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CONTENTS:

Chairperson's Report	
by John R	Pg. 1
"A Joyful 6 Years"	
by Kim F.....	Pg. 3
Quote Corner.....	Pg. 3
"Ode to a Dying Ember"	
by Steve S.....	Pg. 3
"A Repeat Offender"	
by Vicki.....	Pg. 4
From Roz, Your Roving Reporter	
by Roz H.....	Pg. 4-5
Seven Minutes Meditation.....	Pg. 5
"Thoughts on Step 3"	
by Judi D.....	Pg. 6
"Those Pesky Character Defects"	
by Tim.....	Pg. 6
"Just Give Up—It's So Simple When You Do" by Gary M.....	Pg. 6
"The Only Way Out is Through"	
by Allana.....	Pg. 6-7
Heard It In A Meeting.....	Pg. 7
"I Became a Newcomer Again"....	Pg. 7
"Flying Without a Net" poem.....	Pg. 7

Chairperson's Report...

One of the duties of the chairperson is to report about our quarterly Board meetings. To say January's meeting was exceptional, would be an understatement!! You see, myself (and others) have often wondered about the advisability of flying cross country this time of year. Indeed the last couple of years our January meetings have happened a week before a major storm. The good news is that we now have internet meeting capabilities, which we used last summer for our July meeting. That meeting was highly successful, paving the way for more of the same in the future. This will save funds that have been devoted to air travel - no small consideration for a fellowship of our size.

With that preamble, this year your Board met in sunny southern California. The hosting members did a great job accommodating us. Most stayed with Peggy, who was gracious and helped make our journey a pleasure. A number of locals helped with the logistics, everything from sandwich delivery to major heavy lifting. It was a real pleasure to see former Board member Mary P. and others who helped throughout the week-end. And of course we all enjoyed the fellowship of breaking bread together after the work sessions.

I am sure that the consequences of our January meeting will have a positive effect on the Fellowship as we move forward. Our longtime NAWSO office manager, Joe S., has retired effective February 1. I know I speak for all the Fellowship when I say thank

you to Joe for his many years of dedicated service to Nicotine Anonymous World Services.

Taking Joe's place will be Teresa I. who I am sure will be a real asset as office manager. Teresa stepped down from her post as treasurer, and as of February 1, Gary M. will be the new active treasurer.

Along with this change comes a relocation for our World Services Office. Here is the new contact information:
NAWSO
6333 E. Mockingbird Ln, #147-817
Dallas, TX 75214
469-737-9304 new office phone

In addition to Saturday's Board meeting, we spent Sunday packing up the WSO inventory and other Nicotine Anonymous property, for shipment to our new office. Among the articles was a large number of boxes labeled "Archives." The following Wednesday, the movers picked up the NAWSO property, and moved everything to Dallas.

As you can well imagine, this move is costing us some money. Thanks to the excellent stewardship of previous boards, our finances are sound, and we continue to be able to provide the Fellowship with the services needed for our global outreach. Nevertheless, donations by groups and individuals are appreciated.

Yours in service,
John R.
NAWSO Chair

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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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 Joyful 6 Years...

At around 3:20 pm on November 10, 2004 I had my last dose of nicotine. I was all alone (in NicA terms, that is) with no support, as I was living at the time in Gabon, on the west coast of Central Africa.

I had been a smoker for many years, having started (like so many of my friends) when I was a teenager. My role models all smoked, as did the "cool guys" who always seemed to be so successful with the girls. As an unself-confident teenager, I yearned to be one of them, but feared I would never have that kind of self-confidence. Starting to smoke was one way I thought I could become more interesting to people in general - not just to the girls I lusted after!

I did manage to give up after smoking for 10 years or so. I did this cold turkey and was able to go from being a smoker to a non-smoker (as opposed to an ex-smoker) without any of the traumas that often accompany such events!

The downside of the ease of that was that, when the cravings came, some 10 years later, I was vulnerable. I lost that 10 year quit, and spent the next 10 years trying to quit again, all around the world. I tried everything from good old-fashioned willpower (lasted about 3 1/2 seconds) through patches (not much fun since I smoked while wearing 2 of them) to hypnotherapy (I did not believe in it, plus the therapist happened to be married to a tobacco company rep, so her house was filled with cigarettes!)

When I did get this current quit, I knew that I could not do it by myself. I knew people who were in AA, and who were also living in Gabon (west coast of Central Africa). There was no local support available for them, so they went and got support online. A bell went off inside my head! I went off to search the internet for an online

support group for people trying to give up smoking. I found Unofficial Nicotine Anonymous and its daughter group, Voices of Nicotine Recovery (VONR). I made some very firm friends fairly quickly.

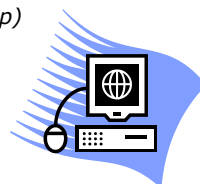
This was not all that easy since my internet connection was terrible. At one point, I got a connection that relied on me having a radio dish on the roof of my house, pointed in a line of sight at another and so on until it eventually reached my ISP. This is essentially what I have now in Cambodia, though the technology has moved on a lot and is now called WiMAX. Back then, though, it seemed to rely on polished coconut shells to get the signal through, and it was very unreliable!

When eventually I was able to do my first voice meeting, and could actually hear the wonderful people who had welcomed me into the fellowship, I nearly cried with joy!

Here in Unofficial Nicanon and VONR, I found the most amazingly wonderful group of people, and was introduced to the most powerful program I have ever encountered. I found the Twelve Steps and the Twelve Traditions of Nicotine Anonymous to be a new birth for my spiritual self, and I owe my current smobriety and serenity to the program.

I have had the honor of doing service for the NicA community during the past 6 years and can attest that this is an excellent way to strengthen a quit. Deep inside my heart I am a committed smoberhead, thanks to the program and people of Nicotine Anonymous.

*Kim F.
Voices of Nicotine Recovery
(online NicA group)*



Quote Corner

"Freedom has a thousand charms to show that slaves howe'er contented never know."

- William Cowper



Ode to a Dying Ember...

There was an intimacy I had with it that I only had with my mother as an infant. I never had that relationship with anybody else ever; not even close. It was always there. It went wherever I went. In every situation, it soothed me when I needed it — all without even having to ask for it!

I began to realize why there was such a huge black hole of emptiness when nicotine left my life. A vacuum...

Disappointment and disenchantment came, and I started falling back down to earth. Waking up in the cold light of day, hung-over from the years of being anaesthetized by nicotine, the Great Deceiver. I was like a wrecked ship, finally washing up on shore after great storms.

The illicit relationship over, abandoned by the one who practiced such sweet seduction while slyly exacting a price. There was nothing left to do but... exhale.

*Steve S.
Seattle, Washington*

A Repeat Offender...

Like so many other nicotine addicts, I am a repeat offender. I smoked and quit, smoked and quit, smoked and quit until I was just sick of it. I have to admit that it took me a while to understand what was really going on. I kept thinking that I was giving up something. I was buying into the story that if I quit smoking, I would be so sad, and life would never be the same and I couldn't hang out with my old smokin' friends. But, finally I GOT IT. I finally was so sick of making myself sick, and so tired of watching myself walk back and forth to my bedroom window where I smoked, that I realized I was nothing but a prisoner to nicotine. I had to do something about that...

I had to let myself out of that prison and get free from the drug that had me so addicted and so afraid that I'd have to be locked up to be able to quit using it. I had been around this program for some months, but I made the decision to get IN the program, get a sponsor, ask someone to help me take these steps, get serious about living a spiritual life and not look back.

I have already seen some of the promises come true in my life. I have had plenty of days of hell, plenty of days when my head would tell me a cigarette would "fix" me, and loads of physical and emotional pain, BUT I have trust and knowledge in a Power greater than myself. When I pray for His/Her will for me and the power to carry that out...I know I won't be left alone.

I learned that WE thing from other addicts. I just kept listening, kept coming to meetings and kept using whatever tool of the program I thought would help me the most when I felt like using. I do the same thing today and every day, because I'm a new baby. I'm not even a year in this new life of mine. I was drugged with nicotine for 40+ years. How could I expect to know how to live like a 10 year old already? I have to remember that or I will be in BIG trouble. That's why there's the WE part of this program. What I could

never do alone, WE can do together. And when I think I'm big, you can remind me I'm still just a young'n...one day at a time.

Vicki
Voices of Recovery



From Roz, Your Roving Reporter...

This month's interview is with Tracy, an avid non smoker all her life, till she picked up nicotine at age 37.

Q. How did nicotine come into your life?

A. I experimented with tobacco as a kid, but it never stuck. My parents both smoked, and both sets of grandparents too. I hated it.

Q. When you were experimenting, did your parents find out you were stealing their cigarettes?

A. Yes, a friend of the family told on me and my parents confronted me. I was about 9 or 10. We were having dinner and they started throwing cigs at my dinner plate, saying if I wanted to smoke, I should smoke in front of them. I was scared and embarrassed. I had only tried smoking because my friends were trying it too. I never liked it in my youth and found it easy to stay away from them. All through school and college I had friends who smoked, but I never tried it again until I really started smoking at 37 yrs old.

Q. Do you remember when you first inhaled?

A. Not as a kid, but as an adult at 37. I felt a rush, like from cocaine....I loved the way it made me feel...all tingly inside....and I chased that same high for another 6 plus years.

Q. Why after all those years of not smoking did you begin to smoke at 37?

A. Well, it was a stupid thing to do. I had been clean from a cocaine addiction for 7 years and knew nicotine was addictive. I was clean but not working a program and chose to forget I was an addict. I married a smoker and we worked together too. All of my work friends smoked and I was envious and jealous of the time they spent smoking. I wanted to belong. We had a Halloween party and my girlfriend had those skinny girl cigarettes and I took one 'cause I thought it went great with my vamp costume. My husband told me not to light it, but I did. I thought if he isn't going to quit, I might as well start. It was a serious lapse of judgment. Q. What was it like?

A. When I started, I smoked maybe 5 a day, but it quickly progressed. I was in a high pressure job and found it relaxing to take a break and go outside with all of my smoking friends. In a short time I was smoking a pack to a pack and a half a day. Then I became disabled and was home alone. My smoking really got out of control at that point. I would smoke a half a pack in the morning just to get going, and then keep smoking all day. I would get up in the middle of the night, my body wracked with pain from Fibromyalgia and RA, and smoke all by myself. By this point I was smoking two packs a day and had started to feel the ill effects.

Q. What were the negative effects?

A. I found that smoking made me feel worse. It increased my pain, and sometimes created pain when I didn't have any, but I couldn't stop putting the cigarette in my mouth. On an emotional level, smoking was very isolating and demoralizing. It was at this point that I began to try to quit smoking. I had no success.

Q. When did you begin to get complaints or warnings from people in your life?

A. My doctor told me that smoking decreased blood flow which increased my pain. He encouraged me to stop. No one really complained about my smoking, though. My husband and I smoked together. We talked about quitting, but

never kept the quit dates we set. My Dad, who had quit on his own several times, would say I should quit, but then he would smoke with me...

Q. What made you get serious about stopping?

A. I knew I had a big problem when I couldn't put it down. I had lied to myself for years about being addicted. I knew I needed help to stop. I joined a smoker's help line, got some patches and tried to quit, but was unsuccessful. I needed more than a once a week check-in with someone. I thought about how a 12 step program had helped me in the past and looked online for something related to nicotine. That's how I found NicA and Voices of Nicotine Recovery.

Q. Did you get your quit when you began attending NicA meetings?

A. I was involved with meetings for almost a year before I could get a quit to stick. I had a terrible time separating myself from my smoking environment. My husband is still smoking, so there is always temptation around. I needed to separate what I was going to do from what he was going to do. I needed to accept that I no longer wanted to be a slave to nicotine, and that I needed to do this quit for me.

Q. What has been the greatest help in your holding onto this quit?

A. My biggest help has been immersing myself into meetings and service. I kept going to meetings and staying connected even when I slipped. I refused to give up on myself. I was always supported and encouraged by others in the meetings. It finally gave me the courage and strength to hang in there and keep a quit going.

Q. How long have you been quit?

A. 106 days today.

Q. What is it like today?

A. I attended the NicA conference last April and that was a big boost for my confidence. It helped solidify what I wanted for ME. Today, I am chairing several meetings a week and attend two/three meetings a day. Living with a smoker is really tough some days. I need the meetings and fellowship to

remind me of why I am changing my life. Today I sleep better. I have less pain. The neuropathy I had in my legs is all but gone. There are good days and bad days...just like when I was smoking. But instead of lighting up, I go to a meeting or reach out to another member of NicA and talk about what is going on. I know if I want to stay Nic Free, I need to live the rest of my life this way. It is a small price to pay for such freedom. In truth, it really is a daily gift I freely give to myself.

Q. Have you noticed any changes in yourself as a person?

A. I feel calmer because I am not putting myself on the emotional roller coaster of quitting and starting.

Q. What do you like best about not smoking today?

A. I feel better about myself. I smell better and my teeth and nails are whiter. I don't feel compelled to smoke every half hour. The cravings still come, but they are less and less.

Postscript from Tracy...

Shortly after this interview, I relapsed. I didn't want to feel the pain of a business failing and deciding to file bankruptcy. I gave up the fight, gave up on myself and on my HP. I thought ONE would help me deal. Of course, that is not what happened. I ended up buying a pack, and started to smoke heavily again for THREE weeks. I was smoking one right after the other, like I was trying to catch up. It scared the crap out of me. It was just as I was told: Now I had TWO problems. Smoking CREATED more pain. The only thing that changed was my quit date. Instead of having 10 months, I now have 91 days.

I continued to stay close to my group and I built my time back up. I didn't stay away from my support and my meetings because that is exactly what the Nicodemon wants. For some of us, relapse is part of our journey. I believe if we learn something important and grow as a result, then all is not lost.

The last three months have been a real struggle. I am still going through a bankruptcy, closing down a business, a death in the family, and the tragedy in Tucson (I personally knew two of the victims). THE THINGS I CANNOT CHANGE are all around me. Acceptance has been a tough one for me — felt like I was settling. Now my favorite slogan is "It Is What It Is." Acceptance now means that I don't have to like it, but if I have faith that I will make it through and if I don't smoke, I will be a stronger, healthier person. If I feel myself coming unglued, I read the literature, go to a meeting and reach out. My connection to my HP has become stronger and more personal. Sometimes I do feel like my HP has more faith in me than I do. Today I choose to stop hurting myself. I am grateful I am breaking that cycle of addiction. And I know that all I have is today.

Seven Minutes Meditation

*Today I thank God I
recognize my addiction
and am willing to
choose to abstain from
feeding that addiction.*

- from A Year in Miracles



Thoughts on Step 3...

*"Made a Decision to Turn Our Will
and Our Lives Over to the Care of
God As We Understood Him"*

I used to think all this step stuff was hokey, especially praying. Yet after working the 3rd step with my sponsor, I have been saying the Third Step Prayer each morning for over a year. What a way to start my day - turning over my nicotine addiction to the care of Something Good and Wonderful! It has also proved well to turn over my fears, my worries, my expectations, and my loved ones to the care of that Good and Wonderful Something! It worked when I gave my Higher Power my desire to continue using nicotine, so why not turn over everything else I am powerless over? I can't go wrong!

Thanks, NicA!

*Judi D.
Sherman Oaks, CA*



Those Pesky Character Defects...

Patience has never been my strong point.

So after days of praying for patience, I got very angry. I was in the launderette one day. Luckily no one was around, so while my clothes were churning around, I got on my knees in front of the washing machine and literally begged my HP to remove my impatience.

Then it dawned on me...I was getting impatient with not having my impatience removed!

They say that spiritual foundation is a paradox...

God never did climb out of the washing machine...just my soggy damp clothes. But I went away from that launderette grinning like a little boy with a new toy...

*Tim
Voices of Nicotine Recovery*

Just Give Up - It's So Simple When You Do...

My ego wouldn't let me surrender to this simple concept of God being in control of our lives. So I would fail and fail and fail and fail until I almost died. We all have to take it to whatever extreme we need to before we surrender.

The crux of the matter is believing in Step Two: Came to believe a Power greater than ourselves could restore us to sanity. The simple fact is I don't have the power to quit or to sustain a quit.

Oh, I am a professional quitter. I know all about that. It was **staying** quit that drove me bonkers. It has nothing to do with being a bad person. Being an addict means I have to smoke no matter what! I never did have a choice over the matter. I just had to smoke. I used excuses of every kind to justify my actions, but it was my body that was screaming out for its hit of nicotine. I was a slave to it, obeying its every command. It was insane...

Steps One and Two go hand in hand. If my life is unmanageable, then I have to say I am insane and then I have to believe that God can restore me to sanity. My will power will only go so far and that's it, baby.

I am an addict, but not a practicing one today. There are 12 steps of recovery we work with, and if you use them in

your life, you *will* get freedom — one day at a time.

*Gary M.
Inglewood, CA*



The Only Way Out Is Through...

I have done some things over the past couple of years that twice led to a relapse in my smoking. Both times it had to do with having feelings of anger and betrayal towards people very close to me, and me reacting in those feelings rather than seeing the caution light to not act at that time. Instead I acted, and threw myself in crisis.

Like a fishing hook, it kept coming back and back to me - the more I focused on my anger and betrayal, the bigger it got. I couldn't pull myself out. It was like an addiction in itself...

And then, when I finally was seconds from hitting a huge wall, I withdrew. What I was left with was these god-awful feelings.

Thank God, though, I've been in recovery and knew where I needed to go. I came back to meetings, and I quit smoking again. I started to look at me and stopped blaming others for my awful feelings. I put the focus back on me.

It really was a choice between yucky feelings or yuckier feelings. A rock and hard place, for sure. But the one thing that has kept me going is that the program works. When I focus on me, my life gets better.

This morning I was reading about prayer, meditation and about God

working in my life to make mistakes right. Once again, the operative word for me is God - not me running out there in a panic, trying to make things right. Instead it's about me praying, getting centered and quiet, and asking God to guide me.

Doing nothing can feel awful because it means I'm left facing the feelings that come up. I'm getting more confident about doing that because going through the feelings is the only way I get to the other side.

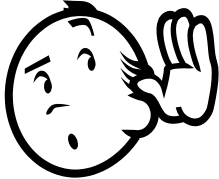
And so I am smober.

I am in meetings every chance I get. I focus on me, and on feeling the guilt and blame when I remember my behavior. I wish to God I'd been active in my recovery two or three years ago, instead of believing I knew how to behave. Today I pray and ask for guidance, and for the strength to cry and feel and forgive myself.

Allana
Voices of Nicotine Recovery

HEARD IT IN A MEETING...

**Pray
And
Use
Spiritual
Energy**



I Became a Newcomer Again...

One day I said to my HP, "What do I have to do to not smoke today?" I heard, "Just surrender." Well, why didn't I know that before? I guess that just because I have some time in our parent program, doesn't mean I really knew anything about this program. Even though it is the same spiritual program and we take the same steps, we are dealing with an entirely different substance.

I had to become honest about this nicotine addiction and what it was doing to my life. I had to be open in my mind and heart and allow myself to hear what my HP was telling me through other people's shares, Instant Messages and phone calls. AND I had to become willing to be a newcomer again, no matter how much time I had in our parent program and no matter what I thought I knew about recovery.

I have to do the same things today. After all, I'm only one year old. I have been steadily using nicotine for over 35 years, so I can't expect my addiction to just lie down and say, "Oh no, she has one year of not needing me - I'll just give up." No, that isn't the way addiction works for this addict.

Addiction is subtle, patient (but not kind), cunning (which makes me think of sneaky) and powerful. But I believe the promises for nicotine addicts because a few of them have already come true for me.

I'm not sure I could explain who my HP is, but I can tell you that I know I have an HP. I know my HP is looking out for my Highest Good, and when I mean what I say, my pleas are answered.

So, thanks to all of you who are on this journey with me - all of you who have listened to your HP and allowed the mes-

sage to come through you as you shared in and out of meetings.

You're the best!!

Vicki
Voices of Nicotine Recovery



Flying Without a Net

Life used to feel precarious,

Like I was flying without a net.

Blown about by every wind,

I was insecure and afraid.

Cigarettes seemed like an anchor

But eventually they burned.

Then along came a net,

A Higher-Powered Program

That brought peace and stability,

Shelter from the storm.

And so Program is my net now,

Catching me when I fall

And bouncing me back to the sky...

Chris H.
Phoenix, AZ

♥ 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.

- ✚ 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

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
Bk	NICOTINE ANONYMOUS: The Book Fourth Edition	Bk1-10 = \$9.50, 11-49 = \$8.80; 50+ = \$8.20			
Bk2	Our Path to Freedom 12 Stories of Recovery	Bk2 1-10 = \$4.95, 11-49 = \$4.60; 50+ = \$4.25			
Bk3	90 Days, 90 Ways	Bk3 1-10 = \$4.95, 11-49 = \$4.60; 50+ = \$4.25			
Bk4	Nicotine Anonymous 12 Traditions	Bk4 1-10 = \$2.50, 11-49 = \$2.00; 50+ = \$1.50			
Bk5	A Year of Miracles (A meditation for every day.)	Bk5 1-10 = \$14.00, 11-49 = \$13.10; 50+ = \$12.20			
Tape	The Book & Our Path to Freedom on tape.	Boxed Set of 4 Tapes = \$20.00		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 .20 ea.			
P-2S	The Serenity Prayer for Smokers (Spanish)	100-499 pcs. Any Combination .18 ea.			
P-3	A Nicotine User's View of the Twelve Steps	500-999 pcs. Any Combination .16 ea.			
P-4	Tips for Gaining Freedom from Nicotine	Over 1000 pcs. Any Combination .14 ea.			
P-5	To the Newcomer & Sponsorship				
P-6	To the Medical Profession				
P-7	Facing the Fatal Attraction				
P-8	Our Promises	SHIPPING & HANDLING			
P-9	To the Dipper & Chewer	If order subtotal: Then postage is:			
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				1.00
Cds	Nicotine Anonymous Business Cards		100	5.00	
Dir	Worldwide Meeting Directory				1.00
Psa	Public Service Announcement as an MP3 file	Via email only			FREE
	SubTotal		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.

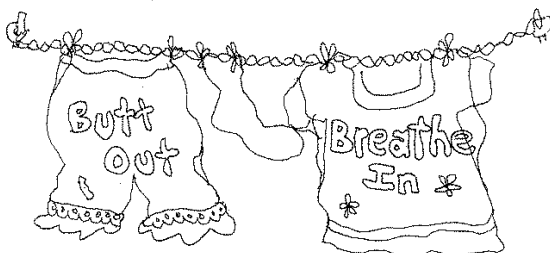
	<u>Subscription Rates</u>	<u>U. S.</u>	<u>Canada</u>	<u>Overseas</u>
___ New Subscription				
___ Renewal	1Yr	\$9	\$11	\$14
___ Address Change	2 Yrs	\$17	\$19	\$27
	3 Yrs	\$25	\$27	\$39

Mail To: Name: _____

Address: _____

City _____ St: _____ Zip: _____ Tel: _____

Nicotine Anonymous World Services Conference XXVI



Baltimore, Maryland
April 29 to May 1, 2011
Holiday Inn Conference Center
890 Elkridge Landing Road
Linthicum, Maryland 21090
Marshall-BWI Airport

Convenient to Baltimore, Washington DC, &
Annapolis via both Amtrak and Baltimore Light Rail

Hotel
Registration

Guest rooms have pillow-top mattresses, 32-inch flat screen TV, MP3 player, refrigerator, WiFi
\$109.00 per room/night (conference rate code: **NIC**)
call **410-859-8400** or **1-800-810-0271**

MAIL CONFERENCE FORM & CHECKS TO:

NAWSC 2011, 5237 West Running Brook Rd #101, Columbia, MD 21044
Questions/special needs: <buttoutbreathein@gmail.com> or call 410-964-2180

Conference
Registration

NAME: _____
ADDRESS: _____
CITY, STATE, ZIP: _____
PHONE: _____ E-MAIL: _____

Yes, I would like a roommate: female male

NOTE: Every effort will be made to help you find a roommate. However, you are responsible for contacting each other and making the hotel arrangements

Delegate
Registration

I am an elected delegate representing the following group or Intergroup: _____

NOTE: Delegates must be registered with World Services no later than 3/30/2011.

Email delegate registration only to: <secretary@nicotine-anonymous.org>

****Include name, address, phone, email and group you are representing**

PLEASE SEE REVERSE SIDE FOR MORE INFORMATION ABOUT THE DELEGATE PROCESS.

Conference Costs

\$25.00 Early Registration OR \$35.00 Late Registration (after 4/22/2011) Non-NicA spouses and partners - no charge # of registrants: _____ REGISTRATION TOTAL \$ _____ Note: Cash or check only for registration, literature and merchandise at the conference	
MEALS: Saturday Dinner Buffet - \$38.00 (includes gratuity) Sunday Brunch Buffet - \$25.50 (includes gratuity)	# of Dinners _____ # of Brunches _____ MEAL TOTAL \$ _____
T-SHIRTS: Adult sizes Indicate Quantity: S _____ M _____ L _____ XL _____ XXL _____ \$16.00 for S-XL; \$18.00 for XXL-XXXXL XXXL _____ XXXXL _____ T-SHIRT TOTAL \$ _____	
Optional Donation to NicA World Services \$ _____ <i>Make checks payable to NAWSC 2011</i> Optional Donation to NicA Conference 2011 \$ _____ <p style="text-align: right;">TOTAL ENCLOSED \$ _____</p>	

Got Recovery?

Get even more!

The annual **Nicotine Anonymous World Service Conference** is an outstanding way to add to your recovery experience. We look forward to seeing you this year in Baltimore, Maryland! It promises to be a wonderful weekend of fun, fellowship, and support. Of special note are the two “main event meals” – Saturday night and Sunday morning – which include guest speakers. Attending both events helps us greatly in covering Conference costs! You may also want to attend the **After Conference Outing** on Sunday. Details are forthcoming...

Please make copies of the most recent Conference flyer available at your meetings. (See opposite page.) It contains the updated mailing address to use when sending in your registration form. That address is:

NicA WSC 26

Unit #101

5237 W. Running Brook Rd.

Columbia, MD 21044

(Please dispose of the previous registration forms listing the Columbia Rd. address)

→ You may also register through PayPal. Go to **www.nicamar.homestead.com**, then click on the PayPal button.

Note that delegate information should be mailed to our new office in Dallas – see address below – or emailed to secretary@nicotine-anonymous.org **by 3/31/2011**.

Additional note:

The hotel will guarantee your room rate up to 30 days prior to the Conference. Please make those arrangements directly with the hotel, as indicated on the flyer.

SEE YOU IN BALTIMORE!

.....
Nicotine Anonymous World Service Office has moved!!



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

New Address:

NicA WSO

6333 East Mockingbird Ln.

Unit #147-817

Dallas, Texas 75214



What was Step 4 like for you?



"Made a searching and fearless moral inventory of ourselves"

We are looking for your reflections on working the 4th Step for a second book of meditations.

What did you do? How did you feel? What happened as a result?

Please send your 100-200 word meditations for consideration in an email or word file. If you have a quote to match your meditation, that's great. If not, we will find one for you.

- In keeping with the 12 Traditions, avoid mentioning specific religions, politics, special causes or controversial issues.
- Include your telephone number, email and snail mail address to be used only in case we have questions.

We appreciate your contributions — thank you for your service!

Send to:

DailyMeditations@nicotine-anonymous.org

or

Attn: Daily Meditations Coordinator

Nicotine Anonymous

6333 E. Mockingbird

#147-817

Dallas, TX 75214

Note: 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 for grammar and content.

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.

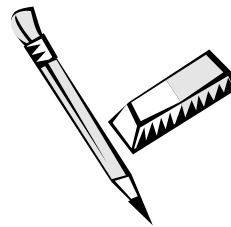
What was your life like as an active addict? What happened to get you in the door? What is your life like now?

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!

John S. - February 25, 2010

Terry L. - November 29, 2009

Sharon G. - March 21, 1990

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 share this flyer 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 _____