



# Seven Minutes

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

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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](mailto: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 TX address above, or go online to: [www.nicotine-anonymous.org](http://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.

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Chris H - Editor  
Bill P - Subscriptions

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## Chairperson's Report

Time flies, and my time as active chair has come to an end. It has been an honor to serve the fellowship and I look forward to having a lesser role while still serving as chair emeritus for the next year. As one project ends, another surfaces, all with the primary goal of offering freedom to the nicotine addict who still suffers.

Our first-ever hybrid Nicotine Anonymous World Services Conference was successfully held April 29 - May 1. Aimee C and the VONR team hosting this conference did a wonderful job. Being a hybrid conference during the tail end of the COVID epidemic certainly had challenges and they met those challenges with persistence and grace. There were many lessons learned which will be passed on to the 2023 NAWS Conference Planning Committee. Next year they will host "Nicotine-free in 2023" in the Baltimore, MD area.

For those able to attend this year's conference in person, it was amazing to be with our friends again, to deepen relationships and to meet new friends. We worked, we ate, we talked, we walked, we laughed, and we saw some of Little Rock's rich history.

We voted for three new officers to serve on the NAWS board. El R will serve as secretary elect, Kimberly C is treasurer elect and Danelle R is chair elect. Tom H, in the role of active chair for the coming year, will say a bit more about them in his report for September's *Seven Minutes*. We gave warm welcomes to Tom as active chair, Keith H as active treasurer and Toni J as active secretary going forward.

We voted on several pieces of literature, and the board has several new additions to their action item list.

In other board activity news...

- The Policies and Procedures Manual is finished and is being reviewed and edited by the board. It certainly was a laborious process, with suggestions and input from many trusted servants. A few new categories were added, including Social Media, Candidate Support and Parliamentarian.

- The active treasurer this past year is not able to serve in the role of treasurer emeritus for the coming year. Ed T has agreed to stay on another year as treasurer emeritus. Thank you, Ed.

- For a variety of reasons, "The Butterfly book" mentioned in my last report did not make it to a conference work group for this year. This was distressing for those involved with the project, however we have been assured it will happen for next year.

A heartfelt thank you to the board members ending their time of service on the board, and also a thank you to the web servant and committee members/ coordinators who are rotating out of their current positions of service. Welcome also to the members stepping into these roles!

I am eternally grateful for the opportunity to serve this fellowship.

In service,  
*Sharon C*  
outgoing  
NAWS  
chairperson



*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.
9. A.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. Alcoholics Anonymous has no opinion on outside issues; hence the A.A. 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 and films.
12. Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

*Our Preamble*

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

*Reprinted for adaptation with permission of the A.A. Grapevine*

## Thirty Years On...

Summer 1991 I decided to stop smoking. I never had really decided that before. I knew I couldn't keep it up forever - too expensive and too lethal. Plus I had watched my parents struggle to quit many times, and it seemed that the longer you smoke, the harder it is to stop. I had been working other recoveries for a number of years, so 12 Step seemed the best way to quit using nicotine. Into the rooms of NicA I went.

It took me quite some time to grasp the concept that I couldn't quit, that a Higher Power was going to have to relieve me of the addiction. Nicotine addiction is strong and I was no match for it. After about 8 months of coming to meetings, listening to the recovery of others, and beating my head against a wall, I was finally willing to surrender. I gave up. I just said, "OK Higher Power, it's yours. I can't do this." Much to my amazement, the compulsion to smoke was lifted soon after.

Was it easy? No, but it was doable, which it had never been before. The cravings came and they went. I lived. Emotions were topsy-turvy for awhile, sleep was disrupted and appetite went crazy. But through it all, I didn't have to smoke. That was a first. And each day nicotine-free built strength and belief that I could do another day, that HP would walk me through.

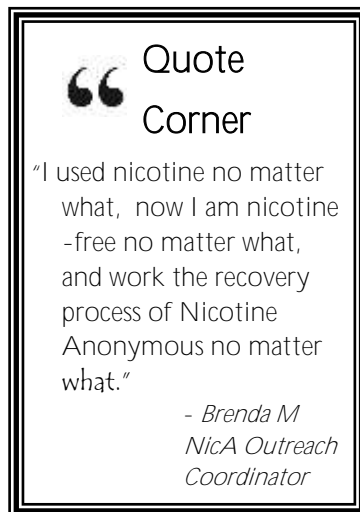
Six months in, I was whining at a meeting one evening, and a fellow member said, "You need to work the Steps." What a concept! And so I began working with her, exploring my powerlessness, developing my spirituality, coming clean about my past. It was a revelation! I began feeling better and better, and it hasn't stopped since.

Service to the fellowship came next - first with my group, then later with the Intergroup. I attended some World Service Conferences and eventually started doing service at the national level. What a pleasure! What a wonderful way to give back.

The service of sponsorship has also been a revelation - who learns more, the sponsored or the one doing the sponsoring?!

So now I'm thirty years on with this journey. It somehow stays fresh and interesting. HP gives me more to see, more to do with each passing year. Such an improvement over the years of sitting on the couch, smoking and ruminating. To be engaged in life, to be useful, to be healthy and to be free of the compulsion - what a blessing. And all because I came to Nicotine Anonymous. Think I'll keep coming back!

Chris H  
Phoenix, AZ



## In Gratitude...

I tell everyone how well our fellowship is doing, how much we are growing, but what I do NOT tell them is how kinda sad it makes me, since a lot of our growth is coming now that COVID has hit the scene and is a respiratory disease. But at least they are coming. Better late than never. Ever since the miracle of becoming nicotine-free came to me, I have dedicated my life to this...You guys mean even more to me now than when I started over 36 years ago. I would not be alive today had it not been for our fellowship. Over the past two years I have come to see what a true worldwide family we have become. Being slow to embrace online meet-

ings, I now know that no matter where we live, we share the same fears when trying to quit, the same joys in BECOMING free, and the beautiful life when we STAY free. Love is the same in any language and so is FREEDOM and JOY and GRATITUDE!

Our history-making hybrid conference this year speaks volumes for the years of dedication leading up to this landmark event. The best is truly yet to come... We have not only weathered the last two years, we have conquered and grown...

To all of you who have hung in there...sincere thanks and congratulations. Thank you for being there when I needed you, and thank you for staying here to help us mature and grow. It is an honor and a privilege to know and serve with you.

Jan S  
Pennsylvania

\* \* \* \* \*

### **Nicotine Anonymous Event!**

**Northern California  
One-Day Retreat  
Saturday, July 23  
10 am**

Join us for this summer picnic/potluck/retreat!  
See [www.nicotine-anonymous.org](http://www.nicotine-anonymous.org) for details.

### **Nicotine Anonymous Step Study Workbook**

Available for purchase at  
[www.nicotine-anonymous.org](http://www.nicotine-anonymous.org)

**A helpful tool for  
working the  
Twelve Steps**

## Freedom Through Working the NicA Program...

Hi, I'm Brenda M. I'm gratefully in recovery from nicotine addiction. I also am blessed to serve as Public Outreach Coordinator for Nicotine Anonymous. I am SO glad you have found your way here! I pray you stick and stay so you too may become free from nicotine addiction.

I came to NicA still using nicotine. Here are some writing activities that helped me each day to get and stay nicotine-free:

- Journal at least five gratitudes
- Five things I love about myself
- Five things I did right that day
- Write what I pray for today

I also practice the 5 D's daily: delay, distract, deep breathe, drink water, discuss. I was told to drink a gallon of water a day during detox to flush out the toxins and lessen the cravings.

I was also taught to live the five Tools of Nicotine Anonymous: Read the literature, get a sponsor, do service, use the call/email list, and attend meetings. For the first 90 days I went to 3 to 4 meetings a day and listened to recorded speaker shares at: [voicesofnicotinerecovery.com/speaker-shares](http://voicesofnicotinerecovery.com/speaker-shares). I got a sponsor and dove into the Steps before I quit nicotine.

I invite you to enjoy reading NicA literature, find great meetings, and support on our website: [www.nicotine-anonymous.org](http://www.nicotine-anonymous.org)

Brenda M  
Everett, WA



## A Song Parody...



*Renee from California gets creative with the lyrics of "Saturday in the Park" by the band Chicago.*

Nicotine Anonymous,  
Why don't we all get smober tonight?

Nicotine Anonymous,  
Just kick that Nicodemon out of sight!

We can do it!  
Joined together,  
Taking Steps with our NicA sponsors.

Accepting cravings as pathways to freedom  
Unbelievably wonderful!

Nicotine Anonymous,  
We're a fellowship with hearts joined worldwide.

Nicotine Anonymous,  
We use our five Tools to get and stay smober.

There's service, sponsors, and meetings too, plus phone lists and literature.

The Promises really do come true  
Just remember: H.A.L.T.

Nicotine Anonymous,  
It saved my life, it can save your life too!

Nicotine Anonymous,  
Please join me and thank our Higher Power,  
Those giving service, especially our sponsors,  
and every NicA member.

Amen and Allelulia.



**NicA literature available on Kindle at Amazon.com**

*Nicotine Anonymous:*  
*The Book* - \$7.99  
*Our Path to Freedom* - \$4.50  
*A Year of Miracles* - \$9.99  
*90 Days, 90 Ways* - \$4.50



Attending FreeBridge phone meetings?  
**Note that the call-in number has changed!**  
NEW NUMBER:  
**667-770-1474**  
Access code remains the same — **207490#**

### Attention / Pass it on

FreeBridge callers:  
Carrier trying to charge or block you? Here's the solution:  
First dial 667-770-1474  
Enter access code 207490#  
If carrier tries to block you, Dial 206-451-6066 and follow the prompts



**Try  
Really  
Using  
Step  
Three**

## From the *SevenMinutes Archives*

*The following member share  
first appeared in our  
March 2015 issue.*

### *NicA Gave Me a Life...*

Hi, my name is Sharon G and I am a nicotine addict. By the grace of God and Nicotine Anonymous I haven't had to use nicotine for many years.

I started experimenting with cigarettes when I was 9 or 10 years old. They were my dad's left-over butts and yes, they were nasty, but I really wanted a hit of the nicotine.

I didn't keep this up for long. It kept getting harder and harder to find a butt with enough left in it and Dad rarely left any unopened packs around. We lived in the country far away from any store to buy them, so I eventually gave up. Gave up, that is, until age 19. I was with my girlfriends who all smoked, which I told them was disgusting. (I had adopted my mother's attitude toward cigarettes.) We were going to the lake, but I wanted to stop off at a guy's house I had a crush on. My friends thought I wanted to be left there, so they did. Long story short, I realized he didn't have feelings for me and I was stuck there, dying a thousand embarrassing deaths as only a 19 year-old can. When my friends finally came back to get me, I asked for a cigarette, and the rest...is my story.

From then on I smoked as much as I could. It was the first thing I did in the morning, and the last thing I did at night. I only dated men who were smokers and only had friends who were smokers. I only worked in places where smoking was just fine.

I smoked if the phone rang. I smoked if the car needed to be started. I smoked in the tub. There was nothing better in my life than a cigarette after a job well done, a good (or bad) meal, and always after sex.

While all this smoking was going on, I also wanted to quit. However, I wanted it to be easy to quit, so any attempt was always ambushed by how darn hard it is. Those cravings are a real bear. My first attempt to quit was when I went to college. I really thought that I'd be able to quit with a change of scenery. What happened? I smoked twice as much as before. The only thing I quit was college.

My next attempt to quit was when I was a waitress. I just decided one day before work this would be the day. I made it through breakfast but was short with the customers and angry at the other waitresses. This just won't do, I thought to myself. I have to smoke. I can't treat my customers this way. I was smoking almost as soon as I had that thought.

I did go to a smoking cessation program and did everything they told me. You have to do some very disgusting things, like keep a mason jar of water to put the butts in. For added bliss, I was to smell the water.



I also tried the nicotine gum - a very weak try. If any other delivery systems had been invented at the time, I would have tried them too.

When I moved to Arizona in 1987, I hit a bottom and ended up in a fellowship for relationship addiction. At one meeting, I saw a flyer for a Smokers Anonymous meeting (now NicA)! I believed in 12-Step and I was at that meeting the following Saturday. I set a quit date because I thought people would think I was a loser if I didn't. It was to be December 31. I lasted only 28 days. The reason? I hadn't yet learned to depend on a Higher Power.

I stayed away from NicA for the next year and a half. I had a sponsor in the other program. She was a smoker (of course), but she wanted to quit. She suggested we go to a hypnotist. That scared me, so I suggested NicA.

She said okay. And that is how I got the courage to come back. It saved my life. God was doing for me what I couldn't do for myself.

This time I was determined to find out how to turn the addiction over to God. So I went to at least two meetings every week. We didn't have literature back then, so I got a smoking-related meditation book, and a book about a woman whose nicotine story was worse than mine. This is a critical point, because until I read her story, I thought I was the worst nicotine addict. I needed to get that idea wiped out of my head, and HP knew it.

I also bought a hypnosis quit smoking tape. I listened to it for about a month. I never told anyone in NicA about the tape until recently. I had always thought that if I told people, they would think I had cheated. Everyone at the meeting agreed if you need to cheat to quit smoking, then cheat! Do whatever it takes! I am so glad I told them and now all of you.

I never have to think about smoking. I have a fellowship that I love. I do service. I sponsor people. I work the program.

Before I quit, someone at a meeting told me that when I quit, the world will open up for me. There will be concerts and trips and fun and friends and purpose in my life. She was right. I did not know how empty my life had gotten while still smoking. The things I could do or places I could go were getting less and less. My world was getting smaller and smaller and I was getting smaller and smaller.

Now I am a working artist. I went to NYC in 1994 to attend the World Service Conference. I never would have made that trip if it hadn't been for NicA. I also went back to college and finally got my degree in 1999.

NicA and HP saved my life - and gave me a life! Thank you.

*Sharon G  
Phoenix, AZ*





## From the FreeBridge Telephone Group...



Enjoy this NicA take on the popular song  
"Sittin' on the Dock of the Bay"

Sittin' in the mornin' sun  
And I'm sittin' with a smoking gun  
Playing Russian roulette  
Every time I light a cigarette.

I'm sittin' on the edge of a crave  
Wishing it would go away  
Been smoking 2 packs a day  
Just puffing my life away.

Think I'll call that Free Bridge line  
I hope I've called in time  
They showed me something to live for  
The 12 Steps opened the door...

Looks like my Higher Power is calling my name  
So things won't remain the same  
I can do what these people tell me to do  
Goin' to a meeting...so glad I came.

No longer sittin' on the edge of a crave  
Wishing it would go away  
No more two packs a day  
Got my life back today.

*\*\*OK, now whistle the Dock of the Bay  
song to yourself!*



The Outreach Committee has an intention for 2022 to reach out to people who vape. We are putting together stories from members about their experience, strength and hope with vaping and how NicA helps them quit and stay quit. These stories will be narrated by our Audio Recording Subcommittee and then converted into videos for upload to social media. These videos are a max of 3 minutes in length, which is 600 words max .

If you or anyone you know is interested in submitting your story for consideration, please email [outreachcoordinator@nicotine-anonymous.org](mailto:outreachcoordinator@nicotine-anonymous.org).



### Seven Minutes Meditation



Take a deep breath.  
Usually we anticipate something to follow that is painful, like a shot.  
Or maybe someone is asking us to calm down. How about just for today you say to yourself, "Take a deep breath,"  
You don't have to have a reason.  
What a blessing a deep breath is.

- Rev. Joel Hughes

## Upcoming Phone Marathon Meetings

July 4

"Celebration of Freedom"



September 5

"Fall Into Recovery"



All meetings are hosted by the  
FreeBridge Telephone Meeting group

On each date meetings begin at  
8 am EST  
and run at the top of every hour.  
Last meeting starts at  
11 pm EST.

\*A different topic for each meeting\*

Phone: 667-770-1474  
Pass code: 207490#

See [nicotine-anonymous.org](http://nicotine-anonymous.org)  
for information on  
all regularly-scheduled  
NicA phone meetings





**NOW  
AVAILABLE  
in our webstore!**

**Reflections on Freedom:  
Daily Meditations on the Steps  
of Recovery**

written by Members of  
Nicotine Anonymous (NicA)



Our new conference-approved book contains 366 new meditations plus an Index of recovery topics.

May this book provide insight and inspiration to help members achieve their freedom and practice the program in their daily lives.

*Here's an excerpt from this exciting new piece of NicA literature:*

**Preface**

The experience, strength, and hope in these writings came from the individual contributions of Nicotine Anonymous (NicA) members. Trusted servants, appointed by the chairperson of Nicotine Anonymous World Services, collected, edited, arranged, and formatted these writings as 366 daily meditations for publication. In response to a number of members' requests, each of the twelve months contains several meditations that correspond, by the month's number, to each one of the Twelve Steps of Nicotine Anonymous. For example, January contains several meditations related to Step One, February to Step Two, and so on throughout the book. An index is provided in the back of the book so that members can also search by topic. In 2021, the World Services Conference delegates voted to approve the content.

We express our gratitude to all who contributed toward our fellowship's primary purpose to carry the Nicotine Anonymous message of recovery to any nicotine addict who still suffers. May this book help all members to find the peace that we seek, and to practice the principles in all our affairs.

\* \* \* \* \*

**An Inventory of NicA  
Groups: A Status Report**

I want to thank the delegates at the 2022 Nicotine Anonymous World Service Conference who approved the Nicotine Anonymous Traditions Group Inventory. I find the Traditions to be spiritual in nature and every Tradition provides spiritual principles to review and discuss in meetings on a regular basis. This Adhoc Committee worked monthly on these questions, since August of 2020. As the chairperson of this committee I am extremely grateful for the approval by all NicA members who helped support the development of this piece of literature.

I personally would like to thank the following NicA members who contributed suggestions while attending the adhoc committee meeting or by responding via email with suggestions: Bill H, Julie W, Christina L, Karen L, Grace H, Aimee C, and Beth C. Working with this committee was one of the highlights of each month for me as a nicotine addict. The word knowledge, integrity, understanding, devotion, and intelligence of these members constructed what was approved by the 2022 Conference.

Special thanks to Chris H, our editor of *SevenMinutes*, and members of the NicA Traditions Committee (Martha, Checko, Robin, John O) for their input while approving the wording to be shared in *SevenMinutes* the past year.

As someone who has grown spiritually because of continued growth in "attempting" to learn and understand the Traditions, I'm hoping to regularly post the Tradition and spiritual princi-

ples in *SevenMinutes* for everyone to review and remember. While this was not decided by the adhoc committee, this practice is something of value and could be helpful to all members in NicA.

**Tradition Seven: Every Nicotine Anonymous group ought to be fully self-supporting, declining outside contributions.**

Principles: Anonymity, responsibility, balancing what we have with what we give back, gratitude, faith, freedom, generosity, supporting the things which are important, walking the talk

**Tradition Eight: Nicotine Anonymous should remain forever non-professional, but our service centers may employ special workers.**

Principles: Anonymity, responsibility, prudence, integrity, empathy, giving freely what we have been given, asking for help when necessary, knowing the boundary between self-sufficiency and needing help

**Tradition Nine: Nicotine Anonymous as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.**

Principles: Anonymity, intersection of responsibility and flexibility, simplicity, prudence, two-way street, fidelity, non-hierarchical, rotation

*Yours in service,  
Chick P  
Chairperson of Adhoc Committee*

**Outreach** projects allow us to carry the message in a variety of ways. Literature and financial assistance are **available** for your project, for up to \$500.

For details visit the Nicotine Anonymous website at [www.nicotine-anonymous.org](http://www.nicotine-anonymous.org) or send an email to [chairperson@nicotine-anonymous.org](mailto:chairperson@nicotine-anonymous.org)

## NAWS World Services Conference 2022

*In another NicA first, this year's Conference was a hybrid event, held both in-person and by video conference for those attending remotely. There were 138 registrants this year, including 22 in-person members and 116 remote attendees. The considerable efforts of the Planning Committee met with success and positive feedback. Many thanks to all who came together in service for this wonderful experience. Let's hear from some of the participants...*

It was a splendid conference with many hugs, much fellowship, and lots accomplished. Many accolades for the VONR Planning Committee's efforts. And a big shout out to the many folks across NicA World Services who stepped up as the momentum was building. As my clever sponsee says, "Team work makes the dream work!"

The hybrid aspect of the event was a huge success due to expert help from members of the committee, a local tech company who nicely accommodated our needs, and our confident experience with online meetings. There was never any doubt that it would be possible! Looks like we'll do this again next year.

In this year's conference, new and updated literature was approved, incoming officers were elected, and active officers initiated into service. Again, thank you to our emeritus officers for your dedication and service. We felt the kinship of doing service both in-person and online, and the numerous ways service can support recovery.

The Natural State graced us with cool, lovely weather, thankfully much like the areas where most travelers were from. The hotel was comfortable and accommodating, with that MidSouth friendly vibe offering an easy atmosphere to relax in.

It felt so good to sit next to fellow members of NicA, hold hands for the Serenity Prayer, share laughter, and hear stories. And of course, it was so amazing to see that everyone has legs! Seeing y'all in a virtual conference room will not be quite the same...we will seriously miss real hugs now.

Hope to see bunches of NicA members next year in Baltimore.

*Aimee C  
VONR Intergroup  
Conference Planning Committee Chair*



I am most grateful that my first in-person World Services Conference of Nicotine Anonymous meant my first in-person Nicotine Anonymous meeting!

At the same time, I was homesick for my video conference family. It was an odd feeling but also reflects the power of the rooms, even when the meetings are but virtual. A part of me couldn't believe these people had lower halves! I was so used to just seeing the top halves on the screen.

Hearing a beloved longtime member read the Third Step Prayer live and in-person was like seeing a favorite musician. There is an access to true presence in the in-person meeting that cannot be matched most days through the computer screen. Having said that, the intimacy that came out of Sunday's Sunrise Meeting would not have been so powerful without our family on the video-conference side of the room. Thank you so to all who came, whether virtually or in the flesh - we were all there, brought a beautiful energy and shared it with great generosity and gratitude. Bless you, fellow Nicotine Anonymous members. It was most evident to myself and others that the way to grow the in-person meetings is by maintaining our online presence.

*Tom H  
Incoming NAWS Chair*





## NAWS World Services Conference 2022

From my very first Nicotine Anonymous meeting, the people in the virtual conference rooms began knocking down the last vestiges of my ego wall. This sturdy protection was built eons ago as a child when I was continually rebuffed and overlooked unless I had something that someone wanted. It's the ego that said, "I'm cool. No worries. I got this."

Even as I entered and got involved in other 12 Step programs, people tried to reach through, and they did knock off some layers for sure. But the ego held strong. The COVID lockdown was the beginning of the end I believe, and the NicA World Service Conference gave my ego walls a significant big push.

With their shoulders lowered, in unison, the 25 people in attendance and 55+ members online rammed my ego, and as I fell into their open arms, I thought, "I am safe. I can be myself. I don't need to hide behind the smokescreen."

I entered the hotel lobby on Friday afternoon and was met by my roommate. By Sunday, it seemed we'd been sisters our whole lives. I left with the humble knowledge that I was trusted and wanted – I held a position of service that could help to hold together this wonderful, gentle program. There surely are rough edges left on my wall and my ego will continuously need to be checked. But I'm more confident than ever that I'm OK standing in this light, fresh, clean air.

Thank you NicA,  
El R  
Asheville, NC



I'm am so grateful for my first Nicotine Anonymous World Services conference experience! Still being fairly new to NicA, I was amazed to see and experience the true community this program offers. I have finally realized I never have to do this alone! Thank you, NicA members.

Dan M  
Iowa

I felt like I'd been on a wonderful trip with friends and never left the cabin! The VONR group did an awesome job putting this all together - and some of the other key folks like Bill H and Tom H too. I loved being a small part of the planning process. I also loved how in between meetings, the virtual conference room folks stayed on and fellowshiped and got to know one another. Can't wait for Baltimore in 2023!

Jorie M  
North Carolina

The discussions were fascinating and the opportunity to participate was wonderful, especially since this was my first time at a conference and serving as a delegate.

Micah W  
Pennsylvania

I had an amazing time. I was amazed with all the gratitude that was shared by so many in one place!! I also enjoyed being part of the workshops - they were great!! The speakers were incredibly awesome!! Can't wait for next year!!

Natalie  
New Hampshire



## NAWS World Services Conference 2022

### WSC 2022: A Hybrid Affair...

By Bill H, former Chair Emeritus/current WSC Roadie

As a member of the Ad Hoc Remote Attendance Tech Committee, I am happy and relieved to report that the tech portion of WSC 2022 was a success. Not perfect...there were a few glitches and gremlins, but a marked improvement over our previous attempt in Fullerton 2019. The most significant takeaway is that hybrid conferences work!

The hiccups seemed glaring to me because I was on the tech crew, but was told by an in-person attendee that they barely noticed anything. It's amazing that we passed ten motions and elected three officers at the Sunday morning business meeting in a mostly orderly fashion (although, we did run an hour overtime). In-person attendees must walk up to and speak into the microphone so they can be seen and heard by the online folks. A few individuals forgot from time to time, but not as frequently as I anxiously anticipated.



The Friday Night Gratitude meeting felt balanced to me. There were more people online than in person, but it seemed like shares came from both camps in an equitable fashion. We stayed until everyone who wanted to share had a chance to. At one point, the video feed from the meeting room was scrambled (one of the few tech glitches), but most everyone in the room had shared at that point so we just turned the camera off.

One of the downsides of hybrid meetings is the expense associated with hiring an audio-visual company to set everything up for us. The Board considered purchasing our own equipment, but in addition to the dilemma of storing and shipping each year, how soon will that equipment become antiquated? If remote attendees are wondering why they have to pay a registration fee, your contributions are making this all possible. Thank you!

I asked some friends who attended online for feedback, and SCINA Intergroup Chair George O gave this reply: "Overall, I know it was a big production to manage the in-person room and the virtual conference room, but I thought you guys did a fantastic job. This hybrid format really is a game changer. Our membership had been declining for years and this ability to video conference has brought about worldwide appeal to our program. Give everyone my thanks for their service." (If you have feedback you would like to provide, please send an email to [ConferenceChair@nicotine-anonymous.org](mailto:ConferenceChair@nicotine-anonymous.org))

More great news: No bombers! By not releasing the video conference links until the last week and not posting the data on social media, we greatly reduced our chances of being invaded. Several volunteers served as online video conference hosts and attended training a week prior to the conference. They would have been ready to handle bombers had they shown up, but instead were able to fully focus on assisting attendees. Many thanks to Brenda Kay, Jorie M, Alicia R, Linda Marie C, Harsha M, Sharad H, Terri D, and anyone else I may have missed. I would also like to thank our online meeting coordinator, Bonni C, who forwarded the recordings to NAWS Secretary Tammy T throughout the weekend so we wouldn't exceed our online storage limit.

A few lessons learned: We need a second big screen in the room so the Chairperson can readily see the virtual raised hands. Our Chair had to turn around so many times, I wouldn't be surprised if she forwarded her chiropractor bill to NAWS. And our online hosts need to locate that "Lower All Hands" button before our parliamentarians lose their voices.



It is fantastic that we now have the ability to allow our worldwide fellowship the opportunity to attend and be represented at our annual conferences, but I must say nothing beats being there in person. When I look back years from now, it is the fellowship with real live people I will remember more than the motions that were passed. I encourage you to start saving up for next year; I would love to see you in Baltimore and beyond. It will be exciting to see what the future holds. As technology improves, so will our conferences. Perhaps one day we will all be beamed into a meeting on the Moon, with breakout rooms on Jupiter and Mars and a conference theme of "Nic-Free Throughout the Galaxy."

## NAWS World Services Conference 2022

### *Literature revisions and updates approved at the Conference...*

Updates were made to the following pamphlets:

- "The Program and the Tools"
- "Tips for Gaining Freedom from Nicotine"
- "World Services, My Intergroup, and Me"

The pamphlet "Are You Concerned about Someone Who Smokes or Chews Tobacco" was revised and re-titled "For Concerned Friends and Family of Nicotine Users."

Gender usage in pamphlets and books was updated.

Wording in the NicA preamble was changed from "a fellowship of men and women" to "a fellowship of people."

The following new materials were approved for use at meetings:

- Meeting Etiquette Card
- Nicotine Anonymous Group Inventory

Revisions to *Nicotine Anonymous: The Book* are ongoing. When completed, they will be incorporated into a new edition of The Book, after being approved at the conference level.

A pamphlet addressing nicotine replacement therapies (NRTs) was proposed but not approved. It will be revised and edited per conference input by a committee that meets monthly - see below.

### *From the NRT Pamphlet Committee...*

#1- Appreciation to those who contributed to the NRT Pamphlet Workshop. Your thoughts and concerns were duly noted - your voices were heard! The feedback was absolutely phenomenal, so valuable and informative. There were truly helpful, poignant, and insightful suggestions and a lot of support for this work. THANK YOU!

The workshop began rather caught up in the front-page wording and titling. We moved on to read through the entire piece to find out how we can accurately convey our compassion and understanding for those who find themselves powerless over the varied and ever-evolving nicotine delivery systems.

We are self-diagnosing, and if a member considers themselves addicted to nicotine, we are here for them, no matter what. NAWS has no opinion on products containing nicotine such as patches, gums, lozenges and e-cigarettes. However, our goal is to live free of nicotine. Any user of a nicotine product seeking help toward nicotine abstinence is welcome.

It is critically important to retain the clarity of nicotine replacement therapies, *as cessation or methodology*, as outside issues; and that NicA has no position and makes no claims or prescriptions on that topic. NAWS has no opinion on any replacements nor any method of quitting nicotine. We do, however, recognize that NRTs contain nicotine, and, as such, we are here to support those who want to be free of that as well. We also want to retain the definition of abstinence, which is being free from nicotine in all its forms and delivery systems.

It was discovered that perhaps the edits that had been recommended by the Traditions Committee were not included in the draft that went out with the delegate package. Suggestions, edits and more voices need to be heard on this piece of literature in order to remain a relevant force in the world of nicotine and the endless new products that are being made available. To contact us, send an email to [NRTstories@gmail.com](mailto:NRTstories@gmail.com)

#2 - The NRT Pamphlet Committee is excited for the spirited and informative input we received during the NAWS conference workshop this year. It was decided that the proposed pamphlet regarding nicotine use by our members was worthy of further exploration. Nicotine therapy in all its forms and delivery systems can be confusing to our members, as it can sometimes be regarded as the "cure" and can lead to yet another way of being addicted to nicotine. We welcome all input from interested parties in a video conference meeting held on the third Sunday of every month.

Time: 4 - 5:30 pm EST

Meeting ID: 702 169 7359

Password: 373017



**NAWSO**  
**Profit & Loss YTD Comparison**  
**January through March**

	<u>Jan - Mar</u> <u>2022</u>	<u>Jan - Mar</u> <u>2021</u>
<b>Ordinary Income/Expense</b>		
<b>Income</b>		
4000 · Donations	5,071.30	4,927.39
4100 · Literature Sales	7,561.47	9,447.51
4290 · Shipping & Handling Income	2,101.40	2,351.20
4186 · 2022 Conference		-1,000.00
Non Profit Income	2.50	—
Miscellaneous Income	6.69	3.75
Sales of Product Income	516.63	1,254.89
<b>Total Income</b>	<b>\$15,259.99</b>	<b>\$16,984.84</b>
<b>Total Cost of Goods Sold</b>	<b>\$3,255.99</b>	<b>\$6,237.77</b>
<b>Gross Profit</b>	<b>\$12,004.00</b>	<b>\$10,747.07</b>
 <b>Expenses</b>		
6000 · Office Expenses	7,715.03	6,814.03
6600 · WSO Expenses		-361.96
6900 · Other Operating Expenses	76.36	61.59
<b>Total Expenses</b>	<b>\$7,791.39</b>	<b>\$6,513.66</b>
<b>Net Operating Income</b>	<b>\$4,212.61</b>	<b>\$4,233.41</b>
 <b>Other Income</b>		
8000 · Interest Income	1.92	1.28
<b>Total Other Income</b>	<b>\$1.92</b>	<b>\$1.28</b>
<b>Net Income</b>	<b><u>\$4,214.53</u></b>	<b><u>\$4,234.69</u></b>

## BIRTHDAY CONGRATULATION **G**

**Kim G – 5/3/03 Robert U – 5/3/06 Jan S – 5/5/86 Mark L – 6/1/18**

**Baron George D – 7/18/16 Theresa M – 8/19/08 Bill H – 8/28/99 Sara S – 8/25/07**

Post your Nicotine Anonymous birthday in **SevenMinutes!**  
Send in your first name, last initial and nicotine quit date.

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

Email: **SevenMinutesEditor@nicotine-anonymous.org**

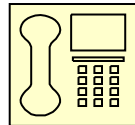
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### Nicotine Anonymous Meeting Options

*Tradition Three:* The only requirement for membership is a desire to stop using nicotine.



Face-to-face meetings



Telephone meetings



Video Conference meetings



Internet meetings

To access NicA meeting information, visit  
[www.nicotine-anonymous.org](http://www.nicotine-anonymous.org)  
Click **Find Meeting**



# Service is the Key

Nicotine Anonymous World Services needs volunteers  
for the following open positions:

## OUTREACH COMMITTEE

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



## AUDIO RECORDINGS COMMITTEE

Creates audio files of NicA literature. Need proof readers and listeners,  
sound editors, and narrators with access to a recording studio.



Contact [outreachcoordinator@nicotine-anonymous.org](mailto:outreachcoordinator@nicotine-anonymous.org)

## TELE-SERVANTS – ESPECIALLY NEEDED!

Responds to phone calls to share hope with those seeking freedom from nicotine.

## TRANSLATORS

Helps us spread the word by translating our  
literature, or when non-English inquiries come  
to our attention.



## INTERNATIONAL GROUP COMMITTEE

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

## NAME & LOGO PROTECTION COMMITTEE COORDINATOR

Manages the protection of Nicotine Anonymous - its name, logo, and  
associated trademarks.



## ARCHIVES COORDINATOR

Organizes Nicotine Anonymous materials in order to  
preserve our history.

*To volunteer, please email [chairperson@nicotine-anonymous.org](mailto:chairperson@nicotine-anonymous.org)*

# ♥ 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](http://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](http://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](http://www.nicotine-anonymous.org)



# SevenMinutes

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



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## 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 [nicahost@nicotine-anonymous.org](mailto:nicahost@nicotine-anonymous.org)

Individual training is available.

*This online meeting format can also be used internationally.*

<p><b>My Address Has Changed!</b> Don't miss an issue! Complete this form and mail to: NAWSO, 6333 E. Mockingbird Lane, #147-817, Dallas, TX 75214 USA OR Email the information to <a href="mailto:nicaofficemanager@gmail.com">nicaofficemanager@gmail.com</a></p> <p><i>My new address and phone is:</i></p>		
NAME _____		PHONE (WITH AREA CODE) _____
ADDRESS _____		
CITY _____	STATE _____	ZIP CODE _____
<p><i>My old address was:</i></p>		
ADDRESS _____		STATE _____ ZIP CODE _____