



## In This Issue

1

*Feelings*  
by Kate W.

3

*From the Chair,*  
Kent B.

4

*A Meeting of One,*  
Mark S.

5

*Doing the Third Step*  
Joyce D.

6

*The Book of Daily  
Meditations*  
Jennifer M.

8

*The NAWS Quarterly  
Financials,*  
Annette L., Treasurer

11

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

## Feelings

*Kate W., Arlington, Texas*

**D**uring a meeting several years ago, I heard, "Feelings are not facts, and feelings are not permanent." That may be a simple statement of truth, but it was a revelation for me. I had never realized that I had spent my life locked into feelings because I gave them the power of facts. When feelings were too uncomfortable for me, I could only medicate them, and my chosen drug was nicotine. I have learned it is a fact that I am experiencing a feeling, but the feeling itself is only an illusion

Thereafter, I understood that I could ignore, go around, or barge through feelings. I did not have to allow a feeling to dictate my actions. Nevertheless, I still got stuck in the fact of experiencing a particular feeling.

Over the last year I have learned a new truth. Because feelings are not facts, I am free to choose to release a troubling feeling. Recently I released my lifelong fear of heights. I had been paralyzed with fear when looking down from heights, or even just seeing others get too near the edge. I had always felt that I was being pulled over, experiencing strong feelings of vertigo.

As a toddler, I climbed upon a desk, picked up my Daddy's magazine, and leaned against the window to "read" it. The screen let go, and I fell backwards out the second story window, landing on the sidewalk. Naturally, I became petrified by heights.

About a year ago, I said I was going to release my fear of heights. I believed that would mean some sort of toughening program, so that I could gradually stand progressively higher vistas. I was reluctant to

start such a tortuous program. Then a couple of months ago, I realized that every time I said, "I am terrified of heights" I was actually affirming my fear, continuing to give it the power of truth. I stopped and began affirming, "I have released my fear of heights." I bought a toy hot air balloon as a reminder to practice my new truth.

A couple of weeks later, I accompanied my husband to a business dinner at a private club atop a downtown high-rise building. The club had windows that went virtually all the way to the floor. In the past,

I had not been able to go more than a few feet into such rooms before feeling panic. I mentioned that prior limitation to John, and he challenged me to go all the way to the window and look down. I did, and experienced only a flutter in my stomach. I affirmed the flutter was from the awesome view. From that time I changed my affirmation to, "I am free to enjoy heights."

We just returned from Scotland, where it seems like I spent most of my time looking down from high cliffs and buildings, and enjoying the views.

Nicotine Anonymous showed me the joy that was possible free of nicotine. Before NicA, I could only look away or envy the smoker, affirming nicotine's power over me. From NicA, I learned to take time to affirm, "thank God I don't have to smoke today" each time I saw someone else smoking. Today I know I haven't given up anything at all. I am no longer stuck in the hoax of addiction. I am free to feel. I am free to release troublesome feelings. My life continues to improve every day in every way.



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*

## 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*

# 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.*

# From the Chair . . .

Kent B., Phoenix, Arizona

Last week, as I enjoyed the ocean waves rolling to the beach on a brief vacation visit to California, I was mindful of how constant and dependable the surf comes ashore . . . an undeniable energy, yet perpetual and soothing, each wave unique in slant and height, breaking closer in or further out than the last, and carrying its froth and sand like no other wave had ever done before. And I thought about how much like ocean waves are the many trusted servants to our fellowship who so dependably perform duties at the world *service* level. While each has a distinct role, and carries his or her own undertow of personal viewpoints and experiences, their overall force of impact, like the collective power of the ocean, ripples out worldwide to hundreds and thousands of people who every day are making, or may someday want to make, Nicotine Anonymous a part of their lives.

In July those trusted servants, the Nicotine Anonymous World Services board, met in another California coastal city, to address a number of issues important to the business and affairs of the Nicotine Anonymous fellowship.

We confirmed the ten-year trademark renewal of our Nicotine Anonymous name. We began the process of approving several stages of updates and new editions of our principal publication, *Nicotine Anonymous: The Book*, including plans to bring revisions to the delegates at next April's World Services Conference in Brooklyn, New York. And, we initiated the required process for a bylaws amendment that would permit a future conference to

be held in some part of the world outside the United States. We authorized a redesign of our website for improved accessibility, and started a process of documenting and archiving the history of Nicotine Anonymous.

Each of these tasks has already, or will, strengthen the viability of fulfilling our primary purpose: to carry the message of *recovery* to those who still suffer. But none is more important than the outreach effort underway through mass mailing, media, hospital, and adopt-a-mile projects. Volunteer project leaders are developing tool kit materials and processes that NicA meetings and intergroups anywhere will be able to use in their local areas to attract newcomers.

These servants bring many individual perspectives on how a task

might best be achieved, their unique and diverse opinions seldom appearing to be in absolute agreement. Yet, like the noticeably unique waves splashing endlessly onto the ocean beach, it's not one alone, but the board's collaborative effort and collective wisdom that shape our common *unity* of purpose . . . to act as guardians of the Twelve Steps and the Twelve Traditions, always acting in the best interests of the welfare of our Fellowship.

We traditionally start every board meeting with the Serenity Prayer, asking God for all we need to do the Fellowship's work. When the all-day meeting ends, we hold hands and again recite the Serenity Prayer, this time in gratitude that no one was "washed out to sea."

***I thought about how much like ocean waves are the many trusted servants to our Fellowship who so dependably perform duties at the world service level.***



# A Meeting of One

from Mark S., Sacramento, California

Here I sit at the charter meeting of “Home Free” group of Nicotine Anonymous in Sacramento—all by myself.

This is not a problem. I’ve been warned that when starting a meeting we have to expect this to happen for a while. I’ve been prepared for it, and I’ve come to the conclusion that if my purpose in having a meeting is to have God wave a magic wand and drag a bunch of addicts in my door of all varying degrees of recovery so that

I can immediately start having the kinds of meetings I used to attend back in San Mateo, I’m off the beam. I’m doing a self-will thing, not working God’s will. This isn’t about what’s in this for me; this is about working my program. When Bill W. said that he got his serenity back by doing 12-step work, he didn’t say that he got it by saving souls or by making his groups grow. He said that he got it by **DOING THE WORK.**

So, I have to realize that this work I’m doing isn’t about how many members walk in the door. It is about my spending just a little time each day or each week nurturing this new organism I call a meeting. Planting the seeds, and having the patience to watch it grow, slowly, painstakingly, undetectably, day, by day, by day.

Rather like the process of our own recovery, right? One day at a time?

So, I sit here wondering what kind of a meeting this is. The program says anywhere two addicts are gathered to talk about recov-

ery, we have a meeting. Well, I’m not alone here, thankfully, but I don’t think that my higher power can qualify as a recovering nicotine addict. I don’t see that He’s ever smoked a cigarette, so I don’t see how he can have a desire to stop. So I don’t see how he can be a member of this program.

That’s okay, though, I’ll welcome Him as an honorary member, just because His contributions to the group are so essential. Is that a violation of tradition 7?

Sigh, ah well. It’s sure a good thing that this is all about progress and not about perfection.

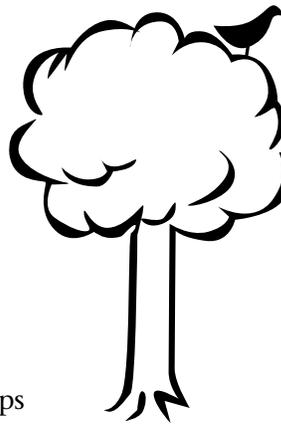
Anyway, so I thought I’d simplify, since keeping it simple is such an important tool of the program, and simply welcome you all into my meeting this evening. I’ll even skip over the 7th tradition. No basket tonight, folks!

I’ll bet you’re grateful to hear that!

But, that is what we have here tonight. There’s me, and there are all of the wonderful nicotine addicts in and out of recovery who have supported me and helped me to have the recovery that I have today, for which I am deeply grateful, both to them and to my higher power. I may be the only NicA in Sacramento (for today) but I am not alone.

Thanks for being out there, thanks for listening. Thanks, especially, to all of you who have been offering words of encouragement, experience, and suggestions.

Keeping on keeping on in Sac,  
Mark



☺  
*Yesterday is history,  
Tomorrow a  
mystery,  
Today is a gift.*  
*(That’s why they call it  
the Present!)*



Subscribe to *Seven Minutes!*

See subscription form on page 11.

Visit our web site: [www.nicotine-anonymous.org](http://www.nicotine-anonymous.org)

# Doing the Third Step

Joyce, D., Monterey, California

The first time I heard the Third Step discussed in a meeting, I had been in the program a few months and had a few days of sobriety. I was just past the point of understanding why no crosstalk was important and still had lots of questions. I had begun to hear some of *How it Works* and had “decided that I must be willing to go to any lengths,” but I still thought I “could find an easier, softer way.” It was the first time I understood why I needed a sponsor. I was discouraged.

To begin with I had no God of my understanding.

Only the God of my upbringing and that had never helped anything. I knew I didn't like how my family of origin solved problems so I was still searching but didn't know for what. I knew in Step Two that I needed to be restored to sanity because I recognized I had been ever so slowly killing myself in the muck of denial, but I had no faith that there was a power greater than myself. The idea of turning my will and life over to the care of anyone but me went against everything I thought I needed to do, to be an independent, self-sufficient adult. I was my higher power. I believed it was up to me to figure out how to do life, not on life's terms, on my terms!

When it was my turn to share about Step Three, I said, “I don't think it's a good idea to turn my will over to anyone or anything. I've been able to manage my life quite well taking care of myself.” I am forever grateful to a man in the group with eighteen years sobriety and five years sobriety who broke the no crosstalk tradition and said, “Then what are you doing here?” That's all he said and the sharing continued around the room but I heard him and for the first time understood that I had to have the courage to change or I would smoke for the rest of my life. I was desperate and willing

to try anything so I started practicing letting go.

Just as it is hard and painful to open my hand after clenching it in a fist for a long time, it was hard to let go of my iron-fisted will. My hand had been clenched for so long the muscles were atrophied from lack of use and the blood supply had been cut off. I was afraid to trust in a power greater than myself. I had to start turning it over by hanging it on a doorknob. I kept coming back and it worked.

What freedom it was to let go of my “self will run riot.”

In time I learned that with faith, I could reach out, turn the doorknob and open the door to the world of serenity for which I had been searching. Surrender was a new experience for me. I became willing to give up my old beliefs so I could experience the

joy of living nicotine free.

I read the Third Step prayer in the June 1993 issue of *Seven Minutes*. I have carried it with me ever since. I discovered the reason I need to close my eyes when I pray: it's so I can focus on what I'm saying and hearing and thereby connect with the God of my understanding.



## Smile

*Here comes the Sun.*

*That's me peeking through the clouds.*

*It looks like I'll be with you today.*

*Enjoy and don't forget to smile.*

*It's okay to forget to smoke today.*

—Anonymous



*Clip out and carry with you!*

## The Third Step Prayer

*Relieve me of the bondage of self. • Help me abandon myself to the spirit. • Move me to do good in this world and show kindness. • Help me to overcome and avoid anger, resentment, jealousy and any other kind of negative thinking today. • Help me to help those who suffer. Keep me alert with courage to face life and not withdraw from it, not to insulate myself from all pain whereby I insulate myself from love as well. • Free me from fantasy and fear. Inspire and direct my thinking today; let it be divorced from self pity, dishonesty and self-seeking motives. • Show me the way of patience, tolerance, kindness and love. • I pray for all those to whom I've been unkind and ask that they are granted the same peace I seek.*

# The Book of Daily Meditations

**H**i, my name is Jennifer and I am a VERY grateful recovering nicotine addict. I am also the *Book of Daily Meditations* Coordinator, and I thought that I would share about this project.

When I moved from New York to Chicago a year ago, I went to a local meeting at which members read from a non-conference approved piece of literature: a book of daily meditations for smokers trying to quit. While I am certainly not the first to have thought this, it occurred to me that we as a fellowship could have a book like this of our own. How great it would be to tap into the talent and recovery of our own members, to hear their stories and meditations on nicotine! Amazing! Like an idiot, I brought the idea to the NAWS Board of Officers and was—of course—asked to create a flier/format, and to lead a workshop on the idea at the 2001 conference in Berkeley. *Yikes!*

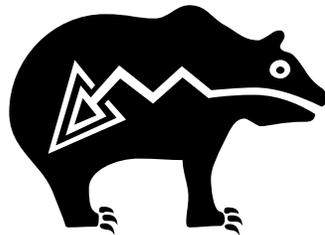
At the conference I found out that there were plenty of other folks who were really enthusiastic about the idea and wanted to help! We have received about 50 submissions so far, and all of them are gifts. Every day that we receive a submission for the *Book*, my heart gets a little bigger, I feel more grateful, and I feel a little more humbled. I am always so amazed that people in this program will take the time to write something from their hearts and are will-

ing to share with others. When I read a submission, I feel as if I am learning something new about someone, that I am being graciously invited into that person's inner world. For that is what sharing is all about, right? An invitation to get to know someone in a new way.

People have written one or two, some write as many as they want. Some find that they love doing this! There is no deadline, and there is no limit to the number of submissions you may submit. Some have written a submission with the help of their group. One member carried the message by sending the flier to a member who is serving in the Peace Corps in South Africa—who then sent in a submission. We have also received meditations in Spanish. We are truly international!

I have included two submissions (see next page) which are representative of what members are sending. They are beautiful and I am sure that you will appreciate them. I am also including some topics for possible submissions—this amazing list was created by attendees at the 2001 conference, and is by no means complete!

Please consider writing a submission. For your convenience, I have included a suggested format on the next page. Mail your submissions to NAWS, Attn: Daily Meditations Book Coordinator, 419 Main Street, PMB #370, Huntington Beach, CA 92648, or e-mail [jennica@mediaone.net](mailto:jennica@mediaone.net)



## STEP THREE

Made a decision to turn  
our will and our lives  
over to the care of God,  
*as we understood Him.*



## **Book of Daily Meditations List of Topics**

- Change/Growth
- Carrying the message
- Fear
- Self-will
- Serenity
- Life on Life's Terms
- Acceptance
- Steps 1, 2, 3, 4, 5, etc
- Traditions 1, 2, 3, 4, 5, etc.
- Freedom
- Service
- Slips/Relapses
- Close calls
- One Day At A Time
- (Using) Dreams
- Learning to Love yourself/Self-Love
- Anonymity
- Resentment
- Spirituality
- Tools
- Slogans
- Fellowship
- The only requirement. . .
- Sponsorship
- Promises/Gifts of the Program
- Keep Coming Back
- Keep It Simple
- HALT
- It only takes 2 (to have a meeting)
- It works
- Exercise/Developing Healthy Habits
- Weight Gain

**Book of Daily Meditations List of Topics, continued**

- |  |   |
|--|---|
| <ul style="list-style-type: none"><li>• Rewards/Beyond my wildest dreams</li><li>• God of my understanding</li><li>• Slippery places/Triggers</li><li>• Isolation</li><li>• Depression</li><li>• Anger/ RAGE</li><li>• Denial</li><li>• My Best Friend</li><li>• Newcomers</li></ul> | <ul style="list-style-type: none"><li>• Keeping it Green</li><li>• Today</li><li>• First Days/ First 90 Days</li><li>• Making a decision</li><li>• Meetings</li><li>• Surrender</li><li>• A &amp; B - Anxiety and Boredom</li><li>• Principles above Personalities</li><li>• Wisdom</li></ul> |
|--|---|

**Suggestions**

- Y Relate your addiction to nicotine in whatever form it takes to your topic of choice.
- Y Remember the newcomer and your struggle with addiction, especially in the beginning
- Y Remember that not all NicA members are familiar with the 12 Steps and 12 Traditions
- Y Keep your submission brief and concise. Keep to a maximum of 3 paragraphs, or 150 words.
- Y Think positively!
- Y How did your topic help you with your recovery from your addiction to nicotine?
- Y Spirituality encouraged!
- Y Please, in the spirit of Traditions 1 and 10, no mention of religion, politics, special causes or other controversial issues.
- Y Include a thought for the day, and consider including a favorite quote or a personal affirmation, but please *cite your sources!*

**Suggested format for submissions**

1. Topic
2. Thought for the day
3. Favorite quote or affirmation (cite your source)
4. Paragraph 1
5. Paragraph 2
6. Paragraph 3
7. Related topic

***I can smoke if I want to, but for this very moment, I choose not to.***

Because one of my reasons for smoking was to help me “relax” (little did I know), since I quit smoking I have been helped tremendously by finding new and healthier means of relaxation. A few of my favorites are bicycling, stretching, taking a yoga class, arts and crafts, and meditating.

Now that I am on the road to recovering, I am rediscovering what I like doing and what brings me peace. Perhaps my favorite stress reliever of all is my monthly massage. When compared to the money I used to spend on my cigarettes, a massage once a month sure feels like a softer, easier way.

***I know the depths of the pain and despair that smoking brought me, and although it may feel scary, just for today I choose NOT to smoke.***

***“He who is being carried does not realize how far the town is.”***

—Nigerian proverb

During my years of active nicotine addiction, I did not know the many experiences and the thousands of feelings I was blunting by staying drugged. Because it was legal and it was socially acceptable at the time, I had no awareness that I was “zoning out”—literally being carried through life without facing my emotions.

Today I no longer live behind that smokescreen. Today I am free to feel, and to experience all that life has to offer. Living life on life’s terms is not easy and I have needed the help of Nicotine Anonymous. But today I do see “how far the town is” and I am not dependent on nicotine to carry me there. I know that my Higher Power will show me the way. Today I trust my feelings instead of hiding from them.

***The program of Nicotine Anonymous is showing me how to live without drug dependency. It is teaching me to rely on my Higher Power and to trust my own feelings.***

# NAWS Financials: Jan-Mar 2001

## OPERATING ACTIVITIES

Net Income	-597.24
Adjustments to reconcile Net Income to net cash provided by operations:	
1200 · Accounts Receivable	-6861.86
1205 · Advances to Conference	-1500.00
1209 · Advance to Fulfillment	-500.00
1120 · Inventory Asset	-1255.22
1350 · Prepaid Expenses	950.00
2000 · Accounts Payable	2034.82
2200 · Sales Tax Payable	-386.31
Net cash provided by Operating Activities	-8115.81
Net cash increase for period	-8115.81
Cash at beginning of period	49594.55
Cash at end of period	41478.74



## ASSETS

### Current Assets

#### Checking/Savings

##### 1000 A · Cash and Cash Equivalents

1000 · Wells Fargo Checking	16292.45	4624.26	11668.19	2.52
1030 · Fulton Deposit Account	5029.91	15348.92	-10319.01	-0.67
1040 · Certificate of Deposit	21021.91	20000	1021.91	0.05

##### Total 1000 A · Cash and

Cash Equivalents	42344.27	39973.18	2371.09	0.06
------------------	----------	----------	---------	------

#### Total Checking/Savings

	42344.27	39973.18	2371.09	0.06
--	----------	----------	---------	------

#### Accounts Receivable

1200 · Accounts Receivable	6861.86	112.57	6749.29	59.96
1205 · Advances to Conference	1500	1000	500	0.5

#### Total Accounts Receivable

	8361.86	1112.57	7249.29	6.52
--	---------	---------	---------	------

#### Other Current Assets

1209 · Advance to Fulfillment	500	0	500	1
1120 · Inventory Asset	7681.97	8618.88	-936.91	-0.11
1350 · Prepaid Expenses	0	1138.5	-1138.5	-1
1499 · Undeposited Funds	-865.53	0	-865.53	-1

#### Total Other Current Assets

	7316.44	9757.38	-2440.94	-0.25
--	---------	---------	----------	-------

#### Total Current Assets

	58022.57	50843.13	7179.44	0.14
--	----------	----------	---------	------

## TOTAL ASSETS

	58022.57	50843.13	7179.44	0.14
--	----------	----------	---------	------

## LIABILITIES & EQUITY

### Liabilities

#### Current Liabilities

Accounts Payable				
2000 · Accounts Payable	3732.40	3222.92	509.48	0.16
Total Accounts Payable	3732.40	3222.92	509.48	0.16

#### Other Current Liabilities

2200 · Sales Tax Payable	129.10	118.94	10.16	0.09
--------------------------	--------	--------	-------	------

#### Total Other Current Liabilities

	129.10	118.94	10.16	0.09
--	--------	--------	-------	------

#### Total Current Liabilities

	3861.50	3341.86	519.64	0.16
--	---------	---------	--------	------

#### Total Liabilities

	3861.50	3341.86	519.64	0.16
--	---------	---------	--------	------

#### Equity

3200 · Unrestricted Net Assets	42672.43	42672.43	0	0
3900 · Retained Earnings	12085.88	0	12085.88	1.00
Net Income	-597.24	4828.84	-5426.08	-1.12

#### Total Equity

	54161.07	47501.27	6659.80	0.14
--	----------	----------	---------	------

## TOTAL LIABILITIES & EQUITY

	58022.57	50843.13	7179.44	0.14
--	----------	----------	---------	------

	58022.57	50843.13	7179.44	0.14
--	----------	----------	---------	------

	58022.57	50843.13	7179.44	0.14
--	----------	----------	---------	------

	58022.57	50843.13	7179.44	0.14
--	----------	----------	---------	------

	58022.57	50843.13	7179.44	0.14
--	----------	----------	---------	------

	58022.57	50843.13	7179.44	0.14
--	----------	----------	---------	------

	58022.57	50843.13	7179.44	0.14
--	----------	----------	---------	------

	58022.57	50843.13	7179.44	0.14
--	----------	----------	---------	------

	58022.57	50843.13	7179.44	0.14
--	----------	----------	---------	------

	58022.57	50843.13	7179.44	0.14
--	----------	----------	---------	------

	58022.57	50843.13	7179.44	0.14
--	----------	----------	---------	------

	58022.57	50843.13	7179.44	0.14
--	----------	----------	---------	------

	58022.57	50843.13	7179.44	0.14
--	----------	----------	---------	------

	58022.57	50843.13	7179.44	0.14
--	----------	----------	---------	------

	58022.57	50843.13	7179.44	0.14
--	----------	----------	---------	------

## ORDINARY INCOME/EXPENSE

### Income

4000 · Donations				
4020 · Individual	2402.09	2049.19	352.90	0.17
4040 · Group	770.94	1561.02	-790.08	-0.51
4060 · Intergroup	71.00	582.51	-511.51	-0.88
4080 · Other	235.51	0	235.51	1.00
Total 4000 · Donations	3479.54	4192.72	-713.18	-0.17

# NAWS Financials: Jan-Mar 2001

4100 · Literature Sales				
4120 · Book Sales	5399.07	6245.56	-846.49	-0.14
4140 · Pamphlet Sales	3145.34	2262.62	882.72	0.39
4160 · Seven Minutes Subscriptions	375.00	919.00	-544.00	-0.59
4170 · Books on Tape Sales	100.00	180.00	-80.00	-0.44
4180 · Other Sales	106.00	34.00	72.00	2.12
4190 · No Charge Sales	0	0	0	0
4201 · Sales Adjustments	-43.40	0	-43.40	-1.00
Total 4100 · Literature Sales	9082.01	9641.18	-559.17	-0.06
4290 · Shipping & Handling	653.36	728.32	-74.96	-0.10
Total Income	13214.91	14562.22	-1347.31	-0.09
Cost of Goods Sold				
5000 · COGS				
5020 · Books	799.00	858.31	-59.31	-0.07
5030 · Path To Freedom	187.92	250.56	-62.64	-0.25
5040 · Pamphlets	1884.70	654.06	1230.64	1.88
5050 · Book on Tape	62.94	93.91	-30.97	-0.33
5060 · Seven Minutes COGS				
5062 · Postage	182.00	441.81	-259.81	-0.59
5064 · Printing	418.00	378.90	39.10	0.10
Total 5060 · Seven Minutes COGS	600.00	820.71	-220.71	-0.27
5070 · Starter Kits	151.28	117.00	34.28	0.29
Total 5000 · COGS	3685.84	2794.55	891.29	0.32
5700 · Fulfillment	485.50	497.50	-12.00	-0.02
5720 · Shipping	3028.77	797.15	2231.62	2.80
Total COGS	7200.11	4089.20	3110.91	0.76
Gross Profit	6014.8	10473.02	-4458.22	-0.43
Expense				
6000 · Office Expenses				
6060 · Bank Service Charges	195.95	95.92	100.03	1.04
6230 · Legal & Professional	378.00	245.00	133.00	0.54
6160 · Licenses and Permits	125.00	0	125.00	1.00
6310 · Office Supplies, Etc	0	23.67	-23.67	-1.00
6400 · Postage				
6430 · Postage - Admin	100.00	171.97	-71.97	-0.42
6420 · Mail Forwarding	200.00	0	200.00	1.00
Total 6400 · Postage	300.00	171.97	128.03	0.74
6350 · Secretarial Service	2250.00	2428.20	-178.20	-0.07
6800 · Telephone				
6840 · Office	418.49	282.34	136.15	0.48
6860 · Servant	205.00	117.91	87.09	0.74
Total 6800 · Telephone	623.49	400.25	223.24	0.56
Total 6000 · Office Expenses	3872.44	3365.01	507.43	0.15
6700 · Board Expenses				
6500 · Projects				
6560 · Internet Expense	345.17	155.88	189.29	1.21
6540 · WW Mtg List/Group Mailing	1316.14	0	1316.14	1.00
Total 6500 · Projects	1661.31	155.88	1505.43	9.66
6900 · Travel & Mtg Exp-Board				
6920 · Meals	13.84	25.39	-11.55	-0.45
6940 · Board Transportation	1120.00	1985.62	-865.62	-0.44
Total 6900 · Travel & Mtg Exp-Board	1133.84	2011.01	-877.17	-0.44
Total 6700 · Board Expenses	2795.15	2166.89	628.26	0.29
6910 · Other Operating Expenses				
6790 · Taxes				
6791 · Sales Tax	0	145.70	-145.70	-1.00
Total 6790 · Taxes	0	145.70	-145.70	-1.00
Total 6910 · Other Operating Expenses	0	145.70	-145.70	-1.00
Total Expense	6667.59	5677.60	989.99	0.17
Net Ordinary Income	-652.79	4795.42	-5448.21	-1.14
Other Income/Expense				
Other Income				
7010 · Interest Income	55.55	33.42	22.13	0.66
Total Other Income	55.55	33.42	22.13	0.66
Net Other Income	55.55	33.42	22.13	0.66
<b>NET INCOME</b>	<b>-597.24</b>	<b>4828.84</b>	<b>-5426.08</b>	<b>-1.12</b>



## Even After a Year . . .

*David B., New York, New York*

**A** while ago my wife and I drove up to Portland, Maine to visit my son, his wife and children. We drove up from New York and arrived Friday night. On Saturday my 20-year-old daughter who goes to Northeastern and my other son and his wife arrived from Wilton, Conn. On Saturday afternoon we were all sitting in the backyard of my son's house. The Wilton son, his wife and my 20-year-old daughter were smoking up a storm in the backyard. As the afternoon wore on

I was becoming more and more stressed, and I didn't know why. Later I went inside the house and my tension lessened almost right away. It was then that I realized their smoking was distressing me. I realized that I really wanted one of their cigarettes. I didn't smoke and it wasn't really close but the exposure triggered a desire that I thought had diminished. I should have known better, since I just completed my first year off cigarettes, after 50 years of smoking.

## My Home Meeting

*Ani M., Berkeley, California*

*Our isolation is lifting along with our compulsion to use nicotine.*

—NICOTINE ANONYMOUS, THE BOOK

**M**y name is Ani M. and I'm gratefully recovering from addiction to nicotine. For the past six months I have been secretary of my home meeting in Oakland. When I began this service, I wanted to give back to this meeting that had so lovingly helped me through my first months of not smoking. I came to this meeting and got time out from the pull of my addiction. I got to hear about slips, strength, and hope. I got love and support. I got to share the pain and the disorientation of my new life without my best friend the cigarette and the smokescreen, my protector.

After a few weeks of being secretary, I understood what Jim meant at a meeting when he said, "There's enough usable serenity in this room."

So now I'm leaving my secretary job with ten months' clean time and I realize that in giving to this program, I get back amazing things like deep friendship, understanding, wisdom, cool-breeze humor, and connections.

Thank you to the Monday night Rockridge meeting for helping me to let go and let God—for helping me to live happy, joyous, and free.

## Another Story

*Anonymous,  
Portland, Oregon*

**S**even minutes to smoke a cigarette. Thirty years to finally be able to not use tobacco. And now after celebrating four years tobacco free I want to express my gratitude to our fellowship. You are saving my life. I attend weekly meetings, do some service work, work our Twelve Steps, read our literature and pray each day for the willingness to live one more day tobacco free. What a gift.

I watched my mother die of emphysema. It took twelve years to slowly kill her in such an agonizing way. She was smoke-free all twelve years but the damage was done. I used to chain smoke on phone conversations hearing how bad it was.

The miracle of freedom from this deadly addiction happened for me months after I began attending my weekly meeting. "Keep coming back" holds great meaning. I felt so powerless and hopeless. But I heard one day at a time, and the urge to smoke will pass whether I smoke or not, but if I do it will feed the obsession. This was so true. It took going through those awful withdrawal symptoms and those out-of-control emotions to feel sane without a smoke.

I am so truly grateful to live free of addiction. It is worth every bit of past struggle and the struggles that still go on living life on life's terms without addictions to medicate.

Please, keep coming back. Do not quit five minutes before the miracle happens. We are here for each other in our fellowship and I love you each and every one.



### **Clean in the Catskills 2001 • October 12-14, 2001**

On October 12 through 14, 2001 the fellowship is having its eighth year anniversary of "Clean in the Catskills." Early registration has been a big success and I would like to thank each and every one of you. This event has grown to a point that it's the largest nicotine anonymous event next to the world conference.

For those who are not aware of this event, mark those dates on your calendar, plan to come, and call (800) 766-4825 or check out the NYMAI website [www.gate1.net/nymai](http://www.gate1.net/nymai) and click on Coming Events. If you are traveling from out of state via LGA-JFK or Newark airports contact me for a buddy ride to the CITC weekend. In the past we have had people from as far as Dallas, Texas, Memphis, Tennessee, Georgia, and Chicago, Illinois. In service, Neil C.

# Mark Your Calendars!

NICA WORLD SERVICES CONFERENCE XVII

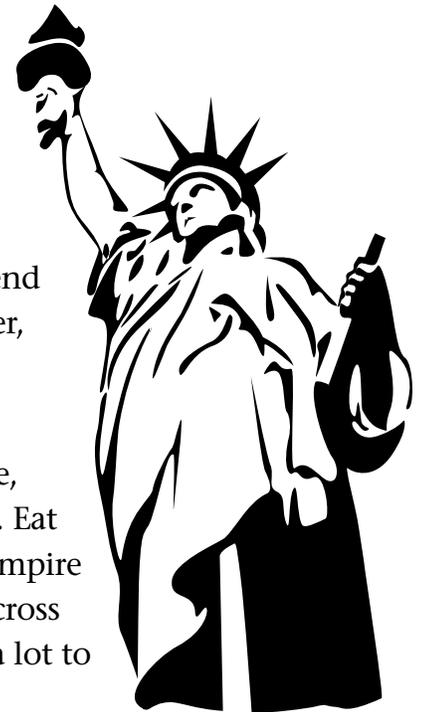
## "Life, Liberty and Recovery"

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 continues with officer elections, workshops, the speaker's banquet dinner, the sunrise meeting, the spirituality breakfast, the 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!



### Subscribe to *Seven Minutes!*

*Seven Minutes* is a quarterly publication of NAWSO news, articles and letters: "a meeting on a page." Your subscription will help *Seven Minutes* continue as the official conduit of this fellowship of recovering nicotine addicts. You will also receive a Worldwide Meeting Schedule.

- |   |                         |             |               |
|---|-------------------------|-------------|---------------|
| <input type="checkbox"/> New Subscription | 1 year . . . \$ 7 U.S.  | \$ 9 Canada | \$14 Overseas |
| <input type="checkbox"/> Renewal          | 2 years . . . \$13 U.S. | \$17 Canada | \$27 Overseas |
| <input type="checkbox"/> Address change   | 3 years . . . \$18 U.S. | \$24 Canada | \$39 Overseas |

Please send check or money order, in U.S. funds only, payable to: NAWSO, 419 Main St, PMB#370, Huntington Beach, CA 92648 USA

**Mail to:**

NAME

ADDRESS

CITY

ST ATE

ZIP

PHONE NUMBER INCLUDING AREA CODE

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

PRSR T STAND  
U.S. POSTAGE  
**PAID**  
LEWISVILLE, TX  
PERMIT #88

<b>Publication Dates and Deadlines for Submissions</b>	
Publication Date	Deadline Date for submissions
March 1	February 15
June 1	May 15
September 1	August 15
December 1	November 15