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Pondering Smoking

Harry S., Macon, Georgia

We have to decide what is important to us in this life and what to do about it!

I started smoking when I was nineteen years old and a sophomore at the University of Georgia. All of the guys in my fraternity seemed to be smokers and it looked so cool, the way they sat around smoking and blowing the smoke and casually talking and generally enjoying the good fellowship that was there. This, along with the romantic advertisements of cigarettes that we were constantly bombarded with, and the free samples that were available, enticed me to start.

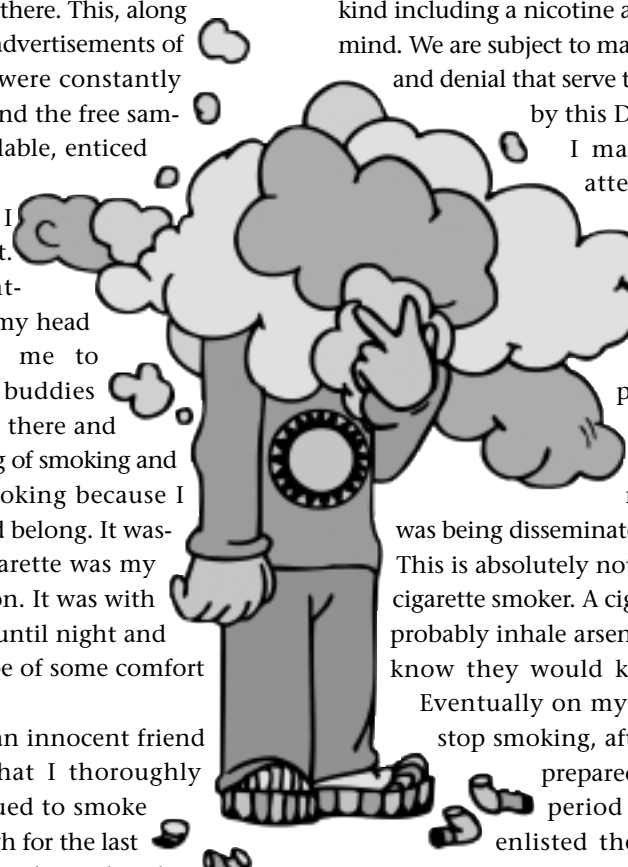
I must say that I did not like it at first. It made me light-headed and made my head spin and caused me to cough. My good buddies told me to hang in there and I would get the hang of smoking and I did. I started smoking because I wanted to fit in and belong. It wasn't long before cigarette was my constant companion. It was with me from morning until night and seemed to always be of some comfort to me.

What began as an innocent friend became a Devil that I thoroughly despised. I continued to smoke for 36 years although for the last 15 or 20 I knew in my heart that this was not something that I really wanted to do. I tried many devices and ways to cut down, feeling that this at least would be better than to continue my heavy smoking which was then at

2½ packs per day. For a long time I had smoking consequences, especially a foul taste in my mouth and a cigarette cough. I was beginning to have a constant burning painful sensation in the middle of my chest from the constant irritation of this noxious inhalant.

No one in his or her right mind would choose this kind of habitual behavior. An addict of any kind including a nicotine addict is not in sound mind. We are subject to many kinds of delusions and denial that serve to keep us imprisoned by this Demon.

I made several abortive attempts to quit. One time I actually quit for about a month and this tricky mind of mine convinced me that I probably could smoke cigars, that they—according to the misinformation that was being disseminated—were not as bad. This is absolutely not true especially for a cigarette smoker. A cigarette smoker would probably inhale arsenic fumes if he didn't know they would kill him right away. Eventually on my fifth or sixth try to stop smoking, after I had thoroughly prepared myself with a long period of meditation, enlisted the support of others who had successfully stopped smoking, used medication (nicotine gum), having the resolve and sheer determination that I was going to be



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Your trusted servants,
Donna E., *Publisher*
Catherine C., *Editor*
Joe S., *Subscriptions*

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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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 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 Steps reprinted and adapted here with the permission of Alcoholics Anonymous World Services, Inc. Permission to reprint and adapt the Twelve Steps 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.

From the Chair . . .

Jan F., Newport Beach, California

The best way to find yourself is to lose yourself in the service of others.

—MAHATMA GANDHI

The high destiny of the individual is to serve rather than to rule . . .

—ALBERT EINSTEIN

Give what you have to somebody, it may be better than you think.

—HENRY WADSWORTH LONGFELLOW

I don't know what your destiny will be, but one thing I know: the only ones among you who will be really happy are those who will have sought and found how to serve.

—ALBERT SCHWEITZER

Can I say it any better than these prestigious individuals? I don't think so. But I am going to say a few things about service anyway. Service has become an integral part of my life. I really don't know how it happened. I think I came to a World Service Conference and just stayed. Service in this fellowship has given me confidence in my ability to do things that I never thought possible. I can honestly ask myself where in the world I ever got up the courage to put my name in for consideration for World Services Chairperson. It's not that I was a "shrinking violet." It was just that I never thought I could do something like this. It wasn't my forte, or other people were better qualified, or they had more experience, or they had the right personality. They could do it better than I so I shouldn't rock the boat. Slowly but surely over the years, I have been of service to Nicotine Anonymous and I have grown. I can now do a lot of things that I never thought possible. In order to get, you have to give. I gave myself and I got a better self back!

Enough of me! If you have ever tried to talk someone into being of service who isn't ready to hear you know how futile it is. I feel it has nothing to do with what you say, it has everything to do with what the

person you are talking to is willing to hear. In other words, the power is in them not in you. If they are willing, they will jump on board and leave you in the dust, standing there wondering what just happened! Many times I have tried to convince people to be of service and it has been virtually impossible. At the same time, with the exception of our office and fulfillment function, everything that is done for our Fellowship is done by volunteers.

I hear about unsung heroes all the time. I thought I would take the time to introduce ours so they won't be unsung anymore:

Bill C. steadfastly maintains our **Staff Directory** without which we would never know who to call or where to call them.

Steve M. keeps our **By Laws** up-to-date. I don't know if anyone ever thanks him.

Nicholas V. is the **Chair** of our upcoming **2003 Conference** in Santa Monica. (For some reason, I am monitoring his performance very closely.)

Jan S. is the **Chair** of our **2004 Conference**, I for one am *really* looking forward to going back to the East Coast.

Alan K. is our **E-mail Coordinator** with a whole slew of volunteers helping him keep this vital function going.

David F. is our **Literature Coordinator**. The fellowship will be hitting him with a lot of work in the near future.

Martha K. is our **Meeting List Coordinator**. She rescued our Meeting List from the dung heap of history and we owe her a debt of gratitude.

Our **Outreach Coordinator** is **Jeff C.** who has the following three projects (this is really dear to my heart; I wish we had more money): **Adopt-A-Mile** is Coordinated by **Kelly C.** This is something we can all participate in. **Gary M.** coordinates our **Mass Mailings**. We are doing more and more of this. And **Jan S.** coordinates **Media Mania**. I hope we will have one for each meeting.

Maureen R. is our **Pen Pal Coordinator for E-mail**. Those of us who can get to meetings don't realize how important this is to our isolated members.

Pat L. is our **Pen Pal Coordinator for Paper**—good old letters. These people probably appreciate contact more than e-mail participants but both are invaluable.

Catherine C. is our **Seven Minutes Editor**. We can all see on these pages what an outstanding job she is doing. Way to go Catherine. **Donna E.** is the **Publisher of Seven Minutes**. This is another job that never seems to get any recognition. Thanks, Donna.

Scott J. is our **Teleservice Coordinator**. He has an army of volunteers who keep in touch those looking for help. I am always grateful for the volunteers who provide this vital function.

Dan P. is our **Book Coordinator**. The board just finished its efforts to correct the errors in the old *Book* and there are two more publications in the works.

Bill P. is the **Coordinator of the Traditions Committee**. This is a vital function for an organization like ours. It is very easy to overlook our traditions in our enthusiasm to get something done. This committee does its best to keep us in line.

Current Officers are: Jan F., Chairperson; Ramona F., Treasurer; and Kate W., Secretary. **Emeritus Officers** are: Kent B., Chairperson; Annette L., Treasurer; and Jennifer M., Secretary. The newly elected officers are: Robin L., Chairperson; Jeff C., Treasurer; and Dale K., Secretary.

Well there they are. Our first line of offense and they have a lot of help.

Pick your spot and jump in. Be of service. The bus is leaving. This is not an imposition in your life, this is where you get a life. And thanks again to all our volunteers.

The Dead Sea is the Dead Sea, because it continually receives and never gives.

—SOURCE UNKNOWN

NicA in Barcelona

Martha K. East Quogue, New York



This past August I took a trip to Barcelona, Spain. What a great adventure I had! As the current Coordinator of the Worldwide Meeting Directory for World Services, I was thrilled to personally verify that both Barcelona meetings are still open.

Prior to leaving, I had contacted Pierre, who lives in Brazil and translates Portuguese, Spanish and French e-mail for World Services. I told him about my travel plans and asked him if he knew anyone in the area who might speak English (since I speak absolutely no Spanish). He wrote back to tell me that as soon as I landed, I was to contact Jose Luis. It so happened that there are two NicA meetings in Barcelona and one was held on Thursdays,

Pondering Smoking

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a non-smoker, and always praying and believing that God would not want me to be a smoker and would do everything in His power to help me overcome this deadly habit, was I able to start going one day at a time on the road to recovery. It wasn't easy!

I quite often had a desire and an outright craving to smoke. I started wearing a thick rubber band on my wrist and when this happened I pulled the rubber band up and released it, giving myself a sharp sting on the wrist. This is called aversion therapy. It must have been helpful to me

the very day I was landing.

I checked into my hotel, settled into my room and called Jose Luis as instructed. (Thanks to this program, I follow directions now!) We arranged to meet outside the church about a half hour prior to the meeting.

I spent the day walking around the city, stopping at the end of Las Ramblas for a boat ride around the port. After viewing the city from the top of the Monument a Colom, I took the metro to the meeting and got there in plenty of time to find a bench outside the church to sit and wait for Jose Luis.

We greeted each other warmly, as if we'd already met, and chatted for a while before being joined by Alberto, who started the group, and two other men, who were still smoking. Jose Luis translated for everyone and was clearly exhausted by the time the meeting was over, close to two hours later. What a wonderful feeling to bring the message of hope to an area that is isolated from other meetings. All of the members were like sponges, absorbing anything I could tell them about my experience with recovery, the history of the program and what it's like in the United States.

One of the funniest moments was when they asked what they could do to bring

because I continued to go without smoking and the desire and cravings became less and less strong. I continued to chew quite a bit of nicotine gum for several months. Then it suddenly dawned on me that I was going for long periods of time without any thought of cigarettes or smoking.

Long story short, I continued on this gradual process of learning to live life on life's terms without having to turn to cigarettes. Minutes turned into hours and hours into days, days turned into weeks, weeks into months and months into years

more people into the meeting since there are so few people and it's hard to attract newcomers. I laughed as I told them that we had the same problem and it sounded as if they were doing everything right and the rest was out of our hands. I was especially moved by their courage, considering how difficult it is to try to stop smoking when the culture and political climate are so unsupportive. It reminded me how grateful I am to live where I do.

Jose Luis sent me back to the United States with about ten pieces of literature that the Spanish e-mail group has been working on. These translations represent an incredible amount of work as well as the opportunity to reach out to the still-suffering nicotine addict who does not have access to our literature at present. It was my pleasure to send this literature on to Jan F., our World Services Chairperson, to share with the Board at the next meeting.

At the end of the night, we all hugged good-bye, as if we'd been friends for years. This fellowship gives me the chance to connect with people in places where I don't know a soul. What a special gift! That I didn't speak Spanish and that only Jose Luis spoke English didn't really matter. We all speak the same language of recovery.

and finally years into many years. For many years now I have had no desire or craving for cigarettes. In fact I'm very grateful that I cannot stand to be in the presence of people who are smoking. The stench is overwhelming. I love the smoker but I can't stand the smoking.

What has happened as a result of this process? Why should I be grateful for making this decision and sticking to it?

Here is a relatively short list of reasons that are very positive. There are many oth-

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Outreach Corner

Kelly C., Adopt-a-Mile Outreach Project Leader

Adopt-A-Mile

Getting the Word Out through Distribution of Pamphlets, Flyers, and Business Cards

Making information about Nicotine Anonymous available and easily accessible to the public is a very important part of “carrying the message.” Our friends and neighbors need to know that we will be there if they need us! Adopt-a-Mile involves having individual members or groups of members publicly claim responsibility for a “mile” or certain area of their neighborhood. They would then be responsible for keeping the various locations in their territory stocked with information about Nicotine Anonymous.

Another way to do it would be to have one person claim all of the libraries in surrounding towns, another claim all the churches, another claim all the meeting halls and Alano Clubs, etc.

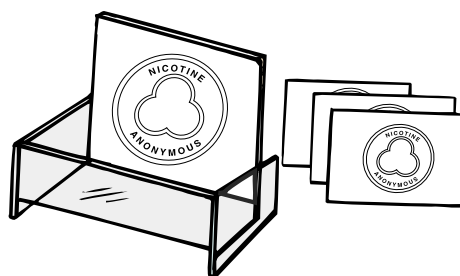
Below are some suggestions based on the distribution I did in my area. Keep in mind these are only suggestions and feel free to use your imagination and try any new ideas you have!

Pamphlets

- “Introduction to Nicotine Anonymous” is suggested. This is a general pamphlet for use anywhere.
- “Introducing Nicotine Anonymous to the Medical Profession” is also an idea, although I have not tried it out yet. It could be distributed to any doctors, dentists, and mental health professionals you meet along the way.

Business Cards and Cardholders

- Nicotine Anonymous business cards with a local number to call for meetings would work best. I would think that people would be more willing to call if there is a local number, rather than the World Service



Office number.

- Cardholders can be purchased at office supply stores for under \$1.00 each. I purchased 20 at 79¢ each. I put ten business cards in each cardholder.

- As a backup for when the business cards ran out I put an Avery Label on each cardholder indicating a number to call for more business cards or more information. The number you leave could be your personal number or a main information number or 800 number if your area has one. Our area does not have a general number, so I put my cell phone number on the label so they could leave me a voice mail. I was able to print them on my computer, but you can also write the info with pen or marker. Here is what my label looked like:

NICOTINE ANONYMOUS
You're not alone anymore.
For more information or more business cards please call
Name (000) 000-0000.
For local meetings call
(000) 000-0000.

Flyers

- Flyers can be made to hang on community bulletin boards. You can make an original of your own or change one that has already been made and put your local information on it. I adapted the Southern

California Intergroup's flier to fit our information in the Chicago area. It has a bright red, eye-catching “no smoking” sign at the top. It includes our phone number, Web site info, and lists all of the local meeting places and times. Please contact me if you would like a copy of this flyer.

- I would recommend having a small number of color copies made to be posted in high-profile areas, since they are expensive. Black and white Flyers work fine in most cases.

Reimbursement/Ordering Literature

- Complete “Public Outreach Project Approval” form before starting your project.
- Complete “Public Outreach Literature Request” form once project has been approved.
- Save all receipts in order to be reimbursed by World Services.

Locations to Distribute Literature

1. **Doctors' and dentists' offices.** Ask the person at the desk for permission to leave the literature in the waiting room. Most offices are eager to support non-profit organizations. Business cards and “Introduction to Nicotine Anonymous” pamphlets can be left for patients to read while they are waiting. Also, “Introducing Nicotine Anonymous to the Medical Profession” can be left for doctors and dentists to read.
2. **Hospitals.** The chemical dependency unit is the best place



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Pondering Smoking

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ers and each person will gather his or her own list through experience.

1. They tell me that each cigarette smoked results in the loss of seven minutes from one's life expectancy. Multiplying seven minutes for each cigarette not smoked during the last 14½ years I have gained 3½ years in life expectancy! Pardon the pun but that's something you can blow smoke at.

2. Cigarette smoking costs money. Multiplying the cost of each cigarette times the number smoked and the number of years smoking I arrived at a figure of \$19,635.18 that I have saved as of this morning in the raw cost of buying cigarettes. I don't know exactly where that money is now but I can assure you that I spent it on better things than cigarettes.

3. Almost three years ago I had to have coronary bypass surgery. This was probably brought on by approximately a 70-pack-per-year history of smoking but

because I had not smoked for almost 12 years I believe that I had averted having a heart attack. People who smoke have double the risk of dying if they do have a heart attack and they are at much higher risk of having a heart attack because of the noxious chemicals that are constantly circulating: bathing and bombarding the endothelial system which lines the blood vessels. Presently my cardiovascular risk is no higher than anyone else in the general population and in my particular circumstance.

4. Taste and smell have been restored. I am now enjoying the taste of my food more than I ever have in all my life. Eating is an absolute pleasure.

5. Risk of having mouth cancer, voice box cancer, lung cancer, stomach cancer, pancreatic cancer, and various others is no higher for me now than for the general population. At one time my risk of having lung cancer was ten times greater than others because of my heavy smoking.

6. I don't have to subject others to the constant aroma and ambience of cigarette

smoke. I know they're happy about that. We smokers never realize how terribly foul we smell.

7. What I am most happy about is I'm no longer a slave to this substance. I have a freedom that is unbelievable when it is compared to the constant necessity to always have a cigarette at hand and to practically always be smoking one. I don't have to get up in the middle of the night and search for a cigarette butt that still has a few drags on it. I don't have to smoke a cigarette the last thing before I go to bed at night and the first thing in the morning.

There are many other good reasons to stop smoking. Those people who smoke are responsible for finding their own reasons and discovering with the help of others their own paths to recovery.

Sometimes we can learn more by climbing the same mountain a hundred times than by climbing a hundred different mountains.

Discover your bliss, follow your bliss, and your angel of strength and mercy will surely be with you.

Outreach Corner

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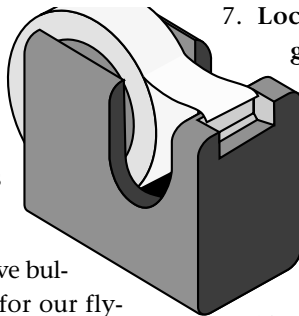
to start, but there are endless possibilities here.

3. **Mental Health Clinics/Psychiatrists and Psychologists.** Use the same suggestions as in #1.

4. **Libraries.** Most libraries have bulletin boards that are perfect for our flyers.

5. **Colleges.** Most have bulletin boards on campus and also have doctors' and nurses' offices.

6. **County and State Health Departments.** Many of these have specific departments dedicated to tobacco prevention and control. State Health Agencies: <http://www.fda.gov/oca/sthealth.htm>; state and Local Health Departments: http://www.apha.org/public_health/state.htm



7. **Local Smoking Cessation Programs.** Contact the people in charge to see if they will make our literature available to people in their program.

8. **Drug Stores.**

9. **Churches.**

10. **Local Tobacco Reform Groups**

11. **Meeting Halls for other 12-Step Programs (AA, NA, etc.) and Alano Clubs.**

12-Step Groups: <http://www.onlinerecovery.org/12/>; Alano Clubs: <http://www.grrr.net/alano.html>.

12 **Organizations (find local offices).** American Lung Association: <http://www.lungusa.org/>; American Cancer Society: <http://www.cancer.org/>; American Heart Association:

<http://www.americanheart.org/>.

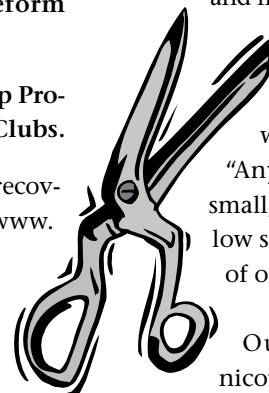
To find addresses and phone numbers use internet search engines, online phone directories and local phone books.

Remember to bring tape, push pins, and a stapler.

Good luck and don't forget to have fun! Grab a couple of other members, organize,

and make a day of it. Treat yourselves to dinner afterwards! If you don't have time for that, just do what you can. Remember, "Any service, no matter how small, that helps to reach a fellow sufferer adds to the quality of our own recovery."

Please e-mail me at Outreach-AdoptAMile@nicotine-anonymous.org with any questions or problems, or just to share your experience with this project.



Nicotine Anonymous World Services Conference XVIII
April 25-27, 2003

SUN, SEA & SERENITY
 Santa Monica, California

DoubleTree Guest Suites
 1707 4th Street
 800.222.8733
 310.385.3332



Closest Airport is LAX
 Shuttle Service approx. \$15
 Taxi Service approx. \$25

Room rates: Double Occupancy,
 (Max of 4 with \$10/pers additional)
 Deluxe Suite \$135
 Ocean View \$145

HOSTED BY: Southern California Intergroup of Nicotine Anonymous (SCINA)

CONFERENCE HIGHLIGHTS: Delegates voting on new officers and 2005 Conference site; featured speakers; inspirational gratitude meeting Friday night; Saturday business meeting and; Saturday evening Banquet; Sunday sunrise meeting and Brunch; Marathon meeting throughout the weekend; Hospitality suite; Post Conference cruise of Marina Del Rey on Sunday afternoon.

NA Conference XVIII
 Registration Form

Please make checks payable to: SCINA,
 Mail to: 19744 Beach Blvd. #247, Huntington Beach, CA 92648
 Registration Contact: Gary Marsh, gmgary@cox.net
 Conference Chair: Nicholas Vrataric, ConferenceChair2003@nicotine-anonymous.org ; 310.391.3020

		Items	Cost	#	Total
<i>Name:</i>		<i>Conference Registration</i>	<i>\$15</i>		
<i>Address:</i>		<i>Spouse, Family, Friend</i>	<i>\$ 5</i>		
<i>City</i>		<i>Saturday Banquet</i>	<i>\$55</i>		
<i>State</i> <i>Zip</i>		<i>- Steak</i>	<i>\$55</i>		
<i>Tel:</i>		<i>- Sea Bass</i>			
<i>Delegate</i> <i>Yes</i> <i>No</i>		<i>Sunday Brunch</i>	<i>\$30</i>		
<i>Delegate email address</i>		<i>Post Conference Cruise</i>	<i>\$35</i>		
<i>Please Indicate which Intergroup:</i>		<i>Tee Shirts (indicate qty by size)</i>	<i>\$10</i>		
:		<i>___ S ___ M ___ L ___ XL ___ XXL</i>			
		<i>Total</i>			

In addition to this registration, Delegates must also register as delegates no later than 30 days prior to the Conference mail: Secretary of World Services, 419 Main St., PMB#370, Huntington Beach, CA 92648: or by email to secretary@nicotine-anonymous.org.
 Registration must include: Name, Address, Phone Number, email and Group/Intergroup represented.

MEDIA MANIA II *Getting the Word Out Through Radio and TV*

Just as the press is anxious to help us spread the word about our fellowship, so are your local radio and TV stations.

This is the second in our series of “how to’s” to help you contact the media. Radio and television stations will be oh, so happy to hear from you! Here are the steps you can take to make sure news about your group goes out over the airwaves and lands on the local TV screens:

- ⇒ Local radio and television stations are listed in the telephone directory.
- ⇒ Contact each one for the name of the Program Director. Larger stations also have a Public Affairs Director. All stations have Public Affairs air time that they are anxious to give to worthy causes at no charge!
- ⇒ The Program director or Public Affairs Director will tell you if there are any guidelines you should follow.
- ⇒ Radio commercials are generally 10 seconds, 30 seconds, or 60 seconds long. They are referred to as “spots.” Below are two public service spots from the New York NicA Web site that can be used. We are also producing 30 and 60 second commercial spots on CD that can be sent to your local stations. We will let you know when they are finished, or as they say in radio talk, “pressed.”
- ⇒ If you write your own spot, be certain to lift words from our already Conference Approved Literature.

30-Second Public Service Announcement (00:30)

Nicotine anonymous, a twelve-step fellowship of men and women helping each other to live free of nicotine, meets regularly in [*location of meeting*]. There are no dues or fees. The only requirement for Nicotine Anonymous membership is the desire to be free of nicotine. For further information about the program and meetings near you, please call [*phone number*].

60-Second Public Service Announcement (00:60)

Nicotine Anonymous is a twelve-step program of recovery from nicotine addiction based on the same principles and traditions as Alcoholics Anonymous. The only requirement for Nicotine Anonymous membership is the desire to be free of this powerful drug. There are no dues or fees for membership as the program is self-supporting through member contributions. Meetings are held [*time and location*]. For further information, please call [*phone number*]. You can learn more by visiting the Nicotine Anonymous Web site at www.nicotine-anonymous.org.

- ⇒ Contact the Program Director of television stations for guidelines. For instance, many Cable TV stations will do a running spot along the bottom of the screen and might limit you to the amount of words and even letters you can use. They will let you know.
- ⇒ Most TV stations want camera-ready artwork or graphics if you want a visual spot with more than just printed words on the screen. Our Nicotine Anonymous logo is a great place to start. Be creative here: use both visual graphics and words. Go for it!
- ⇒ If you decide to produce a videotaped spot, remember the anonymity guidelines and do not show full face shots. The New York Intergroup produced a video and it was super.
- ⇒ Just as newspapers have deadlines, so do radio and TV stations. The Program/Public Affairs Director will let you know how far in advance you need to send in your material before it will be aired. Most stations act very quickly to get things on the air, especially when the material is camera-ready or pre-recorded.
- ⇒ When you send in material to the station, be sure to follow up with a call to see that it has been received and if there is anything else you can provide.
- ⇒ You need to know how LONG the station will run your spot. Most stations will tell you this up front when you inquire about placing a spot; some run the spots for a month, some longer. Should any of your material change, follow the same deadline time frame as you did for the original submission. With e-mails and faxes it is much, much easier to get the information out to the stations in a timely fashion.

Smile!

Hey—Smile! Now that you’re in the newspapers *and* on radio and TV, you can *really* watch your meetings grow! If you have any further questions or need some help, just e-mail me at Outreach-MediaMania@nicotine-anonymous.org

*In love and service, Jan S.,
Mass Media Outreach Project Leader*

World Services News

[Editor's Note: These are some of the reports submitted to the board for the October quarterly board meeting. I hope to include more reports of this sort to keep you up-to-date with what's happening with World Services. If you have an interest in being on any of the committees working for NicA, I'm sure your service will be welcomed. Check the Web site, your Intergroup, or World Services directly for more information.]

Traditions Committee

Bill P., Carrollton, Texas

We on the Traditions Committee have had a steady workload this quarter. In August, we reviewed the Final Conference Minutes.

We also worked with Catherine on the current issue of *Seven Minutes*. A change was made to omit an opinion expressed on a controversial outside issue. Catherine is doing a fantastic job on *Seven Minutes*! She is great at working with all parties involved and being clear on deadlines, etc.

We recently received a question from a member who had started a meeting eight years ago. The meeting is still going, but wrestling with this question, "Should newcomers start working the steps even though they are still using the patch or the nicotine inhaler or some other crutch that still includes nicotine?" The opinion of all the Traditions Committee members who responded was that working the steps is how we gain freedom from nicotine. Asking someone to get free of nicotine first is putting the cart before the horse. We believe that all members should be encouraged to work the steps, without precondition. Allen added that if someone has admitted powerlessness over nicotine and an unmanageable life, even before stopping, he

or she is already working the first step.

As I write this report on September 21, we have two more Traditions questions on the table that we are currently answering. Those will be included in the next report.

Daily Meditations

Jennifer M., Secretary Emeritus

It is my goal to prepare the daily meditations that I continue to receive for Board approval (January) and 2003 delegates conference approval (April). I believe that we will be at or close to the 90 that we can then turn into a 90-in-90. Very exciting!!

The Daily Meditations flier that went out in the last group mailing included the wrong e-mail address for me, but I am very excited to report that since then Joe has set up a DailyMeditations@nicotine-anonymous.org e-mail address for me and future coordinator thanks Joe! That will significantly reduce the problem that I experienced when I began this project with frequently changing personal e-mail addresses. I want to thank Alan for forwarding submissions that were rejected at the old e-mail address.

As a side note, the lady whose submission was rejected by the 2002 conference delegates because she was not writing from a nicotine-free perspective has since become "smober" and resubmitted her meditation with an add-on! All is well in the world.

E-mail Coordination

Alan, E-mail Coordinator

For the 7-month period Feb. 1–August 31, 2002, we handled

approximately 1450 e-mail messages. This is considerably higher by about 600 than usual due to the period of time our Web page meeting search engine was down. The e-mail servants handled direct responses at a much higher level. All the servants did a phenomenal job handling dozens of additional responses



daily during this period.

Intergroup Liaison

Robin L., Chair Elect/Intergroup Liaison

Since the July board meeting I have done the following:

Attended the Chicagoland NicA retreat. This was my first NicA retreat other than the World Service Conferences except for a picnic in Dallas about two years ago. It was a lot of fun and very rewarding. It was really nice to spend time working on my personal recovery, not just doing service work. Thank you Chicagoland.

Mary B., Long Beach, California

My first NicA meeting was in La Palma. I went to this meeting because I called the Nicotine Anonymous line and a great woman named Eva answered the phone. She told me about her meeting and promised she would be there. I enjoyed taking several chips from that meeting. I believe Eva and Bob kept that meeting together for many years.

Being self-centered and only thinking of what I need, I never offered to do anything and was never asked to do anything. This meeting went black just recently and I feel sorry I never made a commitment to La Palma. Maybe if I and a few

other people had, it wouldn't have gone black.

I found a new meeting in Long Beach. I was really scared to start but knew I needed to keep going to meetings. At this new meeting something different happened. George, a regular, asked me to make a commitment, and by doing this, gave me the opportunity to give back. I know I wouldn't have seventeen months without the people who were there for me.

Thanks to George for getting me to do something for someone else. Without you, I probably would have continued to take.



NAWS Statement of Cash Flows

January through August 2002

Ramona F., San Jose, California

STATEMENT OF CASH FLOWS

OPERATING ACTIVITIES

Net Income	2,294.25
Adjustments to reconcile Net Income to net cash provided by operations:	
1200 · Accounts Receivable	1,077.33
1205 · Advances to Conference	-500.00
1209 · Advance to Fulfillment	50.00
1120 · Inventory Asset	-99.43
2000 · Accounts Payable	-31.93
2200 · Sales Tax Payable	-151.04
Net cash provided by Operating Activities	2,703.04
Cash at beginning of period	51,285.26
Cash at end of period	53,988.30

New e-mail Addresses for WS Servants

Use these e-mail addresses when you want to contact a World Services board or committee member:

Board

ChairpersonElect@nicotine-anonymous.org
 Chairperson@nicotine-anonymous.org
 ChairpersonEmeritus@nicotine-anonymous.org
 TreasurerElect@nicotine-anonymous.org
 Treasurer@nicotine-anonymous.org
 TreasurerEmeritus@nicotine-anonymous.org
 SecretaryElect@nicotine-anonymous.org
 Secretary@nicotine-anonymous.org
 SecretaryEmeritus@nicotine-anonymous.org

Committee Chairs and Coordinators

BookCoordinator@nicotine-anonymous.org
 ByLawsCoordinator@nicotine-anonymous.org
 ConferenceChair2003@nicotine-anonymous.org
 DailyMeditations@nicotine-anonymous.org
 E-mailCoordinator@nicotine-anonymous.org
 FulfillmentHouse@nicotine-anonymous.org
 LiteratureCoordinator@nicotine-anonymous.org
 MeetingList@nicotine-anonymous.org
 OfficeService@nicotine-anonymous.org
 Officer-StaffDirectory@nicotine-anonymous.org
 Outreach-AdoptAMile@nicotine-anonymous.org
 Outreach-MassMailings@nicotine-anonymous.org
 Outreach-MediaMania@nicotine-anonymous.org
 OutreachCoordinator@nicotine-anonymous.org
 PenPalCoordinatorEmail@nicotine-anonymous.org
 PenPalCoordinatorPaper@nicotine-anonymous.org
 SevenMinutesEditor@nicotine-anonymous.org
 TeleserviceCoordinator@nicotine-anonymous.org
 TraditionsCoordinator@nicotine-anonymous.org

Mail sent to these addresses will be forwarded to the person who is currently serving in that position. **Thanks to Joe S. for making this possible!**



Merry Happy Holidays!

*If you want to smoke,
that's your business ...
If you want to quit,
that's our business ...*

Carole Z., Walnut Creek, California

It is a very hot day in late August; the sun feels toxic. I feel extremely irritable. I think about smoking again. I have not smoked since March, so I am close to my six-month "anniversary." The television is irritating me a lot but I cannot turn it off. It has become my new friend since I stopped smoking. The "news programs" especially upset me; I sit listening to the awful "hyped-up" reporting of events; I begin to feel scared and anxious about this country and the world in general. And it seems that lately, actors smoking in movies has become fashionable again.

I think, well what the heck is the point of not smoking? Life is becoming so awful in this world, who cares whether I smoke or not? According to average life span figures, I've got around 25 years left, but all those years will be obviously sliding me into old age and death. I ask myself again, so why does it matter if I smoke or not? I don't do much of anything else and smoking was so enjoyable for me, in spite of the health hazard. People say I look better, but for me it's, "So what? I don't feel better."

I am so scared that this is as good as it gets. I had expected to feel fabulous by now, but I don't. Instead I'm having to deal with unpleasant memories and feelings which I had previously chosen to suppress by smoking. I am

having to learn how to speak up for myself and say what I want more directly; I am having to tell unpleasant people to go away; and I am having to find new friends that are healthier for me. I am having to realize how much I have hated myself. I am having to learn about real love.

So, am I better off now? Probably. But I don't feel it yet. I pray this is not as good as it gets. I pray that I will (and sooner rather than later) feel a joy in living and be able to fully love and function in the world. Until then, I am mostly hanging on by my fingertips, sometimes living a minute at a time, sometimes an hour, sometimes a day, but I am still here.

I do know—not just believe, know—one thing. I do know that God is always watching out for me, even on those days when I feel totally and absolutely alone. So I will continue to pray for the strength to stay on my new path and to improve the quality of what is left of my life. I think it will get better—and it has to be better than all the years of medicating myself with nicotine.



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Seven Minutes is a quarterly publication of NAWSO news, articles and letters—it is "a meeting on a page." Your subscription will help Seven Minutes continue as the official conduit of this fellowship of recovering nicotine addicts. You will also receive a Worldwide Meeting Schedule. You may pay by check, money order (US funds only) or credit card. Mail to:

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**New! Publication Dates and Deadlines
for Submissions**

Publication Date Deadline Date for submissions

December 1	October 4
September 1	July 21
June 1	April 20
March 1	January 18