



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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MARCH **2024** ISSUE

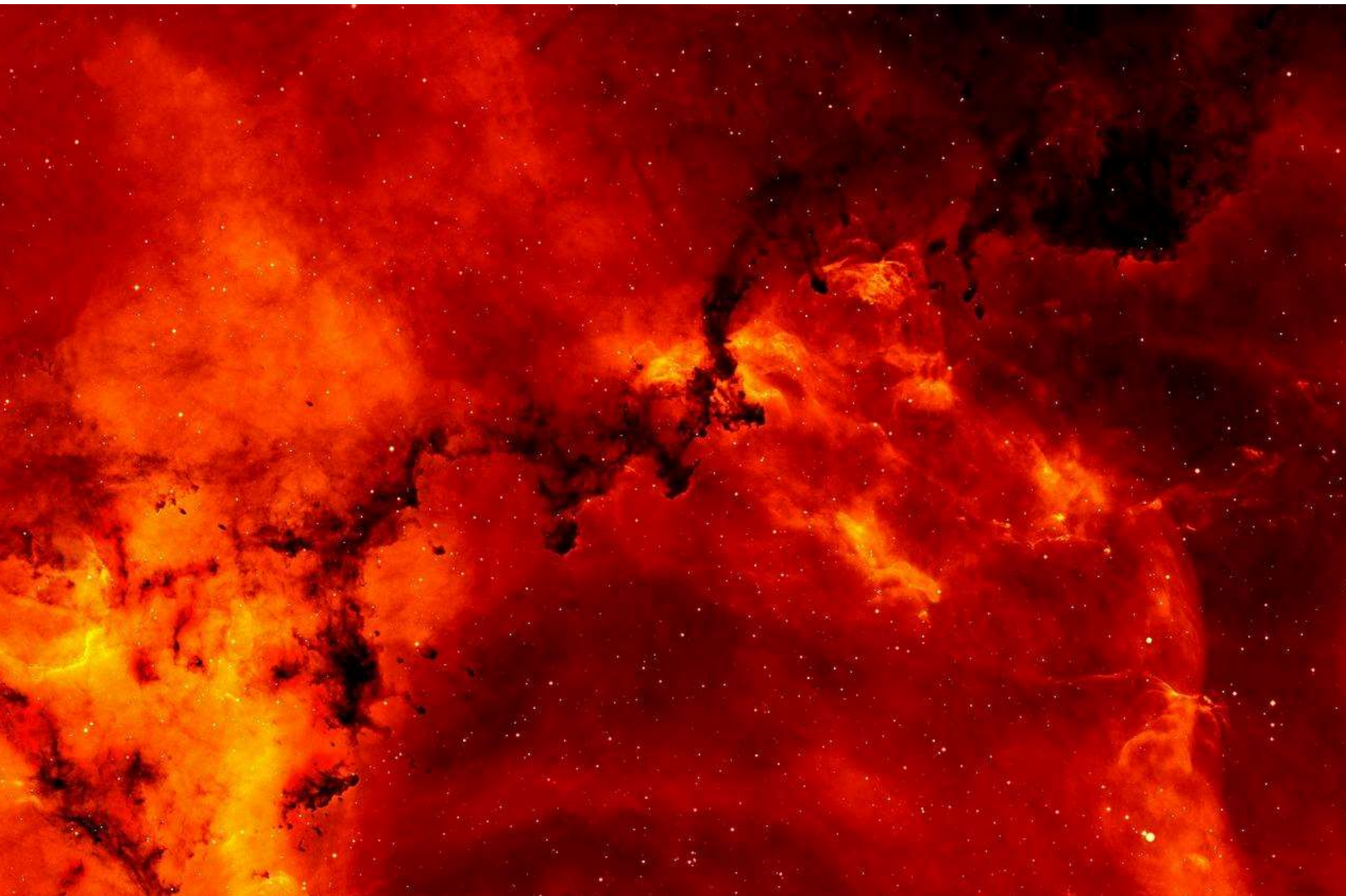


Photo by: [Wikimages](#)

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

THE TENTH STEP

Personal Story: Ian D.

"Continued to take personal inventory and when we were wrong promptly admitted it."

My name is Ian and I am a heroin addict. I have been sober from heroin and all other mind-altering substances for almost 16 months. 15.84 months to be exact, thanks to one of those neat little apps! I am sober and happy about it. I did not start out like that, but after the work I did with my sponsor through the Twelve Steps, I have finally become comfortable being sober and have not found it necessary to take that first drug. I have also been sober before, lots of times. The longest I have ever been sober was just shy of two years.

When I relapsed with that amount of time, a service position at the group level, sponsee's and a nice little life at home, I was certain it was over for me. I didn't blame God or the Steps or meetings, I just thought I was one of those people that didn't get to be a part of this beautiful thing called sobriety. More self-centered delusion!

Thanks to my sponsor and my best friend, I got a chance to go to detox and shake it out one more

time. This was about a week and a half before I was relocating from Austin, Texas to Louisville, Colorado. I was full of fear and my wife was full of fear; there seemed to be no hope for me, but I went anyway and hit the ground running when I got to Colorado.

I went to a meeting every day looking for a new sponsor and one cold and snowy night I found myself outside a meeting I had never been to. I could see the meeting happening through a basement window but every door I pulled on was locked and I was so frustrated with myself that I was ready to give up and go home. I walked towards my car and this girl appeared out of nowhere and asked me if I was looking to get to the meeting and I said, "Yes I am!" She showed me where the door was and walked me down to the meeting. I sat in the back and was upset because I was looking to pick up my 30 days, but I missed the first part of the meeting.

There was a man at the podium and he shared about his First Step experience and he just made sense to me. After the meeting I asked for his phone number and I texted him the next day and told him I wanted to get into the

Steps very badly. He told me that was the most important thing I could do with my life.

He took my call every day and met with me once a week until I was through the Steps. It was beautiful and magical and he showed me the value of meeting with someone consistently. I had a different experience with the Steps and that was very difficult for me, as I had already had a great experience with the Steps and didn't think it was possible for me to have another one. I was wrong - of course I was!

He explained to me that guys like me who relapse with some time have not done two things. First, make their amends. Second, work the Tenth Step regularly. He was correct in my case! I had made some amends but not nearly all of them and I had Tenth Stepped maybe twice in that previous period of sobriety. I was unaware of it at the time, but I was letting the disease bleed into every aspect of my life and becoming sicker and sicker with each thing that came up that bothered me, each thing I didn't put through the discipline of a Tenth Step.

He asked me what drugs did for me and I gave some long-winded answer. He then told me that drugs killed his thinking and that Tenth Steps are the silver bullet to diseased thinking. I found this to be true.

When I was 21 years old, somebody did something very

awful to my mother. I won't go into detail. I was convinced that the only solution was to end his life. That was my plan - a terrible plan - but that is what I wanted to do. During the day of my plan, I was offered a line and I did it. I went from wanting to commit murder to curled up on a couch. Heroin stopped my thinking, my plan, and on some level saved my life, my sanity. Now, through the Tenth Step, I can go from feeling very angry, selfish, or hurt to feelings that aren't so bad. Practicing the Tenth Step kills my drug addict thinking. I know the book doesn't ask us to write on the Tenth Step, but my sponsor did.

"God please guide my hand" is how every one of my Tenth Steps starts, involving God immediately when I put pen to paper. Then, I pray, call my sponsor, read what I wrote, and he can give advice, pointing out my fear-based thinking that I am too upset to see. I pray again and make an effort to think of or help somebody who isn't me. This practice has changed my life many, many times. I have also made a large amount of my amends and those experiences have helped my sobriety a great deal. I am very thankful for my sponsor, my new experience with the Steps, and all of the people in my life that love me enough to tell me the truth.

-Ian D.

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GROUP CONSCIENCE

Tradition Twist: Devon M. Phoenix, AZ

Tradition Two: For our group purpose, there is but one ultimate authority—a loving God as he may express himself in our group conscience.

This tradition reminds me that HA does not need me, I need HA. I love that, in HA, we don't have one leader or dictator. We are a group of junkies trying to help other junkies not be junkies anymore. But a group of junkies trying to come to decisions does pose some problems, until we're reminded of Tradition Two.

We all ultimately have the same goal—to help the still suffering heroin addict to achieve sobriety. How we accomplish that goal could happen in a variety of different ways and could travel a lot of different paths. Eventually, as a teachable member of HA, I've learned it never ends up mattering if we go the way that I'm thoroughly convinced is the only way to go,

as long as we eventually make it to the ultimate destination.

I have a responsibility as a member of HA to make my voice be heard. I have plenty of opportunities to share my opinion or viewpoints on lots of different topics affecting HA and the service work we do. It's my right to show up and do so. The key lies in letting go of the outcome. If my fellows disagree, they could most definitely be right and I could be wrong. I can share my opinion, while leaving the decision up to the group conscience.

When my head gets too large for my body, when I am certain nothing else will work except my little plans and designs, when I turn into the bleeding deacon role, the group conscience is what squashes me back to right size, as long as I'm willing to listen.

Devon M.

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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