



HEROIN ANONYMOUS AZ AREA THANKS hYOU FOR YOUR SERVICE!

What are Hospital and Institutional (H&I) Meetings?

There is a distinct difference between H&I meetings and regular H.A. meetings. H&I meetings are often restricted to patients or residents only, and not open to the community as a whole. These meetings are brought into facilities by local H.A. members through the H&I Committee. H&I meetings are basically beginners meetings; with the chairperson of each meeting providing the speakers. They are not usually listed in the meeting list, and they do not observe the 7th Tradition.

General Guidelines for Heroin Anonymous H&I meetings

1. We should identify ourselves as “Heroin Addicts” whenever possible, although the H&I meeting is open to all 12-step recovery experience.
2. Our sharing should be based on offering our experience, strength, and hope to the still suffering heroin addict.
3. Do not use too much profanity or glorify drug use; you may be stopped by the meeting chairperson if you do so.
4. Do not bring visitors – people from outside the fellowship of Heroin Anonymous, or H.A. members not on the panel at the facility.
5. Do not bring anything in or take anything out. This includes written or verbal messages for an inmate or patient.
6. Never give medical or legal advice or recommend other facilities to patients.
7. Do not promise inmates or patients jobs or aid of any kind.
8. Make sure that you are properly cleared to attend a correctional institution meeting. If you have outstanding warrants, or are on parole or probation, they may keep you.
9. **SHOW UP!!!** Having a meeting “go dark” is worse than not having a meeting there at all. There is nothing that damages Heroin Anonymous’ reputation and effectiveness more than nobody showing up to do a meeting. We have been invited to hold these meetings by the facilities – *it is a privilege*. It is the responsibility of the meeting Chairperson to notify a member of the H&I Committee at least 48 hours in advance of their inability to attend the meeting they are responsible for. **It directly affects H.A. as a whole when no one shows up.**

It is important to keep in mind that each facility that allows Heroin Anonymous to have a presence has their own rules, guidelines, and regulations for what is and is not allowed. Certain facilities may require H&I participants to be subject to sobriety requirements, dress and conduct codes. It is imperative that we be knowledgeable of each facility’s rules and regulations, and respect these when conducting a meeting at their facility.

The format provided is a general guideline, but it is strongly encouraged that this be changed or modified to fit the needs of the facility and the chairperson. No matter what the format of the meeting is, it is important that the chairperson always maintain control of the meeting. A common occurrence with H&I meetings is that they stray from the solution that Heroin Anonymous offers. Remember that this is a program of attraction; you may be the only example of H.A. that a patient or inmate may ever see.

Our 12th step states; “having had a spiritual awakening as a result of these steps, we tried to carry this message to Heroin Addicts, and to practice these principles in all our affairs.” The 12th step is not always easy, but we feel that it has added something to our lives that is beyond explanation. *May God be with you as you carry the message of recovery from the suffering of heroin addiction.*



HA AZ AREA H&I Meeting Format

Welcome to the _____ H&I meeting of Heroin Anonymous. My name is _____ and I am a Heroin Addict. Before we begin, let's open this meeting with a moment of silence followed by the *Serenity Prayer*.

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. The only requirement for membership is a desire to stop suffering from heroin addiction. There are no dues or fees for membership, we are self-supporting through our own contributions. H.A. is not allied with any sect, denomination, politics, organization or institution, does not wish to engage with any controversy, neither endorses nor opposes any causes. Our primary purpose is to stay sober and help other heroin addicts to achieve sobriety.

Per HA's Singleness of Purpose, "Heroin Anonymous wishes to include all people who suffer from opiate and opioid addictions into the classification of 'heroin addict,' as we believe there is little difference in getting free from these substances."

We welcome participation from all 12-Step Recovery experiences. In keeping with our primary purpose, we ask that all who participate confine their discussion to their problems relating to their recovery.

We will now go around the room and introduce ourselves, starting at my left.

I have asked _____ to read "*A Way Out*".

I have asked _____ to hand out key tags representing various lengths of sobriety.

Announce any H.A. related announcements or events.

The format for today's meeting is Speaker/Discussion -or- Topic/Discussion.

(For speaker) I have asked _____ to share their story.

(For topic) I have asked _____ to share on a topic.

I have asked _____ to read "*No More Suffering*".

We will now close with a prayer of our choice.

A Way Out

Many of our members have gotten sober lots of times. Our challenge was staying sober. We were able to stop using for days, months or even years, but we could not find a permanent solution. Eventually, we wound up in rooms like these. If you are a heroin addict desperately searching for a way out, we found one that's working for us.

We all had our own ideas on how to stop using. These methods didn't work for long. If these approaches were successful, we would have quit a long time ago. Holding on to these beliefs was futile and until we were able to let go altogether, we could never be free.

We discovered a better way to live. We saw others who no longer struggled with heroin addiction and even seemed happy! They encouraged us to go through the Twelve Steps like they had. By applying these principles in our daily lives, we found a new freedom, a new happiness and a new way of living. 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.

When we sincerely applied the 12 steps to our lives, we found long term success in sobriety. We are not asked to do this perfectly; we strive for progress, not perfection. We have found a way out of our suffering and simply wish to share what worked for us. In our fellowship you will see heroin addicts helping each other, freely passing on their experience to those who are desperately searching for an answer to their own heroin addiction.

No More Suffering

There are those of us who no longer suffer from heroin addiction; it is our hope to share the solution that we have found. The Twelve Steps have rocketed us into a new dimension of freedom. The God of our understanding has commenced doing for us what we could not do for ourselves. We have been restored to sanity and have been liberated from the bondage of self. As we work the simple program of action the promises materialize in our lives.

We hope our message will encourage those who still suffer to work this program honestly and thoroughly. The connection to our Higher Power guides our lives, empowers the step work process, and unites our fellowship. Our past has uniquely qualified us to help those that still suffer from heroin addiction. We have been equipped with the Power to carry this message to those who have a desire for a new way of life. It is our hope that any heroin addict who seeks this message shall find it freely in the fellowship of Heroin Anonymous.



OUTSIDE MEETINGS (CENTRAL AZ)

For the most up-to-date Heroin Anonymous meeting list, use the QR code to go to

<https://meetings.haazarea.org/meetings/>

Last updated: July 2023

SUNDAY:

Shot of Hope 5:00 PM

*Crossroads East
1845 E Ocotillo Rd
Phoenix, AZ 85016*

Dark Side of the Spoon 5:30 PM

*The New Solution
4430 N 23rd Ave
Phoenix, AZ 85015*

Sheriffs of Noddingham 8:00 PM

*Mesa Alano Club
145 E 1st Ave
Mesa, AZ 85210*

MONDAY:

Hooked on the Book 7:15 PM

*Crossroads West
7523 N 35th Ave
Phoenix, AZ 85051*

Strung Out To Dry 8:00 PM

*Valley Alano Club
2310 N 56th St Building A
Phoenix, AZ 85008*

West Side Connection 8:30 PM

*West Valley Fellowship
919 N Dysart Rd
Avondale, AZ 85323*

TUESDAY:

Spiritual Gainz 8:00 PM

*Studio 164 & Zoom
13627 N 32nd St
Phoenix, AZ 85032*

Restored to Sanity 8:30 PM

*Mandalay Village
1612 E Ocotillo Rd
Phoenix, AZ 85016*

WEDNESDAY:

The IV League 7:30 PM

*Crossroads East
1845 E Ocotillo Rd
Phoenix, AZ 85016*

Blue's Clues 7:30 PM

*Casa Milagra
740 E Claremont St
Phoenix, AZ 85014*

Nod Squad 8:00 PM

*North Scottsdale Fellowship
10427 N Scottsdale Rd
Scottsdale, AZ 85253*

Turn and Quit 8:00 PM

*Valley Alano Club
2310 N 56th St Building A
Phoenix, AZ 85008*

THURSDAY:

Black & Blues 6:00 PM

*The Spot Sober Lounge
4220 W Northern Ave #111
Phoenix, AZ 85051*

Smack down 7:00 PM

*Mesa Alano Club
145 E 1st Ave
Mesa, AZ 85210*

Junkie See, Junkie Do 8:00 PM

*The Pigeon Coop & Zoom
4415 S Rural Rd #8
Tempe, AZ 85282*

FRIDAY:

Living Free 7:00 PM

*Hope House
316 N 11th Way
Phoenix, AZ 85006*

Smoke or Poke 7:30 PM

*Valley Alano Club
2310 N 56th St Building A
Phoenix, AZ 85008*

SATURDAY:

Cottons & Coffee 9:00 AM

*Valley Alano Club
2310 N 56th St Building A
Phoenix, AZ 85008*

Night Shift 9:30 PM

*The Pigeon Coop
4415 S Rural Rd #8
Tempe, AZ 85282*

