



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.



JANUARY 2024 | 2

JANUARY **2024** ISSUE



Photo by: [Alicja](#)

Happy New Year 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 made primarily of H.A. members who meet monthly to tend to H.A. business throughout the year.

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. Woohoo!

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 for 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.

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.

Convention Advisor: The Convention Planning Committee is seeking a Convention Advisor to join the steering committee. Please email interest to conventionchair@heroinanonymous.org.

Vice-Treasurer: This position serves to support the Treasurer in all HAWS financial matters including budgeting, tax filing, supervising bank accounts, and assessing the financial status of this fellowship.

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 the accessibility of Heroin Anonymous.

Chips, Literature, and Merchandise Chair: This position is for a member of H.A. who will work with our paid employee to monitor chip sales, literature sales, and start up kits. This member will also oversee the merchandise committee to create and distribute HAWS merchandise.

At-Large Voting Members: This position is for new members to the board. Its sole function is to show up and help us to 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

THE BLACK CLOUD

Personal Story: Tim W.

I tried to get sober so many times. I was always good enough at lying that my family never sent me to an inpatient rehab or a detox, and I always had to sweat it out on my own. I was terrified of withdrawal. I'm still terrified of withdrawal. Every time I would relapse, I would come back to my outpatient groups and feel so ashamed that I had slipped again.

The other people in my group would talk about experiencing the "Pink Cloud." They said it was a feeling of positivity, excitement, and happiness that came to them when they first got sober. When I stopped using heroin, I experienced the Black Cloud. It was a cloud of depression and suicidal ideation that was so intense I couldn't function. And so after 30 days under this cloud, I would relapse, and start the whole cycle again. I couldn't figure out what was wrong with me. Why couldn't I experience this Pink Cloud or stay clean?

One of the basic laws of the universe is that what comes up must come down. And after 12 years of pumping chemicals into my brain to get high, particularly heroin, when I suddenly took all those chemicals away, it's only natural that I would come down hard.

I was a chronic relapser for many years. The last time I relapsed was

in 2019, and it was my first experience with fentanyl-laced heroin. It was terrifying. The withdrawal was even worse than I remembered. And so when I finally came out of that relapse, after overdosing twice, I was finally willing to do anything to get sober from heroin. I had my first First Step moment.

I know now that the reason I kept failing and relapsing was because I was trying to get sober on my own willpower, which will never be enough. My willpower failed every time. Even if I'm okay for 364 days of the year, that one day will always come when I relapse.

I know now that I had to accept the help available in Heroin Anonymous and through my Higher Power. When I stopped relying on my own willpower and started relying on the groups, my sponsor, and my Higher Power, I finally achieved true and lasting sobriety.

I no longer fantasize about killing myself with heroin, because I'm happy to be alive. In the end, it was the fine people of H.A. and a God of my understanding that saved my life. I just had to get out of my own way.

-Tim W.

- - - X

MY OBSESSION

Personal Story: Marcel K.

Everyone told me growing up that drugs are bad. They always said they make you act stupid. They always said drugs make you dumber and ruin your life. They always said that drugs will do nothing but cause you pain. I tried drinking, and I would drink until I made bad decisions. I was faced with regret the next morning and the worst hangover imaginable. I tried cocaine because my friends seemed fine on it, and I used until I was up for three days straight and sobbing during the comedown. I heard that I may be an addict, and that I need to avoid drugs, but I could always stop... I would not let drugs take control.

Then, I had a bad night and tried heroin. I got a little nauseous but didn't feel high. I didn't feel impaired, and I didn't make bad decisions. I didn't stay up for three days straight.

I just felt happy. I had control. Heroin didn't make me act stupid. Heroin didn't make my life worse. Heroin cost \$20, while cocaine cost me hundreds. Heroin didn't hurt me. Heroin just made everything in the world feel peaceful. I used it again, because I had control. You want to go to the movies? Sure, maybe I'll go home and use heroin later. But I don't need to.

Popcorn? Sure, I eat fine when I'm using heroin, unlike cocaine that ruins my appetite.

Let's stay at the concert late, I feel amazing.

Let's take a road trip. I drive fine because I don't even feel high. Let's make plans five nights in a

row because life is beautiful and I want to see it all because of heroin. I got sober and went to Disney World, but four days later I cut my trip short and flew home to use. I'm not addicted though, I lasted four days! I'm okay. This is a CHOICE. I'm CHOOSING to go home and use.

You see, I am in control. I just missed the feeling! Sure, I never made it out of the hotel all four days because I hated life so much, but that was a coincidence. Want to go see a movie? Ok, first let me use enough heroin to last two hours. Popcorn? No, I have no appetite. I had a bag of chips 15 hours ago and that's plenty. Sorry, I have to leave the concert early, I'm throwing up and shaking because I need heroin. I wish I could stop. I'll stop tonight.

Want to go on a road trip? Okay, but we have to take hourly stops so I can use heroin. I want to stop. I'll try my hardest to stop tonight.

Sorry, I have to cancel plans for the fifth time in a row. I can't go anywhere, I'm too sick from the heroin. I want to stop. I will try my hardest to stop tonight. I can't go out for awhile, I have abscesses and a rash from hitting an artery. I know it's disgusting, I feel disgusting. I will try my hardest to stop tonight. I haven't showered in four weeks, I can't leave the bed. I'm too sick from heroin. I will try my hardest to stop tonight.

-Marcel K.

- - - X

Upstate New York Area of Heroin Anonymous Presents



A SCORE OF HA

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

Contact The Mainline Bulletin:

*All correspondence will be filtered by our H.A. bulletin committee at: haworldbulletin@gmail.com.
We can also be contacted through our website at: www.heroinanonymous.org*

OCTOBER 2023 | 7

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.

Thank you!

The Folks at The HAWS Mainline