



VOLUME XVIII

September 2008

Number 3

Send letters, articles, stories, poems, artwork, or other material for *Seven Minutes* to:

Seven Minutes
c/o NAWSO

419 Main St., PMB #370 Huntington Beach, CA 92648

Subscription requests, circulation additions and deletions may be sent to the same address, or go to: www.nicotine-anonymous.org Online material may also be sent by email to: SevenMinutesEditor@nicotine-anonymous.org

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NAWS Chairman's report . . .

It is my great pleasure and awesome honor and responsibility to serve as Chairman of this wonderful, nascent organization, Nicotine Anonymous World Services. I pray that I'll help to get some good things done in the year of my service.

As I outlined to the Board in May at our first meeting, I have set some objectives for the year of my service:

- Fulfill the objective of Tradition Five –

Carrying the message to the still suffering nicotine addict.

- Engage World Service delegates throughout the year – not just at the Conference –

Informing them of major Board discussions and eliciting feedback.

- Implement the Outreach ideas developed at the Conference – here are just some:

Redo the Nicotine Anonymous Home Page (We've begun work on this).

Increase Outreach to treatment facilities.

This objective alone, state by state, is HUGE – New York State as of July 24th has cracked down Big Time on smoking by counselors.

Create a new Pamphlet to the nicotine addict in other 12-step programs.

(A GREAT DEAL of work has been

done on this already.)

Expand NicA's presence on Google and other search engines.

Set up NicA meetings at AA conferences –

But there are some REAL BIG tradition issues with this objective.

Expand NicA press releases around Great American Smokeout Day.

Address posting NicA info on YouTube, Facebook, and Myspace.

- Publicize NicA – being ever so conscious of Tradition 11.

A la the AA was publicized in the classic 1941 *Saturday Evening Post* article.

Or in furtherance of the 1985 article in *Readers' Digest*.

Or through other media – such as getting our wonderful new publication, *A Year of Miracles*, on talk shows.

- Develop a more attractive visual graphics style for our Logo.

- Recast our Third Step Prayer to take out its negativity.

- Streamline NAWSO Board Meetings – especially time-wise.

I trust that with considerable help from the Board of NicA World Services and all our members we will accomplish at least some of these aims.

- Ladd J from Long Island, Active Chairman

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.
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10. Continued to take personal inventory, and when we were wrong, promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry it out.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to other alcoholics and to practice these principles in all our affairs.

The Twelve Traditions of Nicotine Anonymous

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

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

The Twelve Traditions of Alcoholics Anonymous

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

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

Angela preparing to quit . . .

My quit is here. For five days I've been telling myself that I'm not contributing another dime to the "killing myself slowly with nicotine addiction fund" and that once these cigarettes are gone, that's it!

This time I'm going to live up to that declaration. This time, I've taken steps to prepare myself for the impending battle that is stirring within me. Good has sharpened its sword to find victory over evil.

So far, I've joined this group. I've begun to attend meetings (I'm so grateful for the hope I've received so far and for giving me the reassurance that I am not alone). I've read lots of literature. I've watched gruesome videos about the effects of smoking on my body. I've gotten myself past step one and two and am whole-heartedly ready for step three. I've put the meeting times in my calendar so that I will never be without support for too long and I've reached out to obtain a sponsor who might be able to help me along in my journey to recovery.

I bought a brand new journal and ink pen for recording my thoughts and progress and to help me work the steps (if I am enabling my addiction to office supplies, so be it!).

Later today I plan to go buy a bunch of gum, hard candy, some orange juice and some herbal supplements to help calm my nerves during my withdrawal. This time, I want my quit to stick! This time I want to do everything I can think of to counteract the urges. I'm no longer going to play defense in this game with my health and sanity at stake. I'm going on the offensive and that old devil better get outta my way.

I've just learned that the pastor of a nearby church that lives around the corner from me used to smoke and was deliv-

ered from his addiction many years ago . . . I think I may go have him pray with me and do step 3 with his help.

I'm actually going to tell my mother about my quit this time. I think in the past I have always listened to that little voice inside of me that says "well, don't tell her because if you fail you will never live it down" (she's the biggest anti-smoker I know). But this time, I am recognizing that the accountability might be helpful to my recovery if I submit to it in love and realize that she just wants me not to die an early painful debilitating death from cigarette smoking like her brother did. I'm also going to pray that God prepare her heart to aid me in my recovery and that he remove any feelings toward her in my heart that might be used as an excuse to fall off the wagon . . . however insane those thoughts may be (i.e. smoking to spite her or as a way of forcing her acceptance of me in spite of my shortcomings).

I have decided. I am not doing this for anyone but me, my own health and my own sanity.

I am no longer willing to be enslaved and isolated by this addiction.

I am no longer willing to perpetuate a behavior that I am ashamed of.

I will not accept the fear that I may fail and let that stop me from trying.

I will no longer let this addiction serve as an excuse not to love myself.

I want to do the work. . . even as painful, frightening and impossible as it may seem from where I stand in this moment.

I know in my heart this addiction is a lie, a trick to keep me from ever realizing my self-worth and what God has planned for me.

I will learn to rely on God to drown out that conniving little voice that always tries to

steer me down the wrong path.

If you have an extra moment today...please, pray for me.

Angela

Devil's Bridge . . .

You know, I'm thinking. I had this "experience" a few weeks ago, and I thought at the time that it might help me in the future.... I thought I'd share it - it will help me to do so, and if it helps anyone else even better. I will quit smoking in 4 days, 3 hours, 16 minutes and 49 seconds.

We were on holiday in Wales (UK), and we decided that we'd go on this walk at a place called Devil's Bridge. We'd had a look at the place a couple of days before and realised it would be a bit more than a gentle ramble - it's a walk down a gorge to the bottom and back up, so rather than do it then, we'd try one morning when we were fresh.

So anyway, we got there and paid our £3.50 each to get in, a started off merrily on our way. Down we went, it seemed quite steep. We got maybe an eighth of the way down and my wife (Annie) said "you do realise we're going to have to come back up the other side don't you"? "No problem I replied...". About a quarter way down, getting steeper, and we started struggling a bit. She said "This should have come with a health warning on the gate". I had to agree. Anyway, we rounded this bend and came to this flight of steps going down. And down and down and down and down.... In fact, you couldn't see the bottom. It was steeper than a staircase. Man, I almost ended up with brown pants going down that flight.... I have no idea how many steps I was too scared, one side had a sheer drop into the ravine.

We were both in a bit of

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a mess, emotionally as well as physically when we reached the bottom. Annie said "there's no way in heck I'd have done this if I knew how bad this would be", and I totally agreed. I felt more than a bit of resentment that there really were no health warnings at the start (Oh, and I should have added it's a one way street, no going back due to turnstiles!!). (Oh, and Annie doesn't smoke!).

So there we were, at the bottom of the gorge, water thundering under our feet, a slim steel bridge to cross the torrent, and then.... well we had to get up the other side!!!! The very worst was ahead of us. I'll cut the story short, but it was hard. It was the hardest "walk" I'd ever done in my life. We were cussing and allsorts on the way up, stopping every minute the exertion was that great. That climb took well over an hour.

15 minutes after we arrived at the top, sitting drinking a coffee, and talking about the incredible views we had seen, the waterfalls, the wildlife, the unbelievable terrain, a thought popped in my head.

I looked at Annie and said, "So, now that you know how hard that was, and how good the views were, and how good you feel that you actually did it . . . would you do that again"?

She didn't pause to reply. "Absolutely. It was more than worth it".

Before we went, if we knew how hard it was going to be, we wouldn't have gone. If we could have had a quick fix in the middle to get us out, we'd have taken it.

It was only when we got to the other side that we realised - it was more than worth it,

and it would not have been as good if it had not been so painful, so hard.

I could hardly walk for the next 3 days, I just limped/hobbled around in agony, but I'd do it again in a moment. It was worth it.

Jack(darkmoon)

~::~~

Phoenix Group in Salt Lake City . . .

'Can you tell me how to get to the Nicotine Anonymous meeting?' I asked the receptionist.

'Nicotine Anonymous? I don't believe we have one here.'

'Well - I was told it was here on the fourth floor, in a room next to the cafeteria.'

The receptionist patiently explained how to get to that room.

I was in a foul mood. I had driven 25 miles to attend a Nicotine Anonymous meeting an AA buddy had told me about. Traffic was unbearable on the way in, probably aggravated by the fact that I hadn't had a cigarette that day.

I had started smoking in earnest at 16. All of my friends smoked, and my need for peer approval outweighed my certain knowledge that cigarettes were really, really bad for you. Both my parents had smoked, and frequently complained about their desire to stop. They tried all sorts of 'tricks' to cut down, including switching to menthol ('Kools') when they had a cold. At the time I *knew* I would never, ever smoke. Ironically at 16 I knew even more about the evils of smoking. We talked about emphysema and lung cancer even then. Regardless, my need for acceptance trumped

any concern for my long term health. Besides, I knew I was too smart to get hooked. I would smoke for a while, and when the day came that it got to be a problem, I would just quit. Armed with the knowledge of my parents' difficulties, I would just not make the same mistakes.

My first attempt to quit came when I was about 21. I decided that it was time, so I just didn't smoke. Surprisingly I found it so easy to stop, that I decided it would be ok to smoke for a 'while' longer (however vague a period of time a 'while' is) and I would quit down the road. If it was so easy, why worry? Little did I know that the disease had set its trap, and I was caught in it just as surely as a wild animal in a snare.

I continued to smoke well into my 30's before I gave quitting another thought. My wife and I began to talk at that point about how the day was coming when we needed to start thinking about quitting. In our mid 30's we decided to make the proverbial New Year's resolution, and sure enough on New Year's Day we stopped. It was much more difficult than my previous attempt, and I vowed that I would never start again.

About a year later my wife started up. In the crowd we ran around with, I was the only male who didn't smoke. My wife starting again rattled me, because I was concerned about my ability to abstain if she smoked in my presence on a regular basis. She did, but surprisingly I was able to stay stopped.

At the two year mark, I was out with a friend having a few drinks. He was one of those rare birds who only smoked when he drank. Watching him smoke, I convinced myself that

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if he could do that, then so too could I. First I 'bummed' a couple of smokes, but they tasted so good with the alcohol I decided I would buy a pack. I would smoke that night and not smoke the next day; simple enough!

On my way to work the next day I found myself in a convenience store paying for gas, and without any thought or consideration whatsoever, I bought a pack of cigarettes.

The next three or four years found my wife and me making the annual New Year's resolution. Each year it got harder, and each quit was shorter and shorter; two years, a year and a half, one year, six months. I gave up on the New Year's resolutions. I was hooked, and it frightened me how deep the addiction ran.

The company I worked for sponsored a quit smoking group. The facilitator was very good and was able to help about half of the group actually stop smoking. Unfortunately one of my coworkers and I initially stopped for about 6 months, but began to allow ourselves to smoke sporadically – when we were out of town, when we were drinking, and others. Amazingly I found myself looking desperately toward those times, even drinking simply so I could smoke.

Ironically my wife stopped smoking in this group and never started again.

Now I began to approach my bottom. I desperately wanted to quit, so I would muster all the will power I could to quit. I would pick a Monday and with all the fiber of my being tell myself I was done smoking. After all, my great grandfather had died from lung cancer, my grandfather had followed suit in

his early sixties, and my father was saved in his sixties by an accidental early discovery of a small tumor in his lung. That history in itself should be enough motivation, right?

The Monday quit day would come, and I found that all I could *think about* was smoking. It was like they say happens when someone tells you not to think of (for example) an elephant. An image of an elephant pops instantly into your mind. The harder I tried not to think about smoking, the more prominent and dominant it became in my mind. I would struggle for an hour or two and then the craving and obsession would be too much and my resistance would crumble; it was absolute torture. I would tell myself that it was inhumane to expect myself to suffer to such a degree, and I would go bum a cigarette, telling myself that I would just have one and then not smoke for two more hours. Using this rationale I would bum a cigarette. I can't describe the relief I felt, but the minute I finished, I would hear a voice say 'Well you blew it again. You weakling! You're useless! You might as well go buy a pack – you haven't got a chance. There's something really wrong with you!' I can't describe the mental beatings I had begun to administer to myself; my self esteem crumbled under the onslaught. I began to see myself at the approximate level of pond scum. I became hopeless. I had a real propensity to lapse into bouts of depression, and I became fearful that was the next stop.

I felt that I was doomed to go on to the bitter end. I pictured myself smoking through bouts with cancer, inhaling through a 'trach' hole in my throat. It was too late to stop, the disease told me. If I did quite I would be one of those unlucky souls who would con-

tract cancer anyway. Why bother?!

By now fear had me in its ever tightening grip. I had been attending 12 step groups for other addictions, but I didn't seem to be able to apply the principles I learned there to smoking. I did however share about my struggle - incessantly at times, so that some members felt compelled to remind me of the purpose of the meeting, which didn't include addiction to nicotine. After a period of near hopelessness, I once more spoke in a meeting about my desperation to stop, and my total inability to do so. At the end of the meeting a member came up to me and said 'I know where a 'Smokers Anonymous,' meeting is.' The name hadn't yet been changed to Nicotine Anonymous.

I almost jumped at him in my desperation and shouted 'Where?!'

He began talking about his struggle with nicotine, both chewing and smoking. He described how he had found a 'Smokers Anonymous' meeting, and how it was based on the format of the first twelve step fellowship, Alcoholics Anonymous. He then gave me the particulars regarding locations and time.

I felt a new hope dawn like I hadn't experienced in some time.

The night of the meeting, I had been without a smoke for the entire day. I kept focusing on going to the meeting, and that gave me just enough hope to get over the hump and not smoke as each craving came crashing down on me, wave after wave. As a friend told me, I had been given the gift of desperation. In the foul mood my withdrawal had precipitated, I

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was in no mood to be told there wasn't a meeting. But it was clear that the receptionist wasn't aware of one. I was severely shaken at the thought that the meeting had stopped – I viewed it as my last chance to stop.

I followed the receptionist's directions and found the room where the meeting was scheduled to take place. With adrenalin, apprehension and fear coursing through my veins I tried to open the door to the room. It was locked!! I walked down the hall to the other end of the room and tried that door, my heart racing. It was locked too. I felt a cry of despair well up in my throat, and I resolved to break down the door if I had to – clueless as to what that might accomplish. I became angry and cursed my luck, my fate.

About then I heard a voice from behind me. In my anguish I hadn't even noticed the two women sitting in the cafeteria behind me. 'Can we help you?' she asked gently.

Cynically I said 'Probably not. I'm looking for a Smokers Anonymous meeting, and I guess no one showed up.' I turned in dejection to leave.

She said 'So are we. You're in the right place! My name is Kay, and this is Elizabeth. We're both nicotine addicts.'

The weight of the world lifted from my shoulders. I even managed a smile, and sat with the two ladies. I was elated.

Soon the other members of the meeting began showing up, and I attended my first meeting. We were called the Phoenix Group, in recognition of our rising from the ashes of our nicotine addiction. The power I found in the fellowship and sharing of the group was just

enough to get me through the next difficult week.

A week later I showed up in anticipation of picking up my 7 day chip. The fellow who had access to our chips didn't show up. I was more fixated on getting that chip than I had imagined and I began to whine about the inappropriateness of not having access to the chips. Finally my friend who had told me of the meeting stopped me and said 'I have a chip at home. If you'll follow me after the meeting, I'll give it to you.'

All I could manage was a feeble 'You're on.'

I picked up that chip 13 years ago. Over the years all of the original members have moved away or no longer attend for their own reasons. But I remember them and will be eternally grateful to them for their help. In those early days and months I used the phone pretty much daily, which was great exercise since, as we all know, the phone weighs at least 500 pounds when we're in need of help. Pat, Patsie, Leeta, Brad, Ray and many others will remain part of my story, since without them I could never have stopped. Kay M, who was so patient with me on that first day, moved away and we stayed in touch for a number of years. She always said to the newcomers, who were beating themselves up incessantly for not being able to stop, 'Count the ones you didn't smoke!' This proved to be of tremendous help to many people; putting a more positive spin on their struggle and giving themselves credit for trying was great salve to the demoralized addicts who often showed up. My great friend Leeta always postulated 'Smoking is just not an option!' She would then list the many things we could do instead of smoking.

Today I continue to attend the Phoenix Group trying to give back some of what was so freely given to me. Our group has at times swollen to 45-50 attending members and then dwindled to nights where I was the only member there. But the meeting, in its 14th year continues on, seemingly at times only because God wills it to do so. We have at times tried to branch out and hold meetings on other nights and at other locations, but all have faded away. As I write this, I have heard that there is a meeting in the south of our state 300 miles away in St. George. Other than that we are the whole shootin' match in Utah.

And I have learned that, no matter what happens – cancer, emphysema, whatever may come – my quality of life will be better if I'm not smoking.

Thank God NicA was there to save me. May God see it in his wisdom to ensure I can continue to attend for many years to come!

Bill F.

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## *A word from your Editor ...*

Gentle Readers

Having been given the honour of editing *Seven Minutes* about a year ago, I have a request to make of you.

This publication lives on the recovery stories of our membership—that is, the membership of Nicotine Anonymous. It is by reading or hearing the Experience, Strength and Hope (ES&H) of others that I am able to gain the strength to reach and maintain my quit, just for this one day.

Your fellow readers need to read your story! If you could kindly devote a few minutes to writing down how you came to your quit, or, if that is still your goal, how you are feeling as you follow this difficult road to recovery, you would be helping yourself (from the writing comes healing and healthing!) and of course you would be helping others.

Many people feel that their stories would not be of any interest to others. I have known many who have come into one of the online groups I attend feeling that they have nothing to give. They very soon find that the stories being shared by others are not that different from their own and quickly come to realize the power of everyone's ES&H and how that underpins the success of this program.

Please send your stories to [SevenMinutesEditor@nicotine-anonymous.org](mailto:SevenMinutesEditor@nicotine-anonymous.org) and I'll be happy to include them in a future issue of this publication.

I'd also like to re-instate a "letters to the Editor" section. Given that this became somewhat controversial the last time, I will propose to edit content for consistency with Traditions, and to minimize any controversy;

this is not meant to control the content but rather to promote a forum for a respectful and challenging exchange of views. You CAN be controversial, as long as the section does not become a battleground or a forum for the exchange of polemics!

The content will be yours—just write to me at the address above and let's try to get some meaningful dialogue going!

Yours in service

Kim F  
Editor

Cheltenham, England

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*Your strength, hope
and experience
will help another nicotine addict.*

**You CAN Contribute
to NicA's Seven Minutes!**

- How Our Meeting Works (description of format, what generally happens and how)
- How Service Has Helped My Recovery
- Intergroup Updates, Committee Reports, Conference Reports
- How I Sponsor My Sponsee
- How My Sponsor Helped Me
- A NicA Person I Admire
- Kudos to a NicA Person
- I am Grateful For.....
- What Inspires Me in NicA
- Working the Steps in NicA
- Discussion of a Step
- Discussion of a slogan
- Discussion of a tradition
- Discussion of a piece of literature
- Discussion of Outreach Projects "How We Attract Nicotine Addicts to NicA"
- Discussion of NicA Web site –what's there, how it helps
- About Online Meetings/People
- About Phone Meetings/People
- What Recovery Means to Me
- How *Seven Minutes* Helps Me

- What I would say to a newcomer
- My Story
 - How I started smoking
 - What it was like
 - What happened to make me want to quit
 - Quit process and attempts
 - How I finally quit
 - What worked for me in early recovery
 - My life in NicA
 - How it is now

Use these guidelines to help you tell YOUR story and help someone else along this road!

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**HEARD ON THE NICA  
TELEPHONE BRIDGE . . .**

- \* "I pray I don't let the disease con me into picking up a cigarette."
- \* "Don't believe everything you think."
- \* "Focus on what works. Focus on gratitude."
- \* "Don't have the fear of withdrawal when you hear people say 'hell week'. Using is hell everyday."
- \* "You can't be tempted with something you don't think, so stop thinking about it."
- \* "I smoked everyday, so I still need and make a meeting everyday."
- \* "I'm a full-spectrum addict."
- \* "Gratitude is the aristocrat of attitudes."
- \* "Everybody does hit doubt after awhile."
- \* "The Higher Power works through people"

## Service Position Opening . . .

NicA WSO has a service position open for a "Storefront Outreach" person. This position is described as follows:-

"Storefront Outreach targets select areas of a city or town, in which awareness of Nicotine Anonymous is raised via the continual distribution of pamphlets, flyers, and business cards, usually with the participation of local businesses and organizations."

Interested parties please contact:-

E-mail: [info@nicotine-anonymous.org](mailto:info@nicotine-anonymous.org)

Write: Nicotine Anonymous  
World Services  
419 Main Street, PMB#370  
Huntington Beach, CA 92648

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Call for Speakers . . .

Voices of Nicotine Recovery is an online, international meeting of Nicotine Anonymous. We have official NicA, real time, voice meetings daily. For many of our members, this is their only contact with NicA due to limited access to local meetings.

On Saturday nights at 9:00pm EST, we have our weekly Speaker Meeting. We are looking for NicA members (with a minimum of 3 months free from nicotine) who would be willing to come to our online Saturday night meetings to share their experience, strength and hope with us. Hearing from other members who are involved in local NicA meeting would help us grow as a group and most

importantly, help us to better carry the message to the nicotine addict who still suffers.

For information on how to get to our meetings and to set up a speaker date, please contact Roz at rhokie67501@cox.net. For more information on the group, please visit our home page by following this link:- <http://health.groups.yahoo.com/group/voicesofnicotinerecovery/> We look forward to meeting you!

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## Greetings from the Hospitals and Institutions Outreach Project . . .

As 2008 flows around us, my first thought is to say a prayer for the nicotine addict who still suffers. Those in program, regardless of how much time we have free from nicotine, can still remember the feeling of utter despair when we were using. As people choose the right time for them to try and quit for the first time, or the thousandth time, NicA has the opportunity to be there for those who are grasping at *one more chance* to be free of this powerful addiction.

With the permission of a hospital or institution, we can begin by offering meeting flyers, along with the *Introducing Nicotine Anonymous* pamphlet to the Employee Wellness Coordinator of the facility. Some NicA groups offer meeting information on business cards, and leave them in medical/dental offices. The NicA Outreach booklet, found on the WSO website, offers several sample letters to hospitals, medical professionals, correctional facilities, schools, and other organizations which assist or facilitate programs to help those addicted to nicotine. The website also list Internet and phone meetings for those unable to attend

a group meeting, or those who do not have a meeting in their area.

As the year goes on, let us reach out to those who want and can have what we have been given through this program.

In gratitude and service,

Patty G.

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Scintillating Story of July Officers' Meeting . . .

Our Chairperson Elect, Jan S, was hostess to eight of the nine officers in Phoenixville, PA during the weekend of July 11--13. Would you believe that the movie, THE BLOB, was filmed in this very burg and not only was Jan running a Nicotine Anonymous Retreat, but the village was having their annual Blob Weekend! One of the features for Friday night was the aluminum foil hat contest. In the movie, citizens created metal headgear to ward off the terror of The Blob. In 2008, villagers and other tourists came prepared with zany foil-fashioned bonnets and caps and our fellowship members were right in the spirit of things.

Next day, though, the officers settled down to the business portion of their weekend. Only our treasured Treasurer was not present, but had sent in the usual Treasurer's Report and the numbers for our newest publication, A YEAR OF MIRACLES. Its sale at the Conference and post-Conference has made a big impact on our income. Joe S brought happy news about our Google hits and less happy news about dropping

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income. Minutes for the Conference were approved and will be circulated to the Delegates, Intergroups and various Chairpersons. Ladd's goals for his Chairperson's year were outlined as well as his marketing ideas for A YEAR OF MIRACLES.

Most important among the many Committee Reports was the announcement from Vicky R of her resignation as Outreach Coordinator. The Board members voiced their gratitude for the dynamite list of projects she was able to glean from the Conference Workshop she led. Her substitute will be sought. One of her leading outreach suggestions is to create an automatic monthly contribution program at our Store, so we will be gathering information about copyrights and creating a sales pitch for it.

The 2009 Conference team is so far ahead of any previous committee that the officers were amazed. This is a group that has been thinking outside the box and is way ahead on merchandising and entertainment ideas. The Conference Committee for 2010 suggested April dates and Ladd will confer with them about seasonal hotel rates to be sure we get a good deal when the weather will be more favorable.

A good amount of time was spent brainstorming the retooling of our Home Page on the internet. A new edition of THE BOOK is ready and it was estimated we have about 4.5 months' supply of the current version, so we will print the new one in the fall. The accuracy of the Meeting List was chewed over and officers decided to convert to email almost all the snail mail we have historically sent to save money. SEVEN MINUTES was discussed and some changes will be made to help it

be more desired and less expensive. Checko's Turn Over cards and Calendar were discussed and some action will be taken to insure the legality of the cards.

Ladd led this meeting with alacrity and we finished in a record 4 ¾ hours.

Ardith A.

Secretary Emeritus

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2008 World Services Conference: Was it Just a Dream, or Did We Really Host It?

I spent the better part of two years preparing for the 2008 WS Conference, and then in about two minutes, it was over. But what a great two minutes it was!

Just to backtrack a bit, at the 2006 Conference in Lisle, no one stood up to pitch for the '08 Conference. In his inimitable fashion, **Ladd J.** (our Current WS Chairman) offered to bring it back to the NY Intergroup for discussion. At our next IG meeting, we all agreed to host again, as the last time had been in Brooklyn in 2002 and we all felt it was time for us to be of service again, especially since there was a dearth of others offering to do so. I offered to chair the conference committee because it was one position I had never held and I was interested in offering the service to the fellowship and challenging myself with a different type of responsibility. (Also, I'm very neurotic, so I knew my organizational skills would come in handy.)

Luckily, a number of people volunteered to serve on the conference committee and

we were on our way. First, a big thank you to **John O** who canvassed the available hotels and acted as the liaison to the Holiday Inn. Also, a huge thank you to **Scott B** from Maryland who offered to create our website which was not only informative, but also allowed us to take reservations via PayPal. We had a total of 115 attendees from as far as Germany (**Gerhard B**) and Portugal (**Carolina B**) as well as from the following states: AZ, CA, CO, DE, GA, IL, KY, NC, NJ, NM, NY, OH, OR, PA, TN, and TX.

I'd like to acknowledge the service of so many others who worked to make this conference such a success: **Susan T** worked tirelessly on developing themes for and finding volunteers to chair the marathon meetings held concurrent with all of the business meetings. **Patti A, Beverly S** and **Terry R** slaved over the room and table decorations and also made sure the hospitality suite was stocked with all kinds of food, drink and games. **Teresa G** handmade amulet pouches which we used to hold "Desire" and "Willing" chips to be distributed to the person with the least amount of time at each table at the Saturday Banquet. **Checko M** and **Marcia G** handled ordering literature and staffing the sales tables. Thank you to **Fran P**, Conference Treasurer, who managed all of the finances in advance and at the conference itself and who is responsible for one of the best laughs of all times when she showed me her remarkable record-keeping composition book. Thank you to **Adrienne W** for making the signs for the hotel and for manning the merchandise table.

Although he now lives in a different time zone, **Scott J** is still an honorary member of the NY Intergroup. It was his sug-

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gestion that we tour the Bayard Cutting Arboretum as our after-conference activity. When he moved to Arizona, **Edie C** ably took over with the assistance of **Eileen C**.

And to all of those who attended committee meetings, led a marathon meeting or volunteered to staff various tables during the weekend, or who pitched in some other way that I can't remember, THANK YOU! **Mike B, Kathy K, Alison A, Barbara D, Guenevere K, Colleen R, Jeff S, Gerhard B, Bird G, Al G, Jane B, Andrea V, Rosemarie R** and **Joanne C**.

Although it was something of a blur, I did try to "relish" each "moment." Happily, the feedback from all attendees was extremely positive. Except for a few technical problems with the audio which delayed us for a few minutes here and there, everything went swimmingly. I am so grateful for the opportunity to have been of service and so pleased that everyone seemed to have enjoyed themselves. Our annual "family reunion" is something I look forward to each year ever since I attended my first conference in Chicago in 1997. I know I am looking forward to the Akron conference, most especially since all I'll have to do is sit back, relax and enjoy the efforts of those who are working to create it now. Thanks to **Jules, MJ** and **Elizabeth** and those friends I haven't met yet who are working on the 2009 conference as I write this!

In loving service,
Martha K.
E. Quogue, NY

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## My Story . . .

My name is Cat H. and I am a grateful recovering nicotine addict. I have been free of nicotine for twelve years as of August 11, 2008. I quit at the most stressful time in my life. I had just learned that my mother was dying of brain cancer. I was 35 years old and had been meaning to quit when I turned 30. Finding out that my mother was terminal sent me into complete shock. In retrospect I can see that learning of my mother's illness made me feel completely helpless with a deep sense of loss of control. My grasping for control in this situation manifested itself in several ways, one of which was putting down the cigarettes. Unconsciously (at the time) I felt that I couldn't control my mother's destiny but by God I could cease control over this addiction that had ruled me for more than 18 years by that point.

It took about a month for me to surrender. I mean that, I didn't want to smoke, but felt strongly that I needed help to stay quit. If I could take my mother's terminal illness and allow it to have some positive impact on my life, I wanted for it to stick. I wanted to make a commitment to health and well-being. I looked up "nicotine anonymous" in the white pages and found a number. One of the first people from the fellowship that I met was Steve M. from Chicago and soon after that John O. from New York. They and several other members in our fellowship had a profound impact on my recovery. I attended meetings on a weekly basis for the next seven years. Went on to serve on the board and continue to recover each

day. I don't know where I would have been if I had never sought the help of Nicotine Anonymous, but I can tell you where my life is today. At 47, I am happier than I have ever been in my life. I own my own house on an acre of land in North Carolina. I am pursuing my dream of becoming an artist. I have a rewarding day job with very smart people who praise me all of the time for my contribution. I'm a high level contract negotiator on the legal team of a software company. I live in a beautiful climate, have an incredibly healthy life style and a sweet dog who is the best little boy in the universe!!! Best of all I'm not poisoning myself 35 to 40 times a day with the toxins contained in cigarettes. I don't take my recovery for granted and I thank the universe every day for helping me to stay free. I live with a sense of gratitude that with the help of nicotine anonymous and my faith in health and well being I continue to stay free.

My love to you all. My deepest thanks.

If you are currently free, keep up the good work!!!! If you are still thinking of quitting, I highly recommend it. Quit, follow your dreams, be happy. Trust me, it's not so bad.

Cat H.

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Freedom at Jones Beach . . .

New York Area Inter-
group of Nicotine Anonymous
Annual Beach Day

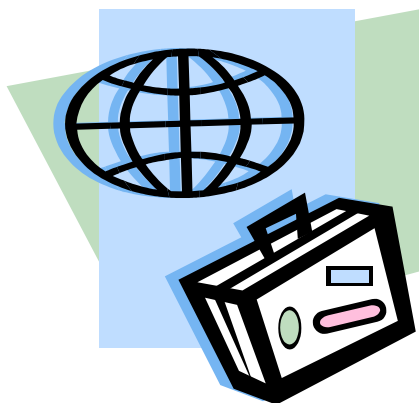
What a great experience I had on Sunday, August 10. I arrived at Jones Beach in New York for what I understand was the 15th annual Beach Day event. It was the 3rd Beach Day I have attended, and I would not have missed it for the world! As soon as I saw the group of nicotine addicts sitting in a circle, including some familiar faces, I knew I was home!

You see, I am currently living in California, but I started my journey to freedom from nicotine in the New Paltz, New York meeting almost 7 years ago. I had been to a few Clean in the Catskills Retreats and a couple of New York Intergroup meetings in the past, so I was looking forward to seeing some people I knew. I also knew that the level of connection with nicotine addicts I had never met before has been extremely powerful for my recovery, so I was looking forward to meeting new people to include in my recovery journey.

My home meeting was New Paltz, NY, which I had the chance to visit the Wednesday before. What a treat that was! I got to see the meeting room I got free of nicotine in, and I got to see my first sponsor. I even ran into the woman who told me about Nicotine Anonymous in the first place (It reminded me about how I needed to be ready in order to get the message! People had been telling me to "quit" for years, but they didn't know how hard it was for me. Only a fellow addict could get through to

me!)

At Beach Day, there were 16 wonderful human beings there who share my addiction. I am happy to say that each one of them, even those I met for the first time, also share in my *recovery* from the drug. Two people there had received phone calls from me in the past when I needed to talk about challenges in my life. I was so grateful to see them! It reminded me of how far my recovery has come, and how grateful I am for the experience, strength and hope of others! I also had the pleasure of spending time talking with people I had not met before. What a blessing to see the willingness, gratitude and spirituality we share in this fellowship! I also had the opportunity to meet someone whose recording on a World Service Conference Gratitude Meeting tape had brought me much comfort during a very trying time.



Lisa from Long Island was the kickoff speaker at Beach Day, and she shared so much of what sounded like my story. I had the pleasure of watching her receive her 6 year chip. That was particularly important event for me, because a few months earlier, I took a 6 month chip, too, at my new home meeting in Sherman Oaks, CA. Receiving my 6 year chip from my Sherman Oaks meeting was

WONDERFUL!

For my 6th year anniversary, I was not able to get back to NY to celebrate with my original home group. I was still bummed about missing my anniversary in NY when a member of the NY Intergroup happened to be in California for the World Services Officer's Meeting. We had planned to go to my new home meeting, in Sherman Oaks, together. Wouldn't you know, when I picked up my mail that day, there was a coin from the members of my original home group in New Paltz! So my visiting friend from the New York Intergroup officially gave me my coin, on behalf of the New Yorkers I had gotten free with! It was the icing on my cake: not only celebrating 6 years free, not only celebrating it with a coin from my original home group, but for the coin to be presented by a real live New Yorker from the fellowship! A miracle!

Somehow, at the Beach Day event, watching Lisa take *her* 6 year chip at the beach in NY was a treat: I felt as if I were living vicariously through her as she received her chip from a member of her home meeting. Another miracle! It was beautiful!

I do believe that miracles abound; I only have to look for them. It is a miracle that I am free of nicotine today. Just for today. One day at a time. It is a miracle that 16 people sat and enjoyed sharing our experience, strength and hope with one another as we enjoyed the weather and beach at Beach Day.

As a direct result of this program, I am seeing miracles in so much of my daily life.

I am ever grateful to this fellowship for helping me

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get free of nicotine. My life is infinitely better than I could ever have imagined, and I have awesome people to share it with, even if some of them are 3000 miles away. Days like Beach Day bring me closer to my extended Nicotine Anonymous community, and I am grateful for that!

Thank you Nic A & everyone who participated in Beach Day!

Judi D

Grateful recovering nicotine addict

Sherman Oaks, CA
Meeting

Wednesday 11PM EST
Phone Meeting

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### *A Reason and a Tip . . .*

We are attendees of the Tuesday night NicA meeting in Stow, Ohio. One of the things we like most about our meeting is that at the end of the hour, we are asked to give one reason we are glad we quit and one tip for those quitting. We've collected many reasons and tips to share with you, and hope that you find them as helpful and inspiring as we did!

I'm glad I quit because...

I am free. I am no longer a slave to smoking. It doesn't have to guide my time and my choices. - Because of health reasons. I can breathe better and am not sick as often. My sinuses are better. I have not been hospitalized, as I used to be for respiratory problems. I have reduced the medications I take, which has saved money. I can exercise now where before I couldn't breathe well enough or didn't want to even try. I take better care of my body now. I've reduced my health risks. - The war is over. No more fighting the cravings and living with the battle of wanting to quit and not being able to. - I feel more in control of my life.

No more being sneaky. Or lying. - My family is happier; I feel better and am happier. - I am doing things today that I wouldn't be if I were still smoking—such as biking, scuba diving, going to church, being in various groups. - I am flying to another state, and don't have to worry about not being able to smoke at the airport or on the plane! - I am no longer poisoning my spouse, kids, loved ones, friends with my second hand smoke. - I am no longer burning holes in my clothes, furniture, carpet, or car. I don't have anxiety any more about burning the house down. - I am a better example to the kids in my life. - I have a better relationship with my Higher Power, which has changed my world totally for the better! I am living in my Higher Power's will instead of out of it. I am better able to fulfill my Higher Power's plan for my life. - I am not afraid to meet new people or try new experiences. Smoking used to hold me back. - I came to NicA and met wonderful new friends. - I am saving a ton of money by not smoking. - Everything smells better—my house, my car, my clothes, my hair. I don't stink anymore. - I will live longer; have more time with my kids and grandchildren. - I don't have to go out in the cold and the rain to get my fix. - There are new laws all the time banning smoking, and I don't have to have anxiety about it. - I feel serenity and peace, not anxiety and fear. - I don't have to feel shame any more about being an addict. I have more self esteem knowing I did this tough thing. Since I quit smoking, I feel like I can do anything!

My tip is...

Drink a lot of water. - Keep coming back. - Don't beat yourself up...in fact do the opposite. Be gentle with yourself. Relapse is practice, not failure. - Take it one day at a time. One hour at a time if that's what is needed. - Have a written plan. - Learn all you can about smoking and quitting at the library, bookstore or online. Knowledge is power. - Know that whatever your status; new-comer, not yet quit, one month quit,

one year or ten years quit, you are helping others in this room by being here. - Pamper yourself. Find things that relax you and make them a priority while you are quitting. - Reward yourself. Plan something big with the money you save. - Don't smoke, even if your butt falls off!! - Get involved in service. - Read the literature. - Pray for yourself and pray for each other. - Make time to pray and meditate every day as a new routine. - Take three slow, deep breaths. - The craving will only last 3-5 minutes—make a game of it and time it! You'll be off onto something else before the time is up. - Call someone on the phone list. Be humble enough to ask for help. - Get rid of ALL nicotine stuff; lighters, ashtrays. - Seek and find a Higher Power. Start at the library or bookstore or ask another person about their Higher Power. - Get a sponsor. - Call your sponsor every day. - Chew on a stick of cinnamon. It makes your breath smell good and you can draw through it! - Make a list of reasons to quit, and use it as a gratitude list later! - Make a list of what you could gain from quitting and lose from not quitting. - Recognize the miracles and be grateful each step along the way. - Read the daily NicA readings, stay connected to NicA on days when we don't meet. - Go to an online meeting or phone meeting. - Remember why you want to quit. It's easy to say no when there is a bigger yes inside. - Focus on today. - Think positive! For example, instead of thinking "I HATE to quit" think "I want to be a non-smoker!" - Our fear of quitting is more fear than it needs to be. It's not as bad as we think it will be. - Remember that you can handle a little discomfort. You CAN be uncomfortable and be OK. - Use H.A.L.T. Don't let yourself get too hungry, angry, lonely or tired. Take totally good care of yourself as you quit. (And from now on!) - Let go and let God. - Trust the process. - Pray for readiness to set a quit date. - Shake up your routine and do things differently. Take a different route when

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driving, talk on the phone in a different room, and plan some activity for immediately after dinner or upon waking. Habit is a trigger, so know yours and shake them up. - Know your triggers and have a plan. - Count your blessings, start a gratitude list. - Use whatever cessation aid you need until you get completely free — Nicotine replacement medication, patch, gum etc. - Monitor your progress at one of the quit meter sites available online!

Please remember that the opinions expressed here were strictly those of the person who gave them. Take only what you need and leave the rest behind!

In Service, and we look forward to seeing you in Akron next spring!

Members of the Stow, Ohio  
NicA Meeting

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## ***MY NAME IS LADD, AND I'M A NICOTINE AD- DICT . . .***

I'm also a grateful, recovering nicotine addict. And a garden variety one at that. I smoked for three-eighths of a century spanning two millennia. I learned the Twelve Steps in another program, so it was easy for me to realize that if a 12-step program works for one addiction, it should work for another.

In fact, I was introduced to NicA while I was puffing away outside a meeting of this other 12-step group. I pretty quickly concluded, after listening to this good-looking blonde, who proudly told me that she was three months free from nicotine, that I had NOTHING TO LOSE by trying NicA. And - very importantly to me - that upon entering the rooms of NicA, nobody was going to beat me over the head to stop, nor were they going to

badger me to quit right away. I would be free to get the program in my time, not in someone else's sense of it. In fact, when I went to my first meetings, I merely WANTED to WANT to quit - in no way did I directly want to quit. I wanted to have all the time in the world to test the waters - to put myself into the no-smoking pool one toe at a time.

I was won over one meeting at a time, one story at a time. And it all took many months of meetings - first, one meeting a week, then two, then sometimes three meetings a week. I was a hard-nosed case. For those 8 1/2 months of going to meetings - I didn't give up so much as a single cigarette. Sure, I got a little annoyed at myself for not "getting it." But I didn't feel any press of time to give up smoking. And I didn't expect, nor did I experience, any pressure from anyone in the meetings to get me to stop smoking. Only after I finally quit did I begin to realize that those poor, wonderful, accepting people in the meetings could tell by the stench of tobacco permeating my clothes heralding my arrival that I was still smoking.

What got me to quit, finally, was a combination of realizing that the stories I heard of people smoking for 20, 30, and 40 years were MY story - I WAS NO DIFFERENT. Secondly, I dearly wanted to tell my similar story of smoking IN THE PAST TENSE. And, finally, I wanted to tell the story of those who had quit of the same new life of ease, sweetness, freedom, peace, and comfort.

I would call my conversion to an ex-smoker a process of sweet seduction - of being loved by the group - of being accepted by the group for who I was, warts, weaknesses, and all.

Quitting smoking, for me, is about freedom - about what I

CAN do, not what I cannot do. It's about the freedom from the ball and chain of smoking - always fiending for opportunities to escape to indulge in my dirty little disgusting habit - about hiding from the world, from friends and family, from feelings. Quitting is, for me, about letting go - as opposed to being dragged - and letting God. About being willing to let into my life the God of my understanding:

Good Orderly Direction

Group of Delinquents  
(We nicotine addicts)

Grand Old Design.

I'm learning:

- To not tell my God  
how big my problems are, but

To tell my problems  
how big my God is.

- In order to know God,

I gotta remember to  
spend time with God.

I'm also learning the  
truth of the wonderful saying -

No God, no peace.

Know God, know  
peace.

And I bask in the idea  
that the closest I'll get to God  
today is the people I meet.  
"Meeting Makers Make It" -  
meetings are a great place for  
me to meet the "We" of the first  
word in the Steps - and the  
"We" of my Higher Power.

My name is Ladd, and  
I'm a nicotine addict. I'm proud  
to be serving as the Active  
Chairman of Nicotine Anony-  
mous World Services - and I'm  
mightily humbled by the trust  
placed in me to serve.

- Ladd J.

Long Island

30 July 2008

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**NAWSO**  
**Profit & Loss Prev Year Comparison**  
**January through June 2008**

|                                 | <u>Jan - Jun</u> | <u>Jan - Jun</u> | <u>\$ Change</u> | <u>% Change</u> |
|---------------------------------|------------------|------------------|------------------|-----------------|
| <b>Ordinary Income/Expense</b>  |                  |                  |                  |                 |
| <b>Income</b>                   |                  |                  |                  |                 |
| 4000 · Donations                | 3,076            | 4,008            | -932             | -23%            |
| 4100 · Literature Sales         | 18,706           | 20,194           | -1,488           | -7%             |
| 4290 · Shipping & Handling      | 2,455            | 2,932            | -477             | -16%            |
| 4299 · Conference Profit (Loss) | 3,868            | 2,011            | 1,857            | 92%             |
| Total Income                    | 28,104           | 29,145           | -1,041           | -4%             |
| <b>Cost of Goods Sold</b>       |                  |                  |                  |                 |
| 5000 · COGS                     | 11,131           | 11,538           | -407             | -4%             |
| Total COGS                      | 11,131           | 11,538           | -407             | -4%             |
| <b>Gross Profit</b>             | 16,974           | 17,607           | -633             | -4%             |
| Gross Profit % to Income        | 60%              | 60%              |                  |                 |
| <b>Expense</b>                  |                  |                  |                  |                 |
| 6000 · Office Expenses          | 12,905           | 22,367 *         | -9,462           | -42%            |
| 6600 · WSO Expenses             | 6,089            | 5,367            | 722              | 13%             |
| Total Expense                   | 18,994           | 27,734           | -8,740           | -32%            |
| <b>Net Ordinary Income</b>      | -2,021           | -10,127          | 8,106            | -80%            |
| <b>Other Income/Expense</b>     |                  |                  |                  |                 |
| Other Income                    |                  |                  |                  |                 |
| 8000 · Interest Income          | 872              | 65               | 807              | 1242%           |
| Total Other Income              | 872              | 65               | 807              | 1242%           |
| Other Expense                   |                  |                  |                  |                 |
| 8030 · Interest Expense         | 12               | 164              | -152             | -93%            |
| Total Other Expense             | 12               | 164              | -152             | -93%            |
| Net Other Income                | 860              | -99              | 959              | -969%           |
| <b>Net Income</b>               | <b>-1,161</b>    | <b>-10,226</b>   | <b>9,065</b>     | <b>-89%</b>     |

\* Includes \$11,706.00 for Website Conversion to php.

# Nicotine Anonymous World Services

419 Main Street, PMB #370 Huntington Beach, CA 92648 USA

Shipping 714-536-4539 Email: info@nicotine-anonymous.org Internet: www.nicotine-anonymous.org

For faster service use this form with a credit card and fax to: 714-536-4539

OR mail check or money order (US\$ Funds, only, payable to "NAWS") or credit card information to the address above

Mail To: \_\_\_\_\_ Date \_\_\_\_\_

Intergroup/Grp Name: (If applicable) \_\_\_\_\_ Grp #: \_\_\_\_\_

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

Address or PO Box: \_\_\_\_\_ Business \_\_\_\_\_ Residence \_\_\_\_\_

City: \_\_\_\_\_ St: \_\_\_\_\_ Zip: \_\_\_\_\_ Ph#: \_\_\_\_\_

CREDIT CARD (CK ONE)  MASTERCARD  VISA  AMERICAN EXPRESS  DISCOVER CARD

Name on card \_\_\_\_\_ Signature \_\_\_\_\_

Card # \_\_\_\_\_ Exp Date \_\_\_\_\_

Billing address \_\_\_\_\_



NEW!!

| ITEM# | ITEM DESCRIPTION                                 | BOOK DISCOUNTS                                     | QTY | Price Each | Total Price |
|-------|--------------------------------------------------|----------------------------------------------------|-----|------------|-------------|
| Bk    | NICOTINE ANONYMOUS: The Book                     | Bk 1-10 = \$7.50, 11-49 = \$7.00; 50+ = \$6.50     |     |            |             |
| Bk2   | Our Path to Freedom 12 Stories of Recovery       | Bk2 1-10 = \$4.95, 11-49 = \$4.60; 50+ = \$4.25    |     |            |             |
| Bk3   | 90 Days, 90 Ways                                 | Bk3 1-10 = \$4.95, 11-49 = \$4.60; 50+ = \$4.25    |     |            |             |
| Bk4   | Nicotine Anonymous 12 Traditions                 | Bk4 1-10 = \$2.50, 11-49 = \$2.00; 50+ = \$1.50    |     |            |             |
| Bk5   | A Year of Miracles (A meditation for every day.) | Bk5 1-10 = \$14.00, 11-49 = \$13.10; 50+ = \$12.20 |     |            |             |
| Tape  | The Book & Our Path to Freedom on tape.          | Boxed Set of 4 Tapes = \$20.00                     |     | 20.00      |             |

Braille: THE BOOK & Pamphlets are also available from the Braille Institute 800-272-4563 - Ask for supervisor or Order Desk.

Please Note The Increase In Shipping Charges !!

| ITEM#                          | ITEM DESCRIPTION                                                                          | PAMPHLET DISCOUNTS P-1 to P-14         | QTY | Price Each | Total Price |
|--------------------------------|-------------------------------------------------------------------------------------------|----------------------------------------|-----|------------|-------------|
| P-1                            | Introducing Nicotine Anonymous                                                            | under 100 pcs. No Discount .20 ea.     |     |            |             |
| P-2                            | The Serenity Prayer for Nicotine Users                                                    | 100-499 pcs. Any Combination .18 ea.   |     |            |             |
| P-28                           | The Serenity Prayer for Smokers(Spanish)                                                  | 500-999 pcs. Any Combination .16 ea.   |     |            |             |
| P-3                            | A Nicotine User's View of the Twelve Steps                                                | over 1000 pcs. Any Combination .14 ea. |     |            |             |
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| P-6                            | To the Medical Profession                                                                 |                                        |     |            |             |
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| P-13                           | Are You Concerned about Someone Who Smokes or Chew                                        |                                        |     |            |             |
| P-14                           | How Nicotine Anonymous Works                                                              |                                        |     |            |             |
| B-L                            | The By-Laws of Nicotine Anonymous                                                         |                                        |     | 1.00       |             |
| Cds                            | Nicotine Anonymous Business Cards                                                         |                                        | 100 | 5.00       |             |
| Dir                            | Worldwide Meeting Directory                                                               |                                        |     | 1.00       |             |
| Psa                            | Public Service Announcement as an MP3 file                                                | Via email only                         |     | FREE       |             |
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|                                | <b>DONATION (Thanks for supporting NAWS in our effort to help those who still suffer)</b> |                                        |     | XXXXXXXX   |             |
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If form is older than 6 months, write to us for an updated one or visit our website to download a new version. Rev. 05/01/08



# Nicotine Anonymous World Services Conference XXIV Akron, Ohio April 24-26, 2009

Quality Inn & Suites Richfield  
4742 Brecksville Road, Richfield, Ohio 44286  
Book Online or Call 1-877-477-5817  
and mention "Nicotine Anonymous."  
Room Rates: \$79.00 per night

To book online go to <http://www.qualityinn.com/> and go to Richfield, Ohio as "Point of Interest"  
Rates will be honored 2 days before and after the conference.

The Quality Inn & Suites™ hotel is just 20 miles from downtown Cleveland and downtown Akron.  
Cleveland-Hopkins International Airport is 21 miles away and Akron-Canton Regional Airport is 32 miles away.  
Taxi and Limo Service is available. Please see Ohio website for more info. ([www.ohio-nica.org](http://www.ohio-nica.org))

COMPLETE AND MAIL TO: Les Christman, Nica Registration, 572 W. Market St., Suite 7, Akron, Ohio 44303  
Phone: 330-715-9288 E-mail: [LLchristman@aol.com](mailto:LLchristman@aol.com)

NAME: \_\_\_\_\_  
ADDRESS: \_\_\_\_\_  
CITY, STATE ZIP \_\_\_\_\_  
PHONE \_\_\_\_\_ E-MAIL \_\_\_\_\_

\_\_\_\_\_ Yes, I am an ELECTED delegate representing the following group or Intergroup:\*  
\_\_\_\_\_ I would like a roommate\*\* \_\_\_\_\_ Male \_\_\_\_\_ Female

\*Delegates must be registered with World Services no later than March 25, 2009 NAW5 Secretary, 419 Main St., PMB #370, Huntington Beach, CA 92658; e-mail [secretary@nicotine-anonymous.org](mailto:secretary@nicotine-anonymous.org). Include name, address, phone, e-mail and group representing. PLEASE SEE REVERSE SIDE FOR MORE INFORMATION ABOUT THE DELEGATE PROCESS.

\*\*Every effort will be made to help you find a roommate. However, you will be responsible for contacting each other and making arrangements for your stay at the hotel.

Registration: (Cash or check only for registration, literature and merchandises at the conference.)  
\$25 Early Registration OR \$35 Late Registration (after 4/17/09): \$20 Two days only; \$10 One day only  
Non-Nica spouses and partners no charge # of registrants: \_\_\_\_\_ TOTAL \$ \_\_\_\_\_

Meals:  
Saturday Dinner buffet \$35.00 # of adults \_\_\_\_\_ Children's \$19.95 # of children \_\_\_\_\_  
Sunday Brunch buffet \$26.00 # of adults \_\_\_\_\_ Children's \$16.25 # of children \_\_\_\_\_  
TOTAL MEALS \$ \_\_\_\_\_

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| T-Shirts: Adult Sizes:                   | Quantity                                   |                         |
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Optional Donation to World Services \$ \_\_\_\_\_  
Optional Donation to NAW5 2009 Conference \$ \_\_\_\_\_ TOTAL ENCLOSED: \$ \_\_\_\_\_

Make checks payable to Nicotine Anonymous Conference XXIV.

Questions??? Please contact Conference Chair, Jules C. at [Jastaine@neo.rr.com](mailto:Jastaine@neo.rr.com) or 330-678-3753



## *My Favorite Service . . .*

From my earliest days in the fellowship of Nicotine Anonymous, I have been given the opportunity to do all kinds of service, big and small. My mentors and sponsors have always encouraged me to step up and do whatever needed to be done. This started with setting up chairs, literature, the candy dish, and seeking speakers for our meetings. It progressed to chairing and starting new meetings, chairing our local intergroup and retreat weekends and participating in the hosting of World Service Conferences. I was even blessed with the opportunity to serve on the board of World Services, not to mention the participation in sponsor/sponsee relationships.

All of these have been marvelous experiences and have greatly enhanced my life and my recovery. I also enjoy speaking at meetings when I've been asked to do so, even appearing on a radio show or two. As rewarding as all these have been, no single act of service has been as much FUN as speaking on behalf of Nicotine Anonymous to people who are not familiar with our marvelous fellowship. Thanks to some amazing servants in my intergroup, I get regular opportunities to do so at county-sponsored smoking cessation classes and at state-operated drug and alcohol treatment centers.

I am fortunate to live in a county that puts a great deal of resources into helping residents quit smoking. They conduct six weekly classes with both training and pharmaceutical support. After this, attendees are on their own. In order to offer continued support, a NicA member comes and speaks to the class about his experience in the fellowship.

Whenever I try to describe this particular piece of service, the lyric "It's like trying to tell a stranger about rock and roll" comes to mind. NicA is an amazingly simple organization which helps unbel-

lievably complex people deal with a cunning and baffling addiction. It always seems that the class is skeptical about the program when I begin to share, but after I begin to share my story, there are a lot of nodding heads and identification with my struggles and difficulties in gaining freedom from nicotine. When I begin to describe the incredible help and support that I received from the members of our fellowship and the changes in my life as the result of working the 12 steps, the hope I see on the faces of the people in the room is very evident.

What I am actually doing is repeating my love story with this amazing fellowship. Doing this always reminds me of all the gifts I have received from this program and how my life has changed so much from being involved. It reminds me of all the wonderful people and all the fantastic things that have come to me over the years. My message is really very simple: that EVERYTHING in my life has gotten better as the result of giving up nicotine and working the 12 steps and that the people in the program and my higher power have done for me what I could not do for myself.

Last night I headed to the local hospital to speak to one of the classes. I had just had a brutal day at work and was really in a foul mood. I really was not in the proper frame of mind to speak to the class, but I began to relate my story nonetheless. Minute by minute my spirits brightened and after just 15 minutes or so, I felt wonderful. The group I spoke to seemed quite enthusiastic and had some great questions about the fellowship. By the time I walked out, I was walking on air.

The same thing happens when I go to one of our local rehab facilities to speak. Many of the residents are quite surprised to find that when they go to get treatment for drug and alcohol addiction, they are not allowed to smoke for the entire duration of their stay of at

least 30 days. Some facilities even test the patients to make sure they remain abstinent from smoking. This is quite a shock to some, and rebellion is a common reaction.

This is not always the most open-minded group to speak to at first, but after a while, they, too begin to understand the relationship between nicotine and drug and alcohol addictions. As a recovering drug addict and alcoholic myself, I can certainly relate to the people in the rehab and I know it can be very difficult to have to quit smoking while trying to abstain from drugs and alcohol. Again, when I relay my story, I can see the understanding in the faces of those who can relate to the interaction I had between nicotine, drugs and alcohol. They can also relate to it when I suggest that I didn't get clean and sober just to die from smoking-related causes and that smoking is not a behavior that sober people involve themselves with.

Soon, those people who were resistant to the ideas of Nicotine Anonymous can be found asking about our local meetings and sharing their experiences with nicotine and other substances.

The greatest reward for me is when I see someone from one of these sessions attend a local meeting. I have had few successes in service to this fellowship that are greater than that. Whether or not any of these folks do show up at a meeting, there are two amazing benefits to this: 1 - I'm able to let people know that we can give up nicotine and still survive, and 2 - I remember so clearly why I love this fellowship the way I do.

If ever you find yourself in a position to do this kind of service and outreach, I highly recommend giving it a try. You may really be able to help some people and you may just be reminded why you love the fellowship so much. Good luck.

Yours in Service,

John O

# ***NICA AROUND THE WORLD***

## **UK Meetings**

Write to:  
Nicotine Anonymous  
PO Box 1516  
LONDON  
SW1H 9WT  
Tel: 020 7976 0076 (please leave a message)  
Web: [www.nicotine-anonymous.co.uk](http://www.nicotine-anonymous.co.uk)

United Kingdom meetings...

This message was posted on the online message board about meetings in the United Kingdom. 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.  
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

[SevenMinutesEditor@nicotine-anonymous.org](mailto:SevenMinutesEditor@nicotine-anonymous.org) or by snail mail to

Seven Minutes c/o NAWSO  
419 Main St., PMB #370  
Huntington Beach, CA 92648

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## **NICOTINE ANONYMOUS**

### **Nicotine Anonymous Offers Help to All Nicotine Addicts; Support Available to Those Who Wish to Stop Smoking 365 Days a Year**

Nicotine Anonymous is a non-profit, 12-step fellowship of men and women helping each other to live nicotine-free lives. Nicotine Anonymous welcomes all those seeking freedom from nicotine addiction, including those using cessation programs and nicotine withdrawal aids. The primary purpose of Nicotine Anonymous is to help all those who would like to cease using tobacco and nicotine products. The fellowship offers group support and recovery using the 12-Steps adapted from Alcoholics Anonymous.

For the millions of Americans who will try to quit smoking this year, Nicotine Anonymous offers ongoing support to all those who desire it for an unlimited time. Their sole focus is helping the still suffering nicotine addict 365 days a year. There are no dues or fees for Nicotine Anonymous membership as the organization is self-supporting through member contributions. The only requirement for membership is a desire to stop using nicotine.

Founded in 1983, Nicotine Anonymous has over 600 meetings throughout the United States and 35 other countries. A full list of meetings and other information is available on the Internet at <http://www.nicotine-anonymous.org>. Or write: Nicotine Anonymous, 419 Main St., PMB #370, Huntington Beach, CA 92648. Or email: [info@nicotine-anonymous.org](mailto:info@nicotine-anonymous.org)

Their toll free phone number is 877-879-6422. Books, pamphlets and other literature can be ordered at a nominal cost.

# *BIRTHDAY CONGRATULATIONS!*

JENNY G.

07-13-2006

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## *Birthday Announcements*

N A M E \_\_\_\_\_

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  
Huntington Beach, Ca. 92648 USA.

OR

Email to: [sevenminuteseditor@nicotine-anonymous.org](mailto:sevenminuteseditor@nicotine-anonymous.org)

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### *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/Penpal 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](mailto:info@nicotine-anonymous.org)

Write: Nicotine Anonymous World Services

419 Main Street, PMB#370

Huntington Beach, CA 92648

## *Seven Minutes*

### **NAWSO**

**419 Main St., PMB # 370  
Huntington Beach, Ca 92648**

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#### **Publication dates and Deadlines for Submissions For 2008**

| <b>Publication date</b> | <b>Deadline Date for Submissions</b> |
|-------------------------|--------------------------------------|
| <b>March 20</b>         | <b>February 1</b>                    |
| <b>June 20</b>          | <b>May 1</b>                         |
| <b>September 20</b>     | <b>August 1</b>                      |
| <b>December 20</b>      | <b>November 1</b>                    |

### **My Address Has Changed!**

*Don't miss an issue!!! Complete this form and mail it to NAWSO, 419 Main St, PMB#370, Huntington Beach, CA 92648 USA. Thank you!*

*My new address and phone is:*

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

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ ST ATE \_\_\_\_\_ ZIP \_\_\_\_\_

*My old address and phone was:*

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

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ ST ATE \_\_\_\_\_ ZIP \_\_\_\_\_