



# Seven Minutes

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

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Send letters, articles, stories, poems, artwork, or other material to: *SevenMinutes* c/o NAWSO 6333 E. Mockingbird Lane #147-817 Dallas, TX 75214 or email to: [SevenMinutesEditor@nicotine-anonymous.org](mailto:SevenMinutesEditor@nicotine-anonymous.org)

All submissions may be edited as necessary for grammar and content.

Subscription requests, circulation additions and deletions may be sent by mail to the TX address above, or go online to: [www.nicotine-anonymous.org](http://www.nicotine-anonymous.org)

All articles accepted for publication may be reprinted in outside publications in their entirety at the discretion of the chair and editor.

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## Chairperson's Report

NAWS has had another jam-packed quarter and our next annual conference is right around the corner. "Nicotine-free in 23" is being held in the Baltimore, MD area on April 21, 22, and 23. (See *Conference flyer on page 9.*)

I am so looking forward to greeting old friends and making new ones, in person. While our conferences are now hybrid, there is something so special about seeing each other in person. My wish for everyone in our fellowship is to be able to experience the wonder of an in-person conference. If I was still smoking, I'd be spending a lot more on cigarettes than it costs to attend the conference, and the rewards are priceless.

I am grateful that technology affords the opportunity for those who can't attend in person to attend virtually. They can be a part of the business of NAWS and all the decisions that are made. Some of those decisions include a few by-laws changes, new literature, where the 2024 conference will be held and the election of new officers.

Our new and improved website is in progress. The board is excited to launch the site soon.

After many delays and challenges "The Book" has arrived and is available for purchase in our store. Also, the long-awaited Butterfly Book has been approved by the Traditions Committee and is posted on our web site for fellowship feedback before the April conference. This is a new little book of encouraging words, especially for the newcomer. A vote to approve this book will hopefully

take place at the conference.

We do have a few service positions open: Coordinator of Outreach, Coordinator of Logo Protection, and Web Site Coordinator. Some positions require more work and regular commitments than others. Please consider your available time and your skills. HP may be nudging you.

Growth such as we've been experiencing also comes with some challenges. Staying true to our Traditions, staying single-minded of purpose and unity of thousands of people across the world is a feat. We are, as a fellowship, navigating these challenges so we can continue to offer a solution to those still suffering from addiction to nicotine and for those wanting to remain free of nicotine.

So many work tirelessly with no expectation of thanks or acknowledgement to keep our fellowship vibrant. They are humble servants giving of their time and talent in gratitude for what this program gave them. Thanks to each of you for helping to carry the message.

May 2023 be filled with harmony, happiness, health, and freedom from this powerful addiction.

Sharon C  
NAWS Chair

Stay connected to Nicotine Anonymous World Services!

Receive emails directly from the NAWS board by subscribing to **NicA News**

Click on the **Newsletter** dropdown menu at [www.nicotine-anonymous.org](http://www.nicotine-anonymous.org)

*The Twelve Steps of Nicotine Anonymous*

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

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

*The Twelve Steps of Alcoholics Anonymous*

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

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

*The Twelve Traditions of Nicotine Anonymous*

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

place principles before personalities.

*The Twelve Traditions of Alcoholics Anonymous*

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

Nicotine Anonymous is a fellowship of 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*

## *It's a We Program...*

My name is Christine and I'm a nicotine addict. I was probably born a nicotine addict, and I will die a nicotine addict. But with the grace of my Higher Power and the power of Nicotine Anonymous and all my program fellows, I will die smober. That's my heartfelt goal, anyway. I will need all the help I can get to achieve it and the help of each and every person I encounter in this 12 Step program.

Like many of us of a "certain age", my parents both smoked and loved to smoke. You can tell by the black-and-white Polaroids of them from their early days that they thought they were pretty cool with their smokes. For their wedding, someone gave them a crystal cigarette holder with their wedding invitation engraved on the top cover. Back then it was considered good manners to offer guests cigarettes with a cup of coffee.

Mom smoked through all four of her pregnancies, me coming last (and most addicted, I've joked; none of my three older brothers ever took it up). I'm told that once when I was just a toddler, I got a hold of a pack of cigarettes and ate them until I threw up (and up and up).

But - no surprise - that did not stop me from picking up another pack when I was 16! I'd had my first try at smoking a cigarette at the cafe where I worked as an after-school waitress. The cook was smoking in the kitchen, cleaning the grill and singing disco hits. He offered, I accepted. Although I about died coughing with that first inhale, I kept at it. I was focused.

This new habit turned my mom into my first smoking buddy; one of the few things we had in common was our bond to nicotine. We'd smoke and talk late into the evening. And after those first few weeks, I knew I was never going to stop. I loved smoking. I picked my friends and both husbands based on shared smoking hab-

its. In those days, you could smoke at work and in restaurants and even in the hospital. When my son was born, the nurses brought an ashtray to my room. When my daughter was born seven years later, there was a smoking room on the neonatal floor.

I smoked for more than 40 years altogether, so you can imagine all the people my smoking affected. I've lived in Colorado, Idaho, Illinois, Wisconsin, Minnesota, and North Dakota. That's a lot of people at a lot of stores, restaurants, jobs, gas stations, state parks, lakes, rivers, mountains and various homes. A lot of children. A lot of folks with allergies and asthma and COPD. I didn't think about the effect my smoking had on any of them.

I later learned that smoking is a very selfish addiction. These days it causes the user to isolate — often out back of businesses near the dumpsters or out behind garages.



I used to open up the flue to the chimney in the winter and let the smoke draw up that way. I've stood on the toilet in second-story apartments with the window open when the temperature was thirty below in order to smoke. And I did that about 10 or 15 times every night after work. Needless to say, I didn't get much else done most evenings. I needed to *smoke*.

Cigarettes had become my Higher Power around which my life revolved.

Sure, I tried quitting often enough. My daughter begged me to quit; she had asthma and really struggled even when I opened the driver's side win-

dow to let the smoke out. She begged me to quit when I asked to borrow money from her (she was 9 years old). We had left home without my checkbook and my supply had run out. I was shameless.

After many of those "white-knuckle" attempts at quitting for a day or even two, I finally found Nicotine Anonymous. That was in 2005. I attended off and on for the next six years, in several different states. Some offered face-to-face meetings, some online or telephone only. I tried every one and even had a NicA pen pal for some months.

I got a good quit finally in 2011. My second husband and I quit together. I had NicA literature from back in 2005 that we read together each morning and we even started a meeting in the city where we lived. It didn't last very long - and when our marriage ended in 2013, so did my quit.

Between 2013 and 2017, I tried quitting smoking 11 times, sometimes getting as much as a few months, but I always relapsed if I got angry about something. Anger was my big problem...which makes sense now, because I'd never really learned how to express it. I smoked it down deep into my body.

Through Nicotine Anonymous I have been growing up emotionally by listening to you about how to deal with emotions when they come during a quit. The Five D's are still indispensable: drink water, deep breathing, discuss, delay, distract. I used the tools of the program: I attended meetings regularly; I got a sponsor; I read the literature, I did service work, and I worked the 12 Steps.

I finally got another good quit in December of 2017. Something about this one felt like it was the real thing. I had finally shut the door on smoking! That is, until my daughter (now an adult) and I had an argument.

*continued on page 4*

What did I do? I went out and bought a pack of cigarettes and smoked eight of them out in my car before realizing this was no answer. Now I was smoking and still had to resolve the issue with my daughter. I called my sponsor. I threw out the rest of the cigarettes. I worked things out with my daughter. I got back on track.

That was two and a half years ago now. Since then, I'm pleased to tell you that I've been super angry — blow my top with steam coming out of my ears angry — and have not (by the grace of God) even had a thought to smoke.

It's because of Nicotine Anonymous. It's because I've turned my life over to the care of my Higher Power, who actually really does care about me. And it's because of you, my fellow addicts, that I can keep my quit one day at a time. You've listened to me. You've shared your experience, strength, and hope. You've prayed with me and we've cried together over our loved ones who have died as a result of this addiction. We've worked — and continue to work — the Steps together. Let me continue to be there for you as you have been for me. I can only keep it if I give it away.

And that's the secret to this "we" program: together we can do it, one day at a time.

*Christine E  
Wyndmere, North Dakota*



## **Upcoming Phone Marathon Meetings**

**April 16  
"Spring Fling"**



**May 29  
"Service is the Key"**



**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?  
***Be aware that the work-  
around phone number for  
this has changed.***

First dial 667-770-1474  
Enter access code 207490#



Then dial  
720-844-1217.  
Follow the  
prompts.

## ***What Is Abstinence?***

Wondering how Nicotine Anonymous defines abstinence from nicotine? Our pamphlet titled "Abstinence: What Is It?" addresses this important topic. Below are excerpts from the pamphlet, available at [nicotine-anonymous.org](http://nicotine-anonymous.org)

"Nicotine Anonymous defines abstinence as the state when all use of nicotine ceases. Abstinence is freedom from nicotine in all forms."

"This definition is a group conscience resulting from the founding Smoker's Anonymous World Services Conference held in San Francisco in 1988 where a workshop was held on nicotine gum (the only nicotine "replacement" therapy at that time). Over the years many other forms of "replacement" have been developed. As a Fellowship, Nicotine Anonymous World Services has no opinion on any of these "replacements" nor any other method of quitting the use of nicotine, such as hypnosis, non-nicotine "replacement" therapy, medications and acupuncture."

"Regardless of the means by which individuals seek this goal, it is crucial that we encourage and support anyone who is trying to stop using nicotine in a manner consistent with the principles of our Traditions."

"Our fellowship is linked by a common purpose and message. We offer a spiritual approach to first gaining and then maintaining freedom from nicotine. If one group considers abstinence to be from the time of one's last cigarette and another from the time when the use of all nicotine has ended, we are not united. This would be particularly confusing to a newcomer who attends different meetings with conflicting views on abstinence."

"Our spiritual approach to freedom from nicotine teaches us not to judge the methods of our still struggling members in their quest for

*continued on page 5*

freedom. Anyone who is still smoking, dipping or chewing, using e-cigarettes or other nicotine delivery systems or "replacement" therapies is welcome to join. However, not judging someone's journey is not the same as enabling them to limit their vision. The use of a deadly drug in ANY form is not abstinence. Some members feel that they are judging or offending others who are on the patch or using another nicotine delivery system by not recognizing them as abstinent. Those members still using nicotine in some form may feel resentful, but, in truth, many addicts have stated that the desire to receive the group's acknowledgment for abstinence is what finally propelled them to become completely free of nicotine."



**NAWS Conference 2023!  
April 21 — 23**

Join fellow recovering nicotine addicts in person or online as important fellowship-related decisions are made during the six scheduled workshops. Be inspired during the Friday night Gratitude Meeting, have a laugh at the Saturday evening "Untalent Show" and look to our Higher Power during the Sunday morning Sunrise Meeting. This year's conference promises to be full of experience, strength, and hope. Hope to see you there!

*See the Conference flyer on page 9*

**Quit Buddies...**

After years of trying desperately to quit smoking, I got to the point where I was so filled with shame and self-loathing that I wasn't sure what to do with myself. I'd used the 12 Steps for decades to quit other harmful substances, but just couldn't get this nicotine thing licked.

One afternoon in November 2021, I was outside crying and smoking at the same time and felt a tap on my shoulder. I looked around and heard a gentle voice in the wind, "Maybe there's a 12 Step program for smoking." So, I did a web search and stumbled upon Nicotine Anonymous.

I started going to meetings that night and was so surprised at how much I identified with everyone. A couple meetings worked well with my schedule, and I really felt comfortable in them. I felt so welcomed and it seemed like people were really encouraging, even though I was still crying and smoking.

After a few months, I'd learned a lot and realized this was my real tribe. I belonged here. So, one night I put a note in the chat: "Who wants to quit with me on 2-2-22?" A woman from Ohio responded and said she would. It was a few days away, so we exchanged phone numbers and pinky-swore we'd do it! And we did. By the time this gets published, we both will (hopefully) have a year smober - and we've hardly missed a day communicating with each other. We even got to meet at the Clean in the Catskills NicA retreat in New York this past October. I hope to hug her neck again in April in Baltimore.

I have so much gratitude for my quit buddy and everyone who continues to do service, keeping meetings open so I can continue to learn more about how to stay really clean - one day at a time!

*El R  
Asheville, NC*



**Heard it at a meeting**

Resentment is when I didn't get my way yesterday.  
 Anger is when I don't get my way today.  
 Fear is when I don't think I'll get my way tomorrow.

**I Keep Showing Up...**

In the morning I went lookin' for my smokes and trusty lighter  
 Then brewed my coffee and went outside to get my lungs tighter  
 Now I look for NicA to keep me smober  
 I read our literature that's spread out on the table  
 and realize my life is not a smoker's fable  
 I keep showing up and make lots of meetings  
 and enjoy all the members happy greetings  
 At the end of the day I give my HP all my praises  
 and thank Him for coming out with all of life's amazes  
 Today I have the choice to make healthy decisions  
 and have a voice in our program's precision  
 I keep showing up 'cause it is good for my soul  
 My burdens are lifted  
 I don't have to keep paying the addict's toll  
 I think of my fellows all throughout the day  
 and remember the kind words they all had to say  
 What a blessing to share in our freedom  
 We no longer have to give in to the nicodemon  
 This is truly a miracle and a beautiful new season

*Shawn from Texas  
Free Bridge Telephone Group*

## Using the First Three Steps...

Great meditation was applied to the first three Steps of Alcoholics Anonymous by the founders of the original 12 Step program. My understanding is that if the first three Steps are taken with proper timing and in correct proportion, they will arrest my nicotine addiction as well.

I've found that the first three Steps of Nicotine Anonymous do not work well in isolation. They work as a holistic approach to first gaining freedom from nicotine, then the remaining nine Steps help me maintain my freedom.

The First Step states that "we were powerless over nicotine." What that means to me is that I cannot control my nicotine use. Any effort to control my nicotine use is bound to fail because "I am powerless." Any use of nicotine means that I cannot predict when I might get smober again. If I use nicotine, I very well might die with a cigarette in my mouth or in my hand. I have put myself over a barrel. Nicotine freedom is a gift given to me by the grace of my Higher Power.



The First Step also states that "my life has become unmanageable." To me this means that I cannot gain or maintain my nicotine freedom on my own. I need the help of Nicotine Anonymous and a Higher Power in my quest for nicotine freedom.

The Second Step states that we "came to believe that a Power greater than ourselves could restore us to sanity." To me "restore us to sanity" means that I need to gain freedom from nicotine in order to be sane again. Obviously I need to find a power that wants me to be free of nicotine and will help me be free. Nicotine Anonymous is just such a power. The members of Nicotine Anonymous want me to be free of

nicotine and will help me in my quest. I was always looking for a community that would inspire me and expect me to be my best self. Members' stories inspire me and there is a silent expectation that I will eventually give it my best shot and use the Tools of the program to help me get free of nicotine.

I also had to redefine my Higher Power as a power that wanted me to be free of nicotine and would help me be free. Only then could I receive the grace of nicotine freedom.

Step Three states that we "made a decision to turn our will and our lives over to the care of God as we understood Him." My decision and my understanding of course takes place mostly in the mind. Therefore I had to turn my mind to my Higher Power. I had to turn my mind from thoughts of using nicotine to thoughts of using my Higher Power to be free of the nicotine. It is as simple as turning my mind from one side (the negative side) to the other side (the positive side). Step Three is the act of experimenting with surrender.

I studied and stayed on the first three Steps until I became nicotine-free. It helped me to study various interpretations of these Steps. Whenever I had a craving or became agitated, I paused. I laid back in my easy chair and said the First Step until it changed from an intellectual exercise into a feeling exercise where I truly felt that I was powerless. Then I would say the Second Step again and again until that intellectual exercise became a feeling exercise too, and I truly believed in a Higher Power that wanted me to be free of nicotine and would help me be free. Then I would make those rudimentary gestures at surrender in the Third Step. I would say the Third Step over and over again until the craving went away. Only then would I carry on with my day. Freedom from nicotine for one day became my primary purpose.

Dale P  
Oregon

## In Memoriam



It is with great sadness that we announce the passing of Nicotine Anonymous member Laine S. During pre-pandemic years, she was a devoted attendee of face-to-face meetings in Phoenix, Arizona. When the meeting subsequently became telephone-based, Laine continued her weekly commitment, helping to keep both her recovery and the meeting alive and well. Having forty plus years in another fellowship, Laine found smobriety nearly 7 years ago through Nicotine Anonymous. In meetings she often expressed her gratitude to the long-timers who were there when she came in and whose continued presence provided the smobriety experience, strength and hope she craved. Laine also gave much encouragement to those who came after her, giving rides to meetings, calling for check-ins and offering after-meeting support and inspiration. She particularly appreciated the yearly NicA picnics held at North Mountain Park, contributing a favorite dish and always a robust share at the meeting that followed. Laine lived the Tools, and always gave credit to her Higher Power for the gift of nicotine freedom. She is greatly missed.

Rest in Peace, Laine.



## Dealing with Feelings...

Not understanding how to deal with feelings, I stuffed them back down with each inhale of smoke. Sometimes I blew smoke at whatever was causing the problem out there somewhere. They *caused me* to be angry or upset. I was the victim here. Everyone *made me* feel one way or another. Smoking and pointing the finger out there to blame others was my reaction to what was happening around me. It wasn't clear that I was responsible for my feelings.

Today, I become aware of where emotions settle in my body. I find the physical sensation, often in my belly, heart or throat. Stopping whatever I'm doing and breathing into the sensation, I try to name the feeling. I allow myself to fully feel the sensation, while quieting my mind. It's okay to have feelings. There is no blame, but I'm accountable. When I'm ready, I can return to whatever I was doing.

For example, often tightness in my belly signals anger. Once I can get quiet and really feel the sensation and breathe into it, the sensation eases, I accept that I got angry. Yes, my mind wants to go over and over and over the scenario where I got angry. I look at my part of the situation. I repeatedly bring my attention back to my breathing, and accept that I got angry and it's okay.

Anger arises. We are human, and anger is very human. It's what I do with the anger, my reaction to it that matters. I used to light up. Now I practice feeling the anger, accepting it, and letting it go. I'm not perfect at it all the time, and that's okay. I'm human and beautifully imperfect!

Aimee C  
Little Rock, Arkansas

**Surrender  
Sanity  
Serenity**

## Seven Minutes Meditation

God, grant me...

\* the serenity to accept my craving until it passes.

\* courage so that I will endure my craving, for it will pass.

\* and wisdom so that I remember that my craving will not pass me by, but will surely pass.



- Janusz  
Poland

## Such Joy is Nicotine Freedom...

There's one thing I surely know  
My smoking simply had to go.

And as long as I stay humble,  
Trying to be a good uncle,  
Letting the darkness fade away,  
While welcoming a grand new day.  
Then I will be a good fellow.

See around me how love does grow  
As happy and nicotine-free I stay.  
While my heart is calm and mellow  
And for this every day I pray.

To keep my expectations low  
And as we have our rows to hoe  
I am nicotine-free from head to toe.

When smoking lurks behind my mind  
It is destruction most unkind.  
But with every smober hour,  
Guided by my Higher Power,  
I make joyful reparation.  
What a wonderful sensation!  
It's a quiet, peaceful feeling  
That gives me such true well-being.

Difficult days are just a test,  
Demanding that we do our best.  
We take the good, discard the rest

And celebrate the good with zest.

These are the thoughts that sustain me

As alone in my room I be.  
And glad again that I'm nicotine-free.

Yes I was blind, but now I see.

I thought I was a lifer,  
Stubborn and a hard core smoker.  
Now that all this stuff is over,  
Smoking still can make me shudder

Craving is such a tricky beast,  
Coming when you expect it least.  
"Please stay the course," your best friends say  
And caring is the only way.  
And just to avoid confusion,  
Using nicotine is never a solution.

Jon B  
Belmont, MA

\* \* \* \* \*



Available for purchase!

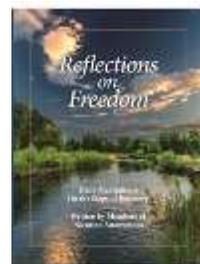
### **Reflections on Freedom: Daily Meditations on the Steps of Recovery**

written by Members of  
Nicotine Anonymous (NicA)

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

Available now in the  
Nicotine Anonymous Store at

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





## **From the Free Bridge Telephone Group...**

### **Lies and Truths**

Lie: I just HAVE to have nicotine!  
Truth: The craving will pass whether I use nicotine or not.

Lie: I have to smoke or I'll gain too much weight!  
Truth: I may manage to lose weight, but I can't afford to lose a lung.

Lie: Well, I quit drinking and drugging, so it's OK to smoke.  
Truth: The fatalities from tobacco are far greater than fatalities from all illegal drugs and alcohol combined.

Lie: I thought I needed more raw willpower to put this down once and for all.  
Truth: Great news! Here you can find a Power greater than yourself to stay free.

Lie: I've been quit for six months; surely I can have just one.  
Truth: One is too many and a thousand is never enough.

Lie: I have been here seven years and I am still not free!!  
Truth: Don't leave before your miracle has happened.

Lie: The meeting started twenty minutes ago. I might as well skip it.  
Truth: The only meeting you would be late to is your first one.

Lie: I go to a meeting every single week, but I'm still smoking!  
Truth: Before I got free I went to three, sometimes four meetings a day. I was willing to go to any lengths.

Lie: I'll go crazy without nicotine.  
Truth: I'm more in my right mind without nicotine.

Lie: I can smoke alternatives like clove cigarettes because they don't have nicotine.

Truth: There is no such thing as a safe cigarette. Clove cigarettes contain nicotine.

Lie: I am in recovery because I don't "smoke."

Truth: If I'm still putting nicotine in my body in some form, I am still addicted.

Lie: I will quit tomorrow.

Truth: Tomorrow never comes. It is always today.

Lie: I can't do cold turkey.

Truth: Quitting is always cold turkey. At some point, every ex-nicotine user must embrace abstinence.

Lie: My Higher Power won't help me get free of nicotine. I need to do this myself.

Truth: I need to redefine my HP as a Higher Power whose will is for me to be free of nicotine.

Lie: I look sexy when I smoke.

Truth: Watch them wrinkles grow!

\* \* \* \* \*

## **Nicotine Anonymous...**

What has really made a lasting impression in my life is Nicotine Anonymous - following the Steps, taking a fearless inventory, making amends when I could, bringing the message to others.

For over a decade before the pandemic, I looked forward to the weekly get-together of the NicA Gratitude Meeting in my town. I was the chairperson. Sometimes it was just me, and I would sit quietly and meditate. It always had meaning.

My job was to hold the frame of the meeting. I was also the secretary, ordered the chips, the books and pamphlets and helped people celebrate anniversaries. I made sure there were snacks to share, reached

out with phone calls and enjoyed good humor. That is so necessary.

I still think about several of the members in our group. One woman was strong-willed and dynamic. She went by the letter of the NicA books and never wavered. As she would say, she didn't want to waste her time. She made me think about basic values. I took to her well, while others were not ready to hear the message that this is a life and death matter, this quitting nicotine.

I think about another stalwart member who continued to make use of Nicotine Anonymous long after staying quit. She was warm and good-hearted and always insisted she was an ex-smoker, not a nonsmoker.

There were many other people who came and went. Our meetings had a set structure. We'd check in with each other, read one of the Steps, one of the Traditions and Our Promises. Then one of us would select a story from the Nicotine Anonymous book or *Our Path to Freedom*.

Post-pandemic, we are no longer meeting and I have sadly missed that. It was a place I could breathe easily — literally — knowing I was in the right place.

Having over 13 years smoke-free now, I am deeply grateful to Nicotine Anonymous. It is like the trunk of the wonder tree that is my life. It spreads its limbs upward towards the clear blue sky of smoke freedom.

Another branch of this tree is the tobacco control specialist who helped me more than I can say. Another was my therapist who told me, "It makes me sad that you smoke." Those seven words did it for me. I haven't had a cigarette since. I also have a friend who calls me every morning, leaving a message of love and a reminder that I don't have to smoke. I know I am not alone.

*Jon B  
Belmont, MA*



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# NAWS Conference 2023

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*Nicotine-free in '23*

**April 21 - April 23, 2023**

Baltimore, Maryland

In-Person & Online



**FELLOWSHIP - SPEAKERS - WORKSHOPS - ELECTIONS - SERVICE**

Please visit registration website  
for hotel information and  
conference details.

Register Today by visiting:

[www.nicawsc.com](http://www.nicawsc.com)

## From the *SevenMinutes Archives*

*As we approach the yearly Nicotine Anonymous conference, the words of Kent B, our 2002 NAWS Chairperson, take on particular meaning. Below are excerpts from his September 2001 SevenMinutes Chair Report.*

It's that time of the year again, with the annual Nicotine Anonymous World Services Conference fast-approaching (April 19-21 in New York City), that I reassess my personal commitment...to attend or not to attend? Most years the struggle is minor: to reschedule other plans, divert some money from some other use, maybe face the inevitable question from that never-been-a-smoker friend, "Why would anyone want to spend an entire weekend around people talking about nicotine?" And, other years the debate has become more classical: is God's will to prevail over my self-will, or will helping others triumph over my laziness? After all, there is a law of physics that states a body at rest will tend to remain at rest unless some force moves it. Will I really miss anything if I just stayed home this year?

At my first conference, when I had less than a year's clean time, the fellowship resolved to change its very name from Smokers Anonymous to Nicotine Anonymous. (As I recall, I argued both sides of the question with equal passion!) At my next conference I wept during the Friday Gratitude Meeting, overwhelmed by how much shared joy flowed throughout that room. Only a year later, I was given the gift of service, when our World Service treasurer pounded on a table and pleaded for financial support to keep the fellowship from dying. I decided then and there that I, myself, should do something to prevent that from ever happening. Then there was the conference where I heard a first: the Saturday speaker, a lifetime nicotine user, laughing out

loud, and everyone laughing along, including me. The pain and discomfort of those early days of letting go had finally become the miracle others had told me was possible...I could begin to see that being a recovering addict would actually be a gift, not some curse. It gave me the very something I had been seeking all my life — a spiritual basis for healthy, happy living.



A NAWS conference is about recovery. In 2000 we witnessed a recovery miracle. A local member after years of struggling following a full relapse, dragged himself into our conference still using, and within hours had committed to start recovery again, one day at a time. He has been nicotine-free ever since that day.

It's about unity, cementing many old friendships and making scores of new acquaintances, guaranteed with every conference registration. For most everyone who attends, it's also about service, actually participating with others in action, doing something important to thousands of recovering nicotine addicts all around the world, and offering hope to millions of others who still suffer because they haven't yet found what we've found.

Of course I am expected to attend this conference because I'll have official duties to fulfill as the Active Chair. But I still would not want to miss one single miracle, or any newcomer or old-timer, or one minute of vital discussion about carrying the message. So I'll be there - hope you will join me.

*Kent B  
2002 NAWS Chair Emeritus  
Florence, AZ*

## Quote Corner

"We have learned the best way to keep our madness from resuming control of our lives is by sharing our new gift of life with those who are still suffering. We call it 'carrying the message'.

We do this in two ways; we give away the gift we have received through sharing, and we let our lives be examples for others."

- from the Step Twelve chapter in *Nicotine Anonymous: The Book*

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

For details, see [nicotine-anonymous.org](http://nicotine-anonymous.org) or send an email to [outreachcoordinator@nicotine-anonymous.org](mailto:outreachcoordinator@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...

### [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 December**

	<u>Jan - Dec</u> <u>2022</u>	<u>Jan - Dec</u> <u>2021</u>
<b>Ordinary Income/Expense</b>		
<b>Income</b>		
4000 · Donations	16,748.22	19,842.56
4100 · Literature Sales	23,105.02	30,848.09
4290 · Shipping & Handling Income	6,591.28	8,072.74
4185 · 2021 Conference	n/a	3,730.27
4186 · 2022 Conference	1,688.44	-1,000.00
4187 · 2023 Conference	-1,589.00	n/a
Non Profit Income	158.01	68.58
Miscellaneous Income	15.71	17.14
Sales of Product Income	3,432.17	2,751.71
<b>Total Income</b>	<b>\$50,149.85</b>	<b>\$64,331.19</b>
<b>Total Cost of Goods Sold</b>	<b>\$16,754.85</b>	<b>\$24,643.25</b>
<b>Gross Profit</b>	<b>\$33,395.00</b>	<b>\$39,687.94</b>
<b>Expenses</b>		
6000 · Office Expenses	29,869.71	27,849.24
6600 · WSO Expenses	9,986.82	-361.96
6900 · Other Operating Expenses	76.36	61.59
<b>Total Expenses</b>	<b>\$39,932.89</b>	<b>\$27,548.87</b>
<b>Net Operating Income</b>	<b>\$-6,537.89</b>	<b>\$12,139.07</b>
<b>Other Income</b>		
8000 · Interest Income	7.78	6.25
<b>Total Other Income</b>	<b>\$7.78</b>	<b>\$6.25</b>
<b>Net Income</b>	<b><u>\$-6,530.11</u></b>	<b><u>\$12,145.32</u></b>

# BIRTHDAY CONGRATULATIONS

**Jon B – 12/2/09 JudiAhava – 1/8/02 Laine S – 2/23/16**

**Frank B – 4/24/97 Bob A – 4/25/92 Ginny S – 5/25/09 Kenny S – 5/9/92**

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.

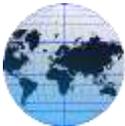


## **AUDIO RECORDINGS COMMITTEE**

Creates audio files of NicA literature. Need proof readers and listeners, sound editors, and narrators with access to a recording studio. Contact [outreachcoordinator@nicotine-anonymous.org](mailto:outreachcoordinator@nicotine-anonymous.org)

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

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



## **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.

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

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

***To volunteer, please email [chairperson@nicotine-anonymous.org](mailto: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