



VOLUME XX

June 2010

Number 2

Send letters, articles, stories, poems, art-work, or other material for *Seven Minutes* to:

*Seven Minutes*  
c/o NAWSO  
419 Main St., PMB #370 Hunt-  
ington Beach, CA 92648

Subscription requests, circula-  
tion additions and deletions may be  
sent to the same address, or  
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anonymous.org](http://www.nicotine-anonymous.org). Online material  
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### ANNOUNCEMENT

This is my last issue as Editor of *Seven Minutes*. After more than 4 wonderful and enriching years as your humble Editor, I am pleased to announce that the September issue will be under the hand of your new Editor, Chris H. I wish her the very best in her new service position and look forward to a new and enriched *Seven Minutes*! To our loyal readers, my thanks for your attention, and for the trust you placed in my poor editorial skills. It's been a wonderful journey!

Kim F.

### NAWS Chairman's report . . .

I can't believe it's over. The best year of my life. Because of all of you, everything has come true. Martha said it when I accepted the nomination for Chair and asked her what it was like ... She said it was "Life Changing". Truer words were never spoken. Think of how many people go aimlessly through life without a purpose. Not for us. We have been given a sacred mission, a job to do, a calling. What higher calling can there be than to bring another person to recovery and know that we have helped save their life? No material blessing or career accomplishment can take the place of this. Not to mention the total GIFT of living life smoke free. On this, the 25<sup>th</sup> anniversary of our World Service Conferences, we partied like it was 2025! We earned it, we deserved it. There is truly no other group of people I'd rather be with, and I'm honored and proud to call you my family. That's right. My family. On our Silver Anniversary of World Services Conferences, our gift of freedom from nicotine is even more precious than silver and gold.

I cannot say enough good things about the Arizona Intergroup Conference Committee. What a great facility. Everything ran without a hitch and you should be sitting back right now feeling pretty great about it all. We are ever so grateful for your hard work and hospitality. Please do it again in another five years, guys! We realize that many of you could not come this year, and I'm sure you already know what a great conference it was, as the quality vs. quantity principle was in full force. But we'll see you next year, I'm sure. We missed you!

We've made incredible progress this year and I'd like to share that with you. It was all due to your World Services Officers on the Board and the Committee Chairs, as they all worked together so well. And our incoming officers and committee chairs are equally well

qualified and will provide excellent Trusted Servant service. It was truly great to watch our Higher Power at work as folks stepped up to the plate and took open service positions and officer nominations out in Arizona. Way to go, everyone! And John R, you're going to make a great Chair! This will now become the best year of YOUR life!

We made great outreach strides this year. Internet inquiries have never been stronger. With the new hospital regulations coming in to effect, our presence at health fairs is even more critical. Plus, we have the Akron CD out on the website for you to download to MP3, and new outreach brochure which presents, on paper, our three way access to help, namely Online, Telephone, and Face to Face. How cool is THAT!

We were extremely pro-active with our merger of face to face and online meetings this past year. This is something that truly distinguishes us from the other fellowships. And our new outreach to the Mental Health community is also a distinguishing factor. To coin a book title from you-know-where, Nicotine Anonymous is coming of age as well.

The technical advances we are making are moving faster than we could imagine. You should have been there to see Judi be with us via Skype! Again, our forward thinking Fellowship is getting a jump on all the high tech and hopefully, we'll include that in our Tradition 11, referencing "other electronic media".

I know I sound like a broken record when I keep repeating over and over that this is the best of all possible times to be involved with our Fellowship. But it's true. Thank God for Nicotine Anonymous and all of you.

Enjoy your upcoming year smober and we look forward to seeing all of you in Baltimore next year!

Love always,

Jan S, Chair Emeritus

### **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.
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12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to other alcoholics and to practice these principles in all our affairs.

### **The Twelve Traditions of Nicotine Anonymous**

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

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

### **The Twelve Traditions of Alcoholics Anonymous**

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

- To feel like one of many.
- To engage my other fellowships without the stinging paradox of nicotine.
- To feel that I can begin to express my gratitude for my Nicanon fellows' extraordinary forbearance.
- To enjoy being looked TO, instead of feeling looked AT.
- To feel restful in my imperfections, and to know that in them is where my creativity lies.
- To feel that people will come to trust that I have learned the honoring of boundaries.
- To celebrate and share my uniqueness, to the degree that I am mindful of my commonalities.
- To marvel at the wedding of ordinary and extraordinary experience.
- To hear my father say that he is proud of me, and to believe him. To feel that he knows how much I love him, and to ease his approach to passing. To be restored to the honor of his heritage.
- To engage anyone, anywhere, at any time with confidence and with my focus on their needs and desires. With the knowledge shielded in my core that although it is because of some, and in spite of others, the common denominator is my own growth.

### What an Exciting Prospect:

- To expose, at long last, the jewel these pressures have formed.
- To seek knowledge AND revel in wonder.
- To be content with what my life isn't.
- To finally ease those souls I have

caused to grieve.

-- To live at last true to the twelve step principles, which are for me, right now:

1. Humility
2. Humility
3. Humility
4. Humility
5. Humility
6. Humility
7. Humility
8. Humility
9. Humility
10. Humility
11. Humility
12. Humility

-- To accept that I am fearful.

-- To know the harness of my tongue.

-- To watch die the voice that says, "You are going to be a recovery expert." And to watch born the voice that says, "You are going to recover."

-- To stop having to THINK about my program so much, because I'm too busy living it.

-- To behold that I am not at my wits' end; rather that, regarding nicotine, I had no wits to begin with, so I can't be at their end! Looking for wits that aren't there to be found.

### What an Exciting Prospect:

-- To let die the jokester, to let live the humorist.

-- To be bold in the face of mediocrity.

-- To have a positive self-image and burgeoning self-esteem, the waters to nicotine's oil.

-- To be wary that deceit, and a smoke, is ever at the door.

-- To be steadfast, without deference or kowtowing, in the face of mockery, ridicule, and accusation.

-- To be serious as a battlefield and playful as a child.

-- To reflect often that I am the funniest joke I've ever heard.

-- To let my sternum, "Do that thing it do".

-- To comfortably know that without these admissions, beliefs and hopes shared with other nicotine addicts, I WILL SMOKE.

-- To behold the passage of time as an orderly thing – that, in faith, it is always now – that, in faith, the past and the future have no power, no substance that I need be concerned with whatsoever.

### What an Exciting Prospect:

-- To behold the spirit change the voicing of my thoughts, i.e. from, "I will face CONFLICT," to, "I will FACE conflict."

-- To behold the spirit change the voicing of my heart, i.e. from, "I am this or that," to, "We are this or that."

-- To dwell in the victory, in the Promises of the Twelve Step groups to which I belong.

-- To be at peace. Sweet, beautiful, blessed peace.

-- To lay down that they would not help. To pick up that I will help.

-- To feel compassion for those who still say, "I am humble," from within their pride.

-- To walk in application, whereby my attitude naturally shifts from problem to solution.

-- To glory vicariously in the fun that others have had, or are having.

-- To walk with princes unsullied. To walk with paupers unsullied.

-- To be fully, fully, fully human.

*(Continued on page 4)*

*(Continued from page 3)*

What an Exciting Prospect:

- To explore the ten thousand things while remaining in the one.
- To have a wholesome balance between space shared and space reserved.
- To not answer the temptation to raise any bars 'till I am clearing the ones already there.
- To always regard the soundness of my hull before the height of my mast.
- To revel in other points of view.
- To FEEL God's presence.
- To behold as a babe his design.
- To bear out all gifts, hiding nothing.
- To accept the need of pain, and to honor that the pain of others is equal to my own.

What an Exciting Prospect:

- To be stoic as I unfold, not to fancy myself or my talents.
- To accept that no one's perception is fully accurate, and to keep my mind cautious enough not to spur further inaccuracy.
- To let the sails in my heart catch the winds of HARMONY...the voicings of 12 Step-speak, and Christian-speak, and Buddhist-speak, and Taoist-speak, and on and on...all harmonics of the fundamental note, which is love.
- To stop being disgusted with what it took to get me here.
- To experience the end of this stifling self-doubt - to experience the blossom of robust self-confidence.
- To feel restful, that it is OK that I spent so long harboring so many things.
- To no longer be convoluted by

the Third Step.

- To stop feeling persecuted by the very pursuit of my dreams.
- To stop feeling like prey to the psycho-analysis of others.
- To no longer feel soooo belittled at the mention of my struggle with nicotine.

What an Exciting Prospect:

- To nurture the burgeoning hope in my belly - of the vast scope implicated by the phrase, "The Journey" of the Nicotine Anonymous program.
- To hold humility as my primary obligation; as the very spouse to abstinence itself. Whereas the lack



- of it is worse than useless, it is downright harmful to those coming behind me. And bitter to those who came before.
- To allow myself to be an important figure of a man and to witness God's victory in me over the voicing that has so hounded and paralyzed: "Don't be Self-Important" .
- To not begrudge any institution anything.
- To participate in the out-flowing of Nicotine Anonymous: each member being a hook UP for untold numbers of souls in their own lives, respectively.

- To see the end of this brutal tango: I am what I think I am. I am not what I think I am. I am what I think I am. I am not what I think I am. etc. etc.
- To feel that God is pleased with me, instead of angry with me.
- To find a comfortable, manageable lifestyle for myself.
- To feel OK about saying that I went through what I went through for God's purposes. To believe that all I've been through was to further my reach...
- To behold that no one, no thing, no event, not even my own subconscious mind can make me smoke - if I walk in the glory of the truth as I see it - that we truly are united in love.

What an Exciting Prospect;

- To remind myself and my fellows often, very often, that, no matter what palace my life might become, it was raised from the gutters by the mercy of God.
- To walk such that nothing should ever sway me from the group conscience of Nicotine Anonymous.
- To muse that the arrest of nicotine use is in the drug of oxygen.
- To be justified in the mercy of God and the loving wisdom of group conscience. Whereas, otherwise, spiritual law and natural law remain to the right and the left of me - pulling in opposite directions.
- To be the observer who restfully watches my mind scamp around.
- To feel through my mind, heart, body, and soul that I have accomplished a searching and fearless moral inventory, and that I have shared the whole of it with God and another human being.

*(Continued on page 5)*

*(Continued from page 4)*

-- To hold it as a good thing when I see blindness in my mind. A good thing because I SEE it. If I can't see it, it doesn't necessarily follow that it isn't there; it more likely follows that I am blind to the blindness.

-- To want to pray; to like to pray; to enjoy prayer; to steep in prayer.

-- To be free of the self-mockery of nicotine, which allows me to see ever more clearly what I could be, a white horse guy; but at the expense of seeing what I am (or at least of how I'm seen), a dreaming rogue.

-- To re-dedicate the "immediacy circuit" of my brain. From knowing (in the very twilight of waking) how many smokes I have on my nightstand this morning, to knowing, in that same twilight, how many souls I have to pray for this morning, and what actions lie ahead for their betterment.

What an Exciting Prospect:

-- To displace the shadow thought, "I am special," with the shadow thought, "I am special `cause you made me".

-- To oblige the laws and customs of our time, no matter how they may rub my grain.

-- To stop giving service to the whip of peoples' inaccurate perceptions, whereby their perceptions may become accurate!

-- To whisper God IN to the very places I used to shout Him OUT.

-- To never resort to holding my head in my hands, except deliberately, for a healthy massage.

-- To know the difference between self-pity and sorrow.

-- To reach ever up, as the trees at mid-day, with the faith in my roots ever suckling the hope that I could

not fulfill His plan for me without my funk.

-- To see finance as an aspect of the spiritual life. To lay down too much care for material goods, but not to pick up disdain towards materialism.

-- To remember constantly - with each breath - that the scope of one's purpose and the depth of their passion have no helpful bearing WHATSOEVER in their recovery from the malady of addiction. That fear is fear, and that is all.

-- To develop in this primary equation: that only in spirit do the ego and the heart bolster each other. One caring for the self, one caring for the other, respectively, in unison.



What an Exciting Prospect:

-- To delight in the day, though I stumble - even because I stumble - at "the enterprise of being me".

-- To choose battles with great care, and to reserve armory for those as yet undisclosed.

-- To come to happy terms with that once bewildering, suspect, and terrifying phrase - upon which mortality is hinged: `the body is a temple'.

-- To man up and speak up; having learned enough, I hope, about the dangerous inadequacies of language.

-- To be at peace and to grow in the understanding that any teachings from those whose egos I presume to be errant will remain but phantoms...that it is only MY errant ego which can give them substance.

-- To think things such as all these without being a bore! And to laugh and let live those who still think I am.

-- To allow at least a few of `The Endless Possibilities' to stick around...

-- To be `a guy with a bosom` : nurturance and comfort for the hungry and confused, the cold and the frightened.

-- To be a healer, having learned healing from the inside out.

-- To bear myself towards a singular mind.

-- To accept that all these exciting prospects, and so many more, have lain fallow in me due to the one unexciting prospect. The one uncomfortable prospect at best. The one terrifying prospect at worst. The drifting away of Wilson at best. The standing alone, naked in a firing line at worst...All the exciting prospects in life for this one unexciting prospect: Not getting to smoke any more cigarettes.

What an Exciting Prospect:

-- To admit freely that I have been a god unto myself, and that I wasn't very good at it...

Dave A

*(Continued on page 6)*



(Continued from page 5)

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**Hitting Rock Bottom . . .**

I'm Dianne, a nicotine addict. I was offered my first cigarette at a drinking party when I was just 15. I started drinking and smoking at the same age. I don't remember my first cigarette making me sick. In fact I loved the taste of tobacco and I knew I was going to smoke again! I grew up around cigarettes. My grandmother, uncle, aunt, mom and step dad all smoked. I don't remember being repulsed by cigarettes like some kids are. I don't remember the smell bothering me. I do remember wondering what it was like to smoke.

I was a daily smoker by the age of 18. I got married at 19, my husband smoked, I smoked and most of our friends smoked. I never gave it a thought. I never connected smoking to health problems, current or future. I never thought of smoking as an addiction. I never thought of nicotine. I didn't know anything about nicotine. I smoked, I liked it and I didn't think about it, I just did it.

I started wanting to stop in my 30's. I ended up on chewing tobacco to curb the horrible withdrawals. I went back to smoking and tried to stop smoking at various times throughout my life. My quits never lasted long.

I started to get physical symptoms of smoking in my 50's. I went to the doctor very short of breath and was told I had asthma. I was told to stop smoking and given inhalers to use. I used the inhalers on and off since then until I stopped smoking this time. I haven't had to use an inhaler since the 2nd day I stopped. I coughed for nearly a month but didn't need the inhaler. I have no shortness of breath. I don't

think I ever had asthma -- I think it was just the cigarettes and the inhalers opened up my lungs so I could smoke. I keep the inhalers in view so I don't forget that I had to use them when I smoked.

I felt tired all the time or got tired very quickly on good days. But more than the physical stuff, it was the nagging thought that I was not going to live to see my grandson raised and enter adulthood if I didn't stop smoking. That thought was always with me -- sometimes stronger than others, but always with me. Then the trip to my mom's and seeing her suffer with advanced stages of COPD from smoking put a lot of fear into me. I got sick after getting



back home and fell to my knees and told my HP I was ready and willing and thanked Him for the desire to stop smoking.

So, I think my bottom has been a process. Can I go to a lower bottom -- of course! Do I want to -- NO! I am really a very lucky former smoker. I pushed the envelope for sure! I smoked for 47 yrs. I shouldn't be here. I know each day is a gift. I can't thank God enough. My prayers are full of thank you's.

NicA Hugs,  
Dianne

~~~~

{Editor's note—the following is an exchange of messages from the message board of Voices of Nicotine Recovery, an online NicA group. It is used here with permission from both parties involved. It is included to show the sort of support members give to one another every day in the wide world of NicA}

**Almost to the point of suicide/can't seem to quit . . .**

I am having so much trouble right now! I buy packs of cigarettes and am running out of money already for this month (I'm on a fixed income). I hate myself so much for doing this: buying a pack, smoking a few, then throwing the rest of them out because I feel so guilty and ashamed that I am not able to quit. I have bipolar disorder (manic depression) and smoking and feeling so terrible about it causes me to feel so awful. I am afraid that I'm going to die from cancer because of this. I'm healthy now, but am still scared. I've been smoking for almost 30 years now. I hate myself for this, that I get a craving and am not able to get past it.

If anyone has any feedback for me, please write. I'm not asking for sympathy, just some understanding and maybe a happy thought for me.

Thank you very much for your support.

Scott

~~~~~

Hi Scott,

Sorry to hear you haven't been able to get a quit going. It is really easy to beat ourselves up because we can't seem to quit when we want to, in our own time, on our own budget and our own watch. Unfortunately, that is what brings many of us to our knees with

this addiction. We want to do it our way... until we find out we just can't.

Each one of your "failed" quit attempts has really not been a failure, at least not to you. Not being able to stop does not make YOU a failure. Our mistakes do not define who we are, and this addiction is a very tricky one, my friend. It will make you feel like there is something wrong with you, and that is not the case.

I will be honest, it took me 5 years to be brought to my knees. I smoked while pregnant with twins and all throughout my other pregnancies. I lied to everyone and hid my smoking from everyone because I just couldn't stop. I also hid behind "it's none of their business" and blah blah blah ... It takes what it takes, and then it takes some more... Mostly, it just takes time and patience with yourself. I will tell you that this is just my experience, and today I'm getting ready to celebrate 9 months nicotine free – a day I thought I would never see unless they locked me up and threw away the key. Talk about feeling like a failure, I felt like I had even failed as a mother, especially since I blamed myself for some health problems my kids have – one of my kids has a bad heart condition requiring several open heart surgeries and future surgeries, and I blame myself for that. But there's nothing I can do to change it, and I couldn't stop back then even knowing that I was causing him harm.

Anyway, the first piece of advice I will offer you is, when you make money or other people or a certain date or event the priority reason for quitting, you will always go back to smoking. If you are quitting because you don't have much money, when it comes down to a craving, the nicotine will reason with you that you will have more money later. I've bought cigarettes even without having food in my house or gas in my car. And written many, many hot checks just for my fix. When it comes to quitting for a spouse, person you are dating, a child, a parent... that gives you the old feeling of rebellion, sneaking around smoking when no one sees. I always thought I wasn't hurting

anyone, and I actually missed out on a lot of my kids' growing up because I stopped smoking around them. I've been through it all... and then I'd wind up feeling resentful toward those people and all they did was care about me.

And we're all at risk of cancer, but being scared of "maybe" getting cancer never made me quit. Not even seeing those I loved suffering from cancer. It didn't affect me, I didn't think I would have to deal with it, or I figured, so what if I did?

When you get the right quit going, just remember to expect the cravings! They will come, whether you smoke or not. But the only way to make the cravings go away is to stop completely and refuse to smoke no matter what! I have a friend who quit smoking and also was Bi-polar, Manic depressive, and I would greatly encourage you to involve your doctors in your quitting process. I watched as my friend would lose control and disappear for days; he would spend thousands of dollars, stay drunk for weeks, and stop taking his meds. I know that stopping nicotine can greatly affect your mood, and I would really encourage you to seek advice from your medical professional... only he/she can determine what's best for you, especially with your suicidal/depressed feelings right now.

The other thing is, don't get down on yourself. This addiction doesn't go away overnight, and when you start the process of quitting, be prepared to be in it for the long haul... Go to lots of meetings, connect with your higher power or seek one, and prepare yourself with the tools, tips, steps, books, prayers and hopefully a good sponsor.

Think positive thoughts, you are in the right place, just don't quit quitting.

Really hope this helps!

your friend in recovery,

Jeannie C.

~~~

*Tempe 2010 . . .*

I really have to say I was

looking forward to the 2010 WSO Conference with lots of anticipation. For the first time, a sizeable delegation of us online folks was able to commit to the trip. Some planned other visits along the way, making the festivities a small vacation.

VONR (*an online NicA group – Ed.*) members had planned accordingly, as it's not often that members of the online community meet each other in person. Sure enough, most of us arrived a day early, and spent the time in fellowship.

Actually, it worked out well, or rather was supposed to work out well. My sponsor drove to Albuquerque, where I live, and another old online friend met her here. We attended the local NicA meeting here in Albuquerque on the Wednesday night when we were to fly together to Phoenix. Unfortunately, as things happen, circumstances prevented that from happening. I was nevertheless able to catch a flight one hour behind them. After some help from yet another conference attendee (Rita) at the airport, I was able to be reunited with my friends (Miss Rosalind and Miss Aimee) in the hotel lobby. The rest of the day was spent with our new friends, as arrivals kept showing up. Each new arrival added to the joy, and the NicA folks quickly grabbed a table in the lobby, and started firing communications into cyberspace on laptops.

The conference itself was eventful, with at least one "first". We were able to pipe in a member from Jerusalem. Ironically, the lady who helped me at the airport had been at the Jerusalem meeting the week before – a testimony both to how small the world is now, and to the strength of our fellowship. Friday ended with the traditional meeting, and I collapsed into a satisfied night's sleep.

Those of you who have been to these conferences know, Saturday is the busy day; it's meetings and workshops all day . . . usually on a dizzying array of topics and concerns. This year was no different; I had the pleasure of actually chairing 2 workshops, one of course being on my favorite topic, the 5th Tradition, carrying the message (we call it outreach). The other was

*(Continued on page 8)*

about bringing fellowship together. In addition to the traditional face to face world, an increasing number of us now get our meetings over the internet, or on the phone. Both the internet community and those who attend the phone meetings were represented at the conference. Our trusty, now Emeritus, Treasurer, Scott B. was also called on to double dip with the chairing. Like many others, I wish I could have been in all of the workshops. What a dynamic fellowship we have!

In a sense of irony, it was Scott P. (a member of the phone bridge), who ensured our lady from Jerusalem's access via the internet. Of course, of course at every conference we have the banquet, and the featured speakers this year included our very own founder, Rodger F.

Sunday of course brought the election of this year's Elect officers. I look forward to working with Mike B. (our Chairperson Elect), Gwen A (our Secretary Elect), and Gary M. (our Treasurer Elect). It promises to be a great year moving forward, without forgetting to mention the tireless work done by the now Emeritus officers this past year. Thanks for handling the fellowship's business so well this past year, Jan S., Scott B. and Mary P., great job!!!

The final act of the conference was the passing of the gavel. My only hope is that I can follow in the tradition of this wonderful fellowship, during my year as Active Chairperson. I know that when I was elected last year, I had no idea of what lay ahead. Jan has been a great teacher, as well as a gracious human being. I have found those officers I have known in this fellowship, without exception, to be loving and dedicated.

On yet another note, Nicotine Anonymous could not exist without a cadre of dedicated servants on boards and committees. These members often perform the seldom-noticed but indispensable duties of any organization. This year, we had some big shoes to fill as Kim F. will be handing the Editorship of *Seven Minutes* over to Chris H, and the Web Servant job so ably filled by Dan P. will be taken

over By Aimee C.

The conference was officially closed when Jan S. handed me the gavel on the Sunday afternoon. As luck would have it, I was fortunate enough to have my sponsor in the room; Rosalind H. read the Traditions at the closing meeting of the conference. It was then my great pleasure to introduce Scott P. as our spirituality speaker, his fine message closing the conference. What an honor it is to be of service to the fellowship. As I always say, thank you Nicotine Anonymous for my life.

John R.

~~~

### *The Divorce . . .*

I've loved you longer than I've loved anything else in my life.

I loved you when I was a child and I watched peeping from the stairwell as you captivated all those around you.

I couldn't wait until you had me under your spell.

The first time I was alone with you was everything I wanted it to be.

I felt so many things.

I was dizzy with the experience of loving you.

And I felt so grown up when I was with you.

You were always there for me...

When my parents divorced,

When my brother died,

When my dreams were shattered,

When my life was in shambles,

When I was scared,

When I was angry,

When I was alone.....

You never criticized me.

You never made me feel inferior.

You never let me down.

It baffled me to finally realize that in your own quiet way,

All you ever wanted to do was kill me.

Such an abusive relationship!

I've run from you time and again.  
I've sworn that I would never see

you again.

I've breathed in the clean fresh air of freedom and vowed never again  
Would I let you choke the very life out of me.

Oh, but I've loved you for so long.

And I forget how much power you have over me.

You whisper to me...

Just one more time....just one more time.

I am powerless.

Despite my vows,

Despite my pain,

Despite the certain knowledge that you would ruin my life,

I put my lips to you,

and inhaled as much of you as I could in one breath,

and I was imprisoned once again.

As in any abusive relationship,  
Freedom takes time.

Each time I broke free of you I felt stronger.

Each time I went back to you,

It took less time to break away.

At first I hated you for stealing my life.

Then I hated myself for letting you.

Then I sank to my knees and cried for help.

I loved you for so many years.

How could I live without you?

How could I live with you?

I'm free today.

I don't know how or why.

I can see you and my heart doesn't skip a beat.

You are a part of my past, a part of my story.

But you are not my reality today.

I breathe in the clear air of freedom.

I breathe...and I am free.

Andi

January 29, 1996

10 days free

Reposted April 21, 2010

7 days free



# Nicotine Anonymous World Services

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

Shipping 714-538-4538 Email: info@nicotine-anonymous.org Internet: www.nicotine-anonymous.org

For faster service use this form with a credit card and fax to: 714-901-8920

OR mail check or money order (US\$ Funds, only, payable to "NAWSO") 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#: \_\_\_\_\_

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| ITEM# | ITEM DESCRIPTION                                 | BOOK DISCOUNTS                                  | QTY | Price Each | Total Price |
|-------|--------------------------------------------------|-------------------------------------------------|-----|------------|-------------|
| Bk1   | NICOTINE ANONYMOUS: The Book Fourth Edition      | Bk1 1-10 = \$9.50, 11-49 = \$8.80; 50+ = \$8.20 |     |            |             |
| 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 |     |            |             |
| Bk6   | 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.

| ITEM# | ITEM DESCRIPTION                                                                   | PAMPHLET DISCOUNTS P-1 to P-14         | QTY | Price Each | Total Price |
|-------|------------------------------------------------------------------------------------|----------------------------------------|-----|------------|-------------|
| P-1   | Introducing Nicotine Anonymous                                                     |                                        |     |            |             |
| P-2   | The Serenity Prayer for Nicotine Users                                             | under 100 pcs. No Discount .20 ea.     |     |            |             |
| P-2B  | The Serenity Prayer for Smokers(Spanish)                                           | 100-499 pcs. Any Combination .18 ea.   |     |            |             |
| P-3   | A Nicotine User's View of the Twelve Steps                                         | 500-999 pcs. Any Combination .16 ea.   |     |            |             |
| P-4   | Tips for Gaining Freedom from Nicotine                                             | over 1000 pcs. Any Combination .14 ea. |     |            |             |
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| P-8   | Our Promises                                                                       |                                        |     |            |             |
| P-9   | To the Dipper & Chewer                                                             |                                        |     |            |             |
| P-10  | Slogans                                                                            |                                        |     |            |             |
| P-11  | What do NAWS and Intergroup Services do for me                                     |                                        |     |            |             |
| P-12  | Nicotine Anonymous The Program and The Tools                                       |                                        |     |            |             |
| 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       |             |
| Pca   | Public Service Announcement as an MP3 file                                         | Via email only                         |     | FREE       |             |
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| 7-Min | SEVEN MINUTES Subscription Complete Order Form Below                               |                                        |     |            |             |
|       | DONATION (Thanks for supporting NAWS in our effort to help those who still suffer) |                                        |     | XXXXXXX    |             |
|       | GRAND TOTAL in US\$                                                                |                                        |     |            | XXXXXXX \$  |

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## SEVENMINUTES Order Form

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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.09/01/09

**NAWSO**  
**Profit & Loss Prev Year Comparison**  
**January through September 2009**

|                                 | <u>Jan - Dec</u><br><u>09</u> | <u>Jan - Dec</u><br><u>08</u> | <u>\$ Change</u> | <u>% Change</u> |
|---------------------------------|-------------------------------|-------------------------------|------------------|-----------------|
| <b>Ordinary Income/Expense</b>  |                               |                               |                  |                 |
| <b>Income</b>                   |                               |                               |                  |                 |
| 4000 · Donations                | 8,482                         | 7,279                         | 1,202            | 17%             |
| 4100 · Literature Sales         | 45,698                        | 39,731                        | 5,968            | 15%             |
| 4290 · Shipping & Handling      | 5,893                         | 5,047                         | 847              | 17%             |
| 4299 · Conference Profit (Loss) | 858                           | 4,438                         | -3,580           | -81%            |
| Total Income                    | 60,931                        | 56,496                        | 4,435            | 8%              |
| <b>Cost of Goods Sold</b>       |                               |                               |                  |                 |
| 5000 · COGS                     | 23,751                        | 21,890                        | 1,861            | 9%              |
| Total COGS                      | 23,751                        | 21,890                        | 1,861            | 9%              |
| <b>Gross Profit</b>             | 37,180                        | 34,606                        | 2,574            | 7%              |
| Gross Profit % to Income        | 61%                           | 61%                           |                  |                 |
| <b>Expense</b>                  |                               |                               |                  |                 |
| 6000 · Office Expenses          | 24,299                        | 22,071                        | 2,228            | 10%             |
| 6600 · WSO Expenses             | 11,122                        | 10,645                        | 477              | 4%              |
| Total Expense                   | 35,421                        | 32,716                        | 2,706            | 8%              |
| <b>Net Ordinary Income</b>      | 1,758                         | 1,890                         | -132             | -7%             |
| <b>Other Income/Expense</b>     |                               |                               |                  |                 |
| Other Income                    |                               |                               |                  |                 |
| 8000 · Interest Income          | 12                            | 878                           | -865             | -99%            |
| Total Other Income              | 12                            | 878                           | -865             | -99%            |
| Other Expense                   |                               |                               |                  |                 |
| 8030 · Interest Expense         | 0                             | 12                            | -12              | -100%           |
| Total Other Expense             | 0                             | 12                            | -12              | -100%           |
| Net Other Income                | 12                            | 865                           | -853             | -99%            |
| <b>Net Income</b>               | <b>1,770</b>                  | <b>2,755</b>                  | <b>-985</b>      | <b>-36%</b>     |

# What Step Are You On?

If you've worked Steps 1 or 2 already,  
please tell us about it!

Countless Recovering Nicotine addicts have been enjoying [A Year of Miracles](#), our year-long powerful meditation book.

You have the chance to be of service and share your experience strength and hope.

Please share your experience, strength and hope with your fellow recovering nicotine addicts. Believe it or not, you **do** have experience, strength and hope to share. Your words are vital to our fellowship.

This quarter we are seeking daily meditations regarding working Steps 1 and 2 for a future meditation book. In keeping with the 12 Traditions, please avoid mentioning specific religions, politics, special causes, or controversial issues.

Submissions should be no more than 200 words.

The editors can supply a quote or the thought for the day.

The form on the back is the conference-approved format.



# *Service is the Key*

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

## TELEPHONE AND E-MAIL SERVANTS

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

## TRANSLATORS

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

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

Nicotine Anonymous World Services

419 Main Street, PMB #370

Huntington Beach, CA 92648

Or e-mail [\*chairperson@nicotine-anonymous.org\*](mailto:chairperson@nicotine-anonymous.org)

# ***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 people 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!**

Terry L. Nov. 29th, 2009

John S. Feb. 25th, 2009

### *Birthday Announcements*

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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: [sevenminuteditor@nicotine-anonymous.org](mailto:sevenminuteditor@nicotine-anonymous.org)

### ***Give Back!***

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#### **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 2010**

| <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 \_\_\_\_\_

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

ADDRESS \_\_\_\_\_

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