



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

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

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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Chairperson's Report

I find myself grounded in our Traditions lately. We have been busy on the board and in committees! At every moment in our service work, a Tradition is revealing itself to keep us grounded in our primary purpose - to carry our message to the nicotine addict who still suffers.

This quarter we have been working on a business plan to help World Services better connect and support our fellowship. Our fellowship has grown quickly and changed considerably through and beyond the pandemic. It is time to evolve our approach and to review our needs to best serve our members. We look forward to sharing a plan with you soon!

Our service structure committee has been reviewing our bylaws. It is no small task and requires patience and commitment to ensuring the future of the program is solid for the still-suffering addict to come. If you are interested in how we serve our fellowship, how we operate and why, JOIN THIS COMMITTEE! If you would like to vote on their proposed changes, become a delegate and come join us at the conference.

If our dreams come true, our new website will be done before the new year. It has taken a committee, the board, a liaison, treasurer, and a designer to get our needs met! We believe the new website will be much easier to navigate - easier to find a meeting, buy literature, and make donations. I look forward to being able to find all of the incredible resources it offers us.

And finally, we share both sadness and excitement as we soon transition to a

new Office Manager. It will be most excellent for the fellowship to have a new voice to carry our message through the office and to make sure calls are made, bills are paid, and books are shipped with the kindness and care we deserve. Tradition Eight states, "Nicotine Anonymous should remain forever non-professional but our service centers may employ special workers."

I'm sure I have not known a more special worker than our outgoing Office Manager, Bill P. Bill is and has been a keystone to our community. It is tough to imagine an "Office" without him! He has given us a great gift but alas, is ready to kindly pass the torch. I am so grateful for all that Bill has done for our fellowship as our one special worker. Please help me celebrate Bill P and thank him for all his years of service to the fellowship.

*Thank you,
Bill!*

*In Peace,
Danelle R
NAWS Chair*

Stay connected to Nicotine Anonymous World Services!

Receive emails directly from the NAWSO board by subscribing to **NicA News**

Click on the **Newsletter** dropdown menu at www.nicotine-anonymous.org

The Twelve Steps of Nicotine Anonymous

1. We admitted we were powerless over nicotine—that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God, as we understood Him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory, and when we were wrong, promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry it out.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to other nicotine users and to practice these principles in all our affairs.

The Twelve Steps and Twelve Traditions reprinted and adapted here with the permission of Alcoholics Anonymous World Services, Inc. Permission to reprint and adapt the Twelve Steps and Twelve Traditions does not mean that A.A. is affiliated with this program. A.A. is a program of recovery from alcoholism—use of the Twelve Steps in connection with programs and activities which are patterned after A.A., but which address other problems, does not imply otherwise.

The Twelve Steps of Alcoholics Anonymous

1. We admitted we were powerless over alcohol—that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our Lives over to the care of God, as we understood Him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.

7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory, and when we were wrong, promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry it out.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to other alcoholics and to practice these principles in all our affairs.

The Twelve Traditions of Nicotine Anonymous

1. Our common welfare should come first; personal recovery depends upon Nicotine Anonymous unity.
2. For our group purpose there is but one ultimate authority - a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for Nicotine Anonymous membership is a desire to stop using nicotine.
4. Each group should be autonomous except in matters affecting other groups or Nicotine Anonymous as a whole.
5. Each group has but one primary purpose - to carry its message to the nicotine addict who still suffers.
6. A Nicotine Anonymous group ought never endorse, finance, or lend the Nicotine Anonymous name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.
7. Every Nicotine Anonymous group ought to be fully self-supporting, declining outside contributions.
8. Nicotine Anonymous should remain forever non-professional, but our service centers may employ special workers.
9. Nicotine Anonymous, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. Nicotine Anonymous has no opinion on outside issues; hence the Nicotine Anonymous name ought never be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, TV, and films.
12. Anonymity is the spiritual foundation of all our traditions, ever reminding us to

place principles before personalities.

The Twelve Traditions of Alcoholics Anonymous

1. Our common welfare should come first; personal recovery depends upon A.A. unity.
2. For our group purpose, there is but one ultimate authority--a loving God as he may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for A.A. membership is a desire to stop drinking.
4. Each group should be autonomous except in matters affecting other groups or A.A. as a whole.
5. Each group has but one primary purpose --to carry its message to the alcoholic who still suffers.
6. An A.A. group ought never endorse, finance or lend the A.A. name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.
7. Every A.A. group ought to be fully self-supporting, declining outside contributions.
8. Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.
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Our Preamble

Nicotine Anonymous is a fellowship of people 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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The Best Journey of My Life Began With One Step...

I quickly became addicted to nicotine in my mid-twenties. Thirty eight years later I set my quit date, November 5, 2021, the six year anniversary of my son gaining his freedom from nicotine. My miracle came suddenly a week earlier - the night of October 28th. I ran out of cigarettes and had no desire to go to the store to get more. I wanted to gain and keep my freedom from nicotine but wasn't sure how to do that.

So on October 29th, my first day of freedom, I did an online search for Smokers Anonymous and found Nicotine Anonymous (NicA). I have since heard many other NicA members share about doing a search for Smokers Anonymous and finding NicA instead. In finding NicA it was such a relief to finally understand that I could not quit nicotine - not because I was a bad person, but because I was a nicotine addict. All those light and airy, meaningless appeals from well-meaning people such as my doctors, family, and friends failed to help me find my freedom. No matter how much I loved my family, pets, and friends, I was an addict and it took other addicts who understood to help me find the way.

The best journey of my life began with Step One. Although I loved the effect I got from using nicotine, I certainly did not like the consequences. In NicA meetings I finally admitted I was powerless over nicotine and that my life had become unmanageable. Unmanageable how? Well, to get honest, I started with how my hair, clothes, car, and home stank. I lost over half my teeth. I developed osteoporosis, COPD, and emphysema.



When I smoked that first cigarette, I immediately started stunting my emotional growth. Instead of acknowledging and actually feeling pride, sorrow, happiness, etc., I used smoking as a reward for getting a chore done, as a comfort when things weren't going well, or in celebration of milestones. My coping skills were almost non-existent without nicotine.

I made job choices based on which employer would allow me to smoke in the workplace (they did that back in the 70's). I effectively gave up many career dreams because nicotine was more important to me. I had been a ballet dancer for 20 years and wanted to go into teaching but because of my nicotine use, my health would not allow it.

When I had children, I set a bad example for them, and one became a smoker as an adult. I spent my days trying to hide my nicotine use from friends and family, and particularly from the church. In the religion I was a member of, smoking was an excommunication offense. This meant it was imperative to try and hide my nicotine use. However, I was not successful in hiding anything except my true feelings. I was eventually removed from my faith community.

After about eight weeks of attending NicA meetings, I found a sponsor who guided me as I took the Twelve Steps. I came to believe that a Power greater than myself could restore me to sanity and He has. I realized that my life, run on self-will, had not been successful. I made the decision in Step Three to turn my will (thoughts) and my life (actions) over to my Higher Power. I then leapt into action, working Steps 4 through 9. Now I live and grow in Steps 10 - 12 every day to keep in "fit spiritual condition." I pray and meditate to improve my conscious contact with my God as I understand Him.

I continue to take personal inventory and discuss with others, usually my sponsor, those things that should be discussed at once. I make amends to others when amends are due. I look for opportunities to improve myself and to serve others. I carry the mes-

sage to other nicotine addicts. By sponsoring others I give away what has so freely been given to me.

In Nicotine Anonymous I have a community of so many kind, caring, supportive nicotine addicts, those recovered and those still struggling. Soon after I started attending meetings, I was asked to serve as chairperson for a few meetings. I was told that service would enhance my recovery and it certainly has. I now chair, host, and co-host meetings as well as serve on committees and as a Nicotine Anonymous World Services delegate.

I have seen the Promises fulfilled in my life. Through the Steps I have found the spiritual solution to my powerlessness over nicotine. I know a new freedom, happiness, serenity, and peace. Although I live with an active nicotine addict, I no longer have cravings nor do I avoid temptation. My Higher Power has solved my problem. Instead of "me, me, me" it is now "Thy will, not mine, be done. Please show me where I can be of service today." I am certain that without the support I found in the program of Nicotine Anonymous, I would not be celebrating two years of recovery. My Higher Power, through this program, has done for me what I could not do for myself.

*Terri D
Mims, FL*

* * * * *

A Smoke-Free Day...

Another smoke-free day,
It's nothing to take for granted.
Placing a zero next to
Cigarettes smoked,
Traveling
on my
way...



*Jon B
Belmont,
MA*

**Upcoming Phone
Marathon**

**December 25
Holiday Marathon**



All meetings are hosted
by the Free Bridge
Telephone Meeting group

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
for information on
all regularly-scheduled NicA
phone meetings



**Attention
Free Bridge callers**

Carrier trying to charge or
block you from getting on a
phone meeting?

First dial 720-844-1217
Enter access code 207490#
Then dial the work-around
number

**(new as of 9/2023)
518-906-1708**

Follow the prompts.



In Memory of
Linda K

On August 17 the Free Bridge telephone meetings lost a matriarch.

"If no one has told you that they love you today - I love you!"
That is what you would hear if you heard our Linda share on a Free
Bridge phone meeting.

Linda was a gentle soul with a strong presence for all on our meet-
ings. She has left her legacy through all she touched. We can still
hear her voice and laugh. Linda paved the way for others, and often
reached out to call people when they needed someone to talk to or a
friend to cheer them on.

Linda was a sponsor in NicA and in other fellowships. She helped so
many people with addictions and was asked to talk at their conven-
tions. She lived the last 10 years on oxygen. It was a struggle for her
to shuffle her tanks and batteries. We are happy she won't have to
struggle to breathe anymore.

From a sponsee: "When my previous sponsor passed due to COVID-
19, I knew I needed a spiritual advisor. I knew my answer was to go
with Linda. That is how it all started with us. Eventually she also be-
came my sponsor. Our love for each other grew day by day. We had
so many things in common, yet we were different. We had a strong
bond. She was the best! You could confide in her and it wouldn't go
anywhere. I loved her dearly and her loss is great. The day after her
passing I saw her on Facebook for the first time - I cried some more.
Now I will also remember her for her million dollar smile!"

From another sponsee: "Linda was my sponsor for over 9 years. Eve-
ry time I called her, the first thing she asked me was if I used all of
the five tools in my tool box. Then she would ask me if I wrote a
gratitude list. Linda taught me to get into action to keep my smobriety
strong. She gave me the trifecta/three way winning solution: my
Higher Power whom I call God, my NicA sponsor, and my NicA
group."

Linda was a big dreamer with childlike imaginations. She sure
brought a lot of color and life with a lot of LONG conversations... And
did Linda love to talk! She loved deeply and did her best to make you
feel special. She was always ready to share her testimony. God only
knows how many lives she touched...

Linda always said, "Keep coming back - it'll work for you, if you work
it." She'd say, "May peace be with you always. Don't leave before
your miracle happens - it's already begun!"

We know that we have an angel looking over us now... And that our
Linda is sleeping with the angels. Listen! Do you hear that?! As Linda
would end her share, "Sleep with the angels."

Friends forever...

A Holiday Poem, NicA-Style...

'Twas the night before Christmas -
we were all on the phone
Enjoying a meeting instead of
using nicotine alone.
The readings were ready,
the topic was made.
The meeting was started
and then we all prayed.
When the line became unmuted
there arose such a clatter.
We all jumped up and listened
to hear what was the matter.
The Chair continued to mute the line
to no avail
Kept trying to fix the mix-up
and follow the trail.

A newcomer we find had
joined in the call
And said please help me,
I don't want to smoke at all!
To start with, he said, it's more
than not using nicotine.
It's crazy, I just can't stop this
crazy thinking.
You're at the right place
and the slogans were shared
To help the newcomer and show
that we cared.



Step 1 is a start,
we said you should know.
But after Step 2, we'll be all
aglow.

We make a decision when
we get to Step 3.
Step 4 was a bit tough,
we all could agree.
Step 5 is the one where we
let it all out.

And after Step 6 and 7,
we're left with no doubt.

When we get to Step 8,
we make our full list.
And then with Step 9
we have to persist.

After Step 9, more promises
ring true.
We didn't just make that up,
right out of the blue.

After that, it's on with the rest,
The things we must do
to be our best.
The newcomer laughed
as he got ready to leave,
Shouted thank you for helping me
this Christmas Eve.

For all my friends - I want to say...
No nicotine today!

Have a nice holiday!
Merry Christmas,
Happy Hanukkah,
Happy Holidays,
sisters and brothers!

Jorie in NC



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, see
nicotine-anonymous.org
or send an email to
outreachcoordinator@nicotine-anonymous.org

Quote Corner

"We have learned the best way to
keep our madness from resuming
control of our lives is by sharing our
new gift of life with those who are
still suffering."

- *The Book*, 6th edition
page 107

Living a Spiritual Life...

What does it mean to live a spiritual
life? How can a hard-core nicotine
addict turn things around and live on
a spiritual basis?

For me, it's been a gradual process.
As the smokescreen cleared around
me and inside me, I began to notice
little things, obvious things that I
wasn't present enough to notice be-
fore. It was like I awakened from a
long sleep to find new sounds,
smells and sights everywhere. Work-
ing the Steps added still more di-
mension, and with that came
awareness that I don't live in isola-
tion; that what I do and say really
does affect others. Even what I *think*
has an effect. I realized my Higher
Power was showing me the connect-
edness of all things, and that alt-
hough I am but one, I must strive to
be the best one I can be.

And so I came to see how much I
need this program, for left to my
own devices, such an enterprise
would falter and fail. Because of the
program and the Steps, I now have
conscious awareness of the princi-
ples I must live by. Thanks to my
Higher Power, a life of smoking and
shutting others out has been re-
placed by a willingness to engage
and to come from a spiritual place,
one day at a time.

Chris H
Phoenix, AZ

What Happens If NAWS Shuts Down?

It seems that Nicotine Anonymous World Services (NAWS) has come to a crossroads. Over the last several years, our fellowship has undergone both significant growth and unprecedented change. Even before the pandemic, our online and phone meetings had seen incremental growth. However, the social distancing and isolation caused by COVID-19 has accentuated that expansion and, sadly, permanently closed a vast number of the face-to-face meetings that so many of us had enjoyed for decades.

Having more people come to our meetings and our fellowship by any means is a wonderful thing, but the groups using video conferencing, online and telephone channels are not participating in the Seventh Tradition nor purchasing physical literature in the same way that the in-person meetings had in the past. Contributions made by groups and intergroups and literature sales make up the vast majority of the revenue received by Nicotine Anonymous World Services.

At the same time, the lack of physical meetings and the demise of some of our intergroups has eroded the support systems previously used by our members, creating greater demands on our NAWS office manager. Additionally, the evolution of our NAWS Conference from a purely in-person gathering to a hybrid online/face-to-face function, while increasing access to members around the world, has also created a substantial financial burden on NAWS finances.

In the spirit of rigorous honesty, while there are currently some resources in our treasury, we have been running at a deficit over the last couple of years and, if this trend continues, we run the risk of financial insolvency. This could certainly jeopardize World Services and cause

us to cease providing you with the services that thousands of members have depended upon over the years. Paradoxically, it seems from the lack of contributions that many of our members are unaware of what NAWS does and what will disappear if it shuts down. Let us count the ways:

- Newcomers would be unable to find your meetings because the Nicotine-Anonymous.org website and the Worldwide Meeting List that our office manager helps to maintain would no longer exist.

- Our existing literature would be unavailable in digital or physical form because the website would not be there to download it from, and the office manager, who performs scores of other tasks, would not be there to ship it.

- There would be no new literature because there would be no way to print or publish it and there would be no conference of delegates to approve it.

- There would be nobody to pay the bills for the 1-877-TRY-NICA phone number and thus the hundreds of desperate addicts looking for help would find none.

- The emails, phone calls and other correspondence from members, the public and the media typically fielded by the office manager would also go unanswered.

- *SevenMinutes*, the very publication you are reading now would no longer exist and we could no longer enjoy the recovery and wisdom contained therein.

- The archives and documents recording the history of our fellowship, which are also handled by our office manager, would be lost without someone and someplace to maintain them.

- Without NAWS, there would be no conference for our members and delegates to bring their ideas and desires to nurture and grow our fellowship.

- There would be no national and international outreach efforts without World Services to provide these.

While the groups and meetings are

the lifeblood of our fellowship, so much of the recovery that happens there is enabled by the work done by Nicotine Anonymous World Services, the office manager, the board of officers, coordinators and other volunteers. We can only hope that those reading this will come to appreciate the support NAWS offers and work with their groups to ensure that the Seventh Tradition is being observed and a portion of those contributions are shared with NAWS. Additionally, individual members can participate in programs like A Gift of Gratitude or Legacy Donations. Purchases of physical literature both for oneself and for others go a long way in supporting our efforts as well as enabling recovery for those who read it.

The NAWS officers and servants are working on ways to help ensure the viability of World Services for years to come but it is important that our members have an understanding of what would be lost if it were to cease to exist.

- *NAWS Business Plan Committee*

* * * * *

Seven Minutes Meditation



Today I pray to act in ways
that support my recovery,
support my fellows,
and support my program.
Help me know
how I may be of service,
that I may do Thy will always.

- *Chris H*
Phoenix, AZ



**Hear
Ye!
Hear
Ye!**

The **Free Bridge** telephone meetings will celebrate 20 years in January! A special shout-out goes to Scott J for his leadership role with the Free Bridge all these years.



Thank you, Scott!

The Eleventh Step...

When I was new in Nicotine Anonymous, I kept reading the Steps, but most of all, the Eleventh Step. I liked it because it had the most moving parts. It was the longest Step, the most complex.

My Nicotine Anonymous recovery was the first recovery program I really worked. I belonged to another Twelve-Step program or two, and one would say those programs were more significant because of the "big" Twelve-Step situations they dealt with.

Nicotine Anonymous was just the right size of program in Phoenix, where I began my recovery. Quickly I personally knew about everyone in the fellowship, and we all were in two or three meetings a week together, the ten or twelve of us. Some of us are still recovery buddies and so much more, thirty-plus years later!

More than that, Nicotine Anonymous was where I experienced all parts of a Twelve Step fellowship. I attended World Services conferences and did service at the world level. It's still that way, nicely. Anyone can go to a World Services Conference and participate. They'll be happy to have you and what you do will be appreciated greatly.

My Nicotine Anonymous sponsor was the person who took me through all Twelve Steps, and that took three and a half years! That's how long it took me, and it seemed just the right amount of time. He was a "feel good" sponsor, who ended every call with something like "I admire how you work your program. You're a real hero to me." That's the sponsor I needed, with my jangled nerves leaving nicotine behind, and it's the sponsor I aim to be now. "You're doing great. You sound strong. Call me if you get a craving - I'm rooting for you."



But always I had my eye on the Eleventh Step, the many parts of it, what it asked me to do, and what it promised me.

The main thing I liked and wanted was to have power again. I'd spent years emphasizing all the elements of life I was powerless over, and that was correct and gave me much release from stress. I saw in the wording of the Eleventh Step, that when I finished it, I would have "the power to carry it out." Power! Once again! Cool!

But it's a very special power - the power to carry out my destiny as I was finding it in recovery. Working backward in the Step, this power I would get would be gaining "the knowledge of God's will for me" - that would be what I would do with my newfound power - carrying out God's will for me! (At the time I'm pretty sure I said "The Universe" rather than God, y'know.)

The way this worked for my Nicotine Anonymous program was that it was taking me to a big picture of my life, no longer focusing on maintaining my small addictive habits like smoking cigarettes, and spending less time and effort on shopping or coffee drinking or watching TV. I was thinking about my mission in life, my life work, my contributions to the world - and that this time my actions would be special and wonderful, formed by the elements of the Eleventh Step: (1) prayer and (2) meditation, (3) seeking to improve my conscious contact with my HP, (4) asking for knowledge of that HP's will for me, and (5) the power to carry it out. Wow!

That meant everything to me. I would have power - I keep it kind of quiet but I am a power freak. Aren't we all? But now it would be a superpower, cultivated in an amazing process and now bringing benefit - giving, whereby I receive.

*Paul B
Phoenix, AZ*



Nicotine Anonymous Step Study Workbook

A helpful tool for working the Twelve Steps

Available for purchase in the Nicotine Anonymous Store

www.nicotine-anonymous.org

The First Nicotine Anonymous UK Convention: Together We Change



The United Kingdom's first-ever NicA convention was held Saturday, October 7. Aimee C gives a firsthand account...

Walking into the small building in Luton, just north of London, we were welcomed with open-arm hugs and warm greetings. Of course we got right to work filling gift bags and setting up the coffee/tea station. As more people arrived, a total of 25 attendees, the crowd spilled into the comfortably-sized meeting room while peals of delight and laughter filled the space. How wonderful it was to see each other in person after so many online meetings.

Everyone was called in to take their seats, and after a few announcements and housekeeping items, the inaugural meeting of the first Nicotine Anonymous UK Convention began. It was a regular NicA meeting which started with the Serenity Prayer, Twelve Steps and Twelve Traditions, with a reading from our literature. Everyone had a chance to share. This marked the first face-to-face meeting for many of us.

In the next sessions, we heard a couple of speakers share overviews of the Twelve Steps, and then three speakers shared their views about honesty, hope and faith in Steps One through Three. After lunch, we further immersed ourselves in the program with Steps Four through Six. Speakers shared about sponsorship, and the courage, integrity and willingness it takes. Each of the ses-

sions offered breaks in between for the attendees to share and ask questions.

Steps Seven through Nine brought an engaging workshop on writing a memorial letter to nicotine, which attendees took time to pen and then read their powerful words to the group. The scope and intensity of these writings was inspiring.

Drawing on the ideas of perseverance, spirituality and service, the Steps Ten through Twelve speakers shared about applying the principles of the program in their lives. Their shares served as the perfect way to amplify all that we had experienced throughout the day.

Wrapping up the richness of the day's program in the last session, participants were asked to describe what about the convention worked using only five words. This challenging exercise yielded useful and sometimes funny results. And then we were asked what could use improvement. Many felt we wanted a longer convention!

We wanted more time to share and be with each other. Who knew this insidious addiction that wants to isolate us from life, and from each other, could bring us such wonderful, memorable connections? On this day, we truly experienced that together we change!

*Aimee C
VONR member*



Nicotine Anonymous Third Step Prayer



Relieve me of the bondage of self.

Help me abandon myself to the spirit.

Move me to do good in this world
and show kindness.

Help me to overcome and avoid
anger, resentment, jealousy
and any other kind of
negative thinking today.

Help me to help those who suffer.

Keep me alert with courage
to face life and not withdraw from it,
not to insulate myself from all pain
whereby I insulate myself
from love as well.

Free me from fantasy and fear.
Inspire and direct
my thinking today;
let it be divorced from
self pity, dishonesty
and self-seeking motives.

Show me the way of patience,
tolerance, kindness and love.

I pray for all of those to whom
I've been unkind and ask
that they are granted
the same peace that I seek.

Nicotine Anonymous World Services Conference 2024

See next page for Conference details and registration.
Have questions about Conference costs? The Planning Committee responds...

What's the Money For?

Our Seventh Tradition states: "Every Nicotine Anonymous group ought to be fully self-supporting, declining outside contributions." By not receiving any outside contributions, this ensures we are free to seek recovery our way instead of someone else's.

This Tradition refers to all NicA activities too, not just group expenses. It costs money to hold a conference, retreat, or convention. We need money to run meetings, maintain a website, keep up communications in a worldwide fellowship, hire an office manager and publish literature.

Registration for the 2024 World Services Conference in Asheville, North Carolina is \$150 in person and \$75 online. The in-person charge includes meals and pays for our minimum obligations to the Holiday Inn of more than \$5,450. The registration fee for worldwide online conference participants is higher than in the last few years but is expected to finally cover the expense involved in producing a hybrid conference.

For too long we paid for our dependence on nicotine with our money, our health and our self-esteem. In some cases, our life. Our lives were not our own. One way we start to recover from this degradation is by applying the principle of self-support: We pay our own way. Self-support helps restore our personal dignity and freedom.

And though the only requirement for Nicotine Anonymous membership is a desire to stop using nicotine, many privileges come with it. And with privileges come responsibilities. One of the greatest of these is the privilege and the responsibility of paying our own way—to help NicA be self-supporting. We also have the privilege of being able to reach out to others with the same help that was offered us.

Before we quit nicotine, we didn't hesitate to drop money on a pack of smokes, a new vape cartridge or a pouch of tobacco, no matter how much it cost. As an example, if the average price of a pack of cigarettes in the United States is \$8, a pack a day costs \$2,920 a year. You could go to 19.5 conferences a year, or one nearly every two weeks at \$150.

If we don't pull together to keep Nicotine Anonymous alive and working, nobody else will do it for us. And we wouldn't have it any other way. Each of us needs to do our part to support the fellowship that supports our recovery—with our treasures, time and talents. As our First Tradition tells us, "Our common welfare should come first; personal recovery depends on Nicotine Anonymous unity."

*In Loving Service,
The "Nothin' Could Be Finer..." 2024
WSC Conference Planning
Committee*

The 5 D's
Delay
Distract
Discuss
Drink Water
Deep Breathe

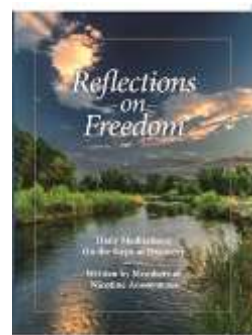
Reflections on Freedom: Daily Meditations on the Steps of Recovery

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



Struggling with Vaping?



Nicotine Anonymous
can help!

See the pamphlet
"Freedom from
Vaping Nicotine"
located on the NicA
website at

www.nicotine-anonymous.org

Nothing could be finer...



Asheville, North Carolina
NAWSC 2024

Nicotine Anonymous World Services Conference

April 12-14, 2024

Hybrid Online/In-person

Register & Book Hotel: nicawsc.com
Contact: conferencechair@nicotine-anonymous.org



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

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



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>2023</u>	<u>Jan - Sept</u> <u>2022</u>
Ordinary Income/Expense		
Income		
4000 · Donations	14,650.40	12,903.02
4100 · Literature Sales	16,760.37	18,620.56
4290 · Shipping & Handling Income	4,458.17	5,176.17
4186 · 2022 Conference	—	1,688.44
4187 · 2023 Conference	-215.16	-1,500.00
Non Profit Income	402.10	101.50
Miscellaneous Income	14.33	10.59
Sales of Product Income	2,424.52	2,627.72
Total Income	\$38,547.73	\$39,649.76
Total Cost of Goods Sold	\$9,320.63	\$17,652.32
Gross Profit	\$29,227.10	\$21,997.44
Expenses		
6000 · Office Expenses	24,402.13	22,517.95
6600 · WSO Expenses	5,295.82	4,020.33
6900 · Other Operating Expenses	106.31	76.36
Total Expenses	\$29,804.26	\$26,614.64
Net Operating Income	\$-577.16	\$-4,617.20
Other Income		
8000 · Interest Income	5.00	5.82
Total Other Income	\$5.00	\$5.82
Net Income	<u>\$-572.16</u>	<u>\$-4,611.38</u>

BIRTHDAY CONGRATULATION

Robin L – 1/6/96 Tom R – 1/9/04

Chick P – 2/26/08 Tara R – 2/27/11 Arthur – 3/2012

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

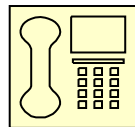
Email: **SevenMinutesEditor@nicotine-anonymous.org**

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
Click **Find Meeting**

Service is the Key

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

OUTREACH COMMITTEE COORDINATOR

Leads the Outreach Committee in developing public outreach projects.



OUTREACH COMMITTEE

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

TELE-SERVANTS – ESPECIALLY NEEDED!

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



TRANSLATIONS COORDINATOR

Works with the Literature Coordinator to continue the efforts to translate our literature into other languages.

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.



ON-DEMAND/e-BOOK PUBLISHING COORDINATOR

Works with our Graphics Design Coordinator and Literature Coordinator to make our books available worldwide. Some knowledge of publishing and e-Books is recommended.

NAME & LOGO PROTECTION COMMITTEE COORDINATOR

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

To volunteer, please email

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."**

WAYS TO DONATE

- **On our website: 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.**

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



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

This format can also be used internationally.

<p>My Address Has Changed! 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 nicaofficemanager@gmail.com</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