

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?

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Chairperson's Report:

The Spirit Alive in Fellowship

Hello to my sisters and brothers in fellowship. The NAWSO Board continues to conduct the routine functions of the fellowship, although sometimes the routine soars into the extraordinary. The most recent online board meeting was on August 9. Our annual face-to-face meeting is scheduled for October 17, 2014 in Tannersville, NY, and additional online meetings will occur on January 17 and March 14, 2015. Although a board meeting is not a participatory event like a delegate meeting, all members are welcome to sit in, and we do hear opinions from everyone.

Plans are well underway for World Services Conference XXX, titled *Service: A Pearl of Recovery*. It will take place in San Francisco on April 25-27, 2015, and I urge you all to consider attending or sending a delegate. Please save the dates - see the flyer on page 8. Planning has begun for WSC XXXI in Ohio in 2016 as well. The World Services conferences are where we conduct the delegate-level business of the fellowship and the most important policies and literature are developed and voted on.

I believe that the highest compliment I can pay to someone in NicA is to say that they are loyal and dedicated servants of our fellowship. Your volunteer servants have been hard at work maintaining this publication (*Seven Minutes*),

our Worldwide Meeting List (WWML), the NicA Archives and our NicA website.

They are staffing teleservices and e-mail services, performing outreach and in-reach (our internal communications), creating and editing NicA literature and translating it into 15 languages. They write to e-mail penpals and snail mail pen pals. They check for agreement with our 12 Traditions, and much more. Your Board members each act as stewards of the fellowship, guiding expenses, by-laws, policies and procedures. Inter-groups and local groups all have their volunteers, who work as key-keepers, chairpersons, secretaries, treasurers and more. I am forever thankful to each and every one of you who helps to keep the doors open.

I recently compiled distribution lists and sent thank you e-mails to 11 board-appointed committees and workgroups, totaling 88 volunteer names, although it should be noted that many members contribute time and effort to more than one committee. In fact, there are some members who donate significant portions of their personal lives to the benefit of NicA, and they all have a few things in common: they are volunteers. Not one of them gains a penny for all their hard work, and they are all in recovery from nicotine addiction. To say it another way, the most dedicated servants are free of their active addiction to nicotine. **There is a message there, and I don't know how to express it with sufficient emphasis in print. Doing for the fellow-**

continued on page 7

The Twelve Steps of Nicotine Anonymous

1. We admitted we were powerless over nicotine—that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God, as we understood Him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory, and when we were wrong, promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry it out.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to other nicotine users and to practice these principles in all our affairs.

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

The Twelve Steps of Alcoholics Anonymous

1. We admitted we were powerless over alcohol—that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God, **as we understood Him.**
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory, and when we were wrong, promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God as we **understood Him**, praying only for knowledge of His will for us and the power to carry it out.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to other alcoholics and to practice these principles in all our affairs.

The Twelve Traditions of Nicotine Anonymous

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

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

The Twelve Traditions of Alcoholics Anonymous

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

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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So Many Gifts...

Hi, my name is Lenna and I am a grateful recovering nicotine addict celebrating 25 years of freedom, as of 8/12/14.

Life has changed a lot for me since I came into this program. I used to smoke between 3 to 5 packs of cigarettes a day, was in serious denial about the damage nicotine was doing to my body, was taking a number of medications every day just so I could breathe, hated myself and wanted to die on some level. I even tried suicide once when I was a young woman.

Once I got here, I had to begin to learn the meaning of honesty. That was difficult for me because I had learned from **birth to put on a false face and "never let them see who you really are or know what you are really thinking or feeling."** That is very difficult, if not impossible to do while at the same time being open and honest. However, once God helped me put down the cigarettes, which I was using to help keep me from the truth and numb my feelings, I began to see that I needed help in other areas as well. That, and the fact that I felt like I was going crazy got me to Nicotine Anonymous. Once I began working my First Step, I also began the journey toward honesty with others and eventually honesty with myself. Today I do not lie to other people, at least most of the time, and I work with others in the program regularly to make sure I am being as honest with myself as possible.

My life began to turn around from the moment I came in. This allowed me for the first time in years to really hope that God could and would actually restore me to sanity. This was necessary for me since I was getting a pretty clear picture of just how bad my life had been while I was busy living in my own fantasies.

My faith in God had been restored over the several years prior to entering the program and really became solid as I noticed how God was working through

others to help me put my life back together. I just kept noticing that as long as I followed the simple directions I was given, God was showing me what to do next and how to do it. I was worried at first that I might never be able to actually turn my will and my life over to God because I had been trying to do so for years and nothing seemed to work. Then I heard someone at a meeting say, **"I knew I had turned my will and life over to my Higher Power when I saw myself writing out my Fourth Step."** This helped me to move from Step Three to Step Four.

I wrote out my Step Four with all the courage I could muster. It was pages long and contained things I did not want anyone to read. But I was desperate. This was my first Twelve Step program and I had been building up trouble for so many years. Once I started writing it all out, it poured like water. Just in the writing, I began to feel some relief. As I talked it over with God, I began to feel like my integrity *could* actually be restored. By the time I sat down with my sponsor to read it to her, I knew the process was really going to improve my life. Once we were done, I felt as if the weight of the world had been removed from my shoulders.

One of the most difficult things in the program for me at first, as well as now, is accepting myself just the way I am today and living from that place. At first I went through a lot of shame and self-deprecation; however, today I can often laugh at my defects when they show up yet again. Some are easier to laugh at than others. When I have an honesty slip, that one really gets my attention. I know if I am not being honest, I could easily go right back into my old ways of thinking and that could lead me right back to my addiction even today.

Another part of the program that has been difficult for me is learning humility. It has taken me a long time to feel like I am equal to everyone else out there most of the time. I used to either think I should be in charge and the world would

be better off if I were running it OR that I was too worthless for anyone else to pay attention to. In both cases I was wrong. Today, even when I make a mistake, I know that I am not a mistake. I know I am worthwhile and that I am **doing my best to seek and do God's will.** Just reminding myself that I am doing my best and that God is with me, helping me, every step of the way is a great comfort today.

As I have learned to accept my own mistakes and allow myself to be human, I have also begun to develop empathy for others. I still notice when I am harmed by other people. But it does not bother me nearly as much as it used to. Today, I can see that most other people are actually doing the best they can to get through this world, just the way I am. If they have a program, I also know they are working on themselves and are likely to put the harm to right eventually. If they are not working a program, I can actually view them with empathy, remembering how life was for me before I came to NicA.

The beautiful process of making amends has taught me both forgiveness and compassion not only for other people, but for myself as well. As I clean up my life, I also grow up and realize that all those old ideas I had about how all of us needed to be were just that - ideas of mine, not necessarily facts.

Of course, I am still nowhere near **perfect and don't expect to get there in this lifetime.** Perseverance with progress in overcoming my character defects and old ideas has begun to come easily as I continue working Step Ten each day. It allows me to continue to stay honest about those things and ask God for help in making the necessary adjustments as I go. Also, because I share my Tenth

Step with my sponsor each day, it gives me a sounding board to keep me from veering off the path too far. I have come to see my Tenth Step as necessary maintenance in my day, like brushing my teeth or taking a bath. It feels good.

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The thing that actually got me to the program and still is my favorite Step today is prayer and meditation. I could not get through a day without these things any longer. I feel so much joy when I connect with my Higher Power. I have learned to start my mornings with the First Step out of bed, thanking God for all the precious gifts in my life, from breathing easily to those I love. My spirituality continues to grow as I **continue to seek my Higher Power's will for my life in each moment, each day. More and more I have begun to lean into God's support, to look for it and to trust that I will always find it there.**

Today I live a life filled with gratitude and service. Instead of wanting to die as I did when I got here, I have actually developed some fear of dying because I really do love my life so much now. I connect with others in the program every day. I also bring my program with me everywhere I go. I work to keep my side of the street clean no matter where I am, and I strive to be of service to those around me. And somehow, miraculously in my opinion, life is wonderful, every second of it, even the painful ones.

Thank you, each and every one of you who have touched my life, even briefly. I not only got pulled back from the brink of death by this program, I have come to know a great deal of heaven right here on earth - in your eyes, in your hugs and especially in your words. I pray that all of you are able to receive as much joy as I have found. I look forward to seeing you again very soon.

*Lenna M
Houston, TX*

Coping with Stress During Nicotine Recovery...

Doctors say that stress can be a killer. For individuals recovering from an addictive substance such as nicotine, stress can set the stage for relapse, especially if one feels alone and without

appropriate resources or support. This topic has great personal resonance for me because when I first began smoking in college, I associated my desire to escape from stressful responsibilities with the smoking addiction. I used the cigarette as a type of sedative which I imagined could calm me. Use of the cigarette became a response to any stress, but I never did achieve relaxation sufficiently while I was smoking. By the end of my first 20 days or so, I was addicted. From that time until forty years later when I quit through Nicotine Anonymous, I erroneously equated stress relief with the use of nicotine.

I have found lots of ways to cope with stress rather than return to smoking. The first is the simple act of deep breathing. I learned about it even before **I heard of the 5 D's: deep breathe, delay, distract, drink water, discuss.** As a young person I had paralyzing migraines and used deep breathing to achieve calm and stop the headaches. Repeated deep inhalation, held for 8 to 10 seconds, and complete exhalation refreshes the body and eases stress. I found it also builds confidence and the ability to better manage stress when it comes.

Another healthy coping mechanism for me is engaging in enjoyable activities not associated with substance intake. Healthy diversions like bicycling, swimming, weightlifting, jogging, hiking or other activities help expend energy and distract from cravings. I have also observed that yoga enhances physical and mental focus and is an effective stress-reducer.

Actively participating in a hobby, creative/artistic pursuits or a home improvement project can reduce stress, and **help us 'forget' to use nicotine.** Reading good literature works too. I have found it important to avoid situations that remind me of the current stress, and avoid places that might trigger a relapse, e.g. outside an AA meeting or the smoking areas outside hospitals or office buildings. In my experience a very good way to avoid thinking about relapsing is by attending face-to-face or telephone

Nicotine Anonymous meetings or meetings of the online NicA group called Voices of Nicotine Recovery (VONR). **The saying that "meeting makers make it" rings true. Many meeting attendees** have remarked they feel much better after a meeting. I have heard this comment hundreds of times since I have been coming to meetings. It helps to reach out to fellow addicts during and after meetings.

Last but certainly not least is prayer. Higher Power is always there, ready to lend help to this struggling petitioner. The spiritual power of grace from this unseen unconditional love cannot be measured. We know that each of us is worth it. The NicA program can and does work!

Seven Minutes Meditation

My gratitude today is that
I'm no longer driven to smoke
I no longer **MUST** light up
I no longer **MUST** ingest nicotine

The compulsion is lifted
The obsession is gone
Thank you God.

How did this happen?
How was I delivered so?
It's almost a mystery...
I showed up in the rooms,
I surrendered my will
And the rest just came...

I thank you God
Every day
Every year that passes
This hopeless addict has been
restored to sanity
And from there, the gifts
just keep on coming...



*- Chris H
Phoenix, AZ*

Am I Too Crazy to Quit?

Well, yes — for a long time. I joined a face-to-face NicA group in 1997. I was very excited after the first meeting and went home full of hope, real hope for the first time. Here were people who understood me, who *were* me, so to speak, and they had quit!

But I was different. Oh, I know. Everybody says that. But I really was different. I had been in intensive therapy for 25 years for multiple serious mental illnesses that were brought on by a horrific childhood. I set a quit date and went for five glorious weeks without smoking while working full-time and writing a novel in the early morning. Then the attack came — horrible anxiety and fear. My mother was going to kill me for quitting smoking. She had never wanted me to live and had tried to kill me when I was a child. So the threat, although irrational at that point as an adult, seemed real. I smoked.

With huge relief I kept working and writing, but I also kept going to NicA meetings. I stopped smoking again and again, and when the anxiety and fear would hit, I smoked again. But I was always welcome at meetings.

The group began to disintegrate though. People moved away and the stalwart member who kept it going had never **done the Steps and didn't know the Traditions**. I left in disgust and checked the NicA website for other possible meetings. There I found this curious link: **"Internet Meetings."** Why, that would be cool, I thought. First it was Unofficial Nicanon and then I moved to the nascent Voices of Nicotine Recovery.

Roz H became my sponsor. Years went by. **I struggled with quits. I didn't want to die from smoking, but I feared my mother, too.** One day I was smoking in the garage before work, and I decided to quit. I flushed my remaining cigarettes down the toilet, threw the ashtray in the garbage and went into the bathroom again to get ready for work. I put moisturizer on my face, but suddenly

my face began to burn, badly. I realized to my horror that I had covered my face with finger nail polish remover—acetone basically. I frantically washed my face, crying all the while, got ready for work, drove off to buy a pack of cigarettes and went to work. I called my psychiatrist. He saw me immediately that morning. You see, both he and I knew it was no **accident. He smiled and said, "Jan, honey, you're just not ready to quit. Don't get me wrong. I have every confidence you will be ready to quit, but I don't think you have that confidence."**

So more years went by and Roz just kept loving me, and my psychiatrist kept working with me and my faith which had spurted forth after years of atheism kept growing and I kept trying to quit.

One day, October 12, 2010, I woke up **very early and felt very good. I said, I'm going to quit.** And I did. But on the horizon was an upcoming routine annual visit to my physician. I had a terrible phobia of doctors. I was sure I would smoke — before or after. So I emailed Roz and told her of my dilemma and she, quite creatively I thought, suggested I do a 4th step on my phobia, the **why's and wherefore's. And of course, it led back to that awful childhood, but once I had taken a fearless look at it, the phobia disappeared.**

In January of 2011, I was diagnosed with breast cancer. I surely would have smoked in the past. But this time I just felt the touch of my Higher Power on my shoulder and forged ahead through surgery and radiation. A miracle had occurred, indeed.

I've been smober since. I still go to a lot of online meetings and I'm still crazy and I've had several "nervous breakdowns," but nothing yet has been a "reason/excuse" to smoke. Even when my niece was dying of a terrible cancer, I said to myself that smoking, which did occur to me, would be like spitting in her face.

My experience, strength and hope?
Don't EVER GIVE UP. Roz loved me to

smobriety. Find yourself a sponsor who will do that for you. Get a good psychiatrist who knows meds and nicotine. And most of all, love yourself enough to know that no matter how crazy you are, the time will come when you can quit!

Jan W
Palo Alto, CA

Quote Corner

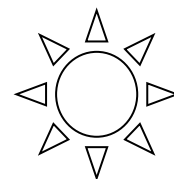
When one door of happiness closes, another opens; but often we look so long at the closed door that we do not see the one which has been opened for us.



Helen Keller

Outreach Idea:

Next time you go to the doctor or dentist, ask whether he or she has ever heard of Nicotine Anonymous. While you're with the nurse or medical assistant, ask them too! If they have, ask if you could leave some pamphlets and business cards in the waiting room. If they haven't heard of NicA, invite them to review the pamphlet **To the Medical Profession**. While you're at it, let them know there is a meeting in your area (or online and on the phone).



From the Seven Minutes Mailbag...

I just received the latest *Seven Minutes* and read it with great joy. Tomorrow I will be 4 years free from nicotine, thanks to a NicA meeting - the only one in Toronto at the time. (Don't ask me why, since we are a big metropolitan city of 3 million people, with 7 million more in the province, and many, many thousand other "A" meetings all over, filled with smokers!)

I remember crying at my first NicA meeting because I knew when it was over, I was going to go outside and smoke. I didn't think I could get even 1 day free from smoking. There were no sponsors at my group but I bought the Nicotine Anonymous book and started reading it.

At first I just couldn't get Step 1. I knew I was powerless, but my life didn't seem unmanageable from smoking. I only smoked about 4 packs per week (we have large 25-packs here) and while I was sometimes disgusted by my habit, most of the time it seemed okay. I could afford it, I wasn't sick, etc. This scared me because it seemed like there would never be a good time to quit if I kept on 'enjoying' it. I wanted to start a family and didn't know how to make myself quit. I had friends who smoked all through their pregnancies and they **seemed unable to quit. That's when I came to NicA and found the missing pieces...** I can't believe I didn't see the unmanageability in my smoking before!

My favorite piece of literature at first was the *Serenity Prayer for Nicotine Users* pamphlet. It was a new idea for me that the cravings would pass whether I indulged them or not. I had never NOT indulged them since I was 15 years old.

There is currently no NicA in Toronto that I know of, but I continue to order the literature to pass out to friends who are considering quitting. I keep praying my husband will quit. We have two little

children now and I am so grateful I don't have to constantly leave them to go outside and smoke in the freezing Toronto winters - or worse yet, smoke indoors and harm them. My pregnancies were nicotine-free, thanks to Nicotine Anonymous.

I share the NicA internet link and tell my friends about the program. When my babies are a bit older, I hope to start a meeting here, as it is sorely needed in Toronto.

Thank you so much and keep on keeping on! Life is good!

*Nicole S
Toronto ON*

* * * * *

Gratitude in Action...

Twenty-two years ago on April 20th I stopped smoking by working the Nicotine Anonymous program.

It was not a special day in particular, though it has certainly turned out to be! Getting free of nicotine slavery is one of the top 5 events of my life, to be sure. And to have the NicA path to follow which keeps me happily smober and **able to meet life on life's terms has been such a gift. I didn't anticipate how wonderful it would turn out to be, and I am so grateful.**

It takes such a leap of faith for us addicts to trust that HP will be there when we put down nicotine, will help us through it, and will bring us to the other side. **Many aren't able to make that leap. I am thankful that something in me those many years ago said, "Go for it. See what happens."** It has meant the difference between a life of bondage and ill health and one of freedom, growth and grace.

And yes, I still go to weekly meetings. I sponsor and do other acts of service.

Why? Because I want to, for one. But

also because it is how I express gratitude for what God has done, and continues to do for me. It is how I give back to a program that showed me a better way and ultimately saved my life. It's also where I get the continual reminder that nicotine will kill me, that smoking **doesn't really make anything better, and that HP has a better plan.**

Who knew?!

*Chris H
Phoenix, AZ*

* * * * *

NicA Outreach Committee Update:

We have been hard at work to generate a survey of the fellowship. Want to know the average age of our members, or how most of us found out about NicA? **Please participate as we provide the survey, either online or in paper form - one time only, please. We hope to have the survey results completed in January.**

Want to get involved with outreach?

Consider attending the monthly teleconference meeting of the NicA Outreach Committee.

When: 3rd Saturday of the month
Time: 12:00PM EST

To attend, call 1-218-339-8984
PIN: 1471471#

***Want more information?
Contact the Outreach
Coordinator at:***

OutreachCoordinator@nicotine-anonymous.org

Nicotine Anonymous
The only requirement
for membership is a
desire to stop using nicotine.

Meeting Options:
Face-to-face meetings
Telephone meetings
Online meetings

To find face-to-face meetings:
Go to www.nicotine-anonymous.org
Click on Meetings and search by state.



For phone meetings:
Go to www.nicotine-anonymous.org
Click on Meetings, then
Telephone Meetings.



For online meetings:
Go to www.nicotine-anonymous.org
Click on Meetings, then
Internet Meetings. Find two live
links for the following home pages:



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

This site has type share meetings.

2. Voices of Nicotine Recovery:
<http://health.groups.yahoo.com/group/voicesofnicotinerecovery>

This site has voice share meetings.

www.voicesofnicotinerecovery.com is a
newcomer site showing how to access the
voice online meetings using PalTalk. It also
has information about nicotine addiction
and a link to listen to speaker shares.

→ Both sites have a Message Posting Board
to post messages and get a response. You
must first join either VONR (Voices of Nico-
tine Recovery) or Unofficial Nicanon.

Note: You can go to meetings without join-
ing either site, though joining does allow
you to search out files and post messages.
First become a Yahoo member, then regis-
ter with a user name and password.

Chairperson's Report

continued from page 1...

ship keeps us clean, and it doesn't
have to be on a worldwide level; if a
new member at a meeting ever asks
if she or he can help clean up, they
are trying to join, and the most gen-
erous gift we can give that new
member is to say, "Yes, please.
Thank you." Doing service is a gift we
give to our recovery.

What is fellowship, anyway, but peo-
ple who share common interests,
experiences and goals, all working
together to achieve those goals? I
have had the pleasure of working on
one World Services Conference and
observing the activities of a few oth-
ers. Fellowship has its own spirit, and
you can feel it when you are in the
midst of an activity. It is a force that
transcends the mundane and the
logical, uplifts the individual, and at
times, it results in extraordinary ef-
forts and miraculous results. I know I
can only speak for myself, but I be-
lieve that there is healing in the join-
ing. Of course, there are times when
we experience frustration and disap-
pointment, but that's all part of the
healing, especially when we experi-
ence them together and learn how to
work through them.

I also know that my experiences are
my own and not necessarily shared
by everyone, but I can tell you that
during the past 24 years in NicA, I
have seen a few members lose their
way and return to their active addic-
tion after years of recovery, but I
have never seen this happen to
someone who continued to work our
program's 5 tools: meetings, litera-
ture, telephone, sponsorship and
service.

All you need to do in order to join
and give service is to go to your local
group or appeal to any NicA World
Services volunteer and say "How can
I help?" It's that easy.

*Step 12 - Having had a spiritual awak-
ening as the result of these steps, we
tried to carry this message to nicotine
users and to practice these principles in
all our affairs.*

In service and YFIR,
Michael B.
WSO Chair

Heard it at a meeting

"Try the 5 D's:
Deep Breathe
Distract
Delay
Do Something Else
Drink Water"



The Nicotine Anonymous 7th Step Prayer

Adopted at World Services
Conference XXII, April 2007



My Higher Power,
I place myself in
your hands and
humbly ask that
my character defects
be lifted from me
so that I may help others.
Please grant me
willingness,
courage, and strength
so that through my actions
I may reflect
your love and wisdom.

Save the Date!



30th Annual Nicotine Anonymous
World Services Conference

April 24-26, 2015

Best Western Plus Grosvenor Hotel
380 South Airport Blvd.
South San Francisco, CA 94080

Only \$99.00/night, plus tax

Includes complimentary breakfast and in-room high speed internet access.

1.5 miles from San Francisco International Airport

Free shuttle service between the Airport and the Hotel

Easy access to San Francisco, Oakland, and Berkeley via the BART
(Bay Area Rapid Transit) station at SFO

Wide selection of nice restaurants 5 minutes away
in downtown South San Francisco

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. (Contact info & 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!

Fall 2014 Nicotine Anonymous Events	
September 21 Rossmoor, CA	<i>Picnic in the Park</i> sponsored by SCINA Intergroup
October 17-19 Tannersville, NY	<i>Clean in the Catskills retreat</i> sponsored by NYMA Intergroup
November 2 Phoenix, AZ	<i>Annual Fall Picnic</i> sponsored by Arizona Intergroup
<i>Flyers with event details are located on the NicA website</i> www.nicotine-anonymous.org	

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 connects penpals who want to communicate via snail mail.

PenPal Coordinator Email PenPalCoordinatorEmail@nicotine-anonymous.org

Coordinates and connects penpals 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.

BIRTHDAY CONGRATULATIONS

Kent B— July 31, 1988

Lenna M— August 12, 1989

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

Email to: sevenminuteseditor@nicotine-anonymous.org

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

Calling all writers!



Only you can tell your story.

What was your life like as an active addict? What happened to get you in the door? What is your life like now?

Send your personal stories and poems or even jokes pertaining to nicotine, nicotine recovery and Nicotine Anonymous to:

SevenMinutesEditor@nicotine-anonymous.org

or by snail mail to:

Seven Minutes c/o NAWSO
6330 E. Mockingbird Lane
#147-817
Dallas, TX 75214

NAWSO
Profit & Loss YTD Comparison
January through June 2014

	<u>Jan - Jun</u> '14	<u>Jan - Jun</u> '13
Ordinary Income/Expense		
Income		
4000 · Donations	6,136.64	9,370.53
4100 · Literature Sales	14,347.81	20,308.98
4290 · Shipping & Handling	2,154.99	2,915.61
4297 · Conference Profit/Loss (2014 & 2015)	2812.91	-2,761.92
49900 Non Profit Income	-	-10.50
Total Income	<u>25,452.35</u>	<u>29,822.70</u>
Cost of Goods Sold		
5000 · COGS	<u>5,991.66</u>	<u>8,743.44</u>
5102 Inventory + Shrinkage	-	-
Total COGS	5,991.66	8,743.44
Gross Profit	19,460.69	21,079.26
Expense		
6000 · Office Expense	6,073.95	11,824.27
6600 · WSO Expense	1,773.30	2,771.42
6900 Other Operating Expense	<u>95.64</u>	<u>95.64</u>
Total Expense	<u>7,942.89</u>	<u>14,691.33</u>
Net Operating Income	485.52	4,769.36
Other Income/Expense		
8000 · Interest Income	.12	.79
Total Other Income	<u>.12</u>	<u>.79</u>
8030 · Interest Expense	-	88.23
Total Other Expense	-	86.41
Net Other Income	<u>93.67</u>	<u>-85.62</u>
Net Income	<u><u>4,863.03</u></u>	<u><u>6,847.66</u></u>

♥ My Gift of Gratitude ♥

Nicotine Anonymous Member Gratitude Program

Where would we nicotine addicts be without Nicotine Anonymous;
without the literature and the support of the volunteers?

PROBABLY STILL USING NICOTINE!

Nicotine Anonymous has always been all about helping addicts and saving lives.
But it has come to the point where we addicts need to give back with

MY GIFT OF GRATITUDE

If 200 nicotine addicts or groups shared only \$10 a month each to
Nicotine Anonymous World Services
then the organization we depend on for our freedom from nicotine, our literature,
our volunteers, would make its monthly operating expenses and have more resources for outreach.

Nicotine Anonymous World Services

6333 E. Mockingbird Lane, Suite #147-817, Dallas, TX 75214 or call 877-TRY-NICA

WAYS TO DONATE

- ♥ Donate on our website in the online store (<https://www.nicotine-anonymous.org>)
- ♥ Send your donation directly to World Services via paper check (see address above)
- ♥ Set up online monthly bill pay at your bank. You determine the amount and date.
Select a *Company without an account number* (Insert ***My Gift of Gratitude***
in place of Account Number). Set up Nicotine Anonymous as company and
list address above.
- ♥ Set up recurring monthly payment thru your PayPal account to
shipping@nicotine-anonymous.org

All gifts may be tax deductible as 501(c)(3) donations.



WHERE TO GET THE MONEY?

- ♥ put the cost of one pack of cigarettes in a jar monthly
- ♥ empty pockets or purse of coins daily into a jar
- ♥ on your anniversary, send \$10 for each year of freedom

Whatever you give, will be given back to addicts through Nicotine Anonymous

**All members who share a gift of \$10.00 per month will receive
a complimentary subscription to Seven Minutes.**

HELP US CONTINUE TO HELP SAVE LIVES!

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

TELEPHONE SPONSORS

Share your experience, strength and hope by being a telephone sponsor.



TRANSLATORS

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

IN-REACH COORDINATOR

Responsible for contacting those members on the electronic mailing list with newsletters and other e-mail blasts.



WEBSERVANT

The webservant oversees the functioning of the NicA web site. He/she is responsible for keeping the web site up-to-date with approved flyers and necessary information.

To volunteer or get more 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

A Brief History of Nicotine Anonymous



The roots of Nicotine Anonymous first took hold in the Southern California living room of one of the cofounders, Rodger F in February of 1982. The group consisted mostly of Alcoholics Anonymous members who realized their need to focus on their nicotine addiction and to stop smoking. Since anything but alcohol is an outside issue for Alcoholics Anonymous, a separate group was necessary.

With permission from Alcoholics Anonymous, the founding members of our fellowship adapted the Twelve Steps and Twelve Traditions. Although there is common ground in the use of the 12 Steps and 12 Traditions, these fellowships are not affiliated. Alcoholics Anonymous also gave us permission to adapt their preamble. Our Preamble became the following:

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.

Maurice, a member, authored an article for *Readers Digest* in May of 1985. Thousands of letters poured in from people wanting to know more about this new 12 Step fellowship known then as "Smokers Anonymous." Within a year there were a hundred meetings identified.

The fellowship's first official World Services Conference was held in San Francisco in May of 1988. Thanks to a well-documented chain of events, the fellowship was renamed Nicotine Anonymous in Phoenix, Arizona at the 1990 World Services Conference. As with most organizations, it becomes typical to use an abbreviated name. For our common welfare and unity, a vote at the 2000 World Services Conference in Scottsdale, Arizona decided that **NicA** would be the one abbreviation the fellowship would use.

Each year we hold a conference in the spring, and all members are invited to attend. This annual conference is held in various parts of the United States, depending on members who volunteer to host the event. The conference serves to strengthen us in our path to freedom from nicotine and as an official meeting to address fellowship business.

Nicotine Anonymous World Services serves a worldwide fellowship with meetings in the United States and around the world. Face-to-face meetings have been supplemented by both online and telephone meetings. There is a well-managed website and literature fulfillment service available to the membership. The elected all-volunteer board consists of nine members and meets at least quarterly. There also are numerous coordinators who volunteer to provide specific services that help World Services fulfill our fellowship's primary purpose - "to offer support to those who are trying to gain freedom from nicotine."

Seven Minutes

NAWSO

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

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

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

My Address Has Changed!

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

My new address and phone is:

NAME **PHONE (WITH AREA CODE)**

ADDRESS

CITY **STATE** **ZIP CODE**

My old address was:

ADDRESS **STATE** **ZIP CODE**