



Seven Minutes

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

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Interested in contributing to *SevenMinutes*?

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Your trusted servants,
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ARTICLES & FEATURES

"Getting My Miracle"
by Rich N.....Pg. 3-4

Quote Corner.....Pg. 4

From the Freebridge
Phone Group.....Pg. 5

SevenMinutes Meditation.....Pg. 5

"NicA Service Opportunities"
by Bill H.....Pg. 6

Upcoming Phone Marathons.....Pg. 7

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

Heard it at a Meeting.....Pg. 7

"12 Signs of a Spiritual Awakening"
by Anonymous.....Pg. 7

"Gratitude in Action"
By Gary M.....Pg. 8-9

From the *SevenMinutes*
Archives.....Pg. 9

NAWSO Profit and Loss.....Pg. 12

Chairperson's Report

What a great time to be nicotine-free! Autumn brings to mind Thanksgiving, and all that we have to be grateful for. As chairperson of Nicotine Anonymous World Services, I am certainly grateful for all of you: To the committee and intergroup chairpersons for serving as captains of the ship, and to their committee members who heed the call for "all hands on deck." To the former board and committee members of the fellowship, whose legacy sails on. To the traditions committee for their sage advice, always keeping us on course. To our long-time members, who have stayed the course ~ your very presence demonstrates experience, strength, and hope. And to all the members new to our fellowship this year, you are the lifeblood of our program. Please keep coming back. I am personally grateful to my fellow board members and office management team who have kept me afloat this year.

In case you are wondering about all the nautical references in the preceding paragraph, I am just excited about the 2021 World Service Conference (WSC). Our theme this year is "**Recovery is Our Anchor,**" with the tagline "**Finding the Calm in Calamity.**" Special thanks to Wayne S, our graphic artist, for creating the fantastic logo as well as the "Save the Date" flyer — see *page 11*. While the storms may be raging outside the rooms, how fortunate we are to have our meetings, our spiritual program, and each other to keep us centered in these unprecedented times.

The big news this quarter is that the 2021 WSC Planning Committee has made the decision that WSC 36 will be 100% virtual. We held off until Fall to

make the final determination, but no one sees the COVID crisis clearing up in time to logistically pull off any "in person" component to the conference. The safety of our members remains first and foremost and it's not worth the risk. We still need someone tech-savvy to lead the ad hoc Remote Attendance Tech Committee to figure out how to integrate the in-person business meeting with the virtual conference attendees for our future conferences (2022).

WSC 36 will include four aspects from our in-person conferences: the Friday night Gratitude Meeting, a Saturday night speaker, the Sunday Sunrise meeting, and a spirituality speaker. We will not be incorporating the marathon meetings into the conference. Our fellowship holds marathon meetings numerous times throughout the year already, and there's only so much time one can sit at a computer in one weekend. We'd prefer everyone be focused on the business at hand for the weekend and not scatter our energies. The conference website will be launched soon with a full agenda and a registration link.

The dates of WSC 36 are **April 9-11, 2021**, selected to steer clear of Passover, Easter, and Ramadan. As our fellowship becomes more international every day (I returned a call from Mozambique recently), we want everyone to be able to attend our yearly conference. On the board, our active secretary has moved to Germany and our secretary-elect lives in the UK. You will soon notice a "UK Intergroup" link on our website. The board is looking at how to best provide our literature overseas, as the mailing costs from the US are becoming prohibitive. I've received quite a few emails from India

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.
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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11. 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.
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 *Getting My Miracle...*

continued from page 1...

This year, asking for help to grow their meetings. Many are attending our virtual conference meetings, which didn't seem to exist last year yet now appear to be the wave of the future.

If you ever have an item you would like discussed at the officers' board meeting, or if you are looking for an opportunity to be of service, please email me at Chairperson@nicotine-anonymous.org

Wishing you a safe and meaningful holiday season,
Bill H
2020-2021 NAWS Chair

Holiday Announcement!

Are you considering purchasing Nicotine Anonymous literature as gifts for the nicotine addicts in your life (including yourself)? Now is the perfect time to order!

➡ Effective January 1 there will be a price increase of \$1 on all books, \$2 on the Newcomer's Package, and 5 cents on all pamphlets. (No price increase on the Bylaws, Twelve Traditions, or the new Sponsorship booklet.)

This price increase was approved by the board prior to the pandemic, and then was delayed twice. However, donations have decreased for several reasons (e.g. intergroup and in-person groups are not meeting and passing the basket), and Gift of Gratitude donations are down by 25%. If you would like to give a gift to our fellowship, donations are always welcomed and appreciated. For more details, please check out "Contributions & Self-Support" on our website under **About Us**.

Keep in mind that Nicotine Anonymous is a federally-recognized 501(c)3 non-profit charity. Donations are tax-deductible.

I didn't really believe it when people would say, "Don't give up before you get your miracle." I skittered around the edges of Nicotine Anonymous meetings for quite a few years before anything happened. And even then it took a confluence of events for me to get my quit.

I started smoking when I was 23. I had always done well in school, and thought my good grades would be my ticket to a great life. My grand plan for fame and fortune got derailed by a few things. One was that my older sister had a serious nervous breakdown when we were teenagers. Paying for private psychiatric care for her used up money that was supposed to go to my college fund. I would have needed a scholarship to go to a top school, and I never got one. Plus, my mom's alcoholic drinking started during these years.

At age 21 I had come out as a gay man. College suddenly became too much for me to handle (I've never really understood why), so I withdrew from school. I started going out to gay bars 6 nights a week. I got a series of jobs working in restaurants.

Long story short, I found myself at 23, a college dropout, working as a waiter. I was very disappointed and depressed at the route my life seemed to be taking. Asking someone for help or setting goals and trying to achieve them never occurred to me. I guess my family's attitude towards my life would be "make the best of things." I did have a job, and my own apartment.

My social life revolved around my co-workers at the restaurant. We'd go out after the lunch shift and spend a few hours drinking in restaurant bars. Some of us would be scheduled to go back to work for the dinner shift, and some of us wouldn't. We were a hard-drinking crew, and many of my co-workers smoked. My co-workers became my friends.

I'm fairly sure I started smoking the same way lots of people have, which is a friend "inviting" (or daring) me to

try a cigarette. Both of my parents were smokers, along with my older brother. Looking back, I can see that my first cigarette was really motivated by peer pressure. I certainly wanted to seem "cool" and to be a part of the group. I choked and hacked my way through that first cigarette, and got dizzy. Ten minutes later I had another cigarette, and I was on my way.

I smoked for the next 45 years.

I became an Al-Anon member at the age of 39, and have attended faithfully for almost 30 years. My mom was my qualifier. It was easy to judge her and other people in my life as alcoholic. But I was always a bit uncomfortable in the social moments of Al-Anon – before and after meetings. It was rare to meet another Al-Anon member who smoked.

At some point in the 1990s, a group of us gay men in Al-Anon in San Francisco discovered a clubhouse called The Dry Dock. Nearly every 12 Step program had meetings there, and those of us who were smokers found Nicotine Anonymous there. Quitting seemed like it would be too hard, and besides, the NicA program didn't seem very organized. I found it especially annoying that so many of the people who attended were coughing and hacking. So uncool, I thought. I attended a meeting for a few weeks. When the meeting was over, I would quickly walk two blocks over to a restaurant and eat. Then, hoping everyone from the NicA meeting had left, I would walk to the bus stop and smoke. I didn't want anyone to see me smoking. Of course, when I got home, I would smoke another cigarette in the privacy of my own apartment.

In the early 2000s, I moved back home to New Orleans, and once again, thinking it would be a good idea to quit smoking, I sought out meetings there. At the first one, with only 4 people present, the chairperson started the meeting by asking me many questions about my smoking. I was intensely uncomfortable and ashamed. I think I went to one more meeting before deciding again that Nicotine Anonymous was not for me,
continued on page 4

at least not in New Orleans.

In 2006 I moved to Houston where I now live. About 6 years ago, I was ready to try another face-to-face NicA meeting. I didn't like it. No one seemed very friendly. What did reading a book with the Traditions have to do with me trying to quit? Due to my fear of people, as soon as the meeting was over I made a beeline to my car and drove home so I could smoke a cigarette. But I did keep my Newcomers Booklet from that meeting, and continued to read it when I would feel an urge to do something about my smoking. Finally in 2019, I started hanging around the fringes of the NicA Paltalk meetings online. I didn't share or speak up in any way. I just listened. My attendance at meetings was sporadic. I joined the Voices of Nicotine Recovery (VONR) email pal list. (I detested making "program calls," probably because I hated feeling vulnerable or needy.) From time to time when I was at my wit's end, wanting to stop while also thinking it was impossible, I found someone who really did want to set up an email correspondence. One of these someones was endlessly supportive and genuinely interested. We spent a year and a half keeping in touch before I quit, and he was with me all the way.

Then I went through a period of thinking I could cut down from my usual pack-and-a-half daily. This lasted about 2 months before I finally realized I couldn't make progress this way. And then "my miracle" occurred. I decided to give quitting a try, using the nicotine patch for a while and then going without nicotine. My birthday was coming up and I decided to start my quit (using the patch) on the day after. I wanted a date that would be easy to remember as my quit date.

As of this writing I have 43 days nicotine-free. It really does seem like a miracle to me, because I never thought I would try quitting or succeed at it. But the literature and my conversations with people on email finally convinced me to give it a try. I also started speaking up in meetings, even though it was hard. And then it was the night of my birthday. I took the last pack of cigarettes and ran them under the water in the sink. I threw away all my smoking paraphernalia. The next morning I put on the strongest patch available. Seven weeks later I had stepped down the level of nicotine enough to give up the patch and be nicotine-free.

The whole thing just seems like a dream. Through all that time when I thought quitting was impossible for me, I got encouragement from people in the program. I really began to believe there was a Higher Power for me who cared about my quitting smoking. That's really what made it possible for me to "get my miracle."

*Rich N
VONR member from Houston, TX*

Quote Corner
"A saint is a sinner who keeps on trying."
- Bernard Carges

NicA literature available on Kindle at Amazon.com

Nicotine Anonymous: The Book - \$7.99

Our Path to Freedom - \$4.50

A Year of Miracles - \$9.99

90 Days, 90 Ways - \$4.50

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

Meeting Options:
Face-to-face meetings
Telephone meetings
Online meetings

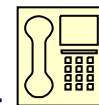
To find face-to-face meetings:

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



For phone meetings:

Go to www.nicotine-anonymous.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 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.

➡ **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" meetings using a free chat service that can be downloaded.

VONR can be found 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
50 Ways to Leave
Your Lover



The problem is all inside your head
was shared with me
The answer is easy if you follow
a suggested program of recovery
We'd like to help you in your struggle to
be free
There are 12 solutions to leave nicotine

They said it's not our tradition to tell
you what to do
Furthermore, we only share on
what is true
But we repeat ourselves with the hope
of helping you
There are 12 solutions to leave nicotine

One – Hop on the Free Bridge, Midge
Two – Don't pick up those butts, Chuck
Three – Kick 'em to the man, Stan
HP sets ourselves free

Four – Write it like it is, Liz
Five – Go ahead and spill it, Bridget!!!!
Six – There's hope and a way, Jay
HP sets ourselves free

Seven – Throw 'em out the
window, Cinda
Eight – Don't be nuts with your
butts, Gus
Nine – Just say you're sorry, Maury
HP sets ourselves free

Ten – Make amends to your friends, Jen
Eleven – Fall on your knees, Lee
Twelve- Give God all your Glory, Jorie
Keep passin' it on
HP sets ourselves free

We said, why don't you just listen to
us tonight
And we believe with time you'll
be alright
And with gratitude you realized we
were probably right!
There are 12 ways to leave nicotine

HP sets ourselves free

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 Zoom meeting
online at [https://
zoom.us/j/213252862](https://zoom.us/j/213252862)

One tap mobile:
+16465588665,
213252862#
or dial by your location
+1 646 558 8665

Meeting ID: 213 252 862



Together



We Change

Stay connected to
Nicotine Anonymous
World Services!

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

Click **Subscribe** on the
NicA website at
[www.nicotine-
anonymous.org](http://www.nicotine-anonymous.org)

Ready to work the
Twelve Steps?

Try the
**Nicotine Anonymous
Step Study Workbook**



Available for purchase at
www.nicotine-anonymous.org

Seven Minutes Meditation



Look to this day,
for it is life,
the very life of life...
the glory of power for
yesterday is but
a dream
and tomorrow is
only a vision.
But today,
well lived,
makes every yesterday
a dream of goodness
and every tomorrow
a vision of hope.

- Makakavai Kalidasa
Sanskrit author

Nicotine Anonymous Service Opportunities

from Bill H, NAWS Chair 2020-2021



I was raised in this program to believe that gratitude is an action, and service commitments are an essential ingredient for long-term sobriety. Below are some opportunities for YOU to participate in your recovery.

Have you visited the "Nicotine Anonymous Public Outreach" YouTube channel? You can listen to NicA pamphlets and stories from *Our Path to Freedom*. Many thanks to our reader Tom I, as well as our Public Outreach Coordinator Brenda M for her tireless efforts. Next up is the *Nicotine Anonymous Newcomer's Booklet*. Volunteers are needed to divide and conquer the recording. A certain minimum standard of recording technology is required for this service. The ad hoc Audio Recording Committee has been folded into Public Outreach - for exact details on getting involved, please attend the Public Outreach meeting on the **second Saturday of the month at 2 pm EST** Email outreachcoordinator@nicotine-anonymous.org to receive the dial-in codes. And spread the word about the YouTube channel - Subscribe and Like!

For the 2021 World Service Conference April 9-11 we are going to need a few tech-savvy volunteers to help with virtual conference administration duties - e.g. people to watch for raised hands during business meetings, route people to the correct workshop room, timers for group sharing meetings. Various time slots need to be filled. To offer your services, please contact conference chair Jan S at ConferenceChair@nicotine-anonymous.org

A bigger commitment will be the ad hoc Remote Attendance Tech Committee to figure out how to seamlessly integrate our future conference meetings and workshops, marrying the in-

person attendees with those attending virtually. This will involve interacting with hotel personnel to arrange for correct technology and being liaison with the sound people hired to record our sessions. This service won't be needed before the April 2022 conference, but it would be beneficial to get a team in place to address questions such as: Will NAWS need to purchase any equipment? How much would the hotel charge to provide us with the necessary technology? How many volunteers will be needed? If you have an interest in chairing or serving on this committee, please contact Chairperson@nicotine-anonymous.org

It was suggested that NicA develop its own version of the A.A. Service Card. This evolved into a NicA Etiquette card, to give tips to new members with no 12 Step experience and to provide guidelines for helping members with dual diagnosis. Some groups also expressed interest in developing a NicA Group Conscience tool. Both are being developed by committee members of the ad hoc Etiquette/Group Inventory Committee, which meets **the first and third Fridays of the month at 1 pm EST**. If interested in joining this group, please email Chairperson@nicotine-anonymous.org See page 7 for additional information.



For a less daunting service commitment, Jorie M is still looking for someone to take over the E-Mail Pal Coordinator position since she is now chairing an additional service position. This position does not involve much time; just needs a responsible person to steer the group. Jorie is happy to train. I am surprised that no one has jumped to do this, especially since it has been more than 6 months since she kindly asked someone to step up, and is active in

several other committees. If Higher Power is nudging you as you read this, please raise your hand and volunteer.

For a longer term commitment, there is a need for an individual to be our Archives Coordinator. Jeanette S did a wonderful job of finding and organizing materials dating back to the beginning of our fellowship (see "Archives" page under **About Us** at nicotine-anonymous.org) We need someone to take over and make sure we preserve our history.

Finally, an item came out of the October NAWS board meeting to establish an ad hoc committee to investigate how to transfer additional NicA literature into software such as Kindle and Nook. We are also looking into On Demand publishing to more economically disseminate our literature in foreign countries in order to reduce shipping costs. Additionally, there is a real need to develop an Intergroup template for countries such as Italy who want to develop their fellowship but don't know where to begin. There were some past attempts to do this, and that paperwork is available, but we need someone to take the helm and guide this to fruition, as Checko M, our Literature and International Coordinator is busy working with Aimee C, preparing the new *A Year of Miracles* book. This is the future of our fellowship, so here is an opportunity to make a huge and lasting impact. If interested in being part of this committee, please email Chairperson@nicotine-anonymous.org as we need to make this happen now.

Please remember that many hands make light work. If we burn out our good and capable workers, they tend to go away and never come back. We don't want that to happen. Please get involved, stay involved, and let's have fun. There's no reason we can't put some "Whee" in this "We" program!



Upcoming Phone Marathon Meetings

December 25
"Winter Wonderland"



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: 712-770-5398
Pass code: 207490#**

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

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

For details visit the
Nicotine Anonymous website at
www.nicotine-anonymous.org
or send an email to
chairperson@nicotine-anonymous.org

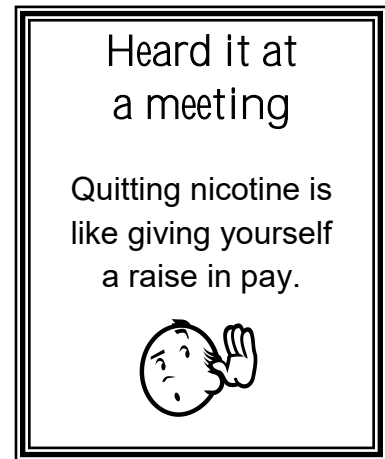
An Inventory for NicA Groups...

A new ad hoc committee has been formed to contemplate etiquette for meetings and to develop a group inventory specifically designed for Nicotine Anonymous. Etiquette ideas are presented the first Friday of every month. On the third Friday the committee explores questions designed to look at each Tradition to produce a group inventory. The following ideas were presented and discussed. How would your group respond to the following thoughts?

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

1. Does the group appear "all for one" (united)?
2. How do the members learn about the Steps and Traditions provided by Alcoholics Anonymous and suggested by Nicotine Anonymous?
3. Do members of the group realize that the Traditions are to the group what the Steps are to the individual?
4. Do problems arise because one individual or an inner circle of members do not acknowledge the group as a whole?
5. Is an open mind utilized by every member to pay attention to every member's ideas, opinions, objections, and voice?
6. When gossip occurs, does it have any effect on the group as a whole?
7. Is it possible to have a difference of opinion without attacking others?

Chick P
Chairperson of the NicA ad hoc Committee on Etiquette and Group Inventory



Heard it at
a meeting

Quitting nicotine is
like giving yourself
a raise in pay.



Twelve Signs of a Spiritual Awakening



- An increased tendency to let things happen rather than make them happen.
- Frequent attacks of smiling.
- Feelings of being connected with others and nature.
- Frequent overwhelming episodes of appreciation.
- A tendency to think and act spontaneously rather than from fears based on past experience.
- An unmistakable ability to enjoy each moment.
- A loss of ability to worry.
- A loss of interest in conflict.
- A loss of interest in interpreting the actions of others.
- A loss of interest in judging others.
- A loss of interest in judging self.
- Gaining the ability to love without expecting anything in return.

- Anonymous

Gratitude in Action...

I joined NicA on November 2, 1998 and began my life as a non-smoker. After smoking 3-4 packs a day for 49 years and contemplating suicide, I determined that I really wanted to live more than die. So I took on the motto "I smoke, I die." What did that mean to me? It meant I was willing to do anything to not smoke.

If I didn't quit, I was going down for good. It couldn't get any simpler than that. We have tools to work with - meetings, literature, sponsorship, service and prayer. Meetings and reading the literature and talking to someone else were a great help, but the greatest joy I got was being in service. Why? It got me out of myself. I could concentrate on helping others without a motive outside of joy. As the years went on, I showed my gratitude by my actions.

The first year I became secretary of two meetings and treasurer of another. Then at eleven and a half months, I hit a rough spot. I wanted a cigarette in the worst way. I had a meeting to set up and I did not want to, I just wanted to have a cigarette and be done with it. But I kept coming to the meeting, setting it up, and as members came, I put on my happy face and shared how grateful I was. I was glad when the meeting was over. I got into my car and wrestled with my thoughts about smoking. It hit me that I was not being honest with myself. I could not confess that I was messed up and wanted a cigarette. After all, in my head I thought I was Mr. NicA and that if I admitted I wanted a cigarette, then my position as Mr. NicA was finished.



For the next few meetings I shared what I went through and got it all out. To this day I haven't had to fight that kind of battle. I learned what it meant to be honest. If I hadn't been committed to opening that meeting, I doubt I would be here now. Service saved my

life. And that was the beginning of my being grateful.

When I got my first year chip I joined our local intergroup (SCINA) and that was a joy. I helped start our annual marathon meeting. I was on the planning committee for our annual weekend retreat and things like that. It was making me feel a part of the whole. I am still involved but not as often because I keep losing energy. I do what I can, but am not sure what that is at this older stage of life. All I can say for sure is that I am here now and will be here till the day I die. This is my home.



I have spent the last 12 years in Inglewood, CA with my wife. On September 9 of this year she passed on. It was a sad moment after 46 years of marriage, but I was proud of having accomplished that. We had our ups and downs but we loved each other, and with God's help, we made a good go of it. I am thankful for that. A bit of proof in the pudding is that all through that experience, I never thought of smoking or drinking. Smoking was just not an option. As the saying goes, "No matter what, I do not smoke even if my a** falls off!" Use some instant glue and glue it back on!

From the beginning I believed every day I was smober was a bonus day for me. I had to go through a lung biopsy that turned out okay. I also went through a medical test involving a nasty fake treadmill walk while tied down to a table. They injected something intravenously to make my heart go fast and then slow. It was scary. I sweated and felt pain, but the results turned out okay too. I was grateful to go through these things — I could see I really had a chance of living.

I was on the Santa Monica conference committee in 2003 when I had that test. It was a joy to be on the committee - a lot of hard work but the re-

wards were worth it. I met many people in person for the first time and had a ball. One of my greatest joys has been attending the Nicotine Anonymous conferences. I feel a part of the clan. I have gone to 13 so far. I have met so many over the years who are now good friends.

I also served as publisher of *SevenMinutes* for 7 or 8 years. Being in different service modes helped immensely with my Step work. I changed inch by inch which has made me grateful. In days of old before I joined, I didn't think I was worth the powder to blow me away. But as I moved forward doing service, I began to believe I was worthy. In time I learned to speak my mind and realized I did have good thoughts. I have sponsored a few people and don't know if I directly helped them, but I sure planted some good seeds and let others be the reapers. I learned to keep myself involved so I don't look at me all the time. Through all this I realized I am an okay guy. I am worth something and that is a good thing.



Years ago I thought I would like to be chairperson on the NAWS board. When the time came to be nominated, I changed my mind. I realized it was way too scary for me and what I really wanted was recognition and pats on the back. Then about 8 years later I nominated myself for NAWS treasurer. I was comfortable with that position and was at home with numbers. It was good. After my three years serving as treasurer, I stayed on another year as officer-at-large. Through these experiences I felt I contributed to the needs of Nicotine Anonymous.

My last year on the board I decided to be on the 2013 conference planning committee in Long Beach. I probably overdid myself but it turned out okay. My age was catching up with me but I know I have a good life. I'm proud of

continued on page 9

my accomplishments.

I have learned it is important to live in the day. If you can grasp that idea, you're on your way.

I end my emails saying, "I don't regret the past and I am having a good day." What more could you ask for? True, I do miss my loved one and that hurts, but I am not going to run away. If I didn't quit using nicotine, I would not have experienced a happy marriage and good relationships in the fellowship. God has truly been behind me all the time, nudging me forward to bigger and better things. I often say in meetings, "My will power got me here but my God power kept me here."

Some of my gratitudes these days:

- Grateful I experienced a happy marriage
- Grateful I can move forward in spite of losing my wife
- Grateful that at 81, I have experienced all phases of life
- Grateful I can still help suffering nicotine addicts
- Grateful I can show from experience that you can do anything without using nicotine

May you find what I have found in this life of recovery.

Gary M
Inglewood, CA



This new booklet provides varied experiences with sponsorship, letting a member "Take what you want and leave the rest."

Our hope is the shares will encourage and help sponsees and sponsors use this Tool of recovery.

Now available for purchase in the NicA Store at nicotine-anonymous.org



From the *SevenMinutes Archives*

The following first appeared in our March 2015 issue. The author speaks to his experience on an important subject.

Mental Illness and Nicotine Use

Mental illness is a very tough thing to live with. There are daily struggles that a person with mental illness has to face every day. I used to think that smoking helped me cope with these struggles, but today I realize that I was participating in a "grand hoax." I have not given up anything at all. By quitting smoking through the program of Nicotine Anonymous I have gained so much!

I have been diagnosed with many different mental illnesses. The diagnosis is not important, but staying symptom free is. I used to think smoking made me less depressed. I had several health care workers tell me that they did not care how many cigarettes I smoked. Several of them did not think I could ever quit. So after awhile I just gave up.

For a long time, I was afraid to quit smoking. Every time I tried to quit, I slept all the time and felt more depressed or lethargic when I quit. I have used many methods to quit. None of them ever worked for very long. I eventually looked up Nicotine Anonymous. At that time there were no face-to-face meetings in my area. I looked up Nicotine Anonymous online. I found Voices of Nicotine Recovery (VONR) online meetings.

I decided to give NicA a chance. I eventually had to get serious about it. Whatever kept me from quitting, I had to let it go. I slept all the time, I got a sponsor, and I went to meetings every day. In meetings I shared about what was going on with me. I went through a range of emotions, but I did not smoke!

I'm not going to say it was easy, but anything that made me want to smoke I avoided it. My old pattern used to be that I would get a few days free from smoking, and then would go around someone smoking. Mere seconds later I would ask someone for a cigarette and light up. So now I stay away from people while they are smoking. I used to think that it was a great sacrifice to do that, but now I realize that lots of people don't like to be around smoke.

I always thought a cigarette would cure all of my problems. But today like the promises say, my focus is on Nicotine Anonymous rather than nicotine. Whatever it is I was looking for the cigarette to do for me, I can find it in the program. If I'm feeling depressed, I can go to a meeting and share about it. I no longer have an excuse for smoking. Nicotine Anonymous has ruined my smoking!

Today I have over a year nicotine-free. I have not been this happy in a long time. I realize now that smoking or using any kind of nicotine never did anything for me. All of those things I thought it did were wrong. I would have thought that saving a lot of money would be a great advantage, but the thing I am most grateful for is not having to answer the craving call every twenty minutes. I am FREE FREE FREE!

I can't say I will never smoke again. However, I do know that as long as I continue to live this program one day at a time, I will stay nicotine-free one day at a time. For that I am truly grateful. Thank you Nicotine Anonymous for ruining my smoking!

Joseph W
VONR group



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

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

Email Pal Coordinator: 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.



SAVE THE DATE

Nicotine Anonymous World Service Conference
#36

April 9-11, 2021

Would you like to be part of the conference planning committee? We meet on the last Thursday of the month via video conference.

For more information contact Jan S. at ConferenceChair@nicotine-anonymous.org

MORE DETAILS TO FOLLOW



NAWSO
Profit & Loss YTD Comparison
January through September

	<u>Jan - Sept</u> <u>2020</u>	<u>Jan - Sept</u> <u>2019</u>
Ordinary Income/Expense		
Income		
4000 · Donations	9,814.75	10,069.55
4100 · Literature Sales	14,631.57	17,583.14
4290 · Shipping & Handling Income	3,076.84	3,060.73
4179 · 2019 Conference	—	999.45
4184 · 2020 Conference	500.00	-500.00
Non Profit Income	2,578.29	—
Sales of Product Income	982.81	269.85
Total Income	\$31,588.86	\$31,482.72
Total Cost of Goods Sold	\$10,010.96	\$7,924.19
Gross Profit	\$21,577.90	\$23,558.53
Expenses		
6000 · Office Expenses	23,533.81	19,543.95
6600 · WSO Expenses	1,394.15	4,260.45
6800 · Officer Travel & Meeting Costs	998.15	4,189.87
6900 · Other Operating Expenses	342.19	286.80
Total Expenses	\$25,403.55	\$24,091.20
Net Operating Income	-\$3,825.65	-\$532.67
Other Income		
8000 · Interest Income	6.26	106.96
Total Other Income	\$6.26	\$106.96
Net Income	<u>-3,819.39</u>	<u>-425.71</u>

BIRTHDAY CONGRATULATIONS

Pammie G – 12/24/89 George N – 12/30/08 Mike B – 1/6/99 Tom R – 1/9/04
Misha F – 2/14/06 Debra S – 2/19/05 Linda B – 3/4/89

*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

@nawsoutreach 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**

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

Is your group in need of newcomers? Try an Outreach project to get the word out!

For more information, send an email to

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.

ARCHIVES COORDINATOR

Organizes Nicotine Anonymous materials in order to preserve
our history.



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.

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 it to: NAWSO, 6333 E. Mockingbird Lane, #147-817, Dallas, TX 75214 USA <i>My new address and phone is:</i></p>		
NAME _____		PHONE (WITH AREA CODE) _____
ADDRESS _____		
CITY _____	STATE _____	ZIP CODE _____
<i>My old address was:</i>		
ADDRESS _____		STATE _____ ZIP CODE _____