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Chairperson's Report...

Hello to our family in recovery. I hope those of you affected by Hurricane Sandy have returned safely to your homes and lives. I feel certain our fellowship has kept you in their thoughts and prayers as we watched the devastation from this storm.

It is with great pleasure that I inform you that the 64 page Newcomers Booklet has gone to print. It will be available for purchase by the end of the year. We have voted to keep the cost of this wonderful book at a reasonable \$4. It is full of information for those new to our fellowship as well as members who have been attending for some time. The Newcomers Booklet took many years to be drafted and finalized. Many people contributed to its vision. Thank you to those whose hard work and persistence saw this book to fruition. It is currently available for pre-order in our store and will be shipped in December.

Have you ever wondered how our literature is created? Or where ideas for new literature come from? One new piece of literature on the drawing board is a pamphlet addressing the concept of a Higher Power and how we came to that understanding. This idea was the result of a workshop at the 27th World Services Conference held last April in Albuquerque. At the 2013 WSO Conference there will be a workshop to get input on this topic. If you are interested in submitting your ideas about Higher Power, please send to [LiteratureCoordinator@nicotine-](mailto:LiteratureCoordinator@nicotine-anonymous.org)

[anonymous.org](http://www.nicotine-anonymous.org).

Speaking of which...World Services Conference XVIII will be held in Long Beach, California on April 26-28, 2013. The registration form can be found under **"What's New" on the NicA website.** Start saving your money to attend! The annual conference is where the business of NicA World Services happens, and so much more. How often are any of us able to attend a NicA meeting with over 50 people? There are workshops to attend and much fellowship to enjoy.

Service: Have you been thinking about giving back to the fellowship what you have received in recovery? There are many ways to do service. At your home group meeting, service includes sharing your experience, strength and hope; sponsoring others; or holding a position at the Intergroup level. There are also service positions available at World Services. Currently we are interested in someone for the Outreach Coordinator position, and also need members for the Outreach Committee. If you have ideas or experience concerning outreach and are interested in this committee, please contact me at chairperson@nicotine-anonymous.org. We continue to be the **best kept secret. Let's reinvigorate our Outreach Committee** and connect with the nicotine addict who still suffers.

We have recently appointed new coordinators to both Pen Pal Committees. The email Pen Pal Committee can be reached at PenPalCoordinatorEmail@nicotine-anonymous.org.

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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 and Twelve Traditions reprinted and adapted here with the permission of Alcoholics Anonymous World Services, Inc. Permission to reprint and adapt the Twelve Steps and Twelve Traditions does not mean that A.A. is affiliated with this program. A.A. is a program of recovery from alcoholism—use of the Twelve Steps in connection with programs and activities which are patterned after A.A., but which address other problems, does not imply otherwise.

The 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 Traditions of Nicotine Anonymous

1. Our common welfare should come first; personal recovery depends upon Nicotine Anonymous unity.
2. For our group purpose there is but one ultimate authority a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for Nicotine Anonymous membership is a desire to stop using nicotine.
4. Each group should be autonomous except in matters affecting other groups or Nicotine Anonymous as a whole.
5. Each group has but one primary purpose - to carry its message to the nicotine addict who still suffers.
6. A Nicotine Anonymous group ought never endorse, finance, or lend the Nicotine Anonymous name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.
7. Every Nicotine Anonymous group ought to be fully self-supporting, declining outside contributions.
8. Nicotine Anonymous should remain forever non-professional, but our service centers may employ special workers.
9. Nicotine Anonymous, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. Nicotine Anonymous has no opinion on outside issues; hence the Nicotine Anonymous name ought never be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, TV, and films.

12. Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

The Twelve Traditions of Alcoholics Anonymous

1. Our common welfare should come first; personal recovery depends upon A.A. unity.
2. For our group purpose, there is but one ultimate authority--a loving God as he may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for A.A. membership is a desire to stop drinking.
4. Each group should be autonomous except in matters affecting other groups or A.A. as a whole.
5. Each group has but one primary purpose --to carry its message to the alcoholic who still suffers.
6. An A.A. group ought never endorse, finance or lend the A.A. name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.
7. Every A.A. group ought to be fully self-supporting, declining outside contributions.
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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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I Am A Miracle...

My name is Sarah and I smoked for 37 years. I ended up in the hospital three times and they did not think I was going to live.

The first time, I had an asthma attack. When I went to the emergency room, they put me on a nebulizer for 3 hours. Then I went home and continued to smoke.

The second hospitalization was the most serious. I was in a coma for 19 days and was hooked up to a ventilator because I could not breathe on my own. My sister was told I may not live and she should start making arrangements. On the 19th day, the ventilator was removed and due to my Higher Power, I started to breathe on my own. The doctors said it was a miracle. Of course I went home and continued to smoke. It was insane.

I tried everything to stop. I went to my hospital's smoking cessation class 5 times. I went to a \$6000 inpatient treatment program twice. I even tried **hypnosis**. **It wasn't until I went to Nicotine Anonymous meetings that I was able to quit for 9 months.** Then I relapsed.

My third hospitalization was the scariest. I had a condition called hypoxia which caused insufficient oxygen to get to my brain. This made me see and hear things that were not there. My friend came to my house and found me. She **tried to get me to stand, but I couldn't.** She called 911 and I was taken to the hospital and put in the ICU. Every doctor I saw said, **"Sarah, you must quit smoking!" But I was a nicotine addict and I could not quit.**

It wasn't until I rejoined Nicotine Anonymous, got a good sponsor, and worked the 12 Steps that I manage to quit. That was 9-11-11.

Today I am grateful for Nicotine Anony-

mous and my Higher Power. I pray every day to remain smoke-free.

*Sarah
Petaluma, CA*



My Thank You Letter to NicA...

I am beyond excited and eternally grateful to say that on April 25, 2010 at approximately 10 pm - I, Miss Michele H. smoked, with careless abandon, the very last of tens of thousands of cigarettes! I had absolutely no idea, nor hope really, that that very cigarette would truly be the last.

I dragged my stinky, worn-out soul into this random group without much anticipation, expectation or knowledge. It was there that I found a tiny glimmer of hope, of action, of a way to stay stopped. That is, after all, what I truly sought: how to stay stopped. How to acquire nicotine-free status and stay that way. It was the hardest riddle in the world, a cruel joke - these people walking and talking and living free of nicotine, claiming they had once been dependent. Really? They couldn't have REALLY smoked, not like me they didn't....

From my very first meeting I learned one thing: I WAS NOT ALONE. From this wild discovery, there was much to follow. There was an entire world of suggestions suited exactly for me, a program designed just for me, a perfect fit, give or take a little here or there. All of this magic was provided free of charge. I barely had to ask...actually, all I had to do was show up and collect, day after day, minute by minute, week by week.

Before I knew what was happening to me, I was crying, I was laughing, I was expelling toxins from my body, I was deep breathing, I was discussing, I was

drinking water - lots and lots - and it tasted so good! I was feeling this strange presence. I couldn't put my finger on it...what was it?? It was like no other feeling I had ever experienced. It was scary, but exciting. It was a bit frustrating, but extremely exhilarating at the same time. Still, I couldn't figure it out. I had a bit of longing, bouts of anger and weepy moments, but nothing could block or stifle this new feeling that was taking me over. It was SUCCESS. It was FREEDOM. It was ALL OF YOU. It was what I had always been seeking, while never really knowing if it existed for me.

A HEARTY AND ROBUST "THANK YOU" TO EACH AND EVERY MEMBER, FORMER AND FUTURE, AND TO THE ORIGINAL THOUGHTFUL AND WISE FOUNDERS OF VOICES OF NICOTINE RECOVERY AND NicA - FROM A WAYWARD SOUL WHO HAS FINALLY BEEN SET FREE.

*XOXO
Michele H.
VONR*

Quote Corner

"I came to meetings for three years and still couldn't stop, until I finally realized it was true - I couldn't stop."

*- Nicotine Anonymous,
The Book*



Online Post

Thoughts on the 3rd Step Prayer...

I love this prayer. Line for line it is such a great roadmap for life. My favorite line is: "Relieve me of the bondage of self. Help me abandon myself to the spirit." This to me says help me, HP to get out of my OWN way and let you do your work in my life.

I used to make this step so fracking hard. Didn't like the idea of surrendering, felt like it was giving up, so I really had to contemplate what it really means. I had already surrendered my life and my will - and I did so every twenty minutes. I had surrendered to the drug of nicotine. I had given my life over to addiction. Once I saw this, then surrendering to something "good" was easier for me to do.

I have been having these thoughts about how my hubby is never going to quit and how this is always going to be a struggle and how I might as well start again. Crazy. And why has it been so hard? **'Cause I am trying to take control again, trying to take my will back and be in the driver's seat.**

Whatever my husband is going to do, he is going to do. I have to have faith that HE has his OWN HP and let him be. I need to return to having focus on my OWN life and MY own recovery. I have so little control over many, many things in my life and I know that when I am in **the driver's seat, I often lose my way.** Nice to know I have an awesome GPS called God and if I abandon myself to that spirit, I am less likely to lose my way.

Tracy
VONR

**Keep coming back
It works
if you work it**

From Roz, Your Roving Reporter...

To a fellow quitter who has relapsed:

I heard someone say the other day..."well, you know you can do it. You did it once before. You can do it again." **I think having some quit time and having to do it all over again is tough.** Lots of us are angry we put ourselves in this position. **That's where we need to practice some compassion.** Remember that you have a disease and you had a relapse. Happens a lot with us addicts...

You said you will win this war. I was thinking...OR maybe you could be defeated like Custer and fight to the death. Maybe the secret is surrendering to the disease, knowing it's got you beat; no way are you going to win. Then rely on your HP and NicA to do for you what you can't do for yourself. That was pretty much what happened for me...like Custer I almost let it kill me, but it finally sunk into my thick skull that no matter what I did, I could not quit. I laid down before getting killed. When I finally gave up on the idea of ever getting that quit, a strange thing happened...I got one! Funny how it works around here - one has to surrender to win. Defies everything ever taught to me...

When I came to the program, I heard this phrase a lot: accept the cravings. I put that in a way that really worked for me and would tell myself to embrace the cravings...make friends of them and let them be proof that you are getting that quit. Kind of like recuperating from a serious operation...really painful but you know that will stop and you know you are healing. Seems like most things that make our lives better have some pain attached to them...

And yes, I know this isn't how it works for everyone...just saying it worked that way for me. **That's how it was for a few others I know, too.**



Now available
in Kindle
version on
Amazon.com:

Nicotine Anonymous:

The Book - \$7.99

Our Path to Freedom - \$4.50

A Year of Miracles - \$9.99

90 Days, 90 Ways- \$4.50

Heard it at a meeting...

I kept having that last
cigarette!



Chairperson's Report

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The snail mail Pen Pal Committee can be reached at PenPalCoordinatorPaper@nicotine-anonymous.org or by writing to Pen Pal Coordinator Paper at Nicotine Anonymous World Services, 6333 E. Mockingbird Lane, Suite 147-817, Dallas, TX 75214. If you know of someone who would benefit from these support programs, please carry the message that they are available.

We continue to work on the website and Wide World Meeting List, though it is a very difficult and time-consuming process. Hopefully the entire website will be updated and running smoothly soon. Just as our cars and bodies need to go in for repair and a tune-up, so does our website.

Looking forward to meeting each of you at the April Conference in Long Beach. Wishing you a wonderful winter!

Yours in Service,
Bonnie H.

Nicotine Anonymous: A Seed Became a Garden in Iran...

In the summer of 1999, one of our Iranian members who had participated in 12 Step programs in the U.S.A. brought a few of the Nicotine Anonymous literature pieces to Iran. In 2000, the first Farsi meeting consisting of four members was held in the capital of Iran (Tehran) in the house of one of the members.

Very soon meetings spread to the cities of Qom, Arak, Shiraz, and Esfahan. At that time we had a very poor literature supply, were not able to get in contact with NAWS, used NIA as the fellowship identifier, and introduced ourselves as ex-smokers.

In 2004, one of the members wrote a letter to NAWS asking how to connect to the fellowship worldwide website. When we reached the NicA website, we asked for the literature. Literature was sent to us by NAWS Office Manager, Joe S, who is not with us anymore (God bless him).

After receiving the literature, we started translating them and sent a copy of each to be posted on the NAWS fellowship worldwide website. By translating the literature, we realized that we are nicotine addicts and our identifier is NicA. However, when this situation arose, some NIA groups changed to NicA and others are still using NIA as their identifier, but using NicA literature.

The first NicA regional intergroup in Iran was organized in 2008 and consists of Khozestan, Arak, Tehran, Karaj, and Esfahan provinces in Esfahan city. At the present time there are 160 NicA groups and 120 NIA* meetings running in Iran. You may read Farsi pamphlets on the NicA world wide website.

Parviz T.

Iran

**The NIA acronym was originally a translation error, leaving out the "c" in NicA, but some groups have chosen to continue using the shorter acronym.*

Staying in the Present Moment...

Some background: I smoked for 37 years, have COPD, been clean from nicotine for over 7 years, take a couple of medications, and couldn't jog 10 yards when I became nicotine-free...

I started riding a bike a few years ago after knee trouble made jogging difficult. I live on a ridge and have been challenging myself incrementally with a climb up the ridge on a semi-paved back road. I first climb a smaller hill to get to the location where the descent begins. Climbing that hill on my 27-speed mountain bike has given me a sense of accomplishment for some time. Last week I rode all the way to the bottom, fairly certain I couldn't make it back. I started out in a middle gear and within two minutes shifted to the lowest gear possible. I hardly started the climb and had already used up all my gear choices.

Breathing under stress is something I've had to learn to do without panicking. I have grown more confident over the years, and am able to monitor myself without crossing over into the realm of the fetal position while feeling as though I am breathing through a cocktail straw. The prospect of going to that awful place is always in the back of my mind though, when I am exerting myself in the gym, around the house, on my bike or while jogging.

I decided to only look in front of the bike - looking ahead at the steep uneven road was just too daunting. I listened to my breathing and dropped my cadence as low as possible while still climbing and staying upright. (A turtle would not have felt jealous watching me.)

I climbed for a minute and experienced my breathing as strong, steady and loud. I kept on looking only in front of the bike, but realized I had already climbed part way up the steep-

est sections. That gave me confidence, so I stayed calm and kept at it.

I was halfway up when I felt somehow ok - maybe it was adrenalin. I still had **a very steep section which I'd done during training runs**, but that had been accomplished only by using what felt like enough energy to light a city block for an evening!

Keeping to the plan, I stayed focused on what was just ahead, didn't allow myself to contemplate the end of the climb, **and didn't get involved in thinking about where I had been**. Another ten minutes passed and I was at the top of the hill. I pedaled around a flat area to catch my breath and allow my legs to stop feeling like they were on fire. I then descended the small hill, keeping on both brakes to avoid the bigger rocks and loose gravel, and rode on home.

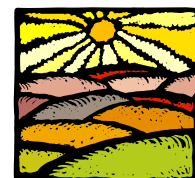
I am not one for sports metaphors, but I have to say I must have learned something getting clean from nicotine. Those simple things like keeping in the present, gaining confidence as the nicotine-free time adds up, not panicking, tolerating the discomfort, and keeping my priorities straight. One day, hour, minute at a time - allowing myself to be messy and have crummy form.

I was too busy pedaling to pray, and didn't have the energy, but I couldn't have even gotten to the point of wanting to try this without some help from God.

So, I am grateful to be a recovering nicotine addict. I did the climb again a couple of days later, and added another small hill to the mix. It was ok.

I still wish I lived in some flat area of the world, but playing the hand one is dealt has a certain satisfaction all its own.

*John
VONR*



Can't Get to a Face to Face Meeting?

Here are some great options:

Go to www.nicotine-anonymous.org
Click on Meetings. In that link, click on Telephone Meetings (left side of the page). You'll find information for accessing 2-3 phone meetings a day.

There is also a link for Internet Meetings. Click that to find two live links for these home pages:

1. Unofficial Nicanon:

<http://health.groups.yahoo.com/group/unofficialnicanon>

This has type share meetings.

2. Voices of Nicotine Recovery:

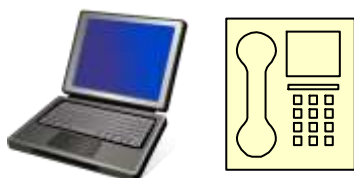
<http://health.groups.yahoo.com/group/voicesofnicotinerecovery>

This has voice share meetings 5 times daily.

www.voicesofnicotinerecovery.com is a newcomer site which shows how to access the voice online meetings using PalTalk. It also has information about nicotine addiction and a link to listen to speaker shares in the privacy of your own home.

Both sites have a Message Posting Board — you can post a message and get a response generally within the same day. You just have to join either VONR (Voices of Nicotine Recovery) or Unofficial Nicanon.

Note: You can go to meetings without joining either site, though joining does allow you to search out files and post messages. All it takes is to become a Yahoo member, then register with a user name and password. That's all there is to it!



Gratitude in Action...

Ever wondered how to help someone gain the freedom from nicotine's control that you received? The gift of freedom may have come hard or it may have come easy, but it was a gift - a gift I did not want to lose, and a gift I wanted to share.

To make sure I did not lose this wonderful gift given to me on August 19, 1998, I drove 35 miles each way every Thursday evening to a face-to-face Nicotine Anonymous meeting in Spruce Grove, near Edmonton, Alberta. Two weeks later the two women who had started the group could not quit smoking and quit attending, leaving me alone to "lead" it.

I scrambled for help, being the only member and suddenly responsible for the \$25 a month rent to the church for the room "we" met in. I contacted info@nicotine-anonymous.org and Checko from New York state, an email servant, wrote back. He babysat me for weeks and months that first year, giving me detailed words on what to say and do to run a meeting. Since it was only me there every week for most of that first year, I practiced on myself. I continued to drive the 35 miles each Thursday, blizzard or sunshine, and held the NicA meeting. To use up the whole hour by myself, I practiced holding a meeting (and was actually confident about doing so when addicts did show up). Alone I read all the NicA literature, meditated, and prayed prayers of gratitude that I was finally free of the insidious nicotine addiction that had captured me when I was 15.

A year later I got a job as the editor of a national natural health magazine located in Vancouver, B.C., and that was the end of the NicA meeting in Spruce Grove, Alberta. It went "dark." I don't even recall whether I contacted Nicotine Anonymous World Services (NAWS) and told them to remove the meeting from the World Wide Meeting List on the website. We volunteer addicts can get

pretty wrapped up in our own recovery and fail to think of the NAWS structure that supports addicts all over the world.

During the next few years I wrote anonymous articles about quitting smoking and Nicotine Anonymous for the natural health magazine in Vancouver, BC. But, although there was no Nicotine Anonymous group in the Vancouver Metro area, I did not start one because I knew my recovery was solid and I personally did not think I needed a meeting. Typical selfish thinking of an addict.

A few years later I was back in Edmonton and attended the Nicotine Anonymous meeting there that was on its last legs. It only had two regulars, both of whom had quit smoking long ago, and one of whom was on her last legs health-wise. The group folded in 2003, mainly because few addicts knew it existed.

That's what happens with most NicA groups - nobody knows they are there until the discouraged volunteer who started it with such high hopes closes the door because no one comes to the meetings.

Having been one of those, I decided to start a new NicA group in Edmonton and go all out to get it known. I found a smoker who owned an interesting boutique who said she wanted to quit smoking. She offered the lounge in her store after-hours at no charge for a NicA group. I phoned friends of mine who smoked and told them about the new group, and she did the same.

I contacted Alberta Health, Nicotine Addiction Division, and was offered the free printing of a suitable poster on hot pink paper. We then drove around and posted them in every imaginable place that had a bulletin board, and begged for window or counter space at other places, including an auto repair shop, a liquor store, pharmacies, grocery stores, medical clinics, natural health food and herb shops, government offices, and veterinarians. We literally walked street after street in the commercial districts and stopped in at every single store. Those hot pink NicA posters got put up

in a lot of places in Edmonton, with its population of a million.

With a background as a journalist, I knew our best bet was to get a local free weekly newspaper to do a story on smoking. Considering that banning the use of nicotine in Alberta was newsworthy at the time, a weekly newspaper did do a story on Nicotine Anonymous and other nicotine cessation programs. The news story did us a lot of good, and so did my connection with the nicotine addiction counselor at Alberta Health. She soon started the Edmonton and Metro Area Tobacco Control Network, and more than 100 organizations joined it, including me, representing Nicotine Anonymous. The organizations included Alberta Lung, Canadian Cancer Society, Native American groups (whose population are high users of nicotine – 50% compared to 22% for average Albertans), Vietnamese groups (83% of whose males use nicotine regularly), Canada Health, and Smoking Cessation Programs. A total of 100 organizations were represented. The Network had meetings four times a year, and only about 15 of us attended regularly, but I was always one of them.

The other groups focused on preventing smoking in cars where children under the age of 16 were occupants, smoking in ANY public buildings, including bars and restaurants, smoking within 100 feet of hospital entrances or other public buildings and heavier fines for littering cigarette butts. I had a hard time getting across the point of view that nicotine addicts needed help to quit, as opposed to more laws to MAKE the smokers feel bad like criminals.

The Network allowed whatever group that hosted the quarterly meeting to have a display of their efforts to encourage tobacco cessation, and have 30 minutes of the two-hour meeting agenda to talk about their program. I decided I had to volunteer so I could talk to these people who were very aware of the damage nicotine use caused, but not at all aware of how hard it is to quit smoking. I spoke about the Nicotine Anonymous 12 Step program to help nicotine addicts – which

proves a lot more effective than rules, fines, glares and disapproval.

Studying the Nicotine Anonymous World Services website, I discovered there was an **“outreach grant” that could be applied** for. I applied and with it created a Nicotine Anonymous display board that I took to many places. That included male and female jails, halfway houses, federal and provincial employee offices (since smoking was now banned at all work places in Alberta). With the display as my backdrop, I gave talks on nicotine addiction, thus raising awareness of the existence of Nicotine Anonymous.

Since a very high percentage of dry alcoholics are nicotine addicts, I contacted the AA office in Edmonton and asked them to take down our information and share it with any AA member who expressed an interest in quitting their nicotine habit. Alberta also had a provincial QUIT phone line, and it took me three years of constant reminders, but finally the volunteers who manned the QUIT lines regularly gave out information about our Nicotine Anonymous group.

I started this work in 2003, and helped five other NicA groups start up, but all of **them eventually “went dark.” It takes a** great deal of compassion for nicotine addicts and personal discipline for a volunteer to keep on keeping on.

In 2007, when attendance was faltering at the NicA group I led, I spent an afternoon phoning radio stations in Edmonton to find out the email addresses of the Public Service Announcement (PSA) staff persons. I sent our written PSA (free) message to ten radio stations, which included my personal telephone number (we didn't have enough money for a Nicotine Anonymous phone number) for anyone interested in attending a NicA meeting in Edmonton. Some radio stations aired that message up to eleven times a day for two years, using one of their professionally trained announcers to do the PSA. I only got one crank call – from a drunk at 2 am who wanted to **talk about her “terrible” addiction to** nicotine. Needless to say, she never

came to a meeting, just wanted someone to talk to, which I discouraged at 2 am. (Smile)

Although I no longer live in Canada, that group I started in Edmonton is still going strong, I am pleased to say. Many, many nicotine addicts quit smoking and learned to keep attending the group meetings because they developed an attitude of gratitude and knew how important it was for them when they walked in the door that first night, discouraged that they would ever be able to quit smoking. They found support, week in and week out from those who were trying to quit, or had successfully quit and stayed quit, and continued to attend weekly to give support, not just receive it.

My legacy was to create an attitude of gratitude in the nicotine addicts who were freed from their addiction, and instead of just keeping the gift to themselves, kept on giving back by attending meetings to make sure they did not relapse, and to give hope and support to the newcomers.

I saw too many members, in the seven years I led that group in Edmonton, die or suffer serious, very serious health effects because of their years of smoking. I thought I could serve at other levels, and I am, but recently I was reminded of the need locally, here in Niceville, Florida, for a face to face NicA group. With my husband, Andy C., we started one in April 2012. We only have one person who attends so far, but she quit smoking June 1st. It is such a joy if you can support just one person to live a life free of nicotine, because that life impacts so many others.

Don't miss out on the best joy of all – service is as great a gift (where you do the giving) as getting free of nicotine's control (where you get the gift).

Gwynn A.
Niceville, FL



Connections



Nicotine Anonymous invites you to connect with our

Penpal Program

Who: Someone like you, who is interested in service work.

What: These are examples of our requests: "I am a suffering nicotine addict and I am addicted to chewing tobacco. I would appreciate any help I can get." Another might be from a person wanting to help others: "I have been smober for a year, after smoking for 42 years, and the one day at a time program worked for me." Or, "I am having a hard time staying quit, and I also have COPD." They provide their e-mail address and a brief blurb about their situation.

When: As soon as possible, and whenever you can provide some support. The e-mails and letters are sent out to connect with them as soon as members request to join. This is about once a week.

Where: E-mails are sent to

PenPal Coordinator Paper PenPalCoordinatorPaper@nicotine-anonymous.org

Coordinates and hooks up pen pals who want to communicate via snail mail.

PenPal Coordinator Email PenPalCoordinatorEmail@nicotine-anonymous.org

Coordinates and hooks up pen pals who want to communicate via email.



From Our New PenPal Coordinator...

My name is Mary and I smoked for 42 years. I did not think I would ever stay quit because every darn time I quit, I was miserable. Today, I give big thanks to NicA, as I am a smoker nicotine addict and my anniversary is 09/02/11. I first started to attend meetings in Madison, WI with the New Freedom Group.

Keep coming back, they said to me - and so I did. I worked on getting familiar with the program materials and sources available to me. The first impression that I had when I read about the Penpal list was that I was going to have to write letters to someone, like I did when I was a kid in grammar school. I quickly determined this was not for me. I must admit I did not want for anything as far as the support went. I had up to three live meetings a week available and a phone list of members I could call. I really was so fortunate to have all of this. I rather assumed this was available for everyone who was looking to quit smoking. But not so!

The NicA Penpal Program is really like a meeting in an e-pal list. There is a brief write-up by the person about their journey in NicA and their e-mail address. When you join the list, there are generally about three responses to start with. Then it is up to you to e-mail others and see who you want to connect with.

I was in awe the first time I was sent the penpal list. As I read each comment, I felt a connection to the people on the list. It ranged from brand-new folks to those with decades of experience in the program. The open forum allows people to just speak their mind about whatever they need to talk about. There is gentle support from the people on the list.

So, why do we need this list? Well, everything that I took for granted when I first came to NicA is not always available to other people. There are not meetings in every city and some of our members do not have phone lists of people to connect with in between meetings. This is a great way to carry the message to other nicotine addicts. Some of our members do attend regular meetings and also like to connect with others by mail as well.

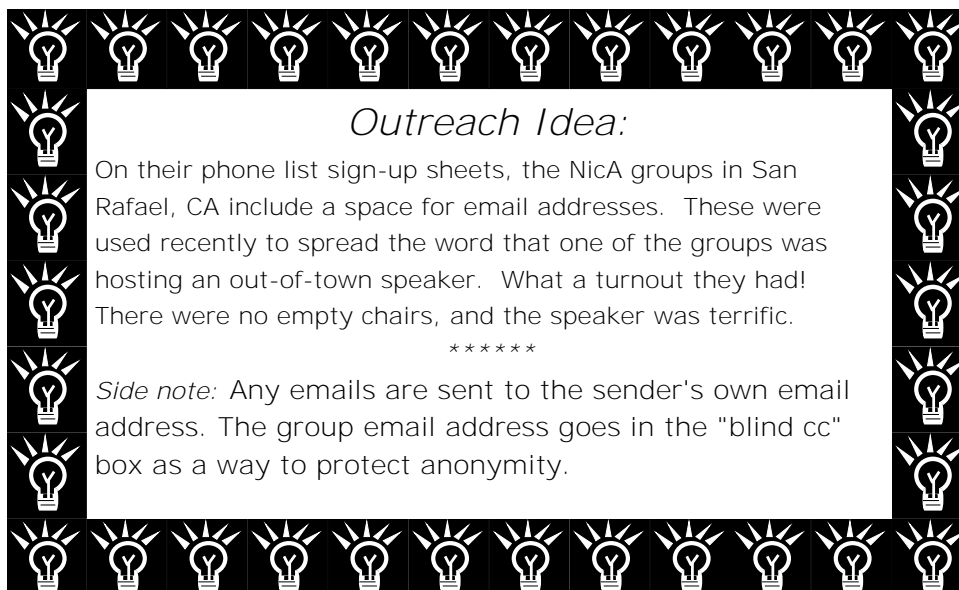
To sign up for either program, contact:

PenPalCoordinatorEmail@nicotine-anonymous.org (e-mail list)
PenPalCoordinatorPaper@nicotine-anonymous.org (snail mail list)

Remember, there are no strangers here - just friends who have not yet met.

Mary

Smoker Nicotine Addict and your Penpal Coordinator



Outreach Idea:

On their phone list sign-up sheets, the NicA groups in San Rafael, CA include a space for email addresses. These were used recently to spread the word that one of the groups was hosting an out-of-town speaker. What a turnout they had! There were no empty chairs, and the speaker was terrific.

Side note: Any emails are sent to the sender's own email address. The group email address goes in the "blind cc" box as a way to protect anonymity.

Seven Minutes Meditation

I pray for openness
to see what You
would have me see

I pray for willingness
to do what You
would have me do

I pray for honesty
to live as You would
have me live



- Chris H.
Phoenix, AZ



Nicotine Anonymous World Services Conference XXVIII

Join us for a wonderful mix of business, fellowship and recovery!

Location: Long Beach, CA



Dates: April 26-28, 2013

Registration flyer available at www.nicotine-anonymous.org



New Literature Project!



A book titled "The Best of *Seven Minutes*" is being compiled, featuring the best articles from all the issues — yet another source of experience, strength and hope for nicotine addicts!

We have issues from 1994 to 2011, but are missing the earliest ones which began in 1988. **If you have any of the earlier *Seven Minutes* issues, please share!**

Send a copy via email to Robin L: oscarthepenguin@yahoo.com.

If you prefer snail mail, email Robin to obtain her address. If you have several issues, please put them on a disk to be mailed.

Note: Several NicA groups are reading the issues to put the chosen articles into categories for the book. If your group would like to help, it would be appreciated! Email Robin L. to obtain the format being used to tally the results. (The articles can also be used as discussion topics for your meetings!)

Your assistance with this project is appreciated!

Nicotine Anonymous World Services

11/12

6333 E. Mockingbird Ln., #147-817 Dallas, TX 75214 USA
 Shipping Phone: 469-737-9304 Fax: 888-390-5873

Email: info@nicotine-anonymous.org Internet: www.nicotine-anonymous.org
 For Fast Service use website store or this form with a credit card and fax to 888-390-5873
 Or mail check or money order (US funds only payable to NAWSO)

Mail to: _____ Date: _____
 Intergroup/Grp Name: (if applicable) _____ Grp: _____
 Name: _____ Email: _____
 Address or PO Box: _____ Business _____ Residence _____
 City: _____ St: _____ Zip: _____ Ph#: _____
 CREDIT CARD (CK ONE) MASTERCARD VISA AMERICAN EXPRESS DISCOVER CARD
 Name on card _____ Signature _____
 Card# _____ Exp Date _____
 Billing address _____

Item #	Item Description	Book Discounts	QTY	Price Each	Total Price
Bk	NICOTINE ANONYMOUS: The Book Fourth Edition	Bk1-10 = \$10.50, 11-49 = \$9.80; 50+ = \$9.20			
BkA	Newcomer's Booklet (available 12-1-12)	Bk 1-10=\$4.00; 11-49=\$3.50; 50 +=\$3.00			
Bk2	Our Path to Freedom 12 Stories of Recovery	Bk2 1-10 = \$5.95, 11-49 = \$5.60; 50+ = \$5.25			
Bk3	90 Days, 90 Ways	Bk3 1-10 = \$5.95, 11-49 = \$5.60; 50+ = \$5.25			
Bk4	Nicotine Anonymous 12 Traditions	Bk4 1-10 = \$2.50, 11-49 = \$2.00; 50+ = \$1.50			
Bk5	A Year of Miracles (A meditation for every day.)	Bk5 1-10 = \$15.00, 11-49 = \$14.10; 50+ = \$13.20			
Tape	The Book & Our Path to Freedom on tape	Boxed Set of 4 Tapes = \$20.00			
Braille: THE BOOK & Pamphlets are also available from the Braille Institute 800-272-4533 - Ask for supervisor or Order Desk.					
P-1	Introducing Nicotine Anonymous	PAMPHLET DISCOUNTS P-1 TO P-14			
P-2	The Serenity Prayer for Nicotine Users	Under 100 pcs. No Discount .25 ea.			
P-2S	The Serenity Prayer for Smokers (Spanish)	100-499 pcs. Any Combination .23 ea.			
P-3	A Nicotine User's View of the Twelve Steps	500-999 pcs. Any Combination .21 ea.			
P-4	Tips for Gaining Freedom from Nicotine	Over 1000 pcs. Any Combination .19 ea.			
P-5	To the Newcomer & Sponsorship				
P-6	To the Medical Profession				
P-7	Facing the Fatal Attraction				
P-8	Our Promises	SHIPPING & HANDLING			
P-9	To the Dipper & Chewer	If order subtotal: Then postage is:			
P-10	Slogans	Under \$3.01 1.00			
P-11	What do NAWS and Intergroup Services do for me	\$3.01 to \$9.99 2.50			
P-12	Nicotine Anonymous The Program and The Tools	\$10.00 to \$9.99 5.95			
P-13	Are You Concerned about Someone who Smokes or Chews	\$40.00 & Over \$5.95 + 5% of total			
P-14	How Nicotine Anonymous Works				
B-L	The By-Laws of Nicotine Anonymous				1.00
Cds	Nicotine Anonymous Business Cards		100		3.00
Dir	Worldwide Meeting Directory				1.00
Pea	Public Service Announcement as an MP3 file	Via email only			FREE
Sub Total					XXXXXX
Sales Tax (Texas Residents Only) 8.25%					XXX 8.25%
Shipping & Handling (See Shipping & Handling Chart Above)					XXX XXXXXX
StK	Meeting Starter Kit (Limit 1 per individual; 5 per Intergroup.)				FREE
7Min	SEVEN MINUTES Subscription Complete Order Form Below				
DONATION (Thanks for supporting NAWS in our effort to help those who still suffer)					XXXXXXXX
GRAND TOTAL in US\$					XXXXXXXX \$

SEVENMINUTES Order Form		CHECK OUT OUR NEW LOW MULTI-YEAR RATES!!!		
SEVENMINUTES is a quarterly publication of NAWS news, articles, and letters - "a meeting on a page." Your subscription will get you four issues plus the regular updated Worldwide Meeting Schedule. You will also help SEVENMINUTES continue as the network among groups around the world.				
New Subscription	<u>Subscription Rate</u>	<u>U.S.</u>	<u>Canada</u>	<u>Overseas</u>
Renewal	1Yr	\$9	\$11	\$14
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	3 Yrs	\$25	\$27	\$39
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Address:	_____			
City	St:	Zip:	Tel:	

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NAWSO
Profit & Loss YTD Comparison
January through September 2012

	<u>Jan - Sept</u> <u>'12</u>	<u>Jan - Sept</u> <u>'11</u>
Ordinary Income/Expense		
Income		
49900 Non Profit Income	1,271.51	-
4000 · Donations	4,231.88	4,378.15
4100 · Literature Sales	26,907.72	27,871.49
4290 · Shipping & Handling	3,783.01	4,698.07
4299 · Conference Profit	<u>-1,865.26</u>	<u>1,100.06</u>
Total Income	34,328.86	38,078.80
 Cost of Goods Sold		
5000 · COGS	<u>13,844.09</u>	<u>14,297.01</u>
5102 Inventory + Shrinkage	-1,234.28	-
Total COGS	12,609.81	14,297.01
Gross Profit	21,719.05	23,781.79
 Expense		
6960 Moving Expense - CA to TX	-	1,925.10
6000 · Office Expenses	16,055.58	14,502.88
6600 · WSO Expenses	4,490.69	6,728.61
6900 Other Operating Expenses	<u>42.73</u>	<u>2,228.46</u>
Total Expense	<u>20,589.00</u>	<u>17,824.91</u>
Net Operating Income	1,130.05	-1,603.26
 Other Income/Expense		
Other Income — miscellaneous	-	-
8000 · Interest Income	<u>.29</u>	<u>4.83</u>
Total Other Income	.29	4.83
Other Expense- J. Sennott estate	-	1,050.00
8030 · Interest Expense	<u>0.00</u>	<u>0.00</u>
Total Other Expense	<u>0.00</u>	<u>1,050.000</u>
Net Other Income	<u>.29</u>	<u>1,045.17</u>
Net Income	<u>1,130.34</u>	<u>-2,648.4</u>

Nicotine Anonymous Give and Live Program

Nicotine Anonymous announces the **Give and Live** member donation program

Our 7th Tradition states that “Every Nicotine Anonymous group ought to be fully self-supporting, declining outside contributions.” Nicotine Anonymous World Services encourages members to support the fellowship by giving back through voluntary contributions.

Our recovery program teaches us that we can’t keep it unless we give it away. World Services is committed to spreading the message. In order to expand our outreach to the still suffering nicotine addict, we need our members’ financial support.

World Services has established a new program called “Give and Live”. Members of the fellowship can gracefully make a financial pledge to the fellowship. This can be done in a number of ways.

NOTE! Members who donate at least \$5 a month receive a free copy of *Seven Minutes* in thanks for your ongoing support!

One time or multiple donations

- Make a contribution directly on our website at the Nicotine Anonymous Store (<https://www.nicotine-anonymous.org/store.php>)
- Send our donation directly to World Services via paper check

Automatic contribution via bank transfer

- Complete an Automatic Electronic Bank Transfer (EBT) from your bank to World Services. The dollar amount and time intervals to be determined by the individual member.

The process of setting up an automatic Electronic Bank Transfer (EBT) may differ from bank to bank. To complete the automatic bank transfer, the individual must have the ability to pay bills on-line. The following information may be required by your bank to complete the automatic bill pay process.

1. Select a *Company without an account number*
2. When requested, enter the following information:

Billor Name: Nicotine Anonymous World Services
Billor Address: 6333 E. Mockingbird Ln.,
Suite #147-817
Dallas, TX 75214
Telephone No.: 877-879-6422

Service is the Key

Nicotine Anonymous World Services is in need of volunteers
to take on the following open positions:

TELEPHONE AND E-MAIL SERVANTS

From the comfort of your own home, you can respond to
telephone calls and e-mails from those who are just starting out
on their path to freedom



TRANSLATORS

Help us spread the word by translating our literature, or step up to the plate when
foreign-speaking inquiries come to our attention



For further information about any of these service positions,
please contact:

Nicotine Anonymous World Services
6333 E. Mockingbird Lane
#147-817
Dallas, TX 75214

Or e-mail chairperson@nicotine-anonymous.org

BIRTHDAY CONGRATULATIONS!

Brenda Jane G. - August 8, 2007

Susan S. - January 1, 2005

Birthday Announcement

N A M E _____

The above-named member of Nicotine Anonymous stopped using nicotine

on _____ and has _____ years of freedom!

Mail to: Nicotine Anonymous World Services
6333 E. Mockingbird Lane
#147-817
Dallas, TX 75214

OR

*Please make copies
of this announcement
to share with your
group!*

Email to: sevenminuteseditor@nicotine-anonymous.org

Idea Box

For New Literature

Interested in contributing to new NicA literature?

Please send in your thoughts on any of these topics:

- Other Forms of Nicotine Delivery
- The Benefits of Service
- Thoughts on Working the Steps
(to be included in a NicA Step Study Workbook)
- Finding Our Own Higher Power

e-mail to: [**chairperson@nicotine-anonymous.org**](mailto:chairperson@nicotine-anonymous.org)

Seven Minutes

NAWSO

6333 E. Mockingbird Lane
#147-817
Dallas, TX 75214

**Publication Dates and
Deadlines for
Seven Minutes Submissions:**

Publication Date	Deadline Date for Submissions
March 20	February 1
June 20	May 1
September 20	August 1
December 20	November 1

My Address Has Changed!

**Don't miss an issue!!! Complete this form and mail it to:
NAWSO, 6333 E. Mockingbird Lane, #147-817, Dallas, TX 75214 USA**

My new address and phone is:

NAME PHONE (WITH AREA CODE)

ADDRESS

CITY STATE ZIP CODE

My old address was:

ADDRESS STATE ZIP CODE