



Seven Minutes

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

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Number 2

Interested in contributing to *SevenMinutes*?

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

All submissions may be edited as necessary for grammar and content.

Subscription requests, circulation additions and deletions may be sent by mail to the TX address above, or go online to:
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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Chairperson's Report

The website for Nicotine Anonymous World Services (NAWS) Conference #36 went live in December. By the end of January, only two people had registered ...and I was one of them. And yet, the Planning Committee did not panic. We knew as addicts that we sometimes procrastinate, so surely we'd get at least 60 people to register by April. What we didn't foresee or expect was the fantastic final count: 157 registrants, of whom 53 were delegates, representing more than 22 states, 5 countries, and 3 continents. Wow! Thanks to all who attended and participated in our cherished annual event. And endless thanks to the conference planning committee: Chair Jan S, Sharon C, Jeanette S, Martha K, and Maggie L.

With Recovery as our Anchor, it turned out to be a very productive year after all. Two new pieces of literature became conference-approved: the "Freedom from Vaping Nicotine" pamphlet and the new daily meditation book "Reflections on Freedom: Daily Meditations on the Steps of Recovery." Both are great additions to our impressive library. The vaping pamphlet was Annette A's "mission from God" and she carried it to the finish line. Kudos to Aimee C and Checko M for the countless hours spent on their 365+ page labor of love, and congratulations on getting it approved the first year out. Their diligence in getting so many people to review it beforehand and organizational skills in keeping track of and implementing all the suggested changes was truly inspiring and eminently effective. Thanks also to everyone who reviewed it. I read the entire book myself and I love how the principles of our program can be gleaned within the prose.

The third piece of literature, The Nicotine Anonymous Etiquette card, was sent back to the drawing board. Some loved it the way it was, others felt it added no value, some insisted it should have more rules of etiquette, and still others want it bereft of all "should" statements. Great minds don't always think alike. The Ad Hoc Etiquette/Inventory Committee will meet the first Sunday of the month at 6 pm ET. They will also meet the last Sunday of the month at 6 pm ET to work on an inventory tool for groups to self-evaluate how well they embody the 12 Traditions. If you are interested in being a part of this committee, please contact chickychick1031@gmail.com

Two new committees were created at the April 9th Board meeting. Marguerite B will be chairing the "Inclusive Language Committee." This came out of a Public Outreach request to change the wording on a flyer from "fellowship of men and women" to "fellowship of people." It was suggested it is time to revisit words written decades ago in the light of the current climate of inclusion and diversity. There is no intention to change the 12 Steps or 12 Traditions, but rather to create a list of suggestions that can be discussed at next year's World Services Conferences. (And yes, I said World Services Conference. The Board voted to officially make it plural as this was confusing to many and frequently inconsistent.)

Our web guy Chris F will be chairing the "Website Improvement Committee." We have many months left on the contract with our current service provider, so let's spend that time to see what changes we want to make and determine if it is feasible to accomplish that on our current Zoho platform or if it is time to invest in

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The Twelve Steps of Nicotine Anonymous

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

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

The Twelve Steps of Alcoholics Anonymous

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

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

The Twelve Traditions of Nicotine Anonymous

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

place principles before personalities.

The Twelve Traditions of Alcoholics Anonymous

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

Our Preamble

Nicotine Anonymous is a fellowship of men and women helping each other to live our lives free of nicotine. We share our experience, strength and hope with each other so that we may be free from this powerful addiction. The only requirement for membership is the desire to stop using nicotine. There are no dues or fees for Nicotine Anonymous membership; we are self-supporting through our own contributions. Nicotine Anonymous is not allied with any sect, denomination, political entity, organization or institution; does not engage in any controversy, neither endorses nor opposes any cause. Our primary purpose is to offer support to those who are trying to gain freedom from nicotine.

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Chairperson's Report

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a more mobile-friendly website platform. We will send more information via NicA News if you are interested in joining either of these new committees.

I am happy to announce that Teresa Q has assumed the Archives Coordinator position. Jeanette S did a great job of compiling what we had and organizing it on our website. Teresa will work with Chris F to continue the safekeeping of our legacy and searching out any missing gaps. If you think you may have anything worth adding to the site, please click on the "email us" hyperlink on the Archives page.

Jeff M has volunteered to chair our Bylaws Committee. The Service Structure Committee did an amazing job of creating a survey to gauge the pulse of our Fellowship. Albeit not scientifically conclusive, we did get a diverse range of answers and opinions. All successful organizations want to look forward 10 years and envision where they want to be so they can adjust their sails and steer accordingly. Alicia R, with a level head and years of 12 Step experience, has been the perfect person to chair this committee, and I must shout out to Robin L for her arduous work on automating the survey and compiling the results. If you are interested in being a member of this group which meets the last Wednesday of the month at 8 pm ET, contact Alicia at servicestructurecc@gmail.com.

Volunteers are always needed and welcome to respond to messages left at our toll-free number. Contact Jorie M for more details at TeleserviceCoordinator@nicotine-anonymous.org. She is especially

looking for people on the West Coast to return calls from that area.

If Public Outreach is of interest to you, they meet the second Saturday of the month at 2 pm PT. Contact Brenda M, OutreachCoordinator@nicotine-anonymous.org. She will send you an agenda and a link to the next meeting.

We currently have an opening for someone to coordinate our Name & Logo Protection Committee. For more details, contact chairperson@nicotine-anonymous.org

Most of our committees meet just once a month for an hour. That's a small amount of time to give the Fellowship that is quite possibly returning many years to our lives when we had been ever so slowly killing ourselves. Please consult with your Higher Power and follow your heart where it leads you to serve.



I would like to thank and show appreciation to our outgoing Board members: Marguerite B (officer-at-large), Angie B (secretary), and Sharon C (chair). Serving on the Board is a three-year commitment and A LOT of work! Thank you for staying the course, and for continuing on. Angie has now joined the Etiquette/Inventory Committee and Sharon and Marguerite are serving on the Policies & Procedures updating committee. Sharon is also helping to develop a new piece of literature, and as mentioned earlier, Marguerite will chair the new Inclusive Language

Committee. Over the years many people have left the Board and left town - your continued dedication is admirable.

Thanks also to Ed T, who was treasurer emeritus last year, but will continue on as treasurer emeritus this year. (Too long of a story to explain here.) Ed is a huge asset and we need to figure out how to clone him ASAP. My eternal thanks also go to Secretary (now emeritus) Martina M who prevailed through many challenges this year and did an awesome job! Best wishes to our now active Board: Secretary Tammy T, Treasurer Lenna M, and my good buddy John D, Chairperson. I also send a warm welcome to our newly-elected officers: Secretary-Elect Toni J, Treasurer-Elect Keith H, and Chair-Elect Tom H. I look forward to working with you this year and wish you the best of everything in the years ahead.

Most importantly, I want to thank all of the members of Nicotine Anonymous (yes, YOU!). This is a "we" program and together we can weather any storm. Perhaps previously just a cliché, we certainly proved that to be true in 2020. Recovery is our anchor! We stayed close and found the Calm in Calamity. It is always right there for the asking in "The Serenity Prayer." It has been an honor and a privilege to serve as Chairperson of NAWS. Thank you for allowing me to be of service and to participate in my own recovery. I will remember this time with gratitude and a smile, and so I thank you for the memories.

*Bill H
outgoing NAWS chairperson*



Nicotine Anonymous World Services Conference 2021: Recovery Is Our Anchor

In the afterglow of our history-making conference, I just want to thank our incredible committee, our Board, and most of all our attendees for making this experience so wonderful for everyone. Not only did we make history, we turned a corner and are now truly a worldwide family. I personally am not a huge fan of online meetings and went into the entire scenario reluctantly... but hey, it was all we had. However, the love between all of us, our love for our Fellowship, and our deep, deep sense of gratitude for being smoke-free came right through the screen. Something magical happened that weekend. All of the thanks goes to our Higher Power... I believe many good things will come from this conference. The best IS truly yet to come. Thank you from the bottom of my heart... As the song says, "Because I knew you, I have been changed for good!"

- Jan S

Conference Chair, NAWS Conference 2021

Comments from attendees:

"Even though it was virtual; it felt just like a 'real' conference - every night I just wanted to go up to a nice clean hotel room bed! Y'all wore me OUT. It was my very first NAWS conference. I found Nicotine Anonymous in October 2020 and was blown away by how much I learned, how many years of support and friendship and love flowed through the rooms, how honest everyone was able to be and how powerfully the Traditions and HP kept things moving along."

- Jeanette

"From the beginning of Friday evening's Gratitude Meeting through to the heartfelt spirituality talk that ended the conference, NAWS Conference 36 inspired members and provided them with an experience to be remembered. Onward to Little Rock and NAWS Conference 37!"

- Nick M

"Saturday's main speaker, Bill P, was wonderful, sharing his decades of recovery as well as the history of our name change many years ago from Smokers Anonymous to Nicotine Anonymous. Another conference highlight was the sharing of our recent survey results which the NAWS board will be reviewing."

- John D

And from the FreeBridge Telephone Group:

"Such lovely faces. Such dedication and service. Such hope."

"My favorite part of the conference was going to the business meetings. I found them both fascinating and total drudgery. It made me grateful that people step up to do service and are always willing to help with the behind the scenes necessities. We wouldn't have the precision to get anything done if it weren't for these silent heroes!"

"It was great to see all the people who were there. Wendy did a great job speaking Sunday on spirituality. I really enjoyed the conference."

"It was really cool to meet new people, both long-timers and brand new quits. It was awesome to attend workshops and vote on/approve a new daily meditations book and a recovery from vaping nicotine pamphlet."

"The conference was a pleasure and an honor to be a part of. I got to be part of creating some amazing new literature. Thanks so much to the planning committee for helping us stay on track. Incredible what we can do together that we can't do alone. "

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

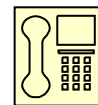
To find face-to-face meetings:

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



For phone meetings:

Go to www.nicotine-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. Find VONR at
<http://voicesofnicotinerecovery.com>

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

Upcoming Phone Marathon Meetings

July 4th
"Celebration of Freedom"



September 6th
"Fall into Recovery"



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

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

Thoughts from Our 2021 Conference Registration Chair...

In some ways, having the World Services Conference remote-only this year, was the easiest to put together. (Last year we were planning an in-person conference, which morphed into a hybrid, which eventually became remote-only.) Going into it this year with the knowledge that it would be exclusively online took the pressure off and made the workload so much easier. (There's no venue to secure, merchandise to order, literature and registration tables to man, which are just some examples of the many tasks involved for an in-person conference.) And then, there's the expense and hassle of travel to an in-person conference. But...you can't have impromptu conversations over breakfast with the friends you only see once a year, or while grabbing a cup of coffee at the back of the business meeting room. Or sneak up on someone you think would make a great Board member and begin the subtle pressure to convince him/her to accept a nomination. And the hugs...you can't hug a computer. Well, I guess you can, but it doesn't hug you back!

As with so many things in life, including using nicotine, there are plusses and minuses. What?? A plus to using nicotine? Yes, because the shame, despair and worry that brought me to the rooms of Nicotine Anonymous allowed me to discover an entirely new way to live, not just free of nicotine, but using the 12 Steps as a blueprint for living. The pandemic is heartbreaking for so many people, but because of the accompanying travel restrictions and safety issues, our entirely remote conference brought in people who would otherwise not have attended. We had our highest number of participants ever, which is a glorious silver lining to a tragic situation.

We voted to approve two new important pieces of literature, discussed ways to improve our meetings and our service structure, elected three new terrific servants to the Board and heard beautiful messages from our speakers as far away as Thailand where it was already

tomorrow. We shared our gratitude, our sadness, and our hopes for better days to come.

Martha K
New York



Quote Corner

The deepest need of man is
the need to overcome his
separateness, to leave the
prison of his aloneness.

- Erich Fromm

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](https://zoom.us/j/213252862)

One tap mobile:
+16465588665,
213252862#

or dial by your location
+1 646 558 8665
Meeting ID:
213 252 862





Nicotine Anonymous is now accepting donations and payments via mobile app!

NAWS now accepts both Venmo and Zelle.*

These are apps that can be downloaded to your mobile phone. Check with your bank to see if they accept these peer-to-peer payment services and whether there is a charge to use them.

- To use Zelle: send donations to nicaofficemanager@gmail.com

- To use Venmo: donations go to @NAWS-Office

The name on the account is: **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 our office manager, Bill P 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 our website for donation and literature purchases (PayPal) has not changed. You do not need to sign up to use this method. You can click the link, proceed with your order, and 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 conduct business with Nicotine Anonymous.*

Surrender...

To me, surrendering always meant to be the weakling, to say "uncle," to give up. The irony is that to quit smoking I had to surrender in a new way. In my early online meetings with Voices of Nicotine Recovery, I heard someone say out loud that she LOVED surrendering. And she visualized herself falling into a warm, soft, loving, safe place. So I tried it, using a little quiet meditation moment - it felt quite nice. OK, I can do this!

It took having that safe place in my head and heart to be able to put the smokes down and walk away. I found with a little practice that I could call on HP, ask for help, or just take a moment to be with my Higher Power. Surrendering asks me to let go and let God be in charge. Since the list of

things I can control is pretty short, I can just relax and do the next right thing, and BREATHE!

Every time I surrender, my HP loves and accepts me, no matter what. During the scariest and most stressful times when the cravings get strong, I trust that HP is there and I ask for help. Help appears. It's a miracle! And then the good stuff starts happening.

Today I have a number of years nicotine-free. I can laugh without hacking myself to death. I can smell, and oh, food tastes so good! I have energy! And can I ever use the 12 Steps to help work through all of the new feelings!

To me, surrendering is about taking that intentional step off the cliff into the abyss on faith that the support will appear...like in the Indiana Jones movie. Surrender has come from the tiniest inkling of trust and belief in things unseen.

It takes practice, just like all of recovery.

Aimee C
Member of Voices of Recovery (VONR)

* * * * *

Seven Minutes Meditation



Higher Power,
help me to stay in
this day only,
and as I move
through the day,
I pray to receive
knowledge of
your will for me
and the power
to carry it out.

- Chris H
Phoenix, AZ

Being Restored to Sanity Through Step Two...

I used to say that being restored to sanity was almost something primordial. Now that I actually have experience with it, I have a working, evolving definition of sanity. Today, sanity looks like freedom, i.e. not picking up a drug that wants to kill me (nicotine). That one's a given. But for me sanity also looks like breathing before speaking, breathing before acting, reaching for my HP, connecting to my HP, serenity, seeing the big picture and remembering - or at the very least, entertaining - that there COULD BE a bigger picture than the issue at hand; that whatever the problematic issue is, it is not ALL there is.

JudiAh
Southern California Intergroup
of Nicotine Anonymous

* * * * *

Our New NicA Meditations Book...



At a workshop during the all-virtual 2021 NicA World Services Conference, a few dozen of us edited the new daily meditations book together online to ensure that the wording carries the message. For many members who worked on the manuscript over the past several years, it was a glorious moment when the delegates later voted unanimously to accept the new book as "conference-approved." The title is **Reflections on Freedom: Daily Meditations on the Steps of Recovery**, written by Members of Nicotine Anonymous (NicA).

We're still working on the preface and index, and should finish them shortly. After that, the book goes to the digital designer, who will prep the book for

printing. We will make the book available electronically as well.

Hopefully the new book will be available by the end of the year. Exciting!

Aimee C
meditations book editor

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

From the

SevenMinutes Archives

The following first appeared in our September 2014 issue.

I just received the latest *Seven Minutes* and read it with great joy. Tomorrow I will be 4 years free from nicotine, thanks to a NicA meeting - the only one in Toronto at the time. (Don't ask me why, since we are a big metropolitan city of 3 million people, with 7 million more in the province, and many, many thousand other "A" meetings all over, filled with smokers!)

I remember crying at my first NicA meeting because I knew when it was over, I was going to go outside and smoke. I didn't think I could get even 1 day free from smoking. There were no sponsors at my group but I bought the Nicotine Anonymous book and started reading it.

At first I just couldn't get Step 1. I knew I was powerless, but my life didn't seem unmanageable from smoking. I only smoked about 4 packs per week (we have large 25-packs here) and while I was sometimes disgusted

by my habit, most of the time it seemed okay. I could afford it, I wasn't sick, etc. This scared me because it seemed like there would never be a good time to quit if I kept on 'enjoying' it. I wanted to start a family and didn't know how to make myself quit. I had friends who smoked all through their pregnancies and they seemed unable to quit. That's when I came to NicA and found the missing pieces...I can't believe I didn't see the unmanageability before!

My favorite piece of literature at first was the *Serenity Prayer for Nicotine Users* pamphlet. It was a new idea for me that the cravings would pass whether I indulged them or not. I had never NOT indulged them since I was 15 years old.

There is currently no NicA in Toronto that I know of*, but I continue to order the literature to pass out to friends who are considering quitting. I keep praying my husband will quit. We have two little children now and I am so grateful I don't have to constantly leave them to go outside and smoke in the freezing Toronto winters - or worse yet, smoke indoors and harm them. My pregnancies were nicotine-free, thanks to Nicotine Anonymous.

I share the NicA internet link and tell my friends about the program. When my babies are a bit older, I hope to start a live meeting here in Toronto.

Thank you so much and keep on keeping on! Life is good!

Nicole S
Toronto, Ontario

* as of June 2021, two NicA meetings are listed for Toronto.



Ready to work the Twelve Steps?
Try the
Nicotine Anonymous Step Study Workbook
Available for purchase at
www.nicotine-anonymous.org

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

The Ad Hoc Etiquette Card and Group Inventory Committee continues to meet twice a month. Since the NAWS Conference, the committee has doubled in size. At 6 pm the first Sunday of every month we meet to review the Etiquette Card and on the last Sunday we continue the path of making up questions to help understand the Traditions, to use as a meeting topic, or to utilize for a Group Inventory. Suggestions are also received via email and brought to the Committee. The last week of April we reviewed Traditions Five and Six and these were the results:

Tradition Five – Each group has but one primary purpose – to carry its message to the nicotine addict who still suffers.

1. Can members of the group identify the primary purpose of the group in Nicotine Anonymous? In what specific ways does this occur?
2. Does the group respect all nicotine addicts who still suffer, not only the newcomer? How?
3. Is the difference of individual communication styles welcomed so members feel comfortable sharing?
4. How is it evident that the group is unified and nonjudgmental towards individual members?
5. Do members realize that people are at different places in their recovery and expectations often block understanding and unity? In what specific ways can these ideas be applied?
6. Does the group foster hope and support to all and not provide special treatment or favors to anyone, however well-intended?

Tradition Six – 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, or prestige divert us from our primary purpose.

1. Are there ways the group diverts attention from NicA's primary purpose?
2. How do discussions within groups about outside organizations regarding smoking, chewing, nicotine replacement therapies, and/or vaping confuse a member's need for Nicotine Anonymous?
3. Is your group supporting or endorsing any author, publication, or organization outside of NicA?

Anyone interested in joining this Committee is asked to contact me at chickychick1031@gmail.com.

*Chick P
Glen, New York*

* * * * *

Surrender to Win...

An addictions counselor once told me, "You have to surrender in order to win." I remember thinking that sounded crazy, but now I know it's one of those paradoxes of recovery. The only way I could "win" against my nicotine addiction was to give up, surrender, cry "uncle." Once I did that, my Higher Power stepped in and rescued me from its clutches.

It's a simple truth that took me a long time to comprehend. I kept trying this or that technique — switching brands, cutting back (fat chance), nicotine replacements — on and on, trying to fight my way to sobriety. None of it worked. It was only when I quit trying, gave up in utter defeat, that I finally got freedom. With that surrender, I got out of the way and HP did for me what I could not do for myself.

*Chris H
Phoenix, AZ*



Heard it at
a meeting

I hear medicine at
meetings. That's
where I get my
prescription filled.



WE WANT YOU

**Your recovery
story can
appear in the
next issue of
SevenMinutes!**

**Inquiring members
want to know...**

How long have you been free of nicotine?

How long had you used nicotine and what is it like to be free of the drug?

How did Nicotine Anonymous help you quit?

How has it helped you maintain your nicotine freedom?

What have you gained from working the 12 Steps?

What gifts have you received from your Higher Power through this program?

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

How do you pass along the gifts of the program to other nicotine addicts?

What service work have you done for the fellowship and how has it helped your recovery?

**Send your recovery story to:
SevenMinutesEditor@nicotine-anonymous.org**

The Simple Approach to the 12 Steps

1. There's a power that will kill me.
2. There's a power that wants me to live.
3. Which do I want? (If you want to die, stop here. If you want to live, go on.)
4. Using examples from your own life, understand that selfishness, dishonesty, resentment, and fear control your actions.
5. Tell all your private, embarrassing secrets to another person.
6. Decide whether or not you want to live that way anymore.
7. If you want your life to change, ask a power greater than yourself to change it for you. (If you could have changed it yourself, you would have long ago.)
8. Figure out how to make right all the things you did wrong.
9. Fix what you can without causing more trouble in the process.
10. Understand that making mistakes is part of being human. (When you make a mistake, fix it immediately if you can.)
11. Ask for help to treat yourself and others the way you want your higher power to treat you.
12. Don't stop doing 1 through 11, and Pass It On!

- Anonymous

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

Look for new literature Coming soon!



Sponsorship in Nicotine Anonymous

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

This 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.

The Facts...

During my decades of nicotine dependency, I had to slowly let the facts of my addiction surface to consciousness. And the facts were: all my adult life I had used tobacco as a substitute for real confidence, as a substitute for loving myself, as a substitute for trusting people. I used a smoke screen to hide from the enemy.

At last I knew my enemy - I had to examine **myself**. I knew that my thinking and my behavior had to change. I also knew I had to find a new "best friend." Thank God I found Nicotine Anonymous.

Gwynn A
Florida

Nicotine Anonymous Third Step Prayer

Relieve me of the bondage of self.

Help me abandon myself to the spirit.

Move me to do good in this world and show kindness.

Help me to overcome and avoid anger, resentment, jealousy and any other kind of negative thinking today.

Help me to help those who suffer.

Keep me alert with courage to face life and not withdraw from it, not to insulate myself from all pain whereby I insulate myself from love as well.

Free me from fantasy and fear.

Inspire and direct my thinking today; let it be divorced from self pity, dishonesty and self-seeking motives.

Show me the way of patience, tolerance, kindness and love.

I pray for all of those to whom I've been unkind and ask that they are granted the same peace that I seek.



Connections



Nicotine Anonymous invites you to connect with our

Penpal Program

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

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

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

Where: E-mails are sent to

PenPalCoordinator@nicotine-anonymous.org

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



EmailPalCoordinator@nicotine-anonymous.org



Coordinates and connects pals who want to communicate via email.

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

How: Contact either email address above to begin connecting.

A Brief History of Nicotine Anonymous

The roots of Nicotine Anonymous first took hold in the Southern California living room of one of the co-founders, Rodger F, in February of 1982. At virtually the same time the same thing was happening in the rooms of a Twelve Step recovery club in San Francisco, called the Dry Dock, operated by our other co-founder, David M. Both groups consisted mostly of Alcoholics Anonymous members who realized their need to focus on their nicotine addiction and to stop smoking. Since anything but alcohol is considered an outside issue for Alcoholics Anonymous, a separate fellowship was deemed necessary.

With permission from Alcoholics Anonymous, the founding members of our fellowship adapted the Twelve Steps and Twelve Traditions. Although there is common ground in the use of the Twelve Steps and Twelve Traditions, these fellowships are not affiliated. Alcoholics Anonymous also gave us permission to adapt their preamble. Our Preamble became the following:

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.

Maurice Z, an early member of the Southern California group, authored an article for Readers Digest in May of 1985. Thousands of letters poured in from people wanting to know more about this new 12 Step fellowship known then as "Smokers Anonymous." Among those letters was one from the members of the San Francisco group, informing the Southern California group that they had formed a group in the same time frame as the Southern California group in 1982, using the same name and structured around the same principles. Within a year of Maurice's article there were about a hundred such meetings identified in several areas of the United States.

Although two informal "meet-and-greet" style conferences were held in 1986 and 1987 in Bakersfield and Monterey, CA, the fellowship's first official World Services Conference was held in San Francisco in May of 1988. Thanks to a well-documented chain of events the fellowship was renamed Nicotine Anonymous in Phoenix, Arizona at the 1990 World Services Conference. As with most organizations, it becomes typical to use an abbreviated name. For our common welfare and unity, a vote at the 2000 World Services Conference in Scottsdale, Arizona decided that NicA would be the one abbreviation the fellowship would use.

Each year we hold a conference in the spring, and all members are invited to attend. This annual conference is held in various parts of the United States, depending on members who volunteer to host the event. The conference serves to strengthen us in our path to freedom from nicotine and as an official meeting to address fellowship business.

Nicotine Anonymous World Services serves a worldwide fellowship with meetings in the United States and around the world. Face-to-face meetings have been supplemented by both online and telephone meetings. There is a well-managed web site and literature fulfillment service available to the membership. The elected all-volunteer board consists of nine members and meets at least quarterly. There also are numerous coordinators who volunteer to provide specific services that help World Services fulfill our fellowship's primary purpose - "to offer support to those who are trying to gain freedom from nicotine."

NAWSO
Profit & Loss YTD Comparison
January through March

	<u>Jan - Mar</u> <u>2021</u>	<u>Jan - Mar</u> <u>2020</u>
Ordinary Income/Expense		
Income		
4000 · Donations	4,927.39	2,155.55
4100 · Literature Sales	9,447.51	5,431.01
4290 · Shipping & Handling Income	2,351.20	828.47
4184 · 2022 Conference	-1,000.00	—
Non Profit Income	—	132.10
Miscellaneous Income	3.85	.79
Sales of Product Income	1,254.89	235.48
Total Income	\$16,984.84	\$8,783.40
Total Cost of Goods Sold	\$6,124.83	\$2,550.02
Gross Profit	\$10,860.01	\$6,233.38
Expenses		
6000 · Office Expenses	6,814.03	7,160.86
6600 · WSO Expenses	—	1,720.75
6800 · Officer Travel & Mtg Expense	-361.96	1,324.75
6900 · Other Operating Expenses	61.59	92.19
Total Expenses	\$6,513.66	\$8,973.80
Net Operating Income	<u>\$4,346.45</u>	<u>\$-2,740.42</u>
Other Income		
8000 · Interest Income	1.28	1.97
Total Other Income	<u>\$1.28</u>	<u>\$1.97</u>
Net Income	<u>\$4,347.63</u>	<u>\$-2,738.45</u>

BIRTHDAY CONGRATULATIONS

Fran P – June 15, 1998 Baron George D – July 18, 2016 Robbin U – July 25, 2011

Nora K – August 29, 2010 Rosemarie C – September 1, 2002

*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.



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
<i>My old address was:</i>		
ADDRESS		STATE ZIP CODE