



# 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.



# June **2024** ISSUE



Photo by *Pexels* / *Nina Uhlikova*

## H.A.W.S Board Update

### 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.

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Contact The Mainline Bulletin:

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**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/](https://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](https://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](mailto: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](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).

**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.

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**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.

**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

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## DYING TO LIVE

### **Personal Story: Kaitlin H. – Acworth, GA**

*This story was originally published in the October 2019 edition of The Mainline.*

I'll never forget the first time I used heroin. I was sitting in an apartment with a friend of mine who used it, and

I was overwhelmed with curiosity. I had seen people use heroin and knew a lot of my friends that had fallen victim to the trap it set, but I had never wanted to try it until that day.

Suddenly the pain pills I had been addicted to for years were

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harder and harder to find. I tried to substitute the high I loved with a mass of other substances, none of which filled the hole that painkillers did. That night, I made a choice that would change my entire life. I remember asking if I "could try it just once, and I'll never ask again."

He was hesitant to give me any, but I pushed and pushed until he gave in. He laid a line out on the table for me and ran to the store, almost in a shameful way. It's like he knew what the future held for me and that my first experience would soon become the love of my life, as it was for him.

I saw it and was excited, not a hint of nervousness or contemplation. I rolled up a dollar bill, placed myself into a comfortable position, and leaned in to snort my first line of relief. I was overcome by the feeling it gave me. I knew at that moment "this is it."

This WAS it. This was what I had been searching for with each high before it. I was finally empty. This was only the beginning for me though. I woke up the next morning and immediately begged my friend for just a little more. He told me no, over and over again, but

that was okay... because I knew where to get more.

It's hard to describe how slippery the slope was after that. My entire life was engulfed into a giant snowball effect, and I tumbled downhill to the blackness at the bottom more quickly than I ever expected.

Daily use happened for me almost immediately. At first it looked like I was able to get high and still manage to do everything in life that I needed to.

One day, I was low on money and decided that I wouldn't buy heroin that day – big mistake. This was the first time I got sick. It felt like my body was attacking itself without the drug. I became violently ill; I was throwing up anything I tried to consume. The pain in my abdomen had me curled up on the floor. My entire body ached with every shiver. I couldn't sleep. I felt like I could barely breathe. The worst part: it lasted for days.

I felt like I was dying and I couldn't understand why. I ended up in the hospital due to the pain and dehydration. That's when the doctors hooked me up to an IV bag with saline and then... Dilaudid. I had instant relief again and was ready to leave. This is the

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cycle I became stuck in. Get high, get sick, visit hospital to get better, repeat.

Amidst all of this, my life was crumbling. I wasn't taking care of my daughter or paying my bills. My house was a wreck. My job was hanging by a thread. My mental health was rapidly declining, but I couldn't stop. At one point, I tried to kill myself. I wanted to escape the pain box I had trapped myself in, but I could never find the latch to get out.

For two years, this was my "life."

My family tried to send me to treatment for the first time in August of 2015. The day after my daughter's third birthday party. The DAY after my daughter's birthday party! I was consumed that entire day with packing, trying to find a way out of going, and of course, obsessing about how to get high. I ended up dragging my innocent daughter to stay with me in a treatment program for women with children. The pain I was causing her was not enough to make me change; after two weeks, I left, pulling her from a place of safety to go get high again.

I kept on and on, until I finally decided to do the first right thing I had in a long time. I sent my daughter to her

father's on February 7, 2016. I told myself I couldn't drag her to treatment, but I needed to get help. I convinced myself and those around me that that was what I had to do to get the help I needed. I was so very wrong. My use continued escalating, and the only thing I had left to be responsible for and my reason for living, I sent away.

On February 28, 2016, it all changed. This night, I did too much. I did too much, and I stopped breathing. The people I was with called 911 and gave me CPR until the paramedics arrived. I was hit with Narcan twice, but it wasn't working. I went into cardiac arrest. They cut off my shirt and shocked me until I came back. I woke up in a hospital with my clothes in a plastic bag. I was recovering from a drug overdose and hypothermia. After a few days in cardiac ICU, I was sent to Summit Ridge Psychiatric Facility for ten days and from there to rehab for six months.

Finally, something was changing. I was introduced to an Anonymous 12-Step program that has so gracefully saved my life. I found hope again. A new snowball effect took over, Recovery. I had cravings from time to time, heavily in my first year of being clean and sober. The fellowship and the

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program guided me as I learned how to live again.

My craving for the emptiness heroin gave me was replaced with hope and gratitude.

Today, my life looks very different. I'm over three years clean and sober. I'm the director of a drug and alcohol treatment facility for women in Georgia. I'm a volunteer distributor for Georgia Overdose Prevention. I'm the treasurer of a nonprofit organization missioned to help women with substance use disorder, and I'm months away from obtaining my Certification in Addiction Counseling. I'm also married with a baby on the way, and buying a house!

I still attend meetings almost daily and work to be of service to other addicts like me. My life is full today. The hole has been filled, and I can genuinely experience happiness.

I share this because, for a junkie like me, I would never have dreamed a life like this would be possible. For a long time, I didn't want it. I thought the world would be better off without me, and I couldn't stand to live in my own skin. I still battle parts of my disease, and I don't ever expect that to fade. The difference today is that I have a solution to my problems.

I didn't have a goal of becoming a heroin addict. I didn't intend on causing so much harm and pain to myself and those around me. I didn't picture my journey in life being the one it has been, but I'm grateful this is the life I've gotten to live. I'm grateful for my heroin addiction because it's a part of who I am, and who I am today is something I can be proud of.

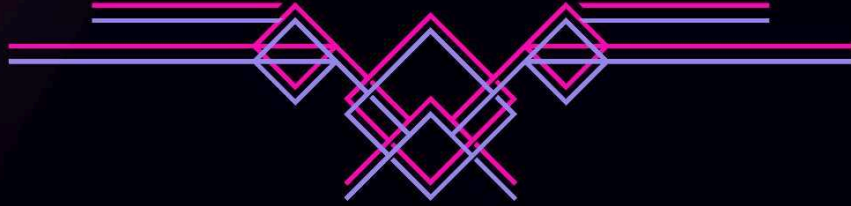
Kaitlin H.

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**2024**

**8/16  
-  
8/18**

**A SCORE OF HA  
CELEBRATING 20 YEARS!**

**BUFFALO,  
NY**

**1920'S THEME  
WITH A  
2020'S FLARE**

**THEMED BANQUET  
WITH BURLESQUE**

**NIAGARA FALLS  
TRIP**

**LIMITED 20 YEAR  
ANNIVERSARY  
MERCHANDISE**

**SPEAKERS  
FROM AROUND  
THE WORLD**

**HEROIN  
ANONYMOUS  
WORLD  
CONVENTION**



**← REGISTER NOW!**

**FREE REGISTRATION IF  
YOU ARE IN A HALFWAY  
HOUSE**

FOR MORE INFORMATION:

Visit [Heroinanonymous.org/convention](https://Heroinanonymous.org/convention)

Reach out to us via email:

[Conventionchair@heroinanonymous.org](mailto:Conventionchair@heroinanonymous.org)



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*Are you a heroin/opiate/opioid addict  
who found freedom through the 12 steps?*

**Start an H.A. Meeting in your  
area today!**



# **START A HEROIN ANONYMOUS MEETING!**

## **IT'S SIMPLE:**

1. Get a few heroin/opiate/opioid addicts together
2. Secure a meeting location, day, and time
3. Order a FREE Start Up Kit from  
HAStartUpKits@HeroinAnonymous.org
4. Refer to the suggested meeting readings and formats on the H.A.  
World Website
5. Carry the message to the sick and suffering Heroin Addict!

Email: [HawsOutreache@HeroinAnonymous.org](mailto:HawsOutreache@HeroinAnonymous.org)  
for more information and direct assistance

*Tradition 6: An HA group ought never endorse, finance, or lend the HA name to any  
related facility or outside enterprise, lest problems of money, property or prestige  
divert us from our primary purpose*

<https://HeroinAnonymous.org>

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heroinanonymous.org → 'book news' tab  
Go to the webpage above for instructions and more info!

# H.A. STORY SUBMISSION REQUEST

HEROIN ANONYMOUS INVITES YOU TO SHARE  
YOUR PERSONAL STORY OF RECOVERY!

**DUE NOV 1ST 2024**

The poster features a QR code, a circular logo with 'NO MORE SUFFERING' and 'HA', and an illustration of a bookshelf with colorful books.

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 Mainline



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