



Vol 1 | Issue 3  
May 2018

Straight from

# The Horse's Mouth

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## 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.*

### Spring Renewal & Patterns

Through the many experiences in my life, there has been but two moments, that I could safely say actually matter. The first moment was when I came to the profound realization that my life ran on self-will was completely insufficient. The other moment was when I realized that life is **alive**, and there is something profound and beautiful to life that is valuable and worth living. The first moment, gives limits, boundaries, and proper humility, so to keep me grounded and continually seek a Higher Power and not seek my own self and self-will. The second moment, gives me energy and joy, and the awareness that I'm receiving and connected to something much greater than myself.

In this spiritual pattern, I experience the insufficiency of my self-will, and a death of the self-centeredness and the self-sufficient ego, I'm no longer in the center, and I experience my Higher Power, in a place where my spirit is liberated renewed and awakened anew, to then operate in pure divine Love!

Death of self and spiritual awakenings, has consistently been the template of reality and are experienced ubiquitously through this 12 step journey, since my first experienced moment.

I not only see this template of reality within myself, but within others, within our relationships, within our lives, within Nature, and even within the universe and Cosmos (check out the lifecycle of a star). This pattern seems to be the manifestation of the universe itself! No wonder, our dark past is today, our greatest asset, and how our experience can help out another person, regardless of how far we've gone down!

I titled this issue Spring Renewal as homage to this spiritual pattern that Nature reflects and expresses so beautifully. Thank you again, for reading our third publication of "The Horse's Mouth." In this issue, we share the experience of others, and how it coincides with a Renewal of Relationship, with themselves, others, the fellowship of HA, and with their Higher Power.

#### Contact HALIA Newsletter:

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## “Thawing Out”

### Brett H., Spiritually Protected

Each year as Spring and Summer approach, the Earth begins to thaw out and give way to new life, I am reminded of my journey in sobriety. One of the first things I was told by an old timer in the rooms was to “Give yourself time to thaw out, you are like a frozen chicken” I didn’t understand it at the time with only about 40 days sober and freshly out of rehab, but I have always remembered it and today it holds a deep meaning. “Give time, time” I would always hear, and being the addict that I am, instant gratification was the route I had always taken. I had never in my life, “given time, time.”

If you looked at the landscape of New York in the dead of winter, it’s sometimes hard to remember just how beautiful the landscape will look in the coming months. The same land that was once so hard, dark and cold will in time be so soft, bright and warm. The same is true for people like me, the real deal addict/alcoholic. I could have never imagined at the beginning of my sobriety that in time, if I stayed the course, I would grow into the person I am today. With the warming weather approaching, every day I am reminded just how much time has passed, and how much I have “thawed out” by giving time, time. Just as the Earth recreates the life that once flourished so vibrantly, my God recreates the life in me that I lost along the way by blocking my connection with God with drugs and alcohol.

As the excitement of the warmer weather approaches, I must always remember, that in time it won’t always be that way. We get to experience the warmer weather and all that comes with it, just as we experience the colder weather. Regardless of the experience, we get through it. Recovery gives us a solution to all of our problems. It promises us a new existence; a feeling of peace, happiness and usefulness we have never known. I must remind myself that although those experiences of peace and happiness are the ones I prefer, not all experiences will be as enjoyable. Sometimes we will feel pain, discomfort, and unease. But again, regardless of the experience, we get through it.

If asked what I am most grateful for throughout my sobriety, it would be just that. The experiences... the good, the bad, the happy, the sad, and etc. The collection of these moments is my sobriety. These experiences have molded me into the person I am today and given me the ability to recreate my life along the way. I hope this year, as the Earth begins to warm up, and we get to witness the recreation of life, we are able to appreciate our own growth and look back to see how far we have come. My sponsor always says, “A grateful addict doesn’t use.” Find gratitude for the journey you are on, no matter which phase of the journey you are at and always remember, there are warmer days ahead.

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## Spring “Rebirth”

### Jon J., Whoopee Party

As we enter into the Spring season this year, I can't help but think of the relevance to our personal recoveries as well as the Fellowship of HA as a whole. The season of Spring is the image of the earth's annual rebirth. What was seemingly dead throughout the Winter months, all begin to spawn new life before our very eyes. We can literally taste, feel, smell, and see new life all around us. The freshness of the air, the pleasant sounds from both nature and creatures alike, the warmth of the sun, are all made known to our five senses. The dark days are finally behind us.

We know this occurs every year, so most of us do not pay any mind to it, as the seasons are just expected to run their course. However, if you are like me, when it comes to addiction and recovery, I cannot say entirely I have the same faith and surety as I walk through my personal seasons. In recovery, my seasons of darkness and despair can be as long as weeks, months, and even years, and it is certainly easy to fall into the thinking that there cannot be anything new that will ever take form.

One thing I have learned for certain is God's Love and Power to transform our dreary, futile seasons, is as perennial as the grass. God's Love is the warmth that will always melt the coldness of my heart, and soften the soil of my soul – so new ideas, beliefs and hope and take root and begin to manifest itself outwardly, over and over again. The spirit is rejuvenated, and the fruitless branches of life are pruned away,

replaced with the good branches that can now bear much fruit to others and the world around me.

On page 63 in the Big Book of Alcoholics Anonymous, it states 'We were reborn'. I believe this is more than a one time event, and is necessary for personal recovery for any sort of longevity and peace of mind. I believe the way God operates in the earth around us is the same way He operates in us personally. We must endure the desolate dark seasons before we can experience rebirth and the life of the new.

Heroin Anonymous was born from an inspired idea to bring people together and help even more people find recovery from Heroin addiction. The fellowship itself has underwent its seasons and trials, and will continue to do so. As with our own personal recoveries, there are hundreds of other Fellowships who have successfully walked before us, to take direction from, however, it will never replace the necessity of having to walk through, endure, and bear the hardships of each season. So long as the ties that bind us together are stronger than those that might tear us apart, we can be certain as we are the seasons, God will continue to blossom our Fellowship, so it can continue to reach those who cannot see the light.

This is God at work, in us, through us, and around us – to Love us, save us, and help us as we continue to trudge the road to happy destiny for the next man who still suffers, in and out of our precious Fellowship. May God continue to keep you and bless you.

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**Community Art • Mixed Media**

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**Soapbox**

Jennifer T.

Dualism separates us in superiority and judgement of others is also within

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## Meeting Spotlight:

### "The Fix," in East Northport

As any member of Heroin Anonymous will tell you, we are still a young fellowship looking to grow. "The Fix" first met in November 2017 in East Northport and hit the ground running. With the heroin epidemic growing on Long Island any time a new meeting of Heroin Anonymous opens its doors it is a beacon of hope for the heroin addict who still suffers and allows them to have access to a solution.

The Fix group of Heroin Anonymous meets on:  
**Wednesday and Saturday at 8:00 PM**  
 at  
**The East Northport Gospel Church**  
 located at  
**235 Elwood Rd. East Northport, NY 11731.**

As most new meetings that open, it started out slow with low attendance. As the meeting has grown and tweaked its format, we have seen more and more people show up and interested in the solution that Heroin Anonymous has to offer. At first, the format on Wednesday night was a big book meeting where the speaker would commit to going through the first 164 pages of our basic text, Alcoholics Anonymous. When that commitment was up, we decided, as a group, to change the format to a step series, where we would have a different speaker each month share their experience with the 12 steps for 3 weeks. Since the format change, we have seen the meeting grow exponentially.

Many home group members have been discouraged by the lack of attendance, as it has fluctuated over the months. At business meetings we encourage everyone to have faith and continue spreading the message of Heroin Anonymous, while working the fine line between attraction and promotion. I am a firm believer of "if you build it, they will come," and this has been proven true up to this point. I personally have seen many people come to The Fix from institutions where HA members hold H&I commitments. This can only be done through attracting them with the message of Heroin Anonymous.

There is beauty in the struggles of opening a new meeting, you get to see the seed be planted and grow in others- first hand. We encourage and welcome anyone who is interested in a solid solution-based meeting to come to The Fix, and of course, we will take any help we can get, so a little spreading of awareness of this wonderful group through word of mouth wouldn't hurt!

-Seth P.

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## HA Area Event Success!

“April 20<sup>th</sup> Meeting & Dance”



HA Events are vital to the growth of our fellowship, the growth of ourselves and the relationships we form with others. Being new in recovery, attending an event, filled with other people, can be a daunting and anxiety driven task. That is why HA Area, really tries to prepare events, so that they are inviting and welcoming to everyone, in which everyone can feel comfortable. It is in these events where we develop friendships that last!

On April 20<sup>th</sup>, HA Area sponsored a meeting & dance at Thrive Recovery Center, filled with comradery, laughter and joy. The event was a huge success, with a great variety, of at least 50 people. Newer members from surrounding sober houses, as well as older members of HA were in attendance. There were snacks and coffee to enjoyed, as DJ Archy lit up Thrive Recovery Center with some sick beats. Then we all got to enjoy Mike C., who shared his experience, with a great message of hope, strength, and love.

It was great showing new members a good time, and also great for older members to see some people they haven't seen in a while. The people in attendance, the ones who volunteered and helped put it together, really demonstrate that our fellowship is about togetherness and unity, and the message we hope to always demonstrate is that we are not a glum lot and there is a life after drugs! We have lots of fun and laughs in recovery and our fellowship. We hope our events encourage you to join us, in other events, in fellowship, and in spirit.

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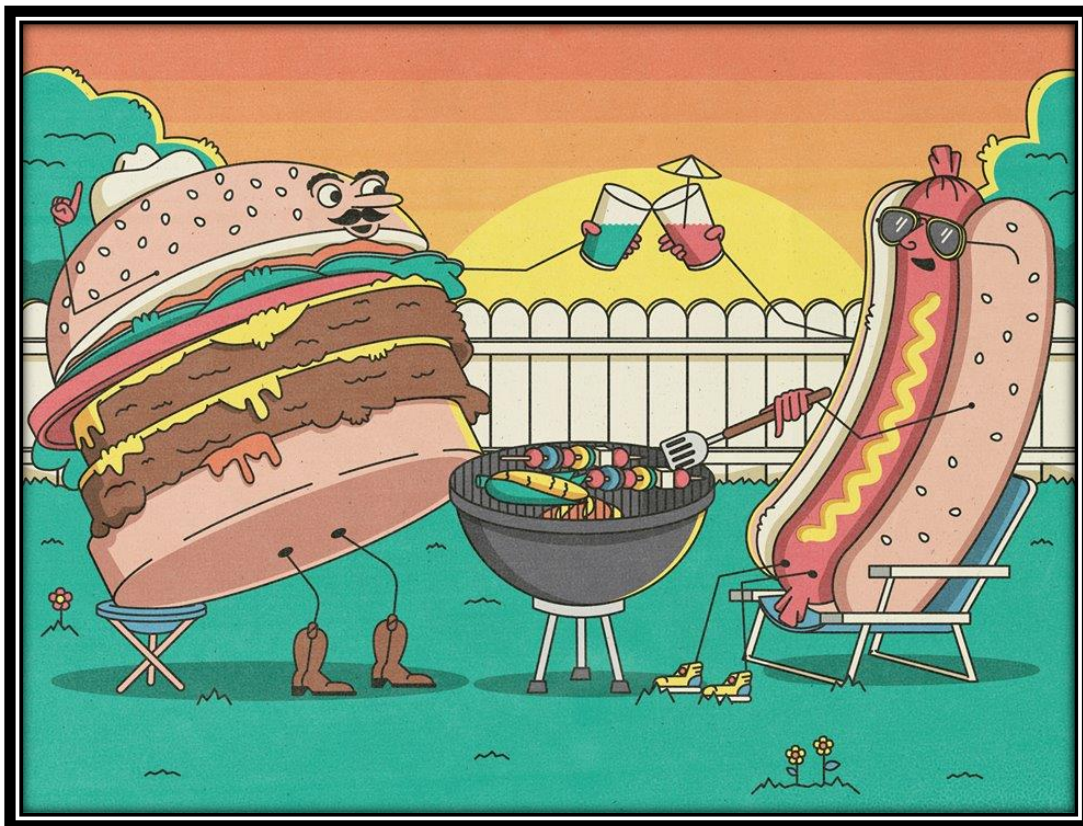
Contact World Services at: <http://www.heroinanonymousslolongisland.com/>

## Upcoming Events:

"The Horse's Mouth," is a quarterly publication, or every 3 months. For that reason, we list upcoming events, though we are not yet sure of the exact details

# FORKS UP, SPOONS DOWN

HA Areas 2<sup>nd</sup> Annual cookout



**More Details to Follow**

**If you'd like to become involved in this exciting event, please attend Area:**

**FOLLOWING THE MEETING EVERY 3<sup>rd</sup> THURSDAY of MONTH**

at

**9:15PM**

located at

**5 Maple St. Blue Point, NY**

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**Upcoming Events:**

# 2018 NYS HA UNITY CAMPOUT!



**New York State Heroin Anonymous Areas in Attendance:**

- HA Rochester
- HA Albany
- HA Long Island

**More Details to Follow**

**If you'd like to become involved in this exciting event, please attend:**

**"We Are Not Saints"**

on

**FOLLOWING THE MEETING EVERY MONDAY**

at

**8:15PM**

located at

**Islip Presbyterian Church**

**340 Main St. Islip, NY**

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MAY 2018

## 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 **3<sup>rd</sup> Thursday** of every month at:

**5 Maple Street**

**Blue Point, NY 11751 @ 9pm**

or

E-Mail us:

[events@heroinanonymousslougisland.com](mailto:events@heroinanonymousslougisland.com)

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## Announcements

### Contact your Area Chairs

Chair - Kennedy E.: [Kennyespo596@gmail.com](mailto:Kennyespo596@gmail.com)

Treasurer – Matt R: [heymatt574@gmail.com](mailto:heymatt574@gmail.com)

Secretary – Maria B.: [mebarbaccia@gmail.com](mailto:mebarbaccia@gmail.com)

H&I – Seth: [h&i@heroinanonymousslougisland.com](mailto:h&i@heroinanonymousslougisland.com)

Chips- Beck: [chips@heroinanonymousslougisland.com](mailto:chips@heroinanonymousslougisland.com)

Events – Alex: [events@heroinanonymousslougisland.com](mailto:events@heroinanonymousslougisland.com)

Website: [webmaster@heroinanonymousslougisland.com](mailto:webmaster@heroinanonymousslougisland.com)

News: [horsemouth@heroinanonymousslougisland.com](mailto:horsemouth@heroinanonymousslougisland.com)

## NEW MEETING!

Starting **Thursday**

**May 17<sup>th</sup>**

at **8:00pm**

in

**HICKSVILLE, NY**

at

**Central Nassau Guidance & Counseling**  
**950 S Oyster Bay Road**  
**Hicksville, NY**

**Our fellowship is expanding!**  
**Get Involved to be a part of this**  
**exciting time!**

### **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@heroinanonymousslougisland.com](mailto:HorsesMouth@heroinanonymousslougisland.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**

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