



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.



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FEBRUARY **2024** ISSUE



Photo by: [Pexels](#)

Greetings 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.

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 August 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.

- 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 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 startup kits. This member will also oversee the merchandise committee to create and distribute HAWS merchandise.
- At-large Voting Member: 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

ONE MORE ADDICT

Personal Story: Devon M.

I'm an A.A. baby; my parents married in A.A., had three kids, then promptly divorced. My earliest memories are the love of my mishmash family, coupled with devastating loss after my parents both got re-divorced. I was a confused yet capable, attention-starved yet lovable little girl, always hopelessly yearning for validation outside of myself.

My first time smoking weed quickly turned into daily use. My first drink was alone on a random Wednesday, just to see what it felt like. I thrived as the party girl; I could be as loud and funny as I wanted. Alcohol and marijuana progressed to cocaine and party drugs. My family could tell I was an alcoholic before I ever took a legal drink, but I laughed them off. It wasn't until I snorted my first percocet that I wondered if they were right. Within a month, I was physically addicted. Within six months, I was selling and robbing to sustain that addiction. Within one year, I switched from pills to heroin. I didn't know what was in that blue stamp; frankly, I didn't care. I was now shackled to the bag and the block.

I somehow managed to graduate from college and get a big girl job. I "successfully" lived the double life until the fear of dying an addict's death in Kensington, Philadelphia finally outweighed the fear of being dope sick. So, when the opportunity presented itself, I ran. I didn't say goodbye to my family or call out of work. I just ran. I detoxed cold turkey on a cross-country drive from Philadelphia to Phoenix. The palm trees and sunshine brought me a fresh start. The heroin was removed, but nothing took its place. The cycle restarted. Trying to unpack trauma while continuing to drink daily didn't work. Alcohol and marijuana progressed to cocaine and party drugs, but I promised myself I would never do heroin again.

One Saturday night in October, I was preparing for the festivities of the night. What I didn't realize was that this night was to be the catalyst for me to reach a true spiritual bottom, and shortly thereafter, recovery. I got a call and was asked to go check on my aunt at her house. When I got there, she had passed away... and there was nothing I could do. Death was so real and so close. I began to knowingly drink for oblivion. I

didn't want to die, but I definitely didn't want to live. I knew it was only a matter of time until I broke the promise I made myself; I was going to do heroin again. So, before I gave myself the opportunity, I told on myself. "I'm a heroin addict. I'm terrified of myself."

I went to a meeting and found a sponsor quickly. With her guidance, I found myself in the book of Alcoholics Anonymous. It was easy for me to admit I was powerless over heroin; who can do heroin recreationally? The profound realization was this: the first drink will lead me to my one true love (heroin) and, inevitably, death. I can't just change the substance I'm using; the thoughts and beliefs driving my deep-seated need to use in the first place are what need to change.

For someone as "violently anti-religious" as myself, "We Agnostics" was hard to argue with. I had abandoned any idea of God. But other times, I would be absorbed in contemplation of the cosmos and aliens, usually high out of my mind, and I would wonder, "What is all of this, then?" This book is telling me I only had to grasp on to that feeling for recovery to be a possibility for me. I could do that. When I came to H.A., I genuinely considered myself an honest person.

My 4th and 5th Steps showed me how insane that was, considering I had been blatantly lying to everyone around me for years. It was hard to deny any of my character defects after realizing the hypocrisy of my life. The light shining on my ego burned... badly. But by the

time I had made amends to those closest to me and to those I had been avoiding, the wounds healed into scars. The Steps merged my double life into one humble experience that could be used as my greatest asset.

Staying sober while practicing Steps 10, 11, and 12 are how I make amends to myself daily. I continue to use the tools in Steps 4-9 day to day, seek to improve my understanding of and relationship with God through prayer and meditation, and go out into the world as a changed human being to help whoever crosses my path. It's not rocket science.

Without a doubt, my main passion in H.A. is H&I, bringing meetings to addicts confined to hospitals and institutions. Bill W. was the original H&I or die, begging Dr. Silkworth to share his story with patients at the hospital where he was once treated. Nowadays, we don't have to beg, considering there are thousands of treatment and correction centers full of addicts, and we have committees established to help carry the message of Heroin Anonymous into as many of those facilities as possible. It's the greatest privilege to be a part of this.

I've found a home in H.A. Here, I can share my love for the book of Alcoholics Anonymous while also sharing my experience as a dope fiend. I'm uniquely qualified to help heroin addicts relate with a book published back in 1939, long before our current epidemic was even fathomable. Not only are hundreds of my fellows dropping into oblivion, hundreds of my fellows are dying every day.

Daily, I'm spared this fate, therefore my thoughts and actions are constantly directed towards sharing this gift with one more addict, God willing.

-Devon M.

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THE JOYS OF UNITY

Tradition Twist: Regan S. Prescott, AZ

Tradition 1 states that "Our common welfare should come first; personal recovery depends upon H.A. unity."

Unity among H.A. members can look different depending on your community. It can be as complex as traveling to the H.A. World Conference, planning transportation, and getting registration and a room. It can look like going to a retreat in another town, like the one we just had in Northern Arizona. Or it can be as simple as going bowling or grabbing a bite to eat after a meeting.

Before H.A., I didn't have any unity in my life. I didn't have many friends or people to be around in general. Now, I get to go out and do things with people I love, who happen to also be alcoholics and addicts. The first time I went to the state convention, my mind was blown. I had never been to one before.

Since the world conference was right before, there were still a lot of people from out of state in attendance. I got to meet wonderful new people and learn more about the history of H.A., the 12 Steps, and other topics at various workshops. In 2023, I helped put on the Northern Arizona Retreat for the first time since Covid, and I did it again in 2024. Being on a committee to help plan these events was so enjoyable. I got to meet and work with a whole bunch of people I wouldn't have known without the committee or this program.

I've been able to experience so many things in unity with my fellows. I've been able to help out and be a part of amazing things I never could have imagined and I'd never change. I can't wait to see what I get to do in the years to come.

Regan S.

Prescott, Arizona.

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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*

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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