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## Nicotine Anonymous World Services Conference XX,

### XX Conference Report – Jean L-S chair emeritus

My name is Jean; I am a nicotine addict and the chair emeritus. We have just returned from our twentieth Peachy Clean World Services Annual Conference May sixth to the eighth, 2005 we celebrated our freedom from nicotine at the very pleasant Sheraton Buckhead in Atlanta Georgia.

We had a total of seventy registrants and forty delegates. There was a lot of hard work and thrashing through important issues by the fellowship. The weekend went very smoothly with virtually no glitches and it was obvious that the Atlanta Intergroup spent an enormous amount of time preparing for the conference and paying attention to the numerous details that are involved in putting together a successful conference. The conference would not be a successful conference without the hard work of the delegates and members who participated in the workshops and the voting items.

According to tradition, we began the weekend with a Friday night Gratitude Meeting. Robin L. kicked off the meeting sharing her gratitude and what she has gained from the program as an officer and her many other commitments, including her involvement in this year's conference. We also celebrated our twentieth annual conference by sharing a birthday cake during the meeting.

Saturday morning began the official conference business. The first thing the delegates voted on was to approve Jan F. as Officer At Large for the 2005-2006 year to replace our Secretary elect David B. who was not able to complete his commitment as secretary.

The conference and the fellowship would not be a success without the year-round work that is done behind the scene by all the faithful servants. Here is an overview of their committee reports for the year:

**Intergroup Report:** Kathy K., chair-elect, has made contact with Intergroups and has been visiting with the Intergroups during their meetings via telephone. She has found that most Intergroups have been carrying the message in a variety of creative ways.

The Internet meetings joined us. Susan K. was delegate for the online meetings Intergroup.

**Outreach Report:** Outreach projects approved in 2004 -2005 as follows:

Sacramento, Los Angeles and Chicago - Carry the Message

Mass mailing

500 letters to medical groups by state – in progress

120 letter to corporate headquarters of healthcare organizations

Mailing to psychologists in Hawaii

Online outreach project – approved but not yet implemented

Frank N. Outreach Coordinator 2004-2005 presented his plan to reach

**continued on page 5**



**My thanks go out to Cathy M. and Kim F. Two new proofreaders, who came aboard for this issue.**

**Susan K**

## 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 of 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.
7. Every A.A. group ought to be fully self-supporting, declining outside contributions.
8. Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.
9. A.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. Alcoholics Anonymous has no opinion on outside issues; hence the A.A. 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 and films.
12. Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

## 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.

*Reprinted for adaptation with permission of the A.A. Grapevine*

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## From Kathy K, your new chair ...

My name is Kathy K and I am a grateful recovering nicotine addict. I would like to wish all of the people in Nicotine Anonymous a very happy and healthy nicotine free summer.

It is always easier writing an article when I have come back from a weekend of recovery and gratitude. The conference in Atlanta has given me so much gratitude and a wonderful sense of fellowship, recovery and belonging. As of March thirty-first, 2005 I celebrated eighteen years nicotine-free. For all my life I breathed cigarette smoke and sixteen of those years I smoked the same cigarettes I thought my parents were nuts for smoking. When I finally took my last nicotine filled puff on a cigarette I had been smoking two and one half packs a day.

I felt and looked horrible. I coughed every time I laughed. That in itself should have told me that smoking is not fun. But I would have sold my health, my friends, and my sanity for just one more cigarette. I was an addict, I could get the nicotine out of my system in about forty-eight hours but the reality was that the addiction lasts forever. My addiction suppressed feelings of intense anger, and when I stopped smoking my anger surfaced and my depression deepened. Anger and depression are the main ingredients for failure and self-destruction. The reasons why we start smoking are never the same reasons why we continue to smoke. Cigarettes became a way of not dealing with my feelings. For every feeling that I tried to feel I had a cigarette instead. When I stopped the use of nicotine I stopped suppressing my feelings.

My recovery has taken me to many places I would not have gone had I not had so much pain and discomfort. I smoked because I lacked self-esteem and was dreadfully shy. I came from a long history of family dysfunction. In my recovery I have become a different person. Just for today, I don't smoke, drink, or abuse drugs of any kind. I present myself differently, although my insides are still the same. I wanted desperately to connect with people but usually found myself doing the complete opposite. I always enjoyed laughing but now I can do it without coughing. I always had compassion but now I can express it. It took many years of recovery to finally think of myself as a lovable, friendly, caring person or just someone who had anything worthwhile to say. Remembering my past and where I came from helps me to grateful for what I have and where I am now.

Often I focus on the negative, what I do not have or what I want or think I need. The reality is that I have what I need and much, much more. I have a tendency to take my comforts, my friends, my job and my health for granted. I do have my health, some of my sanity, and I have this program when I feel I'm losing my sanity. I have an inner peace of which I have never had before, I think it may be called serenity.... This feeling is something I have struggled to achieve all of my adult life. I now have a feeling of belonging instead of what I have felt for most of my life: being an outsider, someone who really did not fit in. The blessing of having good friends with whom I have shared so much of my life: The good as well as the not so good. Being who I am and not having people wonder that I am is another blessing that has unfolded. I have found myself and I am continuing to evolve. I hope that I will never stop evolving because I guess that is when I stop growing emotionally.

My recovery has helped me to be able to maintain a healthy social life that is filled with emotionally healthy people who are continuing to work on themselves--something I did not have when I was growing up. I see so many people who can't work or live on their own. Whose biggest task for the day is finding food to eat. Or even keeping a job or having a positive interaction with another person. I used to take for granted being able to live on my own without any financial help from outside sources.

I can now enjoy the freedom of knowing that I have choices and that I don't have to do anything but perhaps suffer the consequences of those choices. I can see the beauty around me. I can drive down Bethpage State Parkway or up to the Catskills and see nature's natural beauty. I can see and hear children laughing and running around and know that this is normal and healthy.

Early on I was haunted because I wasn't making choices, things were just happening to me. Now, I can know that as I grow older I will not regret the life I have lived or most of the choices I have made.

The gratitude and emotional health I have been able to feel is because of Twelve Step programs, the reality I live is I am a nicotine addict and I am a grateful member of Nicotine Anonymous. I came into this program without any thought of continuing to participate in any long term way. Each and every year I continued to go I was always on that fence as to whether I

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## Viola's Story Part 2

continued from last issue...

Then I packed my cigarettes and myself and moved back to Tucson, Arizona. The year before I separated from my husband and moved to Arizona I was diagnosed with Manic Depression.

I was twenty-eight years old and not on medication when I moved. I stayed in Arizona for five months. My smoking and drinking helped me through a rough time of separation and eventual divorce.

Then I moved back to California, got an apartment and settled in Redondo Beach. That was 1982. I got my old job back at the hospital where I worked years before. By then, smoking was getting confined to designated places in public buildings and we could only smoke in the break rooms.

I received the gift of sobriety in 1983 and was very at home in A.A. with the smoked filled rooms. I felt like I fit in with my fellow companions, smoking throughout the meetings, never caring for others who may have had asthma or allergies to the smoke. I brought along my cigarettes in sobriety as I did in whatever station I was in life. The others would have coffee after the meetings and I would drink my Diet-Coke and smoke right along with my fellow drunks. Cigarettes were my constant companions in early sobriety.

From mid 1985 until mid 1988 I took a job at a new hospital and quit smoking. In December of 1985 a mass the size of a baseball, ruptured in my abdomen and I almost died. I had emergency surgery and was out of work for many months. I was unable to do the lifting needed in my job.

In 1986, when I received an appointment to be an Administrative Assistant to the Deputy Director of USC, I had another mass rupture in my abdomen. In 1987 my father died and I was hospitalized in a lock down ward for untreated manic-depression. I had a massive breakdown. Then in 1988, I had another breakdown and started smoking when I was hospital-

ized again. The old drugs used back then never stabilized me. I went back to work and used work and smoking instead of booze to deal with my complicated world.

I had to have a medication change, due to uncontrolled depressions, with an added diagnosis of Post Traumatic Stress Disorder and was hospitalized at UCLA. I filed for disability knowing I could not function in a job any longer. I won my disability claim in 1990.

In the interim, I met my future husband in A.A. and we dated one year. During my dating experience, because I had not dated in a few years, smoking was my constant companion. Tom had not smoked in ten years and started smoking with me, and there you go, a smoking buddy!

We were married March fifth, 1991 and Tom is still smoking.

I started wheezing and having difficulty with my breathing and my doctor put me on an inhaler. The inhaler helped me get the smoke down in my lungs without coughing. I tried many times to quit, always to fall back into the clutches of my addiction. I knew it was not my Higher Power's will for me to smoke. I was becoming more and more frustrated, not being able to use the steps of A.A. on my smoking. My primary care physician told me that I could have a stroke or heart attack if I continued to smoke. Some of my medications helped with warnings against smoking. This scared me and I had another attempt at quitting smoking for five months, but then I relapsed again.

My brother died at age fifty-six in 2000 from a massive heart attack, and eleven months later my mother died. I had a nervous breakdown and was hospitalized for six weeks. I brought my cigarettes with me and was able to smoke outside on smoke breaks. By this time in California there was no smoking in public buildings and restaurants.

Tom and I moved to Massachusetts in 2001. I brought my cigarettes with me.

**Look for the final part of this exciting story in the next issue...**

**We do have a movie in the smoking sections tonight ... hold on, let me check what it is ... Oh here it is; the movie tonight is *Gone with the Wind*.**



**Author unknown...  
Sent in by Gary M.**

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**From Kathy K, your new chair...**

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would continue to attend Nicotine Anonymous meetings. After all I had stopped smoking nine years prior to attending my first Nicotine Anonymous meeting. But I also knew people who picked up cigarettes twenty years after they had stopped using nicotine. Then one day I realized meeting new people, making new friends, being open to new adventures is what I have been searching for all my life. Why am I walking away from Nicotine Anonymous? When I finally realized this I stopped fighting and became involved.

Little by little I started doing service at a group level, then on an Intergroup level and then at one conference during a weak moment I accepted the nomination for Chairperson Elect of World Services. Oh, what was I thinking? I don't know, but I do know if you want what you have never had you have to do what you have never done. Being chairperson of Nicotine Anonymous World Services was my final frontier. I do know that I will do my very best to help create a bigger and better Nicotine Anonymous. Whatever bigger and better means is for each person to define. I wake up everyday with self-doubts about my ability to be chair but I also wake up everyday with enormous gratitude for all the

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## From Kathy K, your new chair...

continued from page 4

people who accepted and welcomed me when I didn't even like myself. So many people have loved me when I could not love myself and it is this reason why I want so much to give back what I have received. I invite you all to join me in my journey of recovery, self-discovery and doing the very best service for this wonderful program called Nicotine Anonymous.

Enjoy this summer and enjoy your recovery. Life is not with a guarantee; it's a gift to cherish every day.

In service,

Kathy K., Lindenhurst

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## A Brief History of Nicotine Anonymous...

The original Twelve Step program of recovery is Alcoholics Anonymous, A.A., which first reached the public in 1939. Al-Anon developed later from the wives of A.A. members who got together for mutual support. Since these beginnings, other Twelve Step fellowships such as Narcotics Anonymous, N.A., came into existence to respond to other needs. Similarly, Nicotine Anonymous, Nicotine Anonymous, organized into a fellowship, with permission from Alcoholics Anonymous to adapt the Twelve Steps. Although there is common ground in the use of the Twelve Steps and Twelve Traditions, these fellowships are not affiliated.

The roots of Nicotine Anonymous first took hold in the Southern California living room of a member named Rodger F. in June of 1982. The group consisted mostly of A.A. members who realized their need to focus on their nicotine addiction and to stop smoking. Since anything but alcohol is an outside issue for A.A., a separate group was necessary.

Maurice Z., a member, authored an article for Readers Digest in May of 1985. Thousands of letters poured in from people wanting to know more about this new Twelve Step fellowship known then as Smokers Anonymous. Within a year there were a hundred meetings identified.

In May of 1988, the fellowship's first

World Services Conference was held in San Francisco. Thanks to a well-documented chain of events the fellowship was renamed Nicotine Anonymous in Phoenix, Arizona at the 1990 World Services Conference.

As of 2005, Nicotine Anonymous World Services serves a worldwide fellowship with about 500 meetings. These face-to-face meetings have been supplemented by both online and telephone meetings. There is a well-managed web site and literature fulfillment service available to the membership. The elected all-volunteer board consists of nine members and meets four times per year. There are also numerous department coordinators who volunteer to provide specific services that help World Services fulfill our fellowship's primary purpose, to offer support to those who are trying to gain freedom from nicotine. The annual conference that addresses fellowship business is held in various parts of the United States and depends solely on members who volunteer to host the event.

The rest of the story can be read in our literature. Please feel free to learn more about us to see if you want what we have. A warm welcome awaits you!

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## Author Unknown...

An old Cherokee is teaching his grandson about life. "A fight is going on inside me"; he said to the boy.

"It is a terrible fight and it is between two wolves. One is evil -he is anger, envy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority, and ego. The other is good -he is joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion, and faith. This same fight is going on inside you - and inside every other person, too."

The grandson thought about it for a minute and then asked his grandfather, "Which wolf will win?"

The old Cherokee simply replied, "The one you feed."

Sent in by Roz...

## XX Conference Report...

continued from page 1...

dentists nationwide. He has resigned as Coordinator of Outreach but would like to continue with this project.

**Meeting List Coordinator's Report:** Scott M. has continued to keep our website meeting list current and is progressing to a goal where we can verify the existence of virtually every listed meeting. He has also improved the layout to show meetings in the same city and Internet meetings in chronological order, based on suggestions from last year's annual meeting. We currently have 560 active meetings.

**Seven Minutes Report:** We have a new *Seven Minutes* editor, Susan K. and she has already published one successful newsletter and we are looking forward to new and interesting features while keeping many good things that Catherine C. our previous editor, has already started. She has added four pages and will try to keep it at sixteen pages. Susan asks that we take back to our home groups this news and ask members to send in stories, art, poems or articles. Last issue she added a Newcomer's Corner where the newcomers can share and she would like to see more interest in the Discussion Corner and Letters to the Editor. Gary M. continues to do a great job as Publisher of *Seven Minutes*.

**Webservant Report:** Robin L. has agreed to remain as the Web servant for Nicotine Anonymous. This year we added three Spanish pamphlets that were translated by Pilar from New York. We added a link for the new telephone meetings. We continued to have a large amount of orders come through the website which Joe S. has done a great job processing and sending out. The website is the key place that the still suffering addict goes to get information and find meetings.

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## Getting the word out...

### VOICES OF RECOVERY...

Hi...my name is Rosalind and I've been asked to write an article about our online voice Nicotine Anonymous meetings. Before I start on the history of our group, I'd like to say when I found these online Nicotine Anonymous groups, I was sixty-four, had C.O.P.D. and had pretty much given up any hope of stopping smoking. I figured my last days would be spent in a wheelchair, on oxygen and still have that cigarette hanging out of my fingers.



I'd tried sixteen of the forty-six years of smoking to quit and failed miserably each time. Each failure took a bit more of my hope of quitting. So when I got here I had seven days of not smoking and was filled with fear that it was just a matter of time before I picked up again. Because of these online *Nicotine Anonymous* meetings (no face to face in my area or state) I was able to hold onto that quit and if I don't go nuts in the next ten days I will not have had to smoke for three years. Now that's a miracle and it just doesn't get any better than that.

I had to tell you a little bit about what online meetings have done and continue to do for me. They are the real deal..... and now I will tell you a bit about how Voices of Nicotine Recovery came about.

In August of 1999, what I believe to be one of the first online meetings for Nicotine Anonymous was formed. They call themselves unofficialnicanon and they offered type share meetings. Some members desired voice meetings. However being inexperienced in the ways of Yahoo chat rooms, we didn't know how to make the voice work consistently.

Thanksgiving of 2002 John aka oldhippydude and I decided to start voice meetings over on the Paltalk server. Although the voice worked well there seemed to be lots of trouble for folks navigating into the meetings. We managed to have meetings, they just

didn't work well for Yahoo people and many nights just the two of us sat alone to keep the room open. In June of 2003, someone figured out how to activate the voice in Yahoo chat rooms and we moved back over to Yahoo and set up a group called unofficialnicanon-voice, a place to have the voice meetings. Having two groups with such a similar name proved to be very confusing for the newcomers and some of the old members also.

The members of the voice group decided perhaps we needed to change our name, had a group conscience meeting and after discussing different ideas on what we should call ourselves we voted on the name....Voices of Nicotine Recovery as it had the ring of something we really couldn't put our finger on but just sounded like what we were all about. That happened October the fifteenth of 2004. And here we are all settled in our new group, created our own Webpage and going about the business of being here for those who desire to stop using nicotine.

It's been an awesome experience like John states in one of his letters he sends out to welcome people. "Welcome to the best place you will find to quit using nicotine." Of course they say, if you don't think your home group is the best, then you better go find another one.

The people here are so loving, supportive and down to earth....you gotta love them. I've heard some (that haven't been to an online meeting) infer we aren't a real group or meeting, I had my doubts until experiencing the dynamics of the online sites and meetings. We are real folks; let me assure you.

One last thing before closing. We've just begun work in the public information area and getting the word out regarding our group. A member had cards made and sent them out for others to start spreading the good news! I guess I should mention our meetings are listed in the main Nicotine Anonymous online meeting schedule. If you would care to attend some of our meetings or check us

out we have at least two meetings everyday. Our address is below.

<http://health.groups.yahoo.com/group/voicesofnicotinerecovery/>

We welcome anyone having the desire to stop using nicotine, if you don't have a microphone don't let that stop you, type shares are done by many. If you haven't quit using nicotine don't let that stop you either. All the more reason for you to come. Roz

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### OUTREACH TO LOCAL SMOKING CESSATION PROGRAMS ON LONG ISLAND, NY...

Hi. My name is Martha and I am powerless over nicotine. This past March sixteenth I celebrated thirteen years of freedom and I am forever grateful to Nicotine Anonymous for this gift.

I've been asked by the World Service Board to write a piece on the relationship between Nic.A. and our local tobacco control program here in Suffolk County, New York.

I am very fortunate to live in a part of the country that is extremely progressive in the area of tobacco control. As part of a comprehensive tobacco control program, our local Health Department offers six-week smoking cessation classes to anyone over the age of eighteen who lives or works in our county. In addition to receiving information and support, participants may obtain nicotine replacement therapies at no charge.

It so happens that the agency I work for is hired by the Health Department to implement tobacco prevention and cessation services in our county's schools, so I have had a longstanding relationship with the folks in charge of the adult cessation program.

It was not rocket science, therefore, to approach my colleagues to ask  
**continued on page 7**

**OUTREACH...** continued from page 6... if they'd be interested in having Nicotine Anonymous members come in at some point during the series of classes to let participants know that help was available once the course was over. I cannot imagine being expected to have "gotten it" after just six weeks. The response from the county was very positive and we are now a regular feature of as many classes as we can get volunteers to cover. Unfortunately we can't cover all of them, but we do get to about two-thirds. And talk about a willing audience. These are folks who are there because they want to stop using nicotine. They've never heard of Nicotine Anonymous but are glad to know we exist.

Our Intergroup has a group conscience to provide four of our pamphlets when we conduct this outreach: Tips, Serenity Prayer, Introducing Nicotine Anonymous and The Program and the Tools. People always take the brochures and meeting lists we hand out as well. The class instructors usually give us a lot of time to speak and encourage class participants to ask questions. It is a very welcoming forum.

There are many of us on Long Island who've spoken numerous times. It is such a wonderful feeling and I look forward each time I have the chance to do this service. If you would like additional information, feel free to contact me at [marthak316@yahoo.com](mailto:marthak316@yahoo.com) or by phone 631-653-3483. Here are what some others have had to say about this service excerpted from the May 2001 issue of *NicoverY News*, a bi-monthly publication of the New York Intergroup:

I've spoken numerous times and always come away with the same feeling; the struggle of smokers was so intense that it brought back all those early feelings of "How will I ever be able to do this?" because it seemed so impossible and it always was impossible for me when I tried to do it by myself. Hearing the first Step and recognizing and admitting my powerlessness was such a relief. **Fran D., Southampton**

Perhaps the most significant and rewarding thing about sharing with the class was informing them of the existence of **Nicotine Anonymous** which carries a message of hope in and of itself. Virtually none of the forty or so nicotine users in the class had even heard of our fellowship. Reaching forty nicotine users in one fell swoop! Now, that's outreach! **Barbara D., Levittown**

Going to nicotine-cessation programs and speaking keeps me aware of how much this is truly a One day at a time program. I was at one time a beginner and I was struggling to stop using nicotine. It reminds me how fragile our recovery can be when you take it for granted. **Kathy K., Lindenhurst**

So many times I've tried to carry the message to other nicotine addicts that help is available to them in the rooms of our fellowship. But so often they are not ready to hear that. When I've been given the opportunity to tell the smoking-cessation classes about Nicotine Anonymous, everyone is eager to know more. I take meeting lists and some of our literature along with me. Most people do take the information. It's exciting to see so many people in the process of putting down nicotine and knowing they are now aware of our program as an aid to this process. **Marcia G., Middle Island**

This is an amazingly rewarding piece of service. Person-to-person communication is the most effective method of carrying our message to the still-suffering nicotine addict. Speaking at the smoking-cessation program has given me an opportunity to reach scores of addicts and let them know my story and the way Nicotine Anonymous works. I have found the attendees to be interested in our program, and it helps me to hear about the struggles they are having with their addiction. **John O., Kings Park**

Speaking to newcomers in the smoking-cessation classes helps me to put my own nicotine recovery into perspective. Every time I share, it is growth. I learn something new about myself. I feel my Higher Power work through me when I connect with others who know the pain of addiction, and I want to leave them with the message of hope that there is a whole beautiful life after nicotine – it's not just giving something up, it's getting many rich rewards. **Janis H., Eastport**

## XX Conference Report... continued from page 5...

The biggest change to the website is that we have changed our hosting company. The new site is now up and running.

Robin will work diligently to review the site for possible improvements, which will include adding the .avi files and reviewing the searching of meetings, and have the errors on all the publications pages (not just the Spanish) corrected.

**Meditations Coordinator Report:** Kate W. has continued to compile the submitted meditations in the hope of having 366 meditations finalized by Conference 2006. We only have seventy-seven remaining meditations to reach this goal. Her next project will be to have an audio-visual library of meditations made available.

**Email Coordinator's Report:** Alan K. reports that they handled approximately 915 email messages at the info@ email address. This number is lower this year probably because people requesting information have contacted other servants from their direct links listed on the web page.

**Traditions Committee Report:** Lenna M. and the traditions committee responded to questions regarding: starting a meeting in the United Kingdom, a request to interview members for an article and requests for television interviews as well as questions about the use of nicotine based products and giving of chips.

They reviewed the work on and made recommendations regarding The Twelve Traditions, *Seven Minutes*, changes to Bylaws, the new and revised Pamphlets; Outreach letters; and Brief History of Nicotine Anonymous.

**Teleservice Report:** Scott J. reports that our fellowship now has three telephone meetings. These meetings came into existence to fill a pressing need that arose when people were looking for a meeting in their area when there were none to be found.



### What was your big "A Ha?"

What was your life like as an active addict?

What happened to get you in the door?

What were your breakthroughs?

How has your life improved?

*Help us expand our meditation book from 90 days to 366 days.*

Send to: Nicotine Anonymous World Services.

Attn: Daily Meditation Coordinator, 419 Main Street, PMB 370, Huntington Beach, CA 92648

or e-mail: [DailyMeditations@nicotine-anonymous.org](mailto:DailyMeditations@nicotine-anonymous.org)

## Newcomer's Corner...

### The long good-bye...

Well today is it. I've had it with you. It's been a long time coming. Yes, you seemed to have been a friend, nurturing, comforting, soothing, there to always ease my pain, sorrows, joy, happiness etc. Yada, Yada, Yada.



Well, let me tell you, my brand of 120's and all the other brands of cigarettes over the years, that although it has been a long so-called friendship, I have never truly liked you. You see, I am reasonably intelligent and have always known the horrible things that you were doing to my health. Physically, emotionally, and spiritually.

My sense of smell, my looks, my finances, my social perception, yellowing my teeth, corroding my lungs, giving me bad breath, consuming my every being with your poison. Yet for insane reasons, though I have not got a single good thing to say about you, you have always been there, in my pocket, in my drawer, in my purse, on my desk, calling my name every single time I was stressed, happy, depressed or bored. Some of the best times in my life, and surely the worst days of my life, you have been there. I must say that it is time to part ways.

Again, if all I can think of are the bad things about you, then why do I continue to keep you around? Yes, I have finally accepted it, you have chemicals within you, that override all of the knowledge of the bad about you, and I am going to be rid of you once and for all, come hell or high water.

There is not a single good thing that you bring to my life, even though you trick me into thinking you are there for me to relax me, relieve my stress. You do not relax me or relieve my stress.

So, like I would handle someone who is nothing in or for my life; unhealthy, bad, in disharmony, like a bad relationship, you are out of here.

You will finally be out of my life and body. And with every bit of determination I have, with the support of my friends and family, and God, I am refusing to give in to your little mind games and voices that you have implanted. I will utilize every

tool, suggestion, prayer, and thing I have learned to be rid of you and for sure, I will not light up and give in to you anymore.

I can't even say thank you for there is nothing to thank you for.

Tamara

Just wanted to share that I feel quite privileged that I was in the right place at the right time to possibly help, someone in their quit by introducing them to this wonderful program.

Deb

### Nancy needs help...

Please offer me some beginner suggestions. I drove seventy-four miles to experience a face to face meeting tonight, got stuck in a traffic jam and arrived at the meeting forty-five minutes late, only to find the doors were locked.



The only grasp I have is what I've printed from the Nicotine Anonymous site and viewing your wonderful inspirations on this message board.

I don't have audio on my computer yet, can't afford it, and I'm feeling like I'm stuck between a rock and a hard place.

I've tried to stop many times in the past and have come to realize I can't do this alone.

I stopped once for five months, with prayer, but it's not happening this time.

What's wrong with me?

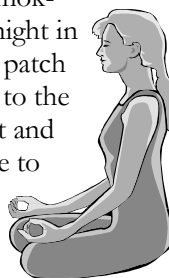
Nancy

### Debstar on quitting...

Hi, when I first stopped smoking...I used patches. One night in the shower at the gym my patch came off and I had to run to the reception area, kind of wet and fearful, to ask the girl there to cellotape me back together again.

We all had a good laugh about it.

One of the girls on reception at the gym started a quit two weeks ago and I helped her by giving her my spare patches and telling her about this program. Hopefully tomorrow we will both be going to the local face to face Nicotine Anonymous meeting.



### Maddy's story...

I've gone and done it again. I smoked yesterday, on my one week quit day. Dang.

On Saturday morning, I was inconsolable and feeling so alone. The whole weekend lay ahead of me with no one to see, nothing to do or nowhere to go. I don't have a car. Hell week was filled with some pretty big losses for me, and then the weekend, just felt like it was too much to bear and my stinking thinking told me cigarettes would make everything better.

Smoking didn't work for me. I just smoked and cried instead of just crying which I'm doing a lot of since I've been quitting.

This is the second weekend in a row I've lost my quit for one day.

Empty weekends are a back door I must find a way to close and try to find a way to get myself out, or to change my thoughts about being alone.

It's hard to be as isolated as I am. Three or four days could go by and no one would notice if I were dead from a heart attack. My son calls every two days, so I guess three days would be more like it. I have no witness in my life, of my life, of any meaning I have to life. After reading the pathetic stuff I just wrote, I think I might be a little depressed.

The good news is that I'm not smoking today, and I'll try to put on a happy face about that. Going to the non-voice meeting right now.

Please pray for me...I need some

continued on page 9



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## Maddy's Story

help...not doing well with this on my own.  
Maddy



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## A poem about relapse by Cathy M...

### Defeat

Defeated?

No

Not yet

Not a chance.

Perhaps fallen

For a moment

A weak choice

A speculation

An impulse.

Defeated?

No

Not a chance.

Perhaps respite

Is a better word

To regroup

And reassure.

To quit trying is defeat!

No

Not yet

Not a chance!

## Thanks Nicotine Anonymous From Soggi...

Twenty-five days and I didn't have one cigarette or one puff. I can see the light at the end of the tunnel. It's getting easier and I feel so much better. Less depression, fewer cravings and I am not always tired. I really can see a beautiful future without smoke.

I can't believe it will soon be four weeks. I am very grateful.

I am now a lot more relaxed around smokers, but I still try to keep away from the cigarette smoke if I can.

Again...thanks for the love and support from Nicotine Anonymous and my HP.

Bless you all., Soggi

## From Angela...

**There are two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle.**

**Albert Einstein**

For me, today I know I owe my life to a miracle. I have been down in the darkest pit of drug-addicted despair to being lifted high in the arms of a being higher than myself so that I can know surrender and recovery. I know that each day I am here on earth to watch the sunrise, the smile on my son's face and the twinkle in my spouse's eyes that miracles exist. For reasons unknown to me I was given a second chance to enjoy and appreciate them!

Today, after 5 years of freedom I believe in miracles!

Now I leave you all for it is time for me to turn in for the night and sleep.

My wish for you all is that you are able to watch the sun rise or set today and see a living masterpiece and that you get one more day to tell the special people in your life that you love them one more time.

Goddess Bless, Angela

## Now words from a couple of older comers...

### Our Minds by Natalie...

I could rationalize that I had to smoke. I was under so much stress that I just couldn't deal with quitting. I could pretend that smoking wasn't so bad and I could pretend that I would stop smoking when my life got easier.

As I attended Nicotine Anonymous meetings and listened to others, I knew I wasn't alone in my deluded thinking.

After I attended meetings, worked the Steps, over and over again, did a lot of practicing as a nonsmoker in small pieces, practiced the skills I would need to rely on, once I stopped for good, it took me more than a year to even attempt to stop smoking.

Once I made it twenty-five hours without smoking, but then fell apart, and I can't even remember why I fell apart, that little practice reminded me

that I was born a non smoker and was one for sixteen years.

I had been a non smoker for five years during my adult life, met my current husband as a non smoker, and then choose to become a smoker once again.

As I became more honest with myself and shared honestly with others, I became more open to becoming more responsible about my smoking addiction. I needed help but I also needed to do my part and stop rationalizing. I learned not to deny the cravings and thoughts of smoking, to accept them honestly and choose something else to do about them.  
Natalie

## Dan R. talks about C.O.P.D....

What a terrible feeling. As I am waiting for the inhaler to take effect I remember what it was like before Nicotine Anonymous. Thick saliva drainage, throat constricted, tight chest, and light headed from reduced oxygen.

I remember this was the way I felt all day, almost everyday.

The crazy part is I would rush to smoke. I really thought that the smoke helped me get a better breath.

Some days it would be even worse, I would get panic attacks on top of all that.

Sitting here now I can relax knowing that this only happens during the weather change and very humid days. Thank God for the inhalers. That's a small price to pay for thirty years of smoking.

When people ask why I am against smoking in restaurants and even outside doorways, this is the feeling that comes to mind. Not only do I pray that smokers will quit soon enough to avoid the **C.O.P.D.** I have. I also hope that the smoke from their cigarettes will not affect those who never smoked.

I am glad I do not have to be like this all the time, living in fear my breath will leave me.

continued on page 11...

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## XX Conference Report ...

continued from page 7...

The purpose of these meetings is to “bridge” the gap for the newcomer.

In terms of the regular functions of our Teleservice, they are continuing, although sparsely staffed. Jim T. has been handling the California box on his own for a long time. Gary M. has handled the NAWS Office mailbox for quite some time. He now has two new people working with him to respond to office enquiries but would always welcome more. Marcia G. is doing the Midwest and Allison of Long Island has handled the East Coast.

Another change we made is that we are sending the Toll Free number calls (877-879-6422) to the main Nicotine Anonymous number (415-750-0328) to be more user-friendly.

In Summary – the Information Line is weakly staffed. It, along with the Toll Free number, provides quite a few valuable links to other sources of information within the fellowship. Anyone interested in being of service can contact the teleservant email on the website to sign up.

**Literature Coordinators Report:** We have been so fortunate to have a literature Coordinator. Checko M. has been very busy this year and with his determination we have submitted three new pamphlets: “HOW Nicotine Anonymous Works” (requested by board/delegates), “Keep Showing Up” (initiated by Southern CA Intergroup), and “When Steps are Taken” (initiated by Literature Coordinator): one revised pamphlet: “Serenity Prayer for Nicotine Users” and the “Long version of The Twelve Traditions.” The committee also edited a version of “Brief History of Nicotine Anonymous,” assisted with writing an outreach letter for healthcare organizations and three Spanish pamphlets that were translated by Pilar.

**Email Pen Pals Report:** Heather C. reports a progressive increase in the number of email pen pals New people joining - five in March, three in April, and five in January. The total number email pen pals are now at fifty-three. When the numbers reached fifty new challenges developed but Heather is working these out.

**Paper Pen Pal Report:** Pat L. Continues as coordinator of Paper Pen pal and we continue to receive requests from those in need of a pen pal.

**Archives:** Jan F. has resigned as coordinator for Archives but reports that the Archives are in storage in Southern California. She continues to receive information for the archives and will accept the information until a coordinator can be found.

**2005 Conference Report:** Rich Z. introduced and thanked the entire Conference Committee. The report is that although we do not have the final numbers, this year’s conference has been successful in keeping within its budget as well as a successful event for those attending.

**2006 Conference Report:** Jennifer M. and Chicagoland Intergroup of Nicotine Anonymous (CINA) are very excited to be hosting the 2006 World Service Conference! They have been very busy preparing for the event and identifying ways in which to make the weekend comfortable, affordable, and memorable.

Jennifer reports that this will be a different conference in terms of the location and pricing. We located an all-inclusive hotel & conference center, where the prices are reasonable. It will be held at the Hickory Ridge Marriott Conference and Hotel Center, in Lisle, IL the prices will include all meals for the entire weekend, four snack services, and a twenty-four-hour beverage center providing water, soft drinks and coffee at no extra charge. The flyer is already on the Nicotine Anonymous website under “What’s New.” It will have a hospitality suite for folks to gather and chat with each other, marathon meetings all day Saturday, the gratitude meeting on Friday night, fabulous and inspiring speakers on Saturday and Sunday.

The theme for the 2006 Conference is “Service, Unity, Fellowship.” The logo is a picture of the world and outreach efforts will be made to the meetings worldwide to encourage vacations in Chicagoland in late April 2006, in order to hopefully have the conference be a true “World Services Conference.”

Saturday afternoon was spent in six workshops. The literature workshop reviewed the new and revised pamphlets and long version of the twelve Traditions as mentioned earlier. The meditations workshop reviewed the meditations and the AVI library. The Bylaws workshop reviewed two revised amendments and one new amendment to the Bylaws. Two other workshops that were presented to the delegates, but not up for approval are the copyright and reprint policy for the officer’s Policy and Procedure Manual, and finally an Outreach workshop which focused on youth outreach. The Twelve Traditions, meditations and Bylaw changes and the literature were the workshops that were to be presented to the conference for approval. The other workshops help the officers by giving guidance to them for the directions that the fellowship recommends.

Saturday night we enjoyed a chicken or prime rib dinner with a delicious slice of cheesecake covered with strawberry topping. You notice I remember the dessert but have no recollection of the vegetable. Following dinner we were entertained with fun, humor and spirituality by Roger W. and the main speaker of the evening, John O., who brought us to laughter and



## XX Conference Report...

continued from page 10...

tears as he talked about the road to his recovery.

Sunday morning's business meeting was the time to vote on the issues brought before the delegates. Fifty-seven of the fifty-eight meditations reviewed by the delegates were approved with minor editing.

Literature presented and approved with recommended changes was one new pamphlet HOW Nicotine Anonymous Works: Honesty, Openness, Willingness. And one revised pamphlet "Serenity Prayer For The Nicotine User." The long version of Twelve Traditions as presented did not pass, however, the Twelve Traditions will be posted on the website and in *Seven Minutes* and we will be asked to give feedback by October 1<sup>st</sup> so that the Traditions can again be presented to the conference next year for conference approval. The Bylaw changes were tabled until next year.

Sunday morning is also the time that the new officers are elected. We were fortunate that so many qualified people were willing and available to step into each of the open officers' positions. Our new officers are Kate W. from Texas as Chair Elect, Steve M. from Illinois as Treasurer Elect and Barbara D. from New York as Secretary Elect. In addition, the Officer At Large position will be open 2006-2007. Ed T. was nominated and elected to that position.

We concluded the conference with our Sunday morning Spirituality Brunch in which Chuck M. gave a warm and inspiring speech about his nicotine experience and how far he has come since then.

It was during the brunch I passed the chairperson's gavel onto Kathy K. - with mixed feelings. I have enjoyed my tenure as chair and will miss my involvement as the chair in the fellowship. I am very happy to pass it onto Kathy K. and I am looking forward to my year as emeritus to be working closely with her. I know she will do a great job. I am looking forward to working with the new and returning officers and all our volunteers. I am very happy to announce that our vacated coordinators positions were filled during the brunch. Thank you to the following volunteers: Keith M., who volunteered to be teleservice coordinator, John N., from Southern California and a long time member of the fellowship and the Traditions Committee has agreed to be Traditions Coordinator, Jan F. also a long time very active member and from Southern California has agreed to be our "temporary" Outreach Coordinator and Kent B. long time and very involved member of Nicotine Anonymous from Arizona has agreed to take over as the Archives Coordinator.

After the conference many of us visited the Atlanta History Center where we were taken back into the deep history of Atlanta from its beginning to the Civil War, World War II, the era of Martha Mitchell's, *Gone With the Wind*, and the civil rights movement. There is so much to see we could go back again and spend several hours to see what we have missed.

As I sign off as chair and step into the shoes of chair emeritus I have so many to thank and much gratitude. I am grateful that I have found a fellowship that many still have not found or are not willing to surrender their addiction to. I am thankful to have had the opportunity and the privilege to serve as chair of this organization. Many say that it will be an experience they will never forget. I am sure that will be true for me. I would like to thank all the previous officers who have gone before us and paved the way with their knowledge, experience and persistence. I thank our emeritus, Robin L. for her willingness to mentor me through the last 2 years and the enthusiasm she has brought to our fellowship, Catherine C. for her creativeness, support and energy that she brings to the fellowship and to me personally and to Jeff C. for his commitment to the fellowship over the last several years. Thank you to the officers Bill C. and Kelly C. for your support, willingness to serve, and hanging in there with me. I cannot think of a better group of officers to serve with. And I would like to thank our elect officers Kate W., and Steve M. for once again being willing to make this commitment to the fellowship and to our newest member Barbara D. for being willing to bring your experience to a new level. I am sure we will have another great year. Finally, thank you to the fellowship for being there whenever another nicotine addict steps through our doors and are in need of your experience, strength and mostly hope. I look forward to seeing all of you in Chicago in 2006.

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There is no smoking in the cabin on this flight. There is also no smoking in the lavatories. If we see smoke coming from the lavatories, we will assume you are on fire and put you out. This is a free service we provide.

Author Unknown

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Isn't having a smoking section in a restaurant like having a peeing section in a swimming pool?

Author unknown...

Sent in by Gary M.



## Words from older comer Dan R...

continued from page 9

will not affect those who never smoked.

I am glad I do not have to be like this all the time, living in fear my breath will leave me.

Thank God for all the places that offer support to those of us who suffer from this addiction.

Dan F.



## Discussion Corner and Letters to the Editor...

### Seventh Step Prayer...

Dear editor,  
You may or may not remember me. I haven't participated in the online groups for quite a while and then only briefly.



But I'm a regular attendee of face to face Nicotine Anonymous meetings I still get the online group emails and just now saw this one about the Seventh-Step Prayer.

I'm confused and even a little upset. The whole Twelve-Step program comes to us from Alcoholics Anonymous, and it strikes me as very much against the spirit of A.A. from the very beginning to claim ownership of any part of the process including the prayers.

Alcoholics Anonymous and all its spin-offs have been about carrying the message, freely giving away what it has been our privilege to receive.

I can't tell you how many rough days the Seventh Step Prayer got me through as a recovering nicotine addict.

Now by the grace of God, I've been nicotine free for over six years. I believe we quit about the same time? It was the thirtieth day of November, 1998 for me. At 6:08 PM this Friday, the number of cigarettes I will not have smoked will reach 80,000.

Is there anything I can do to keep the Seventh Step Prayer as part of our materials? If it would be helpful, please forward my email to those concerned.

Blessings to you and the stalwarts who have kept the online meetings going.  
Carol

### Robin on the Seventh Step Prayer

The Seventh Step prayer in A.A. is just that, it's A.A.'s Seventh Step Prayer. There is nothing wrong with using it for our own benefit and when referring to recovery from alcohol.

Feel free to use it personally.

The issue is developing a unique prayer for Nicotine Anonymous. Just as

Nicotine Anonymous has its own Third Step Prayer (see *Nicotine Anonymous-The Book* page 91), we want to develop our own Seventh Step Prayer.  
Robin L.

### From John N. on prayer...

Let me open with this disclaimer; there is no other authority than a loving God as He may express Himself in our group conscious.

No one speaks for A.A. or Nic.A. When I speak or write I express my experience to the best of my ability. It is my hope that others will find some benefit in knowing about my experience. A sunset seen by a thousand artists can never replace the one I experienced. Everyone's experience is valuable. Especially when it is clearly and honestly shared.

As to prayer and prayers it has been my experience that it is through efforts in this direction that many have experienced spiritual change.

I first read William James, *Varieties of Religious Experience* in 1957. The spiritual experience referred to in the Big Book of A.A. is almost a direct quote from this book. In fact, my research indicates that there are few original ideas in the A.A. Big Book. The Serenity Prayer is from a longer prayer by Reinhold Niebuhr.

My conception and perception of prayer is that honesty, open mindedness and willingness set the parameters.

Common prayers are great and I encourage their use. Spontaneous prayer is that experience when I am consciously aware of the joy of life. When I am not aware of the happiness, joy and freedom that I seek then I prepare myself for the effort that I must make in changing my own thoughts, feelings and attitude.

There is, in my mind, no magic or mysticism in practical prayer. Pray whatever comes to mind and be ready

to work, listen and wait for some power other than ourselves to work through our willingness.

The quickest way to begin is to use common prayers. I am aware of no evidence that this has not worked for thousands in A.A., Nicotine Anonymous and countless other fellowships.

Let me point to the Promises of Nicotine Anonymous, which were written and given to the fellowship as someone's expression of the hope they found in the fellowship. My message to any that suffer from nicotine addiction is to try total abstinence and practice the Twelve Steps in all your affairs.

If I am honestly dissatisfied after completely giving myself to the Steps and Traditions I can have my old life back.

<b>NAWSO</b>	
<b>Profit &amp; Loss</b>	
<b>January through March 2005</b>	
<b><u>Jan-Mar 2005</u></b>	
<b>Ordinary Income/Expense</b>	
<b>Income</b>	
Donations	1,491.67
Literature Sales	13,944.92
Shipping & Handling	1,916.19
	(preliminary)
Conference Profit (Loss)	<u>-200.00</u>
<b>Total Income</b>	<b>17,152.78</b>
<b>Cost of Goods Sold</b>	
COGS	<u>8,024.50</u>
<b>Total COGS</b>	<u>8,024.50</u>
<b>Gross Profit</b>	<b>9,128.28</b>
<b>Expense</b>	
Office Expenses	5,990.95
WSO Expenses	<u>1,607.54</u>
<b>Total Expenses</b>	<u>7,598.49</u>
<b>Net Ordinary Income</b>	<b>1,529.79</b>
<b>Other Income/Expense</b>	
Other Income	
Interest Income	<u>80.66</u>
<b>Total Other Income</b>	<u>80.66</u>
<b>Net Other Income</b>	<u>80.66</u>
<b>Net Income</b>	<b><u>1,610.45</u></b>

# BIRTHDAY CONGRATULATIONS!

CONGRATULATIONS AND THANKS FOR YOUR DONATIONS  
TO: CATHERINE C. WHO HAD SIX YEARS FEBUARY NINTH



## ~ Birthday Gratitude ~

Name: \_\_\_\_\_

The above-named member of Nicotine Anonymous stopped using nicotine on \_\_\_\_\_,

and has \_\_\_\_\_ years of freedom!

Amount Enclosed \$ \_\_\_\_\_ From: \_\_\_\_\_  
If you wish to remain anonymous, put "anonymous"

Mail to: Nicotine Anonymous World Services,  
419 Main St, PMB#370  
Huntington Beach, CA 92648 USA.



### Subscribe to *Seven Minutes!*

*Seven Minutes* is a quarterly publication of NAWSO news, articles and letters—it is "a meeting on a page." Your subscription will help *Seven Minutes* continue as the official conduit of this fellowship of recovering nicotine addicts. You will also receive a Worldwide Meeting Schedule. You may pay by check, money order (US funds only) or credit card. **Mail to:**

NAME \_\_\_\_\_ PHONE (WITH AREA CODE) \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ ST APT# \_\_\_\_\_ ZIP \_\_\_\_\_

Please find my (check one)  check  money order enclosed. Or, please bill my credit card (check one):  Mastercard  Visa  American Express  Discover Card

NAME ON CARD \_\_\_\_\_ SIGNATURE \_\_\_\_\_

CARD NUMBER \_\_\_\_\_ EXPIRATION DATE \_\_\_\_\_

BILLING ADDRESS \_\_\_\_\_

Send payment, in US funds only, to: NAWSO, 419 Main St, PMB#370, Huntington Beach, CA 92648 USA. **Thank you!**

SUBSCRIPTION FEES			
	Number of Years		
	1	2	3
U.S. & Ca	\$ 11	\$ 19	\$ 27
Overseas	\$ 14	\$ 27	\$ 39
<input type="checkbox"/> new subscription			
<input type="checkbox"/> renewal			
<input type="checkbox"/> address change			

## News from the Conference

### Gratitude

Catherine C., Berkeley, CA

My name is Catherine and I'm a nicotine addict. I attended this year's conference and had planned to get up on Friday night and share at the Gratitude meeting.



Unfortunately I got food poisoning from the previous night's dinner and was just feeling too shaky to get up. I get very nervous speaking in front of large groups and often lose what I want to say, so I had even written some notes about what I wanted to say. Here's what I wanted to say:

I seem to be in the middle of a major transition in my life--you know, the kind where you question everything about who you are and what kind of life you're leading.

I think my involvement with Nicotine Anonymous has slowly and inevitably led me to this transition. The sense of relief I felt after becoming part of this program was luscious: I was no longer an outsider, I was with "my own kind."

The people I met were more than just nicotine addicts. There were people who dared to risk improving themselves and their lives. They were and are people who are courageous enough to take an honest look at themselves and consider defying their own pasts, their own pain and loss, in order to find happiness, peace, and serenity. These are people willing to invest in the future, for themselves and others.

In some ways, joining Nicotine Anonymous was when my life--my true life--began.

The Twelve Steps provided a safe framework within which I could do what was natural to me but which had been discouraged by my family and friends. I could begin looking for and telling my truth. I could begin the dis-

covery of my authentic self and learn how to bring it into the world. I could face my fears in a safe place. I could work at my own pace without risk of judgment or failure. I could know that I had a Higher Power who loved me unconditionally.

I have found a Higher Power and new friends; I have found a new family, I have begun to find a new, nicotine-free life. For this, for Nicotine Anonymous, for all of you, I am grateful.

---

### Kathy shares on the conference...

The conference in Atlanta was a wonderful experience. The fellowship, the gratitude meeting, the speakers, and even the business meetings proved to me once again what a wonderful fellowship this is.

When you put a bunch of nicotine addicts in a room to discuss very hot topics and they come up with a peaceful resolution - this is recovery! The Twelfth



Tradition, "... ever reminding us to place principles before personalities," needs always be present when discussing difficult topics.

On a personal level this conference was particularly special to me because I became the current chairperson of the World Services Board. I truly hope to give back to this fellowship all the wonderful things it has given to me.

---

### Kate W. has gratitude and offers a chance for service work to others...

I had planned to limit my service to the book of meditations and the audio visual library, but several people at the conference asked me to consider accepting the

nomination for Chair Elect.

Thank you for your loving support.

The Chair Elect position is not so demanding that I cannot wrap up the meditation book. We need less than seventy meditations to have a full year. Please send in your submissions.

The audio visual library project needs volunteers. If you can tell others, how to record messages using software commonly available on both PCs and Macs ideally the recordings will be made so that they can be copied onto a CD to run on any computer or CD player.

Are you comfortable recording two minute messages of experience, strength and hope? Would you be interested in chairing this project or working on a coordinating committee? Contact me at [dailymeditation@nicotine-anonymous.org](mailto:dailymeditation@nicotine-anonymous.org)  
Kate W.  
Chair Elect



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### My first NicA conference...

Going to the Atlanta conference has been the highlight of my nicotine recovery.

Being use to the online meetings, I had strayed from the true meaning of the Traditions.

Being around all the old timers and the face-to-face crowd invoked in me how it was in the other program, where I first learned about the Traditions.

These folks I met in Atlanta, these oldtimers, who've been around since Nicotine Anonymous first began can teach me and I think I'll let them.

Thank you, everyone of you who made my experience wonderful.  
Susan K. from Georgia

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### Author Unknown...

In my first few months of quitting smoking I was plagued with bouts of obsessing about cigarettes. I would find myself composing rationalizations in my mind about why I could, should or would smoke. I then discovered that I could counteract these obsessive thoughts by enumerating everything that I could think of to be grateful for — my car runs well, my rent's paid, my pets are healthy, my home is warm and cozy and I made it to my appointment on time.

These are not especially extraordinary events but just regular day to day occurrences that had gone well or situations that pleased me. Doing this not only kept my mind occupied but also reinforced the idea that I am not suffering or being deprived of life's pleasures or rewards because I'm not smoking cigarettes.

Through this practice I've come to understand more about the basis of my own spirituality. I came to realize that though I don't believe in the "parking space God" some people speak of — they find a parking spot with no problem and attribute this to God looking out for them — I do believe that the trials and tribulations of my life fall into correct perspective when I take a moment to recognize my good fortune at finding that perfect parking spot with no problem.

Appreciation for all good things, big and small, that happen in my life are essential to maintaining freedom from nicotine. For me under every urge to smoke is a lack of acceptance about what "is," some wish for things to be other than how they are, some feeling that I'm not getting my share or that I need a reward or a consolation or a distraction from what is happening at that moment. But when I remind myself that I don't get to always have things my way, and when I practice an "attitude of gratitude," I can push away my inclinations toward self pity or resentment by focusing on the positive aspects of my day and then move into a state of acceptance of life on life's terms.

Oftentimes this is easier said than done because my mind keeps cycling back to ha-

bitual obsessive thoughts. Those times then require extra concentration, which I think of as sort of a brief form of meditation. First of all I take notice of the tension in my chest and my breathing, which is typically very restricted — not surprising considering the mental battle I'd probably been engaging in. Then I focus on letting go — on exhaling, on completely emptying my lungs — followed by checking my posture to make sure that I am not collapsing in my center and that I am allowing myself room to breath. Then I allow myself a big "sigh of relief" while reminding myself that, though I may never have whatever it is that I think I want at that moment, I do have much to be grateful for.

Doing this, which may involve no more than a couple of minutes, I've not only lived through the urge for a cigarette but I've also taken the opportunity to tune in to my spiritual center and to experience greater peace and satisfaction in my life — for this I am grateful for every craving.  
Sent in by Catherine C.

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### Smokologue by Jon

Years ago I was in the psychiatric ward, but was not allowed to go out and smoke with the rest of the patients. I asked the staff if I could have my Buglar to chew on, but I had other ideas. I rolled a few. In my hospital room, I took a steel curtain hanger hook off the curtain. I got a lead pencil from the activity room. Then I broke the hanger into two pieces, inserted them in the wall outlet, and made an arc between them with the lead on the pencil. I had to peel back the wood with my fingernails. The arrangement worked fine, apart from the power surges that effected the whole floor of the hospital, the lights would dim a bit every time I had an arc. I had my own cigarette lighter.

Eventually they caught on and confiscated all my smoking stuff. I tried to keep the odor down by smoking through a straw out the window, but it was no use.

I had another tour of duty at the

psych unit. It was up on the 4th floor of the hospital. One of the rooms was adjacent to a large electrical conduit that ran down the side of the hospital. I was in a room, which had a generous supply of furniture.

Since the door opened into the room, all I had to do was fill the room with furniture from the closed door to the opposite wall. No matter how hard the staff tried to get in, they couldn't.

I took a drawer out of a stand, broke the window, climbed out and shimmied down the building hanging onto the conduit. I ran through town but was soon captured. As luck would have it I was transferred to the state mental hospital where at least we were allowed to smoke. I could even buy cigarettes from other patients. I stayed in there for three months and read Tarzan books.

From there I served 3 months of jail time. I smoked Buglar, but still to this day I don't know how to roll a Buglar right. I used to cheat and stick several papers together and roll some kind of creation that looked like a cigar. I always somehow supported my habit.

This isn't to romance smoking, it's just some of the insane things I've done that was all geared to get another hit.

At the end of my grandfather's life he had a one-inch plastic pipe going into his back, which sucked out green mucus. My grandmother would hold the cup.

"I quit cold turkey" he told me, but it was too late.

Jon

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### United Kingdom meetings...

To check out the NicA UK homepage go to this link.

<http://www.nicotine-anonymous.co.uk/>  
If you want to start a meeting in UK call 020-7976-0076 for a starter pack.

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Publication      Deadline Date  
Date              for submissions

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