



In This Issue

1

Let Go or Be Dragged
by Ladd

3

From the Chair,
Jan F.

7

Sun, Sea, and Nicotine Free
in Santa Monica

8

I Struggled Toward
the Miracle
Christine

9

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

10

Can't Wait for the
Conference!
Ani M.

NAWS Statement of
Cash Flows

11

Letter from the Editor
Catherine C.

Let Go or Be Dragged

Ladd, Long Island, NY

I smoked for three-eighths of a century spanning two millennia. In a million years on my own, I felt I would always continue to put off doing something about my addiction at least until next week, and more likely until next month or next year.

I remember the date I started smoking: May 19, 1963. (How weird is that?) And it was gorgeous spring day in New Hampshire. I was a disaffected freshman in college bent on rebelling against expectations of me. Over ensuing years, I remember seeing anniversaries of my smoking history come up and sweep me over like an inexorable tide—20 years, 25 years, 35 years. I was utterly discouraged as all those years inexhaustibly claimed more than half of all the years of my life. At least ten years before quitting, I was diagnosed with chronic bronchitis. I was always hacking and coughing. Even the cat would move away when I smoked. I knew I was disgusting—hell, I was disgusted with myself. My wife and daughter moved out of the house (though not just because of my smoking). I more or less wrote off any kind of sociability with non-smokers. My daughter, at the age of 12, on the front steps of her mother's house, for all within earshot to hear, one day announced, "Pop, you smell!" She wasn't telling me anything I didn't already know.

I had tried hypnotism. It worked for about five days. I tried the patch. It worked for the weekend back in May 1994 when I didn't want to hack and cough singing with 375 other alumni at a school reunion concert. In each case,

I was cured until I decided to be uncured. I willed away the beneficence. I had known since, that devices ultimately would fail. Somehow, I had to talk myself into getting smoke-free—or letting myself be talked into getting there. What I vaguely knew then and more fully know now is that I had to find a spiritual solution.

Almost three years ago, a pretty girl came up to me as I was smoking a cigarette after a church meeting for another program. She said "I gave up smoking—You want to know how?!?" Realizing I was kind of trapped, I weakly replied, "OK." She said she had three months free of the nasty weed, and that the way she had gotten clean was through the magic/miracle of Nicotine Anonymous—which, incidently, she said, meets Thursdays at 7:30 East of the Viaduct on Route 25A in Roslyn at the red-brick Trinity Episcopal Church. Part of me had known for a long time that I had to quit—I was a pariah—but my heart wasn't in it. Nevertheless, as



someone else so succinctly put it, I wanted to want to quit.

I attended one meeting a week, at first. Later, I tried a second meeting, the one in Wantagh on Tuesdays and then the Saturday late morning meeting in North Bellmore. I liked the people I met and heard at the meeting. They described much of my story—they smoked for years and years. Smoking was an escape from feelings, from dealing with people — from dealing with life. Finally, with the help of a sponsor

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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.

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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

Nicotine-Anonmous.org

Hi, my name is Jan F. and I am powerless over nicotine. By the time you read this, our new Web site will have been operational for several days. I am very excited about the potential of our new site. I would like to explain some of its aspects. However, before I get started talking about the new site, I want to take a moment to thank two of the pioneers in our Web experience who got us to where we are today. They are Bill P. who created our first site and Bill H. who created our second site. These gentlemen put in a great deal of effort to get a web presence for the fellowship and we owe them a debt of gratitude. They, in fact, created most of the content used for the creation of our new site.

We had several goals in mind for the design of our Home Page (see figure at right). We want the graphics of the new site to convey a sense of freshness and freedom. The graphics of the site are designed in a manner which we hope successfully conveys those feelings. I believe we all experience an incredible feeling of freedom when we are no longer chained to



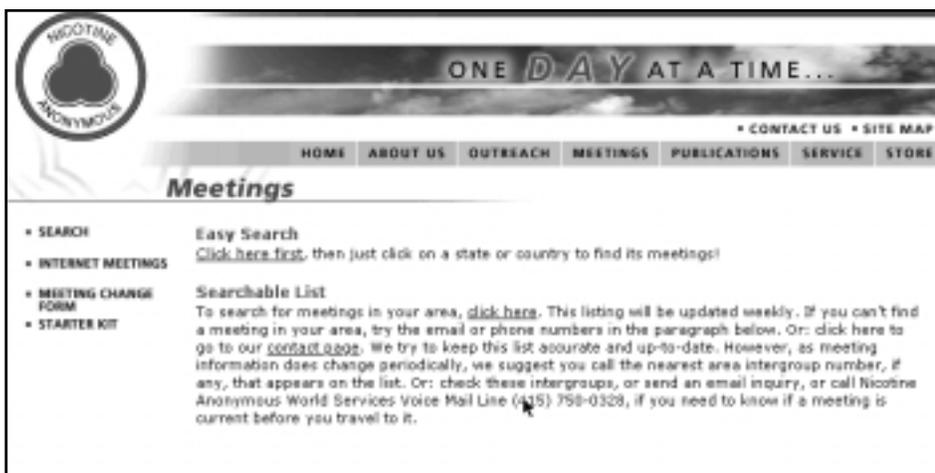
The new Nicotine Anonymous Home Page.

nicotine. Next, we want to make it easy for visitors to navigate our Web site and we want to stress a limited number of items on the home page. We want visitors to our site to immediately be able to:

- Find a meeting,
- Find out how to start a meeting, and
- Buy our books and literature.

In addition, we wanted to solve a long-term problem we have always had with keeping the information on our Web site current.

The **What's New** Section is one of three "Client Content Management Areas" that are incorporated in the site. The other areas we have designated for this capability are **Public Outreach** and **Archives**. These areas provide us with the ability to post to and remove information from the Web site with a small utility the developer has provided us. The individual performing this work does not have to be a programmer. For the first time an average individual with average computer skills will be able to keep our Web site current and up-to-



Here is the "Meetings" page. Finding a meeting in your area has been streamlined and is easier and faster than ever. You can also make changes to your meetings on this page.

continued on page 5

Let Go or Be Dragged

continued from page 1

and a quit plan, they gave up smoking. It wasn't easy at first, but they stuck with the meetings, used their sponsors, and leaned on others in the rooms of NicA as a support group. To a person, these now smoke-free souls had easy smiles, gratitude for their new-found freedom, and a tantalizing peace that I could almost taste. A drumroll started in my mind.

Week after week, I went to meetings—incredulous at all these people who were smoke-free—some for only days, weeks, or months, and some for years. Such calmness, freedom, and happiness they had. I wanted what they had. I craved their contentment. But—even after eight months of going to meetings—I hadn't given up a single cigarette—not one! I wanted what they had! It wasn't like I wanted the moon—these successful quitters were people just like me. I thought: There's no magic in this—all I've got to do is to stick around long enough and I'll catch on—or this new lifestyle will rub off on me. I just have to keep coming around. They reminded me—Don't leave before the miracle starts. Anyhow, I'm a solid subscriber to the Rule of Living that 80 percent of life is showing up. Wow, I thought: All I gotta do is show up!

In the first few weeks of meetings, I was given chips as tokens—or messages—a Welcome chip, a Desire chip, a One-hour chip. About eight months into my meetings, I was given a Willingness chip. That was it! I thought I had been hit with a house-full of feathers—all-encompassing, but painless—some kind of giant kiss of kindness. Finally, I realized that all I had to do was to let go. I had to open myself to suggestibility of a new life-style. After savoring vicariously the wonderful clean, free, joyous experiences of those who were nicotine-free in the rooms—I realized that this new way of life was there for the asking—all I had to do was drop my guard—all I had to do was to let go of the old me and embrace a new me! As the saying goes, Let go, Let God. And the alternative, Let go or be dragged (pun intended). God says,

Let there be light. He didn't push, pull, and tug to make light. All my efforts at strong-willedness, gritting of teeth, and clenching of fists to get my life right were for naught. Changing my life involved not a cinching up but rather a letting go. That simple, but, oh, how difficult!

Wow! What a relief! My Higher Power is not a task-master—I was the task-master. And my Higher Power was found to be in the warm, welcoming, wonderful people I found in the rooms of NicA. All I had to do was to emulate this terrific bunch of quietly dedicated people. They were my role models. I didn't have to reinvent the wheel after all.

Instead of devising a 5-year, 117-stage withdrawal plan, I simply decided on a Friday afternoon to buy one more pack of cigarettes. I would smoke one half into that night, and the other half Saturday morning with my pot of coffee—saving the last cigarette for just before the 11:30 North Bellmore NicA meeting. It worked! I had my last cigarette at 11:20 that morning, November 4, 2000. My further plan was to wear a 14-mg patch for the ensuing several weeks, or until I could wean myself from nicotine. So that afternoon, after the meeting I put on a patch. That night I removed it.

The next morning, I thought I'd have my pot of coffee, take a shower, and then put on my next patch. I didn't feel an urge, so I decided to go until I felt an irresistible urge for nicotine. That overwhelming urge never came again! THAT'S a MIRACLE!

I had smoked a carton of cigarettes (a combination of light and extra light) every week for the previous—God knows—twenty years? (Prior to that I smoked more, and stronger, cigarettes.) Inside of 24 hours, all these bad habits disappeared—they were lifted from me: cup of coffee, hit my shirt pocket for my pack of cigarettes and lighter, pull one out and light it up; telephone rings at home: hit my shirt pocket for my pack of cigarettes and lighter, pull one out and light it up. (At work, I was in a smoke-free building on the 38th floor, and, because I'm a stockbroker, I couldn't leave the office to have a cigarette between market hours—and

then some—8:45–4:15; I likened the lock-out from smoking to flying to Hawaii five days a week.); when I stopped in my car for a traffic light (or anything else), hit my shirt pocket for my pack of cigarettes and lighter, pull one out and light it up.

My Higher Power thinks I'm a wuss, I'm convinced of that. He made it so easy for me—once I let go. My requirement of myself to stay nicotine-free is to remember I had precious little to do with my release from this obsession. All I did was show up, and give time, time. And if lifting the obsession meant showing up, then staying nicotine-free means continuing to show up—and helping other nicotine addicts. The Twelfth Step says I can't keep it unless I give it away.

In the first months of being smoke-free, I had a wonderful, relaxing feeling of sailing aboard a massive ocean liner on a calm sea, in beautiful, clear weather. As we sailed smoothly and inexorably away, the shores of my former smoke-filled life retreated steadily in the distance. As time went on, I was struck by how comfortable I had become in social situations. Formerly, I had always been on edge, looking for an opportunity, at most within an hour, usually less, to indulge my habit. With help, the bondage of self is being relieved. The incredible feeling of growing up—clearly seeing, accepting, and liking responsibility—has struck me. I get this wonderful sensation of life, not in black and white any more, but in living color.

I am in awe that, against all odds, I'm now 2 years and 2 months nicotine-free. I pray that I will always be grateful to the beautiful, caring people of NicA for my release from the obsession of nicotine and for my new-found clean, joyous, and free life.



From the Chair

continued from page 3

date. I posted a couple of flyers myself and it took me no longer than five minutes to be trained. When the dust clears we will be looking for volunteers to do this work.

The **Find A Meeting** section in the middle of our home page takes the visitor to our searchable meeting databases. The search functions from our old site are duplicated here. The third link, **Start a Meeting** takes the visitor to our **Starter Kit** and all the other great information we provide for those individuals who want to get a meeting going in their area.

Our **Store** gives members of our fellowship for the first time the ability to place orders online. This section of the Web site is secure due to the confidential nature of the credit card information. When you visit the site you will notice that the credit card information is on a separate secure page from the order. We have the most current level of security available on the Internet. When a visitor completes an order it is forwarded to our office and fulfillment center for processing. I am sure some of you would agree that our order form is not the easiest one in the world to understand. I hope this capability will make it extremely easy and efficient for our members to place orders by automatically computing quantity discounts, shipping charges and sales taxes in California.

The bottom right panel on the Home Page contains a feature I hope we can have some fun with. This panel contains three images. Each time a visitor visits the Home Page he or she will see one of these three changing images which continue to cycle through. Perhaps in the future we can solicit new images from the members for this section!

Looking across the top of the Home Page one finds the main sub-pages presented: **About Us**, **Outreach**, **Meetings**, **Publications** and **Service**.

About Us contains useful information about our structure, etc. The **Outreach** section is one of those areas for which we have

continued on page 6

ONE DAY AT A TIME

HOME ABOUT US OUTREACH MEETINGS PUBLICATIONS SERVICE STORE

Store

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Quantity:

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Quantity:

Worldwide Meeting Directory
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Quantity:

Voter ID
Price Each: \$3.00
Quantity:

THE BOOK & Our Path to Freedom via TAFE
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Quantity:

HOME ABOUT US OUTREACH MEETINGS PUBLICATIONS SERVICE STORE CONTACT US SITE MAP
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Now you can easily go online to order literature, tapes, directories, and other supplies. This is the NicA Online Store Page.

From the Chair

continued from page 5

big plans. We want our members and volunteers to be able to share experiences, post instructions and ideas, and provide as much useful information as possible to make your efforts successful in this area of paramount importance.

The *Publications* page contains our pamphlets in English as well as five other languages. The pages for other languages also

contain all or portions of our book. The *Meetings* section also contains some interesting and useful features. Our members can now fill out forms to **Add, Change, or Delete** a meeting online. Once an **Add** form is completed and submitted, it is forwarded to the Meeting List Coordinator. When she is satisfied with its accuracy, she hits the "Update" icon and the Meeting List Database is immediately updated with the current information. If all new meeting forms were submitted on the Web our Meeting List Coordinator

won't have to keypunch any original data!

I am confident this Web site will live up to my expectations over the long-term. It is now easier for a visitor to find a meeting, start a meeting, and buy our literature. Over time as we learn how to take advantage of its capabilities we will find ways to save our volunteers a significant amount of time while actually providing better information. I hope you share my enthusiasm for this valuable resource for our fellowship. Thank You, Jan.

Register Now! for

SUN, SEA AND SERENITY

Nicotine Anonymous World Services Conference XVIII

APRIL 25-27, 2003

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Hosted by the Southern California Intergroup
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HOSTED BY: Southern California Intergroup of Nicotine Anonymous (SCINA)

CONFERENCE HIGHLIGHTS: Delegates voting on newofficers and the recommended 2005 Conference site; featured speakers; inspirational gratitude meeting Friday night; Saturday business meeting and Saturday evening Banquet; Sunday sunrise meeting and Brunch; Marathon meeting over the weekend; Hospitality suite; Post-conference cruise of Marina Del Rey on Sunday afternoon.

NicA Conference XVIII
Registration Form

Please make checks payable to SCINA
 Mail to: 19744 Beach Blvd., #247, Huntington Beach, CA 92648
 Registration Contact: Gary M., gbmgary@cox.net
 Conference Chair: Nicholas V., ConferenceChair2003@nicotine-anonymous.org ; 310.391.3020

		Items	Cost	#	Total
<i>Name:</i>		<i>Conference Registration</i>	<i>\$15</i>		
<i>Address:</i>		<i>Spouse, Family, Friend</i>	<i>\$ 5</i>		
<i>City, State</i>	<i>Zip</i>	<i>Saturday Banquet</i>			
<i>E-mail address:</i>		<i>- Steak</i>	<i>\$55</i>		
		<i>- Sea Bass</i>	<i>\$55</i>		
		<i>- Vegetarian</i>	<i>\$55</i>		
<i>Telephone:</i>		<i>Sunday Brunch</i>	<i>\$30</i>		
<i>Delegate:</i>	<i>Yes No</i>	<i>Post Conference Cruise</i>	<i>\$35</i>		
<i>Please indicate which Intergroup:</i>		<i>Tee Shirts (Indicate qty by size)</i>	<i>\$10</i>		
		<i>__S__M__L__XL__XXL</i>			
		<i>Total</i>			

In addition to this registration, Delegates must also register as delegates no later than 30 days prior to the Conference mail: Secretary of World Services, 419 Main St., PMB#370, Huntington Beach, CA 92648: or by email to secretary@nicotine-anonymous.org.
 Registration must include: Name, Address, Phone Number, email and Group/Intergroup represented.

I Struggled Toward the Miracle

Christina

I never thought I'd seriously consider quitting cigarettes, let alone actually DO it. The idea was so scary, I'd put the thought out of my mind as soon as it came. But there I was, age 37, twenty (plus) years of smoking under my belt, actually thinking it was time to quit.

I had worked a Recovery program for codependency for nearly four years. I'd grown in some real positive ways, but could see that cigarettes were inhibiting more growth. I wasn't yet ready to admit to being an addict, but I'd learned that smoking was numbing my emotions. That, plus the fact that forty was right around the corner, made me take a good, hard look. I didn't want to go into middle age still smoking, and I didn't want to stay stuck in my Recovery. I was hooked on getting healthy—spiritually, emotionally, and physically!

Of course deciding and doing are two different things! It took eight more months of pain and struggle before I could actually put down the cigarettes. I see now that every minute of that struggle, every success, and every failure was so important in getting me where I needed to be to quit and to *stay* quit.

My first move, of course, was to try an easier, softer way. I headed straight for the doctor for a nicotine gum prescription. He obliged, warning me that I'd still have to put the cigarettes down and now the gum too! I figured I'd cross that bridge when it came.

My first "quit morning" arrived and I popped the gum instead of a cigarette. Not bad. I did this for seven days, gum instead of a smoke. (Pretty non-stop chewing, I might add!) Then on the seventh day I got upset about something, reached into my boyfriend's pack and smoked a cigarette. My whole week's effort down the drain! And yet I could not stop myself. Though racked with remorse and guilt, I didn't give up. I did realize then though, that quitting was not going to be easy.

Next I contacted Nicotine Anonymous and began attending meetings. I knew from other Twelve Step experience it was my best bet for quitting.

I kept the gum up for about thirty days, but also smoked intermittently through that time. I knew the gum was a waste of money and hope, so I didn't get more when it ran out. Besides, by then I'd been to enough Nicotine Anonymous meetings to know that for me, program was the only way to go anyway.

All I could do for a long time was go to meetings and listen. I went to hear the truth about cigarettes and about smoking. I went to find the magic that would help me quit. I went to see the smiles and hear the joy from people with actual freedom from the drug. I needed to know that existed! I needed to see I could feel OK again someday!

For eight months I went with little or no success. I'd not smoke for a day, then smoke again for two. I'd not smoke for half a day, then buy a pack by afternoon. On and on it went, back and forth, up and down, wrestling with the demon nicotine. I'd steal one from people at work too, or my mother, or bum one from a stranger. I still thought somehow just one more would help, would make the withdrawal easier. I finally learned that only God would make it easier. No cigarette ever could.

I also saw that I most surely was an addict, for no sane person would steal like that to hide their shame of having to use. Only an addict behaves like that. Only an addict *has* to use. And that addict was me.

It was a humbling eight months. Many a meeting all I could do was cry. I thought the miracle would never come—I was too weak, too undeserving. But no one in the meetings ever said that. In fact, all I heard was "keep coming back." That much I could do. Then I started hearing about praying for the *willingness* to go through the pain. I could do that too. So I did. I also agreed to show up early to make coffee for the meetings. I joined a home group. And I prayed some more.

Then on April 20, 1992, I woke up and had no cigarette. I went all day without one. And then the next, and the next.

It's still that way. I show up each day with just me and my Higher Power. No nicotine. No smokes. A miracle? Oh yes. It's at least that. Was it easy? Hardly! Especially not at first. But the difficulty has passed. One day at a time, it's gotten easier and easier. Having the support of my meetings helped tremendously. Knowing that what I was going through was normal and typical of drug withdrawal helped too. Working the steps helped. And prayer most definitely helped.

Living life on life's terms instead of drug-medicated has been a challenge to be sure, but so worth it. Better than I'd imagined!

I am an addict, this I've come to know. I am one cigarette away from the insanity. But I also know that I don't have to have that one cigarette. There are many things I can do instead. And my Program shows me that I needn't even get near that insane wanting if I keep clear on God's will for me daily. And that knowledge is there for the asking. Thank you God!



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 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.

The deepest need of man is the need to overcome his separateness, to leave the prison of his aloneness.

—ERICH FROMM

Peer pressure, the loneliness of low self-esteem, and the sexual enticement alluded to in movies may have all played a part in our early encounters with smoking. A young person is trying to develop an identity and a relationship with the world. This is usually done awkwardly, often foolishly, sometimes even desperately.

A youth wants to be somebody important enough to have a connection with a group. To be denied this, is painful; a living death to some. With the focus on tobacco instead of their insecure selves, users may bond more easily between themselves. It was: light up and be let in.

One of the strengths of a recovery program is that each member is important and useful. There is a bonding through the courage to show up. With sharing, the bond grows. Those still smoking keep the danger fresh for those who have put the drug down. Those who are clean offer hope to those who aspire. Recovery becomes our new connection. We bond in celebrating our dream, living free of nicotine.

Today, any sense of aloneness is comforted by a Fellowship of support and contact with a Higher Power.



"We knew we would have to quit the deadly business of living alone with our conflicts, and in honesty confide these to God and to another human being."

—TWELVE STEPS AND TWELVE TRADITIONS, ALCOHOLICS ANONYMOUS

I was having trouble sleeping, I just generally didn't feel good. I had been calling my sponsor every day for over five months, but I was reluctant to let him know how I was really feeling. My sponsor had the tendency to ask me to read the literature when I wasn't doing well, and I didn't want to bother with that.

Finally I leveled with my sponsor, who pointed out I was trying to bargain with God. I was saying, "God, if you just let me have my way on this one thing, I'll continue to surrender to Your will for me." I was refusing to surrender, and my sponsor told me I sounded quite miserable. He was right. I was miserable, but wanted desperately to be happy, joyous and free. Instead of giving me the answers again, my sponsor said the answer was in the book if I wanted to read it.

I was reminded I need to pray only for God's will, not mine, and continue to pray throughout the day whenever I find myself insisting on my way. I found relief.

Today, I thank God for my sponsor and all those who hold up a mirror so I can see myself as I truly am.



"But" is a fence over which few leap.

—GERMAN PROVERB

Take a moment and consider all the big and little things you have thought about doing during your life, "but." How many times have we put a "but" in our way and turned aside? How many times have we put a "butt" in our mouths and turned aside? And how many times have we felt like an ass or a butt because we turned and missed an opportunity?

Okay, take a good breath, this program is not about feeling more shame. Many of us have been trying too long to numb ourselves from that. However, our "buts" list could be added to our Fourth Step inventory. The more we see where we turned away, the more we see where we need to head.

I want to live my life without any more "ifs, ands, or buts" . . . or butts!

May my detours be lifted so that I can move more freely towards my desires.



Can't Wait for the Conference!

Ani M., Berkeley, California
Northern California Intergroup Chair,

In two months I'll be heading south from the Bay Area to the 18th NicA conference in Santa Monica. I can't wait! I recall the 2001 conference we hosted here in Berkeley and the fun I had. I met wonderful folks from all over the country, heard inspiring and uplifting shares at the Gratitude Meeting and shared my gratitude, too. I had six months clean time and was so blown away by / enamored by / jealous of the people with two or more years. Now I have 2½ years myself and am a very different person.



I'll be attending this year's conference in this new loving relationship with myself. I am no longer killing myself with cigarettes, I am caring for myself with honesty, healthy choices and love for myself. I look forward to sharing my experience, strength, and hope at the conference and attending the business meetings to help decide NicA policy. I am so blessed to be a part of this family of NicA, this family devoted to sharing the truth about our lives and healing ourselves.

NAWS Statement of Cash Flows

January through November 2002

Ramona F., San Jose, California

STATEMENT OF CASH FLOWS

OPERATING ACTIVITIES

Net Income	953.40
Adjustments to reconcile Net Income to net cash provided by operations:	
1200 · Accounts Receivable	1,141.98
1205 · Advances to Conference	-500.00
1209 · Advance to Fulfillment	100.00
1120 · Inventory Asset	116.55
2000 · Accounts Payable	-384.06
2200 · Sales Tax Payable	-19.53
Net cash provided by Operating Activities	1,408.34
Cash at beginning of period	51,285.26
Cash at end of period	52,693.60

Birthday Congratulations

Congratulations and thanks to:
Jim M., whose anniversary date is 9/21/93:
9 years nicotine free!

Send this in for yourself or a friend! Your birthday will be listed in Seven Minutes.

~ Birthday Gratitude ~

Name: _____

The above-named member of Nicotine Anonymous stopped using nicotine on _____,

and has _____ years of freedom!

Amount Enclosed \$ _____ From: _____

If you wish to remain anonymous, put "anonymous"

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

Thanks for sharing your birthday with us!

Letter from the Editor

Catherine C., Berkeley, California

Hello again from rainy California, where many of us are looking forward to the upcoming conference in Santa Monica. I hope to see and meet you there.

The Grand Opening of the Web Site

Go check out the new Web site! It's fabulous! Jan and the board did a fabulous job of revising the existing Web site, and making it very attractive and user-friendly. Hopefully this will make finding a meeting and ordering literature a lot easier! Be sure to submit posters and information for upcoming events in your area.

<http://www.nicotine-anonymous.org>

Birthday Gratitude

You'll see on page 10 a new form called the Birthday Gratitude form. Please consider sending in a donation to World Services in gratitude for your years of freedom from nicotine. One suggestion is to send in \$1.00 for each year off nicotine, or if you're feeling generous, send in more! Give the coupon as a gift for a friend. Your (or

your friend's) name will be listed in the following issue of *Seven Minutes*.

Board Meeting in January

I was fortunate to attend the quarterly board meeting in January, which was hosted by my local Northern California Intergroup. What fun! I enjoyed meeting (again) the members in attendance, and watching World Services in action. It was a long and information-packed day of completing tasks, updating information on current projects, unveiling the Web site, and sharing fellowship. I think what was the most fascinating to me was seeing the Steps and Traditions in action.

For me there was a feeling of being in a regular NicA meeting. Those present listened to each other, everyone was free to speak his/her mind, and a consensus was arrived at in every issue.

There were none of the judgemental feelings or power plays I have experienced while working for large and small companies in my past work life. There was respect and openness and everyone seemed to get

along really well! (I heard that this isn't always the case, but I'll have to see it to believe it!)

I was telling someone about my service for Nicotine Anonymous and how I sometimes feel guilty taking time from my personal life and relationship to be a part of this organization. My friend said to me that it sounded like I had chosen to be part of a successful family. What a concept! As an addict who comes from a family of addicts, what an amazing thing to realize that I am associating myself with a new family, a family that respects each other, listens to each other, and shares their experience, strength and hope with each other. I am grateful to my friend for pointing that out me, and I am grateful to Nicotine Anonymous for showing me how to be part of a healthy family.

Hey! Where's Your Submission?

I'm still waiting to publish your story, poem, or cartoon. How many times have you shared your story in a meeting? Consider sharing it here on these pages. Give hope to others who aren't able to get to a meeting.



Subscribe to *Seven Minutes*!

Seven Minutes is a quarterly publication of NAWSO news, articles and letters—it is "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. You may pay by check, money order (US funds only) or credit card. **Mail to:**

NAME _____ PHONE (WITH AREA CODE) _____

ADDRESS _____

CITY _____ ST ATE _____ ZIP _____

Please find my (check one) check money order enclosed. Or, please bill my credit card (check one): Mastercard Visa American Express Discover Card

NAME ON CARD _____ SIGNATURE _____

CARD NUMBER _____ EXPIRATION DATE _____

BILLING ADDRESS _____

Send payment, in US funds only, to: NAWSO, 419 Main St, PMB#370, Huntington Beach, CA 92648 USA. **Thank you!**

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Publication Dates and Deadlines for Submissions	
Publication Date	Deadline Date for submissions
March 1	January 15
June 1	April 15
September 1	July 15
December 1	October 1

My Address Has Changed!
 Don't miss an issue!!! Complete this form and mail it to NAWSO, 419 Main St, PMB#370, Huntington Beach, CA 92648
 USA. Thank you!

My new address and phone is:

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