



Seven Minutes

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

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Chairperson's Report

As I get past the halfway point in my role as World Services Chairperson for this amazing program, I am shocked at how fast the time has gone, but also at how many people are so involved in this program. Outside of those who serve on the board and on committees, the service level at face-to-face meetings and the ever-growing phone and internet meetings is just wonderful. I hear from people all over the globe who are doing service in their own communities to help grow Nicotine Anonymous and to carry the message to the still-suffering nicotine addict, which is our primary purpose.

One of the key pieces that I've been working on as Chair is the Service Structure Committee. We are preparing to offer the opportunity of attending the Nicotine Anonymous World Services (NAWS) conference through online methods. While not yet available for everyone to attend, we will likely be offering the conference to Intergroup Chairs, NAWS Committee Chairs and Delegates. This is in the trial stage right now but we hope to roll this out more widely in the near future. The Service Structure Committee usually includes Chick P, Jeff M, Alicia R, and Jill O with contributions from other members when available.

The wonderful Traditions Committee has been an active group for us as well. These individuals, Martha K, Robin L, Dale K, Steve M and Checko M continue to ensure we are focused on attraction rather than promotion. This group has lively discussions that remind me that this program works because we follow our Traditions and remain consistent. Thank you to that group for their guidance.

Our Online Meeting Coordinator, Chick P, has helped us change to an online meeting tool that better meets our needs. She has led the charge to get everything set up and is able to help your local groups use this tool if online meetings are required for your Intergroups to better complete their business. These types of tools will help us continue to attract the still-suffering nicotine addict.

I'd like to make a call to those former "vapers" in our fellowship. We are in need of literature that addresses this new nicotine delivery system. Experience, strength and hope from former "vapers" will help us create literature that speaks to those who desire to quit. Please email me at chairperson@nicotine-anonymous.org if you can assist with this. We have other ideas for brochures we'd like to create and we're always looking for individuals to be involved with this process.

Congratulations to all of you who have celebrated anniversaries of time free from nicotine over the past three months. One day at a time is how we do this but it sure feels nice to celebrate extended periods of time free from this powerful drug.

Thank you all for your passion in this program. I am grateful to be part of it and so grateful to be able to be of service.

Sincerely,
Chad O
NAWS Chairperson



The Twelve Steps of Nicotine Anonymous

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

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

The Twelve Steps of Alcoholics Anonymous

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

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

The Twelve Traditions of Nicotine Anonymous

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

12. Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

The Twelve Traditions of Alcoholics Anonymous

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

Our Preamble

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

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Nicotine Anonymous as Living Amends...

My name is Alicia and I'm a nicotine addict.

I attended my first Nicotine Anonymous meeting in the spring of 2000. I was almost finished with college and a professor said, "If you are going to teach kids with disabilities, you need to take care of yourself. If you drink, stop. If you don't exercise, start. If you smoke, stop. You will burn yourself out in this position if you aren't able to take care of yourself." His advice stuck with me.

A few weeks later, I was going through a fast food drive-through, smoking a cigarette, when I saw a friend from another fellowship. He invited me to a Saturday Nicotine Anonymous meeting and I understood that to be another message from the Universe that maybe it was time to quit. I went to the meeting and announced that I wanted to want to quit. I continued to smoke, and attended meetings for a few weeks. It didn't take long until my wanting to want turned into a genuine desire to quit, and I stopped smoking.

I attended the Saturday group regularly. After I received my one year token, I stopped going, except to celebrate my anniversary. Life went on. My job was stressful. A couple of years later, my dad died of lung cancer and for some reason, I convinced myself that smoking would make me feel better. I was out of town and I was lost. I stopped for directions and noticed the gas station sold the brand of cigarettes I used to smoke. I bought a pack, not realizing that I would struggle with quitting for another eight years.

At first I was just going to smoke the one pack. By the next day, I told myself that I would just smoke when I was out of town. By the following day, I bargained that I would just smoke on the weekends. By the time I got in my car to drive home, I found myself buying another pack of cigarettes.

I tried hypnosis, acupuncture, listening to audio tapes, lighting candles at church, and doing rituals in the woods. I eventually went back to that Saturday

group occasionally. After a few years, I prayed for willingness to quit. My mom asked me if I wanted her to pray a rosary everyday so I could quit. (She said that is how my little brother was able to quit smoking.) After thinking about it for a minute, I agreed. I started to attend the Saturday meeting more regularly and my mom would ask me every few weeks if I had quit yet. She was not impressed when I told her I was down to just 6 cigarettes a day for months now and told me I just needed to stop.

The willingness finally came when I was diagnosed with plantar fasciitis and the doctor told me the medicine wouldn't work if I smoked. I filled the prescription and gave my cigarettes to a friend who still smoked. That was June 30, 2011.

I am so grateful that I've been able to access my Higher Power through Nicotine Anonymous.

My mom was dying and there were so many times I wanted nicotine to take away my feelings. My mom was mentally ill and I had been her caretaker for as long as I could remember. Now she was dying and I couldn't take care of her anymore. Being able to allow her to pray rosaries for me to quit smoking was an act of Grace. I had declared my independence from her when I was seven years old. Giving her the opportunity to mother me again was a living amends.

Her funeral was on my one year anniversary. A friend from the Saturday group attended the funeral and gave me his one year coin. I am so thankful for all those rosaries and that reminder of the Grace to be able to choose freedom on that date. Luckily, it is still my anniversary.

I find it ironic that I started smoking again to deal, or to *not* deal, with my dad's death and I started recovery to deal with my mom's death. Maintaining membership in Nicotine Anonymous is a living amends to my parents, and to myself. I am so grateful to be free from nicotine today.

Alicia R
Freedom Seekers Group
Ft. Thomas, KY



NicA Limericks

from the 2018
NAWS Conference
"Un-Talent Show"

There once was a dude from El Paso
Who chewed a lot of tobacco
Til he lost his jaw sadly,
But now he's here gladly
Having recovered from that fiasco!

Smoking was all the sensation
Until I tried cigarette cessation
The experience was fleeting
So I came to our meetings
Where gratitude has replaced
frustration.

There once was a man called Guy
Who resided on the Isle of Skye
He got on the wire
'Cuz he had the desire
Now he has a new way to get by.

- Amy C of PA
Christine H of NY
Glenda H of AK

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

Making Changes and Getting Unstuck...

While contemplating this subject of making changes and getting 'unstuck' in my life, I realized I had been extremely stuck in my ways while I was still smoking. NicA members kept telling me "nothing changes if nothing changes," a slogan of the program. My sponsor told me I needed to imagine myself happy in where I could be and what I could be doing. She had a point, as I was unhappy where I was living and was stuck in what I was doing (or mostly not doing). I was only about a month nicotine-free when my sponsor asked me about how I could make a change and become happy.

In another fellowship there is a concept of "finding your life purpose." This is not an original idea, but it was new to me at the time. So I realized creative pursuits were my life's purpose. Where I wanted to move to is a creative hub with a prominent arts and design school where I hoped to get a degree in art. With only two months of sobriety, I arranged a relocation to another state - not an easy feat, especially as a single mom.

I am so happy I made the move! However, I have experienced some financial and other setbacks. I had to evacuate the area due to a hurricane and lived through an ice storm in a place that usually has mild weather. I was locked out of my new home the first day (due to a faulty lock). Movers refused to deliver my possessions for over a month. I began to feel like the relocation was Murphy's Law, but kept the faith that things would eventually get back to normal.

I have had to make some radical changes in my spending habits and to surrender compulsive online shopping behavior. I now budget my money each month to include planned giving called 'firstfruits' as an act of faith, according to my spiritual beliefs.

Each time I make a change I seem to go through trials and testing of my faith, but as long as I don't waiver, I end up seeing radical improvements!

One of the toughest changes I am facing

is in my relationship with my younger son who lives with me. I have had the habit of yelling at him when I get frustrated and lose patience. I feel just awful and ashamed that I cannot control these angry outbursts. My son and I started family counseling, and I am hopeful I can stop before I get out of control in the future. It is an area where I am desperate to grow spiritually. I have heard that "baby steps" is a good plan for making a change.



For those who are needing to make changes, I applaud you! Persistence is key, in my experience. I am told that it takes 3 weeks for a habit to change. I have to be patient with myself. Awareness of triggers and acceptance of myself even when I have a setback are extremely important. I pray for the courage to take the action necessary to commit to a change. I rely on my Higher Power every step of the way. My HP gets me motivated and keeps me going. On my own, I am powerless!

I am so grateful for nicotine freedom and this wonderful program and fellowship.

Margie L
Savannah, GA

Seven Minutes Meditation



*Today I will leave behind
yesterday,
Not fear tomorrow,
and live in the freedom
of today.*

- from 90 Days, 90 Ways

Nicotine Anonymous

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

Meeting Options:

Face-to-face meetings
Telephone meetings
Online meetings

To find face-to-face meetings:

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



For phone meetings:

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



For online meetings:

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



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

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

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

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

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



It's Easier to Quit...

After smoking over 43 years since I was in 4th grade, and wanting to quit for over 17 years, I decided to quit one more time, despite the lack of confidence that it was possible for me. Others seemed to be able to quit, but I could never get past 3-4 days without having to smoke again. There was always something or someone, at work, at home, at the store, restaurant, or gas station, some situation that would give me no alternative but to run to the store and get a pack of cigarettes. I tried to cut down, only to smoke more later to "catch up." I tried nicotine patches, lozenges, gum, inhalers, and "cold turkey," only to find that the possible was just impossible for me. Without much thought, I resigned to smoking the rest of my life, like every other member of my family.

Having the impact on my health of smoking most of my life, I decided to set another quit date and go through the process one more time. As that big date approached, fear and doubt overwhelmed me most of each day – the fear of quitting versus the fear of not quitting. Relying on someone else was not an option anymore. My wife and I would always end up in an argument about who would go to the store for cigarettes.

On my quit day, I asked God for help. I couldn't fight this thing anymore. I had no more strength to do it alone. I asked for the willingness to do whatever I could not to grab a cigarette. I prayed for the strength to not smoke one day at a time, or even get angry, which always meant I would have to smoke. (But then, everything caused me to smoke!) I knew deep down I could only fail if I kept smoking. I surrendered. The war was over!

During my first day, I started to notice something different. I wasn't fighting it anymore. It didn't seem to matter what happened or how I felt. What mattered to me was that I didn't smoke. Right away I noticed the benefits of not smoking. I quickly came to believe I would be ok if I didn't smoke. The impossible became possible! It seemed so much easier to quit and stay quit than to go

through all the effort it takes to continue killing myself slowly over time. No more wheezing, coughing, or smelling like an old butt can. As I continued to stay away from nicotine in any form, I gained awareness of a freedom I had never known before, and gratitude for finding an easier, softer way to live my life!

After a few weeks, and enjoying my newfound freedom, I noticed my reactions to life were becoming unsteady. It seemed like I needed something more if I was to gain some distance from that "next cigarette." I got online and searched for "Smokers Anonymous," and found Nicotine Anonymous. It was exactly what I was looking for. It continues to be the key to keeping my freedom, bringing me in contact with others having that common bond - surviving addiction to nicotine. The Steps, Traditions, and tools of the program have made all the difference in giving me my life back. Thank you NicA for over 9 years of real freedom!

Jeff M
Joshua Tree, CA



Upcoming Phone Marathon Meetings

December 25
and
January 1

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

From the *SevenMinutes* Archives

The article below first appeared in our
September 2014 issue.

Gratitude in Action...

I stopped using nicotine on April 20, 1992 by working the Nicotine Anonymous program.

It was not a special day in particular, though it has certainly turned out to be! Getting free of nicotine slavery is one of the top 5 events of my life, to be sure. And to have the NicA path to follow which keeps me happily smober and able to meet life on life's terms has been such a gift. I didn't anticipate how wonderful it would turn out to be, and I am so grateful.

It takes such a leap of faith for us addicts to trust that HP will be there when we put down nicotine, will help us through it, and will bring us to the other side. Many aren't able to make that leap. I am thankful that something in me those many years ago said, "Go for it. See what happens." It has meant the difference between a life of bondage and ill health and one of freedom, growth and grace.



And yes, I still go to weekly meetings. I sponsor and do other acts of service. Why? Because I want to, for one. But also because it is how I express gratitude for what God has done, and continues to do for me. It is how I give back to a program that showed me a better way and ultimately saved my life. It's also where I get the continual reminder that nicotine will kill me, that smoking doesn't really fix anything, and that HP has a better plan.

Who knew?!

Chris H
Phoenix, AZ

Ponderings from your Treasurer Emerita...

I am a self-proclaimed Traditions Geek and love to ponder the implications of the spiritual principles that are the basis of our Twelve Traditions. So last April, when a Nicotine Anonymous member suggested that we use surplus funds from our 2017 World Service Conference to help members who are financially unable to attend the conference, my brain asked, "How does that align with our principles?"

While I was pleased to report that last year's conference was able to cover expenses (Tradition 7), and we also had a surplus, I know that this is not always the case. Sometimes the hosting Intergroup is not able to cover expenses and Nicotine Anonymous World Services makes up the difference. So my initial response to the request was opposed to the idea.

My idea of a successful conference is having a zero balance at the end because we were able to accurately project cost and attendance. We do not want to make money at our conferences. In my opinion, that would conflict with our primary purpose (Tradition 5). I get leery when I see fund-raising activities at our functions. To me, selling things just to make money contradicts the principle of self-support.

I want as many NicA members who want to be delegates to be able to attend the World Service Conference, regardless of their personal socio-economic status. We are all equal in Nicotine Anonymous (Tradition 3), and the more delegates who attend, the bigger and better our group conscience will be. When we gather, we bring our concept of our Higher Power to the group conscience. As I've heard before in another fellowship, "Participation is the key to harmony" and I'd like as much participation as possible.

So, how can we make sure that everyone has an equal voice and vote in our World Service Conference? Ideally, if every member contributed the current cost of a pack of cigarettes to their

home group basket each week, the groups could cover the cost of sending a delegate to the World Service Conference. With the extra funds in the group treasury, the Intergroups would receive more contributions, resulting in bigger treasuries and perhaps they would be able to cover the costs for smaller groups to send a delegate. If every Nicotine Anonymous member participated in the Gift of Gratitude, Nicotine Anonymous could reimburse delegates for their attendance at the World Service Conference. Another idea is to create a scholarship fund so delegates could apply for financial assistance to help cover the cost of attending the World Service Conference.

The Board is exploring the possibility of virtual attendance and will probably have some sort of online opportunity during the 2019 World Service Conference. Online remote conferencing tools could increase our group conscience (Tradition 2). The Structure Committee, which meets virtually on the 1st Monday of the month at 8pm EST, is looking at whether we are truly a world service organization or if we need to encourage other countries to create their own autonomous service boards. Technology has changed our world and our possibilities. But our principles are timeless and we need to figure out how they apply in our changing world.

I am so grateful that I am able to be a part of Nicotine Anonymous! Thank you for the opportunity to serve our fellowship for the last two years.

*Alicia R
Freedom Seekers Group
Ft. Thomas, KY*

“ Quote
Corner

I no longer count the value of a day by feeling the change in my pocket, but by feeling the change in my heart.

- Nicotine Anonymous member

What Can I Do Instead of Using Nicotine?

- Read inspirational books
- Play a sport



- Get outside and observe nature
- Take a bath or shower
- Work on your car
- Watch a funny video



- Make a collage with positive images
- Play cards



- Scream into a pillow
- Rearrange a room
- Do a home improvement task



- Cook something for yourself or others
- Play a board game
- Visit the animal shelter



Working the Program...

The foundation of my nicotine freedom is in the 12 Steps and Traditions of Nicotine Anonymous. I am currently working on the first three Steps using the Nicotine Anonymous Step Study workbook, reviewing the questions and answers with my sponsor. I am up to Step Three right now. Using these questions has been such a helpful experience. They are detailed and get into the specifics of my addiction. The workbook has been useful in getting to concepts like the exact ways I am powerless over nicotine and what that means in my life and recovery. I am keeping an honest and open mind about the road I have traveled that led me to nicotine addiction and the road that is leading me to recovery.

One of the important Steps is Step Two - coming to believe in a Power greater than myself that leads me to sanity. I acknowledge that there have been flaws in my approach to faith and my beliefs. Even though I have a true faith in a Power greater than myself, I have not rightly related to God in terms of asking for the will of God to be done in my life.

My Higher Power is a loving God who is there for me 24/7. I would not have been able to surrender to a harsh "god" who yells at me. I had trust issues stemming from childhood which were keeping me from surrendering completely. I had to find a trust in God that would include secrets buried down in my mind and spirit. I have had to honestly and openly discuss them with other nicotine addicts and admit through prayer to the God of my understanding. I have been using the tools of the program, especially outreach calls, texts and e-mails to discuss what is going on with me. I also try to contact my sponsor daily and attend as many meetings as I am able to do. I have developed an early morning routine of quiet time of prayer (talking to God) and meditation (listening to God).

Putting my trust in God is a daily choice for me - the choice between using surrender and trust, or using nicotine and dying. Yes, this is a life and death addiction. I let go of day-to-day stresses and anxiety or worry. I leave results up to God. This is how I get to a state of serenity. I reinforce that serenity with

acceptance. I cannot live in a fantasy world any longer, wishing my life were different than it is. Yes, there are changes I can make. This, as we all know, requires the gift of courage.

These spiritual principles include a growing process in order to live life on life's terms. I am trying to grow my relationships with others, which for me has been one of the biggest challenges to date. I try to monitor how I say things in order to not alienate people. I inevitably alienate some people anyway, and feel a sense of rejection. Another hard lesson related to rejection is developing a "thicker skin," and using courage to keep on trying to help others, whether or not they are ready to receive my experience, strength and hope. I am still planting the "seed" of program suggestions. This is a great service and is powerful reinforcement of my own recovery. "You can't keep it unless you give it away." I have to keep offering service and helping others or I am likely to lose my nicotine freedom.



I got my current quit because I became sick and tired of losing my quits for over two years of coming to meetings and working the program as well as I could. I was in a great deal of pain about the vicious cycle of quitting and smoking again. On May 7, 2017 I had been on a great meeting and after the meeting I went outside to smoke once again. I could not believe I smoked that cigarette. An overwhelming sadness and painful emotion came over me. I realized what it meant to be totally powerless over nicotine because I had smoked when I didn't want to. I wept such tears of sadness to my HP. I remembered that I needed to turn my will and my life over to God. I made that decision without reservation. As I write this, I have six months, two weeks and a day.

"Keep showing up" is an excellent slogan for me to live by. It was painful to keep showing up at meetings and "tell on my disease" so many times after I had picked up smoking again. I had almost two months nicotine-free at one time, but I just was not willing to do

anything to keep from lighting up. The decision to surrender this time has made a huge difference. I am willing to go to any lengths and have experienced the gift of no cravings or mental obsessions ever since. I don't romance smoking. It was killing me physically, spiritually, mentally and emotionally. I am extremely grateful to have the gift of nicotine freedom.

Margie L
Savannah, Georgia

Winter 2019 Nicotine Anonymous Events Around the U.S.



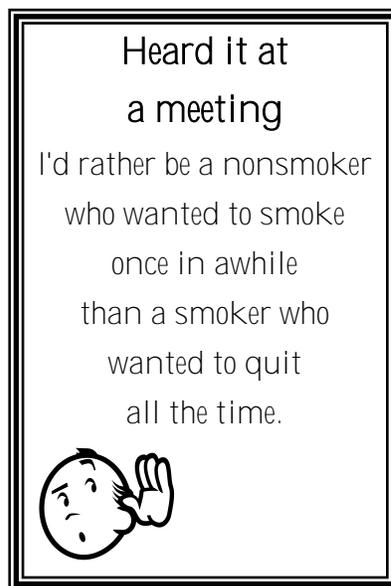
January 27

Annual Gratitude Dinner
Huntington, NY

February 2

Winter Potluck
San Rafael, CA

See flyers with event details at
www.nicotine-anonymous.org





A Song Parody from the FreeBridge Phone Group

(Read to the tune of

Dashing Through the Snow

Do you find that you are broke?
Do you cough like you might choke?
And in everything you do,
There's nicotine with you
Here's something you might try,
To open up your eyes...
Nicotine is poison too,
And all ya gotta do, IS ...

(to the tune of Jingle Bells)

Call the Bridge, the FreeBridge;
We will show you love,
Everyone is welcome here,
And we will never judge!
And on the Bridge, sponsorship's
available to you!
Free of charge, when your cravin's large,
Here's what we can do...

*(to the tune of Dashing Through
the Snow)*

Sittin' in the snow
My life unmanageable
Inside the fires aglow
Coughing all the way (cough, cough,
cough)
We'll share our 12 great Steps;
We bet you'll soon accept
Those Traditions that seem new,
Were written just for you!

(to the tune of Jingle Bells)

SO – claim your seat, take a share,
NicA really cares
Star six will unmute your line,
So we can hear you clear...

AND on FreeBridge,
sponsorship's available to you
Free of charge, when your cravin's large,
NicA sees you through!
Smoking - hacking - phlegm - a-chokin'
Help is on the way,
All we do is ask of you,
to try NicA – hey!
Telephone rings, telephone rings
Recovery on the way,
Oh what fun it is to quit
Taking Steps along the way!

(to the tune of Jingle Bells)

Call the bridge, the Free Bridge;
We will show you love,
Everyone is welcome here,
And we will never judge!
And on the Bridge, sponsorship's
available to you!
Free of charge, when your cravin's large,
Here's what we can do...

(The crowd goes wild!

Woo-hoo, you can do
it! You can quit!
We're waiting for you!



*To hear the Free Bridge choir
singing this lively NicA parody,
search YouTube under:*

[https://www.youtube.com/
watch?v=S1ewArInZ7s](https://www.youtube.com/watch?v=S1ewArInZ7s)



Stay connected to Nicotine Anonymous World Services!

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

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

Keep

Showing

Up!



*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

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 a Future Nicotine Anonymous Daily Meditation Book!

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

DailyMeditations@nicotine-anonymous.org

Subject line 'Nicotine Anonymous Meditation'

or mail to:

Attn: Daily Meditations Coordinator

Nicotine Anonymous WSO

6333 E. Mockingbird #147-817

Dallas, TX 75214

Please include your telephone number, email, and snail mail address — to be used only in case we have questions. Please also include your nicotine quit date so your meditation can be placed on or near that date in the book. (All contact info and authorship will be kept confidential in accordance with the 11th Tradition.)

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

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

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

Please note:

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

Thank you for your service!

NAWSO
Profit & Loss YTD Comparison
January through September

	<u>Jan - Sept</u> <u>2018</u>	<u>Jan - Sept</u> <u>2017</u>
Ordinary Income/Expense		
Income		
4000 · Donations	10,179.47	7,644.52
4100 · Literature Sales	20,795.91	19,110.93
2017 Conference	—	2,329.24
2018 Conference	1,614.38	-1,000.00
2019 Conference	-1,250.00	—
4290 · Shipping & Handling Income	3,250.59	3,078.76
Total Income	\$34,590.35	\$31,163.45
Cost of Goods Sold	9,088.04	8,693.65
Total COGS	\$9,088.04	\$8,693.65
Gross Profit	\$25,502.31	\$22,469.80
Expenses		
6000 · Office Expense	18,745.46	19,102.36
6600 · Officer Travel & Meeting Costs	4,054.50	3,792.20
6700 · Projects	564.35	450.00
6900 · Other Operating Expense	116.37	—
Total Expenses	\$23,480.68	\$23,344.56
Net Operating Income	\$2,021.63	\$-874.76
Other Income		
8000 · Interest Income	25.19	35.92
Total Other Income	\$25.19	\$35.92
Net Income	<u>\$2,046.82</u>	<u>\$-838.84</u>

BIRTHDAY CONGRATULATIONS

Sherry M – 9/16/09 Erik O – 11/18/17 Jennifer S – 5/17/92
RoseAnne S – 1/2/90 Edie C – 1/15/01 Deborah B – 2/6/07 Nick M – 2/5/14

*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 new venue.

This online meeting format can also be used internationally.

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