



Seven Minutes

The Nicotine Anonymous Quarterly: A forum for nicotine users who don't use

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Send letters, articles, stories, poems, artwork, or other material to:
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or email to:
SevenMinutesEditor@nicotine-anonymous.org

All submissions may be edited as necessary for grammar and content.

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Your trusted servants,
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Chairperson's Report

On October 13, 2017 the board met in Newburgh, New York for a face-to-face meeting. I was unable to attend in person due to a brief hospitalization, but I attended online and spoke to all throughout the meeting.

During this year, two major accomplishments occurred regarding outreach in Nicotine Anonymous. One, the outreach committee announced the establishing of November as our *Nicotine Anonymous Gratitude Month*. Resources such as business cards, flyers, and suggestions for numerous activities are available to assist with outreach efforts. We want to make this an annual event so nicotine users looking for recovery know that Nicotine Anonymous exists.

Second, at the October board meeting an updated Outreach Booklet was approved. It can be found at <https://nicotine-anonymous.org/outreach.html> under the Outreach tab.

Sarah B, who was very instrumental in getting our website up to speed five years ago, has stepped down from the web servant position. Jeanette S from the New York intergroup has stepped up in her place. Rotation of service is important to so many twelve step individuals like Sarah. Thank you, Sarah for getting Nicotine Anonymous on track with our current website. Passing the keys to the website over to Jeanette has been a smooth transition.

I want to remind the membership that there is a change/add/delete form that needs to be filled out to help keep our meeting list updated. Some members

feel the form is cumbersome and bureaucratic. Our website team will be meeting and hope to improve the form. The current form can be viewed at: <https://nicotine-anonymous.org/meeting-change-form.html>

I am happy to announce that *Nicotina Anónimos: El Libro*, the Spanish translation of our book, is now available as an on-demand publication. Thanks go to Nancy B for her help with this project. It's such a joy to be a part of Nicotine Anonymous and watch how working together allows nicotine addicts to find recovery across the globe.

Our fellowship is in dire need of volunteers to head a committee to catalog our archives. In addition, I personally have been looking for volunteers to write about sponsorship. So often I receive emails asking for experience, strength, and hope about sponsorship. Personal stories that could be compiled into a text may be the way to address these requests.

Communications also surface regarding assisting individuals with other challenges besides addiction which affect individual and group efforts during recovery. Writing stories of success concerning individual and/or group challenges and obstacles may provide experience, strength, and hope for members seeking solutions. Please feel free to contribute an article or share a story about serving and supporting such situations. Perhaps submitting articles to *SevenMinutes* may help as we continue to look for a future structure on this topic.

At this point we do not have a bid for the 2019 Nicotine Anonymous World Services Conference. Areas across the USA
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The Twelve Steps of Nicotine Anonymous

1. We admitted we were powerless over nicotine—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 it out.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to other nicotine users and to practice these principles in all our affairs.

The Twelve Steps and Twelve Traditions reprinted and adapted here with the permission of Alcoholics Anonymous World Services, Inc. Permission to reprint and adapt the Twelve Steps and Twelve Traditions does not mean that A.A. is affiliated with this program. A.A. is a program of recovery from alcoholism—use of the Twelve Steps in connection with programs and activities which are patterned after A.A., but which address other problems, does not imply otherwise.

The Twelve Steps of Alcoholics Anonymous

1. We admitted we were powerless over alcohol—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 it out.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to other alcoholics and to practice these principles in all our affairs.

The Twelve Traditions of Nicotine Anonymous

1. Our common welfare should come first; personal recovery depends upon Nicotine Anonymous unity.
2. For our group purpose there is but one ultimate authority - a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for Nicotine Anonymous membership is a desire to stop using nicotine.
4. Each group should be autonomous except in matters affecting other groups or Nicotine Anonymous as a whole.
5. Each group has but one primary purpose - to carry its message to the nicotine addict who still suffers.
6. A Nicotine Anonymous group ought never endorse, finance, or lend the Nicotine Anonymous name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.
7. Every Nicotine Anonymous group ought to be fully self-supporting, declining outside contributions.
8. Nicotine Anonymous should remain forever non-professional, but our service centers may employ special workers.
9. Nicotine Anonymous, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. Nicotine Anonymous has no opinion on outside issues; hence the Nicotine Anonymous name ought never be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, TV, and films.

12. Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

The Twelve Traditions of Alcoholics Anonymous

1. Our common welfare should come first; personal recovery depends upon A.A. unity.
2. For our group purpose, there is but one ultimate authority--a loving God as he may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for A.A. membership is a desire to stop drinking.
4. Each group should be autonomous except in matters affecting other groups or A.A. as a whole.
5. Each group has but one primary purpose --to carry its message to the alcoholic who still suffers.
6. An A.A. group ought never endorse, finance or lend the A.A. name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.
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Our Preamble

Nicotine Anonymous is a fellowship of men and women helping each other to live our lives free of nicotine. We share our experience, strength and hope with each other so that we may be free from this powerful addiction. The only requirement for membership is the desire to stop using nicotine. There are no dues or fees for Nicotine Anonymous membership; we are self-supporting through our own contributions. Nicotine Anonymous is not allied with any sect, denomination, political entity, organization or institution; does not engage in any controversy, neither endorses nor opposes any cause. Our primary purpose is to offer support to those who are trying to gain freedom from nicotine.

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Chairperson's Report

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have been suggested but no formal committee or conference chairperson has asked to host the conference.

At this time, I'd like to wish all of you a nicotine-free holiday season. I'll be reporting again in 2018! If anyone wants more information about anything in this communication, please contact me at chairperson@nicotine-anonymous.org

Yours in service,
Chick P
NAWS chair

The Problem Centers in My Mind...

My first memory of smoking was not really lighting up but pretending that I was smoking. My girlfriend and I would dress up as movie stars and use long sticks that we would pretend were a cigarette in a long holder...you know, hand on one hip, taking a long drag and sending out those fancy smoke rings.

Before long it was a cigarette in one hand and a glass of booze in the other. I would smoke with my cigarette dangling out of my mouth and the smoke rolling up and burning my eyes - trying to stop coughing long enough to take another puff. And sometimes if it was going to be a long time before I could light up again, I would light one right off another one - as though having two or more would help because it was going to be awhile till I could smoke again. What's up with that?!

It was some time before the day I took the first step...I kept getting these whispers. Not only was my inner self whispering to me, but I was hearing things like my next door neighbor's postman's girlfriend's great aunt's cousin had died from lung cancer. Then it seemed like every time I turned on the radio, I heard the Cancer Society's commercial, "I don't have a voice box because I smoked cigarettes." Then it was the gurgles in my lungs as I lay quiet, trying to go to sleep. And then, looking at a cigarette before lighting it and wonder-

ing if THIS is going to be the one that will kill me.

But what I know and is true for me: "Half measures availed me nothing. I stood at the turning point. I asked His protection and care with complete abandon." That comes from *Alcoholics Anonymous*, page 59. It only takes one and I cannot remain spiritual. But today I have a solution not to take that first puff.

I remember 4½ years ago, as things in my life were starting to hit rock hard bottom with nicotine. How far I was from any chance of experiencing the joy I feel today.

On the day I surrendered, February 9, 2013, I did not know that was what I was going to do when I walked out the front door. It just hit me there and then. I thought to myself, "I HAVE to go back? I HAVE to ruin this beautiful day and walk back to the house to get a smoke? Look at this beautiful blue sky. Listen to the birds. Smell the fresh air. Listen to all the whispers I have been getting!" My life flashed before my eyes, and right then I went into the woods and surrendered. I can't and won't even try to put that into words, but that's when I took my first step. That's when my life changed. That's when faith won out over fear.

The next day I came to NicA, started praying for a sponsor, found a quit buddy and started practicing the 5 Ds - distract, delay, discuss, drink water, and deep breathe.

I sometimes wonder if people who have not endured this struggle can really understand what it is to feel love and to be free like this. I often say, "You don't know what you've lost until it's gone." I never want to lose myself again. Now that I have love for my life, for all of you, and for all that is, I never want to experience a day without it again.

I see nicotine as being the same as AA talks about with alcohol. I have a physical allergy to nicotine and a mental obsession which tells me to pick up the first cigarette. It makes sense to me that the main problem centers in my mind.

My skewed thinking tells me that nico-



tine is not my problem; it's the solution to my problem. At some stage in my life, nicotine made it easier to cope. My mind told me when I came across a situation that I couldn't handle, having a cigarette would solve the problem, even though hundreds or thousands of previous experiences should have told me the opposite. When we talk about insanity in Nicotine Anonymous, this is what it means to me.

I repeated this insanity over and over until I experienced an entire psychic change. Till then I didn't see much hope for the insanity. But as The Book says, once a psychic change occurs, the very same person who seemed doomed (me), was easily able to control the desire for nicotine. The only effort required was to follow a few simple rules - that being our 12 Steps.

I am not cured of nicotine addiction. What I've learned in the program is that I have a daily reprieve from a disease of mind, body and soul. If I maintain my spiritual conditioning and keep my spiritual principles, I have a choice today. I know it is useless to try to break the craving by my will power alone.

My sanity has returned somewhat, and the compulsion to light up has vanished from my life for today. As long as I keep away from the first cigarette, go to meetings and reach out to help others, I will have a reasonably happy and healthy life, free from the bondage of myself.

I know that when ingesting nicotine even just once, something happens in both body and mind which makes it virtually impossible to stop. My own experience confirms this by watching others go out again, some never to return...

I do not wish to ever set the cycle of
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smoking in motion again. I have way too much to lose.

One of the greatest recovery gifts for me is an amazing sense of calm during crisis, as I'm no longer adding nicotine withdrawal atop every stressful event.

Recovery is rewarding because I get the chance to change my life, serve my Higher Power and help others do the same. Most people sleepwalk through life. They don't think about who they are or what they want to be, and then one day they wake up and wonder why they aren't happy. I was one of them.

I saw quitting smoking as an opportunity for change. I'll always think of my addiction as one of the best things that ever happened to me. People in recovery often describe themselves as grateful addicts. Why would someone be grateful to have an addiction? I think it's because their addiction helped them find the inner peace and tranquility that most people crave.

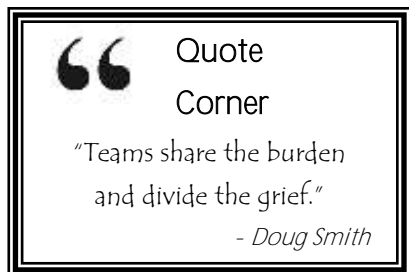
I believe in miracles, because I am one. Don't give up before the miracle happens.

I have this on my wall from a very close friend in recovery:
When the fear of remaining the same overcomes the fear of change, Recovery is Possible. Everything will fail, until you are prepared to do ALL that is necessary to succeed.

There are few places in the world where I find more honesty, courage, and support than in a 12 Step meeting. It's one of the most amazing experiences I have EVER had.

I am so grateful to my Higher Power, my sponsor, my quit buddy and all of you. THANKS from the bottom of my heart.

Jorie M
Free Bridge phone meetings member



A holiday song from NicA Free Bridge phone meetings, SevenMinutes Newsletter group...

Sung to the tune of a popular holiday song

- The first gift of NicA the program gave to me the desire to be nicotine-free ~
- The second gift of NicA the program gave to me a way to escape the insanity ~
- The third gift of NicA the program gave to me acceptance for whatever my path might be ~
- The fourth gift of NicA the program gave to me a way to humbly take inventory ~
- The fifth gift of NicA the program gave to me five...outreach...calls!
- The sixth gift of NicA the program gave to me health, love and prosperity ~
- The seventh gift of NicA the program gave to me a brighter outlook and clarity ~
- The eighth gift of NicA the program gave to me the promises, the tools and the five Ds ~
- The ninth gift of NicA the program gave to me a heart full of serenity ~
- The tenth gift of NicA the program gave to me a greater interest in friends and family ~
- The eleventh gift of NicA the program gave to me a sponsor for accountability ~
- The twelfth gift of NicA the program gave to me a gift for others and a trust in a loving HP ~

Seven Minutes Meditation



The Gift of Step 3

The goal is to make more contact with a Higher Power where we find support. God's got my back. It's not so much the Third Step prayer that I love It's anticipating the shiny unopened gift.

- Melissa R
Akron, OH

Support Made All the Difference...

When I was a little boy, I tried smoking my dad's cigars, and I choked and coughed. I flushed them down the toilet because I didn't want to get in trouble with my parents. Eventually I turned 21 and moved out on my own. My friend who I shared an apartment with told me to start smoking cigars because they would calm me down, and curb my appetite. So, I started smoking. After a year of smoking, one day out of the blue, I realized I was really addicted to nicotine! What should I do?! How do I quit?! I was definitely hooked, and it upset me. I felt like a slave to my habit. I felt hopeless.

For about 10 years, I would quit for a while, then go back to it if I got angry or nervous. When I turned 30, I quit. That was June 29, 2006, at 4:20 p.m. Now, it's 2017. I've been clean from nicotine for 11 years now!

I read my Nicotine Anonymous literature when I need a reality check. My belief and faith in my Higher Power helps a great deal also. My recovery means the world to me. It means more to me than smoking.

Thank you, Nicotine Anonymous. I also want to thank my family and friends, and the staff where I live for all of their support. If it wasn't for the support, and a personal belief in my Higher Power, I don't know what I would have done. Using the nicotine patches and gum helped a lot also. Today, I'm doing so much better, and I'm grateful for that.

John S
West Mifflin, PA

A Grateful Recovering Nicotine Addict...

My name is Chad and I am a grateful, recovering nicotine addict. Thanks to my Higher Power, the 12 Steps and the principles of this program, I have not found it necessary to use nicotine since March 4, 2010.

I started using chewing tobacco when I was 15 years old after a friend introduced me to it. The first time I tried it, I got dizzy, swallowed some of it, and vomited all over my friend's parent's restroom. I went home shortly after that and spent the night feeling miserable, yet still focusing on how I could next get my hands on something that I was not old enough to be participating in. Something about using it just made me feel cool and less socially inept. Shortly after this time I was showing off my can of chewing tobacco to a classmate in my study hall session and he told me I should try something similar but a little more potent. He gave me a cigarette and told me to go home and smoke it. I snuck into my backyard that evening, in the middle of winter (in Minnesota...brrr) and smoked the cigarette. I coughed my way through it but again felt it made me more of a rebel and not the goody-two-shoes I'd always sort of been.

My nicotine use became a regular obsession shortly after that time. Usually it was of the smoking variety but when it had to be hidden, it was of the chewing variety. The people I associated with as the years went on almost always seemed to be smokers. Part of this had to do with the fact that those I sought out tended to have the same addictions as me, which made it easier to accept and be okay with. I was most certainly an addict. I remember friends of mine in college telling me they were sure I would be a "lifer" with cigarettes. I doubted them and just thought it was a temporary thing until I found that "right job" or "right relationship." The jobs and relationships came and went, with the cigarettes always remaining the central focus.

The hiding of my nicotine use became a key component of my relationships with significant others, my family, my doctors and my employers. I began to feel ashamed of this "habit" and began trying to quit. I could get a few days of time clean and then I would be using

again. I tried using the gum. I hated it. I tried reading books. I hated them. I tried using patches. I didn't hate them but I had crazy, crazy dreams while wearing them overnight. In fact, prior to hitting my bottom with nicotine, I decided to follow some advice of members in another 12 Step program and follow the actual instructions on using the patch. I read them and followed them exactly as they recommended. I made it to the final day of the patch, after the 6-week step down process, and I started to panic. I knew I was still hooked and that I was in big trouble for the following morning when I'd have nothing left. I tore the final patch off my arm and got in my car, drove straight to the store and bought a pack of cigarettes. I sat in the lawn and smoked half that pack while calling my friends on the phone telling them I'd failed again.

The next day, while complaining to a long-time member of Alcoholics Anonymous about my continued failures, this gentleman said, "Why don't you use the 12 Steps to help you quit smoking? It worked for me in Nicotine Anonymous." I said I'd give it a try.

I attended a few face-to-face meetings and prior to a relocation back to my hometown, I smoked a cigarette while looking at the Pacific Ocean before the flight home. I attended a meeting later that evening and, as of today, that was the last cigarette I've smoked.

I've been attending one to two meetings a week, primarily face-to-face meetings but a few online and phone meetings as well, for the last seven and a half years. I've been extremely active in service at my meetings since day one. Service can be as simple as showing up and talking to others about the struggles you've had and the hope you can share. For me, service involves everything it takes to keep meetings running. Some fellow members and I started a new meeting a few years back and this meeting continues to grow. This wouldn't have happened without my belief and relationship with my Higher Power. It took me getting out of my normal ways and believing that my Higher Power would help me through these challenges.

Service has extended to a new level over the past six months. I had the great opportunity to attend the World Services Conference in Cleveland in April 2017 with a few of my fellow NicA members from Minnesota. After sharing

with some members about the service I've been active with, I was asked to help Nicotine Anonymous at the World Services level. Knowing it's best not to say "no" when asked to be of service, I quickly answered, "Sure, why not?" It's been a great joy getting to know the program at a deeper level and getting to meet some truly remarkable people while being of service. Again, I was told early on in another 12 Step program, "Get in with the service nerds. They're the ones who are staying sober." In this program, I've become one of the "service nerds" and because of that, I continue to stay free of nicotine.

I am truly grateful to be part of this incredible, open, honest, loving fellowship and I am happy to be of service in whatever way I can to help the still-suffering nicotine addict.

*Chad O
St. Paul, MN*

From the Seven Minutes Archives...

*The wit and wisdom below first
appeared in our March 2015
issue.*

*There once was a
pack-a-day smoker
who feared her best friend
would just choke her
the coughing and hacking
the shame
and the lacking
from that fog
HP finally woke her*

*- Martha K
East Quogue, NY*



Stay connected to
Nicotine Anonymous
World Services!

Receive emails
directly from the
NAWS board
by subscribing to
NicA News
(formerly Two Way Talk)

To subscribe, click the
Newsletter tab on the
NicA website at:
[http://nicotine-
anonymous.org/nica-
news-email-
communications.html](http://nicotine-anonymous.org/nica-news-email-communications.html)



The Free Bridge
Telephone Meeting group
presents...

“Ring in the New Year” Phone Marathon Meetings

January 1

Meetings start at 8 am EST
and will run on the top of every hour.

Last meeting starts at 11 pm EST.

A different topic for each meeting

Phone: [218-339-2933](tel:218-339-2933)
Pass code: 944982#

See nicotine-anonymous.org
for information on
all regularly-scheduled
NicA phone meetings

Gratitude and Miracles at Clean in the Catskills 2017...

World Services outreach committee dedicated this November as Gratitude Month encouraging all members to do outreach activities as their gratitude in action. I carried this outreach message to New York’s 24th annual NicA weekend retreat, Clean in the Catskills (CITC), where this year’s theme was “Expect a Miracle.”

The Friday night gratitude meeting circle is where I create an autumn-decorated tableau with a lit pumpkin I carve based on the event’s theme. I chose to carve WE R MIRACLES (as a smiley face) with HOPE, WE CAN, and FAITH on the other sides.



Outreach is so important because too many do not know the HOPE this fellowship offers. Yet, based on our growth over 35 years, I have FAITH for the future that WE CAN keep reaching out further to potential miracles.

I shared that NicA has over 700 ongoing face-to-face groups in 32 countries. Thousands of international NicA members also use social media to offer support to one another. Of the several daily phone and internet meetings (VONR), Rosa D spoke about those that are Spanish-speaking.

Much of our extensive recovery literature has been translated by members into 16 languages other than English. All our 16 pamphlets are in Spanish — gracias to Nancy B. I just completed collaborating with Arthur C (merci) to translate all 16 pamphlets and the Twelve Traditions extended version into French. By using on-demand publishing, hard

copies of a Spanish translation of *Nicotine Anonymous: The Book (Nicotina Anónimos: El Libro)* are now available at book retailers’ websites. Willing international members are working on other language translations to publish our books in this manner.

Retreat attendees expressed appreciation to learn about these World Services activities and were able to meet eight current board members who came to the retreat after the October board meeting. It was a weekend of perfect sunny weather that allowed us to have all of Saturday and Sunday meetings outside in the autumn beauty — including the mountain top and bonfire meetings.

Members, as always, left inspired by their fellow members. All of us can show our gratitude by doing outreach service to carry our message. I have HOPE and FAITH that WE CAN continue to give back to others what we have been given because WE R MIRACLES who *Keep Showing Up*.

Checko M
Rosendale, NY
NAWS chairperson emeritus



*Want to get involved with
NicA Outreach to help your
group and/or Intergroup?*

*Consider attending our monthly
Outreach teleconference meeting!*

When: 2nd Wed. of the month
Time: 8 pm EST
To attend: call 218-339-4978
Access Code: 1471471#

~ Recovery Talks ~

SevenMinutes welcomes contributor Margie L of Savannah, GA who debuts her column, "Recovery Talks."

Margie's recent interview with Lydia B from Lansdale, PA focuses on giving back to the program through service - gratitude in action.

Margie L. Great to speak with you today, Lydia! Please share what led you to Nicotine Anonymous.

Lydia B. I came into the program when I was about 3 or 4 months into my quit. I wanted the support of NicA, not just for myself but more so for my sweet hubby who was still struggling to get a quit at that time. Not too long after coming in "for him," I realized (duh!) I really needed the support, too!

M. How long do you have nicotine-free?

L. At present I have 1 year, 9 months, 2 days, 23 hours, 41 minutes, and 17 seconds, smoke and nicotine-free!

M. How would you describe the way you work your program?

L. Slowly and intentionally. I'm conscious of the fact that I truly AM just ONE puff away from a pack a day. I make it a point to not romance cigarettes/nicotine. I don't ever want to go back to how I was for 27 years of my life.

M. Can you name your favorite part of working the 12 Step program?

L. My favorite part is carrying the message and letting other nicotine addicts know that EVERY single one of our lives is absolutely worth it!

M. What forms of service do you do?

L. NicA is near and dear to my heart, so there are a lot of different forms of service that I like to do.

Some examples:

-One-on-one smober support with other nicotine addicts, via phone, online and in person

-Serving during face-to-face & online meetings (reading, greeting, sharing, chairing)

-Sponsoring women

-Holding a service position in Voices of Nicotine Recovery (VONR)

-Telling others about NicA

-Posting flyers about a local meeting

-Working on starting a new face-to-face meeting

-Attending NicA World Services Outreach Committee meetings

M. How does service enhance your program?

L. The main thing is that it keeps me close to my fellow nicotine addicts, so that I don't forget what it was like when I was struggling, wanting to quit and feeling unable and discouraged. Another way that service enhances my program is that it is so very rewarding to help other people!

M. Would you recommend service work to other nicotine addicts to maintain nicotine freedom?

L. ABSOLUTELY! Service to others gets me outside of myself! My own head was not a good place to be for a long, long time. I was intentionally killing myself, not caring about myself, burning holes in my clothes and staying away from people who cared about me (because they were not smokers). By serving others, I'm hopefully helping them find their own self-love. In simple terms, "Do a little service. It'll make you feel good!"

M. Please describe a current form of service work you are doing.

L. One of the forms I mentioned earlier was holding a service position in VONR. I am a Web Assistant. Here are some of the things I get to do:

-General maintenance of the VONR website to keep all its info current

-Monitor/maintain the VONR email box, answering questions from nicotine addicts or the general public

-Monitor the message board to watch for spammers or anything amiss

-Administrate 20 VONR email addresses, maintaining the addresses, creating new ones if needed, resetting passwords

-Attend VONR Visionary Technology meetings to discuss needed updates and enhancements

-Help with the training of service positions (documents, email access, etc.) to assist our servants in performing their service!

M. Thank you for your service, Lydia! It is truly gratitude in action.

Together We Change



Against All Odds...

I am a person with a severe mental challenge. It took years to get on the right combination of psych meds that work for me. I smoked all that time, about twenty years, before I was able to get a sustainable quit from a pack-a-day habit. I had read articles that people with my diagnosis had a nearly impossible chance of getting a quit from smoking. I found Nicotine Anonymous and VONR online meetings about two and a half years ago. I had many failed quits. I kept coming back to meetings and contacting my sponsor. I wrote on Step One, all fifty plus questions of the NicA Step Study Workbook twice with two different sponsors. Members of the group stated that I should never quit quitting and my miracle will happen.

My miracle is happening now. I have challenges with crazy emotional ups and downs, like a lot of people with newly-gotten nicotine freedom. My ups and downs sometimes bring on paranoid thoughts with other intrusive thoughts as well. In addition, I hear voices in my head. I am learning to use logic and the 12 Steps of recovery to sort through my mental states. I am learning that my Higher Power whom I call God, is a loving and caring God who I can trust. My sponsor says, "Rest in the arms of your Higher Power."

The ability to trust in others is a new experience. I've had trust issues since I was a child. Through honesty, openness and willingness and being nicotine-free, I am growing healthier physically, spiritually and most amazingly, mentally and emotionally too! Relationships are my
continued on page 8

challenge right now. Family issues and asserting myself are ways I am learning in a big way. I am introspective through looking at my emotions and reactions, especially by writing about things that upset me, and discussing issues with my sponsor. I also discuss the amazing and exciting things so I don't get off-keel that way either. With my mental disability I try to remain in balance and maintain a low-stress lifestyle. This gives me the best chance for keeping my serenity.

So, against all odds I am nicotine-free for almost five and a half months now. Thank you Nicotine Anonymous and VONR for helping me to not use nicotine, a day at a time.

May you live happy, joyous and free through the Twelve Steps and help other nicotine addicts in their recovery also.

Anonymous VONR member

**Available
on Kindle
at Amazon.com**

**Nicotine Anonymous:
The Book - \$7.99**
**Our Path to Freedom -
\$4.50**
**A Year of Miracles -
\$9.99**
**90 Days, 90 Ways -
\$4.50**

Sponsorship in NicA...

To me, a sponsor is a recovering nicotine addict with current long-term nicotine freedom, who has gone through the 12 Steps in Nicotine Anonymous and knows the 12 Traditions also. A sponsor can be available to help with day-to-day challenges of life and help me apply the spiritual principles from

the Steps and the program.

I have come to rely on my sponsor to help me through the Steps. On a regular basis we talk by phone about our answers to the Step Study Workbook questions. I check in just about daily via text or e-mail. I share issues and uncomfortable situations I experience, and my sponsor shares her experience, strength and hope with me. When I am lacking in serenity, I look to my sponsor who reminds me to turn things over to my Higher Power. My sponsor helps me improve my relationships through "Awareness, Acceptance and Action" and other program slogans. She shared the story of the person who falls into a hole repeatedly and then finally goes around the hole. The things my sponsor has told me have been great lessons in improving my life.

When I was struggling to get a sustainable quit, my sponsor encouraged me to pick myself up and try again. She suggested I focus on surrender. I had some reservations about going to any lengths to not light up. She said, "Don't light up even if your butt falls off." We continued to do Step work even though I was still having the cycle of quitting and smoking again.

After two years of struggling, my miracle happened. I finally surrendered without reservation. My sponsors were very important in coming to nicotine freedom. We owe a debt of gratitude to sponsors everywhere who give of their time and hang in there as we sponsees sometimes struggle.

Sponsors are there also to help sponsees maintain a quit. They are invaluable to this program.

I hope to become a sponsor soon. I have heard it said, "You can't keep it unless you give it away."

*Margie L
Savannah, Georgia*



Nicotine Anonymous

The only requirement for membership is a desire to stop using nicotine.

Meeting Options:

- Face-to-face meetings
- Telephone meetings
- Online meetings

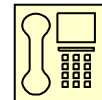
To find face-to-face meetings:

Go to www.nicotine-anonymous.org
Click on **Meetings** and search by state.



For phone meetings:

Go to www.nicotine-anonymous.org
Click on **Meetings**, then **Telephone Meetings**.



For online meetings:

Go to www.nicotine-anonymous.org
Click on **Meetings**, then **Internet Meetings**.



In this section are live links to two sites offering the ability to post messages and receive responses. Both require the individual to join the site in order to take advantage of some of the extra services, such as searching for specific posts or files.

Unofficial Nicanon has "Type Share" meetings. It can be found at: <https://groups.yahoo.com/neo/groups/unofficialnicanon/info>

Voices of Nicotine Recovery (VONR) has "Voice Share" meetings using a free chat service that can be downloaded.

VONR can be found at: <http://voicesofnicotinerecovery.com>

This site also has other helpful information about nicotine addiction and links to prior speaker shares.



NICOVERY STATE OF MIND

2018 | NEW YORK | NAWSC 33

Clarion Hotel & Conference Center
 3845 Veterans Memorial Highway, Ronkonkoma, NY, 11779
 Phone: (631) 585-9500 Mention "Nicotine Anonymous" when
 making your reservation
**HOTEL RATES: \$109.00 + tax per night for two double
 beds or one queen-size bed IF RESERVATIONS ARE
 MADE BEFORE MARCH 21, 2018**
Rates will be honored 3 days before and after the conference.

APRIL 20-22, 2018

CLOSEST airport is Long Island MacArthur Airport in Islip

- Free shuttle from Airport to hotel. Call 631-585-9500 once you land.
- AirTrain service is available from New York's JFK airport to the Long Island Railroad's Jamaica station. Take the LIRR from Jamaica to Ronkonkoma station. Call 631-585-9500 for free shuttle from Ronkonkoma to hotel.

REGISTER WITH PAYPAL! nicawsc.homestead.com

OR COMPLETE AND MAIL TO MARTHA K. 19 CENTRAL AVE., E. QUOGUE, NY 11942
 Make checks payable to NAWSC & put "2018" in the comment section

NAME: _____

ADDRESS: _____

CITY, STATE, ZIP _____

PHONE _____ E-MAIL _____

Registration:		
\$40 Early Registration or \$50 Late Registration (after 3/20/18); non-NicA spouses and partners, no charge.		
# of registrants: _____		REGISTRATION TOTAL: _____
Meals:		
Saturday Night Banquet :	\$42.00 per person	# of meals _____ TOTAL: _____
Sunday Spirituality Brunch:	\$23.00 per person	# of meals _____ TOTAL: _____
	(ALL MEALS TOTAL \$65.00)	TOTAL: _____
Optional Donation to NAWSC 2018 Conference: \$ _____		
Optional Donation to Nicotine Anonymous World Services: \$ _____		Donations TOTAL: _____
		TOTAL AMOUNT: _____

Connections



Nicotine Anonymous invites you to connect with our

Penpal Program

Who: Someone like you, who is interested in service work.

What: These are examples of our requests: “I am a suffering nicotine addict and I am addicted to chewing tobacco. I would appreciate any help I can get.” Another might be from a person wanting to help others: “I have been smober for a year, after smoking for 42 years, and the one day at a time program worked for me.” Or, “I am having a hard time staying quit, and I also have COPD.” They provide their e-mail address and a brief blurb about their situation.

When: As soon as possible, and whenever you can provide some support. The e-mails and letters are sent out to connect with them as soon as members request to join. This is about once a week.

Where: E-mails are sent to

PenPal Coordinator Paper: PenPalCoordinatorPaper@nicotine-anonymous.org

Coordinates and connects penpals who want to communicate via snail mail.

PenPal Coordinator Email: PenPalCoordinatorEmail@nicotine-anonymous.org

Coordinates and connects penpals who want to communicate via email.



Why: Not everyone has access to meetings. This is a great way to connect with other addicts from around the world.



How: Contact either email address above to begin connecting.



Write a Meditation for a Future Nicotine Anonymous Daily Meditation Book!

Please submit your daily meditation for consideration in an email or Word file to:

DailyMeditations@nicotine-anonymous.org

Subject line 'Nicotine Anonymous Meditation'

or mail to:

Attn: Daily Meditations Coordinator

Nicotine Anonymous WSO

6333 E. Mockingbird #147-817

Dallas, TX 75214

Please include your telephone number, email and snail mail address — to be used only in case we have questions. (All contact info and authorship will be kept confidential in accordance with the 11th Tradition.)

The format for new daily meditations follows the format used in the book *A Year of Miracles*. The text can contain 100-200 words, including the quote, the member's share, and the concluding statement, "Today, _____."

Nicotine Anonymous daily meditations are best when related to the personal experience, strength, and hope of a member and/or supported by principles of recovery based on the Twelve Steps and Twelve Traditions of Nicotine Anonymous, Our Preamble, or text from our literature.

The quote can be from a Nicotine Anonymous member (to be cited as "Nicotine Anonymous member") or from what is considered as "in the public domain for Fair Use" and citing the author.

Please note:

- Contributors waive their right to financial compensation and grant all rights to Nicotine Anonymous World Services.
- Meditations submitted may be edited as necessary for grammar and content.

Thank you for your service!

NAWSO
Profit & Loss YTD Comparison
January through September

	<u>Jan - Sept</u> <u>2017</u>	<u>Jan - Sept</u> <u>2016</u>
Ordinary Income/Expense		
Income		
4000 · Donations	7,614.52	11,088.34
4100 · Literature Sales	19,115.05	21,752.29
4178 · 2018 Conference	-1,000.00	-
4290 · Shipping & Handling Income	3,072.71	3,119.93
4295 · 2017 Conference	2,448.26	-
4296 · 216 Conference Loss	-65.00	-
49900 Non Profit Income	139.50	648.35
Sales of Product Income	0	63.63
Total Income	\$31,325.04	\$36,672.54
Cost of Goods Sold		
5000 · COGS	8,911.97	10,612.76
5001 · Cost of Goods Sold	0	45.00
5102 · Inventory	0	1,020.00
Total COGS	\$8,911.97	\$11,677.76
Gross Profit	\$22,413.07	\$24,994.78
Expenses		
6000 · Office Expense	19,433.19	19,493.30
6600 · WSO Expense	4,289.58	2,649.18
Total Expense	\$23,773.60	\$22,142.48
Net Operating Income	\$-1,360.53	\$2,852.30
Other Income/Expense		
8000 · Interest Income	35.92	36.16
Total Other Income	\$35.92	36.16
Net Other Income	\$35.92	36.16
Net Income	-1,324.61	2,888.46

BIRTHDAY CONGRATULATIONS

Stan W – 12/1/09 Laura Y – 12/5/10 Monica V – 1/1/12 Phil J – 12/3/03
John S – 1/6/07 Wayne – 2/8/03 Susan O – 2/2010 Monique J – 11/19/03

Post your Nicotine Anonymous birthday in *SevenMinutes!*

Send in your first name, last initial and nicotine quit date.

Snail mail: Nicotine Anonymous World Services
6333 E. Mockingbird Lane
#147-817
Dallas, TX 75214

Email: SevenMinutesEditor@nicotine-anonymous.org



@nawsoutreach is the new Twitter presence for Nicotine Anonymous. We are looking to use social media to stay in touch with those involved in helping nicotine users everywhere. Got ideas for using social media to help us carry the message? Call Jeff at [760-401-6503](tel:760-401-6503).

HAVE AN IDEA FOR A PUBLIC SERVICE ANNOUNCEMENT? Draft the text for a 15 or 30 second audio PSA, or create your own audio file! For more information, contact: outreachcoordinator@nicotine-anonymous.org or call Jeff at [760-401-6503](tel:760-401-6503).

Is your group in need of newcomers? Try an Outreach project to get the word out! For more information, call Jeff at [760-401-6503](tel:760-401-6503) or send an email to outreachcoordinator@nicotine-anonymous.org

Service is the Key

Nicotine Anonymous World Services is in need of volunteers to take on the following open positions:

PUBLIC OUTREACH COORDINATOR

Responsible for selecting and communicating ideas to promote public awareness of Nicotine Anonymous and assist individual groups in performing outreach programs. See Policy and Procedures on our web site, at "About Us" tab, select "Archives."

OUTREACH COMMITTEE

Works on ideas and project development for public outreach to help carry the message.



TELEPHONE SERVANTS—ESPECIALLY NEEDED!

From the comfort of your own home, you can respond to telephone calls from those who are just starting out on their path to freedom.

TRANSLATORS

Help us spread the word by translating our literature, or when foreign-speaking inquiries come to our attention.

INTERNATIONAL GROUP COMMITTEE

Serves to enhance the relationship between NAWS and international groups. Bi-lingual skills are an asset.



All service positions information is in the Policy and Procedures Manual (P&P)
The P&P is posted on our web site under the "About Us" tab, then click on "Archives."

To volunteer or get more information about any of these service positions, please contact

Nicotine Anonymous World Services
6333 E. Mockingbird Lane, #147-817, Dallas, TX 75214

Or e-mail chairperson@nicotine-anonymous.org

Rev. 11/2017

♥ My Gift of Gratitude ♥

GIVE A "GIFT OF GRATITUDE"

Nicotine Anonymous has always been about helping addicts and saving lives. But it has come to the point where the heart of our organization needs our help. Nicotine Anonymous World Services needs our help to meet its monthly operating expenses. In addition, our contributions would help reach even more addicts through outreach and distribution of Nicotine Anonymous literature.

CONSIDER GIVING BACK TO THE ORGANIZATION THAT HELPED YOU GET FREE OF NICOTINE

Your *Gift of Gratitude* is another way you can work the Steps by carrying the message to nicotine users who still suffer! It also allows World Services to continue functioning through the Seventh Tradition.

HOW WORLD SERVICES SERVES THE NICOTINE ADDICT:

- ♥ Maintains the worldwide meeting list
- ♥ Distributes literature
- ♥ Distributes free Meeting Starter Kits
- ♥ Maintains the web site
- ♥ Publishes our quarterly newsletter, *SevenMinutes*
- ♥ Conducts necessary business of the Fellowship at quarterly Board meetings (three of which are conducted via web conference to conserve our resources)

GET A FREE SUBSCRIPTION TO SEVENMINUTES NEWSLETTER!

And if you give the gift of \$10 a month you will receive a complimentary subscription to our newsletter *SevenMinutes* which includes Fellowship news and member shares.

THINK YOU CAN'T AFFORD IT?

Think of the money we used to spend on tobacco! Just a little of it can go a long way to help us continue to operate. Here are some ways you can give back:

- ♥ Every week, put the cost of one pack of cigarettes in a container
- ♥ Set aside each day's loose change and save in a gratitude jar
- ♥ On your anniversary, send \$10 for each year of freedom (or as much as you can spare!)

4 EASY WAYS TO DONATE!

All gifts are tax deductible as 501(c)3 donations.

1. Click on the button on the homepage of www.nicotine-anonymous.org to donate using PayPal or your credit/debit card (Make a one-time donation, or click on "make this recurring" to set up a monthly donation)
2. Send your donation by paper check to:
Nicotine Anonymous
World Services
6333 E. Mockingbird Ln.
Suite 147-817
Dallas, Texas 75214
3. Set up online monthly bill pay at your bank. (You determine the amount and date of payment. Follow your bank's instructions for setting up recurring payments to payees with no account number.)
4. Make a one-time donation at store.nicotine-anonymous.org

Why members and groups donate to Nicotine Anonymous World Services

Nicotine Anonymous World Services is a member-supported non-profit organization guided by the Twelve Steps and Twelve Traditions. We realize there are both practical and spiritual purposes for us to remain a self-supporting fellowship to carry our message of recovery. Honoring our responsibilities is an aspect of our spiritual awakening.

Learn more about contributions & self-support at www.nicotine-anonymous.org



Seven Minutes

NAWSO
6333 E. Mockingbird Lane
#147-817
Dallas, TX 75214



Publication dates and deadlines for *SevenMinutes* submissions:

Publication Date	Deadline Date for Submissions
March 20	February 1
June 20	May 1
September 20	August 1
December 20	November 1

Nicotine Anonymous has a venue to conduct Board Meetings, Intergroups, and Committee Meetings online, with or without telephone capabilities.

If you are a member of a group that is helping Nicotine Anonymous and want to utilize this technology, contact Chick at nicahost@gmail.com

Individual training is available to learn this new venue.

This online meeting format can also be used internationally.

My Address Has Changed! Don't miss an issue!!! Complete this form and mail it to: NAWSO, 6333 E. Mockingbird Lane, #147-817, Dallas, TX 75214 USA <i>My new address and phone is:</i>		
NAME _____		PHONE (WITH AREA CODE) _____
ADDRESS _____		
CITY _____	STATE _____	ZIP CODE _____
<i>My old address was:</i>		
ADDRESS _____		STATE _____ ZIP CODE _____