



# The Mailbox

## HA Newsletter

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### *Special Points of Interest:*

**Submit your story on  
our selected topic.**

**Stories should not be  
more than 450 words.**

**Our next issue will  
feature stories  
on Step 2**

**Please send your story  
to our editor at:  
hanews@cox.net**

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## History of Heroin Anonymous

Paul F, a sober heroin addict in AA, received a phone call on July 26, 2004 from Mike S, a fellow heroin addict.

Mike asked Paul .....

“How come there is no Heroin Anonymous?” It was at that moment it was decided to start HA. We could have our own fellowship where we would be with others who truly understood what we experienced with our heroin addiction.

On July 24, 2004, Paul and Mike located a place for a meeting. They started to distribute fliers to all of the heroin addicts they knew in the other 12 step fellowships.

The first HA meeting was held on Thursday August 12, 2004 at the Hope House - a half way house for alcoholics/addicts at 316 N. 11th way in Phoenix, Arizona.

Present were Mike S, Tom M, David T, Rebekah B, Mark T, Nancy R, and Paul F.

In that meeting Paul F was elected as the Literature Chairperson. Soon afterwards he began writing pamphlets and meeting formats for our fellowship.

In no time more and more HA meetings were being started and Phoenix HA Intergroup was formed on November 11, 2004.

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## Meetings Update

We currently have HA meetings in 17 states, Canada and the UK

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*God, grant me the strength to accept the things I cannot change,  
The courage to change the things I can,  
And the wisdom to know the difference*

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## Being of Service

A heroin addict's experience with chairing meetings

One day I decided to start a meeting at a half way house. In the beginning 10 people attended it. In a few weeks no one came to the meeting. I continued to show up for another 3 weeks. I called my sponsor and complained that I was wasting my time every week because no one was showing up.

He explained to me that chairing a meeting had nothing to do with how many people showed up for the meeting. I was told that I made a commitment to be of service by chairing that meeting. He also reminded me that chairing a meeting is not a popularity contest. It did not matter how many people attended the meeting.

It was explained that I needed to be there in the event a suffering heroin addict walked through the door.

I continued to show up every week. No one arrived. I spent my time reading the Big Book and writing. Sometimes I would meditate. I stayed for the entire hour in case someone showed up.

3 weeks later 3 heroin addicts showed up. They wanted to use. They were desperate.

They heard there was a meeting at this place and were hoping someone would be here. We had a great meeting. There was hope in being together. The four of us did not use that day.

What if I had given up? What if I had closed the meeting? What if I had listened to my selfish brain? What if no one was there when they showed up? Is it possible that one of those heroin addicts would have died?

This experience taught me that none of our meetings should go dark. It reminded me what being of service is all about. I was reminded that it gets me out of myself.

It taught me that when I agree to chair a meeting, it is my responsibility to show up every week, regardless of its attendance.

Once again, chairing a meeting is not a popularity contest. It's about saving lives and being of service. Chairing a meeting has saved this heroin addict's life one more time.

Paul F. - Phoenix, AZ

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## Our Mission Statement

Our mission is to provide a message of hope for the heroin addict. We will offer stories from members of our fellowship on what it was like, what happened, and what it is like now with their heroin addiction. The Mailbox will be the voice of Heroin Anonymous.

Our objective is to show that any heroin addict can recover.

In fellowship,  
The editor

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# To Stop Suffering

## A Step One Story

My bottom came the day I had run out of ideas and I conceded that I would never draw a sober breathe again short of being physically separated from heroin or heavily medicated by an opiate blocker. I was content with being found dead on the floor of a gas station bathroom with my zipper undone and a needle in my neck. I stopped trying to quit because nobody could show me how to stay stopped, forever. I tried switching drugs but I hated meth, hated the taste of liquor, weed didn't last long enough, PCP was far too difficult to get a hold of and cocaine was way too expensive the way I did it.

I've tried electroshock therapy, intensive inpatient therapy, behavioral modification, countless detoxes, rehabs and recovery houses and nobody could show me how to stay stopped.

I married my drug dealer and got her and my girlfriend pregnant because children would get me to stop right? Well, 3 kids and 2 step children later, and I still could not stop. I tried changing religions. I even tried other twelve step fellowships but was disappointed once they spoke of the God that failed me.

I hit bottom and lived there for 8 years.

After one year of living on skid row in Los Angeles in a cardboard box I went home to my ex wife. When the madness of the morning hit me, a thought had crossed my mind that I knew if I acted on I would never return from.

## “I found a sponsor and began living the 12 Steps”

That thought was to sell my beloved daughter for a spoon. I stood at the turning point.

I called the man who had sponsored me eight years prior and he asked me if I was willing to go to any lengths to stay sober. I lied and said yes for I didn't even know what any lengths meant. The next day I was on a bus bound for Phoenix, scared that I was going to a town without heroin, but I found it as I always do.

I had also found Heroin Anonymous.

This previous sponsor sent me to the city where they had a fellowship for me. After being here for more than a month I was finally willing to give God a chance and on March 11, 2010 I stopped. I got a sponsor and began living the steps.

I got very active in Heroin Anonymous by getting several service commitments as well as home groups which I still attend to this day.

Today I show others how to stop suffering from heroin addiction as someone showed me. I came to Phoenix to scoff.

But I remained to pray and celebrated one year of continuous sobriety on March 11, 2011.

**John R. - Phoenix, AZ**

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*“Then he had, in effect, been raised from the dead, suddenly taken from the scrap heap to a level of life better than the best he had ever known!”*

AA Big Book - 4th Edition page 11

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## HA Preamble

Heroin Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from heroin addiction.

The only requirement for membership is a desire to stop suffering from heroin addiction. There are no dues or fees for HA membership; we are self-supporting through our own contributions. HA is not allied with any sect, denomination, politics, organization or institution; does not engage in any controversy, neither endorses nor opposes any causes. Our primary purpose is to stay sober and help other heroin addicts to achieve sobriety.

We are on the Web!  
[www.heroin-anonymous.org](http://www.heroin-anonymous.org)



### Submit an Article

**Send in your stories or questions you may have about our newsletter. Also send any ideas you may have. This is your newsletter. It is here for all of us in HA.**

**Mail to:**

**H.A.W.S.**

**5025 N. Central Avenue - #587**

**Phoenix, AZ 85012**

**or**

**email us at [hanews@cox.net](mailto:hanews@cox.net)**

**Heroin Anonymous World Services, Inc.  
5025 N. Central Avenue - #587  
Phoenix, AZ 85012**

### What We Find in HA

There you will find release from care, boredom and worry. Your imagination will be fired. Life will mean something at last. The most satisfactory years of your existence lie ahead. Thus we find the fellowship, and so will you.

You are going to meet these new friends in your own community. Among them you will make lifelong friends. You will be bound to them with new and wonderful ties, for you will escape disaster together and you will commence shoulder to shoulder your common journey.