

HA Long Island Area currently has service opportunities available in our local institutions. For more information on meeting times, locations, and requirements, as well as bringing H&I service, please email H&I at:

haareahi@gmail.com

Legend

- CD = Closed Meeting: Only those with a desire to stop using heroin are welcome
- OD = Open Meeting: All interested persons are welcome
- TD = Traditions Meeting
- 11 = 11th Step Meditation Meeting
- SS = Step Series
- BB = Big Book Meeting
- NC = Nassau County
- † = Seasonal Meeting
- BE = Beginner Meeting
- 🏳️‍🌈 = LGBTQ+
- HYB = Hybrid
- ZM = Zoom
- ** = Able to sponsor

“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.”

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HEROIN ANONYMOUS
LONG ISLAND

VISIT US:
www.halongisland.org
 @halongisland
 HA Long Island


Call the **HOTLINE**
For help and info:
(631) 210-6297



last updated 3/24/24

SUNDAY

Can't Stop the Waves *Opens May 2024* (MEMORIAL DAY – LABOR DAY)

10:00 AM	Robert Moses State Park Field 2 *Picnic Area to the right **Beach Fee <i>not</i> Included	CD †
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Traditions Meeting

10:00 AM	Thomas Hope Foundation 755 Waverly Ave. Ste 205 Holtsville Meeting ID: 444 138 7459 *First Sunday Of The Month	CD TD HYB
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TUESDAY

Hot Shots


6:30 PM	Babylon Town Hall Annex 281 Phelps La. North Babylon	OD BE
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Freedom from Suffering

7:30 PM	Blue Point Bible Church 5 Maple St. Blue Point	SS OD
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THURSDAY

The Comeback Kids

7:30 PM	Thrive Recovery Center 1324 Motor Pkwy Hauppauge Meeting ID: 886 7260 7084	CD HYB 
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FRIDAY

Hell & Back

7:00 PM	Hope House Ministries 1 High St. Port Jefferson Station	CD 11
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The Doctor's Opinion

7:00 PM	Kenneth Peters Center 6800 W Jericho Tpke. #122W Syosset	OD BB NC
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SATURDAY

High Tea

2:00 PM	Thrive Recovery Center 1324 Motor Pkwy Hauppauge Meeting ID: 444 138 7459 * Women's Meeting *	CD HYB
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Freedom from Suffering

7:30 PM	Online Only! Previously held at Blue Point Bible Church Meeting ID: 444 138 7459	OD ZM BB
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We have found that successful recovery is dependent upon completion of all Twelve Steps. If you want a way out and are willing to work for it, then you are ready to begin. Here are the steps we took:

1. We admitted we were powerless over heroin - that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God, as we understood Him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to heroin addicts, and to practice these principles in all our affairs.