



Vol 1 | Issue 2
February 2018

Straight from

The Horse's Mouth

In This Issue

Welcome!
"HA Unity"

•

Self-less-on:
"Winter Blues"

•

Valentine's:
"True Love from Within"

•

Community Art

•

Meeting Spotlight:
"The Fifth Dimension"

•

Events:
World Convention 2018

•

Riverhead Story in:
"The Mainline"

We want to hear from you . . .

To inspire our readers and acknowledge milestones in this journey, we would like to feature your story in one of our upcoming newsletters. Please send us a personal article, art or poem depicting your experience with addiction and/or alcoholism to:

@Horsemouth

Greetings,

We write you as representatives of Heroin Anonymous Long Island Area (HALIA). This informational bulletin's purpose is to increase communication between the groups of Heroin Anonymous throughout the world.

Welcome!: HA Unity

Welcome! and thank you to all who have contributed to the 2nd issue of "The Horse's Mouth." This is a quarterly publication (every three months), and since our initial publication, in November of 2017, the "Horse's Mouth," has gathered attention, and has witnessed our fellowships growth in togetherness, spirit, and experience.

It is incredible to be a small part of a much larger whole, Heroin Anonymous, during this "flying-blind" time period. HA is barely a decade old. Comparatively, AA at this age was still in its infancy, hosting their share of inescapable problems- a result of a bunch of self-will run riots thinking they know what is best for everyone. The traditions were still another half decade away! How dark it is before the dawn.

More recently, it seems as if HA is in doubt, is swimming in a seething cauldron of debate, with members righteously declaring their side on the issue of controversy.

Unity as a fellowship, is one of our greatest strengths in carrying the message. Unity is the spirit that joins us together in a fellowship that has the power to change lives.

We all have our differences, and recently we have not been able to agree unanimously on some of them. However, unity is not conformity to the majority! When we can trust in God, 12 traditions, and group conscious- we are in a better position to make decisions.

When we unite in support of our primary purpose- helping junkboxes to achieve sobriety- our differences no longer endanger the welfare of our fellowship. We are all unified in our purpose! This focus helps us ensure the survival of our fellowship by not creating separation.

To me, the spirit of tradition one is embodied when a newcomer announces their first meeting, and everyone lovingly embraces them with a united WELCOME!

Contact HALIA Newsletter:

Visit our website at: <http://www.heroinanonymouslongisland.com/>
Contact our HA Long Island at: webmaster@heroinanonymouslongisland.com
Contact World Services at: <http://www.heroinanonymous.org/>

Self-less-on: “Winter Blues”

“The great fact is just this, and nothing less; that we have had deep and affective spiritual experiences which have revolutionized our whole attitude towards life, our fellows, and towards God’s universe.”

I’ve always loved this line from *There is a Solution*. They had a deep impact on me the first time I was able to hear what it was saying. I also remember having a spiritual experience while reading the section on “the actor” in *How it Works* that was not what I would call happy, joyous and free. It was incredibly uncomfortable and painful because it was the truth and for once, I knew it. I came in at about 130lbs. with a black garbage bag and a 1950s suitcase gifted to me from Pax Christi shelter in Port Jeff. I was completely torn and if there was a word for worse than terrified, I was that. Heroin owned me. I desperately threw myself at the program and at the God idea and the lines quoted from above all came true for me. I kept AA and HA close and that spiritual experience deepened and broadened, so my memories of sticking needles in my arm felt like they belong to someone else.

What I really wanted to touch on though is a problem familiar to addicts and non-addicts alike. A little too familiar to me. Seasonal Depression or the Winter Blues as my sponsor calls it (to me that sounds like a solemn but catchy Frank Sinatra tune). Like our programs’ co-founder, Bill W., I have endured some arduous bouts with depression. And what better time to indulge in some self-centered existential analysis than when it’s 15 degrees outside and the world around you is, for lack of a better term... dead.

Depression like this is debilitating to anyone but especially dangerous and possibly fatal for someone like me. I’ve had depression since I was very young, starting an anti-depressant regimen at 15. Once I started using heavy drugs however, I found that heroin worked much, much better than Prozac did. As my addiction worsened and really sunk its teeth into me, depression and heroin proceeded to run a tag team match on my well-being.

I was depressed and I shot dope, the things I did to get dope made me more depressed and I shot more dope etc. etc. Depression alone isn’t the source of my addiction, but it surely did not help. I wouldn’t even be able to say that depression would ensure a return to heroin. I would be able to say though, that it’s impossible for me to live a meaningful life with crippling depression. The holiday season has always been a difficult time and it still becomes a scenario that I just can’t figure out what to do with my hands. Uncomfortable is an understatement. It’s easy for me to isolate with the cold weather and put things off, using avoidance as a go to. I’ll make excuses why it’s a better idea to stay in than it is to go to a meeting, and I can be very convincing to myself. What happens is that I become paralyzed by my own thinking. The quicksand of my thoughts stretching around me to swallow me whole. In those moments I still do not think of using, but if I know anything about addiction and alcoholism I don’t have to be thinking about using to end up high.

My friend Sam used to say, “It’s not about feelings but it’s also all about feelings.” Feels very true for me. My thoughts and feelings about myself and the world around me are not facts. But, at the same time, I have to be able to feel God’s love working in and around me to be able to have a quality life in sobriety. HA and AA have showed me tools and pointed me in a direction that transcends the pitfalls of depression. Seeing how I can be useful to others and working with others has turned some potentially dangerous thought processes into a deeper understanding of my HP and the world around me. Simple works best for me, and the fact is that it’s impossible for me to be unhappy if I’m thinking of someone else and how I can best meet their needs. I have to keep my feet moving in HA and in life all the time. The awkward and painful reflection of the holidays goes away once I stop thinking of where I went wrong and start showing up for my loved ones new and old. The dark and cold tend to make me want to separate myself from others. So I work on enjoying my time with creative outlets. Meditation can also bring me back to identification with my heart instead of with my mind. Continued practice of these tools (steps 10, 11, 12) and guidance from my HP- teaches me a lesson on how to be of selfless, or a self-less-on.

- Nick G.

Contact HALIA Newsletter:

Visit our website at: <http://www.heroinanonymousslougisland.com/>
 Contact our HA Long Island at: webmaster@heroinanonymousslougisland.com
 Contact World Services at: <http://www.heroinanonymousslougisland.com/>

Valentine's Day:

"True Love from Within"

Most of the time I do a pretty good job at keeping my crazy inside. My brand of crazy comes in jealousy, insecurity, passive-aggressiveness, and totally delusional projections of what's to come. With each new gift of sobriety, I am at first overjoyed with gratitude then inevitably over time, the crazy appears.

One of my most recent gifts in sobriety has been a new and healthy relationship with a good man. As the trend goes, amazingly grateful and excited and then ...crazy. This is a little different though because this gift is a human and human beings react to other humans' craziness. So, I'm fighting to control my crazy, trying to let it not be seen in fear of the reaction I may receive.

After feeling I may burst (which is usually the point I must arrive at before utilizing the program of recovery) I finally bring my concerns to my sponsor. Her response, "Where is God in all this?". Oh. It's amazing how many times I've been asked this question and I almost never see it coming and am totally thrown off guard. When I'm asked this by my fellow women in recovery, it is because they see themselves I have not invited God into whatever situation I may be presently complaining about or totally fearful of. Immediate relief.

Regardless of time, experiences, or what I may have just shared in a meeting an hour ago it is so important for me to be in communication with my sponsor and support group about what is going on within myself. A simple question and a five minute phone call was all I needed. I forget the things my life depends on constantly. Upon being asked this question I made a change. In a single moment I turned my insanity and fears over to God and asked that I just remember that all of the love and attention I need comes from It. Now, I am able to continue this exciting and new journey moving forward as a sober woman of grace and dignity. My crazy is no longer being controlled, I am free from it.

"Total reliance on my Higher Power is the solution to all my problems, whether it be the drink, the drug, or whatever drama I've created for myself."

This program taught me that and it is constantly proven as a fact of my life time and time again.

-Jess A.

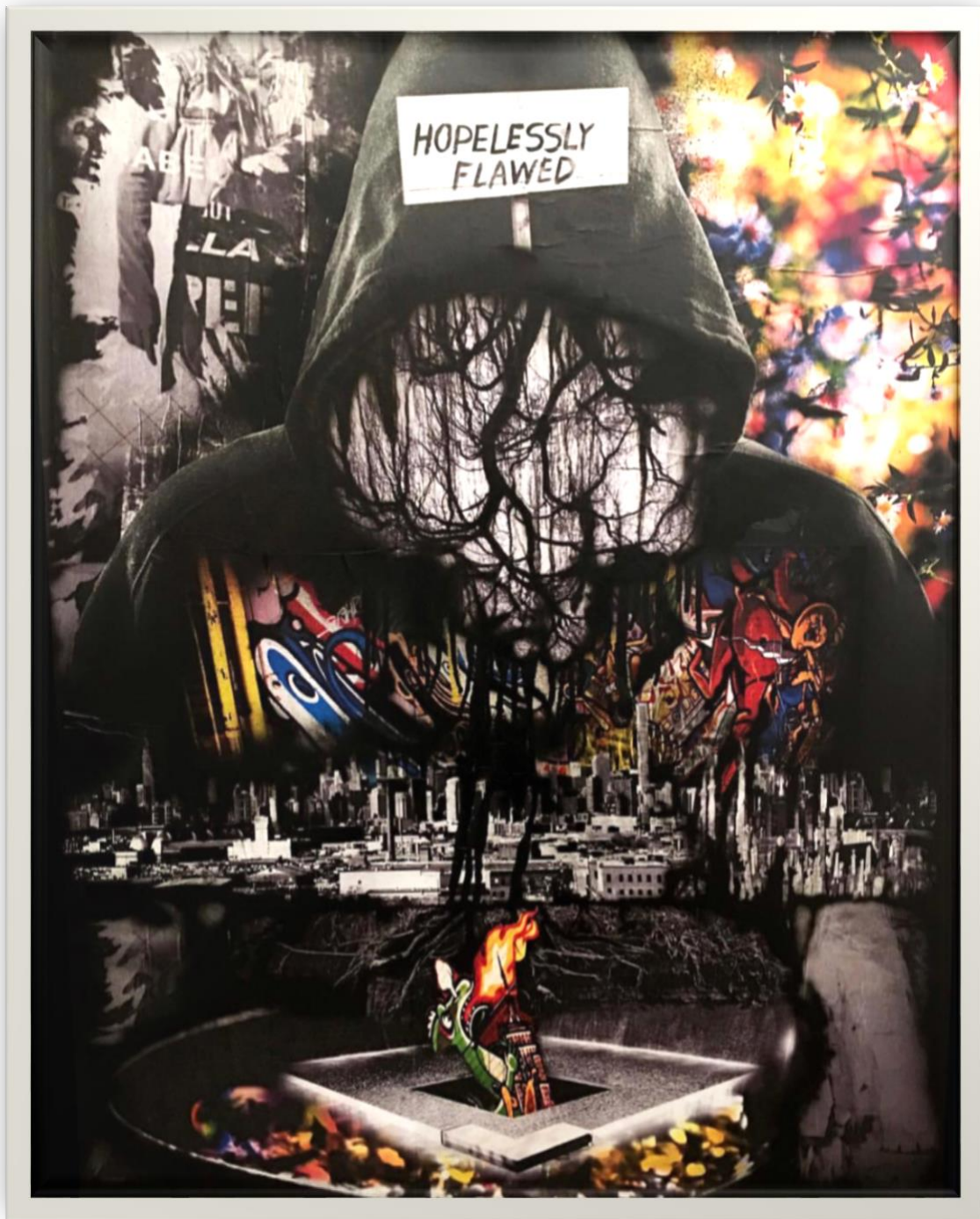
Contact HALIA Newsletter:

Visit our website at: <http://www.heroinanonymousslongisland.com/>

Contact our HA Long Island at: webmaster@heroinanonymousslongisland.com

Contact World Services at: <http://www.heroinanonymouss.org/>

Community Art • Mixed Media



The Family Tree

30" x 40" mixed media on canvas

The roots that lead a path to hell eventually raise an addict to hope

Contact HALIA Newsletter:

Visit our website at: <http://www.heroinanonymouslongisland.com/>

Contact our HA Long Island at: webmaster@heroinanonymouslongisland.com

Contact World Services at: <http://www.heroinanonymous.org/>

Meeting Spotlight: "The Fifth Dimension"

The Fifth Dimension group of Heroin Anonymous Long Island first met in June of 2016. The founders of this meeting were excited to introduce it to our fellowship, as it is a "bridge" meeting, a meeting that links the high concentrations of members located in Eastern Suffolk to the Western Suffolk/Nassau area. This meeting has great potential, as it could help our fellowships growth into new areas of a statewide (nationwide) epidemic!

The Fifth Dimension group of Heroin Anonymous is held in the chapel (building is labeled- **Auditorium**) of South Oaks Hospital. The group meets every Thursday night at **8pm**, *excluding the first Thursday of the month*. It started out as a small group of people attending each week and a speaker sharing their experience, strength, and hope. The meeting lacked commitments and consistent physical support. The fellowship decided to come together to try and make this meeting great. We set up commitments. We got supplies. We started having monthly business meetings and came up with weekly meeting formats. Home group members tried to attract attention to the meeting, asking that it be put in other meetings secretary reports as a meeting is in desperate need of physical support.

There seems to be two main reasons why this meeting is not reaching its fullest potential. One part of the problem seems that the meeting has always been very small. Members seem to believe that their support and service is more necessary elsewhere. It is a constant discussion at the business meetings to see what more we can do to attract people to support this small meeting. The Fourth Dimension group is very important to many people. The second reason we believe holds this meeting back is the location. Although the space is big, and we are not asked to pay rent, the actual building can be difficult to find on the South Oaks grounds (**A visual outline of the meetings location will be printed on the following page**). The chapel is located in the back of the hospital closest to Loudon Avenue. The entrance and parking lot is discreet and unless you've attended a meeting here before, it can be hard to identify at night.

Regardless of our obstacles, this meeting is beautiful! Every time I think there's no point in trying anymore, a newcomer walks in hopeful and I remember why we come here. The newcomer needs all the support and guidance we can offer. If we stop showing up because we think we could be doing something better and this meeting closes, we are doing a disservice to every person who has walked into that room looking for help. We stop showing up and it's one less place for the suffering to seek support. We stay for them, and we ask the physical support of others who have recovered to share their experiences. – Kaite B.

Contact HALIA Newsletter:

Visit our website at: <http://www.heroinanonymouslongisland.com/>

Contact our HA Long Island at: webmaster@heroinanonymouslongisland.com

Contact World Services at: <http://www.heroinanonymous.org/>

Meeting Spotlight, continued:

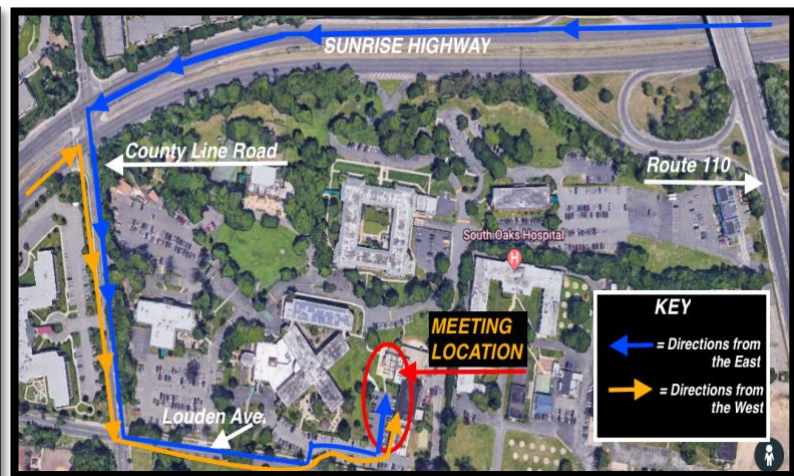
“The Fifth Dimension”

The 2nd issue of “The Horse’s Mouth’s spotlight meeting is on *the Fifth Dimension Group!* For the month of February, March, and April, we’ll be carpooling from around the Nassau/Suffolk area to support this meeting on the days that this meeting is held. It is located at 101 Louden Avenue in Amityville at 8pm. For a ride, please

CALL or TEXT
631-708-4347

and we will hook you up!

Below are visuals, to help you find the location of the meeting on your own. The location on the meeting list (on the website) will also open up to the **exact** location if you click on it.



Street View of Entrance

Aerial View of Exact Routes

You can zoom into any picture, as this is a digital pdf. [Click here](#) for exact GPS coordinates for [Google Maps](#) driving directions.

Contact HALIA Newsletter:

Visit our website at: <http://www.heroinanonymoussolongisland.com/>
 Contact our HA Long Island at: webmaster@heroinanonymoussolongisland.com
 Contact World Services at: <http://www.heroinanonymoussolongisland.org/>

2018 World Convention

Portland, OR

As the 2018 World Convention is approaching we have decided to list a few of the topics that will be discussed during the convention. More information will be released as soon as we find out.



Here are some of the ideas the committee is already discussing:

- How to start and run mid-level business meetings: Area, District, or Intergroup meetings.
- How to start and run a Hospital and Institutions (H&I) committee and start taking meetings into treatment centers and jails.
 - What is “Singleness of Purpose” and why is it important.
- MAT and maintenance drugs: A traditions-based, personal experience panel.

Are there other topics we're not thinking about?

So please, *Ask Yourself*:

“What would my group want to learn and discuss at the World Convention this year?”

To input ideas and become involved please speak to your groups GSR or,
Visit **HALIA** on the **3rd Thursday** of every month at:

5 Maple Street

Blue Point, NY 11751 @ 9pm

or

E-Mail us:

events@heroinanonymousslougisland.com

Contact HALIA Newsletter:

Visit our website at: <http://www.heroinanonymousslougisland.com/>

Contact our HA Long Island at: webmaster@heroinanonymousslougisland.com

Contact World Services at: <http://www.heroinanonymousslougisland.com/>

Featured Story:

"Saved from a Life of Yets"

as published in the November 2017 issue of "The Mainline,"
HA's World Service Bulletin

Today, life is good. I am a young mom, but always attentive, loving and kind. My 7-year-old daughter is currently a star student at Catholic school, though I always doubted God. She dances around the house after we finish working on her homework together each afternoon. A year ago today, I was 27 years old and had attained almost eight years of sobriety. My life, as I knew it, was perfect. I was free... or so I thought. One morning after dropping my daughter at school, I went to breakfast with a few friends. I hadn't thought about using drugs in years. I'd even considered the possibility that I wasn't an addict of the hopeless variety. That being said, I was peer pressured by someone I considered a friend into drinking and shooting heroin that morning. I don't know why I said yes, but I did. To this day I can't explain it. Was I a fear of upsetting people or being a people pleaser? Perhaps it was the subconscious desire to numb my feelings? Only God knows.

From that day forward it was off to the races. I was blacked out from a combination of anti-anxiety and dope almost daily for a good three-month time period. I was evicted. CPS took my daughter and placed her with my mom. I was distraught. I'd reached rock bottom for sure. I lost everything that I ever cared about.

The day after CPS whisked my confused, crying daughter away I knew I had to stop. I checked into a local detox. I was given medication to stop the shakes and the fog that constantly crept into my mind.

A week later I was released and decided to give HA another shot.

I had tried it as a teenager, but my motives were never pure. I saw it as a great place to meet likeminded people and hang out. This is not its purpose. This time I was willing to do anything to get my daughter back and save myself from a life of horror and "yets".

I found a sponsor who had everything I wanted: happiness, sober friends, spirituality and humility. She took me through the step work. We met once or twice a week for a few hours to read from the Big Book. She would point out the parts that were directions, where the promises lived, where there were warnings and where to find prayers. I began to believe in a Higher Power around step 6, although I was willing to consider it as a possibility when I went through steps 2 and 3.

Now that I've been through the steps I have all the spiritual tools I need to survive, to live happily, to accept the things I can't change, the courage to change the things I can change and the wisdom to know my limits.

I pray and meditate daily. Each day I feel a closer connection to my higher power, which I choose to call God. I haven't gotten my daughter back quite yet, but I visit her several times a week. The judge says she should return home in February 2018, so long as I remain sober and compliant with their mandates.

Every day I make an effort to do at least one thing to help another addict. Whether it's driving another girl to a meeting, talking to someone on the phone or buying a newcomer his or her first Big Book.

Life is good. And to be honest, it is only getting better. Thank you for letting me share.

- Megan L.
Spiritually Protected, NY

Contact HALIA Newsletter:

Visit our website at: <http://www.heroinanonymousslougisland.com/>
Contact our HA Long Island at: webmaster@heroinanonymousslougisland.com
Contact World Services at: <http://www.heroinanonymousslougisland.org/>

Announcements

Contact your Area Chairs

Chair - Kennedy E.: Kennyespo596@gmail.com

Treasurer – Matt R: heymatt574@gmail.com

Secretary – Maria B.: mebarbaccia@gmail.com

H&I – Seth: h&i@heroinanonymouslongisland.com

Chips- Beck: chips@heroinanonymouslongisland.com

Events – Alex: events@heroinanonymouslongisland.com

Website: webmaster@heroinanonymouslongisland.com

News: horsemouth@heroinanonymouslongisland.com

February Area Meeting

To be discussed in new business . . .

- 2018 Convention Delegate
- Conference Agenda
- Shades – Pricing and Manufacturer
 - Upcoming Local Events
 - Voting in Bylaws

This Month Area will be held:

On **Thursday, February 15th**

at:

5 Maple Street

Blue Point, NY 11751 @ 9pm

The Horse's Mouth NEEDS YOUR HELP! We need YOUR participation

Inspire our readers and send in:

- Your experiences!
- Your comments & topics!
- Your articles!
- Artwork, poems, photos, even music!

Send to editor at:

HorsesMouth@heroinanonymouslongisland.com

“THE FIX” GROUP OF EAST NORTHPORT

**Is a new meeting
in need of your support:**

We Meet **Wednesdays & Fridays**
at **8:00pm**

The Refuge Christian Fellowship
235 Elwood Road
East Northport NY

Contact HALIA Newsletter:

Visit our website at: <http://www.heroinanonymouslongisland.com/>

Contact our HA Long Island at: webmaster@heroinanonymouslongisland.com

Contact World Services at: <http://www.heroinanonymous.org/>