



THE **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.



August **2024** ISSUE



Photo by Pexels / Abby Kihano

HAWS 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.

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: <https://heroinanonymous.org/>.

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.

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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.

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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MY JUST FOR TODAY

Allison S. — Depth & Weight Group of New York City

I couldn't stop crying on the way to work, so I wrote my own "Just for Today."

Going through painful times in recovery

Recovery, especially early recovery, is a powerfully transformative period. The normal highs and lows of life

can be amplified by our emotions untempered by substance use perhaps for the first time in years.

The wreckage of our recent past provides us with problems that can feel overwhelming. Inexperience in handling relationships while clean can lead to confusion and missteps.

The program provides relief in several ways. The relationships

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we are building with our fellows allow us to reach out to others to receive support and suggestions. We are encouraged to accept life on life's terms and to give our problems over to our Higher Power.

Soon after starting our program of recovery, even before formally completing the 12 Steps, we start to see the futility of wallowing in self-centered fear and misery. We can see that there are better ways. Regular meeting attendance and communication position us to be in the right place and right time to hear the messages that will sustain us through these challenges.

When we do not know what to do, we give the situation over to God. We rely on our "smart feet," the habits we have been developing and that have been modeled by our fellows in the program.

We begin to reflect on our own part in problems, pray for solutions, and follow the advice of wise fellows, allowing us to find solutions that are aligned to the will of our Higher Power.

When we do these things, we are learning to go through difficult times rather than escaping them.

When we look and listen for opportunities to be useful, we may find ourselves helping others, and in turn strengthening our connection to our fellows, our program, and our Higher Power.

In time, we learn that we can survive painful times without using.

-Allison S.

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REFLECTING ON THE 7TH TRADITION

Anonymous

Today, the 7th Tradition means a lot, both in H.A. and in my

personal affairs. I have never been self-supporting. I leeches off men, welfare, or my poor family to live day to day.

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But now I pay my own way by contributing to my life, my bills, and most importantly, to my homegroup. I no longer put a significant contribution into other people's homegroups unless I drink a cup of coffee or eat a piece of cake. Just like I wouldn't go to someone's house and pay their light bill for them – that would be kind of weird.

I put my monetary contributions where I have one voice and one vote, which is at my homegroup. I give more than just one dollar, too. I drop what I can afford to give but I also take a look at our group's expenses as well. We do not need a huge reserve, and the money should go back into growing our fellowship, making sure we have Big Books to distribute to the newcomers, and making fliers and meeting lists. Our homegroup voted that this is what we do with excess 7th Tradition money.

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My homegroup is not a charity, so we do not use the word donate. This money pays for our coffee and rent, and we send some down to the bottom of our triangle to help fully support the structure of H.A.

This year, our homegroup also voted on using our 7th Tradition money to send our very first Michigan delegate to the H.A. conference. We were beaming with excitement, as this is the absolute best way to spend these contributions.

Today, I contribute to my sobriety because it's my responsibility. It's one way I can ensure that H.A. will be here for years to come.

-Anonymous

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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
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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The graphic features a QR code in the top left corner. To its right, the text reads "heroinanonymous.org" with an arrow pointing to "'book news' tab" and "Go to the webpage above for instructions and more info!". The main title "H.A. STORY SUBMISSION REQUEST" is written in large, bold, black letters. Below the title, it says "HEROIN ANONYMOUS INVITES YOU TO SHARE YOUR PERSONAL STORY OF RECOVERY!". The due date "DUE NOV 1ST 2024" is prominently displayed. At the bottom, there is an illustration of a bookshelf with several colorful books. A circular logo with "NO MORE SUFFERING" and "HA" is also present.

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 Mainline is looking for more content – personal stories, reflections on one of the Steps or Traditions, amends stories, and stories about starting a new meeting.

If you would like your meeting featured in this newsletter 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 Mainline



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