



# Seven Minutes

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

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## Chairperson's Report

"Show me the way of patience, tolerance, kindness and love," taken from our Third Step Prayer, is one of the guiding principles that has been meaningful to me. Like many other things it is simple and not always easy.

The world has changed, people have changed, and our fellowship has changed. Navigating through all these changes while focusing on one thing, to remain free from this powerful addiction, has brought challenges. I am eternally grateful for the wisdom freely shared with me by others on the recovery journey that help me to remember the Third Step Prayer.

We are a self-supporting fellowship that exists because of our members giving time, talent, and money. Service is a tool of recovery and provides an opportunity to give back. A heartfelt thank you to all who give so generously in whatever capacity. Being a delegate is one way to serve. This year we had 44 registered delegates for our annual conference. See *pages 6-9 for more Conference details.*

Behind the scenes there is always a lot going on with NAWS. The big news is that Bill P, our beloved office manager, is retiring the end of 2023. He has assured the board that while he is retiring from that position, he is not retiring from other ways of being involved with NAWS.

Several new meetings have been registered with NAWS, so if you haven't checked out meetings recently, please do so. You may find another meeting you'll want to attend. Current meetings are listed at [nicotine-anonymous.org](http://nicotine-anonymous.org).

The new website being built for NAWS is still in process. We are hoping to launch it very soon.

The various committees are busy and could always use more volunteers. Structure, Outreach, and Literature are the ongoing committees. The Literature Committee has gotten so busy that they now have a few subcommittees to handle a specific project, such as On-Demand Publishing. If you would like information regarding a committee, you can read about it in our Policies and Procedures Manual, found on our web site, or contact the coordinator of the committee, also found on our web site, or contact [chairperson@nicotine-anonymous.org](mailto:chairperson@nicotine-anonymous.org).

I want to extend well wishes to the NAWS board officers as they begin their Active year of service:  
Danelle R - chairperson  
George V - treasurer  
El R - secretary

Lastly, I thank you for the opportunity to serve as chair of this wonderful organization. I have not done the job perfectly nor in the manner some would wish. I have done it to the best of my ability, always knowing this is a "we program." Decisions were made with group conscience whether that be the board, the Traditions Committee and/or other committees that I served on. Most times more than one group was part of making a group conscience decision.

Best of luck to Danelle, our new NAWS Chair!

*In service,  
Sharon C  
outgoing NAWS Chair*



*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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9. A.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
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12. Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

*Our Preamble*

Nicotine Anonymous is a fellowship of people 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*

## Freedom...

I was at a meeting recently where an entry from Reflections on Freedom was the discussion topic. A sentence leaped out at me: "I had no life except my addiction." That is a perfect description of my existence before Nicotine Anonymous. I'd smoked for much of my life, most recently for 20 years straight. It's a progressive disease and mine got progressively worse until at the end I was smoking part of a cigarette every 20 minutes (that "craving call" from Our Promises). I was completely obsessed with smoking. I couldn't focus on anything because all I could think about was my next hit of nicotine. I couldn't even be present for my teenage daughter; when I was with her, I just wanted her to go away so I could smoke. That was probably my bottom.

I was having health issues too – severe pain in my chest and upper back. I had an EKG and a CT scan of my lungs. Everything was ok, by the grace of God. Through it all, though, I kept on smoking. I had decided that having my nicotine was worth the pain.

Eventually, though, I knew I had to stop. The pain was just too severe. I kept trying on my own and getting nowhere. I'd quit for a couple of days, then pick up again. This happened over and over. I had a fantasy that I could smoke just one cigarette a day, in the morning. Of course, that was impossible. As soon as I had that first one, I was off and running again.



Then it occurred to me: There has to be a 12 Step program for people addicted to nicotine. I went online and immediately found Nicotine Anonymous. The day of my first meeting was my last day smoking. The next day I went to another meeting and haven't had a cigarette since. At this writing, that was 60 days ago.

Now, I go to as many meetings as my schedule allows. I love the people and get so much out of the sharing. I was welcomed with open arms. I was taught the five D's which were a life-saver in the beginning. I got a quit buddy who has been instrumental in my staying sober. I heard an expression – the craving will go away whether I smoke or not – which I repeated to myself every time I wanted to pick up. And the people in the rooms were right! If I just waited it out, the cravings passed.

Things have gotten progressively better. I rarely think about smoking anymore and have a physical craving even less frequently. I have my attention span back. I am present for the people in my life. My physical pain has gone away. My life is not consumed by the need for nicotine. I was a prisoner to my addiction and now I am free.

None of this would be possible without Nicotine Anonymous, the Steps, my Higher Power, and the fellowship. I simply couldn't quit smoking by myself. I needed the encouragement and support of fellow addicts. I am incredibly grateful for my new life and for the blessings of this program.

Nancy K  
Lexington, MA

## Quote Corner

"By practicing the Steps and using the Tools that help us (meetings, phone list, literature, sponsor and service), rather than the things that hurt us, we welcome the healing of recovery into our lives."

- from the NicA  
"Slogans" pamphlet



## From the Free Bridge Telephone Group...

*A little ditty to the tune of a well-known Janis Joplin song.*

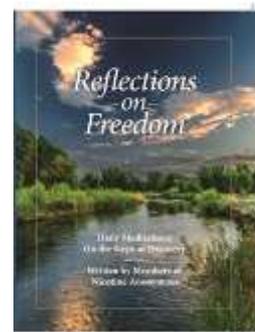
Oh Lord, won't you give me  
a nicotine-free day?  
My friends are all smober  
and want me to be free.  
Been praying all my life time,  
the Nicotine Anonymous way.  
Oh Lord, won't you give me  
a nicotine-free day?



## Reflections on Freedom: Daily Meditations on the Steps of Recovery

written by Members of  
Nicotine Anonymous (NicA)

Our latest conference-  
approved meditation book  
contains 366 entries and an  
Index of recovery topics



Available in the  
Nicotine Anonymous Store at  
[www.nicotine-anonymous.org](http://www.nicotine-anonymous.org)

**Upcoming Phone  
Marathon Meetings**

**July 4  
"Celebration of Freedom"**



**September 4  
"Fall into Recovery"**



**All meetings are hosted  
by the Free Bridge  
Telephone Meeting group**

**On each date meetings  
begin at 8 am EST  
and run at the top  
of every hour.  
Last meeting starts  
at 11 pm EST.**

**\*A different topic for  
each meeting\***

**Phone: 667-770-1474  
Pass code: 207490#**

**See [nicotine-anonymous.org](http://nicotine-anonymous.org)  
for information on  
all regularly-scheduled NicA  
phone meetings**

**Attention / Pass it on**

Free Bridge callers:  
Carrier trying to charge or  
block you from getting on  
a phone meeting?  
First dial 720-844-1217  
Enter access code 207490#  
Then dial the NEW  
work-around number:  
667-770-1474  
Follow the prompts.

**Practicing the  
Solutions...**

Before becoming a member of Nicotine Anonymous, I had many misguided beliefs. I believed I couldn't stop using nicotine because of the stress and frustrations of my daily life. By blaming stress as the problem, it became my excuse to keep using nicotine. I wished for a magical life without any stress. I thought if only I had more money, a better job, a better relationship, and on and on.

My sanity began to be restored by practicing the guidance of the Serenity Prayer. Examining the unmanageability of my life, I began to realize I had been trying to change the things no one could change, and avoiding the things I could do something about. At meetings I heard the suggestion to "focus on the solution rather than the problem."



I read the Serenity Prayer pamphlet that states, "Remember, it is not really the stress, frustration, or even the craving that causes us to keep using nicotine again, but rather our lack of serenity and courage to deal with the craving."

NicA has provided me with many solutions, however, my addiction wants me to resist using them. The NicA slogan, **Surrender Allows Change**, reminds me how I can begin to let go of my ineffective beliefs and actions. In *Nicotine Anonymous: The Book*, I read: "Through surrender came the willingness to try anything, including letting ourselves be helped by something good and wonderful." This fellowship is "something good and wonderful."

Today, I will practice using the solutions to have the peace I seek.

*Checko M  
Rosendale, NY*

**This Happy Day...**

This happy day I am nicotine-free. It's a cause for celebration. It's a gift I have given me. Today's a joyful occasion.

Each day is without a cigarette, though I never thought I could. This bold work must be the best yet, I am so glad I've quit for good.

*Jon B  
Belmont, MA*



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



**Heard it at  
a meeting**

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

## *I Have to Trust...*

One surefire way to make a problem is to think that I'm separate from God, my highest power. But let's get first things first, and in order first. Over and above anything else, I have to trust Him. No matter what, I try. So, I had to stop thinking with ego, edging Him out, and remember to trust Him above all else. There is nothing to fear - if I never quit smoking, I believe it would also be part of His plan for perfect happiness.

Mary M  
Texas

### **Nicotine Anonymous Step Study Workbook**

A helpful tool for  
working the Twelve Steps



Available for purchase in  
the Nicotine Anonymous  
Store

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

*Taking  
a Step  
is an  
Act  
of Faith*



## *If Nothing Changes, Nothing Changes...*



For so many wasted years  
I was rattled by copious fears  
Sitting on the pity pot  
drenched in my own tears.

One death stick was always one  
too many  
Like the nicotine junkie I was  
it was my job to make sure  
I always had plenty.

Even if I had to beg, borrow, or steal  
Whatever it took, as long as I  
didn't have to feel  
You know the deal.

A thousand cigarettes would never  
have been enough  
Trying to live my life  
without my drug of choice  
Well, that concept always seemed  
too tough.

Before I could even rise out of bed  
obsessive thoughts of nicotine  
rolling around,  
clouded inside my head  
My inner junkie screaming to be fed.

In active addiction  
I was caught up in such a cruel,  
deadly affliction  
and my daily routine was always  
the same  
Anything short of abusing nicotine  
was lame.

I chased after my drug of choice  
with much vigor  
Just about every person, place or  
thing was a trigger.

Nicotine was my best friend  
until it turned on me  
there in the end.

Hacking, coughing, stinking,  
and now difficulties with breathing  
My body and mind was covered in  
poisonous smoke and wreathing.

Begging, borrowing, and stealing  
just to get my nicotine fix  
Oh yeah, there weren't too many  
things I would not do  
just to get that next death stick.

Back in 2003 something started  
to click  
I became sick and tired of always  
being sick  
Just tired of being a slave  
Began to have thoughts of me  
meeting an early grave.

I was tired of living in the hell of  
active addiction  
I grew sick and tired of all  
the mind tricks.

By my Higher Power's grace  
I prayed a lot, and became  
sort of perky  
Then I stopped all use of nicotine,  
cold turkey

Two months completely nicotine-free  
I found Nicotine Anonymous  
and an entire fellowship  
to support me.

I got myself a sponsor  
Someone who had already worked  
the 12 Steps in her life  
Someone who could guide me  
through the Steps,  
and who could support me  
through my inner strife.

I'm grateful to have a sponsor who  
exemplifies how to  
live and work a spiritual program  
Blessed with the strength of my  
Higher Power, my sponsor,  
and friends,  
my recovery life feels like  
a grand slam.

ANY nicotine junkie (or nicotine  
addict) who is willing  
to do the "work" can change.

Just remember,  
if nothing changes,  
nothing changes.

Lulu T  
20+ years smober

# Nicotine Anonymous World Services Conference 2023

## "Nicotine-free in '23"

### **NAWS Conference 2023: My In-Person Experience**

by Bill H, NAWS officer-at-large and video conference host

Baltimore, Maryland was the site of the 38<sup>th</sup> Annual Nicotine Anonymous World Services Conference. Thirty-nine in-person and sixty online members were registered to attend.

Congratulations to our newly elected NAWS officers: Leslie D, chair-elect, Patrick O, treasurer-elect, and Sharon B, secretary-elect. As I mentioned to Leslie at the end of the conference, when there is only a sole candidate for each position, it is as if these are the ones who were meant to be!

First to the business – all five proposed bylaws changes were approved by a clear majority of delegates. Delegates will now need to register 60 days before the conference, instead of 30 days. This will allow more time to digest voting items and discuss them with the members they are representing. Some of our recent proposed new literature has been more than 50 pages, and many felt more time was needed. (Exact wording of the five bylaws changes can be found in December 2022 edition of *SevenMinutes*.)

Revisions to *Nicotine Anonymous: The Book* for the chapters on Steps Three and Five were approved. Revisions to the Steps One and Two chapters were approved last year, and there were no suggested changes to Step Four. The workshop did not have time to review the Step Six chapter, so that will be saved for next year. *The Book* won't be reprinted until all the Twelve Step chapters have been revised.

*The Butterfly Book* was not approved to be the newest NAWS literature, with many voices saying it was a valuable work but not quite ready. Although the delegate's packet asked people to submit their comments to the Chair before April 15<sup>th</sup>, discussion ensued Sunday morning as to the attributions at the top of each entry. Are we endorsing a sect or denomination by including their wording in our literature?

Is the under-representation of quotes from religions that may be more prominent in non-U.S. countries a statement in and of itself? Do we need to revisit the inclusion of quotes in the already-approved meditation books, not to mention (gasp) this very newsletter?



My initial reaction was that I love the quotes, and if someone is offended by them, does that mean the quote needs to be changed or does the individual need to work with their sponsor to see why it is offending them? But someone pointed out that even if one newcomer does not "keeping showing up" because they feel we are affiliated with a particular religion, is it worth keeping them in? Isn't it possible to replace all outside quotes with equally compelling quotes from existing NicA literature? Interesting questions that will be pondered in the coming year.

Outside of the business at hand, I must offer kudos to the conference planning committee with many thanks to the dedicated volunteers. I thought the venue worked out great. The main meeting room was the perfect size. The hybrid aspect of the conference went off without a glitch. The food was enjoyable, much better than standard banquet room meals we've had in the past. And the view outside my bedroom window was spectacular – green trees and blue skies!

This is the first time I attended the Sunday Sunrise Meeting, which was held in the Hospitality Room. And yes, it lived up to the reputation of being the best meeting of the weekend, although the Friday night Gratitude meeting was another highlight. The Untalent Show on Saturday was a real hoot, hosted by the incomparable Jan S, although we may need to change the name to the Talent Show next year, as everyone did a great job! I thought the Trivia Game hour was a great addition. Our weekend speakers Sharon B and Wil touched our hearts with inspiration and hope, and I heard the Saturday night speaker wasn't bad either. ;) (editor's note: Saturday night speaker was Bill himself!)

But the best part for me was being face-to-face with real live people. Sitting with different people at each meal, or just sitting in the lobby and talking with friends old and new is what I will remember the most. I encourage you to start saving for next year's conference. It will be a weekend that you'll cherish for years to come.

# Nicotine Anonymous World Services Conference 2023 "Nicotine-free in '23"

## **Shares from other conference attendees...**

Attending the World Services Conference for me is a bittersweet experience. Sweet, in that I'm grateful to be able to attend virtually as my (busiest time of the year work) schedule permits. Bitter in that I wish I could attend in person and hug friends I've met in Nicotine Anonymous from around the country.

I attended as the secretary for the Service Structure Committee. My focus was on capturing the ideas and suggestions members & delegates made during the workshop. For me, it was a great practice in listening.

A trusted servant once told me that participating in a group conscience is practicing Step 11 in a group. When we share our ideas, questions, and passions, our Higher Power is being expressed through the group conscience. The shift of approaching a business meeting as a spiritual practice was a game changer for me. It helps me listen with an open mind and gives me a greater respect for every member participating in that group conscience.

*Alicia R  
Freedom Seekers Group  
and Service Structure Committee*



Even as a virtual conference attendee this year, I felt connected to others across the world and a part of a great good. We accomplished much, and kept our focus on our primary purpose, offering support to the still-suffering addict. This next year, we're aspiring to utilize our members' many talents to move us forward in creative and exciting new directions in such areas as workflow, outreach, literature and our new and improved web site. Bravo to all who are stepping up!

*Aimee C  
Little Rock, Arkansas*

Because of scheduling conflicts, I was unable to attend the conference in person this year. Happily, online access was available. I joined 30+ others online. Those handling the AV did an excellent job. The video was excellent too, as was the sound. Also, in workshops and business meetings, the comments were managed in a fair way, going back and forth between in-person and online folks. My thanks!

Keith was an excellent moderator for the Friday evening Gratitude Meeting, balancing between online shares and in-the-room shares. Thanks goes to Bill H who was NicA host for the online folks on Saturday and Sunday. NicA Chair, Sharon C, ran the general business meetings Saturday and Sunday with steady grace and great efficiency. My thanks!!

Thanks also to the Parliamentarians, Chick and Pat, for keeping the voting orderly and moving along. Wil's talk on Sunday morning was spiritually moving. Thank you!

The NAWS Conference conducts the serious business of this important fellowship. Sometimes the work seems tedious but it got done. Thank you to the Conference Committee for a truly moving and productive conference!

I hope to attend in person next year in Asheville, NC!  
*Marguerite B  
Berkeley, CA*



# Nicotine Anonymous World Services Conference 2023 "Nicotine-free in '23"

## **About the Delegate Workshops...**

Everyone had a great time at the World Service Conference. It is amazing when members of the fellowship can get together (in person or via video conference) to share our recovery and help the Nicotine Anonymous fellowship flourish.

I was involved with the two Service Structure Committee workshops held on Saturday. One workshop discussed the roles and responsibilities of a delegate to the conference. This workshop delineated some specific suggestions, including enhanced two-way communication and dialogue between the fellowship, groups and the board. It was explained that delegates serve for a year term and not just for the conference itself. The workshop members agreed that the Service Structure Committee should present potential additions to our Bylaws that specifically address a delegate's roles and responsibilities.



The goal of the second workshop was to determine if the Bylaws of Nicotine Anonymous should be changed to reflect a more inclusive way of selecting delegates. Our discussion ranged from making no changes to allowing each meeting/group listed on the World Services Meeting List to be entitled to select a delegate. There was also discussion on the role and function of Intergroups in selecting delegates. It was determined that Intergroups continue to play a vital role for the groups they represent, and that they should continue to be part of the structure of World Services, including having a voice at the conference and within the fellowship. The workshop and thereby the conference has directed the Service Structure Committee to consider presenting Bylaws revisions to the board by the fall of this year, and then to the fellowship at large at next year's conference. Such revisions include the following with regard to the selection of delegates:

- Each meeting (which is the same as a group) listed on the World Service Meeting List can select one delegate
- A delegate may only represent one group
- Each Intergroup that is registered with World Services can select one delegate
- Officers of Nicotine Anonymous will continue to be considered a delegate at large



In making these changes to how delegates are selected, there will need to be additional changes elsewhere in the Bylaws. The Service Structure Committee will review the Bylaws document in its entirety to determine what changes and additions may be needed.

To be a part of this committee, join us on the last Wednesday of every month from 8-9:30 pm ET. Please contact Bob at [servicestructurecc@gmail.com](mailto:servicestructurecc@gmail.com) to be added to the video conference invite.

*Robin L  
Marietta, Georgia*



# Nicotine Anonymous World Services Conference 2023 "Nicotine-free in '23"

## **Attendees from the Free Bridge Telephone Group weigh in...**

I was honored and excited to have the least amount of nicotine-free time. I enjoyed listening to all the experience, strength, and hope at the Gratitude Meeting.

*Christine C*  
Pottstown, PA

What a fabulous event! Sharing, caring, and making history as a team. Changing lives. The weekend would not have been complete without learning that it's NOT Baltimore, Maryland. But instead.....Bawl-DAH-more, Merlend. (Thank you hun :)

*Jorie*  
Pinnacle, NC



I enjoyed the literature workshop. I even got to make a comment and vote, even though I am not a delegate. I also absolutely loved the lady on the Talent Show who gave the lesson on the way we talk in Baltimore!

*Kathryn R*  
Denison, TX

Florida does not have any face-to-face meetings and it was wonderful putting faces to voices often heard on the Free Bridge. The conference is a wonderful way to meet people and my phone list has increased. Hearing all the smober time was inspiring. The FUN and laughter gave me a natural high that nicotine never provided.

*Zinna C*  
Florida

I felt like a fish out of water at first because of all the old timers, but they were so loving, kind and gracious that I immediately transfigured into this giddy, laughable, childlike woman who couldn't stop smiling. I encourage anyone who is physically able to come to a conference, even if you are working because it uplifted me so high and really made me see the need to do service. If you are on a budget like I am, reach out. Someone will help you. I received help and I'm glad I said something to someone.



It's a WE program. We're all here to support each other, so reach out and let your voice be heard. Love you all!

*Cheryl M*  
Coney Island Brooklyn, NY

## **2023-24 NAWS Board Members**



Active Chair – Danelle R

Chair Elect – Leslie C

Chair Emeritus – Sharon C

Active Treasurer – George V

Treasurer Elect – Patrick O

Treasurer Emeritus – Keith H

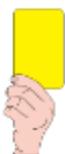
Active Secretary – El R

Secretary Elect – Sharon B

Secretary Emeritus – Tammy T

*Thank you for your service and for being part of the 2023 NAWS Conference!*

## Nicotine Anonymous Meeting Etiquette Card



Nicotine Anonymous offers these suggestions for groups on how to provide a welcoming, safe, and positive experience for all of their members. This has been created in the spirit of Tradition One, which states that, "Our common welfare should come first; personal recovery depends upon Nicotine Anonymous unity." All of the Traditions play a vital role in Twelve Step recovery.

All meeting participants aim to refrain from any behavior that makes others feel unsafe or unwelcome. The purpose of our fellowship is recovery; individual behavior needs to be based on mutual support and mutual respect.

What follows are a few commonly accepted guidelines:

- Meetings are intended to foster a safe, respectful, and supportive environment.
- Members are encouraged not to judge, criticize, or give unsolicited advice.
- All attending are asked to avoid cross talk, which is often defined as interrupting or commenting on another's share.
- During meetings, members focus on sharing their own experience, strength, and hope as it relates to their recovery from nicotine use (e.g., using "I" statements rather than "you" or "we").
- It is courteous to keep shares within the group's established time limit.

- Many groups find it beneficial to rotate service positions regularly to ensure that the spirit of our Second Tradition is observed.
- Groups are encouraged to schedule business and/or group conscience meetings to address any issues that members may want to discuss. These are typically scheduled in advance to allow anyone who wants to weigh in on the issue the ability to attend.

- Each group is autonomous (Tradition Four) and has the right to establish boundaries as determined by group conscience. Any approved consensus may be incorporated into the meeting script.

As stated in *Nicotine Anonymous: The Book*: "This is a mission of love spreading out to members either still in the grip of nicotine or struggling with other aspects of their recovery." The resolution to any conflict that may arise at a meeting possibly already exists in our literature, including *The Twelve Traditions of Nicotine Anonymous Extended Version*. Members are encouraged to read our literature and explore our website.

Whether a group meets in person, over the phone, on the internet, or via virtual conference technology, the atmosphere of Nicotine Anonymous meetings aspires to be supportive and inclusive. We hope these guiding principles will help ensure our fellowship flourishes and our members "Keep Showing Up."



HAVE AN IDEA FOR A NICOTINE ANONYMOUS PUBLIC SERVICE ANNOUNCEMENT?



Draft the text for a 15 or 30 second audio PSA or create your own audio file!

For questions or ideas, email [nawsoutreach@nicotine-anonymous.org](mailto:nawsoutreach@nicotine-anonymous.org)

## Applying the Serenity Prayer...



The thing I cannot change is that I am an addict. The courage I was given helped me become a non-smoking addict. And it was Higher Power who gave me the wisdom to know there was a difference.

Gwynn A  
Florida

Put a Little  
Prayer  
in Your Air

# 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...

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

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



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



Coordinates and connects pals who want to communicate via email.

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

**How:** Contact either email address above to begin connecting.

**NAWSO**  
**Profit & Loss YTD Comparison**  
**January through March**

	<u>Jan - Mar</u> <u>2023</u>	<u>Jan - Mar</u> <u>2022</u>
<b>Ordinary Income/Expense</b>		
<b>Income</b>		
4000 · Donations	3,850.38	5,071.30
4100 · Literature Sales	5,096.62	7,561.47
4290 · Shipping & Handling Income	1,486.80	2,101.40
4187 · 2023 Conference	-2,174.73	n/a
Non Profit Income	48.60	2.50
Miscellaneous Income	4.18	6.69
Sales of Product Income	756.57	516.63
<b>Total Income</b>	<b>\$9,068.42</b>	<b>\$15,259.99</b>
<b>Total Cost of Goods Sold</b>	<b>\$2,923.29</b>	<b>\$3,255.99</b>
<b>Gross Profit</b>	<b>\$6,145.13</b>	<b>\$12,004.00</b>
<b>Expenses</b>		
6000 · Office Expenses	7,681.58	7,715.03
6600 · WSO Expenses	1,754.21	—
6900 · Other Operating Expenses	106.31	76.36
<b>Total Expenses</b>	<b>\$9,542.10</b>	<b>\$7,791.39</b>
<b>Net Operating Income</b>	<b>\$-3,396.97</b>	<b>\$4,212.61</b>
<b>Other Income</b>		
8000 · Interest Income	1.92	1.92
<b>Total Other Income</b>	<b>\$1.92</b>	<b>\$1.92</b>
<b>Net Income</b>	<b><u>\$-3,395.05</u></b>	<b><u>\$4,214.53</u></b>

# BIRTHDAY CONGRATULATIONS

**Virginia D – 6/1/06 Keith M – 6/2/02 Elizabeth B – 6/6/99 John M – 7/7/07**

**Ken N – 7/14/06 Mary R – 8/1/01 Marguerite B – 8/6/96 Amelia G – 8/15/05 Bill H – 8/28/99**

Post your Nicotine Anonymous birthday in **SevenMinutes!**  
Send in your first name, last initial and nicotine quit date.

US mail: Nicotine Anonymous World Services  
6333 E. Mockingbird Lane  
#147-817  
Dallas, TX 75214

Email: **SevenMinutesEditor@nicotine-anonymous.org**

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## Nicotine Anonymous Meeting Options

*Tradition Three:* The only requirement for membership is a desire to stop using nicotine.



Face-to-face meetings



Telephone meetings



Video Conference meetings



Internet meetings

To access NicA meeting information, visit  
[www.nicotine-anonymous.org](http://www.nicotine-anonymous.org)  
Click **Find Meeting**

# Service is the Key

Nicotine Anonymous World Services needs volunteers  
for the following open positions:

## **OUTREACH COMMITTEE COORDINATOR**

Leads the Outreach Committee in developing public outreach projects.

## **OUTREACH COMMITTEE**

Works on ideas and project development to help carry the message.

## **TELE-SERVANTS – ESPECIALLY NEEDED!**

Responds to phone calls to share hope with those seeking freedom from nicotine.



## **TRANSLATIONS COORDINATOR**

Works with the Literature Coordinator to continue the efforts to translate our literature into other languages.

## **TRANSLATORS**

Helps us spread the word by translating our literature, or when non-English inquiries come to our attention.

## **INTERNATIONAL GROUP COMMITTEE**

Serves to enhance the relationship between NAWS and international groups.  
Bi-lingual skills are an asset.



## **ON-DEMAND/e-BOOK PUBLISHING COORDINATOR**

Works with our Graphics Design Coordinator and Literature Coordinator to make our books available worldwide. Some knowledge of publishing and e-Books is recommended.

## **NAME & LOGO PROTECTION COMMITTEE COORDINATOR**

Manages the protection of Nicotine Anonymous - its name, logo, and associated trademark.

## **WEBSITE COORDINATOR**

Monitors and updates the NicA website as directed by the NAWS Chair, including posting new events and keeping meeting lists current in a timely manner.

*To volunteer,  
please email  
chairperson@nicotine  
-anonymous.org*

## NICOTINE ANONYMOUS MEMBER GRATITUDE PROGRAM



# My Gift of Gratitude

### ***Where would we be without Nicotine Anonymous?***

**(Probably still using nicotine.)**

If 200 nicotine addicts or groups donated \$10 a month each, the organization we depend on for our freedom from nicotine would make its monthly operating expenses and have more resources for public outreach.

Many of us are blessed with the opportunity and happy to give back with **"MY GIFT OF GRATITUDE."**

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## WAYS TO DONATE

- **On our website: [www.nicotine-anonymous.org/gift-of-gratitude](http://www.nicotine-anonymous.org/gift-of-gratitude)**
- **Mail your donation directly via paper check:**  
Nicotine Anonymous World Services  
6333 E. Mockingbird Lane, Suite #147-817  
Dallas, TX 75214
- **Set up online monthly bill pay at your bank.**

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**Members who donate a minimum gift of \$10 per month receive a complementary subscription to our quarterly newsletter, SevenMinutes.**

Whatever you give is given back to help addicts through Nicotine Anonymous.

Thank you for helping achieve our primary purpose:  
to carry the message to the nicotine addict who still suffers.

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



# SevenMinutes

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



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## Publication dates and deadlines for *SevenMinutes* submissions:

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

Need to hold a virtual Intergroup or Committee meeting?

NAWS can assist by using our video conference account to set up NicA-related meetings and providing a link to be emailed to attendees.

Contact  
[nicahost@nicotine-anonymous.org](mailto:nicahost@nicotine-anonymous.org)

*This format can also be used internationally.*

<p><b>My Address Has Changed!</b> Don't miss an issue! Complete this form and mail to: NAWSO, 6333 E. Mockingbird Lane, #147-817, Dallas, TX 75214 USA OR Email the information to <a href="mailto:nicaofficemanager@gmail.com">nicaofficemanager@gmail.com</a></p> <p><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