



In This Issue

1

The Impossible Dream,
by Gary M.

3

From the Chair,
Kent B.

4

Conference Wrap-up,
Scott J.,
Chair Emeritus

6

"Life, Liberty and
Recovery,"
the 2002 Conference
in Brooklyn, NY

7

Letter from the Editor,
Catherine C.

8

A Letter To My Cigarettes,
Cathi A.

8

The NAWS Year-end
Financials,
Annette L., Treasurer

9

The NicA Conference,
Ani M.

The Impossible Dream

Gary M., San Clemente, CA

"Quitting was almost always with a total disbelief that there could be life after nicotine."

Nicotine Anonymous, The Book

A very terrifying proposition. After countless attempts to quit and failing countless times, I felt I was down for the count. I was dying . . . literally, and I knew it. So what? The hell with it? I resolved to myself I can't quit and I am just a worthless loser—so who cares? Why can everyone else quit and I can't? What the hell is wrong with me? I am hooked on these cigarettes and can't do anything about it. My self-worth was about a minus-20. I wanted to quit but I had failed so many times I could not stand another failure!

I've thought many times about quitting and what it would be like but I came to the point that it was absolutely impossible to quit, I didn't dare entertain the thought anymore. I'd been told by doctors I'd die of a massive heart attack. I've got emphysema, asthma and my lower right lung is gone and if I didn't quit smoking I'd be on oxygen. I put myself in the hospital three different times and I still wouldn't quit smoking. It was too hard. I'd rather die. Who am I kidding? A false bravado. I was scared, petrified so I just smoked more to hide my fears.

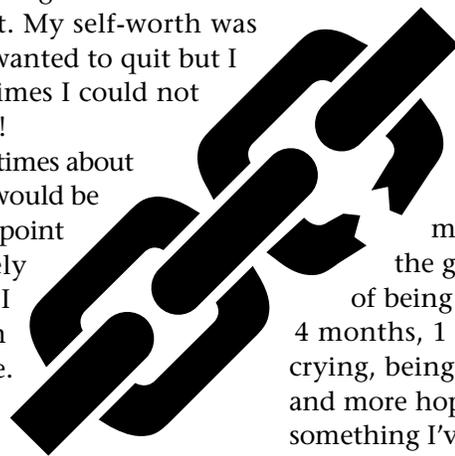
Thank God my doctor gave me the 800 number to Nicotine Anonymous. I called

the 800 number and talked to Mary D. in Orange County for a long time. Here was someone I identified with that was talking my language—fears, hope and understanding and giving me the courage to try it. It was my last chance—the last building on the block—it was now or never. If I didn't quit when I did I really believe I would have been dead within 30 days or less. I really believe that!

I went to ten straight meetings in a row and quit at the eleventh meeting. That was November 21, 1998. What made me quit? The support of the groups. Seeing different levels of being smoke-free: 2 days, 28 days, 4 months, 1 year, 2 years, etc. Laughing, crying, being grateful, giving hope, hope and more hope. I found a support system, something I've been looking for for a long time. Hands reaching out—come on, you can do it—we will help you. Yes, it is tough, but you will get through it. The hope that there is life without cigarettes. The hope you will enjoy it and better yet, the hope of freedom at last, of being free of cigarettes.

That I am a living miracle and can attest to this with 1 year, 10 months and 20 days (at the time of this writing) of being completely smoke free.

The impossible dream came true.



Send letters to the editor, articles, stories, poems, artwork, or other material for *Seven Minutes* to:

Seven Minutes

c/o NAWSO
419 Main St., PMB #370
Huntington Beach, CA 92648

Subscription requests, circulation additions and deletions may be sent to the same address.

Material may also be sent by e-mail to:

<info@nicotine-anonymous.org>

All articles accepted for publication may be reprinted in outside publications in their entirety at the discretion of the chair and editor.

Your trusted servants,
Donna E., *Publisher*
Catherine C., *Editor*
Joe S., *Subscriptions, distribution*

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.

Reprinted for adaptation with permission of the A.A. Grapevine

NAWS Has Moved!



Nicotine Anonymous World Services
419 Main St., PMB #370
Huntington Beach, CA 92648

Phone: 866/536-4539 / Fax: 714/969-4493

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 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 Steps reprinted and adapted here with the permission of Alcoholics Anonymous World Services, Inc. Permission to reprint and adapt the Twelve Steps 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 original Twelve Steps of Alcoholics Anonymous are reprinted above.

From the Chair . . .

Kent B., Phoenix, Arizona

My name is Kent B., and I'm a nicotine addict.

The first time I heard myself say those words aloud, I didn't really know their meaning. I thought I just had a bad smoking habit that I wanted some help to break. I had tried so many times to "just say no" to cigarettes, even took a quit-smoking class and underwent a series of special injections. After all, what was so difficult about ending an unwanted bad habit?

As I sat through a few more meetings, I began to learn that I was powerless over something *in* the cigarettes, that it was nicotine I was struggling to shake. And once I understood that nicotine was actually a drug, it became all too clear to me . . . I was addicted to nicotine . . . I am a nicotine addict.

That was almost thirteen years ago. Since then, I have just not put any nicotine into my body, got myself to meetings of Nicotine Anonymous, worked the twelve steps with a sponsor, and tried to help others if I could. Today, I serve as the current chair of Nicotine Anonymous World Services.

When I first heard about the Twelfth Step, I assumed it would mean, for me, "carrying the message" by clutching lives from the very edge of death through some dramatic intervention on a smoke-filled hospital ward for chronic, hopeless smokers. But service has turned out to be much more of a slow journey. From simply greeting a newcomer at my Phoenix, Ari-

zona home group meeting one Saturday evening, making a pot of coffee, or putting literature on a table, I did what I felt was safe and comfortable. Someone called it "service to the still suffering addict." It felt rewarding to do something that someone else found useful, but I wasn't really saving any lives! So I moved along to volunteering to read the Steps or the Traditions, and later, to chair the entire meeting.

I was entrusted with a key to the church where we held the meeting. When the home group held its annual election, I became its treasurer. Still, I knew of not one human life spared a horrible nicotine death due to anything I had done through my service. I sponsored others, attended Nicotine Anonymous World Services conferences, became our state intergroup treasurer, and signed on as the World Services' Wednesday e-mail servant. In 1999, when my area was selected to host the following year's World Services conference, more of my time and energy went into "trying to carry the message." But, by then, the searching for some sign to validate that my personal service must lead to the miracle of life for some victim on the verge of virtual self-destruction, had finally left me.

I was humbled to be asked to perform any form of service, small or large, and to leave the results of that service to my Higher Power.

Service is intentionally the last of the Twelve Steps, my sponsor reminds me, because there's much personal repair work to be done in preparation to be of much use to others (including dispelling that grandiose

notion that it is I, and only I, who can restore the universe of nicotine addicts to sanity!). Whether service takes a simple form like putting out chairs before a meeting, or a more complex form,

like filling an office at the World Services level, it is still essential to every addict's full recovery. Our primary purpose remains to offer support to others who seek to gain freedom from the addictive drug, nicotine. When I neared assuming the role of Chair for World Services at our conference in Berkeley, California in April, I realized I was prepared to serve. The journey of service began many years ago with a simple sharing of myself to another at a meeting. Like those who came before me, I now have the opportunity—and responsibility—to give back on a global level. I'll do my best, mindful of that imaginary bumper sticker . . . "Have YOU Done Your Service Today?"



Summary Report of the

April 27–29, 2001 Berkeley, California

It is with a sincere sigh of relief and a prayer of gratitude that I have the privilege of writing to you, the members and friends of our fellowship. The Chair Emeritus is responsible for writing a brief summary of the events that occurred during our time together at Conference XVI in California. On Friday afternoon your NAWS Board met to take care of World Service business and to make final preparations for the conference. The major item we examined was the incredible amount of work our trusted servant Joe S. did in moving our remote office service from Harrisburg, PA to Huntington Beach, CA. The logistical problems he overcame were breathtaking and the most exciting part was his report that all of the backlogged orders, requests, etc. were caught up and current. He was quick to point out that he had the help of several other folks, especially Jan F. who dedicated several weekends to stuffing envelopes and filling orders. At this meeting we also passed a motion to ascertain how many issues of *Seven Minutes* were not delivered to our subscribers and that the subscriptions due dates be moved forward appropriately.

On Friday night, we had our Gratitude Meeting. I was only able to open the meeting but did buy a copy of the conference tapes so Karen and I could enjoy the sharing in the future. Saturday morning we began the official proceedings of the conference. A quorum of qualified delegates was confirmed and we moved into the various Business Reports. This time is spent bringing the fellowship at large up to date on the various tasks that your Board has been handling on your behalf. Any items that needed ratification by the delegates are also presented. Motions are made and tabled until Sunday morning for voting. For those of you who were not at the conference I can-

not stress the importance of getting a copy of the tapes and listening to what was said during these reports. Your Board serves you, the fellowship, and we are accountable to you for our decisions and activities. As the Emeritus Chair I have to say that your Board consists of some of the most highly motivated, honorable people I have ever known. They are also grossly overpaid. The blessings that we receive being of service to you far outweigh the incredible amount of work that is expected from us. The rewards of love, gratitude, and fellowship, are truly worth it. My reward, for example, was learning how to ask for and accept help. It has been a key component in moving my personal recovery process forward in a tangible way. Volunteerism, although not fashionable in this day and age, has rewards that only volunteers can understand.

Aside from the above plug for service, our morning time also highlighted several pieces of hard work by our committee chairs. Robin L. our *Book* coordinator did a pile of work on our *Book*. She also presented the conference and therefore the fellowship with the opportunity to consider gender changes to our *Book* as well as to our Steps and Traditions. You will be hearing more about these forward thinking ideas in the future. Martha K. and our Web Servant, Bill H. did an outstanding job, in updating our World Wide Meeting List. They designed and implemented Web-based methods of updating the list and keeping the most current information on our web site, where people can access it easily. Now, if only folks would let us know when meetings close, we would have an accurate picture of when and where meetings can be found on a worldwide basis. Maybe someday. . . . In another area near and dear to my

heart, Roger F. requested that our bylaws committee attempt to amend our bylaws to create a new position on the Board—Vice Chair. He observed that the chair position, as it is currently defined, is overwhelming and will become hard to fill in the future if we don't restructure our Board. I could not agree with him more.

The following items were brought to the floor and tabled until Sunday. (*Delegates and Intergroups will be receiving full copies of the conference minutes and if you really want to know the details, members can ask their delegate or the board members for a copy. As I mentioned above, the tapes are the best and most accurate way to hear what was said during the meetings.*)

- I. A motion was presented to add Abstinence Wording to all of our literature.
- II. Nominations were made for Treasurer, Secretary and Chair and held open until Sunday morning.
- III. Bids for the 2003 Conference were not forthcoming but nominations were held open until Sunday.

Saturday afternoon was dedicated to workshops on the *Book*, Outreach, Traditions writing, Literature Development and a new book of Daily Meditations. A major thank you to the chairs of those workshops and those who attended and contributed their experience, strength and hope. A final summary meeting was held at the end to recapitulate the items discussed.

Saturday night was our traditional banquet night. The special guest speakers far outclassed the delicious food. Our first speaker, Barbara D. was from my neck of the woods, Long Island. Her story was heartfelt and genuine. Following Barbara was an old favorite of mine, Nicholas V. from the Los Angeles area. I first met Nicholas on Long Island when we hosted the

NAWS Conference XVI

Chair Emeritus Scott J., Riverhead, New York

quarterly board meeting in my office space. He was the Active Chairperson at that time and a worker of miracles, from my point of view. He, shared with us history, humor, experience, strength, and hope. In addition he expressed his desire to once again help our fellowship with his time and talents in the LA area. We welcome his commitment and rejoice in being able to work with him again.

Sunday morning was my personal Waterloo. I had not been able to prepare for the wrinkles and nuances of Robert's Rules of Order that applied to our voting processes. I want to thank John N. for walking me through that arduous task, literally on the fly. The following voting items were untabled and voted on as follows:

- I. The motion to add the "definition of abstinence" wording to all of our literature was voted down.
- II. A motion to change the references in the Book from "smoking" to the "use of nicotine," where appropriate, was approved.
- III. Voting for Officers: our new Treasurer is Ramona F. from the Bay Area. Our new Secretary is Kate W. from Texas, and our new Chair is Jan F. from Southern California. This is the first time that an all-female board has been elected to World Services. I have great faith that this new crew of officers will do a fantastic job in bringing our fellowship forward into the new century!
- IV. I spoke earlier about that Nicholas V. fellow. He is already getting the service ball rolling in his typical energetic style: our 2003 conference will be held in the Los Angeles or Santa Monica area. I wonder if they could throw in a *very* minor earthquake if we promised not to ~shake~ too much!



The voting process was closed with the Prayer of Jabez and the Serenity Prayer, led by John N. From there we proceeded to our Spirituality Breakfast with more fantastic food and a spirit-filled talk by Jay N. from the Bay Area.

At this point the conference officially ended and the newly formed Board met for the first time. We met each other, exchanged addresses and worked out where and when we would meet for our quarterly meetings. The plans are as follows: July 21—Southern California, October 20—Phoenix area, January 10th—deep in the heart of Texas, March 16 for the Teleconference and our next World Service Conference on April 19—21st in Brooklyn, NY.

I point out these dates because if you can join us at any of these locations, we would be VERY pleased to have you. The board meetings are not secret and we welcome members of the fellowship to give us your input. That is one reason we try meet in different places around the country. The other reason is to save on airfares by meeting where we can save some trips and where host intergroups can provide us with places to meet and stay.

I want to offer my thanks to the truly fantastic people that I have had the privilege to serve with during my year as the active chair. It is because of these people that I did *not* resign back in September, during my honeymoon in Sedona, Arizona. They promised me their dedication and support during a very challenging time and they came through. Although I didn't get half of the things done that I wanted to do, they never criticized me or made me feel worse than I already did when I had things left

undone. In most cases they picked up the ball where I dropped it and helped me get through the year. I have to give my highest thanks to Martha K. She ended up serving an extra term covering items that I just could not get to. I will always be grateful for her humble and thorough back up. Joe S. is next up to bat. He saw a problem with our remote office service and instead of complaining about it he has become the main part of the solution. Kent B. stood next to me and said he would help me with the chair responsibilities. He encouraged me with an immortal phrase that I now remind him about. When things seem to be falling through the cracks, don't worry, the really important ones will find a way to "bubble back up to the top!" And so they *do!* Jack R. will always inspire me to remember that our fellowship is built on traditions with his ageless wisdom. Annette's stability will remind me of my rock from Sedona. ("Get a piece of the rock.") Michelle and Donna will make me think of dueling laptops. And then there is Jennifer. I thank her for her minutes which I used to create this summary for you. Had she not produced such wonderful detailed minutes of the conference I would not have been able to summarize them for you.

I also want to thank former WS Chair Ed T. and his able committee from Northern California for producing such a seamless conference. Thanks to his expertise and the dedication of his fellow committee members, we not only got our business done, but actually enjoyed ourselves in the process. Ed—you finally got your conference! Thanks for your dedication and diligence in bringing *us* to you.

May our Higher Power continue to Bless us all richly!

Peace, Scott

Mark Your Calendars!

NICA WORLD SERVICES CONFERENCE XVII

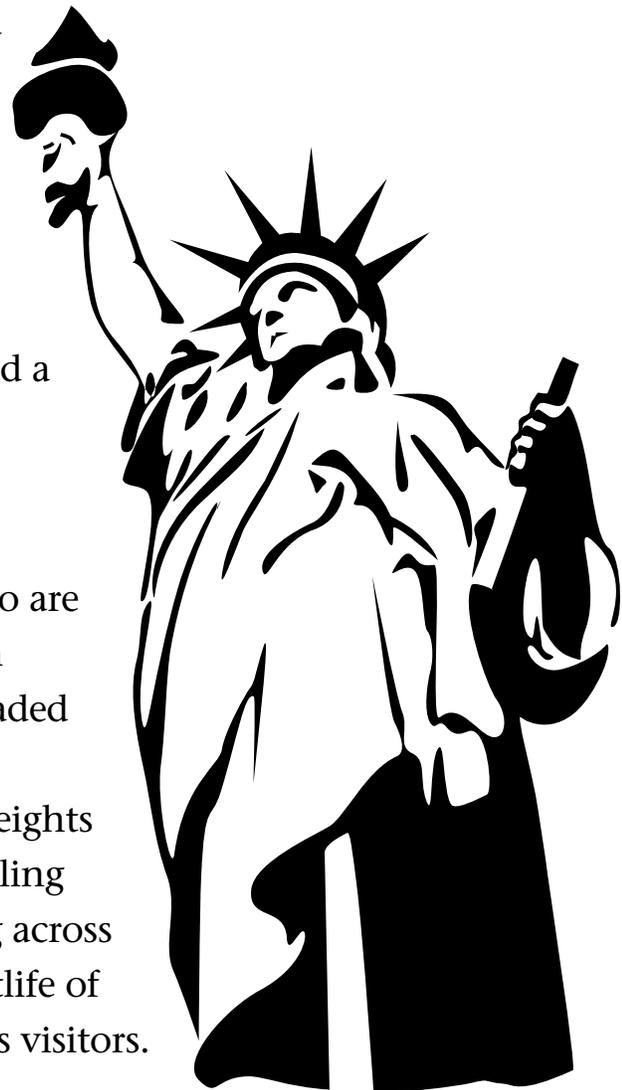
“Life, Liberty and Recovery”

Brooklyn Heights, New York

April 19–21, 2002

Please join us at the Marriott, a few blocks from the Brooklyn Bridge. Friday evening begins with the traditional gratitude meeting. The weekend proceeds with officer elections, workshops, speaker’s banquet dinner, sunrise meeting, spirituality breakfast, selection of our 2003 conference site and a fellowship filled with life, liberty and recovery.

New York is a helluva town! For those who are coming early or staying late, downtown Brooklyn and nearby Manhattan are loaded with attractions. Eat in internationally famous restaurants and ascend to the heights of the Empire State Building. From strolling along Brooklyn’s Promenade to ferrying across to Lady Liberty/Ellis Island, to the nightlife of Broadway, New York has a lot to offer its visitors.



Look for registrations forms forthcoming!

Plan to attend in 2002!

Letter from the Editor

Catherine C., Berkeley, California

Hello! My name is Catherine and I'm addicted to nicotine, and I'm the new editor of *Seven Minutes*. I want to thank all the previous editors of this newsletter, the latest being Donna E., for their excellent work producing this newsletter, and all of you who have written in and shared your incredibly uplifting stories.

I also want to take this opportunity to let you know how excited I am about taking on this service and that I look forward to producing a newsletter that is of interest to the entire membership. To do that I need your help. Please share your stories, your poems, your drawings, and information on events that are happening in your area that are open to all members.

Please e-mail me at <info@nicotineanonymous.org> (preferred) or if you don't have e-mail, send your submissions to *Seven Minutes*, c/o NAWSO, 419 Main St., PMB #370 Huntington Beach, CA 92648.

On another note, I want to encourage you to share your copy of *Seven Minutes* with others in your groups, and to encourage them to subscribe to the newsletter. This is the voice of Nicotine Anonymous World Service Organization, and a place to find out what's happening with Nicotine Anonymous as an

organization: the issues that are dealt with at the conferences and at the board meetings. Your board members work for you and are elected by delegates from your home groups. Find out what's being discussed, and let them know how you feel.

Book of Meditations

You may be aware that one of the projects that is being worked on is a book of daily meditations for NicA. You have probably seen these books in your local bookstores. They are full of inspiring thoughts and meditations for

each day of the year. You are encouraged to submit your own meditations and prayers that are and have been helpful to you in your recovery. This book will take shape and reflect the thoughts and feelings of those

members who send in their favorite meditations. It will also hopefully be helpful to those addicts who are desperately trying to stay off nicotine. Be a part of that!

Look elsewhere in this newsletter for news and views on the conference.

This is your newsletter and a vital resource for all members of Nicotine Anonymous! I look forward to your input.

God, grant me the serenity to accept the things I cannot change, courage to change the things I can, and the wisdom to know the difference.

Other Resources

The following are resources that may be of interest to Nicotine Anonymous members. This list is provided as a service only. Nicotine Anonymous is not affiliated with, nor does it necessarily endorse, the activities of any of the individuals or entities listed below.

The Other Resources list may contain only materials. It must be officer approved and added to the Policies and Procedures, and will be maintained by the secretary-elect.

Audiotapes

Glenn K. Audiotapes
28 Viola Drive
Glen Cove, NY 11542-3322
516/676-6328 or 516/257-TAPE

Glenn K. carries audiotapes of Nicotine Anonymous World Services conference speakers, gratitude meetings and business meetings.

Chips

Pioneer Club Supply
5252 Mission Street
San Francisco, CA 94112
415/469-5444
Fax: 415/469-9314
<http://www.enterit.com/Pioneer5444/>

KISS
5353 C East Princess Ann Rd.
Norfolk, Virginia 23502
757/855-1119
Fax: 757/855-6181
E-mail: Steve at kiss@appna.org

Crossroads Books
1196 East Walnut
Pasadena, CA 91106
616/795-8722

Your Subscription

Because you did not receive the Volume XII, Issue No. 1 of *Seven Minutes*, your subscription has been extended to include one free issue.

Profit & Loss Previous Year Comparison—Continued

	Jan-Dec 00	Jan-Dec 99	\$ Change	% Change
6510 · Public Outreach	0.00	345.00	-345.00	-100.0%
6540 · WW Mtg List/ Group Mailing	0.00	1,843.89	-1,843.89	-100.0%
Total 6500 · Projects	918.16	2,973.28	-2,055.12	-69.12%
6900 · Travel & Mtg Exp-Board				
6820 · Conference Calls	324.30	194.89	129.41	66.4%
6920 · Meals	25.39	34.80	-9.41	-27.04%
6940 · Board Transportation	10,478.24	6,059.04	4,419.20	72.94%
Total 6900 · Travel & Mtg Exp-Board	10,827.93	6,288.73	4,539.20	72.18%
Total 6700 · Board Expenses	11,746.09	9,262.01	2,484.08	26.82%
6910 · Other Operating Expenses				
6790 · Taxes				
6791 · Sales Tax	312.70	539.81	-227.11	-42.07%
Total 6790 · Taxes	312.70	539.81	-227.11	-42.07%
Total 6910 · Other Operating Expenses	312.70	539.81	-227.11	-42.07%
Total Expense	23,322.84	19,781.88	3,540.96	17.9%
Net Ordinary Income	10,831.73	15,185.76	-4,354.03	-28.67%
Other Income/Expense				
Other Income				
7010 · Interest Income	1,254.15	352.03	902.12	256.26%
Total Other Income	1,254.15	352.03	902.12	256.26%
Net Other Income	1,254.15	352.03	902.12	256.26%
Net Income	12,085.88	15,537.79	-3,451.91	-22.22%

**Statement of Cash Flows
January through December 2000**

	Jan-Dec 00
OPERATING ACTIVITIES	
Net Income	12,085.88
Adjustments to reconcile Net Income to net cash provided by operations:	
1205 · Advances to Conference	750.00
1120 · Inventory Asset	2,914.15
1350 · Prepaid Expenses	-284.76
2000 · Accounts Payable	-2,245.82
2200 · Sales Tax Payable	-191.52
Net cash provided by Operating Activities	13,027.93
Net cash increase for period	13,027.93
Cash at beginning of period	36,566.62
Cash at end of period	49,594.55

The Nicotine Anonymous Conference

Ani M., Berkeley, CA

The Gratitude Meeting stands out above all else. I heard my own story! The experience is indescribable. Something opened inside me and I began to forgive myself for all the years of hiding in the smoke and the rebellion that was supposed to serve me! And, I am not alone.

I felt this just being at this wondrous conference but especially when I stood at the podium to speak my gratitude to a room full of similarly committed folks—some new friends and some old friends I had worked with planning the conference. As I stood there listing all I was grateful for, I realized I could safely sing my joy to this wonderful group. I was saying that my singing voice was really *mine* again without the smoke and then just started singing “What would you think if I sang out a tune” and I felt so good, so free. That meeting filled me, taught me many new things. I will never forget it.

I will also never forget my experience at the workshop for the daily meditation book. There was such a big cooperation in this group of about 25 people. The grace of service filled the room. And the topic ideas just kept coming—it was great. This book is going to be a wonderful group effort that I’m proud

to be a part of. We each committed to the number of pages we thought we could write and get from our home groups. I felt so grateful to be part of this group, this conference and this program.

I was also so proud of my hometown as we hosted this celebration of smoke-free living. Getting to know my home group people better through helping to create the conference was and continues to be very important in my smoke-free life. Thank you God for this opportunity!



Balance Sheet Previous Year Comparison · As of December 31, 2000

	Dec 31, 00	Dec 31, 99	\$ Change	% Change
ASSETS				
Current Assets				
Checking/Savings				
1000 A · Cash and Cash Equivalents				
1000 · Wells Fargo Checking	3,550.27	5,653.94	-2,103.67	-37.2%
1030 · Fulton Deposit Account	25,022.37	10,912.68	14,109.69	129.3%
1040 · Certificate of Deposit	21,021.91	20,000.00	1,021.91	5.1%
Total 1000 A · Cash and Cash Equivalents	49,594.55	36,566.62	13,027.93	35.6%
Total Checking/Savings	49,594.55	36,566.62	13,027.93	35.6%
Accounts Receivable				
1205 · Advances to Conference	0.00	750.00	-750.00	-100.0%
Total Accounts Receivable	0.00	750.00	-750.00	-100.0%
Other Current Assets				
1120 · Inventory Asset	6,426.75	9,340.90	-2,914.15	-31.2%
1350 · Prepaid Expenses	950.00	665.24	284.76	42.8%
Total Other Current Assets	7,376.75	10,006.14	-2,629.39	-26.3%
Total Current Assets	56,971.30	47,322.76	9,648.54	20.4%
TOTAL ASSETS	56,971.30	47,322.76	9,648.54	20.4%
LIABILITIES & EQUITY				
Liabilities				
Current Liabilities				
Accounts Payable				
2000 · Accounts Payable	1,697.58	3,943.40	-2,245.82	-57.0%
Total Accounts Payable	1,697.58	3,943.40	-2,245.82	-57.0%
Other Current Liabilities				
2200 · Sales Tax Payable	515.41	706.93	-191.52	-27.1%
Total Other Current Liabilities	515.41	706.93	-191.52	-27.1%
Total Current Liabilities	2,212.99	4,650.33	-2,437.34	-52.4%
Total Liabilities	2,212.99	4,650.33	-2,437.34	-52.4%
Equity				
3200 · Unrestricted Net Assets	42,672.43	42,672.43	0.00	0.0%
3900 · Retained Earnings	0.00	-15,537.79	15,537.79	100.0%
Net Income	12,085.88	15,537.79	-3,451.91	-22.2%
Total Equity	54,758.31	42,672.43	12,085.88	28.3%
TOTAL LIABILITIES & EQUITY	56,971.30	47,322.76	9,648.54	20.4%

A Letter to My Cigarettes

Cathi A., 6 months smoke-free

Our relationship was made solid when I was 18 and you convinced me I couldn't live without you. You said I'd be so cool. From that point on, you choreographed every step of the dance that was my life. You did everything for me, calmed my anxieties, soothed my worries and my loneliness, helped me work and create, took the edge off my feelings. I thought you were my friend; I loved having you around. I needed you more than my work, my friends, or my family. I needed you too much. You lied to me a million times and said it would be all right.

You made me stand out in the rain, raging wind, bitter cold, forsaking comfort and sanity. You embarrassed me with your vile taste and smell, and in the last days made me a social outcast. You made me endanger the health of the precious innocent ones in my life with your dangerous smoke.

You made me go where I didn't want to go, and do things I didn't want to do. You stole my health, my strength, my life breath and my freedom.

And then you killed my father. And you caused my husband to

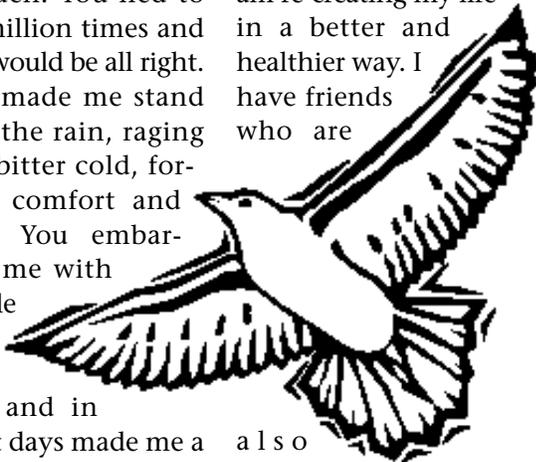
have a heart attack. They both smoked. But still I couldn't let you go.

Gradually, I began to see how dangerous you were. My lungs hurt, my throat hurt, and I knew you were killing me.

I guess I got to the point where I couldn't let you destroy me any more and I walked away. Painfully, yes. One autumn day, I said I *will* be healthy again with any luck. Why in the world would I ever want you in my life ever again?

But now I have broken free from you and am re-creating my life in a better and healthier way. I have friends who are

also saying goodbye. I will be reborn, stronger, cleaner, healthier. You owned me, but I am taking my soul and my life back. I am fighting as hard as I know how. And I *will* have my life back and you will be a bad memory. I am stronger than I have been in a long, long time. Goodbye forever. I have wings now, and I can fly.



Nicotine Anonymous World Service · Profit & Loss Prev Year Comparison January through December 2000

	Jan-Dec 00	Jan-Dec 99	\$ Change	% Change
Ordinary Income/Expense				
Income				
4000 · Donations				
4020 · Individual	4,389.05	2,608.73	1,780.32	68.25%
4040 · Group	5,273.32	4,548.54	724.78	15.93%
4060 · Intergroup	2,409.51	464.76	1,944.75	418.44%
Total 4000 · Donations	12,071.88	7,622.03	4,449.85	58.38%
4100 · Literature Sales				
4120 · Book Sales	21,809.11	25,881.49	-4,072.38	-15.74%
4140 · Pamphlet Sales	8,949.50	8,296.46	653.04	7.87%
4160 · Seven Minutes Subscriptions	2,580.00	2,286.00	294.00	12.86%
4170 · Books on Tape Sales	700.00	1,230.00	-530.00	-43.09%
4180 · Other Sales	308.46	280.25	28.21	10.07%
4190 · No Charge Sales	0.00	0.00	0.00	0.0%
4201 · Sales Adjustments	-268.39	-71.09	-197.30	277.54%
Total 4100 · Literature Sales	34,078.68	37,903.11	-3,824.43	-10.09%
4290 · Shipping & Handling	2,756.55	2,952.06	-195.51	-6.62%
4299 · Conference Profit (Loss)	804.49	3,140.44	-2,335.95	-74.38%
Total Income	49,711.60	51,617.64	-1,906.04	-3.69%
Cost of Goods Sold				
5000 · COGS				
5020 · Books	3,294.35	4,234.25	-939.90	-22.2%
5030 · Path To Freedom	708.18	836.07	-127.89	-15.3%
5040 · Pamphlets	3,624.25	3,006.08	618.17	20.56%
5050 · Book on Tape	440.05	650.00	-209.95	-32.3%
5060 · Seven Minutes COGS				
5062 · Postage	986.88	748.26	238.62	31.89%
5064 · Printing	455.43	550.44	-95.01	-17.26%
Total 5060 · Seven Minutes COGS	1,442.31	1,298.70	143.61	11.06%
5070 · Starter Kits	375.00	392.00	-17.00	-4.34%
5080 · Inventory Adjustment	-160.96	241.25	-402.21	-166.72%
Total 5000 · COGS	9,723.18	10,658.35	-935.17	-8.77%
5700 · Fulfillment	1,793.84	2,270.49	-476.65	-20.99%
5710 · Storage	0.00	0.00	0.00	0.0%
5720 · Shipping	4,040.01	3,721.16	318.85	8.57%
Total COGS	15,557.03	16,650.00	-1,092.97	-6.56%
Gross Profit	34,154.57	34,967.64	-813.07	-2.33%
Expense				
6000 · Office Expenses				
6060 · Bank Service Charges	461.44	226.29	235.15	103.92%
6230 · Legal & Professional	353.00	221.00	132.00	59.73%
6160 · Licenses and Permits	20.00	30.00	-10.00	-33.33%
6310 · Office Supplies, Etc	392.24	383.48	8.76	2.28%
6400 · Postage and Delivery	473.45	1,514.35	-1,040.90	-68.74%
6450 · Printing and Reproduction	141.65	323.21	-181.56	-56.17%
6600 · Rent	329.00	0.00	329.00	100.0%
6350 · Secretarial Service	7,964.15	6,596.52	1,367.63	20.73%
6800 · Telephone				
6840 · Office	615.67	486.98	128.69	26.43%
6860 · Servant	513.45	198.23	315.22	159.02%
Total 6800 · Telephone	1,129.12	685.21	443.91	64.79%
Total 6000 · Office Expenses	11,264.05	9,980.06	1,283.99	12.87%
6700 · Board Expenses				
6500 · Projects				
6590 · Intergroup Contact	0.00	20.82	-20.82	-100.0%
6560 · Internet Expense	792.92	763.57	29.35	3.84%
6520 · New Book	125.24	0.00	125.24	100.0%

continued on page 8

Seven Minutes
NAWSO
419 Main St., PMB #370
Huntington Beach, CA 92648

PRSR T STAND
U.S. POSTAGE
PAID
BERKELEY, CA
PERMIT #559

Publication Dates and Deadlines for Submissions

Publication Date	Deadline Date
March 1	February 15
June 1	May 15
September 1	August 15
December 1	November 15