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Chairperson's Report...

Greetings, friends! This is my first
report as Active Chair. I have mighty
big shoes to fill, and a mighty small
space. Please let me apprise you of
some of the interesting things afoot at
the World Services level this year...

Nicotine Anonymous is moving into
the "cloud"! For those of us who have
spent entirely too much of our lives in
a cloud of smoke, this may sound like
a dangerous proposition, but let me
assure you: it's actually quite geeky
and banal. In short, we've outgrown
our web host (they've outgrown us,
too), and we're taking our digital op-
erations to greener pastures. Users
have probably noticed some problems
in the past few months, particularly
related to our web store, and we will
have those cleared up soon with our
new hosting arrangement. Aimee, our
web servant, has a beautiful new web-
site waiting in the lurch. We will be
deploying it later this year, to what I
am sure will be the awe and delight of
many. Expect our web presence as
we move forward to be faster, more
secure, and more nimble: all things
which I think we can agree are good.

This year we are making some new
efforts to get our literature out to
members. A preview copy of our
Newcomers Booklet, a work-in-
progress that has outlasted many
Boards, will be online shortly. As you
also may have heard, *Seven Minutes*
will be offered online for free, in what
we hope will be a readership-boosting
move. The purpose of our publica-
tions is to be of service to our Fellow-
ship, and we periodically reevaluate
the best way to accomplish that task.

We hope that offering more literature
for free, and making literature avail-
able that's not yet conference-
approved, will help us carry our mes-
sage to those most important mem-
bers who are just walking in. There
may also be some audio available for
download shortly, pending Traditions
Committee review.

The Board will be conducting a survey
this year to assess how strongly the
membership feels about rewording our
Steps and Traditions to be gender-
neutral. We will also be asking about
a change to the 11th Tradition that ac-
knowledges the Internet as a form of
press. We busy-bodies at the Confer-
ence and World Services level some-
times need a major clue about
whether we're in step with what the
Fellowship actually wants and needs.
That is the purpose of these surveys!
Please help us serve you better by let-
ting us know if these issues are as im-
portant to you as they are to some of
our more vocal members.

It's looking to be an exciting, and
very, very busy year. Gerhard in Ger-
many and board member Gwynn A.
have just assumed the awesome task
of cleaning up the Worldwide Meeting
List. Let me assure you, this will be
quite a job! Please send them good
energy; they will need it. Between
that, and our web changes, and finish-
ing up our office transition, I hope we
can all remember to stop now and
then to take a breath of delicious,
nicotine-free air.

Yours in service,
Mike B.
NAWS 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.
8. Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.
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12. Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

Our Preamble

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

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We're the Cream of the Crop...

My father cried when he found the cigarettes in my bedside table drawer. As I'm writing this I'm back there, a 15 year old in my lovely room, hiding my smoking and my cigarettes. You see, Dad died of hardening of the arteries, a direct result of smoking. The oxygen couldn't get to his brain and he lost his mind. All of his veins and arteries from the waist down were replaced with plastic tubing. He probably knew then that he was in trouble, as he died about ten years later, but I'll never forget the day he found my hidden pack of cigarettes. A lot of what I do today in the Fellowship is to honor him.

Mine was sheer rebellion. Out on the playground at school I would hang out with the boys who went off and smoked. I was a rebel from the start, little Miss Pretty Thing, future beauty queen. Getting by on my looks and my charm began early and little did I know it was the start of that famous addictive personality.

I was good at hiding my smoking, guys. And sadly, just like my drinking, I could, at least for a while, control it. As a professional singer, beauty queen and entertainer, I wouldn't smoke when I had a performance. How I lasted doing this as long as I did is still a mystery to me. How I have any voice left at all is a miracle.

I got away with all of this for several years. It was not until my thirties that I began to notice anything at all and that's not good. The dentist knew and would chew me out (pun intended) about the nicotine stains on my teeth, so out came the smoker's toothpaste. Then came the bouts of bronchitis, coughing my guts out, rounds of antibiotics, and chest x-rays, hoping nothing was wrong. There wasn't, so I kept puffing away.

Later I became concerned about my

smoking and made half-hearted attempts to quit by doing the "jar of water with cigarette butts in it" trick. (I didn't drink it but even THAT smelled good to me!) There were no patches 25 years ago. No drugs to take to kill the withdrawal pain. Only the gum, and I would chew two packs of that and smoke on top of it. God help me if that had been the patch! You wouldn't be reading this story right now.

And then, into my forties, one Saturday afternoon I spit blood into my kitchen sink. I immediately called the doctor and he said, "You probably coughed so hard you broke a vessel." But we know that's a sign of throat cancer. And it continued. Trips to the ladies' room at work to spit blood. By this time I had heard of Smokers Anonymous. I am not proud of this, but in the other fellowship I never had gotten on my knees. I did then, and still do every single morning and night. I believe to this day with all my heart God knew that I was both scared and serious. I went to my first Smokers Anonymous meeting on a Tuesday night in Newtown Square. There were two of my most favorite Program people from another fellowship, and I knew then and there, as I had so much respect for them, that I could not light up again because I could never face them. Say what you want, positive peer pressure works!

My withdrawal was agony. I typed whole words and sentences backwards. I used to add my own car oil and this time I poured that quart of engine oil into my radiator! A week later I had the radiator guy flush my radiator for its annual service. Imagine my embarrassment when I crept back there. I was, quite simply, a mess for my whole first year. Entire body functions were off kilter. I just laid on the couch at night and hurt. (I had conned myself into thinking I wasn't that bad, as I never smoked until after work. Call me the "night smoker!") Now, looking back, I realize



that the God-awful withdrawal was good for me, as I can still remember it and it keeps me from even thinking about going back to this very day. My blood pressure went up. So much for my ability to handle stress! Of course, gaining 18 pounds didn't help, as I stuffed my face with bread when I could have eaten sugar free hard candy or veggies. My fault. Plus, I took a good look at my diet and tossed out 3/4 of what I had in my cupboard. I joined the gym and began to work out. Today - and yes, a woman who tells her age tells everything - I'm over 70 and my doctor always says at my check-up, "Jan, I don't know what you're doing but don't quit - you run the blood work of a 16 year old!" I prize my good health, longevity and vitality above all else and fully realize how fortunate I am. That's why I push myself so hard to give back all I can while I can. I tap dance in shows at the theatre, and feel great. I owe it all to this fellowship.

My son had been on drugs and a friend took me to a hands-on prayer meeting for parents of children drawn into cults. While I was there, they asked us if there was anything WE wanted their prayer team to pray for. Guys, I had not told a soul how scared I was, but I wrote on that slip "I would very much like to quit smoking" and did not sign my name. I am smoke free today. You don't need to ask me if there's a God ... I know from this experience that God exists because I am smoke free today. I had never told a soul how very much I wanted to quit.

Continued next page

I was so scared. Cigarettes were coming between me and the good life. I truly and honestly didn't believe I would be able to quit. I owe it all to our Higher Power and to all of you.

When we have the Funweekend here in July every year, we do our "opening exercises." For Step 8 we have an imaginary blackboard on which we write the names of those to whom we wish to make amends. At the end of that part of the exercise, I tell folks to write their own name too in big letters, as we need to make amends to ourselves first. So go ahead and do that when you put down this Seven Minutes. You owe it to yourself.

I love our Book and the way our Steps and Traditions are written. Even though I have 30 years in another program, I have done our Steps with gusto and pleasure. You see, getting sober was easy. I would be lying to say it was hard. But THIS WAS HARD. I consider putting down cigarettes to be my life's greatest accomplishment and it is the thing I am most proud of.

And then there is service. I am the co-founder of our local Phoenixville group, and we've been around now for 24 years. I have sat all by myself in the room, reading the Preamble, Steps and Traditions, going through the format, and would do that all over again in a heartbeat if I had to. That discipline means everything to me. True, I have served on the Intergroup level and World Service level, but I want each and every one of you to know that when you simply show up at a meeting, you are doing service. Jump in. Help another suffering nicotine addict. Watch the miracles happen. It truly does not get any better than this.

I love you all so much and am so grateful for what we share, both face to face and online. I am so proud to be a member of Nicotine Anonymous. I consider people in recovery to be the finest folks on the planet. We are the cream of the crop.

It's Wednesday night - I have to go to my meeting now.

Jan S.
Phoenixville, PA

Heard it at a meeting...

"Freedom from nicotine is the entrance to the amusement park; the Steps are the ticket for the rides!"



From Roz, Your Roving Reporter...

In Nicotine Anonymous we help one another by sharing experience, strength and hope. The following illustrates it well, as Roz reaches out to Cindy B, struggling with relapse.

Cindy B: I'd like to talk about my battle with nicotine over the last 30 plus years. As a teen I never dreamed I would battle with an addiction to nicotine. I am now a nicotine addict.

I remember all my friends smoking and saying how cool it was when I was a junior in high school, but because of asthma and poor lung function all my life, I never gave in to peer pressure. I knew at a very young age what it was like to try and breathe and not get enough oxygen into your body. I suffered from underdeveloped lungs from the time I was born, and had my first pneumonia at the age of 2. That was not my only time to be tied to a hospital bed with oxygen so I could live. I can't count on my fingers and toes my hospitalizations for pneumonia and bronchitis, or the number of times they have run the bronchoscope into my throat or nose to clean out my lungs.

In February of 2008 I quit smoking and thanks to the Program, I stayed sober for 2 years plus. How I started smoking...who remembers? What I do know is I am an addict and when life throws me curves, I inevitably turn to my trusty cigarette.

After a year of relapse a few months back, I came back to meetings and had 45 days sober. Then came another curve, and I used it as an excuse to smoke. I am hooked. I can't have just one. I know that and see it as clear as glass just cleaned. So why do I smoke and slip over and over? It is the story of my life. I ask myself what's wrong with me? I have no will power when it comes to smoking. I give in. I let it win. I don't even know if I have another quit left in me anymore.

I pray my HP will give me courage to get another quit going. How many times do I have to try? When will I get it right and keep it going? I know I must let go and let God.

Roz: It is one of the mysteries of addiction to not smoke for a time and then cave. There is no rational answer, but the one thing you might take from it is that you did go a period without smoking, so you know it can be done....

I, for one, truly understand that compulsion to "go out and buy another pack"... And I did give up hope on ever quitting, but I had NicA to back me up. Now I have learned that as long as there is life, there is hope.

You may be one of those smokers like some of us are....just plain could not say when they were going to quit, but had to leave it totally up to HP. I promise that is exactly what I had to do. None of my best planning got me this quit. I kind of got it through the back door. I've always said that anything I've done that was good for me, I backed into it to get away from the impending devastation confronting me... What I did was buy them a pack at a time, and every time I did, I asked HP

to please let that be the last pack I ever had to buy. I bought quite a few packs until one day the miracle happened, and so far I haven't had to buy another pack.

Know this...you have many who are at your back and will be there for you.

Prayers coming at ya...



A Fourth and Fifth Step Story...

It took me several years in NicA to get to writing my Fourth Step. Then it took a few more years to get it done. At first, I started answering questions from the Questionnaire chapter in *The Book*, just to begin. Time passed between writing sessions. Issues arose, recurred and became blatantly good reasons to begin writing again.

As is my usual pattern, I was at the bottom of my spiritual reserve, freaked out and clawing at some way to get out of my misery. It was then I read the chapter in *The Book* on the Fourth Step one more time. In my desperation, this time I gleaned specific questions from the chapter that guided me on my quest for relief from what I perceived as the awful truth about my real self.

As it turned out, writing about those character defects exposed a beautiful me, with character assets that were simply way out of balance. During my Fifth Step sharing, my very wise sponsor helped me see that I am a loving and kind soul with a deep concern for others. But I got into "people-pleasing" in order to get the love I so badly want from others. Turns out I get to give that love to myself first and treat myself the way I want others to treat me!

Today, with help, I am learning to identify those "people-pleasing" behaviors that

are so destructive to me and others. I am in the forest and cannot see the trees. I've practiced these sick behaviors for so long that they feel "normal." Fortunately, my Fourth and Fifth Steps helped me see how enormously unmanageable my life had become. And little by little, I am able to identify those sick behaviors before I open my mouth and start the destructive cycle all over again.

Today, one day at a time, I am learning new, healthier behaviors. When I look in the mirror now, I can say "I love you, Aimee," and mean it.

Thank you, my friends in recovery, for helping me learn to love my true self.

Aimee C.
Santa Fe, NM

Living a Spiritual Life...

In the NicA pamphlet *Our Promises*, it says "our spiritual life is not a theory, we have to live it." Hmm... what does that mean? How can a hard-core nicotine addict turn things around and live on a spiritual basis?

For me, it's been a gradual process. As the smoke screen cleared around me and inside me, I began to notice little things, obvious things that I wasn't present enough to notice before. It was like I awakened from a long sleep to find new sounds and smells and sights everywhere. Working the Steps added still more dimension, and with that came the awareness that I don't live in isolation; that everything I do and say affects others. Even what I *think* has an effect. I realized my Higher Power was showing me the connectedness of all things, and that although I am but one, I must strive to be the best one I can be.

That's how I came to see how much I need this program. Left to my own devices, such an enterprise would falter and fail. But because of the meetings, the

literature, and the Steps, I am continuously made aware of the principles I must live by. Thanks to my Higher Power, a life of smoking and shutting others out has been replaced by a willingness to engage, to be a part of, and to come from a spiritual place to the best of my ability. And to think I only came to Nicotine Anonymous to quit smoking! Little did I know the gifts that were waiting...

Chris H.
Phoenix, AZ



Seven Minutes Meditation

Today let me focus on how far I have come.

I will acknowledge the good I can now receive and the good I am able to give.

By doing this, I stay out of the victim role so familiar to me as a nicotine user, and become the child of God I was meant to be.

- Sharon G.
Phoenix, AZ



Please Water Me Daily...

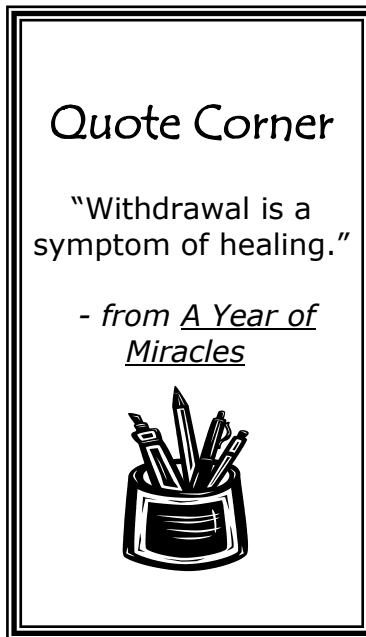
My husband got me this gorgeous indigo hydrangea for Mother's Day. It came with a tag that said: PLEASE Water Me Daily. I don't have a green thumb, so I have been very conscientious about following the instructions. Until yesterday....I just forgot. When I woke up this morning, the soft fragrant petals were shriveled. My heart sank. I really thought it was a lost cause and I would have to toss yet another plant. I decided to give the sad-looking bloom a good drink. My husband just shook his head and said, "I think you are too late." But just like my recovery....I wasn't too late. The blooms sprung full and bright!

How many times do I miss a meeting, forget to read an inspirational meditation, don't reach out to another recovery member or do not take time to pray, and then wonder why I feel so beat up by life....shriveled and dry. Are these not the things that "water me daily"?

My experience with the hydrangea is a reminder of two important lessons:

1. It is NEVER too late, and
2. Please Water ME Daily

Tracy E.
Tucson, AZ



My Goodbye Letter to Smoking...

An online member prepares for the quit.

I am writing to inform you that I no longer want or need you to remain in my life. You have masked yourself as my friend throughout my entire life, only to fake the true reality that you are an enemy in disguise. You were there when I felt sad or angry. You were there to shut me down. When I was joyful and productive, you were there to lower my pride. The lies you spread were so utterly convincing, I was blinded every time. You dictated my every move...and my every move was dictated to appease you. I became dependent on your poison and you fueled me with your toxic ways. You made sure my total reliance was on you...and would be an ALL day, EVERY day affair. But this affair between you and I? It's now officially over. I have no use for your lies and manipulation. It is time for damage control...and you have done enough damage. A life full of choices and freedom cannot coincide with your hideous characteristics. A life of positive outcomes cannot exist with your negative results. There is no room

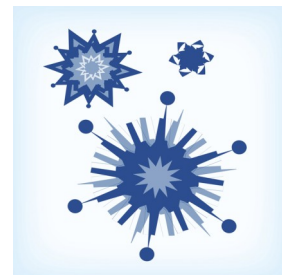
for you to co-exist with my new choice of healthy living. This is more than a simple good-bye...it is a very forceful good-riddance!

Alison R.
Voices of Nicotine Recovery

Online Post—July 2011

"There is no relief in addiction. The 2nd Step helped me jump from that universe of despair to this one of hope. Being clean in Nicotine Anonymous is like having a constellation of stars following you; it is that powerful. Take it on faith in the beginning."

- Anonymous



How Does NicA Work?

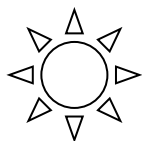
Nicotine Anonymous is a spiritual program. We believe that a Power greater than ourselves can relieve our obsession to use nicotine. We do not have to do this on our own; in fact we are convinced we cannot do this on our own power. Most of us have tried it time and time again. We may have been able to quit, but most of us were not able to remain nicotine free until we made a decision to turn it over to a Power greater than ourselves.

That is not to say this is a religious program. That would surely make many people RUN away. Instead it is a spiritual program where YOU make the deci-

sion where to put your trust. Do you trust a Power greater than yourself named God or Jaweh or Allah or Jehovah or Good Orderly Direction or the group you belong to? That's ok - it's all good. There is not one among us who has any power or dominion over any of the rest of us.

So go ahead - be the spiritual being we were born to be, seek out a Power greater than you that you can live with. Trust in that Power, come to meetings and listen. Don't pick up nicotine because the second you put it down, you are in withdrawal again and that hurts. Read the literature from Nicotine Anonymous. Get a sponsor you can relate with and who will guide you through the Steps. Put some friends on your phone list and help another nicotine addict stay free for one more minute. I guarantee all of that will keep you busy.

Vicki
Voices of Nicotine Recovery



Why I Joined Voices of Nicotine Recovery...

"Nicotine addiction is the number one killer of veterans," warned my VA doctor. I had smoked for 47 years, but had discontinued buying cartons and didn't smoke around my family for the last 11 years. Still, as I sat listening to veterans at the VA smoking clinic who had quit smoking or cut down, I didn't believe I could stop smoking.

It was my first time to contemplate quitting cigarettes. And that day, February 20, 2011 turned out to be my quit date.

I also have an addiction to alcohol and am 34 years sober, which has required me to attend 12 Step meetings daily. I

knew I needed nicotine meetings too. Luckily I found *Voices of Nicotine Recovery*, an online site for Nicotine Anonymous.

By working the NicA program, my Higher Power has given me enormous strength to withstand any withdrawal symptoms or cravings. I am also fortunate to have a gifted and experienced sponsor who gives me guidance as I tackle my addiction, one day at a time.

AI
VONR
www.voicesofnicotinerecovery.com

The Nicotine Anonymous 7th Step Prayer

Adopted at World Services
Conference XXII, April 2007

My Higher Power, I place myself in your hands and humbly ask that my character defects be lifted from me so that I may help others. Please grant me willingness, courage and strength so that through my actions I may reflect your love and wisdom.



Nicotine Anonymous Needs 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 June 2011

	<u>Jan - Jun</u> <u>'11</u>	<u>Jan - Jun</u> <u>'10</u>
Ordinary Income/Expense		
Income		
49900 Uncategorized Income	31.03	0.00
4000 · Donations	3,033.42	4,067.04
4100 · Literature Sales	20,098.44	20,671.69
4290 · Shipping & Handling	3,220.43	3,379.59
4299 · Conference Profit (Loss)	<u>1,100.06</u>	<u>-449.40</u>
Total Income	27,483.3	27,668.92
 Cost of Goods Sold		
5000 · COGS	<u>10,123.96</u>	<u>11,283.61</u>
Total COGS	10,123.96	11,283.61
 Gross Profit		
	17,359.42	16,385.31
 Expense		
6960 Moving Expense - CA to TX	1,925.10	0.00
6000 · Office Expenses	9,665.87	12,069.79
6600 · WSO Expenses	4,263.73	2,842.37
6900 Other Operating Expenses	1,970.21	0.00
Total Expense	<u>17,824.91</u>	<u>14,912.16</u>
 Net Ordinary Income		
	-465.49	1,473.15
 Other Income/Expense		
Other Income		
8000 · Interest Income	<u>3.69</u>	<u>5.55</u>
Total Other Income	3.69	5.55
Other Expense		
8030 · Interest Expense	<u>0.00</u>	<u>15.00</u>
Total Other Expense	<u>0.00</u>	<u>15.00</u>
Net Other Income	3.69	-9.45
 Net Income		
	<u>- 461.80</u>	<u>1,463.70</u>

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 = \$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			
Tap	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
	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.					
<input type="checkbox"/> New Subscription	Subscription Rates	U.S.	Canada	Overseas	
<input type="checkbox"/> Renewal	1 Yr	\$9	\$11	\$14	
<input type="checkbox"/> Address Change	2 Yrs	\$17	\$19	\$27	
	3 Yrs	\$25	\$27	\$39	
Mail To: Name:	_____				
Address:	_____				
City	St:	Zip:	Tel:		

Step 6: Were entirely ready to have God remove all these defects of character.

“Through Steps Four and Five we came to know ourselves more deeply than we ever had. We came face to face with what had worked for us and what had not, as well as with our effective and ineffective traits. We came to understand that there were reasons for our behavior. With this additional knowledge, we began to consider healthier ways of meeting our needs. In other words, we were ready to have God remove our defects, or ineffective traits of character.”

- Nicotine Anonymous, The Book, Fourth Edition, p. 88

Write a Meditation on Step 6 for a future Nicotine Anonymous Meditation Book!

How did you study Step 6? How did you actually take the 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 NicA has helped you get there.

We appreciate your contributions! Thank you for your service!

Send to: DailyMeditations@nicotine-anonymous.org

Subject line: ‘NicA Meditation’

or

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

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



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.

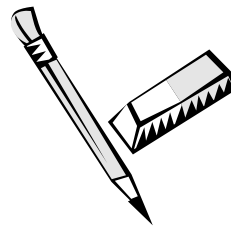
What was your life like as an active addict? What happened to get you in the door? What is your life like now?

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!

Greg B. - August 11, 2002

Steve S. - April 16, 2002

Teresa I. - June 9, 2008

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 _____