



Seven Minutes

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

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Dallas, TX 75214
or email to:
SevenMinutesEditor@nicotine-anonymous.org

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www.nicotine-anonymous.org

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Your trusted servants,
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Chairperson's Report

The end of my term as active chair has arrived. The final three months for me were primarily a time for prepping for the conference in May. I worked with Southern California's Intergroup to help iron out details. It's been great getting to know this group remotely and finally getting to meet them in person.

The conference included some new things this year and I'm happy to report that we learned a bunch during our trials. First, we offered Intergroup Chairs, Committee Chairs and Delegates the opportunity to participate remotely. We had these individuals "present" from their own homes as they listened, provided their thoughts and even voted via the internet. Minus the few disconnections, audio issues and forgetfulness of yours truly on getting input from the group, I believe the trial was a success and will help us build into the future.

Second, we changed our usual workshops into committee working sessions. The literature committee session provided us with feedback on multiple pieces of proposed literature. This committee should continue to grow in the future. The service structure committee session discussed increasing the use of remote participation going forward. A motion came out of the session that included having the conference conducted primarily via remote access next year. This motion did not carry and other suggestions were made that may come to fruition in the near future regarding next year's conference. The third committee session was more of a workshop and discussed the differences between the Nicotine Anonymous Policies & Procedures (P&P)

manual and the descriptions of those committee chairs. Changes will be forthcoming on this P&P.

Finally, new officers for the World Service Board were elected. Bill H was elected to the Chair-Elect position. Martina M is the new Secretary-Elect and Kenny M will be the new Treasurer-elect. Thank you three for stepping up to be of service for NAWSO.

Unfortunately, our amazing Teleservices Coordinator had to step down from her position this month. She has been truly amazing in this role and her service to Nicotine Anonymous and to those still-suffering across the globe has been miraculous. Thank you, Jill, for all you've given and continue to give. This position is extremely important so when it's not filled, we have issues. A member of our fellowship, Kenny M, quickly stepped up and led the charge during April. Thank you, Kenny. Going forward, this committee will be led by Teresa Q. She is ready to take the reigns immediately. I am grateful for all three of these amazing servants. They help make this organization successful.

A piece I worked closely on this year has been the Service Structure committee, helping to prepare for the remote delegate access piece for the conference this year. I believe this is a true game changer for Nicotine Anonymous. The committee has worked hard to make this happen as we believe it will definitely give the entire NicA fellowship a greater voice at the World Service level. Thanks to all the members who have served on this Committee as well.

Since May 1st of last year, I have received over 2500 emails regarding

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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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I'm Too Old to Smoke...

I was always athletic. My social life revolved around running with friends after work. I even ran competitively in 10K and 15K races. I would just stop smoking a few days before the race and then when it was over, I'd "celebrate" by going home and smoking three or four in a row. That was my reward for a race well-run.

As I got into my 30s my breathing became heavier. I'd have to stop running sometimes and pretend my knee was bothering me, urging the others to go on ahead and I'd catch up. There was nothing wrong with my knee. I was a liar and a fraud.

There was a very fit, good-looking man who sometimes ran with us. I hoped that he'd ask me out, but when he did, all I could think about was, *I'll have to make sure he never knows I smoke, because he'd be horrified!* On our first date the glove compartment to his truck fell open and in it was a pack of cigarettes. I was overjoyed! He muttered something about occasionally liking to smoke a cigarette if he had a drink. Thus began, not a romance, but a friendship forged by smoking.

One New Year's we decided to quit together. He relented before I did and bought a pack, so I stole a few from him, pretending I was still quit. I couldn't wait for him to leave so I could smoke them. I was also a thief.



On his 35th birthday he announced that he was "too old to smoke," and he stopped right then and there with no fuss, no program, no group, no complaining. I had always believed that when I got really old (40!), somehow I too would just magically and effortlessly quit. Instead I spent the next 10 years of my life trying, failing, sneaking, feeling ever more disheartened, ashamed, weak and smoking even more. It was like carrying around a backpack filled with

rocks. It used up all my emotional energy. I often wished that I could just accept that smoking was going to kill me and carry on and enjoy it, but I couldn't because my dad died of lung cancer during this period, so I knew what I'd have to go through.

I tried every quitting smoking program available. I did well for the 4, 5, or 8 weeks that they lasted, but as soon as one was over I would celebrate the fact by stopping at a convenience store and buying a soft drink and a pack of cigarettes. Then I'd go home and chain smoke. I paid for one program that held a graduation ceremony on the last day. We were to invite friends and family and receive a "diploma." I went alone. The pack of cigarettes I celebrated with afterwards cost me \$250!

On a bulletin board at work I saw a flyer for Nicotine Anonymous meetings. I knew nothing about Twelve Step programs and I had little concept of a Higher Power. The first meeting I attended was on February 25, 1990. I haven't had a cigarette since February 26, 1990. I've been to a meeting once a week ever since. How did this miracle happen after one meeting??

Looking back, I believe it was because we read Step One that day. Suddenly I felt free of guilt and self-hatred because I learned that I was truly powerless and realized that my life had been unmanageable for many years. Someone suggested that I "act as if" I believed in a Higher Power and whenever possible I should get on my knees and pray when a craving came over me. I did and it worked.

The slogans "Just for Today" and "One Day at a Time" were crucial in my recovery. Every other time I had tried to quit before, I'd say to myself, *"This is the last cigarette I will ever smoke in my life,"* and then reality would set in and I'd equate that to meaning that I'd probably live another 30 years if I quit and have absolutely nothing to look forward to ever!

The other factor that led to my success was that NicA is ongoing. It wasn't just for a period of weeks. The Twelve Steps are a framework for living life that I try my best to follow. I sometimes see the look on newcom-

ers' faces when I get a chip for 28 or 29 years. They're likely thinking, *"Oh no! Does this mean I'm going to have to go to meetings for the rest of my life?"* For me, quitting smoking was just the beginning. So many wise people that I would never have otherwise met have contributed to my self-discovery and spirituality, and I am so grateful!

Nancy Buchanan
Tucson, AZ

Seven Minutes Meditation



Today
I have the power
to live differently.
Through our fellowship
and with the strength
of my Higher Power,
I choose to live serenely
and without the need
of escape.

- from 90 Days, 90 Ways



Upcoming Phone Marathon Meetings

July 4th
“Celebration of Freedom”
and
September 2nd
“Fall into Recovery”

**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: 218-339-2933
Pass code: 944982#**

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



First Few Hours and Days...

Finally reaching out and talking to
someone else,
Sometimes even at the time
I need it most
(not just when I try to stage-manage
conversations that make me
feel good!)
Getting out of my own head about this

My friend tells me to get away
from the cliff edge
I like this clarity, his quick analysis of
what I'm talking about
It gives me a jolt
He's right
My being 20 days from my last cigarette
seems like being on a cliff edge
Looking over and down
just won't help me
He can see that

I couldn't on my own
I can't out-think my own illness

I will walk away, though the magnet pull
for me is strong from down there
This is counter intuitive – something like
a leap of faith
I so want to go and gaze down
I'm fascinated at the horror and pain,
the burning and gurning,
the grinning and spinning
in self-centered gratification
in what lies over the cliff edge
But I can trust enough to walk
I can and will walk away

That pull, it's a fascination with
what's down there
Gleeful excitement about the macabre
and the filth

It's a suicidal fascination
Why? It keeps me doing something
suicidal!

My high, the hypnotizing buzz,
the chemical elimination of my
emotional pains, is suicidal
It's all suicidal
Nicotine the pesticide eliminated
the grasses of feeling inside me
Sometimes relieving me of resentment
and guilt, yes
But it was heavy-handed
It burned all mosses and shoots of
new growth, of natural cheer
and warmth too,
leaving me barren, arid and dark
A burning cornfield that only
the deepest anger survives,
waiting to rise within me,
to shout at myself "idiot" for failing
again

I don't like it but I trust to walk away
No more feeding the craving
and no more shaming
I don't know what I am walking to,
I might lose everything
Sometimes I worry
but I am walking away from
crave, shame, crave, shame
Walking into the Higher Power
of fellowship, meetings, contact
with all my fellows
and deeper connection with a loving God
I cannot define

I didn't pick up
What relief...

*Colin A
United Kingdom*



Nicotine Anonymous

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

Meeting Options:

Face-to-face meetings
Telephone meetings
Online meetings

To find face-to-face meetings:

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



For phone meetings:

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



For online meetings:

Go to www.nicotine-anonymous.org
Click on **Meetings**,
then **Internet Meetings**.
In this section are
live links to two sites
offering the ability
to post messages and receive re-
sponses. Both require the individual
to join the site in order to take ad-
vantage of some of the extra
services, such as searching for
specific posts or files.



Unofficial Nicanon has "Type
Share" meetings. It can be found at:
[https://groups.yahoo.com/neo/
groups/unofficialnicanon/info](https://groups.yahoo.com/neo/groups/unofficialnicanon/info)

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

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

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



Honesty Was the Key...

I started out my recovery in another fellowship and entered into the sunlight of the spirit for the first time in the summer of 2001. Up until then my drug of choice was more and more of anything and everything, however nicotine had been one of my first drugs and it remained to be the last - and boy, I struggled.

I was clean and sober, I thought, and had temporarily arrived into a new bright and light life, but I was soon plagued with bronchitis, chest infections and low mood, due to constant chain-smoking. It was as if nicotine was replacing all the other vices I had. Early on in my nicotine-using phase, which lasted around three decades, tailor-made cigarettes made my mouth sore, so I moved onto rolling tobacco and for a time, all was OK until they eventually also made my mouth sore. It was if my body was saying STOP. I began to hate smoking and decided to stop many times. I threw my tobacco away and then rummaged in the trash to get it back; I would finish my last one and then find myself buying more; once I used an oxyacetylene torch to incinerate a packet and walked straight to the store to buy another. It was relentless.

By this time I was already working a Twelve Step program and was increasingly confused at why this was not helping me. I had a sponsor, was working the Steps, went to lots of meetings and was helping others, yet I had no power over nicotine.

Eight months passed. I gave up many times, mostly for an hour or nearly a day, once for a hellish week. At one point towards the end, I was down to one a day which left me feeling high. My AA sponsor got pretty angry with me, saying this was just like getting stoned and that I should smoke 10 a day or none. We joke about this today because I was looking for a pat on the back for doing well. I was beginning to experiment with honesty and I said to him, red-faced, "I am almost a little bit angry."

I continued to struggle and was more and more confused about why I could

Upcoming Nicotine Anonymous Events Around the U.S.

Annual Joshua Tree Retreat
July 12–14
Joshua Tree, CA
*Sponsored by Southern
California Intergroup of
Nicotine Anonymous (SCINA)*

**Northern California
One Day Retreat**
July 20
Samuel P. Taylor State Park
*Sponsored by four
Northern CA NicA meetings*

*For details on these events,
see registration flyers on the
NicA website at
nicotine-anonymous.org*

not stop. Why was my work in the other fellowship ineffective with nicotine? I prayed and meditated but still no power. Nothing worked, especially not will power.

Eventually I broke down and without realizing it, I became honest. I was in an AA meeting and just blurted out how much I was struggling and how utterly powerless I was. This was an important part of my story for me. It was as if God was waiting for this honesty. At the end of the meeting a lady came up to me and suggested I read a book. As soon as I could I bought the book and read it cover to cover in one sitting. I stopped smoking immediately afterwards.

I don't believe it was the book that was important. I think it was being honest with other human beings and becoming open, willing and ready to try new ideas, particularly those that did not come from my own mind. I had always been self-sufficient and had been trying to stop using nicotine on my own power.

It became obvious - I wasn't working the program at all. I was deluded. No

wonder I was powerless. I was still isolated, trying to manage stopping smoking by myself.

This was a very important lesson. If I am struggling and want freedom from my struggles, am I arrogantly believing I can do it on my own or will I humble myself, report the truth and ask for help?

Around 2006 two AA members set up a Nicotine Anonymous meeting in Bristol. I was very keen to join in and give support. I have been a regular attendee since then and am constantly grateful for my experience and the power to stop with ease, once the load was shared.

Life constantly presents us with difficulties and challenges and I can honestly say that I cannot remember the last time nicotine looked attractive. My powerlessness appeared to end when I became willing to share my truth with another human being.

Matthew H
Bristol UK

Quote Corner

"And the combat ceased
for want of combatants."

- Pierre Cornelle

Ready to work the Twelve Steps?

Try the
**Nicotine Anonymous
Step Study Workbook**



Available for
purchase at
www.nicotine-anonymous.org

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.

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



A Song Parody from the Free Bridge Telephone Group

Stayin' Alive The Free Bridge Way

(Read to the tune of *Stayin' Alive*
by the Bee Gees)

Well you can tell by the way I hack
and cough,
No social time, no time to talk.
Puffin' and sittin', I ain't listening;
Nicotine Anonymous is my mission.
It's alright, gonna be okay;
NicA is here to stay.
We can try to understand
Nicotine's effects on man.

Whether you're a sinner,
whether you're a saint,
You're stayin' alive, stayin' alive.
Feel the cravin' breakin',
everybody's shakin',
We're stayin' alive, stayin' alive.
Cough, cough, cough, cough,
Smoking to death, nicotine kills.
Cough, cough, cough, cough
Stayin' alive---!



Well you can tell by the way I breathe
and walk,
Nicotine Anonymous is my rock!
The Free Bridge Choir, blowin' our horns,
Singin' with each other, being reborn!
Now it's alright; gonna be okay.
I'm nicotine-free just for today.
Nicotine Anonymous understands,
It's always here to lend a hand!

In NicA, we get down!
Singin' with each other,

dancin' on the town!
We rock 'n' roll, we got soul!
We're breathin' free, nicotine-free.
Free-ee-ee-ee, nicotine-free,
nicotine-freeeeeee-eeee!

➡ **BONUS!** To hear the Free Bridge
choir singing live:

[https://www.youtube.com/watch?
v=xQzHnm_04B4&feature=youtu.be](https://www.youtube.com/watch?v=xQzHnm_04B4&feature=youtu.be)

or

Search YouTube under:

Stayin Alive The Free Bridge Way

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



*Attend our monthly
Outreach
teleconference
meeting!
2nd Wednesday
of the month
at 8PM EST*

Join our Zoom meeting
online at [https://
zoom.us/j/213252862](https://zoom.us/j/213252862)

One tap mobile:
+16465588665,
213252862#
or dial by your location
+1 646 558 8665

Meeting ID: 213 252 862



My Faith Muscle...

I like the idea of exercising my faith muscle. Me and my HP have this relationship growing. We communicate with each other often, and HP shows up in ever-amazing ways in my life. Sometimes I imagine wrapping my HP's safe and loving arms around me and all is well. I holler for help, just like I would a friend, "Hey, HP, I need your help!" I sense what HP's saying when I'm real quiet and really listen. It's like a peaceful inner knowing. And then comes some kind of meaningful wisdom heard in a meeting, a synchronicity, or an apparent goodness out of nowhere, and HP has communicated with me again! When I thank HP for all the abundance, I'm right there in the moment breathing with HP, and find more goodness keeps coming.

And as this relationship is growing, so am I. My contentment, serenity and appreciation grow as well.

Aimee C
Voices of Nicotine Recovery (VONR)
Arkansas member

From the

SevenMinutes Archives

The article below first appeared in our December 2014 issue.

Butterfly...

I was sitting here today wondering what my writing topic would be. Then I looked at the walls in my room and saw the flowers I made from medicine cups, and the butterflies I made from mail order catalogs. Then it hit me...THAT'S MY TOPIC!

A butterfly used to be crawling around as a caterpillar, eating through leaves and whatever else. THEN... the caterpillar stopped and was in a cocoon. The caterpillar never reappeared; instead it became a butterfly.

I am that butterfly that used to be walking around going from one thing to another. Just smoking whatever! Then I got help. It was hard! I was in my cocoon, so to speak, as I was going

through withdrawals and cravings!

Now as my eyes have been opened, I can look at my life from a better view, like a butterfly. I can see the beauty of all the help I have received so far, and how far I have come - still going strong, one day at a time!

I can now smell the fresh air, and can enjoy my freedom from the bondage of nicotine...one day at a time. A butterfly was made from a caterpillar...and the butterfly lives on in freedom from bondage. I used to be a smoker. Then I found help! God/Higher Power helped me find Nicotine Anonymous. Now I choose to be free from bondage. Now I can help others as a non-smoker. I know bondage, and... I know freedom. I CHOOSE FREEDOM!

Kendra
VONR group member



The craving will pass.

Meanwhile, I could...



Draw, paint or color

Pet my dog or cat

Write in my journal

Swim/run/jog/bike

Pray/meditate/practice deep breathing

Do a jigsaw puzzle or crossword

Go to a movie

Offer to help someone do something

Make a gratitude list



Blow bubbles

Listen to music or make music

Rearrange my closet

Call someone in program



Chair Report

continued from page 1...

Nicotine Anonymous. Many of these have involved conference details for this year, board meeting minutes discussions and updates to our website. None of those should come as big surprises. The emails that really excite me and keep me going are those that come from our Service Committee members, our international members and those that are still-suffering and just looking to do anything they can to stop using nicotine. Interactions with these people reminds me of why I do this.

I am grateful to have had the opportunity to serve as Chairperson for the past year. Thank you to those of you who continue to be of service and those who have helped me in my journey.

In Service,
Chad O
outgoing NAWA Chair

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

For details visit the Nicotine Anonymous website at

www.nicotine-anonymous.org

or send an email to chairperson@nicotine-anonymous.org



From the Archives of Voices of Nicotine Recovery (VONR)

How to Set a Sponsor Trap:

How to snare that valuable and elusive prey — a good sponsor.

1. **Be smart.** Start your sponsor hunt by searching in the sponsor's natural habitat. Sponsors do not normally hang out on the corner or in a bar. They are rarely found chillin' with the bro's in the park or getting their nails air-brushed at the salon. Baseball games or at the beach are not normally where a sponsor is to be found. Your good sponsors are generally to be found at meetings. Beginner meetings and open discussion meetings are particularly good places for you to set your sponsor trap.

2. **Keep your ears open.** A good sponsor will often identify him or herself by saying intelligent, insightful things that make sense to you. If this should happen, mentally tag the person as potential sponsor material.

3. **Track your prey.** Check him or her out at a few meetings to make sure your potential sponsor didn't just get lucky and make sense that one time. You need a sponsor who is happy and upbeat; who has something that you want.

4. **Be forward.** Once you have identified a potential sponsor who has what you want, go for it. The potential sponsor should be approached even if he or she has not indicated in any way that he or she is interested in sponsoring anyone. Some of the best ones play very hard to get.

5. **Butter them up.** Approach the prospect and let him or her know that you respect them, like what you have heard them say and really, really would like them to be your sponsor. It is hard to overdo the buttering up part. Sponsors really like it and often start to purr like kittens. Once they say anything that remotely sounds like a "maybe," let

alone a definite "yes," then say "Oh, thank you very much" and ask for their phone number (or email address). You have caught yourself a sponsor.



Nicotina Anónimos: El Libro

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



\$10.50 plus shipping

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

Spanish translations of NicA pamphlets are also available for purchase

Heard it at
a meeting

Not
Using
The
Steps



A Brief History of Nicotine Anonymous

The roots of Nicotine Anonymous first took hold in the Southern California living room of one of the co-founders, Rodger F, in February of 1982. At virtually the same time the same thing was happening in the rooms of a Twelve Step recovery club in San Francisco, called the Dry Dock, operated by our other co-founder, David M. Both groups consisted mostly of Alcoholics Anonymous members who realized their need to focus on their nicotine addiction and to stop smoking. Since anything but alcohol is considered an outside issue for Alcoholics Anonymous, a separate fellowship was deemed necessary.

With permission from Alcoholics Anonymous, the founding members of our fellowship adapted the Twelve Steps and Twelve Traditions. Although there is common ground in the use of the Twelve Steps and Twelve Traditions, these fellowships are not affiliated. Alcoholics Anonymous also gave us permission to adapt their preamble. Our Preamble became the following:

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

Maurice Z., an early member of the Southern California group, authored an article for Readers Digest in May of 1985. Thousands of letters poured in from people wanting to know more about this new 12 Step fellowship known then as "Smokers Anonymous." Among those letters was one from the members of the San Francisco group, informing the Southern California group that they had formed a group in the same time frame as the Southern California group in 1982, using the same name and structured around the same principles. Within a year of Maurice's article there were about a hundred such meetings identified in several areas of the United States.

Although two informal "meet-and-greet" style conferences were held in 1986 and 1987 in Bakersfield and Monterey, CA, the fellowship's first official World Services Conference was held in San Francisco in May of 1988. Thanks to a well-documented chain of events the fellowship was renamed Nicotine Anonymous in Phoenix, Arizona at the 1990 World Services Conference. As with most organizations, it becomes typical to use an abbreviated name. For our common welfare and unity, a vote at the 2000 World Services Conference in Scottsdale, Arizona decided that NicA would be the one abbreviation the fellowship would use.

Each year we hold a conference in the spring, and all members are invited to attend. This annual conference is held in various parts of the United States, depending on members who volunteer to host the event. The conference serves to strengthen us in our path to freedom from nicotine and as an official meeting to address fellowship business.

Nicotine Anonymous World Services serves a worldwide fellowship with meetings in the United States and around the world. Face-to-face meetings have been supplemented by both online and telephone meetings. There is a well-managed web site and literature fulfillment service available to the membership. The elected all-volunteer board consists of nine members and meets at least quarterly. There also are numerous coordinators who volunteer to provide specific services that help World Services fulfill our fellowship's primary purpose - "to offer support to those who are trying to gain freedom from nicotine."

The rest of the story can be read in our literature. Please feel free to learn more about us to see if you want what we have. A warm welcome awaits you!

Connections



Nicotine Anonymous invites you to connect with our

Penpal Program

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

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

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

Where: E-mails are sent to

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

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

Email Pal Coordinator: 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.



Write a Meditation For Our New Book

What a great way to do service! We're putting together a new daily meditations book and want your inspired and insightful writings about your personal experience, strength, and hope; principles of recovery based on the Twelve Steps and Twelve Traditions of Nicotine Anonymous, the NicA Slogans, or text from our literature.

You can download a template from Google Drive:

<http://voicesofnicotinerecovery.com/resources/daily-meditations-worksheet>

The text can contain 100-200 words and follows the format of our *Year of Miracles* daily meditations book. In addition to your meditation, you are welcome to include a quote at the beginning, and the concluding prayer, "Today, _____." But we are happy to find those for you as well.

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

Please note:

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

Please send your writings to dailymeditations@nicotine-anonymous.org.

Your friend in recovery,

Aimee C.

dailymeditations@nicotine-anonymous.org

NAWSO
Profit & Loss YTD Comparison
January through March

	<u>Jan - Mar</u> <u>2019</u>	<u>Jan - Mar</u> <u>2018</u>
Ordinary Income/Expense		
Income		
4000 · Donations	2,949.58	2,203.13
4100 · Literature Sales	5,624.19	7,108.51
4290 · Shipping & Handling Income	979.60	1,143.87
Total Income	\$9,553.37	\$10,455.51
Cost of Goods Sold		
	2,332.40	2,939.10
Total COGS	\$2,332.40	\$2,939.10
Gross Profit	\$7,220.97	\$7,516.41
Expenses		
6000 · Office Expense	6,851.45	6,620.21
6600 · Officer Travel & Meeting Costs	-	807.96
6980 · State Taxes	-	91.37
Total Expenses	\$6,851.45	\$7,519.54
Net Operating Income	\$369.52	\$-3.13
Other Income		
8000 · Interest Income	30.08	11.81
Total Other Income	\$30.08	\$11.81
Net Income	<u>\$399.60</u>	<u>\$8.68</u>

BIRTHDAY CONGRATULATIONS

Sami E – 7/4/11 Bill G – 7/12/95 Teresa G – 8/13/06
Linda S – 8/21/87 Rob L – 9/6/12 Joy P – 9/28/09

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

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

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

Email: SevenMinutesEditor@nicotine-anonymous.org



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

HAVE AN IDEA FOR A PUBLIC SERVICE ANNOUNCEMENT? Draft the text for a 15 or 30 second audio PSA, or create your own audio file! For more information, contact: chairperson@nicotine-anonymous.org

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

Service is the Key

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

OUTREACH COMMITTEE

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



TELEPHONE SERVANTS—ESPECIALLY NEEDED!

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

PEN PAL COORDINATOR

Coordinates and connects with penpals who want to communicate via the postal service.



TRANSLATORS

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

INTERNATIONAL GROUP COMMITTEE

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

All service positions information is in the Policy and Procedures Manual (P&P)

The P&P is posted on our web site under the "About Us" tab, then click on "Archives."

To volunteer or get more information about any of these service positions, please contact

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

Or e-mail chairperson@nicotine-anonymous.org

Rev. 11/2017

♥ My Gift of Gratitude ♥

GIVE A "GIFT OF GRATITUDE"

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

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

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

HOW WORLD SERVICES SERVES THE NICOTINE ADDICT:

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

GET A FREE SUBSCRIPTION TO SEVENMINUTES NEWSLETTER!

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

THINK YOU CAN'T AFFORD IT?

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

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

4 EASY WAYS TO DONATE!

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

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

Why members and groups donate to Nicotine Anonymous World Services

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

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



Seven Minutes

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



Publication dates and deadlines for *SevenMinutes* submissions:

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

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

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

Individual training is available to learn this venue.

This online meeting format can also be used internationally.

My Address Has Changed! Don't miss an issue!!! Complete this form and mail it to: NAWSO, 6333 E. Mockingbird Lane, #147-817, Dallas, TX 75214 USA <i>My new address and phone is:</i>		
NAME _____		PHONE (WITH AREA CODE) _____
ADDRESS _____		
CITY _____	STATE _____	ZIP CODE _____
<i>My old address was:</i>		
ADDRESS _____		STATE _____ ZIP CODE _____