



In This Issue

1

The Best Fun Weekend Ever in Valley Forge!
by Jan S.

3

From the Chair,
Jan F.

4

My Journey,
Kim J.

4

Our Day in the Park
Ani M.

5

Making Amends,
Joyce D.

6

Media Mania
Jan S.

7

Public Outreach,
Mark S.

8

Getting the Word Out
Mary D.

9

The Book of Daily Meditations
Jennifer M. and Kate W.

10

Sun, Sea and Nicotine Free

11

Letter from the Editor
Catherine C.

11

The Naws Balance Sheet
Ramona F.

The Best Fun Weekend Ever in Valley Forge!

Jan S., Phoenixville, PA

Each year is special, but there was no doubt in the minds of everyone present that this year's Fun Weekend, held this past July 12-14 in Phoenixville, PA, was truly blessed. As a matter of fact, when we arrived, we each got a little favor (a plastic spoon with two candy kisses) all wrapped up in pretty paper and a poem attached which read, "Two kisses and a spoonful of love, we know this Fun Weekend is being blessed from above!"

The tone was set. The event took off on its own. The theme was "The Gifts of Recovery." When we came in we reached into a gaily decorated gift bag to receive our "gift" for the weekend. The gifts were the obvious gifts of the program: freedom from nicotine, freedom through forgiveness, faith and spirituality, serenity, laughter, courage, clarity, healing, unity, sponsorship, service, health and vitality, closer contact with our Higher Power, lasting friendships, fellowship and support. Then, later in the weekend, we each wrote down what gift we were going to give back to the program after having been so blessed. We had record attendance of 51 registrants.

On Friday, after touring the award-winning Limerick Generating Station, we were all aglow (pardon the pun, folks!) and gathered on the deck of the Spring Hollow Golf Club for a buffet dinner. As the spectacular sunset and view inspired us all, we segued into a wonderful meeting with Mary O. as our speaker. Mary blew us away with her story

and courage. We're so proud of you, Mary!

Saturday morning everyone showed up bright and early to begin another day of intense sharing followed by lots of fun. Martha K.'s talk on humor in recovery gave us both side-splitting laughter and food for thought. During the afternoon's free time many went to the charming downtown of Victorian Phoenixville to attend the "Blobfest." The pop cult hit "The Blob" was actually filmed at the Colonial Theatre in downtown Phoenixville, and the annual weekend-long festivities are really fun. I

have orders to be sure to book next year's Fun Weekend during this festival so people can get their pictures taken with The Blob!

Needless to say, the famous barbeque topped all expectations. The highlight, however, was the impromptu softball game which is destined to turn

into an annual event. Diana was so thrilled to be pinch runner for 12 different batters and can't stop talking about this great reward of being smoke free. And you should have seen Rod's girls play ball! The bonfire—my personal favorite—brought out heartfelt sharing as only an intimate gathering in front of a fire can do. Afterwards, we had "s'mores" and wished the weekend weren't ending so soon.

NOTE:
This issue was lost, so I had to recreate it. I couldn't find the images again, so I just made room for where they were originally. CEC

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*

Ani M., *Assistant 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 . . .

Jan F., Newport Beach, California

My name is Jan. I am a nicotine addict and your Chairperson for this year. I have just been reminded how important it is to say I am a nicotine addict out loud in front of a group of people at a meeting of Nicotine Anonymous.

Last week I decided to skip my Monday night meeting because I had attended the World Services board meeting on Saturday in Newport Beach and the Southern California Intergroup meeting on Sunday in Los Angeles and I was tired. This meant I was going to go all the way to Thursday without attending a meeting. That would make it a week of no meetings for me. Sometime late Wednesday night after a telephone call with one of my sisters, the thought popped into my mind that what I really needed was a cigarette and everything would be all right. What a shock it is to still have those thoughts after ten years of abstinence from nicotine! I don't know how it is for you, but for me I need to go to meetings so I don't forget how I got here.

When I joined Nicotine Anonymous I don't think I ever thought for a minute that I would still be going to meetings after ten years. Nicotine Anonymous was my first twelve-step experience and I had a certain naiveté about the whole process. Like a lot of people, I wanted to come in,

quit smoking, get some time between me and my last cigarette, stay long enough to feel confident, and then move on.

Those first meetings were certainly interesting. I couldn't figure out what these people were happy about. Why were they laughing? What could possibly be funny if you couldn't smoke? Why did they seem to be enjoying life? Were they faking it? I was certainly impressed with the fact that people like my sponsor, Shirley were still coming to meetings after having been two years off cigarettes. But why were they doing it?

A lot of my thoughts at that time were certainly irrational but I knew if I kept coming to meetings, I had a chance. There was hope in those meetings and hope was something I had very little of before I found Nicotine

Anonymous. I was absolutely ruining my health with cigarettes, and that in turn had ruined other areas of my life including my professional life and my self-esteem.

And yet here in the meeting rooms were people who had let the Twelve Steps of Nicotine Anonymous work for them and they were still coming to meetings and sharing their experience, strength, and hope with me. After a while I made up my mind that I wasn't going to disappear after all. If I got some serious time I was going to stay around and try to be an example for someone else if I could. I was comforted by the fact that just showing up may be just good enough for a newcomer. I didn't have to be an expert. Just showing up and sharing was good enough.

I need to go to meetings, say I am a nicotine addict and, remind myself that I need a twelve-step program. If nicotine wasn't a drug and I wasn't addicted to it, I certainly wouldn't need a twelve-step program and meetings to lick it; I could have quit all by myself. But nicotine *is* a drug. I *am* addicted to it. I need this program and will always need the meetings and the people in the meeting rooms to help me stay quit. I can't do this alone but we can do this together.

My Journey

Kim J., Dallas, TX

Sunday morning our group at the Phoenixville Country Club was treated to a sumptuous breakfast buffet and an inspiring talk by John O. A big surprise was the great rendition by talented Joe R. from the Newtown Square, PA group with his 12-string guitar and original song, "Virginia Slim." If you weren't there, you missed something special.

Personally, I was never more grateful to be part of this fellowship. All those years of hanging in there came together this past Fun Weekend. Thank you, everyone, for the beautiful card you gave me. I shall treasure it forever. Thank you, Maureen, for all your support in putting this together. A true labor of love and a chance to give back some of what we've been given. Remember to mark your calendars now for next year's Fun Weekend, July 11, 12 and 13, 2003. Hope to see you all here!

When I came to Nicotine Anonymous I wasn't interested in a "journey." I just wanted to quit smoking—and quit as soon as possible and be done with it! I found that it wasn't that easy to quit. But it became easier when I came to Nicotine Anonymous, enlisted the help of my fellow addicts, put my trust in my higher power and "did the next right thing."

It was only then that I understood about the journey. I thought my destination was quitting smoking but that wasn't it. That was just a stop along the way. I don't really even know what my destination is except to be the best me I can be. But I've had many interesting stops on this journey so far.

My stops have included the day I put the cigarettes down, the day I realized I wasn't thinking about smoking all day, and

my first sobriety birthday. That was a big one.

As I go through my journey I am also growing. As the Promises state, I am beginning to love myself. I am also beginning to understand ways I can give back. And, as I give back my journey gets better and better! One thing I finally learned is that it is not the destination that we should concern ourselves with but the journey. *It's all about the journey!*

Our Day in the Park: The Annual Northern California Intergroup Picnic

Ani M., Berkeley, California

Iwoke up much earlier than usual to go with my friend to lay claim to reserve our pre-chosen picnic spot named "Acacia" in Tilden Park. The park is in our outstandingly beautiful Berkeley hills and that morning the sky was blue, the scents were sweet and the birdsong and silence were all we heard. We did get there first, so the spot was ours for the day, with three tables, a barbeque and endless evergreens. We breakfasted on tea and cereal and before we knew

it, it was time and some folks began to arrive. Who will arrive next? Who will give up their Saturday to NicA? Sixteen of us (!) from the South Bay, Marin, San Francisco, Berkeley, Oakland, and Sonoma! And that isn't counting the two wonderful dogs!

I was struck throughout the day that the opposite of isolation is fellowship and we were having such a good feeling of fellowship. We shared food and conversation and a walk around Lake Anza and I was blessed to

secretary a meeting in the trees: what a treat! We shared our experience, strength, and hope as the birds sang and the breezes blew.

By the end of the day I was enormously grateful to have had the opportunity and willingness to do this service that brought me and others such delight.

Thank you, NicA for showing me that when I do service I open to wonderful connections with other recovering addicts and I am no longer alone. I am living in fellowship and nicotine free.

Making Amends

Joyce D., Grass Valley, California

Thinking about making amends can be such a daunting experience. Like so many things, thinking about it is much worse than actually doing it! Since writing my initial list the first time I worked the steps and learned what a rewarding and freeing experience it is to make an amends) I have not often found opportunities to practice this part of my program until recently when I again need to find ways to stay nicotine-free.

For the second time in my recovery, I have moved to an area where there are no meetings. Last time, it only took me six months to forget I couldn't have just one and two years to quit again. With the help of my Higher Power I will not have to do that again! Having now lived a few years without nicotine, I refuse to do the same thing over again and expect different results, so I've been looking for ways to remind myself of my program. While hiking with friends over the fourth I found a new way to make amends.

As I walked along a trail overlooking Malikoff Diggings, a former gold mine, I looked down and saw a cigarette butt. My initial reaction was disgust and then the accompanying feeling of sorrow for the user who has not been fortunate enough to find our program and is still practicing his or her addiction.

How many times had I thoughtlessly ground my butts out along a trail like this and left them, never acknowledging the offense I was committing against the earth because of my addiction?

I walked on and remembered the times I picked up butts like that when I was desperate for a hit and didn't care whose they were or where they had been! Grateful that I was still disgusted by the idea, I suddenly realized that I was now strong enough to resist that urge and could make an amends that had been beyond my strength before. I walked back, picked up the butt, and asked my Higher Power for the strength to carry it out to a trash receptacle. By the end of the hike I had collected five butts in a discarded beer bottle (how ironic is that) and got them safely to the trash.

I have resolved that as long as my Higher Power gives me the ability, I will continue to practice this amends wherever I find an opportunity. Sadly, I find it often. Hosting our "Weekend in the Country" here in the northern Sierras (August 23-25) is another way I have found to stay in touch with the wonderful healing fellowship of Nicotine Anonymous. One of our workshop topics will be Making Amends. Won't you come join me and see the Malikoff Diggings for yourself? Fly into Sacramento and we'll get you here. Share a cabin for

\$35/night. Perhaps we can trash a few butts together!

[*Editor's Note:* Sorry the newsletter didn't come out before the weekend!]

Clean in the Catskills ad

MEDIA MANIA *Getting the Word Out Through the Mass Media*

There is probably no other communication medium more anxious to help us spread the word than the mass media.

Newspapers, radio and TV stations all have allotted time space/time slots dedicated to worthy public service causes, and quitting smoking is one of the best causes around. They will welcome your material and I can assure you, they will run it! Below are some suggestions to help you get started. This issue I am going to concentrate on the press. In the next issue I will feature radio and television. Feel free to apply these principles if you want to contact your local TV/Cable TV and radio stations as well. Let's get the word out!

Newspapers keep a "Community Calendar" running all the time. Be SURE to put meeting information in all your local papers.

Contacting the Press

⇒ Your local newspapers will be listed in your telephone directory. Many newspapers also have a public affairs editor. You can always contact the editor and they will direct you to the public affairs editor. They will accept your material either by fax, e-mail, mail, or over the telephone. Something in writing is best in order to ensure there will be no errors regarding meeting time, location, etc.

⇒ Some larger newspapers have a Features department. From time to time they might want to do a story about your group, which is great, as long as full names or full-face photos are not used. Stories like this are very good around the Great American Smoke-Out time and generate a lot of interest. The editor or reporter will contact you and you can set up a mutually agreeable time to meet. They might even ask to come to a meeting to observe. If your group conscience agrees, it is a great way to introduce them to the program. I have even known press members who have quit smoking from coming to meetings in order to learn about us while writing an article!

Press Release

⇒ The official Nicotine Anonymous Press Release, from which you can quote, is available right on the Nicotine Anonymous Web site under Outreach. It is awesome! Be sure to use Conference-approved literature or this official release when writing your material to

be sure we comply with the Traditions. And remember to include your name and telephone number in case the editor wants to contact you with questions or to do follow-up.

Deadlines

⇒ Always ask about deadlines when submitting material to the newspapers. Some weekly publications may have a deadline of ten days prior to publication. Daily newspapers may only require a couple of days. Be sure to time any submittal you do according to the paper's deadlines, especially when doing stories for events like the Great American Smoke-Out or large local gatherings where the public is invited. You will find, in general, that newspapers tend to print all of this material very close to the event. You might have to work with the editor to encourage him/her to move your story up in order to give people enough time to plan their attendance.

Recap

So, to recap, here's a step-by-step process you can follow to make sure your group will end up in print!

1. Find your local newspaper(s) in the telephone directory
2. Place a call to the paper and personally contact the editor. If possible contact the public affairs editor as well.
3. Ask about printing deadlines to assure your material gets there in time to go to press.
4. Fax, mail, or e-mail the material to the paper. Be sure to include your name and phone number.
5. Follow up with a phone call to be sure it got there and to be available for any questions.
6. Invite a callback from them should they have questions or want to do any follow-up.
7. Watch your meeting attendance grow!

Good Luck!

Get your feet wet and GO FOR IT! Share your experience, strength and hope! If you have any further questions or need some help, just call me at 610-933-9181.

*In love and service, Jan S.,
Mass Media Outreach Project Leader*

Public Outreach: A Case Study

Mark S., Sacramento, California

Here are the actions one of our members took to make the community aware of his new meeting.

- Sent contact information and flyers to:
 - -The American Lung Association
 - -The American Heart Association
 - -The American Cancer Society
 - -The local office of the National Council on Alcohol and Drug Dependency
 - -The Smoker's Help Line
- Sent representatives to introduce Nicotine Anonymous and distribute flyers at the County Tobacco Control Coalition.
- Made a commitment to send 100 pamphlets every month to the Kaiser-Permanente health education office for distribution at smoking cessation classes and lectures being presented at Kaiser facilities throughout the area.
- Sent representatives to introduce Nicotine Anonymous to participants of the smoking cessation classes presented by the American Lung Association.
- Established a cooperative relationship with the Health Education office at the local State University, and provided pamphlets to that office on an as-needed basis.
- Posted flyers at local libraries and bookstores.
- Worked closely with our Inter-group to ensure that other meetings in the area are aware of our presence and have an opportunity to support us either by visiting or by making our presence known to other nicotine addicts they are acquainted with in the area.
- Submitted articles to *Seven Minutes*, so that we may receive similar support from other Nicotine Anonymous groups worldwide.

We are currently expanding the information program to include newspaper, radio, and television announcements.

Cartoon

Getting the Word Out

Mary D., Anaheim, California

Cartoon

Our Public Outreach Coordinator, Joe S. has so very many good ideas for reaching out to the Nicotine Addict who still suffers and who has not yet heard of Nicotine Anonymous!

One thing he has done is to put little plastic card holders in doctors offices, and hospital departments.

I think if we would all get on board and do a little outreach each month we would see a great influx of newcomers. I have decided to do this, and now go to the same places on my "card route" once a month. I am happy to say that it is being very well received. I went to the Diagnostic department of the local hospital and the young man in charge was very happy to display them. He says he wishes all of the people coming in there would take one and stop smoking. They really are going like hotcakes in that department. I

went to the Respiratory department and they too are enthusiastic.

In addition, I go once a month to Pulmonary Specialists, and Cardiology with cards and refill the holders. It takes about an hour and fifteen minutes for me to go to the hospital and two other medical buildings, two miles apart.

I believe that God sends people to NicA, and we hold open the doors. And now by putting our cards out there, I see some coming through the doors who might not have heard of us.

I can't think of a better way to do outreach than this. I hope some of you who read this and are wondering how you can help "carry the message" will try this and see if it pays off with newcomers walking through the door at your meeting.

Grateful for my freedom!



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 conduit of this fellowship of recovering nicotine addicts and includes the regularly updated Worldwide Meeting Schedule.

- New Subscription
- Renewal
- Address change

1 year	\$ 7 U.S.	\$ 9 Canada	\$14 Overseas
2 years	\$13 U.S.	\$17 Canada	\$27 Overseas
3 years	\$18 U.S.	\$24 Canada	\$39 Overseas

Mail to:

NAME _____

ADDRESS _____

CITY _____ ST ATE _____ ZIP _____

PHONE NUMBER INCLUDING AREA CODE _____

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

The Book of Daily Meditations

edited by Jennifer M., and Kate W.

Following are three of the sixty-four submissions to the Book of Daily Meditations that were recently approved at the April 2002 Nicotine Anonymous World Conference in Brooklyn. **You are encouraged to share your experience, strength, and hope with others by writing for this book.** Please consider contributing your own personal prayer, meditation, or favorite quote.

We are not cured.... What we really have is a daily reprieve contingent on the maintenance of our spiritual condition.

—"AS BILL SEES IT," BY BILL W.

I never believed I could stop smoking. I made a few, pitiful attempts over the years, but I could not do it by myself. What was the problem? Was I so very weak or so very stubborn? Was it a lack of willpower? Or too much self-will? It didn't matter. I was hopelessly stuck—afraid and imprisoned by nicotine.

I prayed for my Higher Power to help me. I read Alcoholics Anonymous' *Came to Believe*, a book about how the obsession to use alcohol was removed from people by their Higher Power. I could not do this under my own power. Nicotine's control of me was absolute. And then, one morning, my nicotine obsession was lifted.

What a gift! To be free of this nightmare was a miracle. Part one was receiving the gift: part two is my maintaining this freedom by constant vigilance. I know where my freedom comes from. I thank my Higher Power and talk to Him each day; aim for a gratitude attitude; attend meetings; read Twelve Step literature, and share my experience, strength and hope with others. Life is so good without addiction, and I'm willing to work every day to stay free.

By your Grace, I am free of nicotine for today. Please help me to stay that way.

No one can make you feel inferior without your consent.

—ELEANOR ROOSEVELT

What can be more demeaning than being a "dumpster smoker?" You know what I mean. I'd leave my job to go outside and smoke; or, leave the theater, or the restaurant, or my own home. I felt so humiliated. I knew I needed that smoke no matter the cost, time or place. No matter who was hurt, or offended, or annoyed, nicotine was my be-all and end-all. I couldn't live with it, and I couldn't live without it.

No wonder I had no self-worth. Caught, trapped, snared, and hopeless. Finally, I was desperate enough to go to a Nicotine Anonymous meeting. I was fearful. Would they accept someone who was still smoking, or throw me out?

Thank you, Higher Power, for giving me a place to grow with other nicotine addicts who understand. Thank for the tools of the program, meetings, slogans, sponsorship, and, especially, prayer. By your grace, I am free for today, and becoming more whole and complete each day.

By your grace, I can be whole again.

We cannot change anything unless we accept it. Condemnation does not liberate, it oppresses.

—C. G. JUNG

All the curses we can utter, all the self-loathing we can swallow, will not bring about long-lasting change. These patterns of behavior only reinforce the negative cycle of addiction. We have used nicotine to numb our negative feelings. Condemnation just triggers us into our addiction.

Step One asks us to accept and admit that we are powerless addicts and that we our lives are suffering from the continual abuse of nicotine. Until we accept the truth of our circumstances we are merely pretending, rather than tending to our life. Only as we move toward the complete acceptance of ourselves can we be truly open for the healing we receive from our Higher Power.

Until then, we repeat the same old excuses and defects over and over again while expecting different results. This insanity always takes us to the same place. We put nicotine into our bodies for relief, but then we feel condemned and demoralized afterwards.

With acceptance we can stop running away. The trigger to condemn ourselves is defused. In recovery we are surrendering toward the truth and the help that can set us free.

Now that I have accepted the truth, my surrender can ease the harshness and open me to real change.

Sun, Sea and Nicotine Free Poster

Letter from the Editor

Catherine C., Berkeley, California

Hello readers, this is Catherine, a nicotine addict and editor of *Seven Minutes*.

Joe S. asked me to remind you to **please throw out all old order forms** that do not have the Huntington Beach address on them. Apparently these are still being used, which causes confusion.

Why *Seven Minutes*?

The newsletter was named *Seven Minutes* because "it takes about seven minutes to smoke a king-size, filter cigarette."* Start counting up the number of hours you are saving (or can save) a day, week, month or year by not smoking! You can also translate that into hours off the patch, or chewing tobacco or gum.

Subscribe for Your Meeting

I recommend that each meeting have a subscription to *Seven Minutes*. It's a great resource for all members. Why not bring this up at your next business meeting and get a group conscience? A one-year subscription is only \$7. You can't beat that!

Give *Seven Minutes*!

How about giving a member, friend, or sponsee a subscription to *Seven Minutes* for his or her birthday or anniversary? What an inexpensive way to support someone for the whole year!

Submit Your Articles, Stories, Cartoons

A special thanks to Phil for sending in his cartoons and allowing us all to share a humorous side of being addicted to nicotine.

How about you? Will you write or draw for *Seven Minutes*?

Tell us about your meeting: what do you do in your meeting that you particularly like? Or, talk about your favorite step: what does it mean to you, how did working that step (or all the steps) change your life? Why work the steps at all? Do you think it is necessary? Why?

Take something you've written while working the steps (like your Fourth Step), develop it into your story, and share it with other *Seven Minutes* readers so that we may all benefit from your growth and the lessons you have learned and are learning.

How about the Traditions? Won't you write about why we have the traditions and what their value is? Do you apply them in your personal life? How? Why or why not?

And International meetings: share information about your meetings outside the U.S. Is NicA growing in your country? Share your experience, strength, and hope with others around the globe. Do you need input? Ask for it here!

It has been suggested to me that we need more multi-lingual material, especially in Spanish. How do you feel about this?

Someone has also told me that she feels the type size of the brochures is too small and unreadable for older vision. Is this true for you? Would you like to see large-print brochures?

I'll be glad to help if you need help with writing your article. Please contact me. This is *your* newsletter, write for it!

NAWS Statement of Cash Flows

January through March 2002

Ramona F., Fremont, California

STATEMENT OF CASH FLOWS

	Jan - Mar 2002
OPERATING ACTIVITIES	
Net Income	3,955.75
Adjustments to reconcile Net Income to net cash provided by operations:	
1200 · Accounts Receivable	981.54
1120 · Inventory Asset	2,490.89
2000 · Accounts Payable	-120.81
2200 · Sales Tax Payable	-452.37
Net cash provided by Operating Activities	6,855.00
Net cash increase for period	6,855.00
Cash at beginning of period	51,285.26
Cash at end of period	58,140.26

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

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

**New! Publication Dates and Deadlines
for Submissions**

Publication Date Deadline Date for submissions

December 1	October 4
September 1	July 21
June 1	April 20
March 1	January 18