



# Seven Minutes

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

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### Chairperson's Report

I am very excited about the opportunity my fellow members of Nicotine Anonymous have given me by asking me to be the Chairperson of this amazing fellowship. While the learning curve is pretty steep to really get going, I have the support of many amazing members and a faith in my Higher Power who is guiding me through this process.

In these first 5 months as Chair, I've had an incredible experience interacting with people from all over the world. Communications have led to adding the Iran Intergroup link to our website. The excitement across this planet about Nicotine Anonymous continues to amaze me. I hope our board can strive to reach even more individuals over the next year.

While things for me have seemed to be slow-moving over these months, some other significant work is taking place, at a somewhat rapid pace. Our Web servant, Jeanette S, has been extremely active in her role. She has [nicotine-anonymous.org](http://nicotine-anonymous.org) looking great and everything I request to get added to the page seems to get done almost immediately. Together, we've improved some processes and updated a number of documents. Please take a look at the page when you have the chance.

A second big thing that is happening is the work of our Service Structure Committee. This group is working to bring the opportunity to a larger number of members to become involved in World Service events. The plan is to make our annual World Services Conference available to those who would like to attend remotely. This will not be a quick process

but we plan to test the process at the 2019 Conference.

Speaking of the 2019 Conference, arrangements are being made and accommodations are being finalized for Southern California to host the conference. I, for one, cannot wait to be in the Los Angeles area next May to work with fellow members of NicA to help get the message to the nicotine addict who still suffers.

**A Year of Miracles** has recently been translated into Russian. The work of our International Committee and our Literature Committee (which are run by the same brave individual) continue to bring the message to more and more nicotine addicts across the world. Work is also being done on new literature including brochures on vaping and nicotine's effect on other issues. I encourage all members to get involved in these tasks as we need the experience, strength and hope of the entire community to best create these items.

The number of individuals contributing to the [Gift of Gratitude](#) program appears to be increasing. I am very excited about this as it provides further funding to supply our members with literature to share as part of outreach in their communities. I have participated in this program by signing up to provide a small donation each month, which is automatically deducted from my bank account. This helps me be active in my recovery program. Gift of Gratitude also gives us the opportunity to provide and create materials in more formats, including the possibility of large print books and audiobooks. There are so many great methods we can use to continue to help the still-suffering nicotine addict.

*The Twelve Steps of Nicotine Anonymous*

1. We admitted we were powerless over nicotine—that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God, as we understood Him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory, and when we were wrong, promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry it out.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to other nicotine users and to practice these principles in all our affairs.

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

*The Twelve Steps of Alcoholics Anonymous*

1. We admitted we were powerless over alcohol—that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our Lives over to the care of God, as we understood Him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory, and when we were wrong, promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry it out.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to other alcoholics and to practice these principles in all our affairs.

*The Twelve Traditions of Nicotine Anonymous*

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

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

*The Twelve Traditions of Alcoholics Anonymous*

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

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I am thrilled with the work that is being done by our members. I am so grateful that I have the chance to work with such fine people. There is a lot of work to be done and I can't wait to see what we can accomplish over the next 9 months and beyond.

In Service,  
Chad O  
NAWS Chairperson

### Stay connected to Nicotine Anonymous World Services!

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

To subscribe, click the **Newsletter** tab on the NicA website at <http://nicotine-anonymous.org/nica-news-email-communications.html>



**NicA Limericks**  
from the 2018 NAWS  
Conference "Un-Talent Show"

There once was a man, a smoker,  
Who thought he was quite a joker.  
He went to his doctor one day,  
Who said, "Try NicA!"  
And by Jove! He's now my sponsor!

\*\*\*\*\*

Our program has 12 Traditions  
To help us avoid collisions.  
We go to great lengths  
To share of our strengths.  
That way we heal our addictions.

- Amy C of PA  
Christine H of NY  
Glenda H of AK

## Terrified to Quit...

It started 40 years ago back in the 1970s. Smoking was much more prevalent. It was a different world back then, as you may also remember. Both my older siblings smoked. My mother was on and off the wagon, smoking whenever she could "bum one" from someone, and my father smoked cigars and a pipe. My first taste of tobacco was from my father's cigar, willingly given to a six year-old child.

Back then smoking still seemed to be a rite of passage and a way to prove how "cool" you were, especially because I looked up to my older siblings who smoked. None of my friends had older siblings, and when I was about eight years old, I became the ring leader for stealing smokes from family members. In doing so, I got other kids to smoke. I hadn't even gone through puberty yet and already I was smoking and pressuring my friends to smoke. I fell in love with it very quickly, even though it made me sick, feeling light-headed with a mouth full of saliva. I would sneak smokes often for a few years before it became a daily thing.

A few years later when I went to camp with some of my sister's cigarettes hidden in my bag, the older kids laughed at me when I smoked them because I didn't inhale. So I did. I was 13. I started buying packs that summer when I got home. They were so cheap that I could afford them with spare change that I stole from my mother's change jar. The newsstand that sold a 13 year old and her friends packs of cigarettes day after day is one of the very few places still in business after all these years. I walk by that store a few times a year and think about that every time. The smoking age was 16 back then, but seemingly not enforced, so kids could easily buy cigarettes almost everywhere.

I was addicted pretty much right away back then, and I knew it. But it didn't feel like that big of a deal because everyone smoked and everyone was just fine! It was easy to get and seemed fun. It was what cool kids did! There were tons of adults who were complicit in my underage smoking, including the guy who let us smoke under his stairs near my school, and my mother who let me

smoke in the house, even though I was only 13. My father was strongly opposed to smoking (cigarettes) while he puffed away on his cigars.

I figured out that I was totally hooked because I got strong cravings/withdrawal while I was in school. I smoked right before and right after school. The time in between was spent passing notes with my friends about how much we wanted to smoke. I could go a few hours without smoking, but the break was noticeable. When I went to high school the next year, it wasn't long before I couldn't go more than an hour without smoking, sometimes back-to-back chain-smoking. I cut classes to smoke and eventually stopped going to class altogether.

I smoked all the time, whenever I could. I smoked when I was sick. I smoked with bronchitis. (My family doctor even smoked — in her office.)

By the time I was in college I started getting bronchitis every year, sometimes a couple times a year. I found that somehow my life was completely revolved around smoking. And I could see it, partly because other smokers always criticized me for how much I smoked. I smoked so much that I routinely got light-headed and dizzy from chain-smoking. I routinely cleared my throat and routinely got very sick every time I caught a cold. Doctors started telling me to quit. Family, who used to smoke, started asking me to quit. They were worried about me. I was only in my early 20s.

One particular winter I started getting scared because I had yet another case of bronchitis and still couldn't resist the craving call. It hurt so much physically and spiritually to smoke. It tasted disgusting. I felt like such a weakling, so powerless. Life with smoking felt unmanageable. I recognized it. A gift even back then. I knew I was powerless. But I didn't know what to do about it. I felt trapped. I didn't know where to find help, but I had heard that some people do successfully quit. For a long time I feared that I was not one of them. I was, for a while, morbidly resigned to dying from my addiction.

By this time I smoked everywhere, even  
*continued on page 4*

in non-smoker's houses. I told people that if they wanted to spend time with me, they had to deal with my smoke. I expected people to put up with it. I got angry when they didn't. I didn't want to spend time with anyone who didn't let me smoke. That included my grandmother, my Nana. I miss her very much. She died 25 years ago when I was in college. I would have liked to have had more time with her and less smoke breaks away from her.

Slowly smoking was becoming less and less acceptable. People were constantly telling me I should quit. People were surprised that I smoked. "How could someone so smart do something so stupid?" they would ask. And being a smoker was in opposition with my vision for myself. It was starting to fly in the face of who I thought I was. At the same time I was terrified that I couldn't stop. Other smokers could go hours or days without a cigarette, but I couldn't go more than 20 minutes without bouncing off the walls. I experienced withdrawal most all day long and was constantly looking for that next chance to feed my addiction. I was also constantly scared that I was going to get really sick, get something from which I would not recover. I was scared to quit but was more scared of not quitting.



Thankfully in 2002 I found Nicotine Anonymous and was able to quit using nicotine. Before NicA I was often looking for a quick fix, trying to make it (the emotion, the person, the problem, the fear) disappear right now, grasping for something that would mask or postpone the problem. After embracing the program I tried to resist the urge to reach for a quick fix. When I would revert to old habits and patterns, I challenged myself to recognize this and tried to take a step (or 12) to do something about it. I also realized that for me there actually wasn't any quick fix. I realized slowly that the problem I was trying to fix was either caused by nicotine withdrawal or by something much deeper that would require effort and time to address.

Before NicA I thought that smoking was

my problem alone and that I alone had to fix it. In NicA I learned that I was in a "we program" and that I did not have to do it alone. Importantly, I learned that what we could not do alone was actually possible when we do it together. By sharing with strangers, strangers become family. Being connected to people I had never met before was all new to me. Before NicA it did not occur to me that offering help to others would help me. The program taught me that offering support to those who suffer is not only the primary purpose of our program, but perhaps the primary purpose of life itself!

In NicA I've been taking many steps (at least 12) to care for myself. I am focused on well-being rather than fear. I still do not want to get ill, but I am not overly preoccupied with it anymore. Before NicA I was very hard on myself in some ways and gave myself a free pass in other ways. I did little to make sure that I was holistically caring for myself. I saw things in an isolated manner, rather than the broader perspective of how I wanted to live and who I wanted to become. In the program I have developed an overall wellness philosophy, something that I continuously work on. I make sure to do something that is good for my overall health on a daily basis. Today I seek progress not perfection. Even so, sometimes my self-doubting thoughts are a bit too loud, and so I've learned that my spirit needs tending, just as my body needs tending.

Before NicA it never occurred to me that addiction was a spiritual problem. I was grateful to learn that a power greater than myself is available to help. All that is expected of me is an open mind, and lots of willingness and persistence. I used to be impatient and wanted everything to happen now, but I have learned that some things should not or could not happen right now. Sometimes what I really need to do is practice patience. Before NicA I was reactive and fearful. Today I still have fears, but I've learned to trust more in the unknown. I've learned to relax more, to let go more. I've also learned to pray not only when I am scared, but also when I am calm. I have learned that for me, "thank you" is the best prayer.

*Guenevere K  
Brooklyn, NY*



## Nicotine Anonymous

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

### Meeting Options:

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

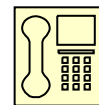
### To find face-to-face meetings:

Go to [www.nicotine-anonymous.org](http://www.nicotine-anonymous.org)  
Click on **Meetings** and search by state.



### For phone meetings:

Go to [www.nicotine-anonymous.org](http://www.nicotine-anonymous.org)  
Click on **Meetings**, then **Telephone Meetings**.



### For online meetings:

Go to [www.nicotine-anonymous.org](http://www.nicotine-anonymous.org)  
Click on **Meetings**, then **Internet Meetings**.



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

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

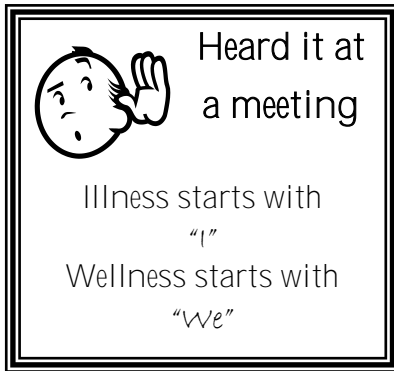
**Voices of Nicotine Recovery (VONR)** has "Voice Share" meetings using a free chat service that can be downloaded.

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

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







## Who Am I?

One of the biggest challenges I've had becoming nicotine-free is the question "Who am I?" For twenty years before I got this quit, I sat around and drank coffee and smoked. I isolated and stewed in my negative thoughts and smoked. I got very little done, spent only dribs and drabs of time with my younger son who lives with me and my house was a cluttered, dirty and dusty mess. And you guessed it, I smoked.

Not that I have completely discovered who I am, but with over a year nicotine-free today, I have made some changes that are heading me in the direction of self-discovery. First, I have put the God of my understanding first in my life. Also, I have joined a health club, joined a senior center and started a face-to-face meeting of Nicotine Anonymous near my hometown.

I am also developing my creativity through writing and have opened the door again to artwork through painting. I am now a member of a fellowship for artists now which also helps with the issues I face that block my creativity.

For me, self-discovery is a process. I can join health and social clubs, but I also have to make a commitment to get there and actually enjoy the clubs. I am in the process of using NicA outreach to get the word out about the new NicA meeting.

I get upset with myself at times when there are not enough hours in the day to carry out my new activities. My Higher Power is teaching me patience with this problem and I relax and take it easy, but keep doing the actions.

I am also involved in a lot of service in Voices of Nicotine Recovery (VONR) and Nicotine Anonymous. With service, I also have to relax and take it easy, but do it. It does not have to be perfect! I have been blessed with more time and energy by not using nicotine. However, I don't want to overdo the service. I seek to stay busy helping others in a lot of areas in my life and in my community while seeking balance too.

I am trying to start new healthy habits. From eating healthy foods to doing yoga stretches, "...health is a new experience and I am humbly grateful for it." I no longer lack energy (most of the time). I have cut way back on caffeine and am feeling less anxious and nervous. This serenity makes it easier to participate in my self-discovery activities.

For those looking to enhance self-discovery, I might suggest answering the question my sponsor asked me: "What do you really want to do and where do you want to be?" For me, I answered, "I want to go to art school and move to a more affordable area that has a strong art community." I visualized going there and have now relocated. My son and I have been so blessed, but it has taken a while. I am filled with hope that "the best is yet to come."

*Margie L*  
VONR member from Savannah, GA

\*\*\*\*\*

## A Promise

Oh, what joyful effect my now and present state when keeping a promise to myself to never again forsake. Truly the error could not be helped for it is filled with the venom of snakes. This vice is often known to kill. However, that is of different states. Like the waning, waxing of the moon It is often empty but sometimes filled.

*Keith C*  
Callahan, Florida



## Upcoming Phone Marathon Meetings



**November 15**  
"Turn Over a New Leaf"

**November 22**  
"Attitude of Gratitude"

**December 25**  
"Holiday Marathon"

Hosted by the FreeBridge Telephone Meeting group

On each date meetings begin at 8 am EST and run at the top of every hour. Last meeting starts at 11 pm EST.

\*A different topic for each meeting\*  
Phone: 218-339-2933  
Pass code: 944982#

See [nicotine-anonymous.org](http://nicotine-anonymous.org) for information on all regularly-scheduled NicA phone meetings

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## Seven Minutes Meditation



*Today I thank God I recognize my addiction and am willing to choose to abstain from feeding that addiction.*

- from A Year in Miracles

## ~ Recovery Talks ~ with Margie L

For this issue Margie interviews Carol R of Hernando, FL who shares her recovery miracle through the help of Nicotine Anonymous.

**Margie L.** Good day, Carol! May I ask your nicotine quit date and what form of nicotine delivery you used to use?

**Carol R.** My quit date is 2/4/1998. I used the nicotine patch for about 10 days. I knew it was nicotine that was keeping me hooked and that I must get rid of that as soon as possible. I figured this out by trial and error and getting involved with NicA.

**M.** How long had you used nicotine and what was it like to get nicotine freedom time?

**C.** I used nicotine for 27 years. It did not take me long to become a 2 to 3 pack-a-day smoker. My first attempt at getting smober came after my mother's cancer of the larynx happened in 1985. I was able to quit by using the nicotine gum for about 3 months. I had never heard of a 12 Step program back then. I used pure self-will. I failed with the insanity of the first puff. After that, I had thousands of quits lasting anywhere from 15 minutes to 2 or 3 days, tops. There was a lot of beating myself up and feeling totally hopeless in being able to quit. I didn't want to end up with cancer and I was starting to become very worried about how it was affecting my heart. I have a heart valve problem. Smoking would flare that thing up and I would end up having panic attacks. I just knew that one day I was going to die of a heart attack. I was already in a pre-diabetic state with high blood pressure and a cholesterol problem. It was only after receiving NicA literature and with the help of a friend who was wanting to quit too that I was able to make another 6 months without nicotine. The cravings were driving me crazy and I was very frustrated. I wanted them to stop and they wouldn't. My friend and I relapsed after that and I started noticing some patterns I had, especially when I was frustrated. One of those patterns was thinking

that nicotine would fix my problems and reduce my stress, only to find it just made more of a mess. I started to see the lies of the "Nicodemon."

**M.** Since becoming nicotine-free in Nicotine Anonymous, what are some important things in the program that have helped you maintain your quit?

**C.** One of the most important things to me was using the "Serenity Prayer for Nicotine Users" pamphlet. I had such a hard time accepting the cravings and this piece of literature really helped me with this. Coming to meetings and doing service work also was very helpful. It really took all of the program to help me endure the process of detoxing and recovery from this insidious disease. I don't think I could have done it without the help of NicA.

**M.** What are your favorite and most helpful of the 12 Steps?

**C.** I have to say, "All of them." One builds on the other and skipping one hasn't worked very well for me. I am not a saint at working them, but I do try to keep them in my life. It has been the only way I have found peace with myself.

**M.** What was your spiritual awakening like?

**C.** Before coming to NicA, I learned about the Steps through another 12 Step program. I looked at the word "God." I said that sure does look nice but I have trust issues pretty bad. You all wanted me to hand my will and my life over to the care of the wind in my opinion. My sponsor told me to start praying and listening. I was to use the Third Step Prayer in that program. I could see that there was a Force working in my life that was going to help me endure what I had to in order to recover. I had to completely surrender to His will for me and I was finding that it was a slow process, but it worked. I felt that there was hope for me after all. I was going to be okay.

**M.** How do you maintain contact with your Higher Power and keep growing spiritually?

**C.** First thing in the morning, I read something spiritual and I review my day to come. I ask that He keep me out of self-will, help me be of service to others and free me from anger, resentments, dishonesty and self-pity. Sometimes I don't do this like I should,

especially when things are going well. But then bam! I am back into insanity, ever reminding me to start working my program. Throughout the day, I also do this when I feel out of sorts. At night I review my day and see if I have injured anyone. I also thank God for helping me get through the day without nicotine. He has done that for me for many years. I don't ever want to go back to nicotine again.

**M.** What would you recommend to nicotine addicts as some of the most important program ideas to focus on early in a quit?

**C.** The five D's: Delay, Distract, Drink water, Discuss and Deep Breathe. Make meetings and read the literature. Start looking for a sponsor to guide you through the Steps. I also used a piece called *Junkie Thinking\** early on in my quit (see below). It helped me see my addiction at work and how it was trying to get me to come back to it.

**M.** What would you say is an important practice later on in a quit to help stay smober?

**C.** I still make meetings and work the Steps. I also help others and I trust God. I don't know if I really need NicA or not, but I can tell you I want it. I have made so many good friends and I just love that. It has helped me become free and happy in my quit. This is pretty much a way of life for me.

**M:** Thank you, Carol, for your time and for sharing your experience, strength and hope with us!

### \*JUNKIE THINKING:

#### How to counter bad thoughts!

JUNKIE THINKING: "One puff won't hurt."

RESPONSE: "One puff will always hurt me, and it always will because I'm not a social smoker. One puff and I'll be smoking compulsively again."

JUNKIE THINKING: "I only want one."

RESPONSE: "I have never wanted only one. In fact, I want 20-30 a day every day. I want them all!"

*continued on page 7*

JUNKIE THINKING: "I'll just be right now? Do I miss the wor- a social smoker." ry, the embarrassment, the shame? I'd rather be an ex- pulsive smoker, and once I smoke one I'll quickly be thinking about the next one. Social smokers can take it or leave it. That's not me." JUNKIE THINKING: "I'm doing so well, one won't hurt me now." RESPONSE: "Smoking is not going to fix anything. I'll still be upset - I'll just be haven't taken the first one. Yet once I do, I won't be doing well anymore. I'll be smoking again." JUNKIE THINKING: "I'll just stop again." RESPONSE: "Sounds easy, but who am I trying to kid? Look how long it took me to stop this time. And once I start, how long will it take before I get sick enough to face withdrawal again? In fact, when I'm back in the grip of compulsion, what guarantee do I have that I'll ever be able to stop again?" JUNKIE THINKING: "If I slip, I'll keep trying." RESPONSE: "If I think I can get away with one little 'slip' now, I'll think I can get away with another little 'slip' later on." JUNKIE THINKING: "I need one to get me through this withdrawal." RESPONSE: "Smoking will not get me through the discomfort of not smoking. It will only get me back to smoking. One puff stops the process of withdrawal and I'll have to go through it all over again." JUNKIE THINKING: "I miss smoking right now." RESPONSE: "Of course I miss something I've been doing every day for most of my life. But do I miss the chest pain

ry, the embarrassment, the shame? I'd rather be an ex- smoker with an occasional desire to smoke, than a smoker with a constant desire to stop doing it." JUNKIE THINKING: "I really need to smoke now, I'm so upset." RESPONSE: "Smoking is not going to fix anything. I'll still be upset - I'll just be an upset smoker. I never have to have a cigarette. Smoking is not a need; it's a want. Once the crisis is over, I'll be relieved and grateful I'm still not smoking." JUNKIE THINKING: "I don't care." RESPONSE: "What is it exactly that I think I don't care about? Can I truthfully say I don't care about chest pain? I don't care about coughing and gagging in the morning? I don't care about lung cancer? No, I care about these things very much. That's why I stopped smoking in the first place." JUNKIE THINKING: "What difference does it make, anyway?" RESPONSE: "It makes a difference in the way I breathe, the way my heart beats, the way I feel about myself. It makes a tremendous difference in every aspect of my physical and emotional health." -Author unknown

**Quote  
Corner**

People who work together will win,  
whether it be against  
complex football defenses, or the  
problems of modern society.  
-Vince Lombardi

## Breath of Life

Grateful for this breath of life  
I took for granted these years  
Many things I can now see  
So much of life in tears

The times I spent trying to quit  
The cigarettes I hung on to  
Now it is very clear to me  
Why the Grand Hoax is true

I asked my God, what is it  
That makes me not break free?  
I wanted to stay stopped dear God  
Please, just chain me to a tree!

All of life I couldn't control  
I longed for peace of mind  
Serenity was so far from me  
My own way I could not find

I can distract  
I can delay  
I can drink water  
God, show me the way

I needed the love  
I needed the hope  
Of nicotine addicts  
Who learned to cope

Breath of life  
You are precious now  
I can breathe deeply  
NicA showed me how

- Margie L  
Savannah, GA

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

*Consider attending our  
monthly Outreach  
teleconference  
meeting!*

**When:** 2nd Wednesday  
of the month  
**Time:** 8 pm EST  
**To attend:**  
call 1-218-339-4978  
**Access Code:** 1471471#

## Word Power...

"You're stupid." "No one wants to hear what you have to say." "You're going to grow up to be nothing." Wow! I'm sure after reading this, you are thinking, what a terrible way to speak to someone. And you would be right. But what if I told you that these are the words that I have spoken to myself?!

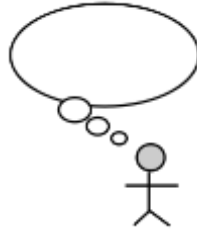
These are also the words I heard from my mother growing up. Unbeknownst to me at the time, I allowed those words to soak into my very soul and define who I was. Those words took me into the depths of low self-esteem. I began to not like myself, and became a people-pleaser so that others would like me. I also began to drink and smoke for a sense of belonging. None of these things helped. I was still a lonely and angry man. Eventually I stopped drinking, and after forty years, I stopped smoking.

After many failed attempts on my own, I found Nicotine Anonymous. After admitting that smoking was not just a bad habit but an addiction, and that my life was unmanageable, I began to work the Steps. That was in 2006 and through the grace of God, I'm still working the Steps today.

After a while I found Step Two to be very helpful. It says "came to believe that a power greater than myself could restore me to sanity." Oh what a powerful statement! Like everything else, it's a process. After reading literature, talking and going to meetings, I "came to believe" that this power (God) could restore my sanity. To restore means to bring back to its original state. Now if God can love me enough to do that, I realized that I could learn to love myself. And so the journey of self-discovery began.

First I had to deal with my anger – my anger at life in general, my mother, and yes, even myself. This was not going to be an easy task. The program taught me to forgive in order to rid myself of the negative thoughts and to do this I needed to use words. Words like, "I am somebody, I am valued, I have a lot to offer." A lot of other words too, but especially, "God loves me." I'm finding out that words do have an impact on the

people around us and on ourselves. We can choose not to believe the negative words spewed at us and replace them instead with positive ones. In order to do this, we need to change our thinking, because words are born out of our thoughts.



I'm learning that words have tremendous power. It can be either positive, constructive power, or negative, destructive power. When we speak, we are giving our words the power of life and death to those who hear us and to ourselves, too. We can learn a lot about ourselves just by listening to the words we say.

I've found that words can heal or they can poison. Words can start wars or they can make peace. Words can also lead people to the highest point of doing good or the depths of doing evil.

I'm learning that no one's negative words towards me shall dictate my destiny. Only God's love for me and my acceptance of that love can do that. God's love for us is powerful. But if we fail to realize that, then we will only focus on our faults and not see the good in ourselves.

The second thing I needed to do on this journey of recovery was to use three words I really had to work on: I forgive you! Without these powerful words I truly don't believe I could have gotten this far. These words helped me rid myself of all the anger.

Someone said to me that some people won't or can't change, but I truly wanted to find inner peace, so I had to "let go and let God." I had to let go of the anger towards my mother and learn to accept her and other people, places and things just the way they are. It has been a long inner battle, but today, though not perfect, our relationship is much better. And most importantly, I've learned to forgive myself for the dam-

age I unknowingly caused myself.

I thank God for this program and the people He put in my life. They knew the right words to say to help me through my pain and growth. If you're willing to do the work, this program really does work. YOU HAVE MY WORD!

Wil J  
Baltimore, MD

\*\*\*\*\*

## More NicA Limericks

from the 2018 NAWS  
Conference "Un-Talent Show"

The 5 D's in no particular order:  
Distract, Deep breathe, Drink water  
It's easy to Delay,  
When we Discuss at NicA  
Thank goodness I'm turning it over!

\*\*\*\*\*

There once was a gal from Bel Air  
who had a bit of a scare  
She showed up one day  
and stuck with NicA  
Now she celebrates one year!

\*\*\*\*\*

Cigarettes were our biggest fixation  
Withdrawal was pure aggravation  
The world was a-whirl,  
Then we became spirit-u-al  
Realizing that is our foundation!

\*\*\*\*\*

The poetry of the Third Step Prayer  
It helps to make me aware  
Since forgiveness is key  
To heal all of me  
Now that I breathe in clean air



- Amy C of PA  
Christine H of NY  
Glenda H of AK



**Nicotina Anónimos:  
El Libro**

A Spanish translation of  
*Nicotine Anonymous:  
The Book* is now available  
in the NicA store at  
**www.nicotine-  
anonymous.org**



\$10.50 plus shipping

*This translation was provided by a  
Nicotine Anonymous member.  
Nicotine Anonymous World Services  
accepts it in good faith as the  
member's best effort to stay true to  
the original content and intent of  
**Nicotine Anonymous: The Book.***

Spanish translations of  
NicA pamphlets are also  
available for purchase



**A Song Parody  
from the  
NicA Free Bridge  
Phone Group\***

*\* Read to the tune of the **Sesame Street**  
theme song*

Sunny day...keeping the smoke away  
On my way...to breathing air  
that's sweet  
Can you show me how to get ---  
and to stay --- nicotine-free?

Step One...  
Then there's...Step Two  
Step Three...living fearlessly  
Can you show me how to get ---  
and to stay --- nicotine-free?

Step Four...  
Then there's...Step Five  
Step Six... gettin' that HP fix  
Can you show me how to get ---  
and stay --- nicotine-free?

Step Seven...  
Then there's...Step Eight  
Step Nine...no more wasting time  
Can you show me how to get --- and  
stay --- nicotine-free?

Step Ten...  
Then there's...Step Eleven  
Step Twelve...sharing our love  
and health  
Can u show me how to get ---  
and to stay --- nicotine-free?

**BONUS!** Search YouTube to hear  
the debut of the Free Bridge NicA  
Telephone Group Choir singing  
this parody live at:  
[https://www.youtube.com/watch?  
v=CItVtqclW8M](https://www.youtube.com/watch?v=CItVtqclW8M)



**Fall 2018 Nicotine Anonymous Events Around the U.S.**

- September 16 Picnic in the Park — Rossmoor, CA  
sponsored by Southern California Intergroup
- October 12-14 Clean in the Catskills retreat — Tannersville, NY  
sponsored by NY Metropolitan Area Intergroup
- November 4 Annual Fall Picnic and Meeting — Phoenix, AZ  
sponsored by Arizona Intergroup
- November 17 Marathon Meetings — Bellflower, CA  
sponsored by Southern California Intergroup



See flyers with event details on the NicA website  
[www.nicotine-anonymous.org](http://www.nicotine-anonymous.org)



# Connections



Nicotine Anonymous invites you to connect with our

## Penpal Program

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

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

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

**Where:** E-mails are sent to

PenPal Coordinator - Paper: [PenPalCoordinator@nicotine-anonymous.org](mailto:PenPalCoordinator@nicotine-anonymous.org)

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

Email Pal Coordinator: [EmailPalCoordinator@nicotine-anonymous.org](mailto:EmailPalCoordinator@nicotine-anonymous.org)

Coordinates and connects pals who want to communicate via email.



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



**How:** Contact either email address above to begin connecting.



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

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

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

Subject line 'Nicotine Anonymous Meditation'

or mail to:

Attn: Daily Meditations Coordinator

Nicotine Anonymous WSO

6333 E. Mockingbird #147-817

Dallas, TX 75214

Please include your telephone number, email, and snail mail address — to be used only in case we have questions. Please also include your nicotine quit date so your meditation can be placed on or near that date in the book. (All contact info and authorship will be kept confidential in accordance with the 11<sup>th</sup> Tradition.)

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

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

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

*Please note:*

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

Thank you for your service!

**NAWSO**  
**Profit & Loss YTD Comparison**  
**January through June**

	<u>Jan - Jun</u> <u>2018</u>	<u>Jan - Jun</u> <u>2017</u>
<b>Ordinary Income/Expense</b>		
<b>Income</b>		
4000 · Donations	6,079.26	5,721.35
4100 · Literature Sales	14,449.40	13,186.07
4290 · Shipping & Handling Income	2,195.15	2,118.01
<b>Total Income</b>	<b>\$23,277.97</b>	<b>\$19,906.41</b>
<b>Cost of Goods Sold</b>	<b>6,269.25</b>	<b>6,313.62</b>
<b>Total COGS</b>	<b>\$6,269.25</b>	<b>\$6,313.62</b>
<b>Gross Profit</b>	<b>\$17,008.72</b>	<b>\$13,592.79</b>
<b>Expenses</b>		
6000 · Office Expense	11,987.87	13,044.59
6600 · WSO Expense	4,249.45	3,753.60
6900 · Other Operating Expense	116.37	—
<b>Total Expenses</b>	<b>\$16,353.69</b>	<b>\$16,798.19</b>
<b>Net Operating Income</b>	<b>\$655.03</b>	<b>\$-3,205.40</b>
<b>Other Income</b>		
8000 · Interest Income	24.36	23.84
<b>Total Other Income</b>	<b>\$24.36</b>	<b>\$23.84</b>
<b>Net Income</b>	<b><u>\$679.39</u></b>	<b><u>\$-3181.56</u></b>

## BIRTHDAY CONGRATULATIONS

**Janis – 9/23/96 Philip – 9/24/96 Karen H – 10/12/89 George H – 10/19/06**  
**Marcia G – 10/10/96 Maria T – 10/14/07 Jean M – 10/19/02 Corinna C – 12/1/14**

Post your Nicotine Anonymous birthday in *SevenMinutes!*

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

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

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



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

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

Is your group in need of newcomers? Try an Outreach project to get the word out! For more information, send an email to [chairperson@nicotine-anonymous.org](mailto:chairperson@nicotine-anonymous.org)



# Service is the Key

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

## **PUBLIC OUTREACH COORDINATOR**

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

## **OUTREACH COMMITTEE**

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



## **TELEPHONE SERVANTS—ESPECIALLY NEEDED!**

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

## **TRANSLATORS**

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

## **INTERNATIONAL GROUP COMMITTEE**

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



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

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

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

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

Rev. 11/2017

# ♥ My Gift of Gratitude ♥

## GIVE A "GIFT OF GRATITUDE"

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

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

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

## HOW WORLD SERVICES SERVES THE NICOTINE ADDICT:

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

## GET A FREE SUBSCRIPTION TO SEVENMINUTES NEWSLETTER!

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

## THINK YOU CAN'T AFFORD IT?

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

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

## 4 EASY WAYS TO DONATE!

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

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

### Why members and groups donate to Nicotine Anonymous World Services

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

Learn more about contributions & self-support at [www.nicotine-anonymous.org](http://www.nicotine-anonymous.org)



# Seven Minutes

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



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## Publication dates and deadlines for *SevenMinutes* submissions:

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

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

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

Individual training is available to learn this new venue.

*This online meeting format can also be used internationally.*

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