



Seven Minutes

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

Volume XXXII

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Number 4

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6333 E. Mockingbird Lane
#147-817
Dallas, TX 75214
or email to:
SevenMinutesEditor@nicotine-anonymous.org

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www.nicotine-anonymous.org

All articles accepted for publication may be reprinted in outside publications in their entirety at the discretion of the chair and editor.

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ARTICLES & FEATURES

"Quit Day: Taking Step One"
by Aimee C.....Pg. 3

"Each Attempt is a Practice at Success"
by Kent B.....Pg. 4

Heard it at a Meeting.....Pg. 5

From the FreeBridge Group.....Pg. 5

From the Traditions Committee.....Pg. 5

"Carrying the Message to the World"
by Checko M.....Pg. 6

Upcoming Phone Marathon.....Pg. 6

"An Inventory of NicA Groups"
by Chick P.....Pg. 7

Quote Corner.....Pg. 7

NicA Meeting Etiquette Card.....Pg. 8

NAWS Conference flyer.....Pg. 9

NicA 12 Step Study flyerPg. 10

NAWS Outreach flyer.....Pg. 11

Profit & Loss Comparison.....Pg. 12

Chairperson's Report

Happy holidays to all.

As some of you know, due to serious health issues John D needed to resign from his position as Chair of Nicotine Anonymous World Services. We want to thank John for his service and wish him well. I took over as Chair starting in August and hit the ground running. Chair Emeritus Bill H and Chair Elect Tom H have been an invaluable support to me.

The pandemic has changed the fellowship and afforded opportunities to grow exponentially via technology. Retreats and other Intergroup activities were not held in person, which was sad. However, members were able to meet remotely and connect with each other. As a result, NAWS has become more global, and we now have meetings in several continents including Africa.

Our Policy and Procedure Update Ad Hoc Committee continues to meet monthly, updating the P & P with newer language, clarity on service opportunities and incorporating the changes with technology that are now part of NAWS activities.

We also had an ad hoc committee that met weekly to craft a By-Laws Template for Intergroups. This committee's effort came about as a request from Intergroups for the guidelines. This suggested template is on the NAWS website.

We have an exciting new potential piece of literature that another ad hoc committee has been working on - a pocket size daily reflections booklet, affectionately named "The Butterfly Booklet." The board is currently reviewing it and, hopefully soon, we can move on to the next

step required for conference-approved literature.

The Literature Committee completed the finishing touches on *Reflections on Freedom*, our new book of meditations. It is now available for purchase in the NicA webstore. The committee is also exploring options for securing a printing company in the UK. The cost of shipping NAWS literature outside of the US is exorbitant, and having materials printed in the UK could be a solution.

"The Natural State — Nic-Free" NAWS Conference 2022 Committee has been diligently working on the minute details of the conference including the complicated technological issue of this being a hybrid conference. Please join us, either remotely or in-person, in Little Rock, Arkansas, April 29-May 1, 2022. See *conference flyer on page 9 for details*.

As a result of planning a hybrid conference, NAWS recognized the need for an Ad Hoc Recording/Technological Committee. The future of NAWS conferences includes simultaneous in-person and remote attendance. This creates some challenges that this ad hoc committee is working through.

I wish there were an accurate way to convey the tremendous efforts given by so many in our fellowship. NAWS has many trusted servants who freely give their time and talent to "carry the message." This is a "we" program and "we" benefit from all who walk the road of recovery and are willing to serve. Without trusted servants we could not have a fellowship. I am deeply grateful for each and every one. If you have a desire to be a trusted servant, please check out our

continued on page 3...

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.
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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.
9. A.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy.
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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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Chair Report

continued from page 1

website for service opportunities at www.nicotine-anonymous.org
Click on "About Us," then click on "Service."

In service,
Sharon C
NAWS Chair



* * * * *

Quit Day: Taking Step One...

After smiling during our online meetings in recognition of several of the emotional, physical and spiritual places we have all been with our smoking history, I realized once again how insidious this addiction is, and how my surrender and admission of powerlessness is similar to everyone's in Nicotine Anonymous. I so well know that raw place, the realization, the brick wall I kept banging my head against over and over, wondering why the pain would not stop!

Six plus years ago on quit day, there was hope, and yet there was that pack, which had slid under the couch, as I was madly cleaning trying so hard to keep myself busy on the day of my quit. There it was in my hands. I grasped it like it was my fix, my complicity with my addiction, ol' nicodemon's last ditch effort. I smoked one and felt better for about 2.5 seconds, then torturous remorse -- after all, it was my quit day! I left the pack outside where I completely fooled myself into thinking I'd give them to one of my smoking buddies. By the end of my quit day, I smoked half the pack. I smoked the rest the next day. Each one was like knives in my soul. I still went to my online meetings, quietly, because I wanted so badly to say I had quit and could not. My sponsor was quiet too, thank God.

The next day I bought a pack -- some horrible off-brand that I did not like -- which was my justification. It's my last pack, I shouldn't like it. HA! I hated myself, and smoked that whole pack haltingly, painfully, torturously,

hiding in shame, pleading with myself to STOP IT! I could not stop. By the end of the pack it was Sunday night, and I finished the last cig in time for the 9:00 online meeting to start. Like my other big quit, I put it out ceremoniously, and said goodbye. In the meeting, when we shared our time, I said "18 minutes," to an uproarious ovation! I was on my way. I felt supported, loved and knew this was it.

Until after the meeting ended. Then what, oh what was I going to do as those craves started coming on strong? I remember standing in the hallway looking up at the ceiling, pleading with HP to help me through this crave. I remember this vision from *Indiana Jones and the Holy Grail* when he stepped out in faith into the chasm, and the path appeared. That's what it felt like to me. I got through the crave.

I went back to the computer and found a NicA "angel" who stayed with me for a while. We prayed back and forth on the online instant message. It was her blessed help that got me through the next little while. I made it to bed without smoking. The next morning, when I arose, I broke my routine and had a high protein shake. It helped. I waited to have coffee until I got to work.

I armed myself with water, gum, nutritious snacks and candy for the drive to work and the workday. I carried a bunch of my NicA friends' phone numbers in my pocket all day. I called my sponsor in the afternoon when a craving got tough, and attended a meeting quietly at work. I prayed, pleaded and cajoled my HP into helping me through one more crave. And HP did. I made it back home and to another meeting before I could head to the store to buy another pack. I had made it a WHOLE 24 HOURS! Day 1...

Sometimes it was a moment at a time, sometimes an hour at a time. It was a week or so before I was solid on making it a day at a time without feeling like I was going to cave, scream or go insane. I slept a lot. I attended A LOT of online meetings, read everything I could get my hands on, got the literature, read and wrote

on the online message board, talked to NicA folks on the phone, and generally surrendered every single second, knowing I was and still am totally powerless over nicotine. It took me a while to really see the unmanageability of my life.

Every single time I turned to my HP, there was relief. The craving passed, I was okay. I never did run screaming naked down the street with my hair on fire as I thought I would! I was raw, sensitive, and ate A LOT (it was around Thanksgiving). I told everyone what was going on, and stopped hanging out with smoking friends. The love and support was enormous. I could not and did not do this on my own.



Today, writing about this is helping me immensely, once more reinforcing my resolve, relationship with my HP, and willingness to do whatever it takes to not light up. I am addicted to nicotine. I am enormously blessed to have found the love and support of our fellowship to help me with my recovery, and support me in this new way of life -- without nicotine.

The Promises really do come true. And you WILL get your miracle.

Aimee C
Little Rock, Arkansas

Ready to work the
Twelve Steps?
Try the
**Nicotine Anonymous
Step Study Workbook**

Available for purchase
at
www.nicotine-anonymous.org

Each Attempt is a Practice at Success...

There's a line in my home group's meeting format that has always been inspirational to me and to many newcomers who had yet to get smober. It is "each attempt is a practice at success." Most of us made more than one try to get rid of nicotine, some say they tried dozens, even hundreds of times, to stop using. For me, each failed try was a disappointment, a frustration, a confidence-basher, added evidence that maybe I wouldn't ever be able to quit.

But whenever I heard that line read at a meeting (believing that "meeting makers make it"), some confidence was restored because I was learning that every journey begins with a single step and that even failures count as steps. I learned that from each slip or relapse I gained knowledge of what not to do, that most likely I had temporarily forgotten that recovery is one day at a time, not forever, never permanent. It brought to my mind that old adage "practice makes perfect." After all, why should we expect that the thousands of times we habitually took nicotine into our bodies over many years could be reversed in a single decision to just say no! Whenever we commit to changing something and begin that process, we move forward a small change in our brain chemistry, our attitudes, our behavior, our feelings, our very thinking. Even if we don't succeed, we are not in the same place as before...we have practiced at success. We can learn from that experience, gain encouragement, develop new skills, and strengthen our commitment to try again.

I have heard it said by many that the keys to winning are to never stop trying, and to never give up quitting until you quit, until you completely surrender. Successful elimination of the addictive drug nicotine from our body takes courage and it requires us to accept that we cannot do it alone. We must fully involve our body (just do not use, no matter what!), mind (practice! practice! practice!), and spirit (ask for help!).

Kent B
Florence, AZ



"We begin to realize
we haven't given up
anything at all!"

- from *Our Promises*



Hey y'all!

We're looking
for NicA
members to write about
their experience with
NRT products (Nicotine
Replacement Therapy).

Jeanette from NC and
Mike from AZ have
formed an NRT
Pamphlet Committee,
and we need to hear
from you!

Send your written NRT
experience to
nrtstories@gmail.com



If you are interested in
getting involved in the
NRT Pamphlet
Committee, please also
submit your contact
information.

Thank You!

Nicotine Anonymous

Tradition Three:

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

Meeting Options:

Face-to-face meetings
Telephone meetings
Online meetings

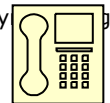
To find face-to-face meetings:

Go to www.nicotine-anonymous.org
Click on **Find Meetings** and search by
state.



For phone meetings:

Go to www.nicotine-anony.org
Click on **Meetings**, then
Telephone Meetings.



For online meetings:

Go to 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 re-
sponses. Both require the individual
to join the site in order to take ad-
vantage of some of the extra
services, such as searching for
specific posts or files.



Nicotine Quit Buddies (formerly
called Unofficial Nicanon) has "Type
Share" meetings. It can be found at
this new address:

<https://nicotinequitbuddies.groups.io/g/HomePage>

Voices of Nicotine Recovery

(VONR) has "Voice Share" meet-
ings using a free chat service that
can be downloaded. Find VONR at
<http://voicesofnicotinerecovery.com>
This site also has other helpful
information about nicotine addiction
and links to prior speaker shares.



**From the
FreeBridge
Telephone Group**

A Song Parody

Sung to the tune of "I've Been Working on the Railroad"



I've been working on my quit
All the live-long day
I've been working on my quit
Seems like 24 hours a day

So glad NicA was on the phone
Now I don't have to do this
all alone

They gave me a whole lot of hope
and made me feel right
at home

Now I've got today
Now I found a way
Now I get to stay free
each and every day

Now I've got today
Now I get to pray
Thanks for showing me
the way, NicA!



**A Note from the NAWS
Traditions Committee**

The NAWS Traditions Committee is comprised (at present) of five members. At the Chairperson's request we provide guidance to the Board so that our literature, social media, flyers, and any other material (such as the newsletter you are currently reading) issued on behalf of NAWS align with our 12 Traditions.

Recently, we had an inquiry from an Intergroup asking for help in assessing whether their social media messages were in compliance. While the Traditions Committee does not have authority over what groups or Intergroups publish (4th Tradition), we are available to provide assistance to groups that have questions about whether something they want to publish is in keeping with our Traditions. You can reach us at:

TraditionsCoordinator@nicotine-anonymous.org

We encourage all groups and Intergroups to have their own Traditions Committees where possible.



The best way to learn the Traditions is to dig in and discuss. A good place to start is with *The Twelve Traditions of Nicotine Anonymous (Extended Version)* available for download at no cost or for a small charge of \$2.50 for a printed copy. The NAWS Traditions Committee is available to discuss any questions or concerns an Intergroup's committee may have.

<https://www.nicotine-anonymous.org/the-twelve-traditions-of-nicotine-anonymous-extended-version>

We also recommend searching the NAWS Outreach page which makes available a variety of flyers, PSAs and other materials already vetted by Traditions for your use. There is no need to reinvent the wheel. It may already be

created for you! Check here for those materials, including the NicA logo, as well as guidelines for social media messaging:

<https://www.nicotine-anonymous.org/outreach>

*In service,
Martha K*

*Traditions Committee Coordinator,
On behalf of the Traditions Committee:
Robin L, Chick P, John O and Checko M*

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



**Attend our
monthly Outreach
teleconference
meeting!**

**2nd Saturday of the
month at 2PM EST**

**Join our meeting online at
<https://zoom.us/j/213252862>**

**One tap mobile:
+16465588665,
213252862#**

**or dial by your location
+1 646 558 8665**

Meeting ID: 213 252 862





NAWS now accepts payment on Venmo and Zelle apps.*

- To use Zelle: send donations to nicaofficemanager@gmail.com
- To use Venmo: donations go to @NAWS-Office
Name on the account: **NAWS Office**
The first time you use it, it may ask for the last 4 digits of the account holder's phone number, which is **0062**.
- For literature orders, first email Bill P, our office manager at nicaofficemanager@gmail.com to obtain the total due (applying taxes, as applicable). Also indicate the method of payment.

Note that the current process used on the NicA website for donation and literature purchases (PayPal*) hasn't changed. You do not need to sign up to use this method. Click the link, proceed with your order, then choose to pay with a credit card as a guest.

**The inclusion of business names does not represent an endorsement by Nicotine Anonymous. Names are included solely to assist our members in conducting business with Nicotine Anonymous.*

Carrying the Message to the World – "Litera-ture-ly"

- *Nicotine Anonymous: The Book* is available in Spanish, Italian, and Russian.
- *A Year of Miracles* is available in Russian.
- *The Step Study Workbook* is available in Russian and Portuguese.

These books can be ordered at major book retailers or by contacting the NAWS office manager.

In process are *Nicotine Anonymous: The Book* and *90 Days and 90 Ways* in Portuguese.

Many of our pamphlets, in 18 other languages, are available to read on our website. Recently added, two pamphlets in Hebrew.

As Translations Coordinator, I collaborate with members willing to translate our literature, and then with our Graphics Coordinator to format the books' text for our on-demand publisher. Contact me at: literaturecoordinator@nicotine-anonymous.org

All above services are provided by NicA members at no cost to NAWS.

The on-demand publishing company is connected with printing facilities in several countries which may reduce shipping costs for non-U.S. customers.

Checko M.
NAWS Translations Coordinator



Attending FreeBridge phone meetings?

Note that the call-in number has changed!

NEW NUMBER:
667-770-1474

Access code remains the same — **207490#**

Attention / Pass it on

Free Bridge callers: Carrier trying to charge or block you? Here's the solution:
Dial 206-451-6066 first* then dial 712-770-5398#
Access code - 207490#
*number subject to change



Upcoming Phone Marathon Meetings

January 1st

"Ringing in the New Year"



All meetings are 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: 667-770-1474
Pass code: 207490#

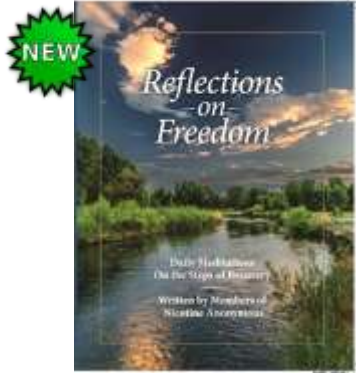
See nicotine-anonymous.org for information on all regularly-scheduled NicA phone meetings

**NOW
AVAILABLE
in our webstore!**



**Reflections on Freedom:
Daily Meditations on the
Steps of Recovery**

written by Members of
Nicotine Anonymous (NicA)



Our new conference-approved book contains 366 new meditations plus an Index of recovery topics.

May this book provide insight and inspiration to help members achieve their freedom, find their peace, and practice program principles in their daily lives.

**An excerpt from this
exciting new literature:**

DECEMBER 18

Abundance flows freely through me.
—Louise Hay

I spent years addicted to nicotine and living with negative thoughts about myself and my life. To improve my self esteem, I affirm the positive in me and my life. Affirmations are healing messages that I send myself each day. I use affirmations to pump joy into my heart through these healing messages.

When I choose to affirm the good in myself and life, I break the chains of stinking thinking: the resentments, fears, and reactivity. Over time, using affirmations brings serenity and peace.

Affirmations bring out the best of my real self and strengthen my spirit. The positive messages empower me to change my thinking. Although I am still powerless over nicotine, my spirituality grows through these affirming words.

For example, I affirm character assets such as I am filled with faith, I am loving and kind, I am trustworthy and trust myself, and I am a talented, beautiful person. Even during tough times, I detach from reacting to life's worries, and I am proactive about taking good care of myself.

My sponsor applauds when I am proactive instead of waiting until the middle of a disaster to take action. I can affirm myself into freedom from fear by saying that all is well, I am safe. I have become more self-confident and experience a real inner joy in my heart.

*Today, I am enough,
and I am worth it!*



**An Inventory of NicA
Groups: A Status
Report...**

The Adhoc Committee that is developing questions for a group inventory continues to meet the fourth Sunday of every month at 6PM. If you would like to join us, please send an email to me at info@nicotine-anonymous.org and I will send you an invite to attend the next meeting.

The NicA Board has asked the Committee to present a workshop at the upcoming conference. We have questions developed for all of the Traditions, but we are going through them all one more time to make corrections that were sent to us. If you have any suggestions regarding the questions post-

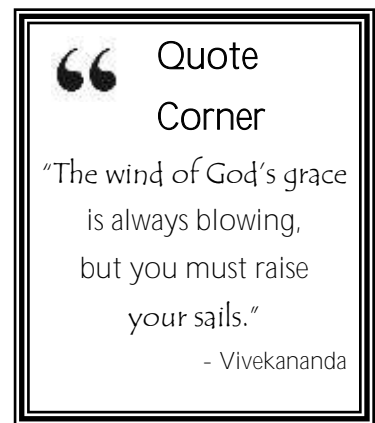
ed, feel free to email me with your thoughts, prior to the Conference.

Tradition Eleven: Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.

Principles: Anonymity, faith, service, attraction, humility, self-restraint, integrity

1. What does your group do to be attractive, so that first timers are more likely to return?
2. Are members careful not to tag, post photographs, or otherwise identify other NicA members in their social media posts?
3. How does your group introduce the need for personal anonymity to new group members?
4. Is your group careful not to brand a new member as a nicotine addict, allowing them dignity of choice to opt for this program?
5. How does the group advocate the eleventh tradition when members want to publicly promote the group?
6. Do members know the difference between attraction and promotion?

*Yours in service,
Chick P.
Chairperson of Adhoc Inventory/Group
Inventory Committee*





A new piece of literature, the NicA Meeting Etiquette Card, was introduced at the 2021 World Services Conference (WSC). A workshop was held, a consensus was not reached, and the work was sent back to the drawing board.

The Ad Hoc Meeting Etiquette Card/Group Inventory committee has met bi-monthly since then, and a revised version of the document was presented at the October NAWS officer's board meeting. After incorporating a few additional comments, the updated version below is being proposed for submission at the 2022 WSC and will be put to a vote to either accept or reject as NAWS-approved literature. It was agreed that a workshop will not be held for this, and it will be offered in the delegate's package to be voted either "Yay" or "Nay."

If you have any comments, corrections, or input you would like incorporated into the NicA Meeting Etiquette Card, please "speak now" by contacting Chick P at:

info@nicotine-anonymous.org

Bill H
NAWS Chair Emeritus

Nicotine Anonymous Meeting Etiquette Card



Nicotine Anonymous offers these suggestions for groups on how to provide a welcoming, safe, and positive experience for all of their members. This has been created in the spirit of our Twelve Traditions. The purpose of our fellowship is recovery; individual behavior needs to be based on mutual support, mutual respect, and anonymity. What follows are a few commonly accepted guidelines:

- All meeting participants aim

to refrain from any behavior that makes others feel unsafe or unwelcome.

- Meetings are intended to foster a safe, respectful, and supportive environment.
- Members are encouraged not to judge, criticize, or give unsolicited advice.
- All attending are asked to avoid cross talk, which is often defined as interrupting or commenting on another's share.
- During meetings, members focus on sharing their own experience, strength, and hope as it relates to their recovery from nicotine use (e.g. using "I" statements rather than "you" or "we").
- It is courteous to keep shares within the group's established time limit.
- Many groups find it beneficial to change service positions regularly to ensure the spirit of rotation is observed.
- Groups are encouraged to schedule business and/or group conscience meetings to address any issues that members may want to discuss. These are typically scheduled in advance to allow anyone who wants to weigh in on the issue the ability to attend.
- Each group is autonomous and has the right to establish boundaries as determined by group conscience. Any approved consensus may be incorporated into the meeting script.

As stated in *Nicotine Anonymous: The Book*: "This is a mission of love spreading out to members either still in the grip of nicotine or struggling with other aspects of their recovery." The resolution to any conflict that may arise at a meeting possibly already exists in our literature, including *The Twelve Traditions of Nicotine Anonymous Extended Version*. Members are encouraged to read our literature and explore our website.

Whether a group meets in person, over the phone, on the internet, or via virtual conference technology, the atmosphere of Nicotine Anonymous meetings aspires to be supportive and inclusive. We hope these guiding principles will help ensure our fellowship flourishes and our members Keep Showing Up (*NicA slogan*).

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NAWS CONFERENCE NEWS

Many of you reading this are preparing for the **NAWS Conference 2022** in Little Rock, Arkansas on April 29 — May 1, 2022. We hope you plan to attend, either remotely or in person. *For details, see Conference flyer on page 9.*

Planning ahead...

It takes concerted effort and time to host a conference, so planning for 2023 has begun!

- The **2023 NAWS World Conference** will be hosted by a NAWS Conference Committee.
- We will follow the same format used for the 2020 conference that was supposed to be held in PA. That means you are invited to be part of the conference planning committee wherever your geographic location is.
- Tentative conference dates are April 21-23, 2023 in Maryland.

Areas for service:

- Theme and logo development
 - Registration
 - Ordering t-shirts
 - Planning the conference schedule
 - Technical support
 - Transportation to and from the airport
- and more!*



Contact Grace H for information
kghuffer@verizon.net

2022 NAWS Conference

April 29 - May 1
Little Rock, Arkansas
Online / Face to Face

Hugs, Fun & Fellowship
Speaker Meetings
Business Meetings
Service Opportunities



<https://www.nicawsc2022.com>

Early bird registration ends April 1st



NicAWSC@gmail.com

Hosted by Voices of Nicotine Recovery





A NicA
Step Study!



What: Nicotine Anonymous 12-Step Study hosted by the Minnesota Intergroup and an Ad Hoc Committee of other Nicotine Anonymous members. Open to all Nicotine Anonymous members interested in working the steps.

When: Saturdays from 1:00 – 2:30 EST from January 8th through April 2nd

Where: Online via videoconference – link will be provided upon registration. Email to register is below.

Why: To engage in our primary purpose by providing members, especially newcomers, with a forum to study and work the Twelve Steps of Nicotine Anonymous while developing sponsorship opportunities.

Additional Details:

- Sessions will be held in a welcoming, safe, and confidential environment
- There will be opportunity to work in a small group, with one facilitator per group
- Each group will commit to working one Step each week
- Small groups will stay consistent for the entire 14-week session
- This workshop will be using the following books: *Nicotine Anonymous: The Book* and the *Nicotine Anonymous Step Study Workbook**
- Additional suggested materials will be provided upon registration
- To register for this 12-Step Study, send an email with your name to stepstudyreg@gmail.com



* For any questions, or if cost of the materials is an issue, please contact stepstudynica@gmail.com

Give the Gift of Freedom



As we approach one of the most popular times of the year to quit nicotine, (based on the increase we have seen in our fellowship attendance), NAWS Public Outreach has created this project and hope for your involvement to carry the message. How about picking a time to get together with fellow recovering nicotine addicts in your area and deliver some materials provided by NAWS Public Outreach? You can distribute these items to receptive places of business such as doctors' offices, hospitals, treatment centers, etc. Let your creativity flourish! Or reach out on your own if there aren't local fellow recovering nicotine addicts. Service moves mountains and does wonders for our peace of mind!

Make a day of it!

Keep your geographical area small, your goals limited and your time pre-set. For example, we suggest that you visit and distribute materials to 13 locations near your meeting between 10:30 am til 2. Conquer and divide, (or enjoy going alone), then meet afterwards to compare notes and reward yourselves for your outreach efforts.

Suggested Materials to Bring

- Business Card Holders for each location you visit with our free business cards (We do not have holders to give away, but they have them at some stores for \$1)
- Tape, push pins and/or a staple gun
- The flyers, business cards and pamphlets that you were provided by Outreach

Recommended Locations

Libraries, AA Meeting Halls, Doctor and Dentist Offices, Hospitals and Institutions - including Chemical Dependency Units and Drug Treatment Centers, homeless shelters, Markets, Drug Stores, Parks, coffee shops – anywhere that has a public bulletin board. (Remember to always ask for permission to post flyers and place other literature and verify Covid protocols.)

Things to Keep in Mind

Whatever your success ratio, it is more than you would do just staying at home. Remember to be safe. Share your success by reporting back to Outreach! Or write a SevenMinutes article! The list of locations above is by no means all inclusive. You may come up with an incredible location we haven't considered. Remember that you are representing NicA. Don't forget, we are a program of attraction, not promotion.

Other suggestions

Place a meeting notice in your local paper's calendar of events; Create a recurring ad for your meeting for online message boards; Donate a NicA book to a local recovery center. Think of an idea for a video for Outreach help you create & place on one of our Social Media profiles.

NAWSO
Profit & Loss YTD Comparison
January through September

	<u>Jan - Jun</u> <u>2021</u>	<u>Jan - Jun</u> <u>2020</u>
Ordinary Income/Expense		
Income		
4000 · Donations	14,825.59	10,151.85
4100 · Literature Sales	22,797.09	14,482.67
4290 · Shipping & Handling Income	5,953.79	3,029.29
4185 · 2021 Conference	3,730.27	—
4184 · 2022 Conference	-1,000.00	—
Non Profit Income	44.50	2,578.29
Miscellaneous Income	11.33	4.60
Sales of Product Income	2,570.11	897.81
Total Income	\$48,932.68	\$31,644.51
Total Cost of Goods Sold	\$15,637.03	\$10,071.95
Gross Profit	\$33,295.65	\$21,572.56
Expenses		
6000 · Office Expenses	20,578.33	23,517.26
6600 · WSO Expenses	-361.96	1,394.15
6900 · Other Operating Expenses	311.59	342.19
6965 · Moving Expense	—	133.40
Total Expenses	\$20,527.96	\$25,387.00
Net Operating Income	\$12,767.69	\$-3,814.44
Other Income		
8000 · Interest Income	4.29	6.26
Total Other Income	\$4.29	\$6.26
Net Income	12,771.98	\$-3,808.18

BIRTHDAY CONGRATULATIONS

Checko M – 9/7/90 Stephen O – 10/19/21 Paul C – 11/15/14 Judi D – 1/8/02

Pat B – 2/8/96 Irene K – 2/11/11 Judi V – 2/18/10 Claudia B – 3/7/93

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**



NicA Outreach

@newsoutreach is the Twitter* presence for Nicotine Anonymous.

We put out approximately 4 Tweets weekly.

Got ideas for Tweets or other social media to help us carry the message?

Call Brenda at **425-496-3042**

Or email **newsoutreach@nicotine-anonymous.org**

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 questions or ideas call Brenda at **425-496-3042** or email

OutreachCoordinator@nicotine-anonymous.org

**The inclusion of business names does not represent an endorsement by Nicotine Anonymous.*

Is your group in need of newcomers? Try an Outreach project to get the word out!
For more information, email **OutreachCoordinator@nicotine-anonymous.org**

Service is the Key

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

OUTREACH COMMITTEE

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



E-MAIL PAL COORDINATOR

Receives e-mail requests for pen pals, adds names to the e-mail pen pal list,
sends out the list.



AUDIO RECORDINGS COMMITTEE

Creates audio files of NicA literature. Need proof readers and listeners,
sound editors, and narrators with access to a recording studio.

Contact outreachcoordinator@nicotine-anonymous.org

TELE-SERVANTS – ESPECIALLY NEEDED!

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

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.

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

♥ 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 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

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



SevenMinutes

NAWSO
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

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
nicahost@nicotine-anonymous.org

Individual training
is available
to learn this venue.

*This online meeting 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