



Seven Minutes

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

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Chairperson's Report

Happy Fall to all in our fellowship!

I hope this finds you happy and healthy and enjoying this time of year if you are in the States. I have been conversing with some friends overseas, and this may be the least favorable time of year where you are. To you, I wish relief and reprieve where possible. We all need that sometimes too.

I am writing in deep gratitude today as I often do when I get a chance to reflect. We have a kind and helpful fellowship that has shown grace while we find our way as a new Board, including and especially me, as your new Chair. Our structure is sound, offering great support to those incoming Board roles and to the new active Board positions.

I am grateful to so many in the fellowship willing to give of themselves to make this good program great for so many humans to come. Behind the scenes and beyond the Board, there are committees, intergroups, and many helpers that make our recovery world happen for us so that we get to live free one more day, or get free for the first day. That, my friends, is a miracle. I hope I never forget that.

The Board is ramping up again. We are serving up hot topics as usual. You are always welcome to join! If you were at the 2023 NAWS conference, you'll recall that the Service Structure made bylaws recommendations to the delegates, which were approved. We also merged the Bylaws and Service Structure committees into one committee. They are doing incredible work.

Our fellowship continues to grow, change, and evolve. With change comes contemplation on how we can do better. There has been a meeting of the minds around literature and Traditions – and how to move forward in our brave new world. A worthy topic. Stay tuned.

Our Traditions help us transcend what bogs down our daily smallish worlds and helps us focus on recovery first. Because you helped me get here, I get to do that every day. If you get a chance, read the committee and intergroup reports that come via **NicA News**. They are some of the most inspiring pieces of work that can happen in our fellowship.

Are you feeling tired or sick of the program? Ask me or someone how you can help. I guarantee your attitude will change.

Service makes our fellowship go round. We need more amazing people like you.

I look forward to being inspired by you in a meeting soon.

In Gratitude,
Danelle R
NAWS Chair



Stay connected to Nicotine Anonymous World Services!

Receive emails directly from the NAWS board by subscribing to **NicA News**

Click on the **Newsletter** dropdown menu at www.nicotine-anonymous.org

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.
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Our Preamble

Nicotine Anonymous is a fellowship of people 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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I Am Equal...

As of this writing, I have over two years and four months of freedom from nicotine, and I am elated! What a privilege to share my story with others in hopes that perhaps something may ring true and make a difference. If I've learned anything, it's that we ALL have a story to share and regardless of the length of a quit, there are always valuable lessons to be revealed!

To begin, you need to understand what kind of smoker I was. In the year I was twelve years old, so much happened to change my life: my parents divorced; my very close grandfather died; my brother ran away from home; and my mother remarried a man who was an abusive alcoholic, who smoked and cursed heavily (I'd never been exposed to these things) and was almost as old as my grandfather; and I had to change schools from being a popular elementary cheerleader to being that awkward, shy new girl whose parents split up (not many like me in those days in our rural Virginia community.) That was the year I began comparing myself to others and always felt I came up short. I was "less than." This was quite a switch from being born to a family where I was expected to excel in life and achieve and behave better than the average student. So that was the year I began my 30+ year on again/off again struggle with smoking. Once it had me - easily sneaking cigarettes from my stepdad to share with my cousin - it seemed to have me for life. My genetics combined with an environment of depression, loss, loneliness and despair had created an addict, just waiting for a substance to present itself.

As an adult, I became a secret smoker, a closet smoker, who most people would be shocked to discover that I smoked. Working as a nurse on a cardiopulmonary telemetry unit, I would educate my patients about the importance of quitting tobacco use to avoid further toxic damage to their hearts, lungs, and bodies. I didn't take any smoke breaks for fear someone might see or smell me, but

as soon as I was off shift, I would chain-smoke one after the other all the way home. As an instructor, I would preach to my students about the importance of maintaining their own health, setting a positive example and being a role model in the community. And then I would sneak away at meals to pacify my own deep craving for nicotine. I also served as a Faith Community Parish Nurse through local churches and as a lay speaker, educating church populations and sharing messages related to the significant connection between health and spirituality. What a fraud I had become - proclaiming my messages and lessons of health, all while destroying my own!



I was even able to hide my smoking from my family - at least until I got caught or didn't care anymore. They knew not to approach me about it, because I'd at least earned the right to smoke if I wanted to, right? I deserved that! Or maybe...I deserved that because I felt as if I deserved punishment for all my misdeeds and transgressions, and I knew every puff was an assault on a body I'd come to hate. I could forget about the supportive family I love, even the precious grandson I adore, when nicotine demanded its way.

And then, by divine intervention (and no one could ever convince me otherwise), I found Nicotine Anonymous. Wow - what a difference this has made in my life! I am so eternally grateful! Using all of the tools of recovery, I was able to make positive changes in my life. I began by developing a careful routine for facing cravings, which included consistent use of the 5 D's, creating and using a list of activities I could do instead of smoking, phoning for help when needed and collecting every chip like a talisman to keep me focused on my successes. I attended meetings - 90

in 30 days. To date, I still find this crucial to my continued success and appreciate when other members share. Their wisdom, dedication, experience, strength and hope help to pull me through the difficult times. I devoured the literature. I found a sponsor who knew when I needed to be held accountable, when I needed a nudge, and when I needed to forgive and care for myself or to hear her encouragement and praise; someone who has become a trusted confidant and dear friend. And we worked through the Steps one by one, discussing every question in the Step workbook. She truly cared about my experience, and she listened. It took two years for me to finish the Steps because I had so many interruptions by surgeries and other health issues.

Actively using all these tools of recovery combined with developing a consistent daily routine of meditation, affirmations, journaling, reading literature, devotions and attending meetings helps maintain my freedom. I was drawn in by the spiritual foundation and the family atmosphere. However, doing service within NicA is one of my favorite and most effective tools. I learned from the beginning that service begins in meetings. I could just show up to listen and help keep a meeting open or do other service in the meetings such as reading, welcoming others, or reaching out to newcomers. Then I discovered a world full of opportunities on both the local and world levels that seemed designed for my particular skills and talents. I became active in my family group at Voices of Nicotine Recovery (VONR), helping with workshops, marathons and serving on the Group Conscience board. If I faltered, I didn't encounter shame and blame; but instead, I discovered an endless fountain of encouragement and compassion.

continued on page 4



I also learned that I never worked alone – it wasn't about me. It was about the fellowship, and we work collectively as a team. It was all about Tradition 5: "Each group has but one primary purpose – to carry its message to the nicotine addict who still suffers."

I'm still carrying the message, but now from the seat of Secretary-Elect for NAWS. I am so excited to be a part of this team and grateful to have this opportunity to grow, learn and serve our fellowship. My experience has shown me there are huge personal rewards to follow. Just from the past two years, I have become so much closer and trusting of my Higher Power. I have so many new friendships all over the world! I have sponsees who God has placed in my life to be mutually rewarding. I was able to travel to Little Rock on my first plane flight. And my relationships within my family have gotten closer, stronger and so much more fulfilling. Most importantly, my self-concept has been transformed! I can now look in the mirror and say, "I'm OK. I'm happy. I can be 'a part of the herd.'" Four months ago, I was diagnosed with breast cancer. I'm so blessed that NicA helped me to put nicotine behind me and taught me to like myself before I had to face this battle. My recovery from cancer continues and I can now say, "I am STRONG. I'm taking my life back and not wasting it anymore. And I AM EQUAL."

Sharon B
 VONR member
 NAWS secretary-elect

Attention / Pass it on
 Free Bridge callers:
 Carrier trying to charge or block you from getting on a phone meeting?
 First dial 720-844-1217
 Enter access code 207490#
 Then dial the NEW work-around number:
 667-770-1474
 Follow the prompts.

Upcoming Phone Marathon Meetings

Nov. 16
"Turn Over a New Leaf"



Nov. 23
"Attitude of Gratitude"



Dec. 25
"Holiday Marathon"



All meetings are hosted by the Free Bridge 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: 667-770-1474
Pass code: 207490#

See nicotine-anonymous.org for information on all regularly-scheduled NicA phone meetings

NicA Is My Tribe...



I love the freedom I have found through Nicotine Anonymous. NicA is my family. NicA is my tribe. All I want to do now is devote my time to NicA. NicA saved my life and taught me spirituality. I have completed the 12 Steps with my beautiful NicA sponsor. Now I can give away what was so freely given to me. As a sponsor, now I can pray with my sponsees so they can gain the freedom.

I enjoy that where two or more are gathered in our Higher Power's name, that Power will be in our midst. So keep praying for me and I will pray for you and together we will see it through. Just imagine that nicodemon as a small green ugly thing that you can crush in the palm of your hand and crush that Nikki demon into oblivion! Yes, crush that Nikki demon into oblivion!

Rene ne ne from Califor-ni-a

* * * * *

*The more you smoke,
 The more you need to.
 The less you smoke,
 The less you need to...*



An Early Fascination with Smoking...

I am a third generation smoker. My grandparents shortened their lives through smoking and my father quit in the early 1960's, then macular degeneration caused by smoking ended his life.

I had always, even as a child in a nonsmoking household, been fascinated by tobacco. For example, my grandmother gave me candy bars that I noticed were wrapped in silver paper, just like her cigarettes. Also, both the candy and the cigarettes were long and slender.

I was very obedient as a child and teenager and would not cross my parents around alcohol and tobacco. However, I smoked a little at a small party after my freshman year in college and felt like a rock star. My tobacco addiction slept for a few years when I bought a pack of smokes from a vending machine at work. I had dropped out of school and worked security. Most of the men smoked. I had somewhere gotten the message that smoking made you a real man. I kept smoking hidden from my parents and they were very upset when they discovered I had this secret addiction. I smoked only at work at nights. I would arrive at the worksite and light up and feel that oh-so addictive euphoria when the nicotine hit my brain.

I moved out of my parents' house in the fall of 1982. Other people in the household where I lived were unaware of the extent of my smoking. When I lived alone as a church caretaker in the inner city of Rochester, I deepened my addiction by smoking freely in my own home. However, the smoke from my apartment seeped into the church. This was a constant worry for me for the year and a half I lived there. I was isolated. I regularly stayed up all night cleaning and drinking coffee and smoking. This immaturity dictated

Quote Corner

"My Higher Power is the 'thing' that lets the nicotine craving wash over me and protects me from having to give in to the urge."

- *Nicotine Anonymous: The Book*, 6th edition, page 13

my experience. I lived in a fantasy world subject to a lot of depression and anxiety. One of my favorite quotes about addiction goes something like this: "Addiction makes us feel we are adding to life as it takes away our lives."

I went back to college in 1986. Then I moved to college housing in January 1988. I would smoke and drink to the point of active alcoholism. I was released from alcoholism in the winter of 1990, by the grace of my Higher Power. My psychiatric team determined around the same time that my psychosis was not due to heavy drinking, but was mental illness. Eventually I could not take care of myself and moved into a supportive housing program back in Rochester. I washed out of that program in 1991 but entered a psychiatric group home later that year. There I camped out in the smoking room and smoked 3 to 4 packs of cigarettes a day. I have since made amends to the house manager for subjecting the staff to my smoke.

In 1993 I moved to a higher level of care and received a counselor - a woman who wanted me to quit tobacco. She got me to go to a 6 month therapeutic program to quit smoking. The three other men in the group had psychiatric diagnoses also. I managed to quit and after getting a few days smoke-free, I went to a NicA meeting. However, the

obsession over nicotine stuck with me and resulted in relapse. I did continue to go to meetings, make phone calls to tobacco message line and take jabs at quitting.

My compulsion to smoke was released August 1, 1994. Higher Power just took it from me in an incident that I still vividly remember. I continued on the patch for awhile, so I consider my nicotine anniversary to be in November. NicA in Rochester remained small and along with others, we frantically watered the Steps. I attended a face-to-face meeting called Butt Kickers until the pandemic when I switched to phone meetings.

Now a 12 Step sponsor with a background in NicA helps me work the Steps on NicA issues as well as other parts of my life. All areas of my life have improved by consistent sponsorship.

I also work with other nicotine addicts at my job. I am a Peer Support Specialist, specializing in tobacco recovery. Meditation practice, meetings, therapy and paid employment keep me growing spiritually. NicA is in my heart, and I enjoy hanging out with you all on the meetings. NicA gave me many years of life, and for that I will always be grateful.

John K
Upstate NY
Free Bridge Telephone Group

Outreach projects allow us to carry the message in a variety of ways. Literature and financial assistance are **available** for your project, for up to \$500.

For details, see nicotine-anonymous.org or send an email to outreachcoordinator@nicotine-anonymous.org



From the Free Bridge Telephone Group...

Another exciting poll from the Free Bridge! Here are member responses to the following...

What do you do to help keep yourself grounded?

- Call my sponsor
- Play with my dog



- Look for where my feet are
- Listen
- Be obedient
- Hope



- Do Step work with others
- Make a gratitude list
- Go to meetings
- Practice the 5 D's
- Do Step 3
- Call someone



- Stop every thing and make a silent prayer
- Do service
- Eat something
- Listen to music
- Dance



- Walk and pray
- Help others
- Drive and think about surrender
- Look at a sunset
- Sit by a mountain stream



Applying Tradition One in Personal Situations...

Tradition One states "Our common welfare should come first; personal recovery depends on Nicotine Anonymous unity."

I am only a small part of the greater good. For me, striving for my own personal progress, not a perfect world, involves seeking solutions that are good for everyone. This means I strive to find balance between what's good for me and what's good for all concerned. My desires are important, but the importance of the greater good outweighs what I want, even if I disagree with what a majority decides.

Simple acts of kindness can help me change my behavior and focus on unity in my relationships. This enables me to find acceptance even in the midst of turmoil. By offering kindness to others, I'm being kind to myself. By not participating in conflict, I'm giving myself a chance to be peaceful and live in harmony with myself and others.

If I can say what I mean, mean what I say and not say it in a mean way, I'm focused on my own and others' common welfare. I climb out of those old scared, lonely behaviors which keep me isolated in the "me vs. them" mentality. I find my gifts and talents and find ways to share them with integrity, especially by doing service.



Tradition One helps me recognize my own value and the value of others. Walking on this recovery path together, each of us has our part

and can freely contribute opinions, ideas and suggestions and be heard. As I'm learning to trust myself again, I look for opportunities to support this idea of our common welfare as a way to support my own personal progress. For me, this is the recovery in action.

Thank you for supporting me in my recovery,

Aimee C
VONR

* * * * *

The Gift That Keeps on Giving...

Being smoke-free is the kindest gift I could have given myself. And it's the gift that keeps on giving, in ways I could never have imagined.

With smoking I used to think I was a lifer. It was my last vice. And how I used to crave those cigarettes!

It's so much better now. So many doors have opened up for me. Mostly I don't even think about smoking. And if I do, it is easily dismissed.

For me, smoking is not an option. Whatever else I am doing, I try to take time to celebrate my nicotine freedom. It seems like it really was my last vice. And now I am completely free, with new found energy to pursue my creative projects - and to just be, with friends and family.

Jon B
Belmont, MA

* * * * *

The 5 D's

- Delay
- Distract
- Discuss
- Drink Water
- Deep Breathe

When It All Just Clicks...

We start each monthly meeting of the Southern California Intergroup of Nicotine Anonymous (SCINA) by reading the Tradition of the month. In July, the seventh month of the year, we read Tradition Seven. As we read the last two paragraphs (below), I thought to myself, "Wow! Why are there only six people attending this video conference intergroup meeting?"

"Looking more deeply into this Tradition, we cannot be totally self-supporting without each of us contributing service to our group, intergroup, and World Services. Service is not only one of the tools of personal recovery, it is the life blood for our entire fellowship. If we only take from the fellowship, we no longer make a fellowship. Whenever any one of us is content to sit back and let "someone else" make the necessary commitments, the existence of a group, and eventually Nicotine Anonymous itself is threatened.

Self-supporting through service means actions such as attending both group and business meetings on a regular basis, sharing at meetings, working the Steps, sponsoring people, setting up and cleaning up meetings, subscribing and contributing to fellowship newsletters, as well as taking on chairperson, treasurer, or secretary positions. Self-supporting service, as much or more than monetary contributions, will ensure our continued ability to serve all nicotine users who seek our help. Thus, by honoring this Tradition, we maintain our primary purpose and the spiritual foundation upon which our fellowship is based."

- Nicotine Anonymous: The Book
6th edition, pages 130-131

SCINA bylaws state there must be seven in attendance to pass the minutes (and any motions brought forth). Sadly, we haven't been able to do so for the last three months. Attendance is only one hour a month. Before the pandemic, I drove 45 minutes each way to attend in person, so you would think online we could find one more person to attend virtually for just one hour a month. Alas! (Perhaps it's the fact that there are no free donuts at virtual meetings.)

I've heard people complain about NAWS being a clique, which I don't believe is true. The definition of "clique" includes "not welcoming others," which is not the case at all. Everyone and anyone is welcome to step up. No one at the World Services level had met our current Chairperson-elect Leslie when she self-nominated this April. She was embraced enthusiastically and without hesitation. Not too many knew me when I was asked to join the Board, and my qualifications (or lack thereof) were never questioned. In fact, the typical way someone gets to serve on the NAWS Board is via ambush at the World Services Conference and a severe twisting of the arm.

I believe the majority of people who step up for service are those who have sponsors, read the literature, and are working the Steps. And in the process, something just "clicks." I remember thinking, "Oh, that means me too!" To quote the pamphlet "World Services, My Intergroup, and Me": Service is gratitude in action.

We are all at different stages in our recovery and different places in our lives. It's understandable if someone is not in a place where they can currently serve. But as a general rule,

everyone should be willing to do something. Even if it is just for one hour a month to make a quorum. So buy yourself a donut and come be of service. The fellowship needs YOU!!!

Bill H
Sunland, CA



**Get the
Word Out
Through the
Press!**

There is probably no other communication medium more anxious to help us spread the word than the press.

Newspapers all have allotted space dedicated to worthy public service causes, and quitting smoking is one of the best causes around.



They will welcome your material and rest assured, they will run it!
Let's get the word out!





**NOTICE FROM CHAIRPERSON OF NICOTINE ANONYMOUS WORLD SERVICES (NAWS)
JOB OPENING**

NAWS Office Manager and Trusted Servant Bill P. offered his letter of resignation effective December 31, 2023. The Office Manager currently is the only paid position in the organization. The Office Manager is a 1099 independent contractor, not an employee.

The NAWS Office Manager is responsible for fulfilling the business activities of Nicotine Anonymous including but not limited to:

- Attending meetings that include monthly treasurers' meetings, quarterly board meetings and annual conference
- Having a reliable, current computer and printer and internet access
- Using QuickBooks to maintain bookkeeping and generate reports
- Maintaining records of banking information and activity
- Processing orders, payments, postage and shipments
- Maintaining inventory and managing the online store
- Coordinating publication of SevenMinutes Newsletter with SevenMinutes Editor and keeping subscriber list up to date

Preference may be given to a 12-step fellowship member with at least one year nicotine-free. Positive communication abilities and customer service skills are essential. Further details and more information will be sent to those who submit a resume.

If you would like to be considered for this position, please email chairperson@nicotine-anonymous.org and include the following: a copy of your resume, a letter of why you believe you are the right person for the job, and expected compensation. This position is estimated at 30 hours per week, with one week of paid vacation.

From the

SevenMinutes Archives

Words do make a difference, as the author notes in this piece from the March 2012 issue of **SevenMinutes**.

Eliminate the Word "Cravings"

Back in my early post-quit, I leaned heavily on the notion of eliminating the word "craving" from my thoughts about my quit. I substitute the word "tug" instead. Here's why: to me, "craving" sounds like "desire." Therefore, when I say I have a craving, I'm saying I want to smoke. I. Want. To. Smoke. Do you see what's wrong? When you're quitting, is it really "you," meaning all that you are — your intellect, your emotions, your "gut", your wisdom, your stupidity, your all — who wants to smoke? No, you want to quit. But you also want to smoke, so maybe you can't even say either way.

I killed the word "craving" because it represents me as someone who wants to smoke. No, I want to quit. In other words, I want quitting to win the war of desires.



Try "tug." Sounds little, doesn't it? It's a puny pip-squeak of a word. It represents how I want to think of formerly-known-as-cravings. Little. Weak. Easily stomped or stepped over and ignored, as I stride unrelentingly toward the Big Quit finish line.

"So here I am on Quit Day Two. Hope it's easier than Day One was. One thing I know, I can expect lots o' those little tugs today." Sounds more manageable, doesn't it?

Y'know, after two years and a month away from the cigs, I still feel a tug every now and then. A few days ago at a bus stop where usually one to five people gather before each bus, there were three, and they were all smoking. I felt a tug and was grateful that I had picked up the "tug" concept because in one word/thought, I mentally belittled the formerly-known-as-craving down to the tiny and inferior blip it really was to my Higher Power and me.

JPS
New Jersey



More contributions from the
Free Bridge Telephone Group:

You Know You're a Nicotine Addict When...

You smoke in the parking lot so nobody at home will know you smoke.

You are fine smoking in your apartment while risking eviction.

You need 7 packs in the drawer or you get uneasy.

You wet them down, then microwave them out to dry.



Doctor says you better stop and you don't.

You take out a separate credit card just to hide that you're buying your cigarettes.

Dentist says, "Don't smoke for 72 hours," and you're all numbed up, but right away in the parking lot you try to light one.

You drive miles out of town to buy smokes.

You enjoy the smell of cigarettes after you quit.

You go to the store at 2 am to buy your smokes with bags of pennies, nickels and dimes...more than once.

But best of all...
You're not able to get on a meeting, and find yourself really wanting a meeting.

HAVE AN IDEA FOR A
NICOTINE ANONYMOUS
PUBLIC SERVICE
ANNOUNCEMENT?



Draft the text for a
15 or 30 second
audio PSA or
create your own
audio file!

For questions or ideas,
email newsout-reach@nicotine-anonymous.org



Nicotine Anonymous UK Convention

Hosted by the Nicotine Anonymous UK Intergroup of Nicotine Anonymous

Together We Change

ALL YOU NEED IS A DESIRE TO QUIT
NEWCOMERS WELCOME

Speakers | Meetings | Fellowship

SATURDAY, 7 OCTOBER, 2023
10AM TO 6PM

Quaker Meeting House
28 Crawley Green Road
Luton LU2 0QX



£12 PER PERSON

Fees used to cover building costs and snacks.
Any surplus funds are used to carry our message.

**[https://www.tickettailor.com/
events/nicotineanonymousuk/938925](https://www.tickettailor.com/events/nicotineanonymousuk/938925)**

Book early to avoid disappointment and to help organisers plan event

info: nicaukconvention@gmail.com

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...

PenPalCoordinator@nicotine-anonymous.org

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



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.

NAWSO
Profit & Loss YTD Comparison
January through June

	<u>Jan - Jun</u> <u>2023</u>	<u>Jan - Jun</u> <u>2022</u>
Ordinary Income/Expense		
Income		
4000 · Donations	9,225.05	9,342.71
4100 · Literature Sales	11,919.14	13,009.06
4290 · Shipping & Handling Income	3,136.46	3,624.49
4186 · 2022 Conference	—	1,688.44
4187 · 2023 Conference	-215.16	-1,500.00
Non Profit Income	402.10	101.50
Miscellaneous Income	11.17	6.03
Sales of Product Income	1,804.09	1,445.00
Total Income	\$26,282.85	\$27,717.23
Total Cost of Goods Sold	\$6,496.38	\$7,082.41
Gross Profit	\$19,786.47	\$20,634.82
Expenses		
6000 · Office Expenses	16,206.01	15,085.46
6600 · WSO Expenses	5,136.02	3,325.33
6900 · Other Operating Expenses	106.31	76.36
Total Expenses	\$21,448.34	\$18,487.15
Net Operating Income	\$-1,661.87	\$2,147.67
Other Income		
8000 · Interest Income	3.69	3.86
Total Other Income	\$3.69	\$3.86
Net Income	<u>\$-1,658.18</u>	<u>\$2,151.53</u>

BIRTHDAY CONGRATULATIONS

Bill H – 8/28/99 Rosemarie – 10/10/12 Frank C – 10/12/89

Paul C – 11/14/14 Mike H – 12/17/08 Frank S – 12/18/88

Post your Nicotine Anonymous birthday in **SevenMinutes!**
Send in your first name, last initial and nicotine quit date.

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

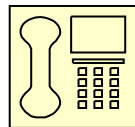
Email: **SevenMinutesEditor@nicotine-anonymous.org**

Nicotine Anonymous Meeting Options

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



Face-to-face meetings



Telephone meetings



Video Conference meetings



Internet meetings

To access NicA meeting information, visit
www.nicotine-anonymous.org
Click **Find Meeting**

Service is the Key

Nicotine Anonymous World Services needs volunteers
for the following open positions:

OUTREACH COMMITTEE COORDINATOR

Leads the Outreach Committee in developing public outreach projects.

OUTREACH COMMITTEE

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

TELE-SERVANTS – ESPECIALLY NEEDED!

Responds to phone calls to share hope with those seeking freedom from nicotine.



TRANSLATIONS COORDINATOR

Works with the Literature Coordinator to continue the efforts to translate our literature into other languages.

TRANSLATORS

Helps us spread the word by translating our literature, or when non-English inquiries come to our attention.

INTERNATIONAL GROUP COMMITTEE

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



ON-DEMAND/e-BOOK PUBLISHING COORDINATOR

Works with our Graphics Design Coordinator and Literature Coordinator to make our books available worldwide. Some knowledge of publishing and e-Books is recommended.

NAME & LOGO PROTECTION COMMITTEE COORDINATOR

Manages the protection of Nicotine Anonymous - its name, logo, and associated trademarks.

To volunteer, please email
chairperson@nicotine-anonymous.org

NICOTINE ANONYMOUS MEMBER GRATITUDE PROGRAM



My Gift of Gratitude

Where would we be without Nicotine Anonymous?

(Probably still using nicotine.)

If 200 nicotine addicts or groups donated \$10 a month each, the organization we depend on for our freedom from nicotine would make its monthly operating expenses and have more resources for public outreach.

Many of us are blessed with the opportunity and happy to give back with **"MY GIFT OF GRATITUDE."**

WAYS TO DONATE

- **On our website: www.nicotine-anonymous.org/gift-of-gratitude**
- **Mail your donation directly via paper check:**
Nicotine Anonymous World Services
6333 E. Mockingbird Lane, Suite #147-817
Dallas, TX 75214
- **Set up online monthly bill pay at your bank.**

Members who donate a minimum gift of \$10 per month receive a complementary subscription to our quarterly newsletter, SevenMinutes.

Whatever you give is given back to help addicts through Nicotine Anonymous.

Thank you for helping achieve our primary purpose:
to carry the message to the nicotine addict who still suffers.

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



SevenMinutes

NAWS Office
6333 E. Mockingbird Lane
#147-817
Dallas, TX 75214



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

Need to hold a virtual Intergroup or Committee meeting?

NAWS can assist by using our video conference account to set up NicA-related meetings and providing a link to be emailed to attendees.

Contact
nicahost@nicotine-anonymous.org

This format can also be used internationally.

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