



# Seven Minutes

The Nicotine Anonymous Quarterly: A forum for nicotine users who don't use

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## Chairperson's Report

Hello to everyone!

October's board meeting was held in Tannersville, New York on Friday before the Clean in the Catskills retreat re-charge weekend. One project the board is working on is to identify the meetings that have closed or are facing closure. If you are able to offer any solutions for this, please contact me at [Chairperson@nicotine-anonymous.org](mailto:Chairperson@nicotine-anonymous.org).

Sales update: during the first six months of this year Nicotine Anonymous has sold 466 books, 356 Step Study guides and 44 Newcomer packets. The fellowship's current finances are good with regard to general assets, however cash reserves are a bit low. Please remind your current meeting to send a donation to the NAWSO treasurer so we may continue to provide literature and support for those in recovery and those still suffering. The Gift of Gratitude program is another great way to support our organization. It is tax-deductible as a charitable donation. See page 15 for Gift of Gratitude details.

New pamphlets are available on the Nicotine Anonymous website. These include:

1. *Our Policy of Openness—Our Higher Power As We May Each Come to Understand*
2. *Abstinence: What is it?*

The newly-titled pamphlet *World Services, My Intergroup, and Me* is also available. (Previous title: *What Do Nico-*

*tine Anonymous World Services and Intergroups Offer Me and My Group?*)

The conference-approved update of *Nicotine Anonymous: The Book*, 5th edition, can now be purchased. eBooks are available on the website as well.

If you have not yet visited the new website, please take a minute and do so at [www.nicotine-anonymous.org](http://www.nicotine-anonymous.org). Our website committee has worked very hard on it and are continuously making improvements.

At this time it is necessary for Nola Boyd, our current Chair Elect, to resign the position. Checko M has accepted the role as Chair Elect, and with conference approval, will be taking my place following the 2016 conference. Please congratulate and thank Checko for this and other tremendous contributions to the fellowship.

The world is becoming aware of Nicotine Anonymous and with the joining of other countries, we meet new challenges. NAWSO is working with all of our outreach volunteers in an attempt to fulfill every request possible. Here in America a surprising number of people and organizations are unaware of Nicotine Anonymous. We are trying to get the word out, so anything you can do as an individual to make us known is appreciated. Please be sure to adhere to the Traditions when doing so. There is a brochure on the Nicotine Anonymous website that describes correct and careful conduct for

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*The Twelve Steps of Nicotine Anonymous*

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

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

*The Twelve Steps of Alcoholics Anonymous*

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

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

*The Twelve Traditions of Nicotine Anonymous*

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

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

*The Twelve Traditions of Alcoholics Anonymous*

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

Nicotine Anonymous is a fellowship of men and women helping each other to live our lives free of nicotine. We share our experience, strength and hope with each other so that we may be free from this powerful addiction. The only requirement for membership is the desire to stop using nicotine. There are no dues or fees for Nicotine Anonymous membership; we are self-supporting through our own contributions. Nicotine Anonymous is not allied with any sect, denomination, political entity, organization or institution; does not engage in any controversy, neither endorses nor opposes any cause. Our primary purpose is to offer support to those who are trying to gain freedom from nicotine.

*Reprinted for adaptation with permission of the A.A. Grapevine*

## Chair Report continued...

social media such as Facebook, Twitter, etc.

The 2016 Nicotine Anonymous World Services Conference is fast-approaching. **If you haven't yet signed up and made your hotel reservations, you will want to act soon.** 2016 marks our 31st World Services Conference! Bids are also being taken for the 2017 and 2018 conferences. Any group interested in hosting the NAWS World Services Conference for 2017 or 2018, please volunteer. It is an extremely rewarding service; a true labor of love, if you will.

In closing, I wish everyone a happy and nicotine-free year ahead, and hope you can offer service in any way you are comfortable.

Andy A  
NAWS Chair

\*\*\*\*\*

## Another Voice...

My name is Chris, and I am a nicotine addict. I was addicted at a young age. Both my parents smoked, and I imagine having that in my environment contributed to my getting started. I was fourteen and not a very happy high school student. Smoking became the solution to help me feel better, to feel cool, and to help me manage my emotions. I smoked on the sly throughout high school. I smoked whenever I was away from the house or in the backyard behind the house. I had a couple of friends who I smoked with. It was the late sixties/early seventies so there were smokers around. You had trouble finding a place where there weren't smokers.

Then I went on to college. I had free rein to smoke when I wanted, and I sure did. In those days, you could even smoke in class, and some professors would smoke in class too. Smoking in

public places just wasn't an issue. Some people would give you a little grief, but I **didn't care. I didn't have any sense of caring about the concerns of others. I didn't please anyone but myself. Now I see that it's arrogance and quite abusive to other people, but at the time I didn't see that at all.** I was a smoker, and I was going to do it no matter what anyone thought!

In my twenties I became a professional **and couldn't smoke on the job except on breaks.** I made up for it though when I got off work.

Over time I became concerned because I knew that smoking was carcinogenic and addictive. I did things like cut down to low tar and nicotine cigarettes. That was my first attempt to control it. Of course, what happened is that I just wanted more cigarettes! Changing **brands didn't work either, although I denied it. I didn't see it then, but I can sure can see it now.**

People were starting to make comments about smoking here and there, but again I just ignored it and went on my merry way.

I watched my parents through their entire life struggle with it. Trying to quit. Quitting. Going back. Trying to quit again. Quitting. Going back. I saw what a struggle it was to give up smoking. That made a big impression on me. It **made me realize I wasn't going to be able to easily quit.** By the time I was finally ready to quit, I had already accepted the idea that it would be extremely hard to do. I sought help very early on.

By my thirties I was smoking at least two packs a day. I noticed I was **completely uncomfortable if I couldn't have one.** I tried not to look at that too closely, but clearly nicotine was a negative. **I didn't quite connect that with being addicted to a drug.** I started to realize, based on watching my parents, that if I went much past forty and was still smoking, I probably was going to be

a smoker forever. **I just didn't want to go into middle age still smoking.** I knew I had to do something.

At thirty-seven a series of events made me willing. One event was having a niece and nephew who were little. They would watch me smoke. I felt like I was just teaching them how to smoke. I felt terrible. Another thing happened when I was in counseling. After a particular session I was crying - really feeling some emotions. Then I got in my car and lit up a cigarette. Boom! The feelings just stopped. I could feel, and then not feel. I really connected that with the cigarettes. There I was trying to feel on the one hand (through counseling), then getting in the car and stopping the process by lighting up. It was ludicrous — a **real "aha" moment.**

The third incident happened in an airport. We were waiting in a smoking area, and across the way I saw an older woman, smoking to beat the band, trying to get that nicotine level up before getting on the plane. I don't know how old she was, but she looked ancient and just sick. Her skin was gray and chalky and deeply-lined. I realized that was going to be me! That is how you look down the road when you smoke.

These events happened over a two or three month period and I finally said, "I know I need to kick this. **I don't know** how long it is going to take, but I better start now because forty is right around the corner."

I had never really tried to quit, so I went to the doctor to get a nicotine gum prescription, thinking that would be helpful. The doctor wrote the prescription but told me I was still going to have to quit! That made an impact. I guess I needed somebody to tell me because I **didn't quite get it. I chewed the gum and didn't smoke for seven days, but then I had an argument with my boyfriend, took one of his cigarettes and smoked it.** I realized then that quitting was bigger than me.

*continued page 4*

My boyfriend suggested I look for a Twelve Step program - he had had success with AA. I called Nicotine Anonymous and started going to meetings. I still had some nicotine gum and would intermittently chew and smoke. When **the prescription ran out, I didn't renew it because it just didn't help. I continued going to meetings.** I listened to the members' stories every week and gradually came out of denial about smoking and nicotine. I saw it really was a drug and that I was addicted; that I had to smoke or I would go through withdrawal. I had told myself for a long time that I was choosing to smoke, wanted to smoke, and liked to smoke. I like to be in control, but truthfully, I was not in control!

**I couldn't quit. People at Nicotine Anonymous said, "Keep coming back. Just keep coming back." I also heard "Pray for the willingness," so I did. I felt ashamed, but I kept going to the meetings. After eight months, something clicked. I know it was my Higher Power at work. I woke up one morning, and I didn't have a cigarette. That was April 20, 1992. I haven't smoked since.**

It feels like a miracle. I just did what the program told me to do, and it worked. I still go to meetings and am active in the program. What a gift to not be afraid, to not have that constant thought: I have to smoke, I have to smoke. Just one more, just one more - only it is never enough. As we say in program, **"One is too many and a thousand aren't enough."**

Over time, the frozen feelings started to thaw, and it was not pretty. My first year was a real experience of coming to know myself, feel feelings, and not know what to do with them. That is another way the program helped. My sponsor, other members and the Steps were invaluable. I have gradually become a fully-functioning adult who deals with feelings as they come up. **I don't think that would have happened if I quit any other way. I don't think I could have quit any other way!**

Life is not always fun and not always easy, but in Nicotine Anonymous we speak the same language, and help

each other through the rough times. We are a cross section of people who may not have met any other way. What we have in common is that we are addicts, and we postponed growing up and maturing for the use of the drug, nicotine. Thankfully, we find a Power greater than the drug, and greater than ourselves in the rooms of Nicotine Anonymous.

Chris H  
Phoenix, AZ



### A Trick of the Light...

Psst! Hey you. It's me, over here, hunched over in the doorway of this building with my fingers wrapped around this little white stick. You can see me if you look real hard. No, it's not a trick of the light; I do kind of look like you, sometimes - sometimes not at all. I need to talk to you. I've got it in my head that you can help me, but it isn't very easy for me to ask for the help, so don't you start gettin' all high and mighty over me or I'll just . . . well, I'll just have to forget all about it.

It's cold out here. It was for my father, too and my mother as well and all my brothers and sisters, but we didn't have much of a choice. We got thrown into this when we were really young, and sometimes it's all we know. Like me, I suspect you didn't escape it either - breathing in our air mixed with the fog of this addiction. Cold, very cold - even though it's on fire, it's so cold. I'm wait-

ing here for the message that I know will come. It has to come to me. Are you the one? Somehow I feel that if I just gave you a chance . . . I mean if you just gave me the chance . . . Oh, I just **don't know anymore. Is it really you?**

**Tell me it's you.** You look like you could be the one, but I just can't see clearly enough through this smoky haze and all, and I'm so afraid that I'll stay like this for the rest of my life.

Please be the one. Be the messenger. I promise I'll listen. I might not get it right away, but I'll hear you. I might talk sassy and smart aleck, but I'll listen. I really will. I might try to run away, and maybe I'll be scary and unfriendly at times, but just be patient. It's so hard to ask for help.

There's so much that's making me afraid, too, that you may very well be the messenger. Then I'll have to give it up. Do you know how it feels to want and fear something at the same time? What an odd question; of course you do. That's why I'm asking you - because you do know. I have to give up the very thing that's killing me and holding me together all at once. I'm so afraid I'll go all limp like a rag doll if I don't keep pumping this into myself.

It doesn't make sense, but we both know I'm telling the truth. What's that I see - a smile? You do know, don't you? You are the one! Help me to know. Just reach out and say hello. Take it nice and easy. Help me to step out of this haze and see for the first time how we're all in this together, how we can lift one another up, how the Power that cares and heals can jump from your heart into mine. Please be the one. Please be patient with me. Please have the answer. Help me.

Anonymous

Together  
We



Change

## Clean in the Catskills 22 October 2-4, 2015

*Note: Every October the New York Metropolitan Area Intergroup (NYMAI) of Nicotine Anonymous sponsors a weekend of fellowship in the Catskills Mountains called Clean in the Catskills. All members are welcome and it has been attended by members from all around the country.*

The theme of this year's Clean in the Catskills event, "Together we can do what we cannot do alone," was brought home to me from the minute I arrived at Villa Vosilla and registered. Alison A's warm greeting set the tone for my visit and for meeting many fellow members over the course of the next days. After relaxing on Friday afternoon, we gathered for dinner and fellowship followed by the weekend's first meeting in the hotel's yoga room, given a fall theme with decorations and a NicA-themed carved pumpkin, all made by Checko M. The meeting was chaired by Michael B, the theme was gratitude and Ladd J's deeply heartfelt and inspirational talk about his gratitude for recovery set the tone for openness, both in speakers' qualifications and members' shares throughout the weekend.

Saturday morning started with some members joining Alison A for yoga practice, followed by Susan O leading a short meditation. She shared thoughts on her own meditation practice and also drew parallels to Step 11. The weekend's second meeting couldn't take place outdoors due to rain, but chair Ladd J and speaker Nancy O from Pennsylvania, who is also Nicotine Anonymous World Services Secretary-Elect, more than made up for the lack of sunshine.

After lunch on Saturday, 16 hikers drove over to the nearby state park and joined hike leader John O for a 90 minute climb up the mountain. Despite some morning mist, the weather cleared and everyone enjoyed a rain-free hike up the mountain. At the top, a brief meeting was held with Chick P of NY chairing and World Services Treas-

urer-Emeritus, Sherry B, of Nevada sharing her experience, strength and hope.

There were many first-timers on the hike who made it up the rock scrambles with the assistance of their fellow climbers. It was truly a team effort. A highlight of the CITC weekend for the past 22 years, the hike provided living proof of the weekend's theme, "Together we can do what we cannot do alone." I started out attempting the climb but after only a few minutes of walking though the wet grass, my shoes and socks were soaked through and I had to turn back. Next year I'll bring better shoes...

After dinner Saturday evening the weather had cleared enough for the annual bonfire meeting. Ladd J must have a degree in pyromania because the fire burned bright (and proved that not all smoke emerges from cigarettes, cigars, and pipes), so that we were well-warmed in the chilly night air.



The bonfire meeting was chaired by John O who decided to rename me Nick "A" before I spoke. I was thrilled, petrified, and humbled by the opportunity to address my fellow members and concentrated on talking about how I had lost the faith I had grown up with, only to find and embrace my Higher Power again via Nicotine Anonymous.

Sunday morning's spirituality meeting followed breakfast, and Paul C eloquently spoke about his own spiritual odyssey at the meeting chaired by Sarah B. After members shared, Michael B took a vote on possible dates for next year's event and it was decided by a majority vote that Clean in the Catskills 23 will take place from Friday, September 30 to Sunday, October 2, 2016. Hope to see you all there!

Nick M  
Brooklyn, NY

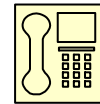
**Nicotine Anonymous**  
The only requirement for membership is a desire to stop using nicotine.

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

To find face-to-face meetings:  
Go to [www.nicotine-anonymous.org](http://www.nicotine-anonymous.org)  
Click on Meetings and search by state.



For phone meetings:  
Go to [www.nicotine-anonymous.org](http://www.nicotine-anonymous.org)  
Click on Meetings, then Telephone Meetings.



For online meetings:  
Go to [www.nicotine-anonymous.org](http://www.nicotine-anonymous.org)  
Click on Meetings, then Internet Meetings.



In this section are live links to two sites offering the ability to post messages and receive responses. Both require the individual to join the site in order to take advantage of some of the extra services, such as searching for specific posts or files. Unofficial Nicanon has "Type Share" meetings. It can be found at:

<https://groups.yahoo.com/neo/groups/unofficialnicanon/info>

Voices of Nicotine Recovery has "Voice Share" meetings using a free chat service that can be downloaded.

It can be found at: <http://voicesofnicotinerecovery.com>

This site also has other helpful information about nicotine addiction and links to prior speaker shares.



## *Change a Thought and You Change a Feeling...*

At the Nicotine Anonymous conference last April I found myself sharing from 12 years into recovery. I felt odd because I wasn't telling smober war stories or smoking war stories anymore. I was talking about how Photoshop cures smoking and schizophrenia. I was moving into something I call "Beyond Recovery" where recovery itself doesn't dominate all my thoughts and all my waking ideas and relationships. This doesn't mean that I would stop going to NicA meetings because the way I am involved in NicA now is more in the area of service.

At around 8-12 years smober, people start moving into a second stage of recovery which is getting a life outside of recovery (which is truly healthy and an important part of our whole recovery journey). What I found happening was that I was starting to fill up my life with some fairly productive and interesting ideas and activities. During the early years between 2002 and 2004, I was all about not smoking and changing playmates and playpens, beliefs, prayer and anything that would distract me from the days of cigarettes and the vicious cycle of quitting and relapsing and quitting again, only to start smoking again. I had never had a computer, but after I overcame the urges and cravings, I overcame my fear of getting a computer and maybe returning to smoking because of computer difficulties. It was a good choice. The computer inspired me to get a digital camera and upload photos. Then I began turning those into photo books that would tell my recovery story. Eventually it became a book titled *On Gratitude* which told the story of my 4 years of recovery from nicotine. I was proud of my little book and I did research on how to get it published, got an editor and a publisher (all without wanting a cigarette) and by 2010, it was published with an ISBN number and everything. My brother got me a copy-

right for Christmas that year so no one could take my intellectual property. Would I smoke because I was now a published author? No, I didn't. Then it became, "Would I smoke because no one bought my little masterpiece?" No, I didn't smoke. I thought, "How many people ever write a book, let alone publish it?" It was a quiet success and may at some point inspire another smoker who wants to quit.

In 2013 I decided to celebrate 10 years without a cigarette and went to the Long Beach World Services conference. I was asked to run for secretary and serve on the board. This totally surprised and inspired me. I have served for the last 3 years. I am now in the Secretary Emeritus position and am working on a pamphlet about mental health, NicA and you.

I have survived 3 deaths of my immediate family since 2008 and there were times I worried that I might smoke, but I did my grief work through therapy, journaling, walking the labyrinth, writing, cuddling with my dog, meditating, listening to music, prayer, and NicA meetings. (I have never stopped going to those.) I have imagined worst case scenarios that could frighten or grieve me into smoking, but I draw on friends, therapy, photography and other creative things in times of crisis. Prayer is a core skill as well as working the NicA program. Being able to visualize a more spiritual place during a crisis can be a first step. Having a list of people to call. Having supports. All are important.

Gratitude exercises have become a daily practice in my journaling. I'm focused on that instead of resentments and thinking errors. My life now is about moving forward and letting go of negative thought patterns and victim thinking. Now it is more about deciding between one good choice and another good choice, instead of between two bad choices (as it was in the days of quitting and relapsing). "What's it going to be - go snap a picture or cuddle with the

dog? Go to work and inspire clients or work on a photo book?"

When you change a thought, you change a feeling, and that might change the journey you are on.

Best of recovery,  
Jeannie M  
Colorado Springs, CO

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**Outreach projects allow us to carry the message in a variety of ways. Literature and financial assistance are available for your project— up to \$500.**

For details visit the Nicotine Anonymous website at [www.nicotine-anonymous.org](http://www.nicotine-anonymous.org) or send an email to [outreachcoordinator@nicotine-anonymous.org](mailto:outreachcoordinator@nicotine-anonymous.org)



### Quote Corner

"Whatever games are played with us, we must play no games with ourselves, but deal in our privacy with the last honesty and truth."

- Ralph Waldo Emerson



## *A Tip about Medication...*

I have just under three months nicotine free and am still getting used to the program. I'm chairing a phone meeting and have a great sponsor. The program is truly doing for me what I could not do for myself.

I had a disease called encephalitis in the 1990's. It left me with a permanent seizure disorder. My neurologist prescribes a number of anti-convulsants to control my seizures. He takes all aspects of my lifestyle into consideration when giving medication.

At the request of my sponsor, I mentioned to my neurologist that I'm now free and clear of nicotine and asked him if this information would be useful to him. Sure enough, it was and it resulted in his "tweaking" dosages of certain medications.

I'm passing this along because many of us are on sensitive drugs that may need to be adjusted when our bodies are free of nicotine. My experience may be useful to others.

Joe S  
Naples, FL



### **Can You Help?**

**We are in need of a Russian translator for Nicotine Anonymous: The Book**

Please contact  
[LiteratureCoordinator@nicotine-anonymous.org](mailto:LiteratureCoordinator@nicotine-anonymous.org)

## *Service is Love in Work Clothes...*

I heard this recently at a Nicotine Anonymous meeting at *Clean in the Catskills*, our annual retreat in New York, and it floored me. A few days prior I had watched a documentary on happiness that stressed the significant link between people who do service and their level of happiness. And I certainly agree. The more of service I am being – not only in service positions, but also in my everyday life – the happier I am. Which brings us to toilet paper.

How? Follow me here for a minute. When I was still active in addiction, I spent a lot of time hungover, depressed, and generally ticked off at the "unfair world." I had moments of happiness, but they were related to success at work, or in my love life, or from compliments about how I looked, or what "great" thing I had done. It was external. I took from the world, without really giving much back.

Once I got sober, and then smober, I learned how to get my happiness from the inside, and not have it based on other people's opinions about me. And how not to get ticked off at small things, like toilet paper. You see, one day I found myself in a toilet stall where there was an empty tube on the holder. On the tank back, someone had unwrapped a new roll of paper and left it there. Now I was grateful someone had done so, but I was also perplexed as to why they hadn't put it on the holder. And I realized that it was a metaphor for service in my life. It's about going the whole way, about going all in. About not complaining that it isn't "my job" to do something (like clean the bathroom) but to just do it! About not needing credit or praise for my work. And I put the paper on the holder.

So when someone asked me if I would be a delegate for Nicotine Anonymous, I

### **Stay connected to Nicotine Anonymous World Services!**

Receive emails directly from the NAWS board by subscribing to **Two Way Talk**

How to subscribe:

- Click the **Newsletter** tab on the NicA website at:

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

or

- Click the link below:

<http://nicotine-anonymous.org/two-way-talk-email-communications.html>

said yes (even though I was nervous about it). And that led me to my first Nicotine Anonymous World Services Conference. And then when someone suggested I run for Treasurer, I said ok (even though I was nervous about it... again).

It's been about 1½ years now that I have been fortunate to be able to serve the Fellowship this way. It's the most important thing I do each day. We are saving lives here. Sometimes I am in obvious ways when carrying the message in a local meeting, and other times more subtly by helping keep the Fellowship running -- reconciling financial reports, making website edits, or discussing an important matter that has come up at a board meeting. It's been rewarding in so many ways, to give instead of take.

So I urge anyone who is looking for more happiness, purpose, gratitude, or just more darn fun to consider a service position with Nicotine Anonymous World Services. Put work clothes on your love. Be the person who puts the toilet paper on the holder. Go all in. The rewards are limitless.

Sarah B  
Active Treasurer  
Reinbeck, NY



## 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](mailto: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 11<sup>th</sup> 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!





**CLEVELAND, OHIO**  
**April 29, 30 & May 1,**  
**2016**

Days Inn & Suites Richfield  
4742 Brecksville Road, Richfield, Ohio 44286  
Call to book: 330-659-6151 Directly  
Mention "NAWS2016" to receive  
group room rate of \$89.99 + taxes  
Rates will be honored 2 days before & after the conference.

COMPLETE AND MAIL TO: Lee Christman, NAWS 2016, 572 W. Market St., Suite 7, Akron, Ohio 44303  
Phone: 330-715-9288 E-mail: Leechristman1@gmail.com

NAME: \_\_\_\_\_  
ADDRESS: \_\_\_\_\_  
CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_  
PHONE: \_\_\_\_\_ E-MAIL: \_\_\_\_\_

**PLEASE SEE REVERSE SIDE FOR MORE INFORMATION ABOUT THE DELEGATE PROCESS.**

\*Delegates must register with NicA World Services Secretary by no later than April 2, 2016.  
e-mail secretary@nicotine-anonymous.org.

Include name, address, phone, e-mail and intergroup and/or group representing.

\_\_\_\_\_ Yes, I would like a roommate\*\* \_\_\_ Male \_\_\_ Female

\*\*Every effort will be made to help you find a roommate.

However, you will be responsible for contacting each other and making arrangements for your stay at the hotel.

**Registration:** (Cash or check only for registration, literature and merchandise at the conference.)

\$35 Early Registration OR \$45 Late Registration (after 3/29/16); Non-NicA spouses and partners no charge

#of Registrants: \_\_\_\_\_

REGISTRATION TOTAL \$ \_\_\_\_\_

**Meals: No Restaurant in Hotel: (Friday Cold Cut Platter included with Paid Registration)**

Saturday Breakfast Buffet: \$5.00 per person # of meals \_\_\_\_\_

Saturday Lunch Buffet: \$5.00 per person # of meals \_\_\_\_\_

Saturday Dinner Buffet: \$42.50 per person # of meals \_\_\_\_\_

Sunday Brunch Buffet: \$30.25 per person # of meals \_\_\_\_\_

**(ALL MEALS TOTAL \$82.75)**

MEALS TOTAL \$ \_\_\_\_\_

**T-Shirts:**

Adult Sizes S - 1XL: \$15.00 # of T-Shirts \_\_\_\_\_ Size \_\_\_\_\_

Adult Sizes 2XL - 5XL: \$18.00 # of T-Shirts \_\_\_\_\_ Size \_\_\_\_\_

T-SHIRT TOTAL \$ \_\_\_\_\_

Optional Donation to NAWS 2016 Conference \$ \_\_\_\_\_

Optional Donation to World Services \$ \_\_\_\_\_

DONATIONS TOTAL \$ \_\_\_\_\_

**TOTAL AMOUNT \$ \_\_\_\_\_**

**Make checks payable to NAWS 2016**

Questions? Please contact Conference Chair, Jules C. at [Jchornak@yahoo.com](mailto:Jchornak@yahoo.com), 330-678-3753 or 330-352-0094

# 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](mailto:PenPalCoordinatorPaper@nicotine-anonymous.org)

Coordinates and connects penpals who want to communicate via snail mail.

PenPal Coordinator Email [PenPalCoordinatorEmail@nicotine-anonymous.org](mailto: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

Gary M — 11/21/98

Nick M — 2/5/14

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## *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](mailto:sevenminuteseditor@nicotine-anonymous.org)

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

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## Get your hands on **OUR NEW WEBSITE!**

*offering help **online** to those who desire  
to stop using (and live free from) nicotine*

learn how Nicotine Anonymous works ★ find  
phone, internet, and face-to-face meeting schedules  
★ read pamphlets in 16 languages ★ check out open  
service positions ★ read over 25 years of *SevenMinutes*  
newsletters ★ find events in your area ★ order books,  
CDs, & MP3s ★ sign up for *Two-Way Talk* to keep current  
on NicA news ★ make a *Gift of Gratitude* to help us carry  
our message to the still suffering nicotine addict





Is your group in need of newcomers?  
Try Outreach to get the word out!  
For more information, send an email  
to [outreachcoordinator@nicotine-anonymous.org](mailto:outreachcoordinator@nicotine-anonymous.org)

The NicA Outreach Committee will continue  
with monthly meetings in a  
telephone conference, where the  
phone number has changed.

Contact Jeff  
at [760-401-6503](tel:760-401-6503).

**NEW:** Revisions have been completed on our new video Public Service Announcement  
which was approved at the 2015 World Service Conference

To obtain a copy for your local TV station, send an email to  
[outreachcoordinator@nicotine-anonymous.org](mailto:outreachcoordinator@nicotine-anonymous.org)



I want my... I want my...  
**I WANT MY WSC!**

**Missed this year's World Services Conference?  
Or did you attend and want to keep a memory of it?**

We've just wrapped up *Nicotine Anonymous World Services Conference 30 – Service: A Pearl of Recovery* in San Francisco, California. New this year, you can download MP3s (or order CDs) right on our website's store at [www.nicotine-anonymous.org](http://www.nicotine-anonymous.org). Now you can listen to inspired speakers including *Melissa E*, *Robin L*, or co-founder *Rodger F* right on your phone, tablet, or computer!

Of course, we also have the popular *Gratitude Meeting* available. And, you can also catch up on what's new and happening in Nicotine Anonymous by listening to the *Business Meeting Set*.

Prices vary based on the combination you want, and all proceeds go towards our primary purpose of helping the still-suffering nicotine addict.



**MP3**

Download or order now at  
[www.nicotine-anonymous.org](http://www.nicotine-anonymous.org)

(Click on "store" and then go to the MP3 & CDs section.)



**CD**

NAWSO  
Profit & Loss YTD Comparison  
January through September 2015

	<u>Jan - Sept.</u> <b>'15</b>	<u>Jan - Sept.</u> <b>'14</b>
Ordinary Income/Expense		
Income		
4000 · Donations	9,668.90	8,809.74
4100 · Literature Sales	27,198.92	21,182.75
4290 · Shipping & Handling	3,798.50	3,457.07
4296 · 2016 Conference Profit/Loss	-1,000.00	
4297 · 2015 Conference Profit/Loss	1,114.11	-750.00
Sales of Product Income	22.35	
Non Profit Income	181.63	11.90
Total Income	<u>\$40,984.41</u>	<u>\$35,274.37</u>
Cost of Goods Sold		
5000 · COGS	<u>11,211.23</u>	<u>8,883.50</u>
Inventory Shrinkage	0	0
Total COGS	\$11,211.23	\$8,883.50
Gross Profit	\$29,773.18	\$27,390.87
Expenses		
6000 · Office Expenses	19,264.01	16,960.31
6600 · WSO Expenses	5,259.24	4,319.12
Total Expenses	<u>\$24,523.25</u>	<u>\$21,279.43</u>
Net Operating Income	\$5,249.93	\$6,111.44
Other Income/Expense		
8000 · Interest Income	32.65	43.84
Total Other Income	<u>\$32.65</u>	<u>\$43.84</u>
Net Other Income	\$32.65	\$43.84
Net Income	<u>\$5,282.58</u>	<u>\$6,155.28</u>

# Service is the Key

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



path to freedom.

## **TELEPHONE SERVANTS—ESPECIALLY NEEDED!**

From the comfort of your own home, you can respond to telephone calls from those who are just starting out on their

## **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.



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](mailto:chairperson@nicotine-anonymous.org)

# ♥ My Gift of Gratitude ♥

## GIVE A "GIFT OF GRATITUDE"

Nicotine Anonymous has always been about helping addicts and saving lives. But it has come to the point where the heart of our organization needs our help. Nicotine Anonymous World Services needs our help to meet its monthly operating expenses. In addition, our contributions would help reach even more addicts through outreach and distribution of Nicotine Anonymous literature.

## CONSIDER GIVING BACK TO THE ORGANIZATION THAT HELPED YOU GET FREE OF NICOTINE

Your *Gift of Gratitude* is another way you can work the Steps by carrying the message to nicotine users who still suffer! It also allows World Services to continue functioning through the Seventh Tradition.

## HOW WORLD SERVICES SERVES THE NICOTINE ADDICT:

- ♥ Maintains the worldwide meeting list
- ♥ Distributes literature
- ♥ Distributes free Meeting Starter Kits
- ♥ Maintains the web site
- ♥ Publishes our quarterly newsletter, *SevenMinutes*
- ♥ Conducts necessary business of the Fellowship at quarterly Board meetings (three of which are conducted via web conference to conserve our resources)

## GET A FREE SUBSCRIPTION TO SEVENMINUTES NEWSLETTER!

And if you give the gift of \$10 a month you will receive a complimentary subscription to our newsletter *SevenMinutes* which includes Fellowship news and member shares.

## THINK YOU CAN'T AFFORD IT?

Think of the money we used to spend on tobacco! Just a little of it can go a long way to help us continue to operate. Here are some ways you can give back:

- ♥ Every week, put the cost of one pack of cigarettes in a container
- ♥ Set aside each day's loose change and save in a gratitude jar
- ♥ On your anniversary, send \$10 for each year of freedom (or as much as you can spare!)

## 4 EASY WAYS TO DONATE!

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

1. Click on the button on the homepage of [www.nicotine-anonymous.org](http://www.nicotine-anonymous.org) to donate using PayPal or your credit/debit card (Make a one-time donation, or click on "make this recurring" to set up a monthly donation)
2. Send your donation by paper check to:  
Nicotine Anonymous  
World Services  
6333 E. Mockingbird Ln.  
Suite 147-817  
Dallas, Texas 75214
3. Set up online monthly bill pay at your bank. (You determine the amount and date of payment. Follow your bank's instructions for setting up recurring payments to payees with no account number.)
4. Make a one-time donation at [store.nicotine-anonymous.org](http://store.nicotine-anonymous.org)

### Why members and groups donate to Nicotine Anonymous World Services

Nicotine Anonymous World Services is a member-supported non-profit organization guided by the Twelve Steps and Twelve Traditions. We realize there are both practical and spiritual purposes for us to remain a self-supporting fellowship to carry our message of recovery. Honoring our responsibilities is an aspect of our spiritual awakening.

Learn more about contributions & self-support at [www.nicotine-anonymous.org](http://www.nicotine-anonymous.org)



*Seven Minutes*

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

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Nicotine Anonymous now has a venue to conduct Board Meetings, Inter-groups, and Committee Meetings online, with or without telephone capabilities.

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

<b>Publication Date</b>	<b>Deadline Date for Submissions</b>
<b>March 20</b>	<b>February 1</b>
<b>June 20</b>	<b>May 1</b>
<b>September 20</b>	<b>August 1</b>
<b>December 20</b>	<b>November 1</b>

If you are a member of a group that is helping Nicotine Anonymous and want to utilize this technology, contact Chick at [nicahost@gmail.com](mailto:nicahost@gmail.com)

Individual training is available to learn this new venue.

NOTE: This online meeting format can also be used internationally.

<p><b>My Address Has Changed!</b> <b>Don't miss an issue!!! Complete this form and mail it to:</b> <b>NAWSO, 6333 E. Mockingbird Lane, #147-817, Dallas, TX 75214 USA</b> <i>My new address and phone is:</i></p>		
<hr/>		
<b>NAME</b>	<b>PHONE (WITH AREA CODE)</b>	
<hr/>		
<b>ADDRESS</b>		
<hr/>		
<b>CITY</b>	<b>STATE</b>	<b>ZIP CODE</b>
<i>My old address was:</i>		
<hr/>		
<b>ADDRESS</b>	<b>STATE</b>	<b>ZIP CODE</b>