



Seven Minutes

The Nicotine Anonymous Quarterly: A forum for nicotine users who don't use

Volume XXIX

March 2018

Number 1

Interested in contributing to Seven Minutes?

Send letters, articles, stories, poems, artwork, or other material to:
SevenMinutes
c/o NAWSO
6333 E. Mockingbird Lane
#147-817
Dallas, TX 75214
or email to:
SevenMinutesEditor@nicotine-anonymous.org

All submissions may be edited as necessary for grammar and content.

Subscription requests, circulation additions and deletions may be sent by mail to the address above, or go online to:
www.nicotine-anonymous.org

All articles accepted for publication may be reprinted in outside publications in their entirety at the discretion of the chair and editor.

Your trusted servants,
Chris H - Editor
Margie L - Contributor
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Chairperson's Report

As we enter 2018, Nicotine Anonymous keeps growing with face-to-face meetings, online programs, telephone meetings, text groups and using social media platforms in the United States, Canada and internationally in a variety of languages. *Nicotina Anónimos: El Libro*, a Spanish translation of *Nicotine Anonymous: The Book*, is now available for sale on our website.

November is Nicotine Anonymous Gratitude Month, introduced by the Outreach Committee and held for the first time in 2017. Numerous intergroups held activities during the month to focus on gratitude for this Twelve Step fellowship dedicated to helping addicts find recovery from nicotine. As the Outreach Committee continues to reach out online, via telephone meetings and through social media, Nicotine Anonymous is becoming more visible. Jeff M of Joshua Tree, CA who has served as Coordinator for the Nicotine Anonymous Outreach Committee, has recently stepped down. His contribution to this service position for the last five years has been invaluable and has introduced Nicotine Anonymous to numerous platforms. Jeff will continue to open the phone meetings held on the second Wednesday of each month. Any Nicotine Anonymous member who has interest in coordinating activities or becoming part of the Outreach Committee, please contact me at chairperson@nicotine-anonymous.org

Recently NicA has provided funds for three outreach activities, including rental booths and literature to be shared at health fairs. It is such a gift for a suffering nicotine addict to have a face-to-face encounter with a member of Nicotine

Anonymous at this type of event. To learn more about fund availability, consult the *Public Outreach Request Packet*, located on our website under **Outreach**.

The Nicotine Anonymous World Services Board met online in January. Plans for the 2018 NAWSO Conference in Ronkonkoma, NY were discussed. Attending the conference provides an opportunity for members to represent their intergroups and groups. Delegates are elected to be a voice at the annual meetings. All members are invited and encouraged to attend the conference. Each year there is a wonderful mix of NicA business, recovery speakers and fellowship. *See conference flyer on page 8 for registration information.*

Voting for new trusted servants will take place on the last day of the conference. Last year it was decided that individuals who cannot attend the conference may be nominated for the service positions of chairperson-elect, treasurer-elect and secretary-elect. More information regarding these service positions can be found in our *Policy and Procedures Manual*. Find the manual at <https://nicotine-anonymous.org/> under the **About Us** tab in the *Archives* section. Any NicA member not able to attend the WSC, who is free from nicotine for at least one year, may seek to be nominated. Such a member can do so by providing written notice to the active secretary. The deadline for notification is April 6.

In other business, the Board voted to change the name of the current Email Penpal service to "Email Pals." Those interested in communicating with other members, to read and share emails to the entire group or individually, may contact EmailPalCoordinator@nicotine-anonymous.org. *continued on page 3*

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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Chairperson's Report

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This group has almost doubled in size this year!

The Traditions of Nicotine Anonymous provide guidelines for individuals and groups to follow and keeps everything running smoothly, according to the original Twelve Steps and Twelve Traditions. The Traditions Committee assists me in making decisions regarding materials sent out to the fellowship on the Nicotine Anonymous website and in **NicA News**.

Thanks to our literature coordinator, a press release was drafted to celebrate the 35th anniversary of Nicotine Anonymous. This was a tedious process, but with input from the Traditions Committee and the NAWS Board, a press release was developed. Having Nicotine Anonymous visible in the world without promoting our fellowship is as much of a challenge as not picking up nicotine daily! There is always more to be revealed, one day at a time.

GOOD NEWS: The 34th Nicotine Anonymous World Services Conference will be held in Southern California in 2019! Stay tuned for more information.

Yours in service,
Chick P
NAWS chair

Stay connected to
Nicotine Anonymous
World Services!

Receive emails directly
from the NAWS board by
subscribing to **NicA News**
(formerly Two Way Talk)

To subscribe, click the
Newsletter tab on the
NicA website at
[http://nicotine-
anonymous.
org/nica-news-email-
communications.html](http://nicotine-anonymous.org/nica-news-email-communications.html)

Using the Spiritual Tool Kit...

My name is Michele and I am a nicotine addict. I am the same as most from my generation. Parents smoked, doctors smoked, it seemed everyone smoked. We weren't denied buying cigarettes at any age. I used to go to the corner store at age 8 and buy cigarettes for my mother, so at 15 buying them wasn't an issue.

I started by taking a couple from my mother's pack, and by 18 I was a pack-a-day smoker. I met my future husband. He smoked. It seemed that smoking was everywhere - on TV, in magazines and in the movies. Coming from that generation, it seemed the thing to do.

I stopped smoking when I was pregnant with our first son. In 1976 you could still smoke in the hospital with the baby in the room. I started smoking again when he was 6 weeks old. When my second son came, you could still smoke in the room with the baby, but by the third son, born in 1982, you could only smoke in the lounge, which was on the OB floor.

Somewhere in the 90's I decided to quit. I would stop for awhile, then start again. It bothered me that our sons were in a car with the windows rolled up when it was cold, with 2 smokers in the front seats. It didn't bother me enough to stop smoking in the car though. Selfishness to the extreme. Nobody was going to tell me where or when I could smoke. Of course, that changed. Gone was smoking in restaurants. People started giving you the evil eye if you smoked anywhere. I didn't care.

In 2002 I quit for 2 years. I joined an online support group. I didn't know there was Nicotine Anonymous. I should have, being in another 12 Step program since 1975. But I started again - no reason, just wanted to smoke. Then I found NicA. First it was the phone meetings. I got a sponsor and thought I was ready, but couldn't get more than a few months together. I really didn't have an honest desire to quit.

I rejoined that online support group on



April 17, 2015. I had a 6 month quit going and knew I needed the 12 Steps, so I joined NicA online, Voices of Nicotine Recovery (VONR). I got a new sponsor and this time the desire to quit grew and grew. From that day until today as I write this, I haven't had any nicotine in my body.

I have days where I think a cigarette would be nice, but I know it's a big lie. A cigarette will just start the chain reaction of craving. I really don't want to start over. It was so hard for me to start and mean it, so why would I want to play with fire?

My mind is where my disease resides. I have a thinking disease. I need to remember this so when those thoughts come in, I can use all the tools the 12 Steps have given me. It is a spiritual tool kit. I start with the first 3 Steps, which are my foundation. That foundation needs to be strong or the rest will collapse. "I can't, He can, so I'll let Him." I say those three things to myself every morning to remind me that I am not in charge.

The Fourth through the Ninth Steps are action Steps to help me clean house and straighten up the destruction of the past.

Steps Ten through Twelve are my growing Steps, teaching me that my purpose is to serve others. They are the roof on the 12 Step structure that will stay safe and warm as long as I keep it in good repair.

I owe my life to these Steps, my sponsors, my group and mostly my Higher Power, whom I choose to call God. I am deeply grateful for all that has been given to me.

Michele P
Drums, PA

Snippets from NicA Free Bridge Phone Meeting Members...

Eleanor Roosevelt said, "You gain strength, courage and confidence by every experience in which you really stop to look fear in the face. You are able to say to yourself, 'I have lived through this horror. I can take the next thing that comes along.' You must do the one thing you think you cannot do."

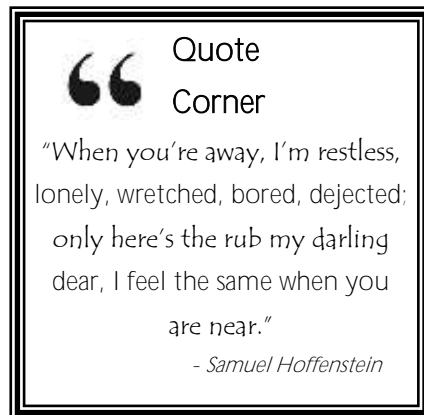
We try...
by staying in today,
by staying nicotine-free for today,
one day, one moment, one breath
at a time,
and by letting our Higher Power in

We try...
by loving ourselves — and our
neighbors,
by getting out of self sooner,
by setting boundaries with the
people we love

We try...
by living in the now,
by living in the breath that we came
into this world with,
by volunteering our love

We try...
by putting aside the fear,
by jumping in that cold water and
finding it wasn't so bad after all,
by standing tall, breathing deeply
and knowing it's going to be ok

*Today, I will find the courage to live
outside of my comfort zone. I might
hate the disease, but I don't have
to hate myself. I can do some
things I never thought I could do. I
never dreamed I could ask for help
and be free.*



Welcome to NicA!

Greetings to all my fellow nicotine addicts! Nicotine Anonymous welcomes you! As Nicotine Anonymous' Third Tradition states, "The only requirement for Nicotine Anonymous membership is a desire to stop using nicotine."

I love the way Tradition Three is so open and welcoming in spirit. Anyone regardless of their status of nicotine use or any other trait can join Nicotine Anonymous with only the desire to stop using nicotine. Even if you just have a slight desire to get nicotine-free, you will not be turned away.

This program is here to help all nicotine addicts. We may have different opinions and though you might not take all suggestions that are offered to gain freedom from nicotine, you are still welcome. I have heard it said, "take what you like and leave the rest." You are still welcome. You may find your nicotine freedom right away or struggle for a while. You are still welcome. It does not matter what form of nicotine delivery you use, you are still welcome.

Where else can you go to hear the experience, strength and hope of other nicotine addicts in recovery? Nicotine Anonymous has another tradition that says our primary purpose is to help the still-suffering nicotine addict. So if you are a newcomer, know that you are the lifeblood of the fellowship. You will probably be told at meetings that you are the most important person in the room. We hope you will "keep showing up" to meetings and that you will find freedom from nicotine with Nicotine Anonymous.

Margie L
Savannah, Georgia

Nicotine Anonymous

The only requirement for membership is a desire to stop using nicotine.

Meeting Options:

Face-to-face meetings
Telephone meetings
Online meetings

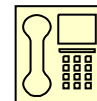
To find face-to-face meetings:

Go to www.nicotine-anonymous.org
Click on **Meetings** and search by state.



For phone meetings:

Go to www.nicotine-anonymous.org
Click on **Meetings**, then
Telephone Meetings.



For online meetings:

Go to www.nicotine-anonymous.org
Click on **Meetings**,
then **Internet Meetings**.



In this section are live links to two sites offering the ability to post messages and receive responses. Both require the individual to join the site in order to take advantage of some of the extra services, such as searching for specific posts or files.

Unofficial Nicanon has "Type Share" meetings. It can be found at: <https://groups.yahoo.com/neo/groups/unofficialnicanon/info>

Voices of Nicotine Recovery (VONR) has "Voice Share" meetings using a free chat service that can be downloaded.

VONR can be found at: <http://voicesofnicotinerecovery.com>

This site also has other helpful information about nicotine addiction and links to prior speaker shares.



**Nicotina Anónimos:
El Libro**

A Spanish translation
of *Nicotine Anonymous:
The Book* is now available
in the NicA store at
**www.nicotine-
anonymous.org**

➡ \$10.50 plus shipping



*This translation was provided by
a Nicotine Anonymous member.
Nicotine Anonymous World Ser-
vices accepts it in good faith as
the member's best effort to stay
true to the original content and
intent of **Nicotine Anony-
mous: The Book.***

Also available for purchase
in the store:
Spanish translations of
NicA pamphlets

Surrender is the Answer...

I am new to Nicotine Anonymous, a smoker for 48 years who had progressed to at least 2 packs a day and had tried unsuccessfully many times to quit. I am now 10 days nicotine-free after about 2 weeks of lurking and listening to others share online on the VONR site. Reading the literature helped me gain the belief I could quit with the support of this program. I am full of hope!

About this thing of letting go...I didn't get it, but one of our readings caused me to remember something that happened many years ago on a visit to Asia. As a Midwesterner, I hadn't been around the ocean for long periods of time and didn't really understand its power or its dangers. I was naïve and very excited to GET INTO THIS OCEAN! It was on a

beach in Bali that had a very strong rip tide. Signs were up, but were not in English. I had zero understanding what a riptide was anyway. So I was out there, feeling the POWER of the vast ocean, and not afraid, but then became aware that I was WAY away from shore in the deepest of deep and largest of swells. I couldn't fight the pull to take me even farther away from shore. I struggled and was getting exhausted. I remembered, and understood in my heart it seemed, that I can't fight this - period! Instead of fear taking over, I know now that my HP was there telling me to just flip over, it's the ocean... I floated so easy - no control, surrendered.

I was not drowned. I was not lost at sea. I was not beaten. I was taken care of by letting go and relaxing, floating and surrendering to the Power I could not control.

After awhile, I found myself far down the beach, out with some surfers and a dolphin or two, which was interesting... That's when it made sense to paddle on my back parallel with the beach. It kept me from going out any farther from shore. The surfers liked me doing that and kept pointing to come in front of them. Then I was finally brought into shore with those same surfer waves!

So now it's what I try to remember daily when I feel I am fighting this quit, struggling and getting tired and afraid... Relax, roll over, float. Expect and ask HP to protect and guide me, and maybe, if I'm lucky, a "surfer" pointing the way could show up too!

I know that was a life and death deal that day. As I got back to shore, I began the long walk back to where I had first gone into the ocean. There were several locals who were rescuing another person, dragging him in unconscious. And there was another rescue going on in the water as well.

I am so THANKFUL and will use this strong memory to help me remember and understand letting go. Surrendering to my Higher Power is the solution.

*Carlene H
Voices of Nicotine Recovery (VONR)
Tulsa, Oklahoma*

Feeling Feelings...

I spent a great deal of time NOT feeling feelings. I was afraid to feel my feelings because the fear of what might happen had great power over me. I might explode with anger! I could sink down the rabbit hole of despair and never get out! Being too happy might make me sink back down into unending sadness. Or having too much joy wouldn't be right, with so much suffering around me. There were many ways to hide from my feelings, escape them, shove them back down with smoke, disengage from the reality of what was really going on in my life...that I was killing myself.

As I found the rooms of Nicotine Anonymous, I heard about doing the next right thing. Here were happy people, joking and laughing, and not smoking at their feelings. Some had tragedy, others elation, there were all kinds of issues happening in their lives and they were feeling feelings and not exploding or sinking down rabbit holes. They shared about doing the next right thing like it was a guide for getting through the cravings, emotionality and turmoil. I decided to try it.

After allowing myself to feel an eensy weensy tiny bit of happiness, like really feel it in my heart, I found that I didn't explode, and I could even share that happiness with others, which made the feeling grow even more. And I didn't have to be afraid or even smoke over it! The feeling passed, and I didn't sink down into the black hole of despair. I experimented with more feelings, even sadness and anger. Each time, I allowed the feelings to just be what they were...feelings, not facts.

As I worked the Twelve Steps with my sponsor, I learned about having the courage to stand up and face the feelings rather than reacting with fear. Doing the next right thing meant asking my HP and others for help in facing the big monster feelings which I hadn't dealt with yet, instead of shrinking back and stuffing the feelings back down. The feelings began to lose their power as I worked the Steps and worked through the feelings one by one, felt them and

continued on page 6

let them go.

Today, the feelings come and go. I observe them with great interest, choose which ones I really want to feel, and allow them to flow on down the river. Doing the next right thing means going to any length to not light up. It means asking my HP for help, being assured that I'm not alone and that all is well.

Aimee C
Little Rock, Arkansas



The Free Bridge
Telephone Meeting group
presents...

**"A Spring Fling"
Phone Marathon Meetings**

April 1

Meetings start at 8 am EST
and will run on the top of every hour.


Last meeting starts at 11 pm EST.

A different topic for each meeting

Phone: [218-339-2933](tel:218-339-2933)
Pass code: 944982#

See nicotine-anonymous.org
for information on
all regularly-scheduled
NicA phone meetings

Heard it at
a meeting



I looked for God in the big things, I found him in the little things, in a place where I never looked before. I looked for God on the mountains, I found him in the valleys, and in the eyes of my neighbor next door.

From the *SevenMinutes* Archives

The article below first appeared in our March 2012 issue.

Prayer...

As a child I was taught to kneel, close my eyes, and angelically fold my hands, then recite by rote the prescribed prayers of my church. When I rejected that God as a teenager, I drifted away from the church and naturally also stopped praying.

When I got into recovery, there seemed to be a lot of praying going on. We open and close every meeting with a prayer. We have a Serenity Prayer. There's a Third Step Prayer and a Seventh Step Prayer. Throughout the 12 Steps there are admissions and askings expected to be made, all some sort of praying? Prayer is one of the tools of recovery. If I wanted to stay free of mind and mood-altering chemicals like nicotine, it was obvious I had better figure out to whom to pray to, how to pray and what and what

not to pray for.

Most of the answers came to me when I began to understand Step Eleven: 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 that out. So instead of praying for a new car, or world peace or a promotion at work, I could ask God (who I had by now learned was my Higher Power and the sole target of prayer), to be granted only two wishes. First, to know what His will was for me, and second, for the strength to do that will. It simplifies our prayer. We don't have to worry whether we've asked for the right things in the right way.

The purpose of prayer is to get to know God, to commune(icate) with God. It's a reunion with our Higher Power. Through prayer we link up our soul and mind (and will) to God.

With practice, prayer became easier for me. I pray at the same time every day, in the morning upon rising and at night upon retiring. I ask for His will for me in morning prayers and thank Him for all my blessings in evening prayers. It brings me power for daily living and provides me a spiritual reserve. There is no right or wrong way to pray, there is no formula but to make it a habit. When I'm alone, I pray out loud. Some people "act as if" to learn to pray. The basis of prayer: Thy will be done in me and through me today.

To me, prayer is one of the many gifts I've received from Nicotine Anonymous. Although I do pray for willingness, serenity, courage, wisdom, love and a host of solely spiritual things, I believe they all represent what my Higher Power wants me to have — His will for me.

Kent B
Florence, AZ

~ Recovery Talks ~
with Margie L

Margie continues...

Humor and Fun

For this issue Margie interviews Joanne C from Calvert City, KY who shares the value of working with others to stay smober.

Margie L. Hello, Joanne! What led you to Nicotine Anonymous?

Joanne C. I wanted to quit smoking and saw the Voices of Nicotine Recovery meetings (VONR) online.

M. How long do you have nicotine-free?

J. I have 4 days now. I had longer but went back to smoking. When something traumatic happened in my life, I did not think about calling anyone or even praying.

M. How would you describe the way you work your program?

J. I try to attend a VONR meeting daily. I pray each day a lot. I read the NicA literature. I am working the 12 Steps with my sponsor. I am also staying away from nicotine users.

M. What's your favorite part of working the Nicotine Anonymous program?

J. My favorite is working with others. It helps me realize I am not the only person in the world trying to stop smoking; that there are others also trying to quit.

M. What forms of service do you do and how does it enhance your program?

J. I help with doing the readings in meetings. I also have chaired meetings. It helps me feel like I'm giving back something for all the help the meetings have given me. Being of service to others helps me stay smober.

M. Would you recommend service work to other nicotine addicts who want to get or maintain nicotine freedom?

J. Yes, I would. I notice that people who do service rarely go back to smoking.

M. Thanks for sharing with us today, Joanne!

I don't know if all nicotine addicts are serious like me, but I have been lacking in having fun and laughing during my active use of nicotine, and during my recovery too. Maybe you can relate. My greatest problem is taking myself very seriously.

I know the addiction to nicotine is a serious matter. The facts point to the deadly nature of smoking, chewing and vaping. The consequences of nicotine use are truly detrimental to us emotionally, mentally and spiritually. The benefits of quitting are freedom, happiness and joyous living! It has been recommended to me to make time for fun in my life. As a child, I didn't need this advice because I naturally knew how to enjoy fun and humor.

So, with a busy schedule, I have to plan for leisure time today, including the following things that I enjoy. Your list might look different...

- Comedy shows and movies
- Tennis games or just hitting the ball for fun and exercise
- Reading a humorous book
- Calling or visiting with a naturally funny friend, one who makes me laugh
- Finding and going to a comedy club
- Writing out some funny stories, anecdotes, one-liners, etc.

I am learning to see things as funny or humorous. I believe the God of my understanding has a sense of humor! This puts life in a new and enjoyable perspective.

Try asking yourself:

What kind of humor makes me laugh?

What do I like to do for fun?

How can I plan humor and fun today?

At this writing I have 8 months and 2 weeks nicotine-free. Humor and fun things are making my recovery much easier. They relieve a lot of stress for me. They go a long way toward living a great life nicotine-free, in my opinion. I plan to keep looking for more ways to find the humor in life and more activities that provide enjoyment and fun!

Choose
Faith
Over Fear



Want to get involved with Outreach to help your group and/or Intergroup?

Consider attending our monthly Outreach teleconference meeting!

When: 2nd Wed. of the month

Time: 8 pm EST

To attend: call 1-218-339-4978

Access Code: 1471471#



SevenMinutes Meditation



I pray for the openness to see what You would have me see

I pray for the willingness to do what You would have me do

I pray for the honesty to live as You would have me live

- Chris H
Phoenix, AZ



2018 | NEW YORK | NAWSC 33

Clarion Hotel & Conference Center
 3845 Veterans Memorial Highway, Ronkonkoma, NY, 11779
 Phone: (631) 585-9500 Mention "Nicotine Anonymous" when
 making your reservation
**HOTEL RATES: \$109.00 + tax per night for two double
 beds or one queen-size bed IF RESERVATIONS ARE
 MADE BEFORE MARCH 21, 2018**
Rates will be honored 3 days before and after the conference.

APRIL 20-22, 2018

CLOSEST airport is Long Island MacArthur Airport in Islip

- Free shuttle from Airport to hotel. Call 631-585-9500 once you land.
- AirTrain service is available from New York's JFK airport to the Long Island Railroad's Jamaica station. Take the LIRR from Jamaica to Ronkonkoma station. Call 631-585-9500 for free shuttle from Ronkonkoma to hotel.

REGISTER WITH PAYPAL! nicawsc.homestead.com

OR COMPLETE AND MAIL TO MARTHA K. 19 CENTRAL AVE., E. QUOGUE, NY 11942

Make checks payable to NAWSC & put "2018" in the comment section

NAME: _____

ADDRESS: _____

CITY, STATE, ZIP _____

PHONE _____ E-MAIL _____

Registration:	
\$40 Early Registration or \$50 Late Registration (after 3/20/18); non-NicA spouses and partners, no charge.	
# of registrants: _____	REGISTRATION TOTAL: _____
Meals:	
Saturday Night Banquet : (Choice of Salmon, Eggplant Parmesan or Sliced Sirloin)	
\$42.00 per person	# of meals _____ TOTAL: _____
Sunday Spirituality Brunch: \$23.00 per person	# of meals _____ TOTAL: _____
(ALL MEALS TOTAL \$65.00) TOTAL: _____	
Optional Donation to NAWSC 2018 Conference: \$ _____	
Optional Donation to Nicotine Anonymous World Services: \$ _____	Donations TOTAL: _____
TOTAL AMOUNT: _____	



Join in the UNTalent Show!

UNTalent? Sure. The idea is to have some fun. No need to be perfect.
WHAT?!! Do you mean I'm not perfect; not Superman or Superwoman?!?!

When: Saturday evening after the banquet at the 2018 NicA WSC this April
What: Try your hand at music, comedy, storytelling, impersonations, a skit, poetry and dress in character if you'd like
How Long: Suggested spiritual time for each will be 5-10 minutes

Untalented and talented alike, please register by sending an email to jnette1226@gmail.com so as to be counted and become part of the production.

So far we have...

- ~ John O - emcee
- ~ Jeanette S - will teach us a sweet Happy Birthday song. She can carry a tune, so long as it's in a wheelbarrow.
- ~ Chick P - will sing for us, way better than Jeanette. :)
- ~ Chad O - will be performing the "Largest 12-Steps You've Ever Seen."

Who else?



Connections



Nicotine Anonymous invites you to connect with our

Penpal Program

Who: Someone like you, who is interested in service work.

What: These are examples of our requests: "I am a suffering nicotine addict and I am addicted to chewing tobacco. I would appreciate any help I can get." Another might be from a person wanting to help others: "I have been smober for a year, after smoking for 42 years, and the one day at a time program worked for me." Or, "I am having a hard time staying quit, and I also have COPD." They provide their e-mail address and a brief blurb about their situation.

When: As soon as possible, and whenever you can provide some support. The e-mails and letters are sent out to connect with them as soon as members request to join. This is about once a week.

Where: E-mails are sent to

PenPal Coordinator - Paper: PenPalCoordinatorPaper@nicotine-anonymous.org

Coordinates and connects penpals who want to communicate via snail mail.

Email Pals Coordinator: EmailPalsCoordinator@nicotine-anonymous.org

Coordinates and connects pals who want to communicate via email.



Why: Not everyone has access to meetings. This is a great way to connect with other addicts from around the world.



How: Contact either email address above to begin connecting.



Write a Meditation for a Future Nicotine Anonymous Daily Meditation Book!

Please submit your daily meditation for consideration in an email or Word file to:

DailyMeditations@nicotine-anonymous.org

Subject line 'Nicotine Anonymous Meditation'

or mail to:

Attn: Daily Meditations Coordinator

Nicotine Anonymous WSO

6333 E. Mockingbird #147-817

Dallas, TX 75214

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.)

The format for new daily meditations follows the format used in the book *A Year of Miracles*. The text can contain 100-200 words, including the quote, the member's share, and the concluding statement, "Today, _____."

Nicotine Anonymous daily meditations are best when related to the personal experience, strength, and hope of a member and/or supported by principles of recovery based on the Twelve Steps and Twelve Traditions of Nicotine Anonymous, Our Preamble, or text from our literature.

The quote can be from a Nicotine Anonymous member (to be cited as "Nicotine Anonymous member") or from what is considered as "in the public domain for Fair Use" and citing the author.

Please note:

- Contributors waive their right to financial compensation and grant all rights to Nicotine Anonymous World Services.
- Meditations submitted may be edited as necessary for grammar and content.

Thank you for your service!

NAWSO
Profit & Loss YTD Comparison
January through December

	<u>Jan - Dec</u> <u>2017</u>	<u>Jan - Dec</u> <u>2016</u>
Ordinary Income/Expense		
Income		
4000 · Donations	12,108.53	13,088.65
4100 · Literature Sales	24,816.04	26,692.24
4178 · 2018 Conference	-1,000.00	-
4290 · Shipping & Handling Income	4,029.77	3,904.96
4295 · 2017 Conference	2,329.24	-
4296 · 216 Conference Profit/Loss	0.00	-
49900 Non Profit Income	-	658.35
Sales of Product Income	-	63.63
Total Income	<u>\$42,283.58</u>	<u>\$44,407.83</u>
Cost of Goods Sold		
5000 · COGS	11,044.41	12,734.35
5001 · Cost of Goods Sold	-	45.00
5102 · Inventory	-	1,020.00
Total COGS	\$11,044.41	\$13,799.35
Gross Profit	\$31,239.17	\$30,608.48
Expenses		
6000 · Office Expense	25,534.98	25,036.72
6600 · WSO Expense	6,259.32	4,231.26
Total Expense	<u>\$31,794.30</u>	<u>\$29,267.98</u>
Net Operating Income	<u>\$-555.13</u>	<u>\$1,340.50</u>
Other Income/Expense		
8000 · Interest Income	47.68	49.12
Total Other Income	<u>\$47.68</u>	<u>\$49.12</u>
Net Other Income	<u>\$47.68</u>	<u>\$49.12</u>
Net Income	<u>\$-507.45</u>	<u>\$1,389.62</u>

BIRTHDAY CONGRATULATIONS

Michele V – 3/1/07 Margie L – 5/5/17 Martha K – 3/16/92 Jimmy F – 4/11/07

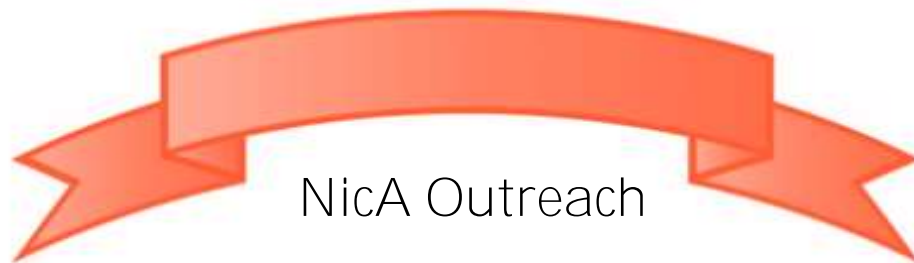
Annette A – 5/15/89 Janet B – 5/1/11 Nancy O – 5/21/12 George D – 7/18/16

*Post your Nicotine Anonymous birthday in **SevenMinutes!***

Send in your first name, last initial and nicotine quit date.

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

Email: SevenMinutesEditor@nicotine-anonymous.org



@nawsoutreach is the new Twitter presence for Nicotine Anonymous. We are looking to use social media to stay in touch with those involved in helping nicotine users everywhere. Got ideas for using social media to help us carry the message? Call Jeff at **760-401-6503**.

HAVE AN IDEA FOR A PUBLIC SERVICE ANNOUNCEMENT? Draft the text for a 15 or 30 second audio PSA, or create your own audio file!

For more information, contact: chairperson@nicotine-anonymous.org

Is your group in need of newcomers? Try an Outreach project to get the word out! For more information, send an email to chairperson@nicotine-anonymous.org

Service is the Key

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

PUBLIC OUTREACH COORDINATOR

Responsible for selecting and communicating ideas to promote public awareness of Nicotine Anonymous and assist individual groups in performing outreach programs. See Policy and Procedures on our web site, at "About Us" tab, select "Archives."

OUTREACH COMMITTEE

Works on ideas and project development for public outreach to help carry the message.



TELEPHONE SERVANTS—ESPECIALLY NEEDED!

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

TRANSLATORS

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

INTERNATIONAL GROUP COMMITTEE

Serves to enhance the relationship between NAWS and international groups. Bi-lingual skills are an asset.



All service positions information is in the Policy and Procedures Manual (P&P)
The P&P is posted on our web site under the "About Us" tab, then click on "Archives."

To volunteer or get more 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

Rev. 11/2017

♥ My Gift of Gratitude ♥

GIVE A "GIFT OF GRATITUDE"

Nicotine Anonymous has always been about helping addicts and saving lives. But it has come to the point where the heart of our organization needs our help. Nicotine Anonymous World Services needs our help to meet its monthly operating expenses. In addition, our contributions would help reach even more addicts through outreach and distribution of Nicotine Anonymous literature.

CONSIDER GIVING BACK TO THE ORGANIZATION THAT HELPED YOU GET FREE OF NICOTINE

Your *Gift of Gratitude* is another way you can work the Steps by carrying the message to nicotine users who still suffer! It also allows World Services to continue functioning through the Seventh Tradition.

HOW WORLD SERVICES SERVES THE NICOTINE ADDICT:

- ♥ Maintains the worldwide meeting list
- ♥ Distributes literature
- ♥ Distributes free Meeting Starter Kits
- ♥ Maintains the web site
- ♥ Publishes our quarterly newsletter, *SevenMinutes*
- ♥ Conducts necessary business of the Fellowship at quarterly Board meetings (three of which are conducted via web conference to conserve our resources)

GET A FREE SUBSCRIPTION TO SEVENMINUTES NEWSLETTER!

And if you give the gift of \$10 a month you will receive a complimentary subscription to our newsletter *SevenMinutes* which includes Fellowship news and member shares.

THINK YOU CAN'T AFFORD IT?

Think of the money we used to spend on tobacco! Just a little of it can go a long way to help us continue to operate. Here are some ways you can give back:

- ♥ Every week, put the cost of one pack of cigarettes in a container
- ♥ Set aside each day's loose change and save in a gratitude jar
- ♥ On your anniversary, send \$10 for each year of freedom (or as much as you can spare!)

4 EASY WAYS TO DONATE!

All gifts are tax deductible as 501(c)3 donations.

1. Click on the button on the homepage of www.nicotine-anonymous.org to donate using PayPal or your credit/debit card (Make a one-time donation, or click on "make this recurring" to set up a monthly donation)
2. Send your donation by paper check to:
Nicotine Anonymous
World Services
6333 E. Mockingbird Ln.
Suite 147-817
Dallas, Texas 75214
3. Set up online monthly bill pay at your bank. (You determine the amount and date of payment. Follow your bank's instructions for setting up recurring payments to payees with no account number.)
4. Make a one-time donation at store.nicotine-anonymous.org

Why members and groups donate to Nicotine Anonymous World Services

Nicotine Anonymous World Services is a member-supported non-profit organization guided by the Twelve Steps and Twelve Traditions. We realize there are both practical and spiritual purposes for us to remain a self-supporting fellowship to carry our message of recovery. Honoring our responsibilities is an aspect of our spiritual awakening.

Learn more about contributions & self-support at www.nicotine-anonymous.org



Seven Minutes

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



Publication dates and deadlines for *SevenMinutes* submissions:

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

Nicotine Anonymous has a venue to conduct Board Meetings, Intergroups, and Committee Meetings online, with or without telephone capabilities.

If you are a member of a group that is helping Nicotine Anonymous and want to utilize this technology, contact Chick at nicahost@gmail.com

Individual training is available to learn this new venue.

This online meeting format can also be used internationally.

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 <i>My new address and phone is:</i>		
NAME _____		PHONE (WITH AREA CODE) _____
ADDRESS _____		
CITY _____	STATE _____	ZIP CODE _____
<i>My old address was:</i>		
ADDRESS _____		STATE _____ ZIP CODE _____