



# Seven Minutes

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

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## Chairperson's Report

Greetings all!

**Here's an update on activities happening at World Services:**

- The new Nicotine Anonymous website is up and running at [www.nicotine-anonymous.org](http://www.nicotine-anonymous.org)
- New Nicotine Anonymous pamphlets are now available in printed form. These include:

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

- Revisions have been completed to the pamphlet *Nicotine Anonymous: The Program and the Tools*.

- The pamphlet previously titled *What Do Nicotine Anonymous World Services and Intergroups Offer Me and My Group?* is available under the new title *World Services, My Intergroup, and Me*.

- the conference-approved update of *Nicotine Anonymous: The Book* can now be purchased as well.

The above literature can be ordered on the [www.nicotine-anonymous.org](http://www.nicotine-anonymous.org) by clicking on the "Store" tab in the header.

We are asking members to reach out to **doctor's offices of every kind, as well as hospitals and emergency care centers.** New business cards will be available soon in the Nicotine Anonymous Store to assist in spreading the word. **Let's let the world know Nicotine Anonymous is**

here!

Our meeting list coordinator is working to update the Worldwide Meeting List. Please check the Nicotine Anonymous website under "Find A Meeting." Click MEETING ADD/CHANGE/DELETE FORM to notify World Services of any changes. Meeting list accuracy is crucial in our efforts to help the nicotine addict who still suffers.

2016 World Services Conference: The Ohio group is hard at work to bring us another successful conference in April. Looks like it will be a good turnout! The Ohio intergroup has volunteered to host the 2017 conference as well. If there are other intergroups who would like to host the 2017 conference, please speak up. Contact me at [Chairperson@nicotine-anonymous.org](mailto:Chairperson@nicotine-anonymous.org)

Our new *Internet & Social Media Guidelines* are now available. Find them in the footer at [www.nicotine-anonymous.org](http://www.nicotine-anonymous.org). As we move further into the digital age, these guidelines can help us uphold our Traditions while we carry the message in new ways. And be sure to check out new information about online meetings on the site at FIND A MEETING > INTERNET MEETINGS.

Yours in service,  
Andy A  
WSO Chairperson



*The Twelve Steps of Nicotine Anonymous*

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

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

*The Twelve Steps of Alcoholics Anonymous*

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

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

*The Twelve Traditions of Nicotine Anonymous*

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

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

*The Twelve Traditions of Alcoholics Anonymous*

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

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

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## *She Found the Answer...*

Hey family, my name is Katherine B and I am a nicotine addict. My sobriety date is September 06, 2006.

I started smoking when I was 12 years old. **I stole a cigarette from my mother's** (unfiltered) pack. She caught me smoking in the basement and made me smoke a whole pack of them. The only thing that it did for me besides making me sick was to learn to get smarter so **she wouldn't catch me again.** During this time it was common practice for a parent to write a note to the local store so their children could purchase and bring home cigarettes and beer. Sometimes she even had me write the note for her, so I started doing that for myself and my friends so we could smoke and drink.

I never thought my smoking was a problem. The pack of cigarettes cost **\$.35. Yes that's right, thirty-five cents,** and I always said if they go up to a dollar I would quit. Well the price inched up slowly but surely to a dollar and beyond, **and I didn't stop.** Cigarettes became a part of my life. By the time I was 16 I **was smoking openly and didn't think it** was a problem.

I became a mother and I continued to smoke. I smoked during my pregnancies (4) and never thought it was a problem. I would be holding one of my babies with a cigarette dangling from my mouth with a long ash hanging off. When it fell and my baby screamed and cried because the fire hurt, I would rub and kiss the injury and tell him or her that it would be alright, mommy was sorry. But then I did it again and again. I could be cooking and the ash would fall into the pot. I would try to get it out (impossible) so I would just stir it into the food without a thought.

Even as the warning labels on cigarettes changed, I continued to smoke. **Some-time in the 70's I went to get hypnotized to stop smoking.** It seemed to work - **I didn't smoke cigarettes for 9**

months. I did substitute with another herb that was frowned upon by the establishment to help me through.

During that time a female friend would come to my house. She was still smoking and she would blow smoke in my face and ask me if I wanted a cigarette. Finally at the end of 9 months I did pick up again and continued to smoke for the next 25+ years.

When I started smoking, a person could smoke anywhere they wanted to - the bus, the grocery store or department store, any restaurant, anywhere. But as time went on, one place after another forbid smoking. I clung to my smokes because that was all I had left. I had stopped using drugs and alcohol in 1988, so I used cigarettes to help me **cope with life. If I was hungry but didn't** want to take a break, I could smoke. If I was lonely, cigarettes were always there as my companion. If I was upset, they were there to soothe me. If I was scared, they were there to tell me everything would be alright, just smoke one more. Cigarettes were an extension of my fingers. There was always one in my hand or burning in the ashtray - sometimes one in my hand and one in the ashtray. I put holes in my clothes, furniture, rugs, and bed - and I kept smoking. I would burn myself by accident, dropping ash or the fire, and still I smoked. My world became smaller and **smaller. I would not go to a friend's home because I couldn't smoke there.** I would visit my children but always had to go outside to smoke. I could hear them laughing and joking, having fun inside, but I had to stay outside because nicotine demanded my attention. Then when I went back inside, my grandchildren would wrinkle their noses because I smelled like burnt cigarettes. (I never realized how bad it smelled until I stopped.)

I moved to NC in 1999 and brought my best friend, cigarettes along with me. I came with a romantic interest which **didn't last long after we arrived.** I found a job and a new place to live. Soon I

had a new romance and since we both smoked, I thought it was perfect and for the next 5 years, it was.

Then in August 2005 we decided together it was time to quit smoking. There was a hypnotist coming to town and I thought this will be a piece of cake. It worked for me once, it should again - **no sweat. But it didn't work.** I left there running to the store to buy a pack. My partner, Phylle, did stop smoking and celebrated 10 years in August 2015. I continued to smoke.

During the year that followed I tried everything to stop smoking. One of the medications prescribed to stop smoking made me psychotic and almost got me fired. I tried patches, gum, inhalers - sometimes at the same time - and nothing worked. I was getting desperate and was about to see a doctor who advertised a series of shots to stop smoking with no side effects. That was what I was looking for. I wanted to stop, but I **didn't want to go through withdrawal.** I wanted an easier, softer way. There was only one, but that scared me to no end.

The last year that I smoked I spent more money on cigarettes and nicotine replacement products than I had the two years before. I would buy a pack and smoke a few, then throw away the rest, saying I was finished. Then an hour later, I would be back at the store buying more. Even after I quit, I kept the nicotine replacements around just in case. Finally, I was able to throw the patches away and send the inhalers to

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Heard it at a meeting

I kept having that  
last cigarette!!



someone who said they were trying to stop. While it was scary not having what I thought was a safety net, it was also freeing.

At that time I was working in an alcohol/drug detox center and going to school to become a substance abuse counselor. I was smoking like a chimney. Each time I took a drag, I felt a burning in the left corner of my lung and I would say, "I really have to stop smoking." A short time later I would be lighting another and saying the same thing.

I graduated from school and thought I landed my dream job; there was only one thing wrong with it. At the orientation I was told that I could not smoke on the premises. The clients could but the staff could not. I really thought they were joking, that they had to say that **but didn't mean it. They did mean it!** I lasted 27 days before I quit the job. I had lots of excuses why I quit, blaming the staff and the supervisor, but the real reason was because I could not smoke when I wanted to. That was August 2006.

In September I started school for my BS in Human Services and stopped smoking. I had gone to a 12 Step meeting the night before, and on the way I stopped and bought an overpriced pack of stale cigarettes. I smoked them and felt sick, but kept on smoking. On the way home after the meeting, I was smoking those stale cigarettes, feeling that burning pain in my lungs, and crying because I wanted to stop and didn't know how. It was raining and I opened the side window and pushed the cigarettes out of the car, vowing that I had smoked my last cigarette. I arrived home, washed up and went to bed, determined not to put another cigarette to my mouth.

When I awoke the next morning, the first thing on my mind was what a dummy I was for throwing away yet another pack of cigarettes. I put on the same clothes from the night before, and with nerves that seemed to be all in pieces and hands that were shaking like I needed a drink, I went to my car to drive to the store. When I got to my car,

I was God-smacked to see that the pack of smokes I had pushed out the window were stuck between the car door and the side view mirror. I stood there looking at that pack of cigarettes and just as clear as day I heard: Here are your cigarettes. Go smoke your brains out.



The shaking went away and for the moment, the desire to smoke went away. I picked up the pack and placed it in the garbage, turned my back and went back home.

I went in my bedroom and did a meditation. I placed myself on the top of the tallest mountain in the world. I could not see the ground below as I stood there. All I could see were clouds and blue sky. I called to my HP for help. I said **I can't do this alone, please help me.** Then I let go and I started falling, falling, and falling. Suddenly I felt myself being caught and placed on the ground safely. For me that was my HP, **letting me know I wasn't alone and that help was there for the asking.**

I came out of my bedroom and it seemed like I could see for the first time in a very long time. There were rivers of nicotine running down my walls and it disgusted me. I got a pail, soap and water and started cleaning. Phylle came home for lunch and asked if something was wrong. I wanted to turn around and yell that of course something was wrong - **I'm not smoking. Instead I heard a small voice say:** Katherine, your reaction is too big for the question. I told Phylle to give me a moment and I went outside and said a simple prayer: God help me help my stupid self. I took a

couple of deep breaths, went back in and said everything was alright and went back to cleaning.

I started school three days after I quit. I went to school without incident. Coming home, however, was a different matter. I drove up to a stop sign that was about **3 miles from my home and didn't recognize** where I was or which way I should go. I went right "just because" and drove into a neighboring town before I realized that I should have gone left and had to retrace my steps.

In school I sat in the front row and my HP did for me what I couldn't do for myself. Only one of my classmates smoked and she sat in the back. The people around me didn't smoke or drink. I was protected. For the next two years we were the four musketeers.

On the fourth day of my quit, I had to tell my AA story. When I finished, it just fell out of my mouth that I had also stopped smoking. I was horrified. I had said that so many times over the last year and didn't stop. I was scared that might happen again. Phylle was so happy. I was devastated. I didn't want to disappoint everyone, but I didn't know what was going to happen.

For the next two weeks I went to school and cleaned the house. I didn't smoke. At the end of the two weeks, I knew I was going to smoke. I felt it coming. Phylle could see it also and suggested that I look for Smokers Anonymous online. I wanted to yell that there was no such thing because I wanted to smoke. My 12 Step training kicked in, and to prove there was no such thing, I typed Smokers Anonymous in the search engine. Nicotine Anonymous came up.

My whole life changed. I went to my first NicA meeting online. I met some wonderful people there who I am friends with to this day. My sponsor was there and she still is my sponsor. Some have passed on from the consequences of this disease, and we miss them.

I left the online community after about a

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year and went to the telephone meetings. I have enjoyed being part of the growth that has happened there. We have 21 meetings per week on the FreeBridge. We have a gratitude meeting, beginners meetings, Step meetings, open discussion and more. Some are at 8 am EST and some are at 11 pm EST.

NicA saved my life in other ways too. Chairing meetings, Intergroup service and sponsorship have all been tools to help me remain smoke-free, one day at a time. I am present now for everything that happens in my life. I am happy to say some of my grandchildren have never seen or smelled the odor of cigarettes on me. I have a lot of gratitude for being smoke-free. My sponsor asked me what I was going to do with the money I saved from not smoking. **Without thinking, I said I'll buy a motorcycle.** After 3 years I did just that and started riding. After a year I sold it and bought another. I have ridden to New York City, Ohio and South Dakota. Life is so much better without cigarettes holding me back.

I always thought they were helping me do whatever it was I needed to do; that somehow they protected me. Now I know that not only did they not protect me, but they were stealing life from me and from those I loved. Today I am so grateful for being an example for others as we go through life together happy, joyous, and free.

**If you think you can't stop smoking,** take it from me – the Nicodemon puffs itself up so it seems like it is bigger than Mt. Everest. In reality it is no bigger **than a tiny ant hill that you don't even** have to kick over - just step over it and keep on going. If I could stop after 45 years, so can you.

God bless and good luck,  
Katherine B  
Williamston, NC



## Gratitude in Action...

Chick, here... Grateful recovering nicotine addict. My message is one of growth, though I am going to be receiving Medicare in October. I feel so absolutely blessed to have found a way to quit smoking seven and one half years ago. I knew I couldn't quit on my own so I typed Smokers Anonymous in the search engine of my computer. From that entry, I visited the Nicotine Anonymous website, purchased literature, and somehow downloaded PalTalk for a Voices of Nicotine Recovery (VONR) meeting online...and my journey began.

When I opened *Nicotine Anonymous: The Book*, I learned I was a slave to nicotine. That was the beginning of the end of my smoking. The night before my twentieth anniversary in Alcoholics Anonymous I had eight cigarettes left, and the snow was coming down. I came up with the idea to quit smoking the same exact time and date that I **quit drinking...20 years later.**

I knew I could not quit smoking alone. I had tried it a number of times, and family situations always found me puffing away. I loved blowing smoke at people and excusing myself to get away from aggravation. I swore that I smoked because people drove me crazy. I had very high expectations of how I believed people should act. I'm a pretty independent person, and I thought others should follow my lead.

My first years of recovery were difficult. I became enmeshed with my group and had no desire to attempt to do anything else with my life. I was retired with a great pension. I thought I proved myself to the world and didn't need to do anything but what I wanted to do. What I really wanted to do was become comfortable inside of my own skin. Without the smoke screen, I had little desire to do anything. I was always involved with service in AA, so I did what I could for VONR too.

In 2010 I went to my first Nicotine

Anonymous conference as a delegate. I woke up late and had little interest in any of the meetings. Although three of my sponsees were present, I found myself crying by the pool during the brunch on Sunday. I just felt like I did not fit in anywhere. Although I did a lot of service for VONR, I often cried after meetings because I was accused of being a control freak. I did not feel liked in any manner.

My mom died that year and I did not smoke. That was a miracle.

The following year I went to the World Service conference in Baltimore. My discomfort stayed with me, however, during this conference I helped the webservant present a new website to the members. I also had two individual members come up to me whom I had never met in person. These strangers told me how much I helped them in meetings online. I was dazzled! I actually was helping someone! What an awakening.

During the Delegates meeting I was sitting next to one of these women and asked if she thought I could be treasurer of Nicotine Anonymous. She owned a business and I asked her about all of the reports the treasurer had presented. It all seemed over my head, but she encouraged me to throw my name in the ring. I won the election for treasurer!

Something happened to me the next three years that outweighed any of the missions I attempted to accomplish my entire life. Being on the Nicotine Anonymous board changed me and my insecurities. It's like some power greater than myself put me into this challenge and then my capabilities changed.

During this time period, I also worked the Steps and Traditions with my sponsor. By relating the Traditions with the Steps, I started to accept some of the many changes I needed to make in order to work better with others. Using the Nicotine Anonymous Step Study Workbook, I brought a meeting to my

*continued next page*

group every single week. It took a year and one half to get through the entire workbook with my fellow Nicotine Anonymous members. We just finished the book this week!

I feel blessed. I have been the recipient of a gift I never thought I would receive. **I am not big on the whole "God" part of program** but I know some power greater than myself got me to where I am today. Good orderly direction, along with the gift of desperation finally got me on a deserved path of being happy, joyous, and free. Who would have thought that putting nicotine down could lead me to this path of positive thinking, compassion, and love.

The tools of Nicotine Anonymous...literature, sponsorship, meetings, reaching out, and service...got me to where I am today. Thank you Nicotine Anonymous for saving this Chick from the depths of her stagnant negative space into a positive individual who continues to work to improve the quality of her life.

Chick P  
VONR group

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## Seven Minutes Meditation

*Today I acknowledge  
my feeling of fear;  
I decide whether  
the feeling  
is still useful to me,  
and if not,  
I gently release it,  
and affirm  
my new choice.*



- from 90 Days, 90 Ways

## Help Yourself, Help Others...

My anniversary: 3/1/04 (12 years, 3 months, 26 days)

I drove out to Southern California to stay with a friend who opened her home **to me, straight from a Woman's Abuse Shelter in Illinois.** I talked on the phone with a friend and my mom several times a day on the way and stayed with my **friend's sister in Littleton, CO on the way** out. I had decided that since I was moving to California, I needed to quit smoking as people who live in California spend a lot of time outdoors exercising a lot, and generally have healthy lifestyles. Also, it would just be another mark against me if I interviewed for a job and smelled of smoke. I arrived on **my friend's doorstep and told her, "I need to quit smoking and I need your help."** (Became willing to get my ego out of the way and accept help.)

My friend had a relative in the AA program and was a little familiar with the Steps and how it worked. Also, she had been given a card from Nicotine Anonymous, **but didn't even remember where** she got it from. She went online and printed the Steps and Traditions for me so I could see what it was like. She found local meetings and asked me to go with her. Granted I was still emotionally fragile from the relationship I had **left back in Illinois, but I'm still surprised** every time someone walks into a meeting all by themselves, becoming willing to try to quit.

I remember leaving my first meeting and noticing that I felt hopeful that I **could have a successful quit if I "kept coming back"** - and these people wanted to help me do that. While the program struck me as simple and kind of hokey, and I felt someone needed to chain me to the radiator and make me quit, I saw right away that I needed to learn to live without my cigarettes. I told myself my **father would say, "You can't say it doesn't work if you don't really try."** So I

decided I needed to go to war against this addiction and give it everything I had. I needed to do everything they told me I needed to do.

My friend and I went to 5 or 6 meetings and she set a quit date. To tell you the **truth, while I wasn't quite ready, I'm so** competitive that I had to quit with her.

I quit on a Thursday night so Friday at my job was pretty rough, but I just kept telling people I was sorry, and that I had just quit smoking. Everybody gave me encouragement and brushed off my irritability, saying to just keep going and **don't smoke. The weekend was hard but** someone at a meeting had told me to break it down - that I just needed to get through the next hour or the next 5 minutes. I had lots of cravings but I also noticed that I would have an hour where **I didn't think about it. Work was the** best because I could focus on it and not feel sorry for myself. I was a better **employee from Day 1 because I wasn't** thinking about how I could get outside to go have a cigarette; instead, I was focused on my job. I still took my breaks but I talked to my mom or my friend instead of isolating and chain smoking. I understood that the phone list was there for me to talk to someone **who understood, but I didn't know those** people at first. I started calling them after a few days though because I was so needy. I wanted to spread it around a little and not lean on anyone too much. I took a job at both the meetings I attended to motivate me to get there (i.e. I have to go, I am the chip person). I reminded myself that I was doing it different this time; I asked my Higher Power for help often. I said the Serenity Prayer again and again - and it helped.

While sometimes I felt it was a long torture and I would never get relief, I **began noticing I hadn't thought about smoking all day when I didn't even have** 2 weeks off yet. The program helps you keep the focus on the positive. Writing was a big help to me too. I just took notes at meetings and then maybe

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wrote a couple sentences in my journal at night. I always feel better when I write a little bit.

**I'm only proud of my first year and a half off nicotine because it hasn't been hard at all since then.** The rest has been a cake-walk. That is entirely attributable to my working the Steps and putting in the effort to find out why I smoked in the first place and make some changes in my life. I feel like I am an entirely different person than I used to be because of all the changes my Higher Power has worked in me. I am grateful to be able to attend meetings and help others.

Please allow yourself to be helped so that in the future, you can be of help to someone else.

Angela P  
Westminster, CA

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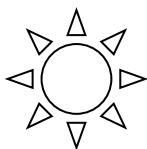
### *A Note from Chick P, WSO Online Meeting Coordinator:*

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

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.



## Virtual Members Project

Want new members for a flagging Nicotine Anonymous group? Want a face-to-face weekly NicA group but none within driving distance? How about virtual membership?

As an email servant for more than 10 years, I have had many requests from addicts for a nearby face-to-face NicA group, but there were none in their area. After years of recommending starting one's own and how to do it, or attending daily internet and telephone meetings as described on our website, an idea rather popped into our laps. Our little NicA group – the only one in the Florida Panhandle – has four addicts we can count on to show up every Friday afternoon in our living room. And it is not because we are lax about putting up bright pink posters everywhere inviting newcomers!

During the summer of 2014, I received an email from a lady in northern California who had smoked for 51 years (last 10 years in the closet, thinking her husband didn't notice). There was no NicA group within driving distance for her. She and I both naturally gravitated to writing and I thought of the idea of a "virtual NicA member" and asked our group if they wished to invite her to be a member from California to our tiny group in the Florida Panhandle. The response was a resounding YES.

Bonnie wrote us an "e-share" weekly before our meetings. Every Friday afternoon she followed along our meeting format (she had a copy too). When we started sharing, I read Bonnie's share first. Last summer she didn't think she would ever become a non-smoker. But lo and behold, her freedom came much quicker than she expected. 1 September 2014 she smoked her last cigarette. Bonnie said she could literally feel our support back in California every Friday afternoon.

In the beginning, while we were figuring out how to correctly follow the Steps

and Traditions, I would write her a summary of what everyone had shared. We eventually figured out that was not right, because no one should summarize what someone else has said. So we switched to each member (virtual or in person) actually writing their own shares to each other, if they felt so inclined.

Each month that Bonnie was free from nicotine for another month, our group in Florida would hug and yell congratulations and high-five each other. Her input and successes really put a lot of energy into our little group. Bonnie occasionally sent donations by mail. We also energized her, and she started a NicA group in California that has five regular members now.

Just a few months later, there was a woman in Milwaukie, Oregon looking for a face-to-face NicA group. Colleen couldn't find one, so she started one on her own. She is the only member - kind of discouraging at times. We decided to invite her to be a virtual member of our group too. She gladly accepted because it meant getting regular weekly email communication and encouragement. She uses an e-cig and has not managed to let go of the vaping yet, but she is another welcome contributing member to our small group.

In her last e-share to us, Colleen wrote, **"I need to complete this share. I need to continue. I only can say how much all of your support and consideration in helping me 'hold on' means to me as I go about the days of my life here in Oregon. It is a comfort and a privilege to imagine all of you through the words that you share of your personal experience, strength and hope."**

Enlarging a NicA group with virtual members and inviting disheartened nicotine addicts to join your face-to-face NicA group via email is an idea for supporting more addicts. We are so happy to have two virtual members and would welcome more. We hope all isolated

*continued on page 8*

nicotine addicts and small NicA groups that would give a "home" to a virtual member will contact [info@nicotine-anonymous.org](mailto:info@nicotine-anonymous.org) so we can try to bring you together.

Gwynn A  
Email Servant and World Meeting  
List Coordinator  
Niceville, Florida

## In her own words...

Now we hear from Bonnie herself, who describes her successful quit while a "virtual member" from one coast to the other.

I, a Californian, with no Nicotine Anonymous face-to-face meeting within driving distance, had the good fortune to become a virtual member of a NicA group in Florida in summer 2014. As a 50-year-smoker, I had no expectation that "pretending" to be present at the Niceville, Florida group on Friday afternoons for an hour, and following along with their meetings, would be any more successful than the other times I had tried to quit.

But it was, and so much more. I would write them my share by email before their meetings, and they would "include me" in their small meeting of four. It almost seems like a miracle now that not only did I become nicotine-free on 1 September 2014, but by February 2015, I started a NicA group in Mt. Shasta, CA. We have 6 members – nicotine-free for 3 weeks, 3 months, 4 months, 6 months, my 11 months, and one gentleman with 15 years. He had no NicA experience along the way, but comes because he wants to make sure he never relapses.

What a success story. The written support and virtual support of the members of the Bluewater Bay NicA group in Niceville, Florida has mushroomed into a total of 10 people who are nicotine-free.

Bonnie R  
Dunsmuir, CA

## Quote Corner

"The best thing about the future is that it comes only one day at a time.

- Abraham Lincoln



NicA literature  
now available in  
Kindle version on  
[Amazon.com](http://Amazon.com)

*Nicotine Anonymous:  
The Book* - \$7.99  
*Our Path to Freedom* -  
\$4.50

*A Year of Miracles* - \$9.99

*90 Days, 90 Ways* - \$4.50

*Newcomer's Booklet* - \$4



**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  
or send an email  
to [outreachcoordinator@nicotine-anonymous.org](mailto:outreachcoordinator@nicotine-anonymous.org)

## In Memoriam

Nicotine Anonymous mourns the recent loss of Lisa C, a member from Los Angeles and phone meetings.

*Below, JudiAh D from Southern California (née Judi D, New Paltz, NY) shares remembrances of Lisa.*

I first met Lisa C at a Thanksgiving Meeting Marathon in Downey, California a few years ago. She had just a few months off of nicotine. When I saw her again at the World Service Conference in Long Beach, it was so wonderful to see all the physical changes that freedom from nicotine can bring to a human being. What a bright spot. I remember she brought her little dog to the conference.

Lisa was also really active in phone meetings. During the couple of times I chimed in, there was Lisa, giving service, chairing a meeting and cheering on people who were still struggling. To so many she acted as a beacon of light, showing that freedom from nicotine is possible. May her memory be for a blessing.

Lisa, we were shocked to have you leave us so quickly, but we know you are joining the Nicotine Anonymous meeting in heaven. There will be some familiar faces there. Among them are George L and Patsy of Southern California Intergroup, and John R and Roz H from Voices of Nicotine Recovery, all of blessed memory. Even in passing, you are not alone. We wish you peace and eternal connection with your loving Higher Power.





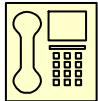
Nicotine Anonymous  
The only requirement for membership is a desire to stop using nicotine.

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.



Pray, and you may find:

Possibilities — new options  
of hope

Recovery — sane  
serenity

Acceptance — of the urge  
without using

Yourself — in a new light



### 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)

## Outreach Announcements

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

For more information, email [outreachcoordinator@nicotine-anonymous.org](mailto:outreachcoordinator@nicotine-anonymous.org), or call Jeff at [760-401-6503](tel:760-401-6503).

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**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), or call Jeff at [760-401-6503](tel:760-401-6503).

## 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



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



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.

- 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.



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 June 2015

	<u>Jan - Jun</u> <u>'15</u>	<u>Jan - Jun</u> <u>'14</u>
Ordinary Income/Expense		
Income		
4000 · Donations	7,107.71	6,136.64
4100 · Literature Sales	19,780.64	14,115.89
4290 · Shipping & Handling	2,656.63	2,451.93
4296 · 2016 Conference Profit/Loss	-1,000.00	
4297 · 2015 Conference Profit/Loss	1,114.11	-750.00
Non Profit Income	181.63	0
Total Income	<u>\$29,830.98</u>	<u>\$25,517.37</u>
Cost of Goods Sold		
5000 · COGS	<u>7,463.91</u>	<u>6,007.05</u>
Inventory Shrinkage	0	0
Total COGS	\$7,463.91	\$6,007.05
Gross Profit	\$22,367.07	\$19,510.32
Expenses		
6000 · Office Expenses	12,496.49	11,852.68
6600 · WSO Expenses	3,963.34	2,771.42
Total Expenses	<u>\$16,459.83</u>	<u>\$14,624.10</u>
Net Operating Income	\$5,907.24	\$4886.22
Other Income/Expense		
8000 · Interest Income	20.01	29.15
Total Other Income	<u>\$20.01</u>	<u>\$29.15</u>
Net Other Income	\$20.01	\$29.15
Net Income	<u>\$5,927.25</u>	<u>\$4,915.37</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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**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>

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), or call Jeff  
at [760-401-6503](tel:760-401-6503).

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