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Send letters, articles, stories, poems, artwork, or other material for *Seven Minutes* to:

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NAWS Board Meeting...

I suppose the quarter that contains our beloved Holidays would seem a little "slow" compared to the others. I like to think that this is why the NAWS Conference is in the Spring; it provides a strategic "calm before the storm." Indeed, the agenda I prepared for the January Board meeting seemed a little less stuffed than those I made for October and July. I even struck the line in the "main business" section of the template that read, "might not get to them all." All this really meant is that our meeting ran a solid eight hours, instead of a meandering nine, or nearly ten.

Having said that, November was the month of a certain national smoke-out day, and our Pirates of Outreach, Vicky and Ramona, did a spectacular job of placing radio PSAs and newspaper ads to correspond with the event, in no fewer than five major markets—San Francisco, Chicago, New York, Atlanta and Boston. The ads were stunning, and it's great to have such committed people taking the initiative to seize on an opportunity like that. Thanks, Vicky and Ramona!

Steve M (our intrepid Treasurer Emeritus) and I did spend a day figuring out the basic architecture of the Nic-A website, and zapping a couple bugs, but we haven't made the leaps and bounds we've wanted to in terms of improving the user experience around shopping and searching for meetings. Maybe this has something to do with Steve's new baby boy, or that I'm active Chairperson for now. Still,

despite the slow pace, the Board agrees that these web issues aren't "mission critical," and you can't beat our rate (which is nothing, of course)! We'll get cracking soon.

Most all other talk has been about the 2008 Conference. I'm extremely excited to report that we're likely to have a good number of delegates representing the online community this year, and of course we're having a workshop around online meetings at the conference. Specifically, we want to nail down a better definition of "delegate", and take steps towards using our website to better facilitate those looking for online groups.

Still, it's not a totally geeky world! We're very excited about the imminent printing of our 366-day book of meditations, [A Year of Miracles](#). We should have these hot off the presses for the 2008 conference, and I know Kate W (our fearless Chair Emeritus) has been working overtime to make sure there are no typos in this one. It should be a beautiful volume, and I expect everyone reading this to grab a copy!

Aside from this great book, our next conference will include workshops on financial review, online meetings, literature, the website, and more! Oh, and a reminder about the conference! It should be a powerful, productive, and inspiring gathering. That's May 2nd through the 4th. Hope to see you there!

Sincerely,
Dan P, Chairperson
NAWS

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.
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11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio and films.
12. Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

Our Preamble...

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

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A New Freedom

Rodger F.

Co-founder of *Nicotine Anonymous*

This is the conference-approved version of Rodger's Story. It originally appeared in three parts in successive issues of Seven Minutes in 2004 and 2005. This is parts One and Two.

I would look down and realize I had two lit cigarettes burning in the ashtray. The burning tip of a cigarette would fall into my lap as I drove a car. I would have a cold and take cough syrup just so I could calm down my throat enough to smoke a cigarette. If I knew you were a non-smoker, I would take my car instead of yours. I was addicted to nicotine. I lived to smoke. But I would never admit that to myself or to anyone else. However, 50 to 80 times a day I went through the ritual of patting pockets for my pack, tapping out a cigarette, pulling it out, and gripping it between my lips, finding and striking a match, and, finally, blessedly, dragging on that cigarette. I would feel the raspiness in my throat, the almost immediate sense of relief, that pressure in my lungs. Often I would tilt my head back and exhale as if I were expelling a deep and satisfying breath. Then, depending on how low my nicotine level was, I'd either puff furiously to inject the nicotine into my lungs and eradicate those sensations of physical deprivation, or if I had just had one, I'd leisurely play with it or use it as security stick.

I loved to smoke. I used cigarettes to take the edge off all my emotions, including nervousness, fear, love, stress, and even happiness. Cigarettes were an integral part of my persona. They were part of my self-image. I saw myself as a movie star, talking with a cigarette hanging from the corner of my mouth. I wanted to be a film noir character, excitingly doomed; standing there with a cigarette in my hand and a swirl of smoke surrounding me like the movie poster for Chinatown. I reacted to music with my cigarette. I emphasized my words with a cigarette. I culminated sex with a ciga-

rette.

Smoking was simply what I did and who I was. Phones rang, cars started, non-smoking lights on airplanes went out and I would light up. My friends never forgot that I was a smoker. They knew, they remembered. How did I ever get to that point where my addiction to nicotine had so consumed my personality and me?

Probably, I was born a nicotine addict. My mother smoked through her pregnancy and I am sure I was first addicted in the womb. Of course, I have no memory of this. I do remember those long trips with my two older sisters in the back seat and myself between my mother and father in the front. No one thought of second hand smoke then, as my mother filled the car with her smoke and kept the windows rolled up to keep out the cold but clean North Dakota air. My father quit smoking in his early thirties and except for one smoking lapse during my childhood; I do not remember him as a smoker.

My mother, however, was a smoker. I remember the cigarette smell on her clothes and hair and all over our home. She was young then and no one questioned her smoking. I think I grew up thinking smoking was a natural thing to do. When I was 15, we lived next to a family with four boys who were my friends. One named Ralph was the black sheep of the family and it was he who, over the backyard fence, introduced me to cigarettes. It was no big deal. Ralph made it seem rebelliously cool. I think at first I was a little nauseous, but that soon passed, replaced by that sensation of the drag, the long, wonderful drag on a cigarette.

In the small Oregon town where I then lived, there was a cigarette machine outside a gas station that closed at around nine every evening. After the attendants left, I would arrive with my quarter—the cost in the late 1960s—and buy my pack.

I smoked through high school. I demonstrated an addictive personality in other areas as well, using everything from alcohol, to drugs, to girls. I was and am one of

those people who, when something has a pleasurable effect on me, must use it to the point of abuse and addiction.

Until seven years ago, I had not drunk caffeine for 18 years. Then one morning, I arrived for a job interview. I was tired, having just returned from the East Coast. The receptionist told me it would be a few minutes, and asked if I would like a cup of coffee. It seemed like a good idea at the time, which is also one of the recurrent themes of my life. I had the cup of coffee, I did the interview very well and, even though I was nervous, I got the job. Caffeine worked for me.

A year later after a really busy day of appointments and meetings I went to my doctor around five in the afternoon. He took my blood pressure and frowned. "You've got high blood pressure. I may have to put you on medication."

I replied, "That's impossible. I've always had low blood pressure! I'm a runner! I've never had blood pressure problems."

The doctor was not impressed and told me to return in 30 days to recheck it. I went home expecting to die shortly. I returned 30 days later in the early morning anxious to hear the bad news. The nurse came in, took my blood pressure, and asked me the reason for my visit. "High blood pressure of course!"

She looked at me curiously and said, "You've got low blood pressure."

The doctor arrived, puzzled, and began asking questions. Finally, he asked, "The previous time you were in, did you drink any caffeine that day?"

I thought, "Yes, probably about five double espressos, three cups of coffee, and maybe a coke, why?"

"And today?"

"Nothing this morning."

"I think we've found the problem."

I am an addict and I smoked

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addictively. I smoked through high school as much as I could. On my own while in college, I gave free rein to my smoking. I started smoking over one pack a day and then over two. It was the late 1960s and I took amphetamines, studied, and smoked. I drank and smoked. With everything I smoked. I smoked and saved the coupons that were inserted in the packs. I joked that I was going to use them to buy an iron lung. Later, I changed brands. When in Europe, I smoked European brands—at first the ones with filters and then unfiltered. Back in the United States, I found an equivalent non-filtered brand. As a nonfilter smoker, I developed the yellow stains on my smoking fingers and picked tobacco out of my teeth. I remember I sniffed my finger at any time and smelled that strong tobacco odor.

In 1977, I began a spiritual journey of recovery in another 12-step program that continues to this day. Unfortunately, my smoking increased, often surpassing four packs a day. The meeting rooms were smoke-filled, and people told me not to worry about my smoking that there were more pressing problems. Thus I smoked incessantly. During a meeting I could finish a pack. If I went to lunch or dinner, I smoked up to the arrival of my salad, and then had a couple quick ones before my entree arrived. I became a life support system for a cigarette.

After I had been in that program for about a year, I was talking to a newcomer who did not smoke. I started telling him that it got better, but was stopped by a spasm of coughing. The newcomer looked at me as if I was crazy, like I was killing myself. I had a moment of clarity and realized that I was crazy; that I was killing myself, and that my recovery was far from complete.

I had had a cough since my teens. I had heard the doctor's warnings for a decade. Still I could not quit. Each year I made a New Year's resolution to quit by the end of the year. Each year I failed. About that time, I went to marriage counseling with my first wife. At one emotionally threatening point, the counselor asked me a question.

I paused, began drawing a cigarette from my pack. Then the counselor put her hand on my arm and asked, "Can you wait with your

cigarette until after we've talked about this?"

I replied, "Of course." I hid the rage I was feeling. I wanted that cigarette, I wanted the time it would buy, the relief it would provide, and the nicotine-induced comfort. I responded curtly, and then excused myself to go to the restroom. There I smoked several cigarettes in resentment against the therapist who was sitting in the other room making a dollar a minute.

Again, there was a moment of clarity when I realized that nicotine really did something for me emotionally.

I had always heard that smoking was a nasty little habit. With willpower anyone could quit. But if it was just a little habit, why did I seem to always be, minute by minute, obsessed with smoking? I began to realize it was not a little habit but a major addiction.

A good program friend of mine, Al B., called me at work one day. I liked Al because he smoked like me. I never had to hide the extent of my smoking from him because he was as badly addicted as I was. We talked for a while before he told me he had some material on a smoking cessation program and would I like to go to one of their sessions with him. I don't know why but I said yes, and off we went.

At the first session, facilitators described their smoking cessation program and afterwards, prompted by Al, I signed up. After six weeks of classes and a fairly earnest effort, I quit smoking. I graduated. I took up running and became obsessive about that. Then there was food. In the next months, my fiancée and I moved to a distant town in Southern California where I started a new job. We were going through many changes and one day we argued.

My reaction was to drive to a little market and buy a pack of cigarettes. I began to chain smoke. I drove into Los Angeles and met Al for lunch. He was surprised to see me smoking and told me to throw the remaining half pack away, which I did. What occurred to me was that after six months of not smoking, when a certain situation had come up, I had absolutely no defense against the first cigarette. There had been no thought about it. I drove, I bought, I smoked.

However, the next day my mind started working. What it told me is that I had smoked a few, but then had thrown away the rest of the pack and not smoked anymore since. Maybe I could control my smoking. That day I smoked a couple. Four days later, I told myself I could still go six hours without a cigarette. A month later I was smoking a couple packs a day. It was another hard lesson. With the first cigarette, I was a hooked again. It wasn't the first pack; it wasn't after the first week. It was that first cigarette that made me a smoker, when I traded non-smoking for renewed addiction to nicotine.

Years later I remember a conversation with a friend who had quit smoking and become a runner. However, he admitted to me that recently he had started having an occasional cigarette. I said, "Oh, so you've become a smoker again?" He contradicted me saying that I didn't understand that he only had a cigarette once and awhile. He wasn't a smoker. I replied that my belief was that he definitely was a smoker again. It came with the first cigarette. Several months later when he was smoking a pack a day, he agreed with me.

After my slip, I smoked heavily with a maximum amount of guilt. One friend, Dan H., asked me to help him quit smoking. I waved a cigarette at him and told him it hadn't worked. Stephanie S. told me I should start a Smokers Anonymous meeting. I replied that she must not have noticed I was smoking again. Finally, Betsy, an older woman, asked me if the smoking cessation program ever sent me their newsletter. She would like to see it. When it arrived, I took her the literature. She was so happy that she insisted that we both go to the next session. I was too much of a people pleaser and liked Betsy too much to disappoint her. We went. Betsy railroaded me into signing up again.

After six weeks, I quit again. This time it was different. The first time had been easy, a honeymoon. This time it was difficult.

It was a nightmare: cravings and obsessions coupled with physical problems. I had narcolepsy, falling asleep uncontrollably, especially behind the wheel of my car. I could barely drive. Over the years I had learned some lessons in my attempts

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to quit, especially in my other program. I had no defense against the first cigarette, nicotine was cunning, baffling and powerful, and, most importantly, I had to give it away if I wanted to keep it.

I tracked down Dan and Stephanie and told them they were going to quit. I served up a mixture of the smoking cessation class and a twelve-step program. We met in restaurants once a week. Sometimes we had a few people. Sometimes I was the only one who showed up. After a few months I was feeling great. I was feeling liberated from my obsession with cigarettes. I found that God could do for me what I could not do for myself, I was running. As a smoker, I had always assumed that you ran until your breath was gone. I soon learned that I could run until my muscles said stop and still have plenty of breath. That was a tremendous point of gratitude for me, coming into contact with, and appreciating, a body that I had abused for so many years. Significantly, I decided to commit to giving it away, to help others quit smoking.

After several months, four of us were together on a Sunday afternoon on Venice Beach. Dan, Rob K, and I had quit while Stephanie was trying. We decided to start a meeting and call it Smokers Anonymous.

The next week, late June 1982, we met at my apartment in Santa Monica. There were maybe a dozen people. Two weeks later Maurice Z. came and quit. He was to be one of the most important people in the early years of our fellowship. Others came to our discussion meeting where we ate popcorn and drank sparkling water. Soon it was too big for my living room and we moved to a room in Roxbury Park in Beverly Hills.

Part Three will appear in the next issue . . .



MORE ADVENTURES OF YOUR SECRETARY ...

Have you ever looked at your date book and found an empty date between Thanksgiving and Christmas? Amazingly, I did. The only day which was blank was Sunday, De-

ember 9.

The Editor of SEVEN MINUTES, Kim F., and I had been corresponding via email after I caught on to the fact that part of my duties included submitting a summary of the Officers' Meeting Minutes promptly. Since Spring 2007, I knew he was planning to be in North Carolina from his home in England during the holidays. Due to his change in plans, he suddenly emailed me he was in Raleigh in early December. And there was Sunday, December 9, open and ready for an adventure.

Unfortunately, the day was a dismal rainy one and the three-hour drive to Raleigh from Charlotte didn't seem so thrilling. However, I was pumped to meet Kim, and he had put out the word to others in the area that we could meet at a mall in the city.

Have you ever driven to a huge mall in a city to which you'd never been? Map Quest gives you the address and directions, but once you arrive, you need to follow the shoppers as they enter those multi-leveled parking garages. Since this was leading into Christmas, it was crowded and I simply took the first parking place I came to. Upon exiting my car, I called out to a small family walking just ahead of me...I asked if they knew where the Starbucks shop was. "No, but there will be a map inside," they called out.

I had only 20 minutes to seek a map and wend my way through the crowds. My heart was pounding with anxiety—it was sort of like rushing in an airport from the arrival of one plane to hurrying by hundreds of other people to get to the departure gate of your next flight.

Kim had emailed a picture of himself to me, so I had some confidence I need not approach every guy loitering around Starbucks. I arrived with a couple of minutes to spare and lo! the first man I approached was, indeed, Kim! He explained that we were going to wait for Katherine, who was driving in from the Outer Banks area—also a lengthy ride for her.

At last, we three were all together and decided to "have a bite" instead of coffee. Kim and Katherine had met before, so our exchange of information was not equal. I think I acted like a reporter, trying to elicit

both of their stories of successfully living their lives without nicotine. As I do in my Monday night meetings in Charlotte, I listened with open ears and deep understanding. Every person I have met through this program has a story which I find fascinating and eventually comes to have a part in my own recovery.

May you, too, have adventures leading you to lives full of wonderful new friends.

Ardith A, Charlotte, NC



Step Two . . .

"Came to **believe** that a power greater than ourselves **could** restore us to sanity "

I believe *Choice* always involves giving up something we want for something else we want even more. There is usually a lot riding on the choice and sometimes it seems that one is as good as the other. Many times, however, although they seem about equal, I believe one choice is usually better in the long run than the other. So, how to choose in those instances of seemingly both choices being equal? By turning one's will over to God which entails trust and loss of control, I believe we can get to the best choice for ourselves. Sometimes my fears - of losing something or of being hurt or of not getting what I think I need and which are often related to my "selfish ego desires" - get in the way of letting go and letting God.

My Higher Power is a loving, forgiving God, ever patient and ever persevering, unchanging and constant. Yet I also believe He prunes me as He will and as he in his infinite wisdom knows I need (which sometimes appears as calamity or catastrophic circumstances in my world). These outward circumstances often make me what to shout "Why me?" Then I say to myself "Why not me?" Rain pours on sinner and saint alike, so I hear. Then I move on and remember HOW - Honesty, Openness, and Willingness.

The question to seek is always "How?" not "Why?" - to me. How do I change *myself* so that I am acceptable in the eyes of my God? Or, how do I change *myself* to create a better world

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"RELISH THE MOMENT"



Nicotine Anonymous
World Services Conference XXIII
May 2 - 4, 2008

Holiday Inn Ronkonkoma
3845 Veterans Memorial Highway, Ronkonkoma, NY 11779
For reservations call: 631-585-9500 or 1-800-HOLIDAY or contact Pat Garcia 631-471-0426 and mention "Nicotine Anonymous."
To book online go to www.holidayinn.com/longislandny and use code P62
HOTEL RATES: \$99.00 + tax per night for two double beds or one king-size bed
Rates will be honored before and after the conference.

CLOSEST airport is Long Island MacArthur Airport in Islip

- Free shuttle from Airport to hotel. Use courtesy phone in terminal for "Holiday Inn Van."
- Hotel is easily accessible from the Long Island Railroad "Ronkonkoma" stop. Call front desk for courtesy cab 631-585-9500. AirTrain service is available from New York's JFK airport to the Long Island Railroad's Jamaica station. Take the LIRR from here to Ronkonkoma station.
- See our website for more information about transportation: <http://www.nicawsc08.homestead.com/index.html> and for the after-conference activity.

NEW!! REGISTER WITH PAYPAL! PLEASE SEE OUR WEBSITE FOR DETAILS!
<http://www.nicawsc08.homestead.com>



OR COMPLETE AND MAIL TO MARTHA K. C/O NAWS 419 MAIN ST., PMB #370, HUNTINGTON BEACH, CA 92658

NAME: _____

ADDRESS: _____

CITY, STATE ZIP _____

PHONE _____ E-MAIL _____

_____ Yes, I am an ELECTED delegate representing the following group or Intergroup:*

_____ I would like a roommate** ___ Male ___ Female

*Delegates must be registered with World Services no later than April 2, 2008 NAWS Secretary, 419 Main St., PMB #370, Huntington Beach, CA 92658; e-mail secretary@nicotine-anonymous.org. Include name, address, phone, e-mail and group representing. PLEASE SEE REVERSE SIDE FOR MORE INFORMATION ABOUT THE DELEGATE PROCESS.

**Every effort will be made to help you find a roommate. However, you will be responsible for contacting each other and making arrangements for your stay at the hotel.

Registration: (Cash or check only for registration, literature and merchandise at the conference.)

\$25 Early Registration OR \$35 Late Registration (after 4/22/08); \$20 Two days only; \$10 One day only

Non-NicA spouses and partners no charge #of registrants: _____ TOTAL \$ _____

Meals:

Saturday Dinner buffet \$32.50 # of adults _____ Children's \$19.95 # of children _____

Sunday Brunch buffet \$26.00 # of adults _____ Children's \$16.25 # of children _____

TOTAL MEALS \$ _____

Optional Donation to World Services \$ _____ TOTAL ENCLOSED: \$ _____

Make checks payable to Nicotine Anonymous Conference XXIII.

Questions??? Please contact Conference Chair, Martha K. at marthak316@yahoo.com or 631-653-3483

Why do we elect delegates?

The purpose of electing delegates is to ensure that the group conscience is served through equal and fair representation of our membership. Registered delegates receive packets of information concerning the voting items being presented, enabling them to review the materials in advance and to learn their home group's conscience prior to the conference.

How do I learn whether my Intergroup has already selected a slate of delegates?

The following is a list of phone numbers and websites of registered Intergroups. If you live in one of the areas listed, please contact the Intergroup for further information about becoming a delegate. If you live in an area where there is no Intergroup, your group may elect you as a delegate.

NORTH TEXAS INTERGROUP

MEETING INFO: 214-327-1633
Dallas, TX

TIDEWATER INTERGROUP

MEETING INFO: 757-538-2699
Norfolk, VA

NJ / PA INTERGROUP

MEETING INFO: 201-947-3305
NJ/PA

SO CALIFORNIA INTERGROUP

WEBSITE: www.scina.org
Los Angeles, CA

ARIZONA INTERGROUP

MEETING INFO: 480-990-3860
Chandler, AZ

SAN DIEGO INTERGROUP

MEETING INFO: 619-682-7092
San Diego, CA

ST. LOUIS INTERGROUP

MEETINGS INFORMATION: 314-832-9279
St. Louis, MO

UK INTERGROUP

WEBSITE: www.nicotine-anonymous.co.uk

Meeting Info: **020 7976 0076**

HOUSTON INTERGROUP

MEETING INFO: 713-827-5989
Houston, TX

CHICAGOLAND INTERGROUP

WEBSITE:
www.nicotine-anonymous-chicagoland.org
Chicago, IL

NEW ORLEANS INTERGROUP

MEETING INFO: 504-552-9271
New Orleans, LA

NYC METRO INTERGROUP

MEETING INFO: 631-665-0527
NYC Metro Area, NY

AUSTIN INTERGROUP

MEETING INFO: 512-467-2795
Austin, TX

GEORGIA INTERGROUP

MEETINGS INFO: 404-244-8444
WEBSITE: www.ga-nica.org
Atlanta, GA

NO CALIFORNIA INTERGROUP

WEBSITE: www.nica-norcal.org
Berkeley, CA
(415) 995-1938

NORTHEAST OHIO INTERGROUP

WEBSITE: www.ohio-nica.org
Email: neonicotine@aol.com

How many delegates can an Intergroup vote to elect? Each Intergroup is entitled to send one delegate for every three meetings it represents and one additional delegate for any portion thereof.

What if my group doesn't belong to an Intergroup? Groups that are not affiliated with an Intergroup are also eligible to send a delegate using a similar system. If there are between one and three groups not affiliated with an Intergroup, those one, two or three meetings may elect one delegate collectively to represent them. If there are more than three, those groups again may collectively send one delegate for every three meetings and one additional delegate for any portion thereof.

Delegates must register 30 day prior to the conference with Nicotine Anonymous World Services, Attention: Secretary using the address above, or via email at Secretary@nicotine-anonymous.org. The following information must be provided: Full name, mailing address, telephone number and the name of the group(s) or Intergroup that delegate is representing.

NICOTINE ANONYMOUS CONFERENCE XXIII AGENDA



May 2 - 4, 2008 Long Island

Friday, May 2, 2008

1:00-5:00 p.m. *Officers Meeting* * Executive Boardroom
 3:00-10:00 p.m. *Registration Opens* * Downstairs hallway
 3:00-12:00 a.m. *Hospitality Suite Open* * Room 506
 6:00-8:00 p.m. *Dinner on your own*
 8:00-11:00 p.m. *Gratitude Meeting* * Lake Room

Saturday, May 3, 2008

7:30-8:30 a.m. *Breakfast on your own*
 8:00 am-9:00 pm. *Registration/Literature, audio and t-shirt sales* * Downstairs hallway
 9:00-12:00 a.m. *Hospitality Suite Open* * Room 506
 9:00-8:00 p.m. *Marathon Meetings* * Room to be announced
 8:30-12:00 p.m. *Delegates meeting* * Lake Room
 10:30-10:45 a.m. *Break*
 10:45-12:00 p.m. *Lunch on your own*
 2:00-3:00 p.m. *Workshops*
 Online Meetings * Lake Room
 Literature * Bay Room
 Outreach brainstorming session * Shore Room
 3:00-3:30 p.m. *Break and go to second workshop*
 3:30-4:30 p.m. *Workshops*
 Seven Minutes * Lake Room
 NAWs Five year financial review * Bay Room
 Overflow workshop * Shore Room
 4:45-5:45 p.m. *Delegates Meeting: Workshops Recap* * Lake Room
 6:30-8:30 p.m. *Conference Dinner* * Crystal Ballroom
 9:00 p.m. *Invited Speakers* * Crystal Ballroom

Sunday, May 4, 2008

7:00-8:30 a.m. *Breakfast on your own*
 7:00-8:30 a.m. *Sunrise Meeting* * Room to be announced
 8:00-2:00 p.m. *Registration/Sales* * Lobby area
 8:45-11:00 a.m. *Delegates meeting and voting* * Lake Room
 9:00-11:00 a.m. *Marathon Meetings* * Room to be announced
 11:00 a.m. *Hotel Checkout*
 11:30-1:00 p.m. *Spirituality Brunch/Speaker* * Crystal Ballroom
 1:00-1:30 p.m. *Officers Meeting* * Executive Boardroom
 2:00-4:00 p.m. *Tour of Bayard Cutting Arboretum.* Rides available.

(Continued from page 5)

for me and/or others? Life is based on opposites. Good and evil. In and out. Up and down, etc. It would seem then that each choice we make could possibly help us move closer to the primary goal of maintaining an attitude of unconditional Love for God and others (and being non-judgmental, if possible) while also being flexible enough to Let Go and Let God in all our affairs – not just where we are comfortable in letting go.

The Serenity Prayer speaks of "Courage to change the things I can." To me, that means primarily changing *me* – that is ultimately where my power lies. The definition of "insanity" is, I think, repeating the same thing over and over and getting the same results. Thus, I need to be willing to have willingness and to go to any length to do His will (and change me). Two words come to mind when I repeat the AA/NicA 2nd step: Humility and Defiance. To be free of *motive* in our actions is a step toward God's humility. In fact, for me Humility is to be *with* and *of* God and Defiance is to be *separate* and *away* from God.

Hope is another key word I try to hang onto in all circumstances. When I have the deep faith in my Higher Power that only love and humility and gratitude can give me, then I have the belief that I *can* accomplish much with the help of my Higher Power. So, why is it that I think I'm so special that God cannot *restore me* to sanity the way He has restored so many others? Possibly I just have further to go and may never completely be healed from the mental illness I've suffered since 1982 even though I've made great strides in following AA and NicA principles. Or, maybe I just have not yet gone to any lengths.

I do believe however that the Higher Power in my life won't

let me fail at something I need to do so desperately to survive. Putting my heart and soul into loving God and loving Life will bring me back to sanity and free me from enslavement. So long as I am *willing*. My Higher Power wants his Child to be happy, joyous and free. So long as I continue to allow my addictions/entanglements and otherwise negative influences (within and without) to win, that will not be – except fleetingly.

Thus, with the constant help of my Higher Power, I now ask to be *ready* and *willing* (again) to commit to whatever is His will and thereby make the decision to *turn my will and my Life over to His care*.

Amen and Praise the Lord God Almighty always.

Diane D.

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### *Rita's Story ...*

On Thanksgiving Day 1988, I had my last cigarette. A few weeks prior, I attended my first Nicotine Anonymous meeting in the basement of a Florida courthouse. After all the attempts to quit and the insanity of my smoking, I knew I was truly powerless over my nicotine addiction. From this powerlessness and support from others just like me, came the freedom to live smoke free.

I was not easy candidate for quitting. From the first day I arrived at college and for the following 12 years, cigarettes governed my life. I was up to 3 packs/day when I finally quit. I tried to hide my smoking from others. I couldn't live without my cigarettes.

To give you a glimpse of my insanity, I hooked up a wire to the soapdish in my shower, so I could smoke while I showered. I smoked through frequent bouts of bronchitis. First

I'd swallow some cough medicine and then light up. My thoughts throughout the entire day were about when I could have my next cigarette. When I was a flight attendant, I'd always volunteer to serve the smoking section of the plane. This way I could sneak a cigarette in the back of the plane. I tried quitting a thousand times. Every Friday night, I'd crush my pack of cigarettes and run water over them. However, my resourceful addiction realized that I could uncrush the pack, place the cigarettes on a cookie sheet, and bake them at 275 degrees to enable me to smoke them.

The courthouse basement with its dozen of people who were just like me became my solace. There were no other meetings in the area, so I'd anxiously look forward to my Friday night meeting. I heard stories similar to mine. I shared my stories and my shame lifted. I heard stories of success and relapse. I made quitting smoking the most important thing in my life. I changed people, places, and things to help me stay nicotine-free. I began working with a therapist. I called her up and said, "I'm going to quit smoking and I think some feelings may come up. May I schedule an appointment?" This was an understatement, as I did have to deal with many feelings that I had pushed down with smoke. I said the Serenity Prayer every five minutes during the first weeks of quitting. I kept my chips in my pocket to remind me of my time smoke-free and to strengthen me in times of cravings. I felt better. People commented that I looked healthier.

This Thanksgiving, 19 years later, I am smoke-free. I've experienced happy times and sad times and haven't picked

NICOTINE ANONYMOUS  
CONFERENCE XXIII  
INVITES YOU TO JOIN  
US FOR AN ENJOYABLE  
AFTER-CONFERENCE  
ACTIVITY AT THE...



## BAYARD CUTTING ARBORETUM

SUNDAY, MAY 4, 2008 2:00 pm

\$10.00 per person includes Admission and  
Guided Tour of the Cutting Residence.

*Take a leisurely walk through the Bayard Cutting Arboretum. The Arboretum provides an oasis of beauty and quiet. You will discover extensive plantings of evergreens, pines, spruce, azaleas, rhododendrons and wildflowers throughout the woodland location. Gift shop and café on the premises.*

For further information, please contact Edie C. at 631-957-3689  
or via email at [NicAWSC08@aol.com](mailto:NicAWSC08@aol.com)

Please detach bottom portion and mail along with a check made payable to Nicotine Anonymous Conference XXIII to: Martha K., 19 Central Avenue, East Quogue, NY 11942 OR ORDER ONLINE AT OUR WEBSITE

<http://nicawsc08.homestead.com>

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Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

\_\_\_\_\_ Enclosed is my \$10 Check payable to: Nicotine Anonymous Conference XXIII for the Bayard Cutting Arboretum May 4, 2008 at 2pm.

# NICOTINE ANONYMOUS WORLD SERVICE ORGANIZATION

## SUMMARY OF OFFICERS' MEETING JANUARY 26, 2008, Bellflower, CA

*Ardith A, Secretary, Charlotte, NC*

The quarterly meeting of the officers was managed by Secretary-Elect Mary P. Besides arranging for airport "pickup and delivery," housing most of the officers for Friday and Saturday nights and feeding us, Mary P had worked hard on updating the Policies and Procedures.

After the opening procedures, the October 2007 Minutes were corrected and approved. Willy S then presented the Treasurer's Report, which included two new reports: the Five Year Comparison Detail Profit and Loss and a Balance Sheet Five Year Comparison. These reports were prepared in response to Delegates' requests for a 'bigger picture' of our finances. For 2007, the net loss of \$13,324 was attributed mainly to the Upgrade and Maintenance of the web site. There was also a decline in amount of goods sold. It was also pointed out that there were nice increases in income from Group and Intergroup donations.

Joe S handed out statistics for the Fulfillment House and Office Services. He reported that he has instituted several cost-cutting practices and pointed out our outstandingly high number of hits on Google. Joe will have more topics added to Google from suggestions from the officers.

The topics of the Chairperson's Report were the Public Service Announcements which have been used, the Online meetings communications concerns and the progress of website development.

Most of the committees had sent in progress reports. In person, Gary M talked about SEVEN MINUTES and the Outreach Project-Mass Mailings. One of the 2008 workshops will be about our newsletter, led by Dan P, and will address the idea of selling more subscriptions online, among others. There will be a workshop about outreach, hoping to capture the attention of Delegates for fresh ideas and help in getting our program more easily identified.

Kate W reported THE YEAR OF MIRACLES is slowly progressing towards publication and still anticipates its appearance in May.

Under **Old Business**, the 2008 Conference plans are falling into place, the committee from Ohio is busily massaging the hotel contract for 2009 and Dan P, Steve M and Joe S are diligently working on the website issues. Mary P's changes to the POLICIES AND PROCEDURES were discussed and approved. The format of the Annual Calendar topic was tabled. The Board decided to drop suggestions about two pamphlets, and approved changing publication dates for SEVEN MINUTES.

The only item of **New Business** was a discussion of the absence and non-communication from the Treasurer Elect.

~\*~

up. In the early years, I experienced a very challenging crisis. At my Friday night meeting, I shared that I felt like I was going to pick up. Gene said, "Well, then you'll have two problems. The first one won't go away if you start smoking again." Karen said, "Just make one promise, call me before you pick up. If you still want to pick up after we talk, then that's your choice." These words of wisdom sustained me.

I turn 50 in January. I've earned advanced degrees, I'm senior executive, traveled the world, been on magazine covers, etc. All of these things are nothing compared to my life's biggest (and hardest) accomplishment: staying smoke-free for 19 years, one day at a time.

Rita S.

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Greetings from Hospitals and Institutions Outreach Project . . .

As we ring out 2007, and begin anew in 2008, my first thought is to say a prayer for the nicotine addict who still suffers. Those in program, regardless of how much time we have free from nicotine, can still remember the feeling of utter despair when we were using. As people choose the New Year to try and quit for the first time, or the thousandth time,

NicA has the opportunity to be there for those who are grasping at *one more chance* to be free of this powerful addiction.

With the permission of a hospital or institution, we can begin by offering meeting flyers,

along with the *Introducing*

Nicotine Anonymous pamphlet to the Employee Wellness Coordinator of the facility. Some NicA groups offer meeting information on business cards, and leave them in medical/dental offices. The NicA Outreach booklet, found on the WSO website, offers several sample letters to hospitals, medical professionals, correctional facilities, schools, and other organizations which assist or facilitate programs to help those addicted to nicotine. The website also lists Internet and phone meetings for those unable to attend a group meeting, or those who do not have a meeting in their area.

As 2008 begins, let us reach out to those who want and can have what we have been given through this program.

In gratitude and service,

Patty G.

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## *Service Position Opening . . .*

NicA WSO has a service position open for a "Storefront Outreach" person. This position is described as follows:-

"Storefront Outreach targets select areas of a city or town, in which awareness of Nicotine Anonymous is raised via the continual distribution of pamphlets, flyers, and business cards, usually with the participation of local businesses and organizations."

Interested parties please contact:-

E-mail: [info@nicotine-anonymous.org](mailto:info@nicotine-anonymous.org)

Write: Nicotine Anonymous World Services

419 Main Street, PMB#370  
Huntington Beach, CA 92648

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Call for Speakers . . .

Voices of Nicotine Recovery is an online, international meeting of Nicotine Anonymous. We have official NicA, real time, voice meetings daily. For many of our members, this is their only contact with NicA due to limited access to local meetings.

On Saturday nights at 9:00pm EST, we have our weekly Speaker Meeting. We are looking for NicA members (with a minimum of 3 months free from nicotine) who would be willing to come to our online Saturday night meetings to share their experience, strength and hope with us. Hearing from other members who are involved in local NicA meeting would help us grow as a group and most importantly, help us to better carry the message to the nicotine addict who still suffers.

For information on how to get to our meetings and to set up a speaker date, please contact Roz at rhoskie67501@cox.net. For more information on the group, please visit our home page by following this link:- <http://health.groups.yahoo.com/group/voicesofnicotinerecovery/>. We look forward to meeting you!

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## **VONR Spring Gathering April 11-14th, 2008**

### **Your invited!**

The VONR Spring Gathering will be held at Jenny's house in Tega Cay, SC April 11-13th! The fun will include meetings, coffee and friends!

Online Hotel Reservations can be made at [www.motel6.com](http://www.motel6.com) (Location: #1417 Fort Mill/Carowinds, about \$50)

The Airport is located in Charlotte, NC (Airport Code: CLT). Transportation to/from the airport can be arranged.

**Please E-mail Jenny for more info:  
[jennygwen1@gmail.com](mailto:jennygwen1@gmail.com)**

**See you there!**

NAWSO  
Profit & Loss Prev Year Comparison  
January through December 2007

|                                 | Jan - Dec 07 | Jan - Dec 06 | \$ Change | % Change |
|---------------------------------|--------------|--------------|-----------|----------|
| Ordinary Income/Expenses        |              |              |           |          |
| Income                          |              |              |           |          |
| 4000 - Donations                | 7,083        | 5,965        | 1,118     | 19%      |
| 4100 - Literature Sales         | 36,905       | 40,845       | -3,940    | -10%     |
| 4250 - Shipping & Handling      | 5,484        | 5,856        | -372      | -6%      |
| 4299 - Conference Profit/(Loss) | 2,011        | 1,541        | 470       | 30%      |
| Total income                    | 51,483       | 54,207       | -2,724    | -5%      |
| Cost of Goods Sold              |              |              |           |          |
| 5000 - COGS                     | 20,896       | 23,444       | -2,548    | -11%     |
| Total COGS                      | 20,896       | 23,444       | -2,548    | -11%     |
| Gross Profit                    | 30,587       | 30,763       | -176      | -1%      |
| Gross Profit % to Income        | 59%          | 57%          |           |          |
| Expenses                        |              |              |           |          |
| 6000 - Office Expenses *        | 32,474       | 23,579       | 8,895     | 38%      |
| 6600 - WSO Expenses             | 9,963        | 11,329       | -1,366    | -12%     |
| Total Expenses                  | 42,437       | 34,908       | 7,529     | 22%      |
| Net Ordinary Income             | -11,850      | -4,145       | -7,705    | -186%    |
| Other Income/Expenses           |              |              |           |          |
| Other Income                    |              |              |           |          |
| 8000 - Interest Income          | 71           | 544          | -473      | -87%     |
| Total Other Income              | 71           | 544          | -473      | -87%     |
| Other Expenses                  |              |              |           |          |
| 8030 - Interest Expenses        | 485          | 0            | 485       | 0%       |
| Total Other Expenses            | 485          | 0            | 485       | 0%       |
| Net Other Income                | -414         | 544          | -958      | -176%    |
| Net Income                      | -12,264      | -3,601       | -8,663    | -241%    |

\* Website moving expenses = \$11,706

## ***Give Back!***

You Can't Keep it Unless You Give It Away

Nicotine Anonymous World Services is seeking servants for a variety of positions within the fellowship. Please see the contact information below if you would like to learn more about these service opportunities. Please share this flyer with your group. Remember, you have to give it away to keep it.

E-Mail Volunteers-Share your experience, strength and hope with people around the world who email us. Help them find meetings and answer questions about NicA.

Provide about thirty minutes a week from your home or office computer.  
Telephone Servants-Respond to telephone calls from people taking their first step on the journey. One day of service per week from the comfort of your own home.  
Email/Penpal Coordinator-Responsible for receiving email requests for pen pals; adding names to the email pen pal list; and sending out the list.

For further information about any of these service positions, please

contact: E-mail~: [info@nicotine-anonymous.org](mailto:info@nicotine-anonymous.org)

Write: Nicotine Anonymous World Services

419 Main Street, PMB#370

Huntington Beach, CA 92648

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### ***Looking to do Twelfth-Step work? Help wanted***

#### ***In NicA cyberspace office!***

#### ***E-mail Volunteers***

Duties: Share your experience, strength and hope with people around the world who email us. Help them find meetings and answer questions about Nicotine Anonymous. Provide about thirty minutes a week from your home or office computer.

Qualifications:

1. Nicotine free for at least ninety days. That means free from nicotine in all its forms including smoking, patches, gum, inhalers, chewing, etc.
2. Member of Nicotine Anonymous - meaning you attend meetings and belong to a person-to-person group or are a member of our on-line chat group or communicate via mail or email with other members if meetings are not available where you live.
3. Have an email address and are willing to accept and transmit messages to people around the world who will be writing to us.
4. Some computer literacy - Familiar with using email and know how to access web pages for information. (If you haven't seen our Web Pages yet, take a look!)  
[www.nicotine-anonymous.org](http://www.nicotine-anonymous.org)
5. Willing to give back - what can I say?

That's about it. Join other volunteers who are doing this rewarding Twelfth Step work. Training provided (it's rather simple.)

For more info contact Alan, Email Coordinator, NicA World Services at:  
[info@nicotine-anonymous.org](mailto:info@nicotine-anonymous.org)

## **2009 NAWS World Conference – Akron, Ohio**

### **2009 World Conference to be Held in Akron, Ohio!**

At the June 30, 2007 Ohio Intergroup meeting in Millersport, Ohio, the intergroup voted unanimously to host the 2009 World Conference in Akron, Ohio. The intergroup initially proposed the scenic Ohio River city of Cincinnati, but attendees of the 2007 Novato Conference indicated a clear preference for Akron, where the Twelve Step program was born as Alcoholics Anonymous. The Intergroup will plan the Conference's Sunday afternoon event around historic Twelve Step sites in Akron such as AA co-founder Dr. Bob's Home.

The Conference Chair is Jules C. of Kent, Ohio, who can be reached at [Jastaine@neo.rr.com](mailto:Jastaine@neo.rr.com) or (330)678-3753. The Publicity Chair is 2007 Novato attendee MJ M of Akron, Ohio, who can be reached at [mjmaling@aol.com](mailto:mjmaling@aol.com) or (330) 645-9173. MJ is creating a 2009 Akron Conference E-mail List for those who would like to receive news and information about Akron and the Conference. If you would like to receive the e-mails, please send your e-mail address to her contact information above. And please don't hesitate to contact Jules or MJ with your thoughts and ideas!



National Register plaque on the home of Dr. Bob, Akron, Ohio.



**Announcing the  
Nicotine Anonymous  
World Services Conference XXIV  
April 24-26, 2009**



**Held In Akron, Ohio**

Registration forms will be available at the  
**"RELISH THE MOMENT"**

Nicotine Anonymous World Services Conference  
in Ronkonkoma, New York on May 2-4, 2008.

If you have any questions or comments to share with Ohio,  
please feel free to contact us:

Jules C., Conference Chair @ 330-353-0094 or [Jastaine@neo.rr.com](mailto:Jastaine@neo.rr.com)

or

MJ M., Conference PR @ 330-606-9904 or [MJMaling@aol.com](mailto:MJMaling@aol.com)

**See you in New York!**

# ***NICA AROUND THE WORLD***

## **UK Meetings**

Write to:  
Nicotine Anonymous  
PO Box 1516  
LONDON  
SW1H 9WT  
Tel: 020 7976 0076 (please leave a message)  
Web: [www.nicotine-anonymous.co.uk](http://www.nicotine-anonymous.co.uk)

United Kingdom meetings...

This message was posted on the online message board about meetings in the United Kingdom. To check out the NicA UK homepage go to this link.

<http://www.nicotine-anonymous.co.uk/>

If you want to start a meeting in UK, call 020 7976 0076 for a starter pack.

Service is the Key...

Only you can tell your story.

What was your life like as an active addict? What happened to get you in the door? What were your breakthroughs?

Personal stories, articles, poems, art, jokes or adds pertaining to nicotine, nicotine recovery and Nicotine Anonymous can be sent to

SevenMinutesEditor@nicotine-anonymous.org or by snail mail to

Seven Minutes c/o NAWSO  
419 Main St., PMB #370  
Huntington Beach, CA 92648

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## **NICOTINE ANONYMOUS**

### **Nicotine Anonymous Offers Help to All Nicotine Addicts; Support Available to Those Who Wish to Stop Smoking 365 Days a Year**

Nicotine Anonymous is a non-profit, 12-step fellowship of men and women helping each other to live nicotine-free lives. Nicotine Anonymous welcomes all those seeking freedom from nicotine addiction, including those using cessation programs and nicotine withdrawal aids. The primary purpose of Nicotine Anonymous is to help all those who would like to cease using tobacco and nicotine products. The fellowship offers group support and recovery using the 12-Steps adapted from Alcoholics Anonymous.

For the millions of Americans who will try to quit smoking this year, Nicotine Anonymous offers ongoing support to all those who desire it for an unlimited time. Their sole focus is helping the still suffering nicotine addict 365 days a year. There are no dues or fees for Nicotine Anonymous membership as the organization is self-supporting through member contributions. The only requirement for membership is a desire to stop using nicotine.

Founded in 1983, Nicotine Anonymous has over 600 meetings throughout the United States and 35 other countries. A full list of meetings and other information is available on the Internet at <http://www.nicotine-anonymous.org>. Or write: Nicotine Anonymous, 419 Main St., PMB #370, Huntington Beach, CA 92648. Or email: [info@nicotine-anonymous.org](mailto:info@nicotine-anonymous.org)

Their toll free phone number is 877-879-6422. Books, pamphlets and other literature can be ordered at a nominal cost.

# BIRTHDAY CONGRATULATIONS!

MARY LOU H.  
SUE F,

02-26-2005  
01-19-2007

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## *Birthday Announcements*

N A M E \_\_\_\_\_

The above-named member of Nicotine Anonymous stopped using nicotine  
on \_\_\_\_\_ and has \_\_\_\_\_ years of freedom!

Mail to: Nicotine Anonymous World Services  
419 Main St., PMB#370  
Huntington Beach, Ca. 92648 USA.

OR

Email to: sevenminuteseditor@nicotine-anonymous.org

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### **SEVEN MINUTES** Newsletter Order Form CHECK OUT OUR NEW LOW MULTI-YEAR RATES!!!

*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 may pay by check, money order

|                  | Subscription Rates | U.S. | Canada | Overseas |
|------------------|--------------------|------|--------|----------|
| New Subscription | 1 Year             | \$9  | \$11   | \$14     |
| Renewal          | 2 Years            | \$17 | \$19   | \$27     |
| Address Change   | 3 Years            | \$25 | \$27   | \$39     |

(in US Funds only), or Credit Card.

Name: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip\_ \_\_\_\_\_

Ph#:(\_\_\_\_) \_\_\_\_\_ Email Address: \_\_\_\_\_

Please send check or money order, in US Funds only, payable to: NAWSO,  
419 Main Street, PMB#370, Huntington Beach, CA 92648

Credit Card (Check One)\_\_\_ MasterCard \_\_\_ Visa\_\_ American Express\_\_\_ Discover Card

Name on card \_\_\_\_\_ Signature \_\_\_\_\_

Card# \_\_\_\_\_ Exp Date \_\_\_\_\_

Billing address \_\_\_\_\_

Try visiting our website at: [www.Nicotine-Anonymous.org](http://www.Nicotine-Anonymous.org) You can contact us by email at:  
[info@nicotine-anonymous.org](mailto:info@nicotine-anonymous.org).

# *Seven Minutes*

## **NAWSO**

**419 Main St., PMB # 370  
Huntington Beach, Ca 92648**

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### **Publication dates and Deadlines for Submissions For 2008**

| <b>Publication date</b> | <b>Deadline Date for Submissions</b> |
|-------------------------|--------------------------------------|
| <b>March 20</b>         | <b>February 1</b>                    |
| <b>June 20</b>          | <b>May 1</b>                         |
| <b>September 20</b>     | <b>August 1</b>                      |
| <b>December 20</b>      | <b>November 1</b>                    |

### **My Address Has Changed!**

*Don't miss an issue!!! Complete this form and mail it to NAWSO, 419 Main St, PMB#370, Huntington Beach, CA 92648 USA. Thank you!*

*My new address and phone is:*

NAME \_\_\_\_\_ PHONE (WITH AREA CODE) \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ ST ATE \_\_\_\_\_ ZIP \_\_\_\_\_

*My old address and phone was:*

PHONE (WITH AREA CODE) \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ ST ATE \_\_\_\_\_ ZIP \_\_\_\_\_