and it

definitely wasn't permanent, like maybe it would be over in a couple of months. But the suffering became actual suffering when the consequences became real: when I lost control and the using consumed my every thought, activity, and desire. All the poetry, drawing, acting - all of it fell to the wayside. People started dying, there were car accidents, the lows reached the pits of hell and back, and things got dark fast. Chances are if you, yourself, are afflicted with the disease of addiction, or if you know anyone who is, you know the exact darkness I'm speaking of. It became my life, and I was sure there would be nothing else. This was a means to an end, and I was sure I would be gone before the age of 30 from an overdose or suicide.

I came to the rooms of H.A. many times before I decided to stay. When I finally gave up fighting and admitted my powerlessness, I went to treatment. I got into this program, genuinely and wholeheartedly, and my life changed entirely. My life became an independent film in a whole different way. The focused camera views were moments of overwhelming gratitude because I

---

Contact The Mainline Bulletin:

All correspondence will be filtered by our H.A. bulletin committee at: [haworldbulletin@gmail.com](mailto:haworldbulletin@gmail.com).  
We can also be contacted through our website at: [www.heroinanonymous.org](http://www.heroinanonymous.org)

---

felt like I was here for a reason. The inspiration to create came flooding in as soon as my mind was clear, and I began creating again at full speed. But this time I took on way more. I had a huge interest in music and decided to try my hand in that as well.

I would say recovery changed my life but, honestly, without H.A. and the people in it, I don't know that there would be a life to save. The Big Book says it best. "There you will find release from fear, boredom, and worry. Your imagination will be fired. Life will mean something at last." I had the

meaningful things all along: the inspiration, the family, the "book smarts" and all of that. I just didn't care whether I lived or died to use them. Today, every day in which I get to create is a treat and a way to honor the past me who didn't think she was worth it, as well as all the people whom I've unfortunately lost along the way who didn't get a chance.

-Lily R.

- - - - X

## IT'S ALL ABOUT **EFFECTIVENESS**

### **Tradition Twist: Chris C. Birmingham AL.**

I really struggled with admitting I was a heroin addict. Mainly because it was a socially unacceptable problem in the upper middle class town from which I came. Alcohol was actually my most recent drug of choice before getting sober. I was able to stop using heroin for about a year, but found myself drinking uncontrollably in the meantime. This landed me in treatment and ultimately started my sobriety. I did not have much trouble admitting that I was an alcoholic, given that alcohol was legal and not

necessarily seen as a drug in many people's eyes. So my hope was that I

could admit to my alcoholism and brush my darker addictions under the rug. Problem was that I would still find myself obsessing about heroin and couldn't tell anyone.

I ended up going to my first H.A. meeting because it was convenient and I could tell my sober living that I hit a meeting that day. I was blown away by how everyone shared so openly. They showed me how empowering it was to talk about my heroin addiction and that just

---

Contact The Mainline Bulletin:

All correspondence will be filtered by our H.A. bulletin committee at: [haworldbulletin@gmail.com](mailto:haworldbulletin@gmail.com).  
We can also be contacted through our website at: [www.heroinanonymous.org](http://www.heroinanonymous.org)

---

admitting my struggles would start to get me past the obsession. There was no shame or judgment. Just

understanding and hope from other men who had been where I was. I followed their path towards getting a sponsor and working the steps, which ultimately provided the spiritual awakening which completely removed the problem. Without having a place that upheld Tradition Five, and tried to carry a focused message towards the heroin addict, I would not have had a meeting where I could talk about my secret obsessions and struggles. H.A. gave me a place where I could find a solution to an addiction that could not be openly talked about in the other fellowship's meetings I tried to blend into. I have found that being active in both fellowships has given me the solutions that work for both my addictions. I just try to remember to check the outside issues at the door so I don't dilute the message for a newcomer that may not relate to my other addiction.

In my work and personal life, I feel Tradition Five means that I need to play the role that I am assigned and avoid outside distractions. I should strive to focus on my primary purpose of the task at hand, and try to benefit others while doing so. I

can stay focused on my work as opposed to wasting time on social

media, which makes me more productive and brings better results for my clients. I can stay focused on being a sponsor, as opposed to being a therapist or friend, which helps us get through the steps. I can focus on being a good friend or family member as opposed to my own selfish ends, which makes for more fulfilling relationships. Staying focused on my primary purpose, whatever it be at the time, removes me from my self-centeredness and improves the quality of my relationships with God and others. It's all about effectiveness. Once I establish what the focus should be, such as carrying a message on recovery from heroin addiction, I can use this tradition to eliminate distractions and do the best job possible on one thing, as opposed to doing a subpar job on several things.

-Chris C.

- - - - X

---

**Contact The Mainline Bulletin:**

All correspondence will be filtered by our H.A. bulletin committee at: [haworldbulletin@gmail.com](mailto:haworldbulletin@gmail.com).  
We can also be contacted through our website at: [www.heroinanonymous.org](http://www.heroinanonymous.org)

## 2024 H.A. WORLD CONVENTION, Buffalo, NY

### Convention Chair: Teejay S.

We at the Mainline are getting fired up for the 2024 H.A. World Convention in New York! To give the fellowship an update, Lily C. of the Mainline interviewed Teejay S., the Convention Chair. Stay tuned for more information as we get closer to Convention time, and be sure to check out the flyers at the end of this bulletin!

**Lily C.:** Hey Teejay! Please tell us your exact position on the convention committee and what that entails.

**Teejay S.:** Hello, my name is Teejay. I am the Chair of the 2024 World Heroin Anonymous Convention, to be held in Buffalo, New York in 2024. As the chair, my roles are:

- Working closely with the World Services Liaison, who is assigned by the H.A. World Services Board, especially as it pertains to site selection, hotel

contract negotiations, and contractual obligations.

- Leading the regular Steering Committee meeting, attended at least by the Chairperson, World Services Liaison, Advisor, Secretary, Vice Chair, Program Chair, Treasurer, and Hotel Liaisons. The Chairperson does not have a vote at this meeting, except as a tiebreaker.
- Attending each of the main subcommittee meetings to provide guidance (i.e., those of the Vice Chair's, Program Chair's, Treasurer's, and Hotel Liaison's).
- Maintaining regular communication and oversight of each Steering Committee member.
- Working closely with the World Services Liaison and Hotel Liaison to negotiate

---

Contact The Mainline Bulletin:

All correspondence will be filtered by our H.A. bulletin committee at: [haworldbulletin@gmail.com](mailto:haworldbulletin@gmail.com).  
We can also be contacted through our website at: [www.heroinanonymous.org](http://www.heroinanonymous.org)

---

and complete the hotel contract.

- Working with the Treasurer and World Services Liaison to oversee the preparation of the convention budget and submission of that budget to H.A. World Services.
- Upholding the 12 Traditions and 12 Concepts as provided in the H.A. World Services Manual.

**Lily C.:** Tell us about the convention and what progress you guys have made. Is there a specific date for the convention?

**Teejay S.:** Thus far, we have not secured a hotel contract, but we have been working directly with a hotel and are hopefully walking into a contract signing situation here within the next month. We have been making great progress with all the other subcommittees so far, and we have had a few very successful fundraising events. We do have some limited-edition t-shirts that are for sale, and they are to help raise funds for the convention. If you are interested in purchasing them, please reach out to our

fundraising chair Zach A.

(zacharyandolsek@gmail.com).

With that being said, we have a ton of announcements coming your way! We are also actively looking for speaker tapes. If you or someone you know has a story that you feel would rock the convention, please encourage them or yourself to submit one to [conventionspeakers@heroinanonymous.org](mailto:conventionspeakers@heroinanonymous.org).

**Lily C.:** How many other members are on your committee and what roles do they fill?

**Teejay S.:** We are doing very well with finding people to fill open committee spots. We have a full steering committee, and have elected chair positions for sub-committees. There are a bunch of committee positions open including the hotel liaison position. If you or anyone you know are actively looking for service work we would always welcome you. You can reach out to me at [conventionchair@heroinanonymous.org](mailto:conventionchair@heroinanonymous.org) and I can point you in the right direction.

- - - - X

---

Contact The Mainline Bulletin:

All correspondence will be filtered by our H.A. bulletin committee at: [haworldbulletin@gmail.com](mailto:haworldbulletin@gmail.com).  
We can also be contacted through our website at: [www.heroinanonymous.org](http://www.heroinanonymous.org)



# H.A. World Convention 2024

## A Score of HA

Buffalo, NY

UPSTATE NY AREA OF HEROIN ANONYMOUS IS HONORED TO BE SELECTED TO HOST THE HAWS CONVENTION! IT WILL NOT ONLY BE HA'S BI-ANNUAL WORLD CONVENTION, BUT ALSO 20 YEARS (A SCORE) OF HA (2004-2024)!

DATE AND LOCATION TBD.

# Stay Tuned!

### 2024 H.A.W.S. Convention: ANNOUNCEMENT

The Program committee of the convention is looking for speaker tapes from the fellowship to find people to speak at the H.A. World Convention in 2024. If you, or someone you know, has a speaker tape, and want to submit it please email the following to

[ConventionSpeakers@HeroinAnonymous.org](mailto:ConventionSpeakers@HeroinAnonymous.org):

- Audio file
- Name
- Area
- Contact method

*We are looking forward to hearing from you!*

Upstate New York Area of Heroin Anonymous Presents

A SCORE OF HA

H.A.W.S. Convention  
Buffalo, NY  
2024

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](mailto: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](mailto:haworldbulletin@gmail.com).  
We can also be contacted through our website at: [www.heroinanonymous.org](http://www.heroinanonymous.org)*