

WHAT IS HEROIN ANONYMOUS?

(excerpt)

Heroin Anonymous is a fellowship of people who have found a solution to heroin addiction. We are recovered heroin addicts who meet regularly to help each other stay sober. The only requirement for membership is a desire to stop suffering from heroin addiction. There are no dues or fees for H.A. 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 in any controversy, neither endorses nor opposes any causes. Our primary purpose is to stay sober and help other heroin addicts achieve sobriety.

Phone Numbers

Serenity Prayer

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.

Thy will, not mine be done.

Heroin Anonymous New Jersey Pennsylvania Area



HAANJPA.org

heroinanonymousnjpa@gmail.com

12 Steps of H.A.

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.

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.

MEETING SCHEDULE

Getting Well Group

Gloucester City, NJ

Mondays and Saturdays @ 8:30 PM

465 S Broadway

Mainline Group

Philadelphia, PA

Tuesdays @ 7:30 PM

4945 Friendship St.

Fight Club

Gloucester City, NJ

Fridays @ 8:30 PM

465 S Broadway

The Fix

Sewell, NJ

Sundays @ 5 PM

1960 Delsea Drive

Meeting times change. Go on our website for current meeting information and upcoming events.

Online meetings can be found on the HAWS resource tab on our website.

HAANJPA.org

GUIDE TO THE 12 STEPS

(excerpt)

Taking the 12 Steps is what enables us to be free from the compulsion to use. We take the Steps as outlined in the book "Alcoholics Anonymous." Often referred to as the "Big Book", it contains specific, step-by-step instructions on how to practice the Steps in our daily lives. When reading this book, we found it helpful to substitute the word "heroin" for "alcohol", and substitute the word "drinking" with "using." The Steps show us how to live on a different basis. Our experience shows us that we cannot thoroughly nor honestly take the Steps on our own. This is where a sponsor comes in. A sponsor, grounded in the Steps themselves, can share their experience with the Steps and guide us to a way of living that is free from heroin addiction.