



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.



SEPTEMBER **2023** ISSUE



Photo by: [GraceHues](#)

Happy Fall Season from Heroin Anonymous!

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.
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2023 HAWS Conference: The official 2023 Heroin Anonymous World Service Conference was held in July in Phoenix, AZ and was a beautiful collection of H.A. members representing 23 areas in 20 states. World Service Conferences are a time for H.A. members with different experiences and perspectives to come together to make changes to H.A. at the world level with the goal of improving H.A. as a fellowship.

Some highlights of the conference include: book survey results explored, new 'Fellowship + The Program' pamphlet approved, new 'Self-Supporting: Money, Responsibility, and Spirituality' pamphlet approved, Public Information presentation for facilities approved, multiple PSA's approved, and after years of discussion, a new 'Singleness of Purpose' reading was approved that says: "Heroin Anonymous wishes to include all people who suffer from opiate and opioid addictions into the classification of 'heroin addict,' as we believe there is little difference in getting free from these substances."

The official minutes will be posted on the website soon.

2024 HAWS Conference and Convention: Want to celebrate Heroin Anonymous's 20th birthday? Want to get in on the action at the next conference or attend the huge H.A. World Party (Convention) in July of 2024? Head to heroinanonymous.org/convention/ for more info and begin to book travel to Buffalo, NY.

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 to snag some! We have a request from creative or artistic H.A. Members: please send any merchandise ideas or designs to Merchandise@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 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 if you notice any inaccuracies or want to add a meeting.

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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.

- **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 the Public Information Chair can be best summarized as taking actions to increase the general population's awareness and accessibility of Heroin Anonymous.
- **3x At-large Voting Members:** This position is for new members to the board, and its sole function is to show up and help us discuss and vote on decisions. Eventually, these members join other committees and may be asked to fill other roles. For example, for one of these spots, we are looking for someone with experience in intellectual property or literature writing.

In loving service,
Anna A., HAWS Outreach Chair
HawsOutreach@HeroinAnonymous.org

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MY STEP ONE EXPERIENCE

Tim R. from the “Bundles of Joy” meeting in Oakville, CT

My name is Tim and I’m a heroin addict. My sobriety date is June 30, 2008. The first time I ever used heroin I was 13 years old. By the time I was 17, I was shooting up everyday.

Around 18 I started going in and out of jails and rehabs, and I got sober when I was 20. I was 145 lbs and 6’3” and knocking on death’s door. Everyone was resigned to the fact that I was going to die a junkie. But for the grace of god and a spiritual experience working the 12 Steps, I would have been dead a long time ago.

I “tried” getting sober a few times before it finally stuck. I thought it was clear that drugs were the problem. When I would hear Step 1 read at meetings, the idea of powerlessness made sense – once I start I can’t stop. So I would think, “Ok, just don’t use no matter what,” but then I would pick up again and again after being completely sober. In the light of the pain and

suffering that happen every time, it seemed insane to use

again. I was confused, I didn’t have the excuse of being physically powerless once it was in my system. It took awhile before Step 1 powerlessness was explained to me in a way that made sense. It was clear to me that anytime I did just one, I was off to the races, but what I didn’t understand was how I was powerless over stopping myself from starting.

One of the times I was locked up I was coming off of 3.5 bundles a day and had a \$50 bond and couldn’t get anyone to come get me out so I sat in jail for 30 days so sick. I remember calling my parents and making every promise in the book. If you come bail me out I’ll go to rehab for years or do whatever you want.

They refused to bail me out but said if the judge let me out on my next court date they would have a friend waiting in the lobby of the courthouse ready

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to take me to treatment. So the day came and the judge let me go and I can remember walking down the hallway towards this big metal door that led out to the lobby. If you had put me on a lie detector test right before I opened that door, I would have said that I was going to rehab. I really thought that's what I was going to do.

As soon as I stepped into the lobby, I looked left and saw my parents' friend on the other side of the lobby and before I knew it I turned and went right. It was 10 minutes before I was high again, and once I was high the physical

phenomenon of craving takes over and nothing will stop me but being locked in a cage again.

I didn't know I was about to go use. Those are the two parts of the powerlessness of Step 1. Left to my own devices, not connected to a power greater than myself, I can't stop myself from starting, and once I start I can't control the amount I use. That's why I need a connection to a power greater than myself. My power is insufficient. I found that power in Step 2.

-Tim R.

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MY LOWEST POINT

Personal Story: Kimmie E. Lisbon, OH

Heroin was introduced to me at one of my lowest points. I had just lost my children and was on my way to losing everything else. I thought it was the answer to all my problems. My plan was to use it to get off meth and then I would taper off the heroin and get clean. One day my boyfriend at the time had knocked the last line I had off my bathroom sink. Everything else was in water.

That's when I met the needle, and it was all downhill from there.

I was kicked out of rehab and ended up in Columbus with a girl I'd known for five days. I felt like I had nothing to live for. I had a warrant out for my arrest, I had lost visitation on my kids, and I had nothing to go home to. That's when I

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overdosed. When I came to, the realization hit – I didn't want my children to have to say they lost their mother to a heroin overdose. I came home and vowed to stay off of it.

After that I was in and out of jail, not living just existing. Everyone I hung out with was using heroin by that point. I've brought so many people back from overdoses I lost count. When I lost my best friend and I wasn't there to save him, I hit my personal rock bottom. I stole from my mother to feed my own habit and she pressed charges. That was my wake-up call.

I got out of prison and went into sober living and was required to attend meetings. I didn't have a sponsor, I wasn't working a program, and I barely said anything, but they always made me feel better – just being there made me hopeful.

I moved to a sober living where I got my own apartment, found my home group, found my sponsor, and found my program. The rooms saved my life. When I wanted to use, I went to a meeting. The program saved my soul. Finding a sponsor and working steps has given me self love and a better understanding of who I am and who I want to be.

Today I chair meetings, I'm going to school, I have a stable job, and for the first time ever I feel like I have a purpose in life.

-Kimmie E.

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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:

- 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

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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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