

The Nicotine Anonymous Quarterly

SEVEN



Minutes

A Forum for Nicotine Users Who Don't Use

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Chairperson's Report...

The 28th Annual World Service Conference of Nicotine Anonymous has now passed. The Southern California Inter-group and their conference committee worked nonstop to provide all attendees with a comfortable and smooth-running weekend. We thank and applaud you all for your amazing service.

Several World Service officers have completed their terms. We are very grateful to Mike B, Chair Emeritus; Gwynn A, Secretary Emeritus and Scott B, Officer at Large for their service and dedication to our fellowship. Each has already found new ways to serve our fellowship and to help other nicotine addicts.

It will be exciting to participate on the board as our new World Service Chair, Michael B of New York takes on the responsibilities of moving us forward in the coming year as well as new Board members Jeff M of California, Chair Elect; Sherry B of Nevada, Treasurer Elect and Jean M of Colorado, Secretary Elect.

Attendance at our annual conferences has been declining. Some reasons that have been given include the economy, the cost of attending is too expensive, conferences are boring. It has been suggested that we need to change the frequency of our conferences to something different, rather than every year. This proposal is much more complicated than just saying we want to change the frequency of our conferences. World Service officers are elected to three year

positions, the first being the Elect year, followed by the Active year, and the third being the Emeritus year. These three years are rotational and progress forward. New World Service officers are elected at each conference and begin that year serving in the Elect position. In order to change our conferences to anything besides every year, we would first need to figure out the World Service officer commitments. Having just completed my Active year as Chair, I can report that the Active year as Chair is very overwhelming. I cannot even imagine serving a consecutive year as Active Chair. That said, I would like to suggest that instead of devoting priceless energy and time into arranging for fewer conferences, each of us consciously and with heartfelt dedication to the importance of our recovery program and this fellowship, **practice the Twelfth Step: "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."** I believe that the health and sustenance of our program rests on our ability and perseverance to grow our fellowship, to share our message of recovery, to support and create new meetings, to support and create new Inter-groups, and to help the nicotine addict who still suffers. We can also support our fellowship financially.

Several years ago, the Give and Live Program was established to allow members to donate money to World Services which enables us to continue to spread

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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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Chairperson's Report

continued...

the word that Nicotine Anonymous helps people stop using nicotine. The program to date has had minimal success. At **this year's conference this program has been renamed "My Gift of Gratitude."**

We are asking all members, Inter-groups, and meetings to spread the word that we have a simple way to show our gratitude for what this program has given us by making a monthly donation to the World Services organization. We are striving for 200 members to donate \$10.00 a month. This steady monthly income would cover our basic operating expenses for the entire year and we would not have to depend upon literature sales alone. Ten dollars a month is a small amount for the gift of freedom from nicotine, and helps us practice the **Seventh Tradition: "Every Nicotine Anonymous group ought to be fully self-supporting, declining outside contributions."** Thank you for your gift of gratitude!

On another note, this year has definitely had its disappointments. We had all hoped and planned on having the website issues fixed and several website items changed. Much of the year was spent trying to make that happen and this year we will use considerable time working on this same issue. I often think we need a miracle. If there is someone out there who wants to make a large donation of ten thousand dollars or two people who would make a donation of five thousand dollars, or ten people with one thousand dollars, we could have a new up-to-date, highly functional website that would help us help the nicotine addict anywhere in the world.

I would like to express my heartfelt gratitude to all of you for allowing me to serve this year. I have learned a lot about the fellowship as well as myself, and have been shown character defects that need to be addressed. Through this program and with the help of my Higher Power, I have been given the **tools to help me live life on life's terms.**

Seven Minutes Meditation

I pray to be of service,
to see where I may help
I pray to think of others,
and to step outside myself



- Chris H.
Phoenix, AZ

For that I am forever grateful.

*Yours in Service,
Bonnie H.
WSO Chairperson Emeritus*

The NicA Conference: A Memorable Experience!

Hello, I'm Ken, Nic Addict. I'm finally catching up on my rest after having attended our NAWS conference in Long Beach. I wanted to write my experiences and encourage others to attend a conference. After several years of intending to go and not going, I had to go to this one in Southern California because it's where I got clean and sober in 1989. I also used to attend face to face NicA meetings in Orange County, CA.

After my first year clean and sober, I started a 4 year 11 month nic-free quit. But...I stopped going to NicA meetings and smoked again. I moved back to Kansas City, MO in the meantime. No NicA meetings here. I had all the literature, and thought of starting a meeting but never did. My smoking again lasted for nine years. I didn't think I would ever get to be free again. After spending a lot of time helping my Dad as he was dying from lung cancer, I knew I had to quit.

Four months after his death I found Voices of Nicotine Recovery online. The VONR online meetings have saved my life. We had a face to face meeting here in KC for a little while, but it died. I recently tried to get a meeting going again, but it lasted only a few months. Attending online meetings has one drawback in that you don't see your fellows face to face. We did have a "gathering" in Hutchinson, Kansas early in my quit. It meant a lot to me to get to meet in person those who had helped me stay nic-free.

After deciding to go to the conference, I was elected as delegate for VONR online meetings. I listened to the proceedings at the conference and felt like every time I opened my mouth in the business meetings, I tasted my shoe. I talked with my sponsor at lunch and he agreed **that it's not my time now to try to be** one of the board members (maybe never). I haven't been much for our business meetings in VONR either. My main contribution has been chairing regular meetings and sponsoring, but I did decide to sign up to be an email correspondent for those contacting NicA. This is something I believe I can do and make a contribution. We can't all be the chairperson, treasurer or secretary!

When I was new to recovery my sponsor said, "Kenny, you need to be of service!" So I went up to the leader at my speaker meeting and asked him what I could do to be of service. He said, "I think we'll make you a chair person." I said, "Whoa, but I'm new here!" He says, "It's not what you think! You see those chairs over there? We need you to stack them 5 high after the meeting is over tonight and come back next week and set them back out again." I was the chair person!

It takes all kinds to keep Nicotine Anonymous going, from the board to people who chair meetings to those who attend meetings. It takes us all and there is a place for each and every one of us! This is a WE program —

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know that YOU are needed. My greatest safety from using nicotine again is my connection to all of you in NicA.

Some observations during the conference were that attendance is down and money is short. Part of the ups and downs of any organization. I must say that I observed many people working very hard to improve and keep Nicotine Anonymous going! Thank you to all who are of service!

One workshop I attended was on Outreach. What are ways we can reach those who need NicA? How do we *keep* those who do get here? How can we make the NAWS conference a fun fellowship time for those not in the business meetings? All good questions.

After attending our Hutchinson, Kansas gathering and now the conference, I say all we need to do is GO! Everyone who attends helps out in money, effort, energy and spirit! So please start saving now. It took me saving less than \$2 a day to attend. Lots less than I spent on my addiction!

At the conference it was wonderful to meet in person many new people from VONR who I know online. I sat in a meeting and witnessed one of our own attend their first face to face meeting! It was also wonderful to meet all the other attendees from NicA. There was amazing smobriety there and I got to talk to those who have been integral to the existence of NicA. We had some terrific speakers too! Jack R, our Sunday brunch speaker had known my sponsor and grand sponsor from when I started my recovery.

I must say the conference was a wonderful and memorable experience. I feel a deep gratitude towards Nicotine Anonymous for my freedom from nicotine and for the connection I have with all of you. Thank you, NicA for saving my life! I can't help but want to give back what was so freely given to me!

Kenny M
VONR/Kansas City, MO

Today I Choose Love...

"Relieve me from the bondage of self...abandon myself to the spirit"

I just love those passages from our Third Step prayer

What that means to me is that I needed to get out of my own way and let my HP help me
My way got me into this mess
My HP didn't get me hooked on this drug
I did that
and I know I can't do this alone not without my HP
not without my recovery friends
not without a Program

Many, many relapses have shown me that MY way does not work and it will NOT work

I can't control my smoking
I am powerless from the first one
The one that I think I need leads to another and another and another
In fact, as I am smoking that ONE...

I am thinking of the next one
Right? Yep, that is how it is for me
The ONLY way I have any power is to surrender to the fact that I am an addict
and will always be an addict

I have two paths
I can be an addict using
or I can be an addict in recovery
Today...I choose recovery
In recovery I love myself
Using I hate myself
In recovery I have hope
Using I have despair
In recovery there is love
Using I have fear
In recovery I have a future
Using...there is nothing but death
physical, mental, spiritual and emotional

Not smoking today is an act of love
Today, I choose love

Tracy E
VONR



In Memoriam

It is with great sadness that we acknowledge the passing of John R, beloved member of Nicotine Anonymous, friend to many, and inspiration to all who knew him.

Together with Roz H, John founded Voices of Nicotine Recovery (VONR), the online branch of our fellowship. His **moniker "oldhippydude" is well-known** in the online community where he assisted many a nicotine addict on their journey to smobriety.

John knew that in order to keep it, we **must "give it away."** He lived that sentiment throughout his recovery years and was of great service to Nicotine Anonymous. Besides his personal involvement with VONR, John was instrumental in bringing the world of face-to-face meetings together with the online world. He helped the fellowship to understand and appreciate what VONR was all about.

While taking the addiction seriously, John made sure to blend in humor as well. His frequent puns and general merriment will not be forgotten. During **John's 2011 stint as Active Chair of World Services**, his special brand of humor was showcased at our yearly conference. During the Saturday evening festivities, he and his fellow board members performed the songs "N.I.C.A." and "COPD" which he had cleverly adapted to the tune of 70's favorite "YMCA." Fun was had by all that night!

John knew the Traditions and helped others understand their importance. As one who always carried the message of recovery, he was listened to with respect and **gratitude.** **John's spirit and example will be sorely missed.** With much love and special remembrance, we bid him farewell...

R. I. P.
dear John

Travels with Tracy E...

New Seven Minutes contributor Tracy E. interviews Cindy B, NicA member from Voices of Recovery (VONR).

Q. How old were you when you first used nicotine?

A. About 16 or 17 yrs old.

Q. Do you remember why you used nicotine at that time? What was going on in your life?

A. I started because my boyfriend was smoking. I figured I might as well smoke too.

Q. How did it make you feel?

A. I liked it right away and was hooked right away.

Q. How long was it before you used again?

A. I kept smoking until I was 25 when I **first wanted to quit...ended up in the hospital for pneumonia and couldn't breathe.**

Q. Did you have any negative consequences from using nicotine?

A. I would always get sick, get pneumonia, had trouble breathing and would be put in the hospital and told to quit. I would quit for a month or two and then start again because my husband smoked. I would start to feel better and wanted to smoke again. I was an addict.

Q. About how old were you when you began to have health problems from nicotine use?

A. **My whole life...since my twenties.** I would be in the hospital every five to seven years and put on oxygen for breathing. I was unable to hold the same job for longer than five years because I kept getting sick from smoking.

Q. Were you diagnosed with a lung disease or any other health issue brought on by nicotine?

A. In January 2001, I was hospitalized for over two weeks because my oxygen levels were below 50%. Twenty years of smoking had damaged my lungs so badly that they filled up with fluid and both lungs collapsed. I died and they brought me back. They had to intubate me and the machines had to breathe for me. I woke up in ICU and was told what had happened. I felt lucky to be alive.

While I was unconscious, I had a dream-like experience where I was reunited with my brother and grandfather (who were deceased) and we were in a peaceful place singing music around a campfire. They told me I **had to go back because it wasn't my time to be there** and I had more to do in life. I had cut back on my smoking about a week before going to the hospital. They sent me home with oxygen **and I didn't smoke. It took about a month and half to get off the oxygen.** I was quit for six weeks.

Q. How long were you able to hang onto that quit?

A. After personal problems occurred, I started smoking again after six weeks clean. I smoked for a few months until July 2001 when I ended up in the hospital again due to my smoking. They sent me home with steroids and oxygen. This time I was clean for almost a year, but I gained a lot of weight and was deeply depressed. I completely withdrew into myself. When I started to feel better, I started to smoke again. I would get sick again, and then quit again, and then start again.

Q. When you were finally able to quit, what was different about that time?

A. It took counseling to get me back into the program. I had a lot of good mental health counseling and medication. I am bi-polar and now that is being treated. I have coping skills that **I didn't have before, through both mental health services and the program.**

Q. Have you relapsed, and if so, how did that make you feel?

A. When I relapsed in 2010 I felt like a fool.

Q. What do you believe helped you the most from the NicA program?

A. **The whole program...I am part of the whole program...I do service and work the Steps, use my sponsor and reach out for help.** I am immersed in program. Doing service keeps me connected.

Q. How did you find out about NicA?

A. In 2008 I found NicA online. I had **been looking for help and couldn't do it**

Heard it at a meeting...

The monkey
is off my back
but the circus is still in town.



on my own. I was like a sponge, soaking up all the information about being an addict and learning the 12 Steps and how it could help me to finally quit for good. I quit in February 2008 and stayed quit for two years. I got into a fight with my son and had one cigarette and just like that, I was hooked all over again. I smoked off and on for the next two years. In February 2012 I was using the electronic cigarette instead of smoking. In August 2012 I was back in NicA and wanted to be completely nicotine-free. Now I have over 8 months.

Q. Did you attend meetings? How often, and where?

A. I attended meetings every day, sometimes several meetings a day online through VONR.

Q. Did you use a sponsor and was that helpful?

A. I have several sponsors which gives me different points of view on the Steps.

Q. Have you worked the Steps and how did that help?

A. I was on Step Ten when I had the last relapse. When I started this quit, I started the Steps over again with a new sponsor but kept the old sponsor also, for additional help. I am now on Step Six. Working the Steps has helped me find and understand acceptance. Simply put, I have learned to accept myself and accept life as it comes to me.

Q. Did you get involved with service work? Do you believe that helped your quit?

A. **I do all the service I can possibly do...** greeting at meetings, reading the Steps, chairing meetings, whatever is needed. Doing service helps me feel and stay connected. It brings me closer to my

continued next page

HP by being of service. When I read the Third Step prayer at a meeting, I am praying.

Q. How do you feel different about yourself being a non-smoker?

A. I feel great...feels great not to be addicted or on oxygen.

Q. What is the best thing that has happened in your life due to quitting nicotine?

A. I was able to get off the daily oxygen again. And it is going to stay that way, I pray.

Q. What advice do you have for newcomers?

A. Welcome to Nicotine Anonymous. You have found home. There is a lot of love and support here. If you need help, ask. Someone will grab your hand.



Gratitude in Action...

I was told that in order to keep it, I have to give it away. For me, service began in small ways, making the coffee and setting up chairs for the Nicotine Anonymous meeting I attended. That soon led to occasionally chairing that meeting. When the meeting needed a treasurer, I volunteered, and when someone was needed to purchase literature and recovery chips, I agreed to do that. All of that helped keep me coming regularly to meetings.

We had only a few meetings in Arizona, but we did have an Intergroup to which I began to serve as a representative and later, treasurer. When Scottsdale, Arizona was selected to host the annual World Services Conference in 2000, I chaired our Intergroup's conference planning committee.

During that conference, I was nominated and elected as Chairperson-Elect to the board of World Services. The officers work to sustain and strengthen the Fellowship, prepare new literature

for conference approval, and manage the business of the Fellowship. The three years I served at the World Services level challenged me, made me many life-long friends, and really solidified my commitment to remain nicotine-free.

Step 12 tells us to try to carry the message to other nicotine users. Whether our service is at the local meeting level to keep a meeting open for the still-suffering nicotine addict (as others had done for me when my time came to recover), or at the Intergroup or World Services levels, it certainly helps others, but those who receive the greatest benefits are us. By getting involved with others through service, we escape ourselves. Service is doing something **for another...helping others is also a way** to help ourselves.

When we turn our lives over to our Higher Power (Step 3), we are asking that His will be done and that we be used as He sees fit. To the extent I succeeded in my service work, Nicotine Anonymous succeeded.

Service is one of the five tools of recovery. If we consider how much time, energy and money we wasted using nicotine over the many years, it takes only a small portion of our recovery to give something back through service to the Fellowship.

*Kent B.
Happy Jack, AZ*



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:

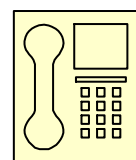
1. Unofficial Nicanon:
<http://health.groups.yahoo.com/group/unofficialnicanon>
This has type share meetings.

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!



In the Sunlight of the Spirit...

So grateful I do not dose myself full of the powerful drug nicotine – **and that's** not a joke.

Step One is the beginning of a journey - **admitting that I can't stop using nicotine.** I am powerless over it. The first one sets off the cycle and makes me weaker for the next one, and willing to go to any length to continue in my addiction.

We can join together and give each other support in finding the path to freedom. The meetings keep my motivation up and teach me how to use the Steps. They allow me to feel I am part of, instead of APART FROM.

Today, I cherish any time away from nicotine, because the further away I get from the last use, the closer I get to others, and to a Higher Power.

I want to remain on the recovery side of this addiction and I do that by admitting I cannot control nicotine, and that I need others and a Higher Power. There is hope and beauty on the recovery side.

Stay with program and live in the sunlight of the spirit. You can get through a craving. Do not let fear stop you from trying. I was too fearful to try and not use, and suffered 8 years without succeeding.

I finally attended Nicotine Anonymous while I was still actively suffering with nicotine. Joining in helped me get the courage to stop. I found that by not using nicotine on that next craving, it gave **me a little more faith that "we" could get** through the next one. Nicotine Anonymous meetings, the Steps, and a Higher Power allowed me to accept the cravings. Just like it says in our pamphlet on the Serenity Prayer - we are going to have the craving whether we use or not. If we use, we get more powerless and hopeless. If we abstain, we have hope and promise of the new life that comes from not having dependencies.

By not using nicotine, I am in the position to accept what I can't change, change the things I can, and ask a Higher Power and the members of Nicotine Anonymous for the wisdom to know the difference. Keep coming back, it works!

*Truman
VONR*

It Takes Just One Day at a Time...

My name is George and my recovery began at the end of 2003 in London, UK. I was coming to terms with my drug problem and was advised by professionals to join our mother fellowship. What had led to that was having spent a whole night at the emergency room for an overdose of drugs. I can tell you that was the longest night of my life! I was literally monitoring minute by minute whether I could stay awake without fading away into non-existence.

That's when I believe my recovery began, although not my sobriety. I became a regular and committed member of our mother fellowship, taking on many service commitments. I got a sponsor and worked the Steps, but I always felt deep in my heart that something was missing in my "sobriety." I had no clean time from my REAL drug of choice: nicotine!

Nicotine is the first drug I picked up, and the one I always struggled with. It was dictating my life. I knew I could not call myself sober until I gave up cigarettes!

Nicotine was always with me, even at recovery meetings. I had to leave in the middle of someone's sharing in order to answer the urging call. There I was, cigarette in my mouth in the freezing cold of the churchyard, talking with other smoking companions about the **"wonders of recovery!"**

It was not until I ended up in the emergency room again with another drug overdose that I received an illumination regarding my denial - the drug I was now in the hospital for was none other than NICOTINE! I had called the emergency room because I could not breathe. As they were giving me oxygen, they asked if I was taking any drugs. **"Of course not!" I said. I was in AA and NA, clean and sober for over five years! "I don't do drugs at all now," I said.** But the truth was that when they took my lung x-rays, it showed they were suffering from the inhalation of drugs! I was puzzled. How could that be? I was clean!

That's when I understood and accepted the FULL message of recovery: I was an addict, and as an addict I was allergic to all sorts of mood-altering drugs, and that included nicotine!

Accepting what I like to call the "fullness of the message of recovery" wasn't difficult. But accepting that I had to act accordingly was! To top things off, I had a free nicotine supplier - one of my clients would literally provide me with tobacco at no charge! I decided to inform him by note. I think the longest note of my life, not in words, but in the time it took me to write it!

I have been a member of NicA for nearly four years. My sobriety date is August 3, 2009. Although I still attend AA and NA, I regard Nicotine Anonymous as my "denomination." I see it a bit like my home faith where we have many denominations, but all belong to the same family of the Master. I feel the same about NicA and our mother fellowship, in that I could not endorse a definition of sobriety that would indulge in chain-smoking. To me that would be like telling a drunk on the street that he is a "social drinker."

I thank my Higher Power every day for helping me see the light! Sobriety is the best gift I could have been granted, and it just takes one day at a time!

*George D.
Unofficial Nicanon*

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.



Why: Not everyone has access to meetings. This is a great way to connect with other addicts from around the world.



How: Contact either email address above to begin connecting.



Write a Meditation for a Future Nicotine Anonymous Meditation Book!

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

DailyMeditations@nicotine-anonymous.org

Subject line 'NicA Meditation'

or

Attn: Daily Meditations Coordinator

Nicotine Anonymous WSO

6333 E. Mockingbird #147-817

Dallas, TX 75214

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.)

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.

Please note:

- Contributors waive their right to financial compensation and grant all rights to Nicotine Anonymous.
- Meditations submitted may be edited as necessary for grammar and content.

Thank you for your service!

We appreciate your contributions!

The NAWSO Conference Approved CD

The *Voices of NicA* is now available!



"Deep, run that car around, you really don't want to smoke. That is not going to help the situation..."

"I'd rather be a quitter with an occasional slip in smoke than a smoker with a constant need to quit."

"In this program of recovery, I hope that someone happens. As a newcomer, I like that idea...now, the more time I spend alone, the closer I see the world around me."

ONLY \$4.00 each

A great gift idea for yourself, spouse, friend or someone who is trying to quit.

The *Voices of NicA* CD is comprised of Inspirations & Affirmations from Recovering Nicotine Addicts.

- Listen in your car, at work & at home
- Listen when you can't get to a meeting
- Another tool for your recovery tool box!

FOR FAST SERVICE USE WEBSITE STORE OR THIS FORM WITH A CREDIT CARD & FAX.

ONLINE STORE ORDERS: Go to www.nicotine-anonymous.org and place your order with a credit card.

FAX YOUR ORDER: Fill out form with credit card info below and fax to 888-390-5873.

SHIPPING PHONE: For questions and credit card orders call 469-737-9304.

ORDER BY MAIL: Fill out order form below and send check, money order (payable to NAWSO) or credit card info (US funds only) to Nicotine Anonymous World Services, 6333 E. Mockingbird Lane, #167-#17, Dallas, Texas 75214 USA

Yes! I want to order the *Voices of NicA* CD

NAME _____

ADDRESS _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

TELEPHONE _____ EMAIL ADDRESS _____

I am paying by check or money order (enclosed)
US FUNDS ONLY - PAYABLE TO NAWSO

Please bill my credit card: MC Visa AmEx Discover

NAME ON CARD _____

CARD NUMBER _____ EXP. DATE _____

SIGNATURE _____

BILLING ADDRESS (IF DIFFERENT FROM ABOVE) _____

CD PRICES	
1-30 =	\$4.00 ea.
31-60 =	\$7.00 ea.
61+ =	\$9.99 ea.
SHIPPING & HANDLING	
Under \$4.01 =	\$1.00
\$4.02 - \$9.99 =	\$2.50
\$10.00 - \$39.99 =	\$5.95
\$40.00 & Over	\$5.95 + 5% of Total
No. of CD's Ordered _____	
Price Each (see above) +	\$ _____
Total Price =	\$ _____
8.25% Tax (TX residents only) +	\$ _____
Shipping (see above) +	\$ _____
TOTAL ENCLOSED =	\$ _____

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			
BEa	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 800-272-4553 - Ask for supervisor or Order Desk.

Item #	Item Description	Book Discounts	QTY	Price Each	Total Price
P-1	Introducing Nicotine Anonymous				
P-2	The Serenity Prayer for Nicotine Users				
P-2S	The Serenity Prayer for Smokers (Spanish)				
P-3	A Nicotine User's View of the Twelve Steps				
P-4	Tips for Gaining Freedom from Nicotine				
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 Dopper & 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
Pa	Public Service Announcement as an MP3 file				FREE
	Sub Total		XXX	XXXXXXXX	
	Sales Tax (Texas Residents Only) 8.25%		XXX	8.25%	
	Shipping & Handling (See Shipping & Handling Chart Above)		XXX	XXXXXXXX	
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.

	Subscription Rate	U.S.	Canada	Overseas
___ New Subscription				
___ Renewal	1Yr	\$9	\$11	\$14
___ Address Change	2 Yrs	\$17	\$19	\$27
	3 Yrs	\$25	\$27	\$39

Mail To: Name: _____

Address: _____

City: _____ St: _____ Zip: _____ Tel: _____

NAWSO
Profit & Loss YTD Comparison
January through December 2012

	<u>Jan - Dec</u> '12	<u>Jan - Dec</u> '11
Ordinary Income/Expense		
Income		
49900 Non Profit Income	1,252.06	31.03
4000 · Donations	5,705.93	5,858.33
4100 · Literature Sales	32,533.21	34,678.90
4290 · Shipping & Handling	4,675.22	5,838.27
4299 · Conference Profit	<u>-2,865.26</u>	<u>182.77</u>
Total Income	41,301.16	46,590.30
 Cost of Goods Sold		
5000 · COGS	<u>16,147.56</u>	<u>17,508.01</u>
Total COGS	16,147.56	17,508.01
 Gross Profit	25,153.60	29,082.29
 Expense		
6960 Moving Expense - CA to TX	-	1,925.10
6000 · Office Expenses	22,367.68	19,260.36
6600 · WSO Expenses	5,174.42	6,853.39
6900 Other Operating Expenses	<u>35.07</u>	<u>628.43</u>
Total Expense	<u>27,577.17</u>	<u>28,667.28</u>
Net Operating Income	-2,423.57	415.01
 Other Income/Expense		
8000 · Interest Income	<u>63.67</u>	<u>5.44</u>
Total Other Income	63.67	5.44
Other Expense- J. Sennott estate	-	3,050.00
8030 · Interest Expense	<u>0.00</u>	<u>0.00</u>
Total Other Expense	<u>0.20</u>	<u>3,050.00</u>
Net Other Income	<u>63.47</u>	<u>-3,044.56</u>
Net Income	<u>-2,360.10</u>	<u>-2,629.5</u>

My Gift of Gratitude

Nicotine Anonymous announce new member donation program

Where would we nicotine addicts be without Nicotine Anonymous World Services?
Without the literature and support of the volunteers?
Probably still smoking!

Nicotine Anonymous has always been all about helping addicts.
But it has come to the point where we addicts need to give back
with
My Gift of Gratitude

If 200 nicotine addicts gave at least \$10 a month
to

Nicotine Anonymous World Services
6333 E. Mockingbird Lane
Suite #147-817
Dallas, TX 75214
877-879-6422

then the fellowship we depend on for our freedom from nicotine
could make its monthly operating expenses

Ways to Donate

- Donate on our website: <https://www.nicotine-anonymous.org/store.php>
- Send your donation directly to World Services via paper check
- Make an automatic contribution via bank transfer

Complete an Automatic Electronic Bank Transfer (EBT) from your bank to World Services.
You determine the amount and date.

To complete the automatic bank transfer, the individual must have the ability to pay bills online.

Select a *Company without an account number*

Insert ***My Gift of Gratitude*** in place of Account Number

Note: Some banks charge a fee for giving to a charity.

Where to get the money?

- \$1 in the pot just doesn't do it anymore
- Put the price of a pack in a jar daily
- Empty pockets or purse of coins daily into a jar
- On your anniversary, send \$10 for each year or month of freedom

Whatever you give will be given back to addicts by Nicotine Anonymous

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

Summer 2013 Nicotine Anonymous Events Around the U.S.

- June 29-30 Nicotine Anonymous Retreat - Southern California**
Joshua Tree Retreat Center
- July 12-14 Annual Funweekend - Phoenixville, PA**
“The Magic of Change” - sponsored by NJ/PA Intergroup
- July 20 Northern California One-Day NicA Retreat**
Samuel P. Taylor State Park
- August 11 Annual Beach Day - speaker meeting at Jones Beach**
sponsored by NY Metropolitan Area Intergroup

Flyers with event details are located on the NicA website

www.nicotine-anonymous.org

BIRTHDAY CONGRATULATIONS!

Nancy K - April 10, 2011

George D - August 3, 2009

Bonnie H - December 14, 1995

Birthday Announcement

N A M E _____

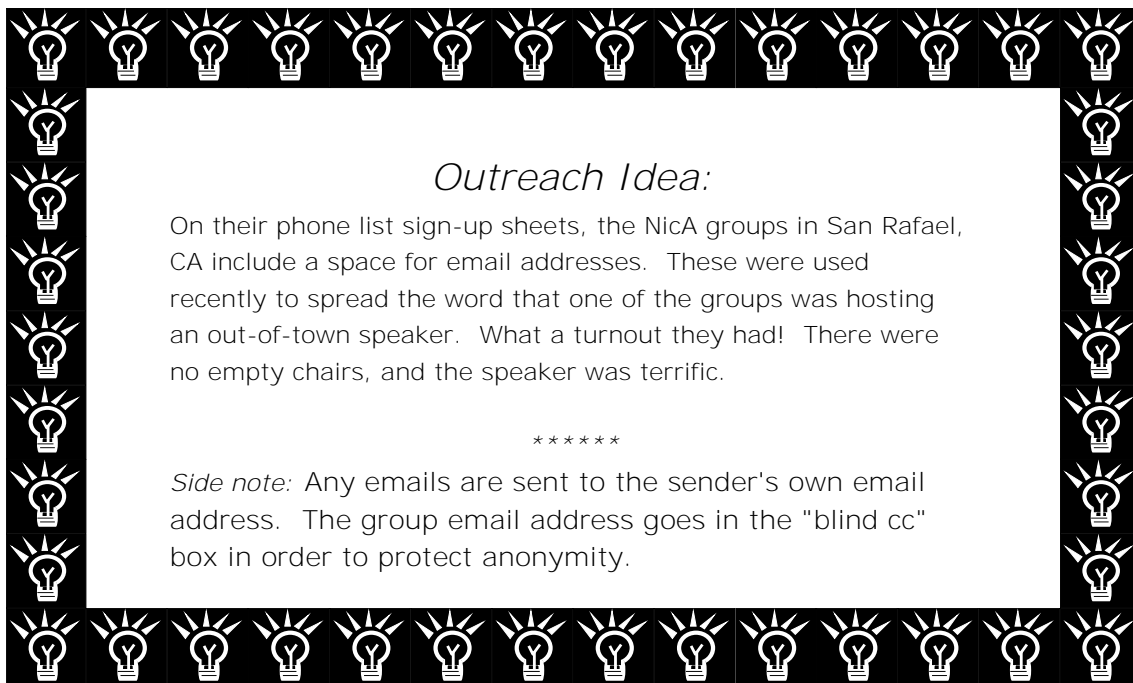
The above-named member of Nicotine Anonymous stopped using nicotine

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



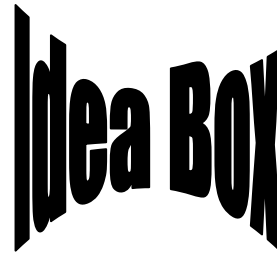
Outreach Idea:

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 in order to protect anonymity.

Seven Minutes

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



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

**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 _____