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Chairperson's Report...

Well dear friends, at the World Service Conference in April I handed the gavel to Mike B., which means Nicotine Anonymous has a new chairperson, as well as a number of officers elect. I am very impressed by those elected to Board positions, and am sure they will be an asset to the Fellowship as we move forward. I have had the pleasure of serving this past year with a great Board, specifically Jan S. and the other emeritus officers who gave much needed guidance and encouragement. I truly can't thank them enough.

As I think you are all aware, a good deal of this last year's energy went into moving the Nicotine Anonymous World Service Office from California. For a number of years Joe S. served as our office manager there. He became increasingly ill and was unable to continue. Teresa I. was then hired in his place and the office was relocated to Texas. Joe passed from this Earth on April 1. Please remember that Joe gave to this Fellowship for many years, helped many, and performed admirably as our office manager. We are fortunate indeed that Teresa could pick up the task with such seamless efficiency.

This past year we have also been able to facilitate constant email contact to the groups, and made great strides in updating the worldwide NicA meeting list.

As always there are a number of changes coming. One change will affect this publication. The Board en-

dorsed the concept of *Seven Minutes* being a major tool for information to the Fellowship. Therefore *Seven Minutes* will now be available for free on the NicA website. Those wishing a hard copy can still subscribe, or better yet, contribute \$5.00 or more on the NicA website. Existing hardcopy subscriptions will continue to be provided.

Checko, our very savvy literature guy, has a Newcomers Booklet in development. Once completed, it will be reviewed by the Traditions Committee and will be up for adoption next year. The final product will become part of our literature selection. Newcomers and NicA groups will be encouraged to print and use the contents. We are encouraging additional new literature to be developed as well.

In other Conference action, the Board was directed to survey the Fellowship on whether gender neutrality in the Steps and Traditions is an issue of concern. The use of outside literature at meetings was also discussed, with the motion tabled for now. Further Board discussion will take place on this issue.

Of course a major Conference activity is the election of new officers. Those elected this year include Bonnie H. as chairperson, Robin L. as secretary and Andy "the Brit" as treasurer. I predict they will do well!

Many thanks to the three Conference speakers - Sheila from Maryland, sharing her experience, strength and

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The Twelve Steps of Nicotine Anonymous

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

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

The Twelve Steps of Alcoholics Anonymous

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

6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
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11. Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry it out.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to other alcoholics and to practice these principles in all our affairs.

The Twelve Traditions of Nicotine Anonymous

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

12. Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

The Twelve Traditions of Alcoholics Anonymous

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

Reprinted for adaptation with permission of the A.A.

Quit Day: Taking Step One...

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

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

The next day I bought a pack - some horrible off brand that I did not like, which was my justification. It's my last pack; I shouldn't like it. HA! I hated myself, and smoked that whole pack - haltingly, painfully, torturously, hiding in shame, pleading with myself to STOP IT! I could not stop. By the end of the pack, it was Sunday night, and I finished the last one by the time the 9:00 online meeting started. Like my other big quit, I put the last cigarette out ceremoniously, and said

goodbye. In the meeting, when we shared our time, I said "18 minutes," to an uproarious ovation! I was on my way. I felt supported, loved and knew this was it.

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

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

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

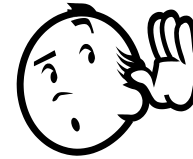
Sometimes it was a moment at a time, sometimes an hour at a time. It was a week or so before I was solid on making it a day at a time without feeling like I was going to cave, scream or go insane. I slept a lot. I attended ALOT of online meetings, read everything I could get my hands on, got the litera-

Heard it at a meeting...

Awareness

Acceptance

Action



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

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

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

The Promises really do come true.
You WILL get your miracle, I promise.

*Aimee C.
Santa Fe, NM*

*From Roz,
Your Roving Reporter...*

"We cannot change anything until we accept it. Condemnation does not liberate, it oppresses."

-- Carl Jung

I really like this one, as I was taught in this program that putting myself down did not help me get or keep a quit. I had to begin talking to myself like I held myself in high esteem and was lovable, whether smoking or not. I began to talk myself into the quit instead of talking myself into once again picking up. I learned this in Nicotine Anonymous. I was used to flogging myself for being so weak-minded and committing suicide. But other members treated me with compassion, understanding and cheered me on. I was used to being condemned for my failures and defeats. Not anymore! And you know what? Now I just won't tolerate saying that stuff to myself, nor to anyone else. Now I stand up for myself, no matter who is trying to talk down to me. Man, I just love this being quit and the self respect it has given me! Thanks to all those who went before me. And I can pass it on to those coming behind.... That's how I see this program is working in my life today...

Seven Minutes Meditation

*Today as I ask for
knowledge of God's will
for me, I pray to listen,
to understand,
and to act on what is so
generously given.*



- Chris H.
Phoenix, AZ



Crates

I crawl through crates to spend some time,
Some time while my wife throws away from the ashtray,
The crates are large and stored behind the garage,
Once they carried new furniture from the store to this house.

My chest heaves up and down from the crawl,
I'm ready to go back to the table and smoke,
"One more time," says my wife, "It'll do you some good."
I've got to quit or I'll die.

I wonder how I'll do things without cigarettes,
My last breathing attack was severe,
I wondered the same when I put down the drink
Years ago, but I survived that ordeal.

My wife and I agree I'll cut it out today,
It worked once for the better part of a year.
She worries how I will manage without cigarettes,
She worries my next breathing attack might be it.

Crawl through crates to spend some time
Some time with my wife in fresh air
Some time not thinking about cigarettes
Some time behind the garage in the New Year.

Sander B.
Bradenton, FL

Control Nicotine?

What a Laugh!

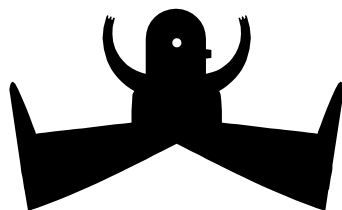
I tried tapering off many times. I could write pages full of the things I did to taper off - ultra light cigarettes, smoking one less cigarette each day, not smoking in certain rooms/chairs/cars, smoking only inside, or outside, etc. The only result was that I kept smoking. For me, this addiction to nicotine is insatiable. One puff, and it just demands MORE. Each bit of nicotine I put in my system simply created more cravings for the next bit of nicotine. I tried using the nicotine gum and every time I had a piece, I had worse cravings than before I had it. Nicotine makes me want more nicotine. For me, this is a physical addiction as well as a mental compulsion. I struggled with trying to control my smoking by smoking less, by smoking all natural cigarettes, by limiting where and how much I smoked. I just kept smoking until I realized, not just in my head but deep down in my gut, that I was powerless over this drug; that I could not control it. It was a scary, horrible, infuriating feeling.

That is where this program comes in! The horrible feeling of being so defeated was the beginning of a new freedom. I stopped struggling, stopped trying to find a painless way to stop, stopped trying to think I could trick myself or wean myself, and basically turned my smoking over to my Higher Power and Nicotine Anonymous. I listened to people who smoked like me and struggled like me, but were not smoking anymore. I did what they did. I had to trust that I could go through the discomfort, could survive and come out the other side. I had to be convinced that nicotine was not really giving me anything - that it was just a drug that made me want more of that drug, and made me feel better when I fed the craving that it had created! I guess trying to cut back and change to lighter cigarettes was part of my journey, but it was an agonizing part. It

was still me trying to control my smoking. It may have been what I needed in order to see I was a true nicotine addict and not one of those people who can just stop without much trouble, or who can taper down. I struggled for a year and half in Nicotine Anonymous before I finally said UNCLE. I cannot MAKE myself not smoke. I cannot find a painless way to stop. I have no control over my smoking. I just gave up and asked my Higher Power and this group to help me.

I have not had to smoke for 5 years and 10 months. I feel free and do not miss smoking one tiny bit. I never, ever thought I would be able to say that. Be encouraged!! This program works - the 12 step program of Nicotine Anonymous!

Susan S.
Voices of Nicotine Recovery



79 Days Free...

The stench of death is noticeable from a distance as we approach the landing zones marked by purple smoke. The gunships are providing an umbrella of protection as they unleash a barrage of rockets and machine gun fire into the enemy's position. It was set ablaze by a canister of napalm jettisoned by the Air Force prop aircraft. We are the only lifeline the Special Forces team has, as we approach with reinforcements. We also carry out the dead who have made the ultimate sacrifice for the American people. These noble American soldiers are covered only with a plastic cloth. I could see their expressions of duty, honor, country... Their loved ones in the States have no inclination of the heartache and feeling of emptiness that will soon be

knocking at their doors. We are the American soldier and we're willing to die for our country. The year is 1965 and I'm an 18 year old crew chief of a UH -1B helicopter station at Camp Holloway, Vietnam.

Could this be the reason for rendering my freedom to nicotine? This could be when nicotine drove down my resistance and my addiction to nicotine prevailed. Fortunate for me I have been able to regain my freedom with the assistance of face-to-face NicA meetings at the VA, and my new online family at Voices of Nicotine Recovery.

My days as an alcoholic came trembling down with the help of my Higher Power who has been a great source of courage in facing my challenges. HP has assisted in my battle with addiction to nicotine, as that has also come tumbling down.

79 days free of cigarettes...

Al
Voices of Nicotine Recovery

Quote Corner

"Nothing is more desirable than to be released from an affliction, but nothing is more frightening than to be divested of a crutch."

- James Baldwin



Chairperson's Report ...

continued from page 1

hope, our main speaker Jan S. (also my "service sponsor"), and my dearest friend, loving sponsor, and roving reporter for this publication, Rosalind H. who was the Sunday morning speaker. Well done all!!!

Of course much information was shared in the six Conference workshops. One workshop previewed and tested the new NicA website which is on the way, thanks to our web servant Aimee and outgoing web servant, Dan P. The workshop for online committee meetings has already born fruit, as the 2012 Conference committee had their first online meeting in May!

While the Conferences are always packed with decision-making and information sharing, we had some fun this year as well. Jan S. presented a slide show in the Hospitality Room that was good for not only information, but a few laughs too. The outgoing Board presented a skit on Saturday night called "The Young and the Breathless" which showcased our singing and stage abilities. Lots of fun, and I do think we generated some merriment.

The after-conference tour was a hit as well. Baltimore is indeed a beautiful town, and the Conference was an unqualified success. Thanks to all those from NicA MAR. Job well done.

As outgoing chairperson, I again express gratitude to the other outgoing Board members (Jan S, Scott B, and Annette A), to those currently serving, and to the Fellowship as a whole for this past year of my life. Mike B. will take over this space in *Seven Minutes*, and will lead the Fellowship this coming year. I expect the future is bright! Again my friends, thank you for my life.

John R.
Chairperson emeritus



NicA World Service Conference 2011: Another Success!

This year's WSO Conference proved once again that our Fellowship not only takes care of business, but has fun doing it! Members, veteran and new, gathered in Baltimore, MD to discuss issues, share recovery, and have some laughs. Below are comments from those in attendance...

"Attending the Conference gave me a new appreciation for those who serve so tirelessly to keep this Fellowship alive."

"Thank you for the privilege and honor to be of service."

"As always, newcomers added sustaining vitality."

"I love going to the annual World Services Conference. Every time I reconnect with NicA friends, we pick right up where we left off."

"For me, the best part is the Sunrise meeting on Sunday morning. So powerful..."

"A good time was had by all."

And last but not least, a haiku from our incoming Chairperson, Mike B:

What a conference!
We sure like to stay engaged
In our fellowship

A Conference highlight this year was the hilarious performance of two songs, sung to the tune of the 70's favorite "YMCA." Lyrics were cleverly written by outgoing Chairperson, John R. and included dance moves performed by the Board. This group, nicknamed The Young and the Breathless, really delivered as the audience chimed in. Com-

plete with arm motions, these songs were hard to beat! The lyrics:

COPD

HEY SMOKERS
When you light up a smoke

SAY SMOKERS
You will gasp and you'll choke

SAY SMOKERS
You might even croak

Nicotine will win, and you'll get
COPD, yes that's COPD

You'll cough and you'll wheeze
You'll catch other disease
And you definitely won't be free

HEY SMOKERS
You'll will spend all your wealth

SAY SMOKERS
You will ruin your health

SAY SMOKERS
You will lose sense of smell
And have breath from hell,
And you'll get
COPD, yes that's COPD

You'll cough and wheeze
You'll gasp and you'll sneeze
And get heart disease

You'll carry around a little green tank
You won't have money to bank
You'll have tobacco to thank

SAY SMOKERS
You will lose all your teeth

SAY SMOKERS
You'll be in for some grief

HEY SMOKERS
You can't even breathe
Nicotine will win

You'll have odor from hell
You won't even tell
And it's as clear as a bell
You'll have COPD,
Yes that's COPD



N.I.C.A.

HEY SMOKERS
When you just had enough

SAY SMOKERS
We know that it's tough

SAY SMOKERS
We won't give you guff
We have the right stuff

'Cause WE ARE N.I.C.A.,
YES WE'RE N.I.C.A.

We have meetings galore
We have an online store
We have friendship and more
We have laughter that roars

DROP IN
For a meeting or two

DROP IN
It's the right thing to do

DROP IN
It's all up to you
We'll be there for you

MEETINGS
You won't be alone

MEETINGS
To help set the tone

MEETINGS
In town or by phone
Or online in your home

WELCOME
Won't you come in

WELCOME
We won't give you a spin

WELCOME
With a laugh and a grin
Come back time and again

WE ARE N.I.C.A., YES WE ARE N.I.C.A.
We have meetings galore
We have an online store
We have friendship and more

A Note from the Conference Chair...

There is a personal story about how Maryland came to be the host for the 2011 World Service Conference. I want to write about that, but right now the people who shared in the 2011 Conference success are more important to me.

I have to thank the people who helped host the Conference. People from near and far gifted money to support it, in buying supplies and scholarships, and with the hands-on preparation and operation of this first time Maryland hosting event. Some of the categories were recording registrations, compiling data, coordinating and ordering products. The largest undertaking involved compiling all the paperwork for the Conference packets, with attention to detail that was quite impressive.

Next were the weekend warriors who covered the tables and did all the paperwork during the Conference itself. Maria M. (MD) was the onsite money manager who came through with shining stars. That allowed Scott B. to be part of the Conference as one of the Board. Our Conference family gave them each a standing ovation.

Singular in both behind-the-scenes and at registration was our VONR sister, Michelle M. (FL). Combining both hospitality room and secretary duties for some of our recovery meetings, appreciation goes out to Dennis K. (MD). Mary B.H. (MD) spent two whole days doing hospitality room coverage as well. She was reliable and generous with her time and patience. Michelle M. (FL) hooked me up with services we used, and was very hands-on at the registration table and with the food service, for which I am truly grateful. And then there's Kathy K. (MD) who ran recovery meetings — many thanks!

Also serving our fellowship at the Conference were Sara T. (MD) and Michael B. (NY), manning tables for us and helping wherever they were needed. These folks from FL to NY to CA to MD assisted me with such dedication that I could not let any more time go by without giving each one a BIG shout out.

Having Scott B. (MD) work by my side over these last months was a huge contribution. I could not have stayed as organized and on point without it. We fulfilled many levels of preparation smoothly and with great patience. My sponsor Kathy J. (MD) was also behind the scenes on many levels, providing assistance with the technical construction of some of our information. Xeroxing costs would have been huge, had it not been for her. She donated in other ways too, and without having the excellence of such a sponsor, I couldn't have made my dream goal come true. To Scott B. and Kathy J., a huge thank you!

For the festivities, I have a heartfelt thank you to Megan V., who was zany and free at decorating each table with unique and topic-provoking displays. And for the finale, we couldn't have laughed so much Saturday night without the marvelously whacky stage show put on by our World Service Board members. (I think we have them videotaped for at least some of the show.)

We promised a productive and fun weekend, and that is what the Conference goers got. There were 7 topics for breakout sessions. There were tee shirts both in men's sizes and in women's sizes for the first time ever, and I hear northern California members want some shipped to them, too. The shirts did not get the place and date put on them, which was perhaps just fine after all. We can print more shirts and they have universal appeal. "Butt Out and Breathe In." That mantra is always ours. Thank you to all who want to

remain anonymous for funding the Conference. We did not lose money because of your generosity. These events cost plenty to produce. We can do together what we cannot do alone, so keep coming back. It works when we work it, and we're worth it!

Next year, New Mexico!

In loving service,
Dale K.
chair of NicA MAR WSC 2011

We Need Your Help...

Volunteers are urgently needed to make and answer phone calls from people seeking meeting information. This valuable service can be done one day a week from the comfort of your own home.

Please contact our Teleservice Coordinator to volunteer!
Call Keith M. at 707-528-3217



Nicotine Anonymous Give and Live Program

Nicotine Anonymous announces the **Give and Live** member donation program

Our 7th Tradition states that “Every Nicotine Anonymous group ought to be fully self-supporting, declining outside contributions.” Nicotine Anonymous World Services encourages members to support the fellowship by giving back through voluntary contributions.

Our recovery program teaches us that we can’t keep it unless we give it away. World Services is committed to spreading the message. In order to expand our outreach to the still suffering nicotine addict, we need our members’ financial support.

World Services has established a new program called “Give and Live”. Members of the fellowship can gracefully make a financial pledge to the fellowship. This can be done in a number of ways.

NOTE! Get a free subscription to *Seven Minutes* with a donation of \$5 or more per month!

- ✚ One time or multiple donations
 - Make a contribution directly on our website at the Nicotine Anonymous Store (<https://www.nicotine-anonymous.org/store.php>)
 - Send our donation directly to World Services via paper check
- ✚ Automatic contribution via bank transfer
 - Complete an Automatic Electronic Bank Transfer (EBT) from your bank to World Services. The dollar amount and time intervals to be determined by the individual member.

The process of setting up an automatic Electronic Bank Transfer (EBT) may differ from bank to bank. To complete the automatic bank transfer, the individual must have the ability to pay bills on-line. The following information may be required by your bank to complete the automatic bill pay process.

1. Select a *Company without an account number*
2. When requested, enter the following information:

Billor Name: Nicotine Anonymous World Services
Billor Address: 6333 E. Mockingbird Ln.,
Suite #147-817
Dallas, TX 75214
Telephone No.: 877-879-6422

A Brief History of Nicotine Anonymous

The roots of Nicotine Anonymous first took hold in the Southern California living room of one of the cofounders, Rodger F. in February of 1982. The group consisted mostly of Alcoholics Anonymous members who realized their need to focus on their nicotine addiction and to stop smoking. Since anything but alcohol is an outside issue for Alcoholics Anonymous, a separate group was necessary.

With permission from Alcoholics Anonymous, the founding members of our fellowship adapted the Twelve Steps and Twelve Traditions. Although there is common ground in the use of the 12 Steps and 12 Traditions, these fellowships are not affiliated. Alcoholics Anonymous also gave us permission to adapt their preamble. Our Preamble became the following:

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

Maurice, a member, authored an article for *Readers Digest* in May of 1985. Thousands of letters poured in from people wanting to know more about this new 12 Step fellowship known then as “Smokers Anonymous.” Within a year there were a hundred meetings identified.

The fellowship’s first official World Services Conference was held in San Francisco in May of 1988. Thanks to a well-documented chain of events the fellowship was renamed Nicotine Anonymous in Phoenix, Arizona at the 1990 World Services Conference. As with most organizations, it becomes typical to use an abbreviated name. For our common welfare and unity, a vote at the 2000 World Services Conference in Scottsdale, Arizona decided that **NicA** would be the one abbreviation the fellowship would use.

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

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

The rest of the story can be read in our literature. Please feel free to learn more about us to see if you want what we have. A warm welcome awaits you!

NAWSO
Profit & Loss YTD Comparison
January through March 2011

	<u>Jan - Mar</u> <u>'11</u>	<u>Jan - Mar</u> <u>'10</u>
Ordinary Income/Expense		
Income		
49900 Uncategorized Income	6.88	0.00
4000 · Donations	1,659.16	2,361.24
4100 · Literature Sales	9,060.33	10,439.64
4290 · Shipping & Handling	1,682.05	1,678.03
4299 · Conference Profit (Loss)	750.55	0.00
Total Income	13,158.97	14,478.91
 Cost of Goods Sold		
5000 · COGS	4,447.26	5,418.45
Total COGS	4,447.26	5,418.45
 Gross Profit	 8,711.71	 9,060.46
 Expense		
6960 Moving Expense - CA to TX	1,925.10	0.00
6000 · Office Expenses	4,274.03	6,270.75
6600 · WSO Expenses	3,686.33	2,179.51
6900 Other Operating Expenses	1,826.60	0.00
Total Expense	11,712.16	8,450.26
 Net Ordinary Income	 -3,000.35	 610.20
 Other Income/Expense		
Other Income		
8000 · Interest Income	3.32	3.25
Total Other Income	3.32	3.25
Other Expense		
8030 · Interest Expense	-	15.00
Total Other Expense	-	15.00
Net Other Income	3.32	-11.75
 Net Income	 - 2,997.0	 598.45

Nicotine Anonymous World Services

6333 E. Mockingbird Ln., #147-817 Dallas, TX 75214 USA

Shipping Phone: 469-737-9304 Fax: 888-390-5873

Email: info@nicotine-anonymous.org Internet: www.nicotine-anonymous.org

For Fast Service use website store or this form with a credit card and fax to 888-390-5873

Or mail check or money order (US funds only payable to NAWSO)

Mail to: _____ Date: _____
 Intergroup/Grp Name: (if applicable) _____ Grp: _____
 Name: _____ Email: _____
 Address or PO Box: _____ Business _____ Residence _____
 City: _____ St: _____ Zip: _____ Ph#: _____
 CREDIT CARD (CK ONE) _____ MASTERCARD _____ VISA _____ AMERICAN EXPRESS _____ DISCOVER CARD
 Name on card _____ Signature _____
 Card# _____ Exp Date _____
 Billing address _____

Item #	Item Description	Book Discounts	QTY	Price Each	Total Price
Bk1	NICOTINE ANONYMOUS: The Book Fourth Edition	Bk1-10 = \$10.50, 11-49 = \$9.80; 50+ = \$9.20			
Bk2	Our Path to Freedom 12 Stories of Recovery	Bk2 1-10 = \$5.95, 11-49 = \$5.60; 50+ = \$5.25			
Bk3	90 Days, 90 Ways	Bk3 1-10 = \$5.95, 11-49 = \$5.60; 50+ = \$5.25			
Bk4	Nicotine Anonymous 12 Traditions	Bk4 1-10 = \$3.50, 11-49 = \$3.00; 50+ = \$2.50			
Bk5	A Year of Miracles (A meditation for every day.)	Bk5 1-10 = \$15.00, 11-49 = \$14.10; 50+ = \$13.20			
Tape	The Book & Our Path to Freedom on tape.	Boxed Set of 4 Tapes = \$21.00		20.00	

Braille: THE BOOK & Pamphlets are also available from the Braille Institute 800-272-4553 - Ask for supervisor or Order Desk.

P-1	Introducing Nicotine Anonymous	PAMPHLET DISCOUNTS P-1 TO P-14			
P-2	The Serenity Prayer for Nicotine Users	Under 100 pcs. No Discount .25 ea.			
P-2S	The Serenity Prayer for Smokers (Spanish)	100-499 pcs. Any Combination .23 ea.			
P-3	A Nicotine User's View of the Twelve Steps	500-999 pcs. Any Combination .21 ea.			
P-4	Tips for Gaining Freedom from Nicotine	Over 1000 pcs. Any Combination .19 ea.			
P-5	To the Newcomer & Sponsorship				
P-6	To the Medical Profession				
P-7	Facing the Fatal Attraction	SHIPPING & HANDLING			
P-8	Our Promises	If order subtotal: Then postage is:			
P-9	To the Dipper & Chewer				
P-10	Slogans	Under \$2.01 1.00			
P-11	What do NAWS and Intergroup Services do for me	\$2.01 to \$4.99 2.50			
P-12	Nicotine Anonymous The Program and The Tools	\$5.00 to \$29.99 6.95			
P-13	Are You Concerned about Someone who Smokes or Chews	\$30.00 & Over \$6.95 + 5% of total			
P-14	How Nicotine Anonymous Works				
B-L	The By-Laws of Nicotine Anonymous				2.00
Cds	Nicotine Anonymous Business Cards		100		6.00
Dir	Worldwide Meeting Directory				2.00
Psa	Public Service Announcement as an MP3 file	Via email only			FREE
	Sub Total		XXX	XXXXXXXX	
	Sales Tax (Texas Residents Only) 8.25%		XXX	8.25%	
	Shipping & Handling (See Shipping & Handling Chart Above)		XXX	XXXXXXXX	
StK	Meeting Starter Kit (Limit 1 per Individual; 5 per Intergroup.)				FREE
7Min	SEVEN MINUTES Subscription Complete Order Form Below				
	DONATION (Thanks for supporting NAWS in our effort to help those who still suffer)				XXXXXXXX
	GRAND TOTAL in US\$				XXXXXXXX \$

SEVENMINUTES Order Form		CHECK OUT OUR NEW LOW MULTI-YEAR RATES!!!		
SEVENMINUTES is a quarterly publication of NAWS news, articles, and letters - "a meeting on a page." Your subscription will get you four issues plus the regular updated Worldwide Meeting Schedule. You will also help SEVENMINUTES continue as the network among groups around the world.				
___ New Subscription	Subscription Rates	U.S.	Canada	Overseas
___ Renewal	1 Yr	\$9	\$11	\$14
___ Address Change	2 Yrs	\$17	\$19	\$27
	3 Yrs	\$25	\$27	\$39
Mail To: Name:	_____			
Address:	_____			
City	St:	Zip:	Tel:	

Write a Meditation for Step 5 for a future Nicotine Anonymous Meditation Book!

Step 5: Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

What did you do for Step 5? What happened during this Step? What happened as a result?

Please send your 100-200 word meditation for consideration in an email or Word file.

In keeping with the 12 Traditions, please avoid mentioning specific religions, politics, outside issues, special causes or controversial issues.

Please include your telephone number, email and snail mail address (to be used only in case we have questions.) All contact info and authorship will be kept confidential in accordance with the 11th Tradition.

Contributors waive their rights to financial compensation and grant all rights to Nicotine Anonymous.

Meditations submitted may be edited as necessary for grammar and content.

If you have a quote to match your meditation, please send it along, but it is not necessary.

We will also accept general submissions on any topic related to your freedom and recovery from nicotine and how Nic A has helped you get there.

Thank you! We appreciate your contributions!

Send to:

DailyMeditations@nicotine-anonymous.org Subject line 'Nic A Meditation'

Or Attn: Daily Meditations Coordinator NicA WSO 6333 E. Mockingbird #147-817 Dallas, TX 75214

Nicotine Anonymous World Service Office has moved!!



New Address:

NicA WSO

6333 East Mockingbird Ln.

Unit #147-817

Dallas, Texas 75214



Please consider a special donation to help defray the moving costs so we may continue focusing resources towards the still-suffering nicotine addict!

Service is the Key

Nicotine Anonymous World Services is in need of volunteers
to take on the following open positions:

PUBLISHER FOR *SEVEN MINUTES*

This vital position gets the Nicotine Anonymous quarterly publication to the printer
and out to our subscribers.



TELEPHONE AND E-MAIL SERVANTS

From the comfort of your own home, you can respond to telephone calls and
e-mails from those who are just starting out on their path to freedom.



TRANSLATORS

Help us spread the word by translating our literature, or step up to the plate
when foreign-speaking inquiries come to our attention.



For further information about any of these service positions, please contact

Nicotine Anonymous World Services

6333 E. Mockingbird Lane

#147-817

Dallas, TX 75214

Or e-mail chairperson@nicotine-anonymous.org

NicA Around the World

UK Meetings

Write to:

Nicotine Anonymous
PO Box 1516
LONDON
SW1H 9WT

Tel: 020 7976 0076 (please leave a message)

To start a meeting in UK,
call **020 7976 0076**
for a starter pack.

Service is the Key...

Only you can tell your story.

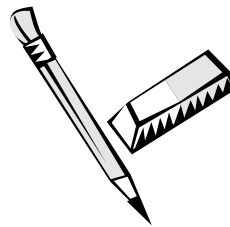
What was your life like as an active addict? What happened to get you in the door? What is your life like now?

Personal stories, articles, poems, art, or jokes 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
6333 E. Mockingbird Lane
#147-817
Dallas, TX 75214**



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 people who will try to quit smoking this year, Nicotine Anonymous offers ongoing support to all those who desire it for an unlimited time. The 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, 6333 E. Mockingbird Lane, #147-817, Dallas, TX 75214

Or email: info@nicotine-anonymous.org

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

BIRTHDAY CONGRATULATIONS!

Larry Frank G. – April 1, 2009

Paul B. – December 7, 1987

Scott H. – June 8, 2004

Birthday Announcement

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
6333 E. Mockingbird Lane
#147-817
Dallas, TX 75214

OR

Email to: sevenminuteseditor@nicotine-anonymous.org

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.

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
or write: Nicotine Anonymous World Services
6333 E. Mockingbird Lane
#147-817
Dallas, TX 75214

Please copy this page and share with your group

Seven Minutes

NAWSO

6333 E. Mockingbird Lane
#147-817
Dallas, TX 75214

Publication Dates and Deadlines for Submissions for 2011

Publication Date	Deadline Date for Submissions
March 20	February 1
June 20	May 1
September 20	August 1
December 20	November 1

My Address Has Changed!

**Don't miss an issue!!! Complete this form and mail it to:
NAWSO, 6333 E. Mockingbird Lane, #147-817, Dallas, TX 75214 USA**

My new address and phone is:

NAME _____ PHONE (WITH AREA CODE) _____

ADDRESS _____

CITY _____ STATE _____ ZIP CODE _____

My old address was:

ADDRESS _____ STATE _____ ZIP CODE _____