

**"My God, Zeus"****By: Kennedy E.**

God was always a tricky word for me. When I would hear people say God in a meeting I would, as the book says, "bristle with antagonism." I would think to myself, how could there be a God with all the terrible things that happened in human history and even the present day? And being the egotistical maniac that I was in early sobriety, I would raise my hand to share, and spout nonsense about how the religious crusades have killed more people than any other event in history. I would share about how I don't need God and how people who believed in God were unintelligent, and if they needed to be educated to come to speak to me after the meeting. The irony was, I was a young junkie with nothing to live for, who couldn't put together a couple of days of continuous sobriety. I had nothing positive or constructive to contribute to any conversation or meeting. However, I did share my mind, my thoughts, and my opinions on God at meetings. Doing that would have an effect that would progressively change my life forever.

After sharing at every meeting I went to about how "terrible" God was, it eventually attracted people who had similar experiences to speak to me after the meeting. People began to remember me, and even though I didn't want to believe in God, these people wanted to get to know me better. I would go out after the meetings with fellow HA members and try to debate how pointless it was to believe in God, but to my surprise, none of them cared to debate me back. From my delusional past experiences, anyone who believed in God would fervently try and defend their God or even go so far as to convert people to their religion. These members of HA, who I would get to know very well over the next couple of months never tried to convert me or shun me for my beliefs. They accepted me for who I was. They were amazingly kind and caring people who laughed and joked. They had a crazy twisted sense of humor that I could relate to. They were helpful and selfless when it came to any aspect of life. I didn't know at the time but they embodied the principles outlined in the Big Book. I started making new friends and gaining beautiful relationships with these people.

Eventually, I gained an entire friend group with an amazing sense of humor, who I would hang out with for hours and belly laugh as I'd never done before. We would jest about how much I despised God. One day I made a joke in a meeting saying I found



my God, I said comically, "My God is Zeus." No one laughed. After the meeting several people came up to me, so happy for me, that I finally was starting to believe that there could be a god. I thought this was insane, it was merely meant as a joke. But it was a joke that I ran with. For the next couple of weeks, I would share about Zeus. How Zeus is the God of Gods and that everyone else's Gods worship him. How Zeus would sleep around with hundreds of women. How Zeus once threw his own child off of Mount Olympus. How Zeus was such a badass that he took his throne by overthrowing his father and killing or banishing all of the old Gods. Zeus was my Higher Power, and I was running full speed with that idea. Before the serenity prayer, I would say Zeus. I had a giant tattoo of Zeus on my ribs the same way you would see someone with a bible quote or prayer hands. What started as a mere joke, would become the tiny seed that eventually blossomed into the beautifully loving, and all-encompassing God that I believe in today.

My view of my Higher Power has evolved over the years. If it wasn't for the amazing people I met in the rooms of HA, accepting me and embracing the journey I was on, who knows where I would be today? And when life happens and my faith in God is sometimes shaken, I can always think back to Zeus. How a hopeless and closed-minded child grew into a man with honesty and integrity, thanks to this program and the people who live it.

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### **ATHEISM: SOBRIETY WITHOUT GOD**

**By: Matt S.**

Being an atheist was not a choice; it was simply who I have always been as far back as my memory goes. It is not as though I had lost my faith; a belief in a god never existed. Despite my lack of faith I do not struggle to recognize powers greater than myself. I cannot make anyone see a power greater than themselves, but I can share how I got where I am today as an atheist who believes higher powers do not need to be god.

As an addict and alcoholic, recovery wasn't possible until I completely accepted that I was defeated. Left to my own devices, I was powerless as I continued over and over again to do it my way. I was constantly obsessed with figuring out just the right recipe and managing the chaos that became my life . . . my way. Yet, time and time again, only



to be defeated and ashamed. I couldn't help myself and was beyond human aid, or so I was told. We are all familiar with this; we have heard it time and time again. However, this did not make me think for one second I had to turn to a god or a higher power. I just knew that I needed help and I decided to get help by going to rehab. I did not just want to stop, this time I simply had the desire for the desire to stop and it has grown from there, as have I.

I went to a meeting straight from rehab, as many of us do when the urgency is still strong. Although, it was different this time; for the first time I was present and genuinely seeking a solution. I wasn't just there because that's where addicts go when they want to stop. I was finally able to see something powerful going on in these rooms that were working in people's lives; the same people that I saw as hopeless not too long ago. The power was more powerful than I. My desperation finally allowed me to be open-minded but I had to choose to allow desperation to set in. As I continued, I started to believe in this process and trust it because I could see the changes occur as a result. I can practice these principles by choice without being required to change my beliefs.

But here's the thing, my will has been and will always be my own. A change could only occur by deciding to humble myself. As an atheist, all I have is personal accountability. No god is watching or judging how I live when no one is looking, the judgment is left to me and me alone. Recovery works for me because of what I choose to do with my recovery. I am the one who chooses to follow these principles with action. I choose to let them help guide my will. I choose to continue because I see these principles not failing me. I choose to make it difficult, or I choose to make it easy. I cannot lose sight of the truth that I am no more or less significant than anyone else. Humility keeps me open-minded. I become narrow-minded when I don't think someone else's experience has anything to do with me even in regards to a god or higher power. I cannot just give the parts of myself I don't like to god. There is no submission to anyone or anything other than my humble self. I have to honestly look at myself and be okay with how I am living or change what needs to be changed with the help of the program and peers, not help from my higher power. If I'm okay with my actions hurting others I need to honestly look at that . . . for my sobriety. We all know what works for some, does not always work for others, and this applies to gods and higher powers as well

The program itself and the world as a whole is a power greater than any of us. This does not mean I need to get on my knees submitting and praying to the program or the world. Something being greater than you does not equate to grabbing. We all used our drugs or drank in different ways. We all had our ways to ingest the poisons; nevertheless, the effects were the same. We do not need to agree on what powers greater than ourselves are to affect this program. I am who I am, and I am not required to be anything different to maintain my sobriety other than willing. If we are truly honest with ourselves we can also see that us godless heathens had a higher power all along. We gave it all away to our addictions. We trusted in our poisons, we begged on our knees for our poisons, and we accepted the judgment of our consequences in the name of getting our fix. We acted as those with a god for our addictions. But thou shall find comfort in the truth that we must need to do the same to find powers greater than ourselves.

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Page 46 - The Big Book - *We Agnostics*

"Much to our relief, we discovered we did not need to consider another's conception of God. Our own conception, however inadequate, was sufficient to make the approach and to effect a contact with Him. As soon as we admitted the possible existence of a Creative Intelligence, a Spirit of the Universe underlying the totality of things, we began to be possessed of a new sense of power and direction, provided we took other simple steps. We found that God does not make too hard terms with those who seek Him. To us, the Realm of Spirit is broad, roomy, all inclusive; never exclusive or forbidding to those who earnestly seek. It is open, we believe, to all men."

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Traditions Corner

## 5TH TRADITION

Each group has but one primary purpose — to carry its message to the heroin addict who still suffers.





## Upcoming Events & Announcements

"The Outside Issue" is a bulletin sent bi-monthly with the purpose to maintain communication, of our fellowship's growth, keeping members informed of recent HA business, and requesting input on important matters from members.

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, containing no more than 400 words, depicting your experience, strength, and hope with addiction to

[THEHORSESMOUTH.HA@GMAIL.COM](mailto:THEHORSESMOUTH.HA@GMAIL.COM)

PRIDE CELEBRATION - ALL ARE WELCOME - MEETING & DANCE PARTY - FELLOWSHIP & FUN



# PRIDE PARTY



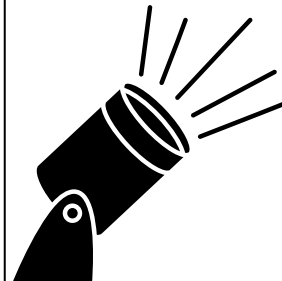
"THE COMEBACK KIDS" MEETING OF HA BRINGS YOU...  
**COME BACK & DANCE WITH US**

**THRIVE RECOVERY CENTER  
1324 MOTOR PARKWAY, SUITE 102  
HAUPPAUGUE, 11749  
FRIDAY, JUNE 16TH, 2023  
6:30P.M**

## NEW MEETING SPOTLIGHT "HOT SHOTS"

**Tuesdays 6:30P.M.-7:30P.M.**  
**Town of Babylon Annex**  
**281 Phelps Ln.**  
**North Babylon, NY 11703**

**First Tuesday: Step Meeting**  
**Second Tuesday: Big Book**  
**Remaining Tuesdays: Experience,  
Strength & Hope**





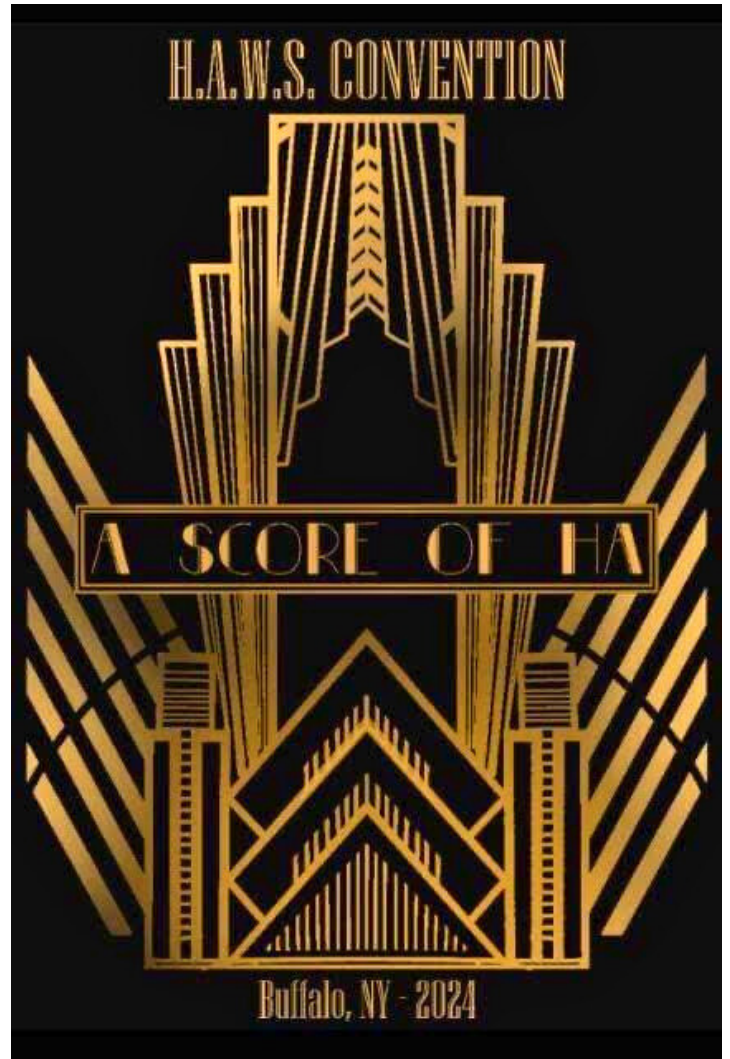
## Upcoming Events & Announcements

### A SCORE OF HA

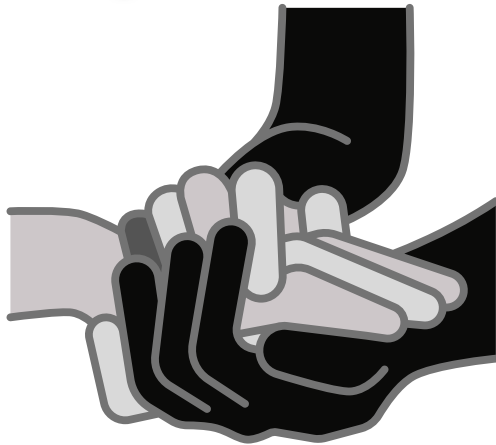
#### Buffalo, NY

Upstate NY Area of Heroin Anonymous is honored to be selected to host the HAWS convention! It will not only be HA's bi-annual World Convention, but also 20 Years (A Score) of HA (2004-2024)!  
Date and Location TBD.

**Stay Tuned!**



**Want to become more involved in Heroin Anonymous, give back & have your voice heard?**



Join us at HA area  
3rd Sunday of the month at 10a.m.

@ the Thomas Hope Foundation  
755 Waverly Avenue, Holtsville  
Rm. 205  
& on Zoom  
Meeting ID: 444 138 7459

Follow us for more updates on meetings & upcoming events

@halongisland

**Website: [www.halongisland.org](http://www.halongisland.org)**

**24 hr. hotline - (631) 210-6297**

