



SEVEN MINUTES

The Nicotine Anonymous Quarterly

A FORUM FOR NICOTINE USERS WHO DON'T USE

Special Conference Issue

Serenity '92 and All That Jazz

New Orleans, Louisiana has been selected as the site for the 1992 World Service Conference of Nicotine Anonymous to be held April 10, 11 and 12.

Everyone is excited. The conference logo is being designed. Hotel reservations can be made by calling the Hotel Le Pavillon, Downtown New Orleans, 1-800-535-9095. Rates are \$89 per night for one to four people. The conference will definitely be a great experience!

Hope to see each *Nicotine Anonymous* member in New Orleans in April. □

120 Attend Sixth Annual World Service Conference in San Diego

September 20 – 21, 1991 was the date that saw 120 registrants for the Saturday night banquet dinner.

Assembled in the dining room was 197.5 years of "smobriety". Miles travelled totaled 39,211. Participants came from as far away as New York. Other states represented included Nevada, Arizona, Louisiana, California, Texas, New Jersey, Pennsylvania and Maryland. T-Shirts were ordered from Israel and Alaska.

Melody and Tom from San Diego held the conference together during the last crucial weeks prior to the conference. Jack T., Conference Manager, died two weeks before the Conference while on a business trip to Phoenix. The San Diego Intergroup did a fantastic job of service, with the help of Phil P., this year's Treasurer, who drove down to give a "steady hand" to San Diego Conference workers.

Melody was one of the Saturday night banquet speakers and shared with us some facts about herself that inspired many members. She smoked for 28 years and did not know how to address the situation. As members of other 12-step programs, many of us shared her agony of not being able to relate those programs to nicotine addiction. Her honesty and willingness to share her experience, strength, and hope with fellow conference attendees was heartwarming to the rest of us. Melody is a professional clown and made a great appearance during an afternoon break.

The guest speaker for the conference was David M., co-founder of Nicotine Anonymous

in the San Francisco area. David is one of the most low-key fellows in the world, but he had us all laughing, commiserating, and relating while he shared his story with us. We thank you David for *being there* for us and continuing to be a part of our history.

Highlights of this year's world service conference included:

1. Two new pieces of literature were conference approved. See related story on page 5 for an explanation of the process involved to get new literature "conference approved."

2. The Alternate Officers for Nicotine Anonymous were chosen by the conference attendees. Assuming the office of Chairperson is Ed T. from San Francisco. Ed shares his thoughts on the Conference starting on page 2 of this issue. As the 1992 Treasurer, Mike K. will share his expertise with fellow members. Read his thoughts on page 6 of this issue. The Secretary is Patti W. from Arizona. Patti shares her thoughts on page 7 of this issue.

(See Conference Page 4)

Highlights

1991 • Vol. 4, No. 2

Key to Freedom.....	4
Book to Publish.....	5
New Literature Approved	5
Teleservice Report	6
Public Outreach Report.....	8
Group Contributions	8 & 9

In Memoriam

Jack T.

Died September 10, 1991

Jack T. functioned as the 1991 Conference Manager until his death in Phoenix, AZ while he and his wife were there on business. The World Service Conference was opened with a moment of silence in memory of Jack. This issue of Seven Minutes is dedicated to the memory of Jack T.

1991 World Service Conference

Friday evening the Conference opened in a somber tone. We all knew that one of our members and organizers from San Diego, Mr. Jack T., had just passed away.

A gratitude meeting opened the Conference with many of our members sharing their experience, strength and hope. It was a spiritual beginning for a busy weekend. The following articles present reflections of the Conference submitted by various members.

Bill P.

Carrollton, Texas

Returning to Dallas, I found myself still reeling from the excitement and action-packed weekend in San Diego. The level of energy and warmth at our conference is indescribable. This was my second Conference and I have thoroughly enjoyed them both.

Surprisingly enough, the most asked question upon my return was "What else did you see while you were in San Diego?" To which my reply was "Nothin'." I was quite content being surrounded by so many people with common interests. It occurred to me as I departed San Diego that the only landmarks I had seen were the airport, the hotel and the airport again. But, I wasn't disappointed in the least — I had a wonderful time.

For me, the unstated theme of the conference was "if it's going to get done, we've got to do it." Reporting back to my home group, I've tried to communicate this point. For instance, our Big Book, Seven Minutes, and pamphlets are made up of input from us. Attending the conference reminded me of how self-supporting we really are; not just financially, but emotionally and practically.

San Diego, California

Charlie S.

Long Island, NY

I was most moved by the spirit and love of members many years *smober* and that were there at the beginning, and are still there, with enthusiasm and devotion... Many souls and bodies in North America and the world over are healthier, and simply *around*, because of the dedication of other members.

I hope I'll be forever grateful and mindful of our members in service, and that others in all states will jump with both feet into carrying the message as well.

The gratitude meeting, Sunday's pre-breakfast meeting and the breakfast speaker were all inspiring. Members here on the East

coast are most appreciative for the new literature, and excited about the next conference in New Orleans. Two members in Queens are investigating possible sites for the '93 Conference in the N.Y. area.

Some topics that we would like to see continued or addressed in Louisiana are: Keep Them Coming Back, Gratitude in Action, Selfishness and its role in slips and Losing the Spirit in Nicotine Anonymous, The Steps to Real Recovery from Nicotine Addiction, and most particularly, The Burn-Out Phenomenon in Nicotine Anonymous — How We Can Lose Some of Our Strongest

and Most Giving Members. Perhaps we could end our next conference with an *I am Responsible... statement!*

Tom M.

San Diego Organizer

From a conference standpoint, the untimely death of Jack T. left a real challenge. Although members of our

Reflections on ...

San Diego intergroup had a difficult job, they were able to carry on. Special thanks go to Gerry P., Phil P., Melody, and Mike B.

The speakers were great. After listening to the banquet speaker I certainly understand going to any lengths. Wow!

The gratitude meeting was fun. What a charge it was having us together. I feel honored and grateful that I was a part of an inspirational convention.

Hope to see you in New Orleans in '92.

Ed T.

San Francisco, California

For me the Conference was a nearly continuous stream of highlights. The tradition we have developed of opening the Conference with a Gratitude Meeting is truly special. Each of you who shared at that meeting held up a mirror for me. I saw my reflection in glimpses from many angles — each a facet of the prism that reflects our diversity and, simultaneously, our similarity as nicotine addicts.

Those who spoke covered the range from a few hours off nicotine to ten years of living nicotine free. Memories, still vivid of struggles past, mingled with hopes for a level of

(Continued on next page)

edom I do not yet know. More is revealed one day at a time.

Special also were friendships rekindled from last year in Phoenix. People whom I had met, but not heard from since, reappeared. New friendships began at San Diego that I hope to nurture through New Orleans and well beyond. Although with 121 registrants — this was our largest conference to date — it was still small enough that most of us were able to interact with one another.

A particularly vivid memory is a Higher Power kind of story. Somebody I had known from meetings in San Francisco about a year ago had never been able to put his cigarettes down, and he eventually stopped coming to meetings. A familiar story. We have all seen people come

unexpected encounter is proof again of that statement for me.

Probably the most difficult part of the Conference for me was the process of debating, and eventually approving, two new pieces of literature. The difficulty was not because of the issues the literature brought up. They were important and represented differing perspectives within our program. It was a healthy debate. But difficult, I suppose, because I know and respect the authors of both pieces and felt discomfort for

“This was our largest conference to date”

them in the process of seeing their work dissected. Especially for Joe T., who not only authored the more controversial of the two pieces, but, as Literature Committee chair, moderated the debate. He was, however, a model of poise and grace under extreme

... the Conference

ough the rooms for a while and disappear. Perhaps we ourselves have come and gone. In any case, I hadn't seen this fellow in months. The afternoon before the conference I was walking down a street in San Diego, on my way to a Nicotine Anonymous meeting. Walking past a cafe, lo and behold, Here was an acquaintance was sitting at a table having up of coffee. I stopped to express my greetings and surprise at running into him six hundred miles from home, only to find out he had recently moved to San Diego. He had been nicotine free for sixteen days! We went to the meeting together, and met again several times later, both at the conference, and after it ended. What a special treat it was for me to share that time and to support him in his abstinence, while gaining a part-time tour guide in the process, but more importantly, to witness his accomplishment after seeing him struggle so much the year before. It is said in this program that there are no accidents. That

pressure. It was a powerful demonstration of serenity and recovery to witness. Thank you, Joe, for being a vital part of this program!

Another highlight for me was the opportunity to facilitate the workshop on *Public Outreach*. As your World Services Networking Coordinator and a member of the Teleservice Committee, it is a topic I

have addressed often with members of the program from around the country. The workshop was very well attended, and ideas were in abundance, from contact with local hospitals, doctors, and chapters of the Heart and Lung Associations and Cancer Society to tear-off style flyers suitable for posting on bulletin boards in stores, laundromats, and

“...what I found was a new way to approach my life.”

similar places. There were lots of other ideas too numerous to mention. The consensus was to get as close as possible to the edge of the Eleventh Tradition while not crossing over the line to promotion. People will only be attracted to Nicotine Anonymous if they know we exist, so we must vigorously let our presence become known.

Two of the many people who attended that workshop were Patti W. and Mike K. Their enthusiasm and commitment to this program was evidenced by their frequent and thoughtful comments in the workshop. It was clear to me by their participation and energy that the conference made a good choice in electing them Alternate Secretary and Alternate Treasurer. They will bring a lot of energy to World Services.

I am also deeply touched and honored that the conference chose to elect me as your Alternate World Services Chair. As I have said in many shares at my Home meetings in San Francisco and said again at the Gratitude Meeting in San Diego, I came to these rooms to try to quit smoking, and what I found was a new way to approach my life. That is *Big Stuff!* This program is the most important part of my life. I pray that my Higher Power will guide me, as your Trusted Servant, to be the most effective and responsive Chair possible. I am enormously grateful for the trust you have placed in me and will do my utmost to continue to earn it, one day at a time.

Lastly, the biggest highlight of the Conference for me, and I think for many of the people there, was the Sunday morning Spirituality Breakfast/Meeting. The speaker,

Frank, from San Diego, gave what was, beyond any doubt, the most powerful share on spirituality and nicotine addiction I have ever heard in my life. I was so moved by his talk that I chose to use the tape

as the speaker for the Tuesday meeting I co-secretary in San Francisco. The Sunday meeting has also used the tape as its speaker, and one of the Thursday meetings will likely use it in the near future. Perhaps every group in the program should consider ordering a copy of this tape to play at meetings. It is that good! ☐

Conference

(Continued from Page 1)

3. The conference attendees chose New Orleans as the site for the '92 Nicotine Anonymous World Service Conference. Mary A. will act as Conference Manager, and there will be more details in the next issue of *Seven Minutes*. Please display the accompanying flyer at all meetings and on your tables. It's not too early to start plan-

ning and saving for the most exciting Conference yet to be recorded in Nicotine Anonymous history. Reserve these days, April 10-11-12, 1992, for the next World Service Conference.

Reflections on the Conference by various members can be found on pages 4 and 5 of this issue. □

A Key to Freedom

By Phil P.

I was around 16 or 17 years old when I started smoking. It was during World War II, and cigarettes were cheap. Everyone smoked — mothers, fathers, brothers, sisters — everyone. All the film stars smoked and, of course, a young man wanted to be like Alan Ladd or Humphrey Bogart or John Wayne. They all smoked. No one ever talked about the effects of smoking — no one knew in those days. I smoked through high school, the Navy, college and in the work place until it was banned in the industrial lab where I worked.

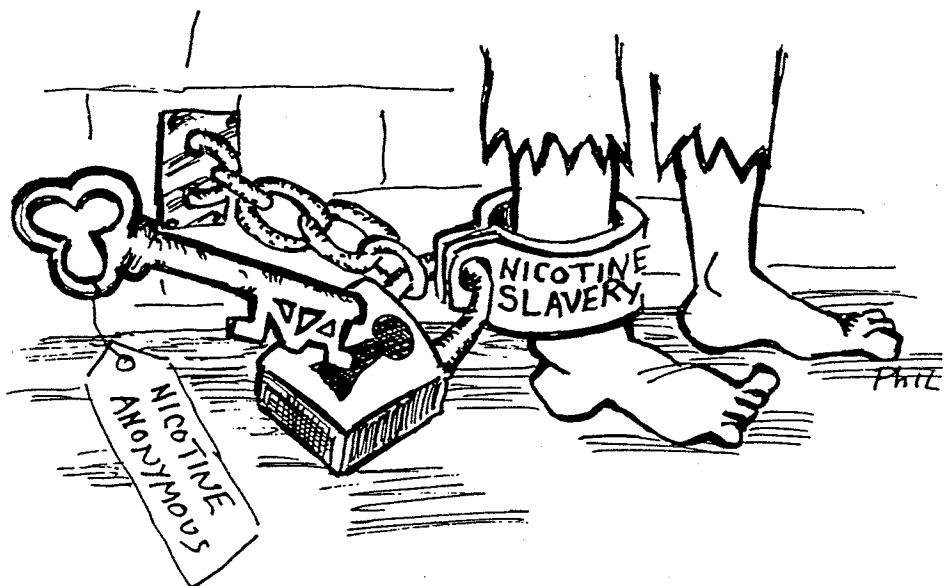
So, being the crafty, sly type that I am, I switched to snuff and chewing tobacco. I knew they were called "smokeless tobacco." I was a secret dipper for 27 years. Most people think that using snuff is a dirty, nasty habit. Actually, snuff use is cleaner than smoking — you don't spit or drop ashes all over the place.

I knew that I was living on borrowed time, though. Both of my brothers smoked, and they have emphysema and heart problems. It wasn't the breathing that bothered me, it was the specter of cancer of the throat and mouth that gave me the cold chills.

My wife was very concerned about my habit and very supportive of my attempts to cut down. Nothing worked, however, until I came to Nicotine Anonymous.

By going to meetings, listening to others and hearing how they quit, by trusting in my higher power, day by day, and with the support of other people in the program, I was given the key to freedom from the slavery of nicotine.

It wasn't easy, but I'm glad it wasn't. I lived a Dr. Jekyll and Mr. Hyde life for about a week. That passed and I never want to repeat it, but I am glad that I had the experience. □



Publications Manager to resign

As acting Publications Manager for *Seven Minutes*, I share with my fellow members that as of March, I will have had this post for one year and I will relinquish it at that time.

Again, I urge fellow members to consider the job. We have an excellent editor and a Desktop Publisher here in Phoenix. They are the people who do all the work if you want to know the truth. Our Desktop Publisher is a paid professional, outside of the organization. The editor wishes to remain anonymous. All I've done is gather the articles, threaten fellow members with loss of body and limb unless their articles get to me on time, and act as the publisher for the official newsletter of our organization. It's been a blessing and a joy to act in this capacity. It is, however, time to turn it over to someone else. Please contact the World Service office if you have the desire to take over the position of Publications Manager. □

Seven Minutes mailing as non-profit organization

Seven Minutes has been granted non-profit status for mailing purposes. The efforts of Phil P., this year's Treasurer and Doug H., last year's secretary, have really paid off. We are saving more than half of the usual mailing costs. Thanks fellas. Good work. □

SEVEN MINUTES

The Nicotine Anonymous Quarterly

Seven Minutes is the quarterly of Nicotine Anonymous, a nonprofit organization with offices at 2118 Greenwich Street, San Francisco, CA 94123, Phone (415) 922-8575.

Letters to the Editor and articles or graphics for inclusion in *Seven Minutes* may be sent to:

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Seven Minutes subscription, circulation additions, changes, deletions as well as *Nicotine Anonymous* World Meeting Directory additions, changes, deletions may be sent to: NAWS Office
2118 Greenwich Street
San Francisco, CA 94123

Book of Nicotine Anonymous to be published

By Jay L.

At the World Services Conference in San Diego in September, delegates decided that the draft of the Nicotine Anonymous book which has been evolving over the past three years, and has been called "The Book: A Work in Process," should be published. No longer is it to be just "in process," instead it will come to be the "First Edition." It is hoped that it will be published in book form instead of as a spiral bound manuscript. Mike K., who was elected the new treasurer of World Services, agreed to head up a group in Southern California to arrange the publishing.

The hardy band of us in Northern California who have been working on the book had decided prior to the conference that we needed to "let go" of the project in hopes that it would find a new source of energy, and even though we likely were not aware of the fact, we probably were so lost in the details of what we were attempting to do by way of careful editing that the book probably could have remained "in process" forever. We forced ourselves to push the little bird out of the nest, and hopefully, the First Edition will be appearing on meeting tables and at local bookstands nationally, as well as on the best seller list! Progress, not perfection! □

Conference included Nicotine Anonymous

The American Society of Addictive Medicine (ASAM) held its fourth National Conference on Nicotine Dependence in Raleigh, North Carolina September 13 - 15.

Experts presented medical and psychological aspects of nicotine addiction. A variety of workshops dealing with nicotine cessation and withdrawal were held. Jack C., a Nicotine Anonymous member, facilitated a workshop entitled "Twelve Step Approach to Nicotine Dependence."

Nicotine Anonymous is fortunate to have had exposure at this meeting of professionals as Jack shared his experience, strength, and hope. □

New literature approved at conference identifies, fulfills various needs

By Joe T.

Our six familiar pieces of literature are about to be joined by two new items — "Introducing Nicotine Anonymous to the Medical Profession" and "Facing the Fatal Attraction — Facts for Smokers."

After a lively debate at the World Services Conference in San Diego, both were approved by a majority of the delegates attending and both will be available for purchase, bearing the distinctive line — "World Service Conference Approved Literature."

Like all Nicotine Anonymous literature, the two new items came from members who had identified a need for them and who prepared and submitted draft copies for review by the Nicotine Anonymous Board and then, for approval, by the World Conference.

Jack G., a health professional working in San Francisco, had long known that medical doctors needed to be made more aware of our existence so that they would be able to recommend Nicotine Anonymous to their patients who smoked and who wanted to quit.

He felt that a simple brochure would be best. It should be brief and easy to read because doctors have so little time available. It should be descriptive of our view of nicot-

tine addiction and our spiritual approach to gaining freedom from it, without argumentation, so they will feel free to recommend us.

With these goals in mind, he wrote, "Introducing Nicotine Anonymous to the

Medical Profession". First the Board, and then the entire membership approved the brochure for distribution.

Joe T., an advertising man, also from San Francisco, was developing an

awareness program for one of his clients, a northern California county Public Health Department. He noticed that, despite the presence of lots of different pieces of literature about nicotine addiction and its terrible effect on users' health, there wasn't one which put all of the information together in plain English in a single brochure.

He decided to put one together himself and spent the next year assembling the data, updating it, and writing the brochure. When he was done, he followed the same route as Jack G., submitting his draft to the Board and then to the membership at the San Diego World Conference. Now, "Facing the Fatal Attraction — Facts for Smokers", is approved and in production.

Any member of Nicotine Anonymous who has found a need for new literature is encouraged to send a draft for review by our Board so that, if it is approved, it can be submitted to the next World Conference for approval. Drafts should be sent to: Literature Chairperson, Nicotine Anonymous World Services Offices, 2118 Greenwich St., San Francisco, CA 94123. □

Medical doctors needed to be made more aware of our existence

Conference tapes available

For members who were unable to attend the World Service Conference, a complete set of all taped meetings is available for \$25.00. Individual tapes of the various meetings can be ordered for \$5 each. Write to *Panorama*, 1406 La Plaza Drive, Lake Marcos, CA 92069. Or call (619) 471-1558 for the order form. □

Directory in this issue

You'll find a copy of the *World Service Directory* included in this issue. Please send updates and corrections to: NAWSO, 2118 Greenwich Street, San Francisco, CA 94123. □

Newly Elected Alternate Treasurer shares...

By Mike K.

Hi, My name is Mike and I am a nicotine addict. I would like to thank the members of Nicotine Anonymous for allowing me to be of service to this great program. It started out as a weekend at the conference, and it became

apparent that much behind-the-scenes work needs to be done. However, I am eternally grateful because it seems that the more I stay involved personally, the better I feel about myself, and the more profound my life

becomes through twelve-step programs.

I am a mechanic by profession, and how I wound up as treasurer is beyond me. I accepted the nomination because I don't want to smoke, and the old cliché, "Never refuse a Nicotine Anonymous request," comes to mind.

In AA after many years of slipping I became involved in the services and haven't had a drink since. In Nicotine Anonymous it is the same. I spent five years floundering around in and out. In the latter part of 1989 I made the commitment to Nicotine Anonymous as I had in AA and haven't had to smoke since. I am personally elated. I used every trick in the book to quit smoking. I also used three different detox programs, all of which worked quite well to get me off of demon nicotine, however after a period of time when emotional upheaval caught up with me, I smoked. I even had one member tell me not to come back because I was spoiling their record.

I had tried to use AA meetings for nicotine and in my own case it did not work. Today I understand why, but back then I would have said you were crazy. It's tough to avoid the first puff when you're sitting in a smoke-filled AA meeting, telling someone how you feel, and they say something like, "Yeah man I think its great that you're not smoking, but I'm not ready to deal with those issues yet." as they blow smoke in your face walking away, they holler, "Good luck, you can do it."

I had to go to meetings where they talked

about going crazy, almost in a fetal position from wanting to smoke, doing insane things but not smoking. They never once told me why they did these things. They just told me that if I would hang in there long enough that the craziness would end, or at least it would get better. And in my insanity I actually

believed them, can you imagine that? They told me that if I would accept the cravings that they would not be as bad, and if I wanted to get smober I was going to have to go through them and

not around them. Thank God they were right.

However, it was exactly the same way when I sobered up. I seem to have to carry the disease to right next door to insanity or death, and then decide that maybe I'll try. In the case of smoking, it wasn't until my face was on fire from all of the smoking, but I was crying to my wife that I knew I was going to die from cancer, and I was sure that they would cut half of my face off, as a friend of mine had happen. I was in the middle of the dilemma that is so widely known by addictive people such as myself. I **COULDN'T SMOKE ANYMORE... BUT I COULDN'T SMOKE ANY LESS.**

The dilemma carried me to the last few words of *A Vision for You* "that God could and would if sought." I was able, through the help of God and a lot of people, to stop smoking, and I loved it. The day after I took a chip for 90 days, I smoked. It was at that time I started to get involved, and I have stayed involved and haven't found it necessary to smoke since. I continue to go to meetings because I need to be reminded that I am a **PUFF AWAY FROM A PACK A DAY.** I need to constantly be reminded of how it was, lest I forget, because I have a very short memory. I have had to work for my smobriety, but it has been worth all of the effort. The value of service work is that the treachery of nicotine is always before me.

I am married to a very lovely lady, have a 16-year old daughter, and operate a small business in the San Fernando Valley area of

**"Never refuse a
Nicotine
Anonymous
request."**

Teleservice provides information to many

By Shirley K.

During the three-month period from June 1 through August 31, World Services Teleservice returned calls to over 200 people.

About 25% of the calls were from California. Calls were from 45 states; Canada; London, England; and Basel, Switzerland.

If you call World Services, Ed, Michael or Shirley will return your call. Recently a new volunteer, Katheryn, joined the team.

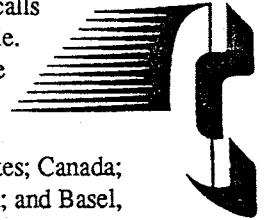
Over 25% of the callers wanted to know meeting locations. About 20% requested starter kits. Others asked for more information about order forms and available literature. Several smoking cessation programs wanted information about our program to pass on to their graduates. All of the callers appreciated our responses.

Many callers had difficulty finding us. How to carry the message remains one of our primary challenges. □

greater Los Angeles. I am 17 years sober through the grace of God and the fellowship of AA. At present I am 19 months smober, through the grace of God and the fellowship of Nicotine Anonymous.

Today my gratitude list is beyond my wildest dreams, and I had no idea that nicotine was keeping me from realizing it. I thank God and Nicotine Anonymous for this, for the wonderful people that God seems to continue to put into my life, sometimes even against my best thinking. I wonder how dull my life would be if I hadn't been forced into the two Twelve Step programs that have virtually saved my life, while drastically changing my life. □

**Make plans now
to attend the
1992 World Service
Conference
in New Orleans
April 10, 11, 12**



New secretary shares...

By Patti W.

I'm your new alternate secretary. I smoked for 33 years. I stopped smoking on July 18, 1991.

Often I awake between 2:00 a.m. and 4:00 a.m. I know I could try counting sheep, or I could schedule a Nicotine Anonymous meeting in the middle of the night (it might be well attended!), but I eventually give in and say, "now I lay me down to cry."

Thank God this program teaches us that it's just one day at a time. It worried me that *Nicotine Anonymous* might be another one of those "self-help" crazes I've been on for at least the last 40 years. So my higher power took over and said, "sit quietly and listen." I went to the meetings and listened. Amazing! They talked like I *felt*.

Wow! These people knew what it was like and what it's like now. There really are no accidents. I didn't just drive by the church, where my home group meets on Monday nights in Scottsdale, AZ, and say, "Oh, look there are cars in the parking lot. I think I'll go in and see what's happening." No, my higher power, God, led the way via my son from Los Angeles. Thank you Richard W.

So what does this new word in my vocabulary — *smobriety* — mean to me? It means living — *literally*. I picture cigarettes as nails and I believe I was constructing my own coffin — one cigarette at a time

Sometimes when I'm writing my gratitude list, I forget to put down Nicotine Anonymous. It could have something to do with feelings like anger, sadness, gladness, confusion, empathy and sympathy.

My old self — B.N.A.P. (Before Nicotine Anonymous Patti) — would say, "get real, grow up and face the real world, swallow your anger, and have a cigarette to calm down." My new self — A.N.A.P. (After Nicotine Anonymous Patti) says to herself, "feel your feelings whether it is mad, sad, glad or bad — just feel, one day at a time."

When I left San Diego after attending the 1991 Nicotine Anonymous conference, I found myself thinking, "Wow! What happened? How could I, who does not type, take shorthand, or use a P.C. be elected Secretary of Nicotine Anonymous? Higher Power — you are so wise." □

PenPals continue to support via mail

Currently 44 people are participating in the PenPals Program of Nicotine Anonymous. We continue to support each other by mail in gaining and maintaining freedom from nicotine.

Please consider joining us. It is a real blessing. Here are a few quotes from the various pals:

"I received your letter today and boy did I need it. I feel like I'm hanging on by just a thread. I have not been smoking one day at a

time for one and one half months ... I feel like I'm so alone in what I'm going through."

"Boy, it's really neat hearing from you and others in Nicotine Anonymous. Sorry it takes so long for me to respond but I'm sort of flaky sometimes and forget what works so well... I just got laid off at work and am looking forward to some time to get more focused in recovery... Well, I'm mak-

(See *PenPals*, Page 8)



Nicotine Anonymous World Service Conference VIII

New Orleans

April 10-11-12, 1992

Hotel Le Pavillon

1-800-535-9095

Nicotine Anonymous

Financial Statement

September 30, 1991

DESCRIPTION	MONTHLY	1991 TO DATE
	DETAIL SUMMARY	DETAIL SUMMARY
INCOME		
-For the Good of NA Contributions	427.05	5843.83
-Sales Literature/Big Book/7 Min.	1414.02	12885.75
-Other Income	3.81	210.95
TOTAL INCOME	1844.88	18940.53
-Cost to Produce Sales	437.05	11341.72
-NA Services, Startup, Teleservice	59.79	1310.74
-1990 Expense	0.00	211.54
-Office Expense	335.36	4162.66
-Reorganization Expense	0.00	576.28
-Taxes, Sales and Payroll	0.00	648.07
-Misc. Expense	12.00	298.05
-Conference Startup	-12.93	191.07
TOTAL EXPENDITURES	831.27	18740.13
INCOME THIS PERIOD	1013.61	200.40
CASH BEGINNING OF PERIOD	1764.77	2523.21
CASH END OF PERIOD	2813.41	2813.41
OFFICE PETTY CASH	500.00	500.00
CASH AVAILABLE	3313.41	3313.41

1991 Group Contributions

UNITED STATES		Oct.	Yr. to Date
AR	Little Rock (Nancy R.)		20.00
AZ	Flagstaff		6.00
AZ	La Padera Park Quitters Group, Phoenix		10.00
AZ	Nicotine Anonymous		150.00
AZ	Phoenix Anna C.	10.00	10.00
AZ	Phoenix Tuesday Night Quitters		10.00
AZ	Quitters are Winners, Flagstaff		5.46
AZ	Scottsdale Monday Night		10.00
CA	Daly City		31.00
CA	Fresno 1651 L Street		30.00
CA	Huntington Beach		26.00
CA	Laguna Hills		20.00
CA	Lakespur		140.00
CA	Long Beach Monday 6:30 p.m.		50.00
CA	Marin County Saturday Morning		100.00
CA	Monterey Thursday 7:00 p.m.		22.85
CA	Moreno Valley		10.67
CA	Oakland		25.00
CA	Oakland Tuesday Kaiser Group		50.00
CA	Palo Alto Group		20.00
CA	Poway Monday Night		20.00
CA	Poway Monday Night Pomeraro Hospital		23.00
CA	Rohnert Park Health Center, Rohnert		60.00
CA	Ross Tuesday 7:30 p.m.		22.00
CA	San Francisco		90.13
CA	San Francisco Friday Night		25.00
CA	San Francisco Sunday Night 6:00 p.m.		66.00
CA	San Francisco Thursday French Hospital		58.30
CA	San Francisco (Marilou)		5.00
CA	San Jose Wednesday Night Group		15.00
CA	San Leandro Fairmont Hospital		33.00
CA	Santa Rosa		20.00
CA	Santa Rosa Thursday Meeting		60.00
CA	Serenity Group, Montgomery		23.31
CA	Southern California Intergroup	100.00	3000.00
CA	Westminster		5.50
CO	Quitter Group, Colorado		10.00
CT	Stamford Wednesday 6:30		25.00
CT	Stanford (Mary Ann O.)		50.00
DC	Washington Group (W. J.)		60.00
FL	Fort Myers		50.00
FL	Lake Worth Pamerla/Mark	5.00	5.00
GA	Smyrna Tuesday	35.00	47.00
GA	Smyrna Group		25.00
HI	Honolulu Wednesday Night		7.50
ID	Hayden, CDA Group	25.00	25.00
IL	Arlington Heights		10.00
IL	Desplaines, Wayne R.	60.00	60.00
IL	Elgin (M. H.)		10.00
IL	Evanston (R.J.)		5.00
IL	Palatine Thurs Night Christ Lutheran Church	20.00	30.00
IL	Parkridge, Parkside Lutheran Hospital		50.00
IL	Parkridge, Parkside Hospital Mon. Night		50.00
IL	Woodridge (G. R.)		7.50

More Generous Donors are listed on Page 9

Public Outreach Report

Literature displayed at National Museum of Health & Medicine

By Jack C.

In February 1991 Nicotine Anonymous was invited to display our literature in a Permanent Self-Help Exhibit at the National Museum of Health and Medicine located in Walter Reed Army Medical Center, Washington, DC.

World Services of Nicotine Anonymous sent 300 pieces of "Introducing Nicotine Anonymous" for display in this exhibit. I went to Washington DC to see their program and literature display June 26, 1991. In the display case, approximately 8 feet wide and 6 feet high, the Nicotine Anonymous flyer is at eye level just left of center!

The Director of the museum, Marc S. Micozzi, M.D., Ph.D. introduced Samuel J. Keith, M.D., acting Deputy Director of National Institute of Mental Health. Dr.

(See Outreach, Page 9)

PenPals

(Continued from Page 7)

ing my way around the list you sent one letter at a time and even starting to receive letters from others, its really great like I said. Sometimes when I get to the point I just can't stand anymore it seems I'll get a note from someone and it sure helps me feel better."

"Your letters always reach me at vulnerable times so I appreciate them very much. Your last one was particularly timely especially since you reminded me (once again) not to smoke even if my *** falls off."

And another one:

"Thank you for the PenPals. I have written to all of them... and I am receiving great joy out of sharing my experiences, strengths and fears with each of them. I have been doing fine lately."

Sometimes it really helps to put your feelings down on paper. Of course, it is also wonderful to go to the mailbox and find a personal letter along with all the bills. Do join us by writing to: PenPals, Nicotine Anonymous, 2118 Greenwich St., San Francisco, CA 94123. □

Outreach

(Continued from Page 8)

Keith spoke on "Depression Awareness, Recognition, Treatment Program."

"Depression and Substance Abuse Co-Morbidity" was presented by Darrel A. Reiger, M.D., M.P.H., Director Division of Clinical Research of national Institute of Mental Health.

After the program I had an opportunity to speak with Dr. Reiger. He said two studies are in progress — "Nicotine and Depression" and "Nicotine and Brain Function." Dr. Reiger's group is developing a study on nicotine and Alzheimer's disease.

Lisa Saisselin, Director of Self-Help Clearing House of Greater Washington, spoke on "Self-Help Introduction." Lee Miller, Director, National Self-Help from New York City, also attended.

A friend of 25 years, whom I just met this morning, introduced me to people at the U.S. Senate building, the Department of State, The Washington Cathedral, Washington National Airport and the National Institute of Health. When asked "What brings you to Washington?" and I replied, "Nicotine Anonymous," they were vitally interested to learn more about our program for gaining freedom from nicotine. Also, a school teacher from Moscow, Russia was very excited to learn of Nicotine Anonymous and took the information home with her.

Thanks to Denise A. Sepkowski for inviting me to attend this program. □

World Service Office Report

Pamphlets sent out since January of this year through August total 44,341. Last year January through August pamphlets sent out totaled 56,748. While fewer pamphlets have been requested this year, 251 Big Books have been sent out since January. During the next year, I plan to try to find a relationship between the number of Starter Kits sent out to the number of new meetings being started.

Office Space: Jack C., Phil P. and I met David M. before our Board Meeting in June to consider the possibility of converting existing office space into a more businesslike setting. With the present tightness of money, the project has been put on hold for the time being. —Noreen T., Office Mgr.

1991 Group Contributions

<u>UNITED STATES</u>		<u>Oct.</u>	<u>Yr. to Date</u>
KY	Louisville Kaythleen G.	20.00	20.00
MA	Portland Phoenix Group		45.00
MD	Annapolis Wednesday Night		30.00
MD	Severna Park, Charles A. G.		4.40
ME	Portland Monday Night		25.00
ME	Preque Isle (R. T.)		5.00
MI	Garden City Group		26.50
MI	Mt. Clements Monday Night	200.00	200.00
MI	Warren Gratitude Group		200.00
	Misc.		201.56
MN	Mankato Wednesday Night		20.00
MN	Tuesday Night Quitters		10.00
MN	White Bear Lake, James A. K.		25.00
MO	St. Louis (M. Z.)		50.00
NC	High Point Thomas M.	20.00	20.00
NJ	Columbas		20.00
NJ	Elizabeth (Linda Dee D.)		12.00
NJ	Harrisonville, Janice A.	6.00	6.00
NJ	Mt. Holly Sunday 6:00 p.m.		30.00
NJ	Ponpton Lakes, Shirley R.	4.00	4.00
NV	Las Vegas Thomas L. P.		40.00
NV	Las Vegas (T. P.)		46.00
NY	Brooklyn Heights Monday 6:30 p.m.		10.00
NY	Cazenovia, William R. T.		10.00
NY	Long Island Intergroup		50.00
NY	North Bellmore		50.00
NY	Northville (M. D.)		28.00
NY	Ozone Park, Mary S.	5.00	5.00
OH	Akron Thursday 7:00 p.m.		15.00
OH	Columbus (W. H.)		7.50
OH	East Cleveland (J.O.G.)		25.00
OH	South Euclid Monday 7:00 p.m.		15.00
PA	Riverside		5.00
TX	Dallas, Mary E.		20.00
TX	Houston, Friday 6:00 p.m. St. John		7.65
TX	Houston Wednesday 12:15	10.00	10.00
TX	Houston Wednesday Night 7:30		30.00
TX	Houston (D. S.)		10.00
VA	Phoenix Group, Norfolk	20.00	43.00
VA	Phoenix Group, Norfolk		13.00
WA	Everett, John P.		5.00
WI	Eau Clair, Thursday 7:30 p.m.	12.00	12.00
WI	Milwaukee Saturday 3:00 p.m. Elmbrook		75.00
<u>CANADA</u>			
CN	Calgary, Alberta Monday Fellowship Club		10.00
CN	Clearbad, BC, Last Gaspers		12.00
CN	Regina, Saskatchewan, Freedom Group		10.00
CN	Scarsborough, Ontario, Jaci C.	50.00	250.00
CN	Toronto, CN (S. T.)		10.00
CN	Victoria B. C. (J. R.)		5.00
CN	Woodstock, Ontario Lung Association		20.00
GRAND TOTAL		602.00	6603.83

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Your subscription to the *Nicotine Anonymous* newsletter will help *Seven Minutes* continue as the network between *Nicotine Anonymous* groups. A subscription includes four issues of *Nicotine Anonymous* news, articles and letters – a “meeting on a page.” The current *Nicotine Anonymous* Worldwide Meeting Directory is enclosed as it is updated. Please check the code on the top line of your mailing label for the expiration date of your subscription. It is indicated as the year and quarter of expiration. For example if a subscription expires with this issue it will be indicated as 91.3. Please renew as soon as possible.

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