

The Nicotine Anonymous Quarterly

SEVEN



Minutes

A Forum for Nicotine Users Who Don't Use

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Interested in contributing to Seven Minutes?

Send letters, articles, stories, poems, artwork, or other material to:

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Chairperson's Report...

My name is Bonnie H, a grateful recovering nicotine addict and Active NAWS Chair for the coming year. Thank you for this opportunity to serve our fellowship. I live in Oakland, CA where I continue to attend my home group meetings. With the help of this program, working the Steps and using the tools, I have been nicotine-free since December 14, 1995. This is the biggest miracle in my life and I will be forever grateful to our fellowship.

I would like to extend a hearty thank you to the Active Officers who have now moved into Emeritus positions: Mike B, Chair Emeritus; Gwynn A, Secretary Emeritus; and Gary M, who is continuing for another year as our Active Treasurer. Robin L completes the current WSO Board in the role of Active Secretary. We are honored to have four new WSO Officers serving on our Board as well: Michael B as Chair Elect; Marguerite B, Secretary Elect; Chick P, Treasurer Elect and Scott B as Officer at Large serving as Treasurer Emeritus. Welcome to each of you. Teresa I continues as our Office Manager. Thank you everyone for your service.

After scheduling the five Board meetings for the coming year, the second step for the new Active Chair is to create goals for the upcoming year that stimulate the fellowship towards our primary purpose of helping the nicotine addict who still suffers. I have hopefully created an ob-

tainable list of goals in the areas of new pieces of literature and improved lines of communication.

New Pieces of Literature

At NAWS Conference XXVI in Baltimore, the motion was made and carried for the Board to survey the fellowship concerning gender neutrality issues in our Steps and Traditions. The survey was completed during 2011, and at the XXVII NAWS Conference held this year in Albuquerque, one of the workshops reviewed the results of that survey. The results indicated no clear consensus to change the Steps and Traditions to be gender-neutral. Out of that workshop a conference motion passed directing the Board to develop a new piece of literature that would help individuals come to their own concept of a Higher Power. It would address themes of gender neutrality and other issues. It would also contain a paragraph that could be read at meetings. If you would like to provide any written thoughts on how you arrived at a Higher Power, please send to: literature@nicotine-anonymous.org

Our Literature Coordinator, Checko M, continues his work on a "Step Study Workbook for Nicotine Addiction." The project of creating "Best Stories from Seven Minutes" is also in the works. See page 10 for information on how you or your group can get involved with this project. Other ideas for new literature include the topics of nicotine delivery systems and the benefits of service. If you are interested in working on any of

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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.
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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'm Grateful, Grateful, Grateful...

I first smoked hanging out the bedroom window with a friend at 12 years old. I didn't inhale and it killed my eyes, so I decided not to smoke.

At 15 I went on a French class trip to Quebec. My roommates had been given Canadian cigarettes while we were out touring the city. We smoked the whole pack. One girl could only smoke a couple of them because they made her sick. I remember I smoked at least 10 of them that night. It was my first experience with inhaling. It scared me a bit because it made me so dizzy. I thought the guys maybe put something in them.

It wasn't until I was 16 or 17 that I picked up smoking seriously. I smoked half a pack a day then. I married my first husband when I was 17 and a half years old. I was still smoking half a pack while pregnant with my first child. That increased in the hospital. My roommate was a smoker too. We sat playing cards and smoking for 3 days. I nursed my baby too. By the time I came home with him, I was up to around a pack a day.

By the time I had my second son, I was smoking over a pack a day. He was born with a weak lung. It collapsed right after birth. He spent his first year with respiratory problems and no, I did not quit smoking. (Both of my sons later picked up smoking. My oldest quit a few years ago. My youngest uses snuff now.)

Over the years my smoking increased drastically. By the time I quit drinking in 1986, I was over 2 packs a day on a good day. In 1997 I quit for around 3 months using a patch in order to join the LDS church. Not long after joining I took smoking back up. I was ashamed. I kept going to church and doing my service work and didn't tell anyone. I had to hide it. I finally confessed to the bishop and quit again for 3 months (cold

turkey), but soon started up again. I was ashamed once again and hiding it. By that time, I had become unable to work due to walking pneumonia and fibromyalgia.

We had to move to an income-assisted **apartment, then later to my sister's** house. After awhile my husband and I got into chain-smoking while on the computer. We afforded it by getting a cigarette-making gadget and bought the loose tobacco and tubes to make our own. Sometimes we had to roll them by hand or modify the way we used the cigarette maker. We also got into smoking cigars some too.

In the summer of 2003, I quit for 3 months again (cold turkey). By September, I was over 200 lbs, had a swollen stomach and was deep in depression with numerous health concerns. I took up smoking again, trying to control it by smoking only in the bathroom or outside. I put on patches and attended an LDS 12 step group and had success in making changes in other areas, but not with the smoking. HP knew how much I needed an increase in the hunger to quit and comfort for my depression. I felt led to Nicotine Anonymous and Voices of Nicotine Recovery (VONR).

I fell in love with VONR's voice meetings. It still took me nearly a year of meetings to finally gain the courage and faith that I needed to go to any lengths to stay free. I prayed about it every day and attended meetings, usually 3 a day. I started chairing meetings 2 or 3 weeks after joining VONR. (At that time we did not have a 30 day nicotine-free policy to chair.) My purpose as chair was to make sure there was a meeting available. (I tried not to interject too much about me still smoking.) That is still my purpose as a chair person. When we had the voice room on Yahoo, I spent my time volunteering for that too. Now on Paltalk, my purpose is still to make a meeting available. Over the years, I've learned so much and grown so much through my experience as a chair person. It teaches one to be patient,

tolerant, understanding, and compassionate.

Having a sponsor walk with me through the first 3 Steps was also a big source of courage and faith. I had to face those cravings and accept them and accept the withdrawal process and the need to learn new skills to cope with life.

My quit day was not any special date on my calendar. I just made the leap on that day - March 4, 2006. I used a patch for 29 days before that day. My physical withdrawal was too severe to try it cold turkey. I did feel each reduction in nicotine. I would become disoriented, sluggish, lost in general. My first 3 weeks were just a blur of meetings. I spent a lot of time on Paltalk with other people trying and getting free of nicotine. I got myself in some trouble with the emotionality that hit me in the first year or so. Nothing that got me arrested! I did leave the group over a situation, but was back within a few months and chairing again within a few weeks. I used phone meetings at that time and another group as well. I had to have connection to other recovering people. I also developed a better conscious contact with my HP during this struggle. I learned to trust Him with my nicotine powerlessness. I became much more aware of His love for me.

I am not a newcomer to the 12 Steps. However, as I applied them to my life after nicotine, they make even more sense. I have discovered that nicotine really is a mind-altering drug. You don't realize that until your mind is free of it. I am so grateful and so happy without that ball and chain. Of course right up front is the money - more of it to spend on things I want instead of on cigarettes. I feel more confident around the people of my chosen church. I feel much less self-loathing. I was doing something which was against my chosen moral standards and causing damage to my body. Now I may still have chronic pain and fatigue, but I'm not contribut-

continued next page

ing to it on a daily basis. I've slowly come out of the isolation and avoidance of tackling my need for medical care. I'm gaining stamina. I now have time and energy to work on my other health needs. So, so much change.

It took my husband around 4 years of me being free from nicotine to make his leap. He is now over a year free. Even though he only smoked in the bathroom with the door shut or outside, the smells were there and the cigarettes were handy. It was Grace that helped me be able to ignore and distract from that, besides all the other support. Grateful, **grateful, grateful...**

Celeste L
VONR



A Note Marking Year Two...

Today is my two year anniversary of being nicotine-free. I'm going hiking on the rim of a volcano in New Mexico that is 1.25 million years old. Valles Caldera is a giant circular volcano with an uplifted central floor. I've been thinking about that image this morning and seeing it as a perfect way to spend this anniversary day.

What's happened over these two years? My central floor has become uplifted – and not without some stress and critical eruptions and breaks in the circular rim that was so familiar for a long, long time. The chaos and eruptions of the past are very visible. I'm very aware of the relapse I had after the first 14 months. What is so amazing and hopeful is the simple fact that it is possible to again be smoke-free, nicotine-free, possible to move through all the shame and possible to see one day at a time become 730 days. Can you believe that is

two years?!

Life is improving. All the self-defeating cycles really are not permanent. Thank you dear Sponsor for continuing to remind me of that! Wow - the evidence continues to grow each and every day. It's possible to do x and feel y and think z without smoking! It is possible!

The Promises are no longer a felt piece of paper I carry with me and volunteer to read at meetings. They are the beautiful colors and astounding shapes I've seen all around me this spring and summer. They're the smile I can now usually summon when I see myself starting down some well-worn self-defeating path. Nope! Change that direction, girl!

I've definitely learned of the difference between will power and willingness. And I'm also starting to see some of what spiritual determination might involve, and that sure is a lot more gratifying than will power. Wow again!

In order to stay on this track, I am also seeing how important it is to come back to meetings, to keep working those Steps in the company of others, to keep forming the new patterns and changes that show me how power and integrity and hope grow. The journey is no longer just about not smoking. How did that miracle happen?!

So I'm off to hike the volcano now. Thanks to all of you, my central floor is becoming uplifted. Thank you patient, persevering, powerful people and program!

Karen
VONR

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



Online Post

Response to a member who's ready to give up..

You certainly are singing my song: hundreds upon hundreds of well-intentioned quits, each of which held the feeling that I was truly ready - this time. Many of these intentions - so well-meaning, so deep and sincere - evaporated in minutes or hours, very rarely days. The relapse that followed brought a new found low of remorse, guilt and pain. Oh, the self-accusation!

The last years were so painful. They said that I needed to be in enough pain. Well, every day for those last years the inner dialogue was so torturous that I **would inwardly scream, "THIS is the saturation of pain! It must be!"** And so I'd try again, and fail again. I guess I **didn't know my own capacity for pain...** On and on and on it went for years. Each time a deeper pain, and each time smoking became a lesser anesthesia. How, indeed, to HIDE from pain, when **you are IN pain? How, indeed...**

Swimming these currents, the whirlpools and undertows of this chemical - and this brain that 'likes' it. I was finally washed up on a beach like a wet rag, like a corpse! But there were other 'ex-corpses' on that beach who I could talk to about my addiction to nicotine. The commonality of this gruesome experience, that there are others who say ME TOO - for me, THAT'S what keeps the pain at bay just long enough to take another drag of pure sweet oxygen. So, now I write stuff like this to alleviate MY pain. And guess what - it works. It kept me, for the last twenty minutes, from my bloody self-involvement. And so I say to you - THANKS.



Nicotine Anonymous:
The Book
now available
in Kindle version
on Amazon.com

Only
\$7.99!

A Farewell Letter from Jeff, at 3½ Months Quit...

Once dear sickarettes,
A part of my mind still does miss you I'll grant, but it isn't my right mind. That, however, is not what I intended to write **you about, as that's very old news. Heck,** I used to miss you when you were away even for an hour or two too long. If I **didn't have you right by my side, between my yellowing fingers, I'd go out of** my way to seek you out among your other friends and lovers. How I thought I enjoyed, and still can reminisce on the luxurious kiss I felt that you brought to my lips. I loved you, whether cheap or rich, rough or smooth, black or mild. You seemed to be a real find when I picked you up, half burnt, off the sidewalk just the other day - or was it a lifetime ago? I brushed you off to inhale the fragrance I used to love to draw deep into my lungs. Partying, studying, driving, or **walking...after meals, after sex, when I** woke up and right before bed. All those perfect times you were always there for me. In fact, there was hardly a time **when I couldn't manage to fit you in**

somehow. You really became a dear friend to me; that is, to my sick mind. But that was before we parted a few days ago, when I told you we needed some time apart. And now, with new eyes and a healing heart, I'm happy to say I don't miss all the negative garbage you brought into my life. Of course I invited you in, but I'm not going to blame myself for meeting you, falling for you, getting hooked on the short term "benefits" you brought me, or not being able to let you go when I knew good and well your embrace was destroying my life. Those were lies that kept me running back to you when I used to swear you off "for good." **Guilt was the hook** with which my ego-mind enticed me, shackled us both together thereby, then solemnly declared us lifelong partners in crime. **Looking back, I didn't love myself** enough to even attempt to get rid of you, but how was I to escape your iron-clad grip when I constantly craved you and had already avowed myself your loyal slave? You were the only thing that made me feel safe; that I could keep persisting in this destructive way; that I **didn't need anyone else's help with; that** I had control over my own life. It was you and I against the entire world.

Now I see what that control brought me. No matter how desperate the situation, I could always find you in some form or **another. If I had money, I'd lavishly** spend it on you, my ex-grown-up-security-blanket. **If I was broke, I'd steal** you from others. There were no lengths **I wouldn't go to taste your stench, even** if that meant plucking you up from a nasty ashtray, sidewalk, or side of the freeway--I was always searching you out. And as I sought you, I found you.

Now, I am not looking for you, but for a big part of me I long ago abandoned.

It's true, I'll admit, a diseased part of my mind still thinks back fondly on you, and wishes I could fondle you just one more time--but I know deep inside now that one is too much, just as a thousand were never enough, and one more puff might well be the one that'll put me down six

feet in the ground.

Just one kiss and we'll be back to the killing floor, you and I, dancing the death **dance quite possibly 'til it doth us part. I** realize now that you're not the whore I **once swore you were. You've nothing to** gain from being discarded or used. We users were the ones selling ourselves out to you, emptying our pocketbooks to your big business pimps, ruining our lungs, constricting our heart, killing ourselves to keep you just a short reach away.

Well, thank god you became too expensive a toy; a blow-up doll that no longer brought joy. And in a miraculous moment it hit me, straight out of the blue, that I could be much happier without your clasp binding my wrists and burning holes through my chances of ever regaining my wits and breaking free from **you. And now I ask myself, what's so** luxurious anyways about black lungs, yellow teeth and fingers, cold feet and hands, a horrible cough, gray wrinkled **skin, and deep fatigue that's quick to set** in?

I'm so grateful to smell the roses again, the fragrance so unlike the toxic one you **wear that someday I swear I'll care noth-**ing for. 'Til then, I would like to inform **you that I'm getting along quite well** without you.

Oh, and by the way, I lied - **we won't** ever be getting back together.

Signed,
No longer yours

Heard it at a meeting...

Being quit is terrifying and awesome.

- from a newcomer



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:

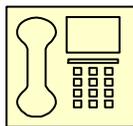
<http://health.groups.yahoo.com/group/voicesofnicotinererecovery>

This has voice share meetings 5 times daily.

www.voicesofnicotinererecovery.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!



Intersecting Pathways...

Have you ever had the profound experience of looking into the eyes of someone who truly loves and depends on you? There is no other occurrence like it, and it doesn't matter if it is a lover or a child or a good friend. At a time when that individual has a great need or sorrow or even a desperation, the depth of that gaze and the resignation of his or her spirit creates in you a desire to be the best and strongest and wisest and to have all the answers. And sometimes - maybe most of the time - you have to accept the truth that you can't be all that is needed. It just isn't within you to create that power, and that person must make the journey, must experience and accept the pain and sadness before moving on, so you listen. You just listen and hope that listening will be enough. Sometimes it is.

I think it's at times like those that I want to tell that person to hang on and find the courage to take the steps that are needed and stay the course. Do; just do. Think and feel when you have to. Scream, cry and wail at the pain and injustice, but stay. It will be worth it to keep on.

You, my friend, are about to quit smoking or maybe you are already in the early stages. You are about to stand up! Take a deep breath, shake off the doubts and fears and begin the journey. Just put one foot in front of the other and go. Don't try to do it once and forever. Take it one day at a time or one hour at a time or one minute, but do. The knowing and thinking and feeling are all essential parts of the journey, but the answer is in the doing. Just do and stay and you will win.

I can't walk that journey with you. I can see you along the way, but there will be times when you will be alone with your addiction and your Higher Power. Ac-

cept those times; they are the ones that help you to find the strength. I can only promise to be there from time to time as you journey. I am after all on my own path that sometimes intersects with yours.

But I can promise you this: it will be worth it. There are pleasures in recovery that are, in fact, beyond your wildest dreams. There are rewards beyond the anguish you feel today, and there is a sense of belonging like a bonding or a communion that will more than replace the fleeting satisfaction you receive from feeding a craving.

I'll be happy to see you throughout the months and years when our pathways do intersect. I will look to see that knowing expression as it grows within you; just as you will look for it in me, and as I now share those looks with others I know and meet from time to time. There may still be times of need and sadness and even desperation; life gives us those. But in you, I will see the look that says, "I know."

*In Service,
Michael B.
West Babylon, NY*

Quote Corner

"Courage is resistance to fear, mastery of fear - not absence of fear."

- Mark Twain



From Roz, Your Roving Reporter...

Roz shares the online post below; words of support and caring to a fellow member who has relapsed. A great example of how online NicA offers assistance and makes it work.

Dear "Confessed Coward and Liar,"

Smoking again doesn't erase any of the wonderful things you have done for this group, nor the sort of man you are - a real man with honor and integrity. That might be why you felt exceptionally bad about smoking...because of your high moral fiber. Doing something you didn't want to do is how this addiction works. It makes us let ourselves down and feel bad. Hope you are done letting it have its way with you - kick it to the curb!

I love you like crazy and pray we don't lose you around here. If you do stay away awhile, I will certainly understand, but that doesn't mean I'm gonna like it...

I've often thought about what it would feel like if I smoked and am pretty sure **I'd feel the same as you.** Funny how embarrassment and feelings of shame **come first to mind.** **Here's my theory:** addicts have a sense of shame about **them that's hard to shuck off.** Probably gets instilled from somewhere in our lives and could be one of the very things that cause us to become addicted to different substances. I know for me shame has always been a big factor in my life. In this recovery I have been able to either sweep it out of me by use of Steps or get it down to a dull roar where it doesn't affect me much. I also believe **one of the ways it's been rendered inactive** is that I don't go against my truths. **I'm sure once I did, it would come back** with a vengeance.

When that thought comes to me about picking up, I play the tape through about how it ain't going to be pretty - that god-awful cough, the immediate looming of my death, and all those things that hap-

pen... I never want to have to quit again. I guess the thing I'm trying to say is that shame has no bearing here. You didn't commit a crime, steal, kill or break any of the commandments. You simply smoked and kept it quiet. Not a shameful offense — just the addiction in action. It's a disease, and I hope you can believe it. The addiction is out there doing push-ups, just waiting for the right moment when we are at our lowest or **weakest points.** **It's always ready and very watchful...**

It is my hope you will do what I learned in another 12 Step program - pull up your boot straps, get back here and jump into the program again. I know it won't be easy and maybe you aren't even ready to deal with quitting. But if you want to jump back in this herd, we will catch you and the landing will be soft. You are sorely missed by many. One more thing: don't let pride kill you - or smoking either!



Road Closed...

They've closed a road near where I live in order to repair a collapsed sewer-pipe. The construction workers have put up a sign saying: ROAD CLOSED. But, since the actual road closure is not apparent until you go around a bend, a lot of drivers go just to see if the road is "really" closed. After they see that the road really is closed, they start making their way back. Their embarrassment is made worse by another sign right behind the ROAD CLOSED sign, but facing them on their return. The new sign reads: TOLD YOU SO!

How many times has our conscience, parents or wise advisors told us that a path we were travelling was a dead end? That in essence, the road was closed yet we travelled it anyway.

-from the public website *MountainWings*

Chairperson's Report

continued from page 1...

these pieces of literature or have another idea for literature you would like to work on, please contact me at chairperson@nicotine-anonymous.org.

Improving Lines of Communication

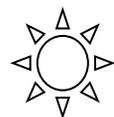
Currently, the Board utilizes Adobe Connect to host two of its Board meetings as well as the conference details meeting held the month before the Conference. Our meetings are held online with webcam which has saved the fellowship substantially in monies paid for flying Board members to meetings. I would like to explore the possibility of other committees also utilizing Adobe Connect to improve committee communication.

TwoWayTalk is now up and running. If you are interested in receiving this online newsletter about our fellowship, please send an email to twowaytalk@nicotine-anonymous.org. We are planning on adding an "Opt In" button to our website as soon as possible.

We have many committees serving our fellowship. A new committee report form has been created to be returned before quarterly Board meetings so that the committees are in contact with Board members throughout the year.

In closing, service is how our fellowship blossoms and prospers and is how each of us can continue working the Steps. There are many service opportunities available on the local and World Service level. Currently we still need teleservice volunteers, as well a coordinator for online meetings. Have you been successful with an outreach project? Please share that information with everyone. If you are interested in a service position at the World Service level, email me at chairperson@nicotine-anonymous.org.

Yours in Service,
Bonnie H.
NAWS Chair



Step 8: Made a list of all persons we had harmed, and became willing to make amends to them all.

One of my favorite things about this Step is that it asks not what I think it asks at all! After Steps 1-7, the first thing this Step asked me to do was to just look at my 4th Step and use it to make a separate list of the people I harmed. That part was easy: I just started rewriting the names on another sheet of paper. What a surprise that my own name was all over that list!!! As was pointed out to me over and over, this Step is not where I *make* amends (that was too scary in most cases!) The amends themselves are for Step 9.

In Step 8, all I have to do is to become *willing* to make amends.

At the suggestion of my sponsor, these pages had 5 columns: First I wrote the name of the person harmed; in the next column I wrote how I harmed the person; the third column had possible amends I might make to clear up the situation. The fourth column was sometimes a bit harder because it involves willingness to make amends to the people in the first column. I wanted to get the gift of this Step, so once I **became willing to make an amend, I put a check mark in that fourth column, and titled the column 'willing'. It's true; there** are some people I did not want to make amends with right away. For those I left a circle that is waiting for a check mark for when I might *become* willing. I have learned that my willingness does not have to last forever (usually it does not!) I just need the willingness in this one moment in order to get ready to make an amend.

I look forward to hearing your shares on Step 8!
Judi -Ahavah D, Scottsdale, AZ

What has your experience been with Step 8? Write a Meditation on it for a future Nicotine Anonymous Meditation Book!

How did you study Step 8? How did you actually take the Step?

What has happened as a result?

How is this Step working in your life?

Please send your 100-200 word meditation for consideration in an email or Word file.

In keeping with the 12 Traditions, please avoid mentioning specific religions, politics, outside issues, special causes or controversial issues.

Please include your telephone number, email and snail mail address (to be used only in case we have questions.) All contact info and authorship will be kept confidential in accordance with the 11th Tradition.

Contributors waive their rights to financial compensation and grant all rights to Nicotine Anonymous.

Meditations submitted may be edited as necessary for grammar and content.

If you have a quote to match your meditation, please send it along, but it is not necessary.

We will also accept general submissions on any topic related to your freedom and recovery from nicotine and how NicA has helped you get there.

Send to: DailyMeditations@nicotine-anonymous.org Subject line 'Nic A Meditation'

Or - Attn: Daily Meditations Coordinator Nicotine Anonymous WSO 6333 E. Mockingbird #147-817
Dallas, TX 75214

Nicotine Anonymous group forming

Goal is to show smokers it's cool to be a quitter

By Kenneth Books

Reprinted with permission from the Eglin Flyer
Eglin Air Force Base — July 13, 2012

Addicts are all around us. Chances are good that you know several.

The most prevalent American addiction — and, according to the Center for Disease Control (CDC), the deadliest — is addiction to nicotine. According to the World Health Organization, tobacco kills some 6 million people each year.

Quitting is often difficult and, without a support mechanism, is unsuccessful about 90 percent of the time, according to the CDC. Thus, Nicotine Anonymous (NicA), which is forming a local chapter, can help smokers free themselves from the unhealthy and expensive smoking habit.

"Smoking never affected my health, and I'm very glad for that," said Gwynn, who, with her husband, Andy, is starting the Panhandle Nicotine Anonymous chapter at the First Presbyterian Church in Niceville. "But I couldn't go across the room to answer the phone without my cigarettes."

She found help on Aug. 19, 1998, when she visited a NicA meeting outside of Edmonton, Alberta.

Gwynn, who now lives in Niceville, went home and "I heard a voice in my head that said, 'It's over, Gwynn.' I just knew I was free. I burned all my cigarettes and put a standing ash tray outside." She said the outside ashtray was placed for friends who want to smoke.

Andy has been smoke-free since June 28, 2009, after a lifetime of heavy smoking.

"I had tried to stop," he said. "I might make it a week or two."

The habit — which reached four packs or 80 cigarettes a day at one time — caused Andy such physical maladies as peripheral artery disease (PAD) and arthritis.

"These were warning signs I received over the years," Andy said. "I ignored them."

Andy's epiphany came one day as he smoked a cigarette, drank a cup of coffee and read the newspaper.

"Something clicked," he said. "I said 'I can't do this anymore.'" He dropped his half-smoked cigarette into the dregs of his coffee and hasn't smoked since.

Not that it was easy. Luckily, his stepdaughter and her husband quit smoking at about the same time, so they were able to serve as a support group for one another.

Giving up smoking is difficult because it provides a "kick" to the nervous system, in part by stimulating the adrenal glands, and discharging adrenaline, according to the National Institute on Drug Abuse. The "kick" takes about seven seconds to reach the brain, Gwynn said.

At first glance, it seem illogical that anyone would smoke, considering the well-known health and financial difficulties that can arise. But, Gwynn said, the problem is that most nicotine addicts started smoking when they were teenagers.

In 2007, according to the National Institute on Drug Abuse, more than 3 million American adolescents reported using a tobacco product in the month prior to the survey. In that same year, it was found that nearly 60 percent of new smokers were under the age of 18 when they first smoked a cigarette. Of smokers under 18, the Institute says, more than 6 million will likely die prematurely from a smoking-related disease.

"There is a reason you were stupid enough to start as teenager," she said. "The frontal lobes of the brain, which differentiate between right and wrong, between stupidity and wisdom, aren't fully developed until you're about 20. If we started smoking before 20, we were hooked."

"You watch any kid," she said. "If he makes it to 20, he'll never smoke."

After she found the Nicotine Anonymous meeting in Canada, Gwynn wanted to help other addicts kick the habit. So she started running a meeting "without a clue of what to do."

She drove 35 miles one way each Thursday for a year, opened a church and "usually no one was there. I'd sit there and read the NicA literature."

Today, NicA is growing as the price of cigarettes and health care rises. Volunteers all over the world run about 740 NicA groups, serving thousands of people.

As in Alcoholics Anonymous, NicA members can lean on one another when they feel a strong desire to smoke. Members can call their sponsors at any time for a calming conversation.

Having the camaraderie and shared circumstances that come from NicA is "really important to the nicotine addict who can't understand why he's had a lung removed and as soon as he's out of the hospital starts smoking again," Gwynn said. "There's no one they can talk to about the crazy struggle. It's psychological and they can't figure out why they're doing something so stupid."

continued next page

continued from page 9...

Andy, a retired Army officer, was ushered into the ranks of smokers. During his military service, his rations included cigarettes.

"I smoked from the time I got up in the morning to the end of the day," he said. "I burned holes in everything and did all the things smokers did."

He and Gwynn estimate he's saved roughly \$15,000 in the nearly three years he's been a non-smoker over the cost of cigarettes.

Nicotine Anonymous meets every Thursday from 7 to 8 p.m. at First Presbyterian Church, 1800 John Sims Parkway, Niceville. Information can be obtained from Gwynn at 725-5191 or from Andy at 897-4721.

"We're kind of like church," Andy said. "Folks can come in and listen. We don't charge anything. So many people are desperate to quit smoking."

For those with mobility problems, online meetings are scheduled seven days a week through nicotine-anonymous.org.

If Gwynn and Andy seem to be driven, it's because they know first-hand how much giving up the habit can improve one's life.

"If you can't think in terms of physical health," Andy said, "think in terms of finances."



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

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 (Check one): MASTERCARD VISA AMERICAN EXPRESS DISCOVER CARD

Name on card _____ Signature _____

Card# _____ Exp Date _____

Billing address for credit card _____

Item #	Item Description	Book Discounts	QTY	Price Each	Total Price
Bk1	Nicotine Anonymous: The Book Fourth Edition	Bk1-10 = \$10.50, 11-49 = \$9.80; 50+ = \$9.20			
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 = \$3.50, 11-49 = \$3.00; 50+ = \$2.50			
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 = \$21.00 for set			

P-1	Introducing Nicotine Anonymous Pa	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				
P-9	To the Dipper & Chewer				
P-10	Slogans				
P-11	What do NAWS and Intergroup Services do for me				
P-12	Nicotine Anonymous The Program and The Tools				
P-13	Are You Concerned about Someone who Smokes or Chews				
P-14	How Nicotine Anonymous Works				
B-L	The By-Laws of Nicotine Anonymous			1.00	
Cds	Nicotine Anonymous Business Cards		100	5.00	
Dir	Worldwide Meeting Directory			1.00	
Psa	Public Service Announcement as an MP3 file			FREE	
	Sub Total				
	Sales Tax (Texas Residents Only) 8.25%			8.25%	
	Shipping & Handling (See Shipping & Handling Chart Above)				
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)				
	GRAND TOTAL in \$US				\$

01/12 revised

NOTE
Reduced
Shipping
Price!

Just
\$5.95 For
Orders
Of \$5 or
More!!

NAWSO
Profit & Loss YTD Comparison
January through June 2012

	<u>Jan - Jun</u> <u>'12</u>	<u>Jan - Jun</u> <u>'11</u>
Ordinary Income/Expense		
Income		
49900 Uncategorized Income	-	31.03
4000 · Donations	2,934.16	3,033.42
4100 · Literature Sales	19,651.66	20,098.44
4290 · Shipping & Handling	2,673.86	3,220.43
4299 · Conference Profit	<u>-1,865.26</u>	<u>1,100.06</u>
Total Income	24,659.24	27,483.3
 Cost of Goods Sold		
5000 · COGS	<u>9,873.58</u>	<u>10,123.96</u>
5102 Inventory + Shrinkage	-395.28	10,123.96
Total COGS	9,478.30	
Gross Profit	15,180.94	17,359.42
 Expense		
6960 Moving Expense - CA to TX	-	1,925.10
6000 · Office Expenses	11,347.94	9,665.87
6600 · WSO Expenses	1,892.20	4,263.73
6900 Other Operating Expenses	<u>102.74</u>	<u>1,970.21</u>
Total Expense	<u>13,342.88</u>	<u>17,824.91</u>
Net Ordinary Income	-	-465.49
 Other Income/Expense		
Other Income — miscellaneous	6.44	
8000 · Interest Income	<u>.29</u>	<u>3.69</u>
Total Other Income	6.73	3.69
 8030 · Interest Expense	<u>0.00</u>	<u>0.00</u>
Total Other Expense	<u>0.00</u>	<u>0.00</u>
Net Other Income	6.73	3.69
Net Income	<u>1,844.79</u>	<u>- 461.80</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!

Mary R. - September 2, 2011

Toni B. - May 1, 2007

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 Submissions
for 2012**

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