

THE OUTSIDE ISSUE





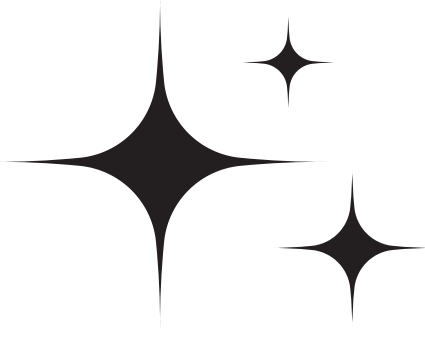
ACCEPTANCE



04/2024

THE ACCEPTANCE ISSUE

APRIL 2024

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A LETTER FROM THE EDITOR



The Outside Issue (previously known as The Horse's Mouth) is a bi-monthly newsletter sharing the experience, strength, and hope of our fellowship. Its main focus is to share the message that so many of us have found in Heroin Anonymous. We share this newsletter within our fellowship and also distribute it within facilities in our area in hopes of helping the next struggling addict.

Here on Long Island, we have always understood the gravity of the opioid epidemic. We have seen firsthand the destruction that addiction causes, both in us and in our loved ones. But we also have seen the miracle of recovery.

That is why our area has always had an open-door policy. Many of our members struggle with addictions outside of just heroin and opiates. We have dedicated members who were meth addicts, fentanyl addicts, alcoholics and many others. We understand that the disease does not discriminate, and neither do we. No matter what your substance of choice is, we hope that you will join us as we “trudge the road” to recovery.

If you are struggling, our meetings can be found at HAlongisland.org, and our hotline number is 631-210-6297

If you would like to contribute to *The Outside Issue* Email us at thehorsemouth.ha@gmail.com

MONTHLY READING



“Acceptance is the answer to all my problems today. When I am disturbed, it is because I find some person, place, thing or situation—some fact of my life—unacceptable to me, and I can find no serenity until I accept that person, place, thing or situation as being exactly the way it is supposed to be at this moment. Nothing, absolutely nothing, happens in God’s world by mistake. Until I could accept my alcoholism, I could not stay sober; unless I accept life completely on life’s terms, I cannot be happy. I need to concentrate not so much on what needs to be changed in the world as on what needs to be changed in me and my attitudes.”

**-The Big Book of Alcoholics Anonymous,
Fourth Edition, Page 417**

HIGH TEA

Women's
Meeting

Saturday's

2:00 pm | Thrive

1324 Motor Pkwy, Hauppauge, NY 11749



Hybrid meeting, Zoom ID: 444.138.7459

ON ACCEPTANCE



Acceptance is the act of acknowledging and embracing a situation, condition, or reality without resistance or objection. It involves a willingness to understand and adapt to circumstances as they are. The first step asks one to admit their powerlessness over heroin—that their life had become unmanageable. In essence, this step is all about acceptance of one's own situation. Once I accepted that I was an addict and stopped fighting this truth, I was able to move forward with the process of recovery. It was through the continuous act of acceptance that I was able to begin healing. Acceptance carries me throughout my recovery- as I strive to live life on life's terms. The Serenity Prayer serves as a reminder to always seek acceptance in situations of powerlessness. Through acceptance, I have come to experience a peace and serenity I had never thought possible.

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

-S.G.

We Are in a Boat

-Anonymous

we hold the structure together, Powered
by the angel above. We wrench our
will--to save each other's souls. we

ride the tempests; plug all
leaks; patch the sails; trust the
wind. the journey

is always the opposite, of
what we expect--we ride
the tides. Our boat is
made of silver wood--the oars are
our steps. Our welfare is above what
we want--without it, everything else
dies. Who knows where
we will go; the sharks--the
lightning--the growling seas--our
own self-anger--enemy ships
we hope that there is Something More
that will take us through
if we strenuously do the work
of unselfishness
with each other
not without.



2024

**8/16
-
8/18**

**A SCORE OF HA
CELEBRATING 20 YEARS!**

**BUFFALO,
NY**

**1920'S THEME
WITH A
2020'S FLARE**

**THEMED BANQUET
WITH BURLESQUE**

**NIAGARA FALLS
TRIP**

**LIMITED 20 YEAR
ANNIVERSARY
MERCHANDISE**

**SPEAKERS
FROM AROUND
THE WORLD**

**HEROIN
ANONYMOUS
WORLD
CONVENTION**



← REGISTER NOW!

**FREE REGISTRATION IF
YOU ARE IN A HALFWAY
HOUSE**

FOR MORE INFORMATION:

Visit Heroinanonymous.org/convention

Reach out to us via email:
Conventionchair@heroinanonymous.org



WORLD CONVENTION



A bunch of people in our area are planning on driving upstate to join the world convention.

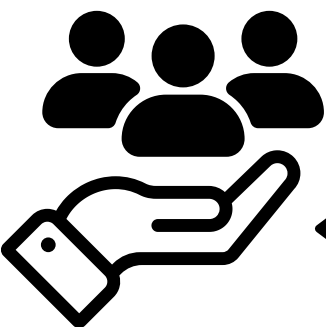
Tickets and hotel info are available at heroinanonymous.org. For help finding a ride, ask your home group GSR or call LI HA area hotline: 631-210-6297

WORLD CONFERENCE

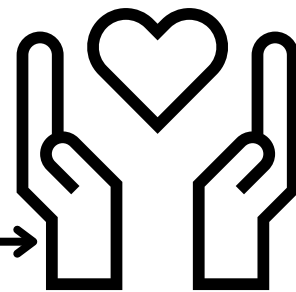


Before the convention, HA World meets to discuss how to best serve HA and help the fellowship grow. Meet fellows from other areas worldwide, and get involved with subcommittees!

August 14-16, 2024 @ The M Hotel
2040 Walden Ave. Buffalo, NY 14225



HALIA



The Heroin Anonymous Long Island Area (HALIA) meeting is a space for representatives from each HA group on the island get together to discuss how to be of service to HA and to help our fellowship grow. HALIA throws events, coordinates public outreach, and even funds this newsletter. We're always looking for new commitment holders. All are welcome to attend!

We meet every 3rd sunday of the month at

Thomas' Hope Foundation
755 Waverly Ave, Suite #205,
Holtsville, NY 117743

In person and Online:

Zoom ID: 444.138.7459

no password



A CONSTANT CONTINGENCY



When I first walked through the doors of HA at the age of 19, I was deeply entrenched in denial. Listening to the tribulations of my peers, I convinced myself that I wasn't as "bad off" because, hey, I still had a car and an apartment, and I was barely an adult. It took a while to acknowledge that, despite my age, I had already pushed myself into the treacherous territory of addiction. Even without decades of wreckage behind me, I could still be an alcoholic and a drug addict. Returning at 23, spiritually bankrupt, and 15 overdoses under my belt, acceptance became my lifeline. Facing the uncomfortable truth, I threw my hands up and stopped resisting change. My previous way of life, though predictably numbing always, was undeniably disastrous. The transition to this new life seemed overwhelming and uncomfortable initially, but the moment that acceptance escaped my lips, "Hi, my name is Lily, and I am a heroin addict," a pathway to growth unfolded. In my journey of recovery, I've discovered that every step toward rebuilding my life hinges on embracing what I cannot control, accepting the challenges life brings, and acknowledging all its ups & downs. The key to transformation lied in that pivotal act of acceptance which propelled me forward through the steps, to finding my higher power, engaging in service, and so much more. Each day, I am reminded that acceptance is not just a starting point but a constant contingency on my recovery. I must remind myself every day I am an addict and cannot use any substance safely.

-Lily R.

Bluepoint

FREEDOM FROM SUFFERING

Is now at 7:30 PM

Tuesdays

5 Maple Street, Bluepoint NY

Saturdays

→ ONLINE ←

Zoom ID: 444.138.7459

no password

there was an angel above the room--light
gray, and as the words were
spoken, the sitting people drank
living water; and they were
lifted above their nightmare, to uncommon sense.
the room was
encompassed in an invisible silver dome,
below her, and
spirits were refreshed, and stood up again
principles on a shade. were like white beams of
hope, unknown to the barrel...
and laughter appeared
I rested in the chair, wings
encouraged me--the impossible exists.

-Anonymous

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THE COMEBACK KIDS

LBTQIA+ meeting

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THURSDAYS 7PM

Thrive Recovery Center
1324 Motor Pkwy,
Hauppauge, NY 11749

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Heroin Anonymous is a fellowship of people who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from addiction. The only requirement for membership is a desire to stop suffering from 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 addicts to achieve sobriety

