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Send letters, articles, stories, poems, artwork, or other material with your location, first name and last initial to...

Seven Minutes

c/o NAWSO

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Huntington Beach, CA 92648

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All articles accepted for publication may be reprinted in outside publications in their entirety at the discretion of the chair and editor. Seven Minutes is not a venue for discussion or controversy but rather an outlet to gaining serenity.

Your trusted servants,

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Some great sharing from Sara D...

When I was fifteen, smoking gave me access to a social circle. I smoked until I was twenty, when I decided smoking set a bad example for my toddler son. I quit with no problem.

Ten years later I was perched on a bar stool next to someone smoking my old brand. A voice inside my head asked, "I wonder if those are as good as I remember?" I bummed one, just one, to see what the answer might be.

I smoked for the next twenty years, and I tried to quit again for the next twenty years. I could stay smoke free for a few days, a month, even a few months. I quit alone, I quit with my husband, I paid to join quit-groups sponsored by health organizations and I always picked up again.

Finally, during a family crisis, I realized I had been waiting for the perfect moment to quit, and that was never going to happen. I was an addict. Most of my family were addicts and alcoholics: chaos and crisis were never going to be out of my life for good. I needed to quit right then, while the crisis was intense, and not wait for it to get better or go away.

I did quit, but had misery and obsession as companions for months. Even though I was a member of a Twelve Step program for another addiction, and even though I knew about Nicotine Anonymous, I tried to tough it out on my own. Then I heard a voice inside my head (but it wasn't the same one I had heard twenty years earlier). This one said, "Find a meeting and put your butt in the chair." So I attended my first Nicotine Anonymous meeting, and the misery and obsession be-

gan to lift.

Eight years have passed. I'm still putting my butt in the chair. I still work at the same job I had eight years ago, and I'm still married to the same man. But most other aspects of my life have changed. My inner life is more serene and attractive. My friendships are deeper. My capacity for forgiveness has improved greatly. I have suffered several losses of loved ones in the last three years without needing to smoke and have even maintained a reasonable level of serenity and grace.

Today, I actually feel gratitude to have experienced my addiction, to be living in my recovery, and to be able to receive the gifts of the promises of Nicotine Anonymous.

Sara D.

San Rafael

Letter from the editor...

Readers, tell us what you want to see in Seven Minutes. More sharing about recovery or sharing about the Traditions, Steps, Promises, service work, starting a meeting, chairing a meeting, NRTs, Higher Power, Intergroup, resentments, thirteenth stepping, Twelve Step calls, carrying meetings to jails and prisons, attraction rather than promotion, relapse, sponsorship, online meetings, etc.

All these subjects are important to our recovery. A great way to do this is through Seven Minutes.

SevenMinutesEditor@nicotine-anonymous.org or **Seven Minutes Editor c/o NAWSO 419 Main St., PMB #370 Huntington Beach, CA 92648.**

I'll share these letters with the Traditions board and the officers at World Services.

Susan K.

Seven Minutes Editor

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.
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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.

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From the Chair... Summary of July 22, 2006 Officers Meeting

We met in San Leandro:

thanks to each member of the local group, who hosted officers, arranged transportation and provided breakfast and lunch.

Officers formally approved holding the 2008 conference in New York. Martha K. has most graciously agreed to serve as conference chair.

An ongoing issue for officers is web meetings and whether web sites comply with our Traditions. Frequently web sites have links to outside sources added by the server hosting the site. We do not have the resources to regularly monitor all groups. Since groups are autonomous, World Service officers only get involved when we are asked to list a group as an official *Nicotine Anonymous* meeting. We will be having a workshop during the 2007 conference to get delegates input. In the interim, if you have any suggestions on this, please send comments to the editor or chairperson at chairperson@nicotine-anonymous.org.

Officers agreed to look at the Bylaws Amendment draft individually and come to the October meeting prepared to discuss alternative wording.

Catherine C., Checko M., Jan F., John N., and Willy S. agreed to work on the proposed Seventh Step Prayer. For those who may not know, we currently use *Alcoholic Anonymous* prayer in our book, and discovered we did not have permission to use that prayer. We need to replace it. If you have any interest in working to develop our own prayer, please contact Checko M. our literature coordinator LiteratureCoordinator@nicotine-anonymous.org.

The expanded version of our Twelve Traditions has been formatted and posted to our web site.

Final language was approved at the conference.

We want to be able to offer *Seven Minutes* subscriptions in electronic format in addition to paper. Before we do that we need to address confidentiality and privacy issues for the use of subscribers email addresses. A very rough

draft follows (or will appear separately as the editor wishes.) Please send your comments to the editor or chairperson.

Privacy Statement Draft

Nicotine Anonymous World Service Office does not share contact information with any other source, including other groups in our fellowship, and it will be used exclusively for the purpose(s) authorized by individual members. Each member will have the opportunity to authorize the use of their email address for specific purposes such as: *Seven Minutes* subscription, notices of national or regional conferences, minutes of officers' meetings, announcements of items posted to *What's New* on our web site.

The database of contact information will be kept in a secure manner off line. Subscribers will have the option to use an outside secure payment service to avoid having credit card information in our database.

Kate W.
Chairperson

More about the Seventh Step Prayer...

The conscience of the conference was that this wording needed "something" more/different to be put into print and we need to replace the Alcoholics Anonymous Seventh Step Prayer in our book with one of our own because we discovered we do not have permission to use their prayer, and they have asked us to replace it.

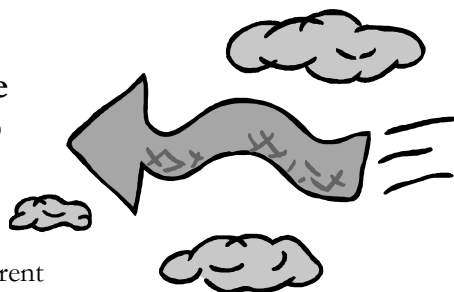
Though I listened to the debate it was not clear what more/different would be needed. If we can place it before the groups to prayerfully reconsider how to word it then perhaps we can offer a new or revised motion at the 2007 Conference.

There were some who indicated that they found it too close to/or suggestive of traditional prayers. My sense is that it is not in the "we" format and might be improved if it were reworded to reflect that.

Motion made to replace the *Alcoholic's Anonymous Seventh Step Prayer* in *Nicotine Anonymous: The Book* with the *Seventh Step Prayer* as recommended by the workshop.

Wording as **"Higher Power, I put myself into your hands and humbly ask that my character defects be lifted from me so that I may become more able to help others. Please give me willingness, courage and strength so that through my actions I can reflect your love."** Motion made, seconded and defeated.

Above is the wording that was presented at the Conference. If members can assist in rewording so that it might get wider consensus please see that a NAWS board member or John N receives your views or wording. You may contact me at jnealhome@yahoo.com.
John N.



You know, it's cigarettes that killed (Jerry) Garcia. Everyone thinks it's heroin, but it wasn't. It was cigarettes.

-John Mellencamp, 1996,
Source : seen on the web

No addict dies in Vain...

In Memory of John from Edgewater, Florida

Nicotine Anonymous just lost a very special member of the phone meetings, John from Edgewater, Florida. John was our first member to celebrate a year free of nicotine. He did it by attending phone meetings only! John truly was a miracle. He paved the way for others, and often reached out to call people when they needed someone to talk to or a friend to cheer them on. John willingly offered his services. He also taught me about letting go and letting God, and accepting life on life's terms.

I can remember John sharing about the extreme challenges of his first year free of nicotine- illness, two hurricanes and his sister's death. Yet, John was always positive, no matter what.

I can hear John now with his encouraging and heartfelt "Whoa!" when anyone shared they had some nicotine-free time, or when a newcomer came to their first Nicotine Anonymous meeting. John would always say, "We love you," when people were having a hard time.

John had such a humble manner, in his sportscaster kind of way. He always spoke about the Steps- how he worked them and how they worked in his life. Although I never got to meet him face-to-face, John was a hopeful example for me.

John, we miss you, and know you are still with us, cheering us on. Your memory is already a blessing!

Grateful for John in my life,

Judi D, NY

Today, I found out my quit buddy in Nicotine Anonymous passed away...

We started our journey together on February 2nd 2005. Below is a copy of her profile, which she never had a chance to update.

"I am a forty-eight year old female who has ALS (Lou Gehrig's disease.) My husband of twenty-six years is blind due to Retinitis Pigmentosa. We have one son who goes to college and an eleven year old Boston Terrier who doesn't know he's a dog, and a fish (betta) that is one year old, whose name is Sebastian.

We live in Kansas and I've been smoking on and off for about thirty years.

My mom smoked and is now in a nursing home with Alzheimer's and Parkinson's. I'm an only child and I get pleasure from smoking. I also believe that smoking caused my ALS.

ALS patients have a life span of two to five years and I am on my third year.

I can still walk though not very far as I have braces on both legs. My speech is affected so I talk really slow. I have weakness in both my hands and my left shoulder is frozen. Getting dressed takes me a good forty-five minutes.

I can still drive, which is a good thing. I quit smoking today, February 2nd, 2005.

I've got to make this work because ALS affects your breathing also. I get tired easily."

She was a great example of wanting to quit more than feeling sorry for herself, staying in her addiction and giving up. Karen was like a rock for me early in my quit. She radiated sunshine even if she was slower than

me. We became fast friends and supported each other, she made me laugh and then cry, but she taught me hope and faith in myself long enough to not pick up. As a woman with ALS she taught me no matter what situation is dealt to a person, a positive attitude can keep us on the path. Also that we can stay on the path as long as we don't try it alone. "Together we can do it," she'd say.

I believed her, must of been my HP doing for me what I couldn't do for myself.

I'll share I'm sad but I can feel her with me as I type this post, and in my ear I can hear her say "continue to share what you have, a life without smoking, a clean life, and remember we are quit buddy's even after the end"

Thanks to all of you the hope in me will grow, yet my friend, through me, will always speak.

I'm staying strong today, because of the hope my friend planted in me a long time ago.
Kathie

A rebel leader was finally apprehended by military police and summarily sentenced to death. The police superintendent watched as the blindfolded man was led before the firing squad, then magnanimously came over to offer him a last cigarette.

"No thanks," was the condemned man's answer, "I'm trying to quit.."

Misha has a good question...

I am confused. At some meetings I'm allowed to discuss the fact that part of my recovery involved the use of NRT (nicotine replacement therapy.) At other meetings I'm told I am breaking Tradition by discussing NRT since Nicotine Anonymous has no opinion on nicotine replacement therapy.

I am told I'm therefore not allowed at all to discuss NRT.

If people are allowed to discuss their smoking or chewing tobacco, shouldn't others and I be allowed to discuss our use of nicotine even if it is in the form of NRT? Isn't Nicotine Anonymous a program to help people to get free of nicotine? The only requirement is a desire to be free of nicotine?

Misha F
New Paltz

Sharlene reaches out...

I have some questions and I am hoping someone here can help me.

I am usually quiet I listen and lurk. Some things click and some don't. But I'm trying and will give 110% to this quit. In doing the Twelve Steps, I realize I just need to ask more questions, stop bottling things and stop being intimidated.

There are a few things I am not quite following in the meetings. I have read and listened to people talk about their smoking addiction, as if there is more to it. I know I didn't take up smoking for the same reasons someone abuses alcohol or drugs. But I have heard people say they uncovered this or smoking masked this or that.

This is where I would like some help. Let me explain a little. I mean no offense. I just want to understand my addiction completely. I am going to explain some of my thoughts on my addiction to nicotine.

Smoking never altered my mood. I think people with addictive

personalities might go from one addiction to the other. But I don't think everyone that smokes has other addictions or any deep dark issues. I have heard mentioned by others when they quit they realized that smoking was hiding this or helping them cope with that. I don't have those feelings. Smoking never made any of my issues less apparent or visible. Smoking to me was just a disgusting smelly habit/cancer causing addiction. When you are upset and drink an alcoholic beverage to get drunk you are drowning your despair.

If I use nicotine because I'm upset it's not doing anything to me. I'm not less upset. I think psychologically I thought it helped lessen my pain but I think I always knew it really didn't and that I was kidding myself. I don't forget my unhappiness when I have a smoke. When I smoke and when I don't smoke I act the same. I am not any different today than I was three weeks ago (I just smell better.) A drunken person or a stoned person is not the same when they are sober. I know for me the whole addiction for me is more about habit and the lies I have convinced myself of.

Smoking was never what I thought it was or convinced myself it was. It didn't make me less stressed, it didn't make me less bored, it didn't make me relax, it was excuses I let myself believe so I didn't have the guilt and the resentment for allowing myself to be controlled by an awful drug.

So am I missing something? Is there something more I should be getting or understanding. I am doing the Twelve Steps. I can only attend the one meeting at night... because of the time difference and work. I just want to fully understand everything. I don't feel like I will ever smoke again. I crave badly but I don't feel like caving in, not one bit. I think the more I understand and the more it clicks for me the better chance I have at staying smoke-free and remaining positive.

Sharlene

Three weeks, one day, 11 hours, 34 minutes and 33 seconds. 562

cigarettes not smoked, saving \$191.10. Life saved: 1 day, 22 hours, 50 minutes

Gary responds to Sharlene...

Guess I will take a stab at this. You have three weeks off the smokes and first I want to congratulate you on this. No small feat, that is for sure. But you are craving one. Have you considered why? The nicotine is out of your body now and so there are no physical withdrawals. Yes there are physical changes going on in your body like lungs getting cleaned out. If you're not going through the withdrawals, then why the cravings?

The cravings stay with us for a while but will lessen in time, one day at a time.

In my experiences with over seven years nicotine free, several years clean and sober and working with many nicotine addicts I can say with confidence nicotine is a mood altering drug, no not like alcohol or other drugs but it does alter moods and effect thought processes.

When I first started smoking, I really enjoyed the physical high I got from inhaling a cigarette. Like being on cloud nine, taking laughing gas at the dentist but then later after I was good and hooked, I smoked to hide my fears, my guilt's, my inadequacies, and so on.

No more highs from smoking but a nasty, expensive, health killing addiction.

I had a cigarette with everything I did, go to the bathroom, after eating and sometimes while eating, driving, on the phone, with coffee and especially when things got heated.

I hid all my emotions behind a cigarette. Not that feelings or problems went away, but the nicotine numbed me so I could function. Everything triggered a thought about a cigarette. About 600-800 times a day my hand went to my mouth to inhale a drag. A lot of hand to mouth fixation there. Why? Because I could not cope with life without nicotine. Smok-

Continued on page 6...

To my VONR Nicotine Anonymous family,

Well, I could never have imagined crafting this post one year ago today. One year ago today, I was smoking, wheezing, hacking up a lung, and dealing with an unstoppable headache. I was missing time from work due to respiratory illnesses and chronic headaches, and I just hated myself.

Was I one of those who would be deemed "constitutionally incapable of being honest with myself?" Was I really going to be buried with my lighter? Is this what I wanted, a life full of struggle and self-hatred? I was sober for five years, but was this it? Is this all there is? I got sober for this?

It has been a year of unbelievable growth for me, thanks to this group and my Higher Power. I know my tag line at times has been "to heck with the learning curve" as my life keeps moving and shaking.

I have been through both physical and emotional pain this year, and you and my HP have seen me through the good, the bad, the ugly, and the even uglier!

I remember barking at one kind soul who dared to ask me how I was doing at about three weeks quit. Thanks Janice, for always being so kind and patient with me. I snarled back at her and said, "Do you really want to know or are you just saying that?" No points there for being subtle or politically correct let alone nice.

I have been blessed with a wonderful sponsor, an amazing support network, and a meeting place in which to recover and enlarge my spiritual life. I am humbled to be a sponsor for those who want what I have. One year ago, the life that I have today was unimaginable. I was on the outside looking in, full of fear, self-loathing, and in so much pain I could not function. Today I have learned to love from the inside out. I have learned how to be present, and how not to run from my fear. I approach life differently today, and it is all due to not having to be a slave to nicotine one day at a time.

So, thank you, Nicotine Anonymous

and the meetings at VONR, for helping me to love myself in spite of myself. Thank you for helping me to save my life and thank you for being amazing examples of how it works.

Love,
Val (Shooz)
Eleven months, four weeks, one day, 19 hours, 59 minutes and 57 seconds. 7296 cigarettes not smoked, saving \$1,535.95. Life saved: 3 weeks, 4 days, 8 hours, 0 minutes.

Gary responds to Sharlene...

Continued from page 5...

a drag. A lot of hand to mouth fixation there. Why? Because I could not cope with life without nicotine. Smoking did relieve boredom for me. I could sit for hours and hours and puff one smoke after another and be in a dream world, my fantasy world where I planned out my life's events that never came to pass but I sure did a lot of planning. I wasted so much time by smoking three to four hours a day, amazing when you think about it.

Now did nicotine relieve anxiety? Yes and no. The main anxiety it relieved was the craving of a cigarette. After smoking one I would feel better for a few minutes until the next craving came along. Did I solve the problem I was faced with? No, but I kind of numbed and buried it with all my other anxieties. So you could say it relieved anxieties but all my smoking was based on excuses to have one more.

I had to justify every cigarette, I was getting sicker and sicker but I couldn't quit. I tried for many years and felt a total loser. All because I was addicted to this drug of nicotine. I had to have a cigarette. It was demanded of me. I had no choice.

Now once I quit for a period of a few days, the withdrawals are gone but oh my, then come the obsession to smoke. Every emotion and issue I thought I put away come into play now like a roaring train ready to run me over. This showed me how strong

this obsession to smoke really is. I had to hang on and let it ride out one day at a time until by processing my life with the Twelve Steps the obsession to smoke did leave. I had to learn about my inadequacies, fears, defects of character, anger, and all other emotions that caused me to smoke. And I had to learn why I could not get through my life without smoking and why I was ruining my health for that little cylinder.

Today I know if I had one cigarette it would set off my addiction and it wouldn't take long before I was up to two to three packs a day. Thank you but no thank you.

I love being a non-smoker and I'm truly grateful I've got over the obsession to smoke. That was something I never thought would happen to me. And it's been over 7 and half years.

Hope this helps.

Gary M.

Hi, I'm Kathie, a nicotine addict and the founder of Lobbyville.

We started with an eight AM meeting called "Coffee 'N Cream w/ tears" which has grown to seven days a week.

After becoming regular meetings on Yahoo! we are now registered with WSO.

Check out our calendar at website ...
<http://health.groups.yahoo.com/group/lobbyville/>

Directions on how to access our meetings are posted at Lobbyville or just ask one of our friendly members who are always ready and willing to help newcomers.

In May we had thirty members but with the help of a loving God we now have one hundred and twenty-two members. Our group may be small, but there is a powerful desire to share the message of hope to all who come and need support. My hat's off to all who make this happen. I love this group I call home, and the members who I call family.

Thank you,

Kathie a nicotine addict in recovery

Continued on page 7...

Reaching out...

Can you answer any of these questions?

What is your nicotine addiction like? What is working for you?

What are you grateful for today, either being free of nicotine or having found Nicotine Anonymous?

Do you remember your first days free of nicotine? What helped you?

Have you felt fear of doing something new that reminds you of your active addiction?

How have you dealt with anger being free of nicotine?

How do you work the steps in your life?

How has a step-study helped you?

Do you have a Nicotine-free anniversary or special occasion coming up?

Are you looking for some service for the Fellowship?

Do you want to contribute to your recovery and contribute to the recovery of others as well?

Do you ever feel great after sharing at a meeting?

Do you like to write?

Do you NOT like to write? Can you record yourself sharing about your freedom from nicotine, and then transcribe it onto paper.

If you answered ANY of these questions, then

YOU HAVE A SHARE FOR OUR NEXT MEDITATION BOOK!

You do not have to think you are "writer". Basically, if you are a member of Nicotine Anonymous, then you have a tidbit to share! If I waited till the moment I thought I'd speak eloquently I'd never have opened my mouth at a meeting, and I never would have eventually gotten free of this deadly addiction! Similarly, if 365 times, some of us would have felt stuck in our fear that the meditation we wrote is not good enough, our fellowship would not have a whole book being published!

Send your short piece to

dailymeditations@nicotine-anonymous.org

World Services

419 Main Street, PMB# 370

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FAX (714) 536-4539

Service is the key...
Only you can tell your story.

What was your life like as an active addict?

What happened to get you in the door?

What were your breakthroughs?

Personal stories, articles, poems, art, jokes or adds pertaining to nicotine, nicotine recovery and Nicotine Anonymous can be sent to Susan K. at :

SevenMinutesEditor@nicotine-anonymous.org or snail mail to:

**Seven Minutes c/o
NAWSO**

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UK meetings...
Nicotine Anonymous
PO Box 1516
LONDON

Web: www.nicotine-anonymous.co.uk

Tel: **020 7976 0076** (please leave a message)

The believing we do something when we do nothing is the first illusion of tobacco.

-Ralph Waldo Emerson, Journals, 1859.

Source : seen on the web

Hello everyone this is Susan K., editor of Seven Minutes and I want to make a plug for our online meetings, websites and our telephone meetings. There are so many ways today to make the ninety meetings in ninety days although face-to-face are still the recommended meetings, for the homebound or on those days when it's impossible to make a face-to-face now

there is no excuse.

You can try checking the churches; hospitals or public places in your immediate area and ask about starting a face-to-face. It's the service work and reaching out that have kept me nicotine free since 1998. That's the way the program works.

Nicotine Anonymous offers a free starters package for those who would like to start a face-to-face meeting. Go to [Nicotine-Anonymous.org](http://www.nicotine-anonymous.org) website <http://www.nicotine-anonymous.org/> and then go to the store, there you will find the free kit.

The online meetings listed have their website below each listing.

1. Founded August 4, 1999 unofficialnicanon

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

2. Founded October 15, 2004 Voices of nicotine recovery

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

3. Founded September 14, 2005 lobbyville

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

4. Founded August 3, 2006

Center of nicotine recovery

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

5. And the phone meetings...

Nicotine Anonymous--A meeting right in your house! By phone!

Sunday 8 PM Speaker/Topic

Wednesday 8 PM Step

Friday 8 PM

I believe these all meetings are in Eastern Time.

Call 641-297-5330

When prompted, press 2 to join an existing conference.

When prompted dial access code 4567891#.

There are no extra charges for the conference call, only what you would normally pay for a long-distance call.

Susan K.

Newcomer's Corner...

What I've gained from quitting nicotine...

Here is my list and this is after three weeks, wow I can't wait to see what this list will look like in a couple of months!

In the past three weeks, I have gained the following:

1. I wake up in the morning with more energy and I don't feel so bla and sickly.
2. I have more time to get ready in the morning because I don't waste a bunch of time smoking.
3. I feel cleaner. My teeth don't always have film on them and my gums don't hurt anymore.
4. I don't get that sick feeling from smoking on an empty stomach.
5. I ran out of money and I am not all in a panic because I don't need to buy smokes. I have everything else I need because none of my last check went on smokes.
6. Ben (my middle child) has not stolen any smokes from me in three weeks.
7. Devon (eldest son) has not bummed any smokes from me in three weeks.
8. I don't feel embarrassed anymore at work because I am not on the sidewalk smoking and I don't reek around my non-smoking co-workers, which is all of them.
9. I feel great about myself because I am doing something good for me and I know if I can kick this I can do anything.
10. I haven't felt guilty for buying smokes in three weeks.
11. I haven't felt guilty for smoking around Isaac (my baby boy) in three weeks.
12. I have gained more power and momentum. Three weeks ago I was terrified I would fail. I have gained

strength everyday and my confidence just keeps growing with every minute I don't smoke.

13. I have made friends online through the meetings and the forums.
14. I feel closer to God because I know that I couldn't do this without him. I feel him in my heart and in my mind. He has to be there or I would still be smoking.
15. I am working on one of the goals on my list and everyday I keep my quit, I am closer to being able to comfortably check (quit smoking) off the list.
16. I spend more time reading books because I read at the bus stop instead of smoke.
17. My walks at break and lunch are doing me more benefit. I feel more revived because I am not sucking in poison.
18. I'm eating healthier because my appetite is not being suppressed. I am not worried about gaining weight because I eat healthy things and even if I do gain weight I am gradually working up the confidence to go take dance classes that I've always wanted to take but haven't because I smoked.
19. My body is absorbing more of the good things from what I eat. I already feel the benefits.
20. The black circles under my eyes are almost gone.
21. I feel more secure financially because I know when money comes in I won't be blowing it on smokes. I spent my extra money last pay on food and I know that the kids will not go hungry. The groceries will last until I get paid again. And finally...
22. I am free from being a slave to the butt.
Thanks for reading!
Veronica

Higher Power

I've been coming to occasional meetings and reading literature and have finally set a quit date for this coming Sunday, August 20th. I have quit numerous times in the past and started up again, the last quit lasted a week and that was thirty years ago. I guess what finally prompted me to try again with a vengeance was the idea of being powerless over nicotine. That simple statement really hit home with me. The problem I'm having in my pre-quit is getting a handle on a Higher Power. I was raised in a strong Catholic family but have grown away from the church as I disagree with many of its teachings and am pretty much an agnostic, not totally disbelieving but not believing either. So, long story short, I would love to hear some advice from others who do not use "God" as their Higher Power and some suggestions on a Higher Power I can grab on to. I realize I have to figure this out for myself in the end but am having difficulty-replacing God with something else.

On another note, I was at a voice meeting last week when someone mentioned the slowness of their days when not smoking and that is actually one of my worst fears. I'm a very heavy smoker, it's associated with everything I do and cannot imagine how I'm going to fill my time without it. This scares me more than the actual cravings.

Thanks so much in advance for any encouragement anyone can offer.
Barbara

Newcomer's Corner...

From Central America...

My name is Javier K., I'm an engineer and twenty-six years old, but most importantly, I'm a nicotine addict.

Actually more like a nicotine, diet coke and coffee-junkie. This is my very first post ever and I'm very happy to announce that after eight years I've finally managed thirty-six hours smoke free!

We don't have any Nicotine Anonymous groups here in my country, but my dad is a pastor and he says his church has this Twelve Step program that can be adapted to almost any addiction, so I'm trying to do that.

Hey I wanted some prayer from you guys, because I'm beginning to get these cravings that take more than a minute to go away. I'm trying to get bubble gum, more coke, etc. into my system in an effort to distract it from the cravings, but it just wont stop asking for cancer-sticks. (I call 'em like that, really helps a lot.)

So I guess right now I should be screaming, "I'm craving for a cancer-stick!"

And I'm still both cancer and smoke free.

Well my sense of humor has never been great, so don't feel bad for not laughing.

Ah! One more thing, I wanted to comment on how satanic, evil, terrible and horrendous cigarettes are!

Last thing I want to ask. Do lungs recover nicely when one has quit? I'm interested to see if I'll get any better from the cough and the occasional stinging pain in my chest. Thank you very much for your patience everyone. Javier K.

About the Higher Power thing...

I had a very hard time with it at first like

so many others. I had stuck in my mind the image of a punishing God who I was sure would never want to help me after all the things I'd done in my life.

In the rooms of recovery, I was introduced to a totally different Higher Power. I loved what I heard about this all loving, non-judging God who can and does love me just as I am right this moment and who would help me to become more whole, healthy and joyful. What a concept!

My sponsor suggested that I write down all my old beliefs about God on a piece of paper. Wow, what a scary God I had lurking in my head. Then she suggested I write a list of all the qualities I wanted in a Higher Power.

I was hanging out with my golden retriever Maggie that day and I started thinking about the unconditional love she gave to me, no matter what. When I was active in my other addictions, I left her alone, a lot (hurts to write that) and just ignored her most of the time. No matter what, she would be right there trying to love me. I didn't always accept the love that she tried to give me but she never stopped trying in her gentle way. When I was sad, she would sense it and get really close to me and I could not help but feel a little less alone. No matter how awful I was even when I yelled at her to leave me alone when she was trying to love me, she was always there and so ready to give me all of her love.

So, I called my sponsor and said "I want a Higher Power just like my dog."

My sponsor said "Hey, check out what dog spells backwards."

No, my HP is not my dog but Maggie did help me wrap my mind around the idea of unconditional love. So next my sponsor suggested I take those two pieces of paper, old idea of God and idea of what I longed for in a

Higher Power and write in big letters "FIRED" on my old concept and "HIRED" on the new concept and then try relying on this new loving Higher Power I did and amazing things began to happen. I began to go to this loving HP in moments of need and I felt comforted. I also began to notice things that I never noticed before; things in nature, the smell of a new baby's head, and I would start to cry. I felt this same power in so many things. I asked this power to keep me clean and sober each morning and I did not have to use drugs or booze each day. Today I ask to keep clean, sober and smober.

This Higher Power has become my best friend and I know a connection with my God that amazes me today. I feel a peace I never even imagined.

I hope some of this may help others. I have a dear friend who got sober around the same time I did and she calls her HP Consuella, just because that is what came to her when she began to open to a Higher Power.

I was raised a Catholic but choose Buddhism at age eleven. I now have all of that and a loving HP.

Love,
Susan S.



Newcomer's corner...

MY HIGHER POWER STORY

Last Oct. 21st I began to count days one more time. This time I got to thirty. Something that only happened once during an attempt in 1993. Then I got to thirty-four, which is an all time high for me since I started smoking at the intelligent age of sixteen. This time something said to me, *keep going there is something happening here*. Could it be my Higher Power talking to me? Yes it could, trust and do one more day.

I began to think that finally all those Nicotine Anonymous meetings could actually be paying off. I have been coming to meetings since May 20th 2004.

I was beginning to feel like the poster boy for "keep coming back," many times my addiction would say to me, why do you keep coming? You're still smoking, okay so you've cut back to one half pack, so what? Even when you go a few days without, you always come back. Stop wasting your time.

But then I got to thirty-five days, then one more and one more. Every day was a new high point, next thing I knew I got to sixty days.

I could not believe it. It went on like this with some good days mixed in with some bad or some not so bad, in other words, normal life but with no smoking.

Then I started to get close to my six-month date. I noticed that I began to have one bad day after another. I was sure my addiction was beginning to get scared I would make it to this very important milestone and was planning to sabotage my quit anyway it could.

One of the major items, my addiction, used to make me uncomfortable was the doubt I was having about what I was doing with my days. I had been semi-retired for a few years and began to feel bored and restless with the value of my daily activities. Trying to turn

hobbies into business or pursue projects I only felt halfhearted about. When one Sunday just after my six month mark of being nicotine free my wife was looking through the Sunday paper job listings and said to me "hey look at this one," it was a listing for an opening as a smoking cessation counselor. After reading it I decided to send in a cover letter with my resume, which needed updating since I never thought I'd ever use it again. My letter was very plain and to the point, or maybe I should say that it was very honest. Basically it said, "Hey I could do that." I never thought a response would come back so quickly, especially a positive one.

Literally within three weeks I had been on two interviews and had received an offer of employment and had accepted one. I was about to start a whole new career as a smoking cessation counselor with an old and well-established treatment center.

So here I am learning more about addiction and human behaviors than I ever thought I would learn. This is a difficult audience, most people do not consider smoking a major problem because they have other issues which present a much more immediate danger to life and serenity.

However here I am, someone who a year or so ago was sure that I would not be able to quit smoking, working as a counselor helping others while helping myself to stay nicotine free.

I enjoyed attending our conference in Lisle, Illinois. This was also just at my six month mark and talking about it during my interviews must have been of help. Now I am celebrating my ninth month and looking forward to staying on my new path. One day at a time.

All the best to all and I'll stay in touch.
Reinaldo P.

My name is Carole, Nicotine Addict

In my experience, nicotine did take the blues away tem-

porarily. Simply put, nicotine is a drug, with a scientifically proven chemical "pleasure" reaction to the receptors in the human brain. Yes, of course it can create a temporary illusion of "feel good" like other drugs and even alcohol. Admittedly, there are times that I do miss that floaty escape of a "high," I am and will always be a nicotine addict.

But I am learning with more and more quit time better ways to get that high and improve my outlook/perspective/stress in a healthy way, without drugs or alcohol. I find it laughable now that I even looked at those stinky, carcinogenic, mind-altering paper tubes of leafy chemicals as a good thing!

Addiction and denial, what a messy combination, horrible actually and I feel for every addict still using, I truly do.

It is easy to see so many things about this addiction when you are no longer a slave to it, especially what addicts say to convince themselves to keep smoking.

I said so many things to people to justify it. My favorite one? "I just love smoking, I really do." Oh my God... denial. And when it came to quitting? "It's just not a good time, I have too much going on right now." Whatever... more denial. Anyway...

The first eight weeks of my quit all types of food were fair game. I munched on everything and often too much of it. As my taste and smell improved, so did my experimentation with all kinds of tasty treats. Ahhh, another "pleasure" reaction and it was healthier than smoking. So I ate...and I ate...and I ate.

Yeah, I gained fifteen pounds in my indulgences. Big deal. I can lose that. It's very insignificant compared to the damage I continued to do as a smoker.

Continued on page 14

BIRTHDAY CONGRATULATIONS!

CONGRATULATIONS THIS ISSUE GO TO:

Terry S. Mar 10th, 7 years of freedom!
Elaine C. of Los Angeles, CA stopped using Nicotine on 3/22/04 and has 2 years of freedom!
Elaine E. has 8 years; B day is 11/26/97!
Roz H. has 4 years; B day is 03/15/02!
Aimee has one year, six months, four days, 1 hour, 32 minutes and 40 seconds. 7700 cigarettes not smoked, saving \$1,732.57. Life saved: 3 weeks, 5 days, 17 hours, 40 minutes on May 06, 2006!
Jan W. of Wyoming has 1 year nicotine free August 11th!
Peg F. of Laurel Md. has 10 plus years nicotine free!
Samantha B. has 2 years and stopped using nicotine 06/03/04!
Susan K. celebrates an 11/25/1998 quit!
Janine C. stopped using nicotine on 7/18/05 and has 1 year of freedom!



Birthday Announcements

Name: _____

The above-named member of Nicotine Anonymous stopped using nicotine on _____
 and has _____ years of freedom!

Mail to: Nicotine Anonymous World Services

419 Main St., PMB#370

OR Huntington Beach, Ca. 92648 USA.

Email to: sevenminuteseditor@nicotine-anonymous.org

7 MINUTES

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7 Minutes is a quarterly publication of NAWSO news, articles and letters; it is - "a meeting on a page." Your subscription will help *7 Minutes* continue as the official conduit of this fellowship of recovering nicotine addicts. You may pay by check or money order (in US Funds only), or Credit Card.

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Try visiting our website at: www.Nicotine-Anonymous.org

You can contact us by email at: info@nicotine-anonymous.org. -(Revised 07-08-05)

Recovery by the Bay

Nicotine Anonymous World Services Conference XXII

**April
20–22,
2007**



**Join us at Marin
County's
beautiful
Inn Marin
in Novato,
California,
just north of
San Francisco!**

Inn Marin is easily accessible from the San Francisco and Oakland airports. We recommend you use San Francisco for your travel plans, as transportation is more frequent from that airport. However, if you use Oakland, there is a bus that will take you to San Rafael, where you will be picked up by an Inn Marin shuttle.

Hotel rates:

The Inn Marin has given us a special price of
\$95.00 for a single standard room (one king bed)
\$105.00 for a double standard room (2 double beds)
\$125.00 for a standard suite (includes living room with pullout bed)
\$140.00 for a jacuzzi suite (same as standard suite with a jacuzzi in the bedroom)
(Prices do not include taxes or gratuities. Rates will be honored three days before and after the conference, so stay awhile! Rates do include breakfast.)

Register with Inn Marin by **phone** at 800-652-6565 (or 415-883-5952), or by **fax** at 415-883-5058. The group block code is NICA, and the group name is Nicotine Anonymous. To register **online go to:** www.innmarin.com, and enter the promotional code NICOTINEA under rate information.

DEADLINE TO REGISTER WITH THE HOTEL IS MARCH 20, 2007

Register early for the conference by April 6 and pay \$25. After April 6 the fee is \$35.
There will be an after-conference activity to be announced later.
Registration forms will be forthcoming.

**Please contact Conference Chair, Catherine C.
at ConferenceChair@nicotine-anonymous.org for more information.**

This & That... Sara, Viola and David share their adventures...

Hi, I'm Sara, nicotine addict. I was chairing an online meeting of Nicotine Anonymous during the Fall of 2005. During my share I happened to mention that there was snow that day in my home town in Oregon. Dave typed in that he lived in Oregon also. I asked him which part of the state he was in and when he said Medford, I was thrilled. The two towns are only about twelve miles apart.

Having recently started a local face to face meeting, I asked Dave if he would like to come to it and he said he would. The lower level of the church where we met had a little square of couches near the back wall and a coffee table in the center. Although the meetings were generally small, there were a lot of wonderful people who came and went. And while I remember one meeting when I had to get extra chairs, I remember a lot of meetings when it was just Dave and me. His faithfulness encouraged me to keep my commitment. I am grateful for the friendship, the long conversations, and the companionship on a spiritual journey where we have experienced triumphs and failures - and lived to talk to each other about them.

I also met Viola at an online meeting. It was Vi's faith in her Higher Power that attracted me to her as a sponsor. She had twenty-two years of recovery in another program at the time I met her.

What I liked best about Vi was that she was not afraid or intimidated to share her Christian beliefs in a Twelve-Step group. She had a special kind of peace and strength (and freedom from nicotine) that I wanted. I was very happy when she agreed to be my sponsor. It was absolutely wonderful to have Vi come out to Oregon this summer.

We meandered through some beautiful gift shops, went to see a play at the famous Oregon Shakespeare Festival and had a splendid time visiting the local Wal-Mart. Viola managed to clean my kitchen every morning, fill the refrigerator with goodies I had never noticed at the grocery store, and help take care of my now three year old son. I suspect, on reflection, she may be an angel.

My name is Vi and I'm a Nicotine Addict. I had the privilege of meeting, (for the first time), two very special members of Nicotine Anonymous and friends. They live in Oregon ten miles away from each other. Sara lives in Ashland, and David lives in Medford. I met both of these friends online in the Voices and Unofficial websites of Nicotine Anonymous.

Sara, asked me to be her sponsor after a meeting. My Yahoo Messenger name is bunyb4jesus. She stated that she wanted a Christian sponsor and was drawn to my Messenger name. I eagerly accepted the privilege of sponsoring her.

I met David through a mutual Nicotine Anonymous group member.

One day David and I had a telephone conversation and we found that we shared many things in common.

On a particular Sunday, I instant messaged David knowing he was interested in Christianity; I talked to him about The Lord Jesus Christ. He prayed and told me he received God in "his heart."

All of us became fast and close friends with e-mails and frequent phone calls.

One evening, Dave called me and said that he and Sara had a wonderful surprise for me. They invited me to come to visit in Oregon. I was thrilled and plans were made to fly out June 22nd and return on July 12th of this past summer.

Not knowing what either of them looked like, when David picked me up at the airport I spotted him immediately and knew it was him when he approached me with outstretched arms and said "taa daa."

We went to Sara's house right away. I was anxious once again. Sara opened the front door to her home and received me with much love and open arms. She opened her home to me for my visit, a very special act of kindness and love to accept me as a true "friend."

My adventures with Sara and David the next three weeks are too numerous to list here but I will tell you, I had the

time of my life!

I introduced Sara to the necessity of shopping at Walmart (and it became our favorite place to "hang out.") We shopped and shopped until we literally, almost "dropped." We bought anything from shoes to her letting me pick out makeup for her and giving her a "new look." Sara never knew shopping could be so much fun!

Sara treated us to a play by Oscar Wilde and we agreed, "A good time was had by all."

On the days Sara was busy, David and I experienced adventures in sight seeing. We had a picnic, 4000

feet high, at the Klamath River in the Siskiyou Mountains of northern California. What a beautiful site with "mountains purple majesty" looming all around the area. David showed me beautiful Lithia Park in Ashland, with babbling brook and beautiful foliage and flowers, God's beautiful handiwork.

I met David's mother Gloria; and we immediately took such a liking to one another. Our birthdays are on the same day August 19th and we had fun sending each other greetings and cards on our "special day."

Gloria and I became "fast and wonderful friends." We went shopping and she bought me a beautiful eyelet top. I started calling her "Mom."

We went to a railroad museum and enjoyed the old locomotives and sites (so many adventures to list)!

The fun had to end and it was time for me to fly home to Indian Orchard, Massachusetts.

Our friendships grew deep on my trip to Oregon. Hopefully my friends will some day visit my husband and myself in Massachusetts and I can show them as much love, kindness and hospitality as they did me. Their generosity was from "the heart," and I will never forget my trip to Oregon.

I, remain Vi, a nicotine addict.



Continued on page 14...

Sara, Viola and David...

Continued from page 13...

My name is Dave and I'm a Nicotine Addict. I met Vi in a Nicotine Anonymous online meeting and was immediately attracted to her kindness, compassion, and lack of any kind of being judgmental in the least little way. She struck me then as being a combination of extremely serious while also having a lighter side. By this summer, as I have seen her advance in her recovery, her lighter side has come to predominate as the totally whacky and joyful side of her personality.

Sara was chairing another Nicotine Anonymous online meeting last fall and happened to mention she had snow that day in her hometown in Oregon. I typed in that I lived in Oregon too. She asked what part. I answered Medford.

She replied, "Wow, that's cool. I live in Ashland." She continued, "I started a face-to face meeting last week. Will you come to it?"

And that's how we made almost instant friends. Over the next few months we found we also had similar personalities and backgrounds. This helped us share growing in recovery.

The way I became a Christian had more to do with the way I saw Vi living as an example of the power of the Lord than through any kind of fancy attempt to convert me. As I came to know some of the incredibly horrific things that she had been able to recover from in order to become this incredible lady I knew, I decided I wanted what she had.

While here, Vi went on a shopping spree to end all shopping sprees. More times than I can count, Vi also took me along as her reluctant companion. Finally her husband called from Massachusetts and said, "No more!" Vi had fun until her Daddy took the T-bird away.

While in Oregon, Vi gave Sara, an already very pretty woman, a makeover. From that time on, Sara had to charter a Brinks armored car to run around in order

to keep the men away.

Like Vi said, the number of memorable events that occurred while she was here are too memorable to mention. Highlights for me were also the play, the picnic in the mountains, and a trip to the northern town of Grants Pass for sightseeing, and you guessed it – more shopping.

Finally on the sad day when Vi had to go home, she made her final farewells to Sara and me. Hopping a plane in Medford, she kept in constant contact throughout the long trip home reporting her adventures in finding the appropriate gates in the various airport terminals along her route. A real Mrs. Magoo when finding her way around airport terminals, Vi did an amazingly good job of catching her connections on time. At twelve AM, after an exhausting twelve-hour flight, she arrived safely in Massachusetts. Sara and I are already trying to figure out how we can get her out to Oregon again next year.

I, remain Dave, a nicotine addict.



But cheer up -- we could be selling tobacco. It's not like software kills people if used as intended

- David Chase, Source : seen on the web

My name is Carole, Nicotine Addict...

Continued from page 10...

I did realize that I could potentially replace one addiction for another so I started looking at what I was eating.

Well, I figured out that if I want to return my body to better health, then don't feed it a bunch of junk. How can my body heal after twenty-eight years of smoking if I'm feeding it a lot of crap and not moving my butt? So I have spent the last four weeks eating healthier, eating smaller portions throughout the day, and finally...

Last week I started walking, and like Forrest Gump, I kept walking. I walk every day in the morning with my dog now. I love the "high" and "feel good" I get, and it lasts all day. A cigarette made me "feel good" for about two minutes and then I needed another one and another one and another one, until I felt like crap by the end of the day for smoking too much! Then I would start the same "feel good, chase the blues away" lie all over again the next day. Ugh!

Exercising, even for just a measly twenty minutes a day is making all the difference in the world. I've lost two pounds. Now that's a positive and healthy "pleasure" reaction.

Obviously, I do not have to rely on nicotine to help me with anything, ever.

What I thought was "just me" and that I "needed a cigarette to feel better" was a big lie of denial. To buy the "pleasure" reaction of nicotine is pure addict, drug-junkie thinking.

I bought that lie for twenty-eight years. Addiction made me think smoking was the right thing to do when I needed a pick me up. Just light up and everything will feel better. No thanks. I can feel better naturally, it doesn't cost me a dime, I'll live a longer and healthier life, I'm not controlled by anything, and the "high" definitely lasts a lot, lot longer!

I can run and play like a child again mentally, physically, and in God's eyes with no worries in the world.

Give Back!

You Can't Keep it Unless You Give It Away

Nicotine Anonymous World Services is seeking servants for a variety of positions within the fellowship. Please see the contact information below if you would like to learn more about these service opportunities. Please share this flyer with your group. Remember, you have to give it away to keep it.

E-Mail Volunteers-Share your experience, strength and hope with people around the world who email us. Help them find meetings and answer questions about NicA. Provide about thirty minutes a week from your home or office computer.

Telephone Servants-Respond to telephone calls from people taking their first step on the journey. One day of service per week from the comfort of your own home.

Email/Postal Coordinator-Responsible for receiving email requests for pen pals; adding names to the email pen pal list; and sending out the list.

For further information about any of these service positions, please contact:

E-mail: info@nicotine-anonymous.org

Write: Nicotine Anonymous World Services

419 Main Street, PMB#370

Huntington Beach, CA 92648

NAWSO

Profit & Loss

January through June 2006

Jan-Jun 06

Ordinary Income/Expense

Income

4000 . Donations	2,771.71
4100 . Literature Sales	23,150.57
4290 . Shipping & Handling	3,236.93
4299 . Conference Profit(Loss)	<u>-696.01</u>
	28,463.20

Total Income

Cost of Goods Sold

5000 . COGS	<u>12,829.94</u>
Total COGS	<u>12,829.94</u>

Gross Profit

15,633.26

Expense

6000 . Office Expenses	12,809.92
6600 . WSO Expenses	<u>6,097.13</u>
Total Expenses	<u>18,907.05</u>

Net Ordinary Income

-3,273.79

Other Income/Expense

Other Income

8000 . Interest Income	14.50
Total Other Income	<u>14.50</u>
Net Other Income	<u>14.50</u>

Net Income

-3,259.29

Looking to do 12th Step work? Help wanted in NicA cyberspace office!

Email Volunteers

Duties: Share your experience, strength and hope with people around the world who email us. Help them find meetings and answer questions about NicA. Provide about 30 minutes a week from your home or office computer.

Qualifications:

1. **Nicotine free for at least 90 days.** That means free from nicotine in all its forms including smoking, patches, gum, inhalers, chewing, etc.
2. **Member of Nicotine Anonymous** - meaning you attend meetings and belong to a person-to-person group or are a member of our on-line chat group or communicate via mail or email with other members if meetings are not available where you live.
3. **Have an email address** and are willing to accept and transmit messages to people around the world who will be writing to us.
4. **Some computer literacy** - Familiar with using email and know how to access web pages for information. (If you haven't seen our WebPages yet, take a look!) www.nicotine-anonymous.org
5. **Willing to give back** - what can I say?

That's about it. Join other volunteers who are doing this rewarding 12th step work. Training provided (it's rather simple.)

For more info contact Alan, Email Coordinator, NicA World Services at: info@nicotine-anonymous.org

Seven Minutes

NEWS

419 Main St., P M B # 370
Huntington Beach, Ca 92648

**Publication Dates and
Deadlines for Submissions
for 2006**

Publication Date	Deadline Date for submissions
March 15	February 1
June 15	May 1
September 15	August 1
December 15	November 1

March 15	February 1
June 15	May 1
September 15	August 1
December 15	November 1

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