



# Seven Minutes

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

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Number 4

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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.*

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## Chairperson's Report

Greetings to the fellowship!  
As we continue to navigate these unprecedented times and forge a path forward in our recovery it is important to focus on gratitude. I am eternally grateful for this wonderful program, the tools of service, phone list, meetings, sponsorship, and literature. Through utilizing those tools, I have made and continue to make connections that are truly part of being in the middle of a miracle.

Having the opportunity to work with the people on our NAWS board, the "Nicotine Free in 23" Conference Committee and all the servants who are offering their time and talent to give back to the fellowship is humbling. Service is a tool that gives benefits beyond sobriety. It affords a meaningful way to work with others, to apply principles of the program and know that we are never alone.

One of the gifts of these unprecedented times is more meetings, many of them video conference meetings. Nicotine Anonymous World Services has taken on a deeper meaning as we all connect globally and make new friends we would have never met, had it not been for the pandemic.

It has been a busy quarter. A new printing of our books is happening so we can resupply our store. This was not an easy process. Staff shortages, paper shortages, certain colors of ink no longer available and printing delays created hurdles to overcome, and overcome them we did. Again thanks to a team of dedicated servants and our office manager who persevered, we are waiting for the shipment.

The conference committee for the annual NAWS Conference - "Nicotine-free in 23"- which is being held in the Baltimore, MD area, April 21, 22, 23 of 2023, is hard at work creating a conference web site, a conference web site store and fine tuning the details of the conference. The committee meets monthly and is still welcoming volunteers. If interested, please email Keith H at:

[nicawsc@gmail.com](mailto:nicawsc@gmail.com)

Another reminder: the conference is where the delegates meet to vote on the business of NAWS, and the conference is also where and when the election of officers happens. I wrote in more detail about both important items in the September *SevenMinutes* Chair Report.

The Ad Hoc Literature Committee for the "butterfly book" is making progress and has started meeting longer and more frequently to meet the goal of presenting it to the fellowship and delegates prior to the 2023 conference.

We are still in the process of updating the NicA website.

The second Step Study Group finished last week. I attended this series and heard from others in the group how much the step study meant to so many people, and there was a request for another Step Study series. Stay tuned for more information. This is another great way to deepen recovery, meet new friends and offer service as a facilitator, helping with technology, sending out reminder emails etc. It took a lot of hands to make this happen. Thank you all.

Lastly, this year the NAWS board held  
*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.
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*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.

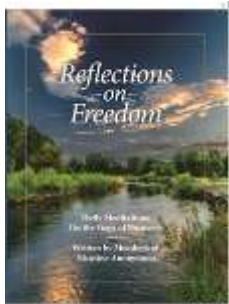
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# Chairperson's Report *She Didn't Have to Smoke Over It...*

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their October meeting at the New York Metropolitan Area Intergroup's annual retreat in the Catskills of New York. This retreat has been an annual event for years and has had to make some changes due to COVID, and this year was changed to a new location. The NYMAI rose to the occasion though, and graciously hosted the board for our quarterly meeting. To attend, I drove from PA to NJ to pick up a couple friends - friends I made through service to this wonderful fellowship - then drove on to the Catskills retreat.

Peace, love, and joy to each of you,  
Sharon C  
NAWS Chairperson



**Reflections on Freedom:  
Daily Meditations on the  
Steps of Recovery**  
written by Members of  
Nicotine Anonymous (NicA)

Our latest conference-approved meditation book contains 366 entries and an Index of recovery topics

Available for purchase in the Nicotine Anonymous Store at [www.nicotine-anonymous.org](http://www.nicotine-anonymous.org)

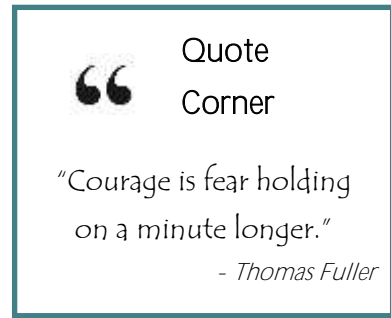
I hit an overwhelming triple whammy wall in my life, which came at me from all sides, and I have worked through it. Just 24 hours ago I was a wailing banshee woman, allowing the tears to cascade and pent up feelings to erupt. After sitting outside and simply breathing, I was able to get a little calmer.

Last night in bed, I tossed and turned as the emotional storms blasted over me. I slept a couple of hours and got up exhausted, but attended an online NicA meeting anyway. I listened and felt great comfort in the shares and connection with others. I went back to bed for a couple more hours of sleep, and felt a little better. I have been very tender with myself today. I spoke with my sponsor and have written a mini 4th Step on the situation. Self-care has helped me keep the focus on myself and what I need to do to feel good again.

I'm sharing all this because I had this great emotional upheaval and did not smoke over it. I just had to deal with my own response to what happened. It took a great deal of energy and work to move through the feelings. Ultimately, I let go and have come into acceptance about the situation and my part in it. If I had smoked and stuffed the feelings back down, the problems and my discomfort would not have been resolved. And I would have lost my quit and my self-respect.

It is possible to live life on life's terms without lighting up. By using the Tools of our program and building a new practice for how I deal with tough situations, I am no longer afraid of what might happen, or how I'll get through intense feelings without nicotine. I do this one day at a time, with lots of love and support from my NicA group. Thank you for being there for me, and supporting me in my recovery.

Aimee C  
Voices of Nicotine Recovery (VONR)



## *I Really Do Care...*

Quitting smoking has been a spiritual journey for me filled with love and laughter and good times. It started one snowy night when my therapist said, "It makes me sad that you smoke." Some stronger part of me got mobilized that night and I threw out the rest of my pack. Now it's been over 10 years.

I don't feel deprived anymore. For awhile, I struggled to concentrate, but it all came back, even better. My mind has more oxygen.

I've learned many tools along the way:  
Put it in writing.  
Talk about the urge, don't act on it.  
Remember there is just no good reason to smoke.  
Email smoke-free updates and get positive feedback from others.  
Use the telephone.

Now that I'm quit, I have found I can engage in life and relationships with my whole self. There's no furtive break to have a cigarette, no apology for smelling like smoke, no awkwardness in social gatherings after I sneak one.

Now I have good habits — brushing my teeth, taking showers, doing laundry and eating well. Mostly I am committed to health.

When I was a smoker, I didn't care who I was harming with my smoke. Once I quit, I knew I really did care. There is no reason to punish myself anymore.

Jon B  
Belmont, MA

## **Upcoming Phone Marathon Meetings**

**January 1**  
**"Ringing in the New Year"**



**Feb 14**  
**"Love is in the Air"**



**All meetings are hosted  
by the Free Bridge  
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**



**SevenMinutes  
Meditation**

You are the only person  
God had in mind in  
choosing you to be you.  
- Rev. Joel Hughes

## ***The "They Stopped in Time" Club...***

My name is Dale and I am a nicotine addict from Oregon. As of this writing I am 2 and 1/2 years free of nicotine. There are no guarantees, but I think I stopped in time.

If you look in the back of the Alcoholics Anonymous "Big Book," you will find that the AA members stories are divided into three categories. The first category is "Pioneers of AA." The second category is "They Stopped in Time." The third category is "They Lost Nearly All."

I am a member of the Free Bridge Intergroup of Nicotine Anonymous. We are a collective of over 30 meetings. We meet via telephone conference call. Similar to AA, we have our "pioneers" of the Free Bridge, particularly the founder of the Free Bridge who has been smober over 35 years and founded the Free Bridge some 15+ years ago.

We also have our members who "lost nearly all." Many of these members have formed an informal club - the "No Matter What" club. I have found that our members that have "lost nearly all" more easily pay their entrance into the "No Matter What" club than other members.

I have started another informal club on the Free Bridge. This club is open to any member of Nicotine Anonymous. It is called the "They Stopped in Time" club. I am a member of this club and I hope that other nicotine addicts will consider becoming members.

I had a few cigarettes when I was 16 but did not get addicted. I had a few packs of cigarettes in my 20s but did not get addicted. I went through a divorce when I was 30 and started hanging out with a group that listened to a lot of Grateful Dead, did a lot of cocaine and smoked a lot of

cigarettes. I became addicted to nicotine.

I smoked for 32 years, from 30 to 62. I tried to quit more than 1,000 times. I quit for at least a year on 2 different occasions and I quit for 4 months or so on 2 different occasions. I tried to control my nicotine use by throwing away a lot of cigarettes and by trying not to smoke at work. I smoked non-filtered cigarette because I thought that filters were bad for me. I tried to stay active during my smoking years by jogging sometimes and playing a lot of frisbee sports.

When I came to Nicotine Anonymous, I only had a desire to get free. I had no desire to prolong my nicotine use with nicotine replacement products like patches or gum or lozenges. The last thing I wanted to do was be double-minded. I did not want to call myself an addict and at the same time try to control my use of nicotine.

To be a member of the "They Stopped in Time" club," I need to be abstinent. If I use nicotine, I can never predict when I can get a quit going again. If I smoke, I may die with a cigarette in my hand. If I continue to use, I may easily become a member of the "They Lost Nearly All" club. That I do not want. That is what helped me get free of nicotine. I did not want my last days to be a struggle with my health because of my nicotine use.

It is great to be free of nicotine. I picked up jogging again and I jog 1 and 1/2 miles either 2 or 3 times a week. I also stretch and do calisthenics and play frisbee golf. It is great to be a member of the "They Stopped in Time" club.

*Dale P  
Oregon*

*\*Please note that newsletter  
articles are the author's opinion  
and do not necessarily  
represent NAWS as a whole.*



# Proposed Changes to the Bylaws of Nicotine Anonymous

Several proposed changes to the Bylaws of Nicotine Anonymous will be brought to the 2023 World Services Conference for an up or down vote (yes or no). Per Article XI: Bylaws Amendments: "The Chairperson of the NAWSO shall cause a copy of any proposed amendments to the Bylaws of Nicotine Anonymous to be communicated to each formally registered Delegate to the World Service Conference, and to each formally registered Intergroup and officer of the NAWSO. This communication should reach each officer of the NAWSO at least ninety (90) days prior to the annual conference... the communication of the proposed amendments should occur at the earliest practicable time prior to the annual conference." The current NAWSO Board has approved bringing the following five amendments to WSC XXXVIII for a vote. We thank the Service Structure Committee with their help in structuring the first three amendments.

## Amendment #1

### **Article and Title: Article V Section 1: InterGroups Composition**

**Currently Reads As:** "Two (2) or more groups may form an Intergroup for the purpose of servicing and representing the groups of which they are composed. Each Intergroup should be composed of groups within its region when feasible."

**Proposed Amendment:** Revise the second sentence to read "**An Intergroup (IG) consists of representatives within a common boundary, such as geographical or technological.**"

#### **Rationale:**

*It has already been changed in some of our literature. We are no longer defining our representation to one type of region. The hope is the word 'boundary' is expansive to allow for video, remote, telephone, online, et. al. groups*

## Amendment #2

### **Article and Title: Article V InterGroups, Section 4: Functioning**

**Subpart c Currently Reads As:** "To send a delegation to the current World Service Conference, an Intergroup must be formally registered and must have provided information regarding number and name(s) of its Delegate(s) thirty (30) days prior to Conference opening."

**Proposed Amendment:** Revise Subpart C to read: "To send a delegation to the current World Service Conference, an Intergroup must be formally registered and must have provided information regarding number and name(s) of its Delegate(s) **sixty (60)** days prior to Conference opening."

#### **Rationale:**

*This allows for the World Service Board to prepare for the conference administration and communication with delegates, while allowing delegates time to communicate with their groups on conference items.*

## Amendment #3

### **Article VI: World Service Conference**

**Currently Reads as:** Section 2: Registration of Delegates All delegates must be formally registered with the Secretary of the Nicotine Anonymous World Services Office (NAWSO) of Nicotine Anonymous a minimum of thirty (30) days before the start of the Conference. Formal registration requires the complete name of the Delegate, as well as a mailing address and, when possible, a telephone number where the Delegate may be contacted. In addition, the Delegate should specify which group, Intergroup, or other body they are representing.

**Proposed Amendment:** Section 2: Registration of Delegates All delegates must be formally registered with the **Secretary Emeritus** of the Nicotine Anonymous World Services Office (NAWSO) of Nicotine Anonymous a minimum of **sixty (60)** days before the start of the Conference. Formal registration requires the complete name of the Delegate, as well as a mailing address and, when possible,

a telephone number where the Delegate may be contacted. In addition, the Delegate should specify which group, Intergroup, or other body they are representing.

#### **Rationale:**

*Secretary already has many responsibilities, especially leading up to and at the conference. The Secretary emeritus's role is much lighter, and this is merely a transfer of tasks to lighten the Secretary's load. And 60 days is to conform to Amendment 2 above.*

## Amendment #4:

### **Article VII NAWSO, Section 1 Composition.**

"The NAWSO of Nicotine Anonymous shall consist of all officers of the Corporation elected at the annual Conference or by such other means as put forth in these Bylaws. The NAWSO consists of nine (9) officers. The titles of these officers are Chairperson Elect, Treasurer Elect, Secretary Elect, Chairperson, Treasurer, Secretary, Emeritus Chairperson, Emeritus Treasurer and Emeritus Secretary. In unusual circumstances, such as the death or resignation of an officer, a replacement officer may be appointed to the NAWSO as detailed in Article VII: Section 5 below. In such cases, the replacement officer may not be required to assume one of the above titles, but may instead be considered an officer at large."

Add the following sentence to the end of the paragraph:

**It is suggested that people nominated for officers of the Board and coordinators of committees have a minimum of one year abstinence from nicotine in all forms as of the date of their appointment to the position.**

#### **Rationale:**

*The most important focus of the fellowship of Nicotine Anonymous is the recovery from addiction to nicotine, and adding an additional responsibility on a person newly in recovery could be a stressor that might impede that recovery.*

*continued on page 6*

Amendment #5:

**Article VII NAWSO,  
Section 1 Composition.**

Add the following sentence to the end of the paragraph:

**Whoever is nominated as treasurer be resident in the United States for ease of working with the US banks.**

**Rationale:**

*Although we are a worldwide fellowship, and have successfully had Officers of the Board residing in countries other than the US, the banking services the fellowship uses are based in the US, and this is proposed to keep the functioning of the fellowship's finances operating smoothly and seamlessly.*

\* \* \* \* \*

## Nicotine Anonymous Day One...

I am now 19 days nicotine-free and I have been walking this path with a quit buddy. Every day we send each other a text message declaring how many days we have been nicotine-free. For a while it was only day one, over and over again. And then it wasn't!

I made it through day one and got to day two, and then through day two to day three! Now the days are going up and up. It is not day one over and over again, and I am so grateful.

Here is a text I sent to my smoke buddy. My sponsor asked me to share it for anyone who is on day one again and again.

"It took me so long to get here but I feel so grateful to be smoke-free. I remember 'never quit quitting,' so I keep going. Day one is most important no matter how often you do day one."

Mary Beth M  
Raleigh, North Carolina

## From Nic-Affliction to NicA...

At conception —  
mom's cord delivered it  
with each drenched puff.  
In our house,  
heir to my parents' air,  
I breathed their gray blues.  
From television —  
electrified heroes lit fantasies,  
ads jingled tingled satisfaction.  
In my mind,  
question never was whether,  
only which will be my brand.

Hidden by wooded backdrop where  
tracked trains moved audiences past  
boy-rebels displaying our props,  
lighters and stolen packs  
we dared to take —  
unrolled from a bicep sleeve.  
Perform the ritual of tap tap tap —  
pull the red strip, undress delight —  
lift foil to display the rack —  
select a scented stem —  
slide smooth between fingers,  
lay it on the lip.  
Scratch wheel across flint,  
sparks burst into flame  
with an ever-enticing warmth.  
Ignite the power of the pack,  
as drags draw in acceptance —  
slow glow cool.

Suck awkwardness into silence,  
lift fears on puffed out clouds,  
flick pain away in ashes—  
how I hailed my consolors  
in the pack.

While nicotine's fang bite,  
with venom-craved demands,  
numbed senses into drug denial.  
Years snuffed out decades,  
detoured dollars, wasted wallowing,  
as endless butt piles dumped.  
Doctor's foregone forebode gone by,  
New Year's, birthdays passed away.  
My prescription:  
scathing self-riptides,  
cartoned-off walls,  
a withdrawn world,  
cursing hacked-up sputum  
spat in spite.  
Existing inside a tar-wreaked stench,  
choking on forgotten promises —  
I writhed at my bottom.

By miracle of grace  
I found a fellowship -  
lifting me to letting go.  
Each day asked anew,  
for help, humility, hope —  
to not inhale toxins  
and thoughts that tear.  
Instead, decide to take in  
a gentle Care and peace  
I have long sought.

My surrender  
to patience and willingness —  
to practice with actions and in spirit  
a Step-by-Step process —  
to recover respiration by inspiration,  
restore dignity with integrity,  
live in, and with, the present,  
free as this clear precious air —  
grateful for my constant companion,  
the daily breath I am given.

Checko M  
New York



### 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**





## **From the Free Bridge Telephone Group...**

*For this issue, Free Bridge members offer a special edition of **Heard It At A Meeting.***



### *What It Was Like...*

I used to kneel at the altar of an ashtray.  
You can never get enough of what you don't really need.  
I scream, you scream, we all scream for nicotine.  
You can tell an addict, but you sure can't tell them what to do.

### *What Happened to Change Me...*

You hit bottom when you stop digging.  
I would rather enjoy my body than destroy my body.  
(A plea to HP to quit) I will tell everyone it was you and not me!  
Listen to the whisper - the still small voice in your heart. That's God talking.  
I'd rather be chunky than a chain-smoking junkie.  
I can always manage to lose the weight, but I can't afford to lose a lung.  
I need a hook remover.  
I can take it in stride. I have crucified my pride.  
Any solution is better than pollution.  
My only goal is to keep those things out of my mouth!  
It was awful (the cravings), but wonderful.  
Quitting might be the hardest thing I do in life, but at least I'll have won.

### *What It's Like Now...*

I got to know myself without nicotine. Nothing else matters than this.  
If you don't have serenity, you don't have nothin'.  
I'd rather be nicotine-free with an occasional urge to smoke, than a smoker with a constant desire to quit.

The good news is: you get your feelings back. The bad news is: you get your feelings back.  
Serenity is not the absence of conflict, but the ability to cope with it.

### *So How Can I Get There?*

Be part of your solution.  
Cultivate the quit.  
A meeting a day keeps the nicotine away.  
Can't try it if you don't buy it.  
Stay away from them, don't bum them.  
Rat out your addict.  
I'm not saying it's going to be easy, but I'm telling you it's going to be worth it.

### *And Some General Good Guidance From Those Who've Been There...*

I came for the smokes and stayed for the folks.  
I'd rather risk one thing for everything than risk everything for one thing.  
Think: what would a non-smoker do?  
We are all the same distance from the ditch.  
Quitters never win and winners never quit.  
Make it a great day and be good to yourself.  
I choose life (*in breath*).  
Life chooses me (*out breath*).  
Bless it or break it.  
Never say never.  
When you have trouble saying anonymity: first name is Anna and second is Nimity.  
Keep on the right track - don't be derailed from your sobriety.  
There's no such thing as a safe cigarette.  
Avoid people, place and things (when first entering into a quit).  
If I want to save my soul, I go to church. If I want to save my a\*\*, I go to a Nicotine Anonymous meeting.



## **Contempt Prior to Investigation...**

I find inspiration in the frequently cited Herbert Spencer quote included in the Big Book of *Alcoholics Anonymous*, 4th edition, page 568. It reads:  
"There is a principle which is a bar against all information, which is proof against all arguments and which cannot fail to keep a man in everlasting ignorance — that principle is contempt prior to investigation."

It is inspiring because it reminds me that I don't know everything, *can't* know everything, and that I must be willing to suspend my disbelief, and "investigate." This has proven true throughout my recovery journey.

First there was the doubt I had that I was addicted to nicotine. Surely if I just exerted enough character, enough will, enough guts, I could quit smoking. But inevitably, I returned to that pack of smokes, that lighter, that ashtray, head hung low... My "investigations" into quitting had indeed revealed my addiction.

Finally coming into Nicotine Anonymous, I was told that a Higher Power could help me if I turned this intractable problem over for healing. Again, there was doubt. How could that be? How could a Higher Power be interested enough to get involved with my little problem, let alone relieve me of it? Yet in NicA meetings I heard person after person testifying it had happened for them in just that way. Dare I try? Dare I investigate for myself and risk potential failure? I prayed for the willingness to give it a shot, and one morning after a particularly demoralizing experience of trying to hide my smoking from family, I asked Higher Power to take the addiction from me. I just gave up and got out of the way.

I haven't had to use nicotine since that day. It has been many years now, and though it was not easy to walk through the subsequent nicotine withdrawal and the adjustment to a new way of  
*continued on page 8*

living, I have felt the helping hand of Higher Power and Nicotine Anonymous every step of the way.



Such a powerful experience has taught me that having "contempt prior to investigation" is not only foolish, but wastes a lot of time that I could be spending on living a happy life! And yet, I am stubborn and must periodically be reminded that I don't know everything, *can't* know everything and that I must do research, experience trial and error, and not make assumptions. This has proven true with relationships, jobs, family situations — everything, really.

Step 11 has proven to be key. Regularly seeking guidance through prayer and meditation helps me be open and willing to hear the promptings of my Higher Power. Inevitably when I fail to "check in" in that way, and instead proceed willfully, headlong into a situation, regrets and suffering follow. I have learned to pause, "investigate" my Higher Power's will for me, and proceed accordingly. What a relief it is... It is as wonderful as not having to use nicotine. Thank you, Higher Power! Thank you, Nicotine Anonymous!

Chris H  
Phoenix, AZ

\* \* \* \* \*

**Pray  
Until  
Something  
Happens**

## NAWS Current Service Opportunities

Rotation of service is a principle that embodies the spirit of Tradition Two: "Our leaders are but trusted servants; they do not govern."

A number of our current committee coordinators would like to rotate out of their current positions. Is it time for you to step up?

Our **Website Coordinator**, Chris F, has become extremely busy at his day job and would like to step down. As we prepare to transition to a WordPress-based website, we could use someone to lead this group as well as several reliable volunteers.

Our **Public Outreach Coordinator**, Brenda M, has served in this position for a number of years and is ready to hand this off to someone new. She is happy to stay on the committee and help get you up to speed.

In addition, the following coordinator positions are still open:

**On Demand E-Book Coordinator:** We need someone to organize efforts to translate our literature into downloadable formats such as Kindle and NOOK. Our Literature Coordinator can help get you started, but as he already has three coordinator positions, it would be great if someone else could take this new position and run with it.

**Name and Logo Protection Coordinator:** This person will become familiar with NicA trademark policies and investigate complaints about outside entities using our name and logo. This would involve contacting said parties and diplomatically resolving potential conflicts.

**Archives Coordinator:** On our current website, under "About Us," then "Archives," you can see what type of information we want to save for posterity. Once familiar with this site, you

can identify gaps and work towards preserving our legacy for future generations.

If you don't feel ready to lead as a coordinator, we always appreciate volunteers willing to serve as members on existing committees, including people to return messages sent to the 1-877-TRY-NICA phone line.

If interested, please contact [chairperson@nicotine-anonymous.org](mailto:chairperson@nicotine-anonymous.org)

\* \* \* \* \*

## Nee Nee's NicA Song



I love NicA! It saved me,  
By working 12 Steps diligently  
we become awakened spiritually.  
I love NicA! It saved me.

Just give NicA half a chance,  
You're not here by happenstance,  
NicA'll work for you if you just  
keep on coming back.  
Just give NicA half a chance.

In NicA's Tool Box are five Tools: Sponsors, meetings, phone lists too, along with service and literature. NicA's Tool Box'll work for you.

Cravings'll pass whether we use nicotine or not.  
Apparently that is our lot.  
By not using, lengths will  
always become strengths.  
NicA takes out the suspense.

Decide this moment to  
embrace your miracle.  
Ignore the Nicodemon  
and say, "Yahoo!"  
Our Promises really do come true.  
They came true for me and they'll  
come true for you too!  
Stick with NicA, we're here for you.

ReneeNee  
Free Bridge phone member from CA



# Give the Gift of Freedom



As we approach one of the most popular times of the year to quit nicotine, (based on the increase we have seen in our fellowship attendance), NAWS Public Outreach has created this project and hope for your involvement to carry the message. How about picking a time to get together with fellow recovering nicotine addicts in your area and deliver some materials provided by NAWS Public Outreach? You can distribute these items to receptive places of business such as doctors' offices, hospitals, treatment centers, etc. Let your creativity flourish! Or reach out on your own if there aren't local fellow recovering nicotine addicts. Service moves mountains and does wonders for our peace of mind!

## **Make a day of it!**

Keep your geographical area small, your goals limited and your time pre-set. For example, we suggest that you visit and distribute materials to 13 locations near your meeting. Go with other members or enjoy going alone, then meet afterwards to compare notes and reward yourselves for your outreach efforts.

## **Suggested Materials to Bring**

- Business Card Holders for each location you visit with our free business cards (We do not have holders to give away, but they have them at some stores for \$1)
- Tape, push pins and/or a staple gun
- Flyers, business cards and pamphlets can be obtained by contacting [OutreachCoordinator@nicotine-anonymous.org](mailto:OutreachCoordinator@nicotine-anonymous.org)

## **Recommended Locations**

Anywhere that has a public bulletin board, such as libraries, AA meeting halls, doctor and dentist offices, hospitals and institutions - including chemical dependency units and drug treatment centers, homeless shelters, markets, drug stores, parks, or coffee shops. (Remember to always ask for permission to post flyers and place other literature and verify Covid protocols.)

## **Things to Keep in Mind**

Please remember that when representing NicA, we seek to share our message through attraction, not promotion. Also please be safe. Share your experience by reporting back to the Outreach Committee or write an article for *SevenMinutes*. The list of locations above is by no means all inclusive. You may come up with an incredible location we haven't considered.

## **Other suggestions**

Place a meeting notice in your local paper's calendar of events; Create a recurring ad for your meeting for online message boards; Donate a NicA book to a local recovery center.



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# **NAWS** Conference **2023**

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*Nicotine-free in '23*

**April 21 - April 23, 2023**

Baltimore, Maryland

In-Person & Online



**FELLOWSHIP - SPEAKERS - WORKSHOPS - ELECTIONS - SERVICE**

Please visit registration website  
for hotel information and  
conference details.

Register Today by visiting:

Website is still being developed

# 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...

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

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



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

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

	<u>Jan -Sept</u> <u>2022</u>	<u>Jan - Sept</u> <u>2021</u>
<b>Ordinary Income/Expense</b>		
<b>Income</b>		
4000 · Donations	12,903.02	14,827.59
4100 · Literature Sales	18,620.56	22,797.09
4290 · Shipping & Handling Income	5,176.17	5,953.79
4185 · 2021 Conference	—	3,730.27
4186 · 2022 Conference	1,688.44	-1,000.00
4187 · 2023 Conference	-1,500.00	—
Non Profit Income	123.26	44.50
Miscellaneous Income	10.59	11.23
Sales of Product Income	2,627.72	2,570.11
<b>Total Income</b>	<b>\$39,649.76</b>	<b>\$48,934.68</b>
<b>Total Cost of Goods Sold</b>	<b>\$17,652.32</b>	<b>\$15,945.03</b>
<b>Gross Profit</b>	<b>\$21,997.44</b>	<b>\$32,989.65</b>
<b>Expenses</b>		
6000 · Office Expenses	22,517.95	20,828.33
6600 · WSO Expenses	4,020.33	-361.96
6900 · Other Operating Expenses	76.36	61.59
<b>Total Expenses</b>	<b>\$26,614.64</b>	<b>\$20,527.96</b>
<b>Net Operating Income</b>	<b>\$-4,617.20</b>	<b>\$12,461.69</b>
<b>Other Income</b>		
8000 · Interest Income	5.82	4.29
<b>Total Other Income</b>	<b>\$5.82</b>	<b>\$4.29</b>
<b>Net Income</b>	<b><u>\$-4,611.38</u></b>	<b><u>\$12,465.98</u></b>



# BIRTHDAY CONGRATULATIONS

**Marshall W – 10/20/12 Liz – 12/22/98 Sol S – 1/24/12**

**Jean D – 1/11/05 Joann C – 1/31/85 George R – 2/19/98 Joe D – 3/15/05**

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**

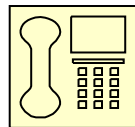
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## Nicotine Anonymous Meeting Options

*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)*

## NICOTINE ANONYMOUS MEMBER GRATITUDE PROGRAM

# My Gift of Gratitude

### *Where would we be without Nicotine Anonymous?*

(Probably still using nicotine.)

If 200 nicotine addicts or groups donated \$10 a month each, the organization we depend on for our freedom from nicotine would make its monthly operating expenses and have more resources for public outreach.

Many of us are blessed with the opportunity and happy to give back with **"MY GIFT OF GRATITUDE."**

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## WAYS TO DONATE

- **On our website:** [www.nicotine-anonymous.org/gift-of-gratitude](http://www.nicotine-anonymous.org/gift-of-gratitude)
- **Mail your donation directly via paper check:**  
Nicotine Anonymous World Services  
6333 E. Mockingbird Lane, Suite #147-817  
Dallas, TX 75214
- **Set up online monthly bill pay at your bank.**

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**Members who donate a minimum gift of \$10 per month receive a complementary subscription to our quarterly newsletter, SevenMinutes.**

Whatever you give is given back to help addicts through Nicotine Anonymous.

Thank you for helping achieve our primary purpose:  
to carry the message to the nicotine addict who still suffers.

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



# SevenMinutes

**NAWS Office**  
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

Need to hold a virtual Intergroup or Committee meeting?

NAWS can assist by using our video conference account to set up NicA-related meetings and providing a link to be emailed to attendees.

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

*This 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
<i>My old address was:</i>		
ADDRESS		STATE ZIP CODE