



Seven Minutes

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

Volume XXXII

March 2021

Number 1

Interested in contributing to *SevenMinutes*?

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

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

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

We are less than a month away from the 2021 World Services Conference (WSC) (April 9-11). There is still time to register at <http://nicawsc2021.homestead.com/> I am excited about the workshops we have lined up, and with the prospect of emerging from the weekend with new conference-approved literature. The schedule for the weekend can be found on the above website, which includes the times for our Friday Night Gratitude Meeting, Saturday Night Speaker Meeting, Sunrise Meeting, and Sunday Spirituality Speaker. Many thanks to Conference Chair Jan S and the entire planning committee, with special thanks to Jeanette S for taking care of the website and Martha K for handling registration.

As the active chairperson of Nicotine Anonymous World Services (NAWS), someone recently asked me, "How is it going?" Honestly, it has been a lot of work, so a part of me is looking forward to the finish line, although in another weird way, the year has just zoomed by (pun intended). It was only twelve months ago that we learned the in-person portion of our conference had to be cancelled. I never imagined we would still be social distancing all these months later. I wish we had accomplished more this year, but keeping it in perspective, it was a difficult year for the entire world.

A few of our Board members lost family members during this time, and it's hard to focus in the midst of a global pandemic. You come in with a plan of action, but then spend the majority of your time putting out fires. I may not have accomplished all that I had hoped for this year, yet I am grateful I didn't break anything or end up on too many people's resent-

ment lists. Thank goodness recovery is our anchor, providing us with the tools to find calm in the midst of calamity.

We approach this year's conference with the annual hope that people will step up to be of service on the NAWSO Board. There's still a lot of work to be done. We are at a unique moment in history with the ability to carry our message further than ever before, and I hope we won't miss this window of opportunity. Our fellowship is becoming more international by the minute, thanks largely to the popularity of the virtual conference meetings which emerged in response to the pandemic. At my Los Angeles meetings, we frequently have attendees from such diverse locations as India, South America, and the UK. I know we are many months away from it, but I am longing to get back to face-to-face meetings because there is a richness in seeing and connecting with people in person; however, I also believe the virtual conference meetings are here to stay and will be an invaluable branch of our fellowship going forward. I hope someone smarter than me can figure out how to integrate the two, because we want to be there and continue to support our new non-local friends who we have connected with so deeply. And how convenient it will be to attend one's home group online if for any reason you can't make it in person one week.

This is something our phone and internet meetings have known all along. I was only peripherally aware they existed before I became involved with NAWSO. I recently attended a marathon meeting sponsored by the FreeBridge phone group. I was so impressed with the organizational skills of the moderators and how smoothly the meeting flowe&d.

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The Twelve Steps of Nicotine Anonymous

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

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

The Twelve Steps of Alcoholics Anonymous

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

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

The Twelve Traditions of Nicotine Anonymous

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

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

The Twelve Traditions of Alcoholics Anonymous

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

Our Preamble

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

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Chairperson's Report

continued from page 1...

I shared at the meeting and a few days later I spoke with my cousin in Oregon. She had been on the call and heard me share. She is one of the people to whom I have been able to carry the message. My cousin struggled for decades to give up cigarettes, and even after finding Nicotine Anonymous, remained on the lozenges for years. She recently picked up her first six-month chip in our program. It is not possible for her to attend face-to-face meetings (even before the pandemic), so the technology available to our fellowship via phone, internet, and virtual conferencing is truly a god-send. (Thanks, God!)

Before I came to the World Services Conference two years ago, I felt a little internal nudge to step up and be of service. I told my Higher Power that I would be willing to accept a position if I was approached (but I certainly wasn't going to advertise that). One of the first people I saw that weekend in Fullerton was our late office manager, Teresa I, who asked me if this would be the year I would step up. (She had been after me for years.) I originally agreed to be nominated as Secretary-elect, because I thought that would be a gradual way to ease into World Services, but I was later approached and told that someone with less time had agreed to that position and would I consider being nominated as Chair-elect. I prayed about it and got the green light.

And so, I am asking you, as you read this, to pray and see if you are being nudged. In April, we need to find nominees for the Secretary-elect, Treasurer-elect, and Chairperson-elect positions. Being a NAWS Board Member is a three-year commitment. What's great about the way NAWS is set up is that you get a full year of training to learn about the position so that when you step up to your "active" year 2, you will be confident and ready. The majority of service work is done in the "active" year. Yes, it's a lot of work, especially for the Chair, but remember, it's only one year. Year 3 is the emeritus year, where you have earned a big sigh of relief but

remain on the Board in an advisory capacity. Additionally, the Traditions Committee of experienced luminaries is always there to help. (See the Delegate's package for a full description of the Board positions.)

We are taught in this program that it is an honor and a privilege to serve the fellowship that saved our lives. Everyone should be in line, willing to be of service when their number is called. I would say the main prerequisite to serving on the Board is the ability to respond to emails in a timely manner. The main frustration I have encountered is dealing with people who don't check their emails. If you are not able to check your emails at least once a week, maybe this isn't the service position for you.

If you don't feel called to the Board, please consider joining the various committees you can read about in our quarterly Board reports. Many of our committees and subcommittees are in need of chairs, but you can start out by just attending the meetings. I have been attending most of the committee meetings throughout the year, and the regular attendees who never get their names up in lights are contributing in a big way to the fellowship. Thank you all!

I truly believe your heart has to be in the right place to serve at World Services. Work needs to be done with an attitude of gratitude. Your ego must be cast down, principles placed before personalities, attitudes adjusted, prayers said, and sleeves rolled up. But what an honor to know that you were a small part in the legacy of this great fellowship!

My advice for this year is to turn off the news and tune in to this Fellowship. Recovery IS our anchor, and here we find the calm in the midst of calamity. Being of service not only gets us out of ourselves but it fills our sails with self-esteem, gratitude, and appreciation. If you would like to get involved in any capacity, please do not hesitate to reach out.

In service and with gratitude,
Bill H
NAWS Chair
Chairperson@nicotine-anonymous.org

Heard it at
a meeting

When your world is
shaking and you are
praying that the world
will stop shaking,
consider that maybe
your Higher Power is
doing the shaking.



Service = Gratitude...

My greatest gratitude is "giving it away." I can't think of anything better to do. It's a real joy - you won't understand until you do it. To see someone grow, to see someone give up nicotine and change before your eyes... Such a great feeling, knowing I had a part in it. God once more used me in a loving manner. By doing service, my faith and trust in God has grown to the point where no one can take it from me.

Gary M
Inglewood, CA

Where would I be without this fellowship? What kind of shape would I be in physically, emotionally and spiritually? Would I even still be alive? Serious questions. Thankfully I DO have this fellowship. Thankfully I AM healthy and alive in every way. Service to the fellowship helps me pay it forward to other nicotine addicts. Service is my gratitude in action. I am grateful for the honor. I am grateful for the privilege. And knowing that giving it away ensures I get to keep it is icing on the cake!

Chris H
Phoenix, AZ

Upcoming Phone Marathon Meetings

April 4
Spring Fling



May 31
Service is the Key



All meetings are hosted by the FreeBridge 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: 712-770-5398
Pass code: 207490#**

See [nicotine-anonymous.org](http://www.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? Here's the solution:
Dial 206-451-6066 first* then dial 712-770-5398#
Access code - 207490#
*number subject to change

The Miracle of Step 3...

Made a decision to turn our will and our lives over to the care of God, as we understood Him.

When I first became aware of Step 3, I thought it was such a tall order! I couldn't imagine giving up control like that. What would life be like? Wouldn't everything just fall apart without me managing things?

So I started with baby steps. I asked for the willingness to attend Nicotine Anonymous meetings and to really listen to what members were saying. As I heard the truth each week - about nicotine, and smoking, and quitting - I started to change, ever so slowly. I began to believe that even though I hadn't been able to quit on my own, a Higher Power could help me, if I stopped trying to take over. After months of meetings and failed attempts to quit, I was so demoralized that I finally surrendered and gave my addiction to the God of my understanding.

What happened after that shocked me! The next day I woke up and didn't smoke! All day I didn't smoke. The next day too. Before long I had weeks, then months, and now many years without using any nicotine.

Has Step Three actually worked? Why yes, it has! Once I made the fateful decision to turn my will and my life over to the care of God, things really did start looking up. First with the smoking, then with everything else - my work, my family, my friendships, everything. Higher Power really did use my addiction to shake me awake and show me a better way to live. I will always be grateful.

*Chris H
Phoenix, AZ*

Ready to work the
Twelve Steps?

Try the
***Nicotine Anonymous
Step Study Workbook***

Available for purchase at
www.nicotine-anonymous.org

Nicotine Anonymous

Tradition Three:

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

Meeting Options:

Face-to-face meetings
Telephone meetings
Online meetings

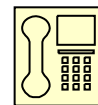
To find face-to-face meetings:

Go to www.nicotine-anonymous.org
Click on **Find Meetings** and search by state.



For phone meetings:

Go to www.nicotine-anonymous.org
Click on **Meetings**, then **Telephone Meetings**.



For online meetings:

Go to www.nicotine-anonymous.org
Click on **Meetings**, then **Internet Meetings**.



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.

➡ **Nicotine Quit Buddies**

(formerly called Unofficial Nicanon) has "Type Share" meetings. It can be found at this new address:
<https://nicotinequitbuddies.groups.io/g/HomePage>

Voices of Nicotine Recovery

(VONR) has "Voice Share" meetings using a free chat service that can be downloaded. Find VONR at
<http://voicesofnicotinerecovery.com>

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



From the FreeBridge Telephone Group...

Members Share on the Gifts They Have Received in Recovery:

- The freedom to choose the God of my understanding
- Continuing friendship with NicA friends
- Freedom to choose my own path; NicA has no opinion on NRTs
- Learning new things every meeting
- Wisdom from others
- Learning how to live in the day
- Looking forward to days ahead
- Getting stronger through the trials I have
- Leaning on my HP
- Having a second family who speaks my same language
- Gifts that keep on giving
- Freedom of choice
- Finding my way in life and the power to follow through
- Showing me how to help the fellow nicotine addict
- Hooray always!
- An HP brightening every day
- Peace and protection
- Giving me my life back
- An increased desire not to use nicotine
- The decision to make choices
- Connectivity which equals manageability
- Consistent support
- The gift of today!



Want to get involved with Outreach to help your group and/or Intergroup?



Attend our monthly Outreach teleconference meeting!

2nd Saturday of the month at 2PM EST

Join our meeting online at <https://zoom.us/j/213252862>

One tap mobile: +16465588665, 213252862#

or dial by your location +1 646 558 8665

Meeting ID: 213 252 862



The Nicotine Anonymous Logo...

One of the service positions I recently rotated into is answering emails for Nicotine Anonymous. Since I prefer to write emails, instead of talking on the phone, this is a wonderful service position for me. Recently someone wrote to info@nicotine-anonymous.org and wanted to know what the logo on the front of a chip meant.

As someone who's been around NicA for 13 years, I was sure I could find the answer by researching in *SevenMinutes*. I started with the December 1988 issue and learned that in San Francisco, poker chips were made with the three circles

and the wording "Smokers Anonymous." Another type of poker chip was made in Los Angeles with "Courage to Change" printed on one side and a no smoking sign on the other side. Also advertised in this issue was the availability of bronze medallions made in Fremont, California!

This was all pretty interesting and I continued my research. I found in March 1989, someone from Oregon began printing Smokers Anonymous Certificates so individuals could celebrate specific milestones in recovery. The milestones included 24 hours, 1 week, 3 months, 6 months, 9 months, 1 year and consecutive years to follow.

As a point of information, Nicotine Anonymous does not make recovery chips, poker chips, certificates, or medallions. Using products purchased from outside businesses is not a NicA practice. Individual groups are autonomous, however, and many do purchase and present these tokens to members, with the approval of the group conscience.

In doing further research, I discovered that the logo for Nicotine Anonymous was part of the masthead for December 1991's *SevenMinutes*. Since many issues prior to that date are not available, the actual transition to using the logo seems to be a mystery! I then reached out to a couple of elders in our program to see if they knew what the cloud/clover logo meant!

One member shared that its symbolism has never been described in print. However he heard two explanations. The first is that it is a "tip of the hat" to AA's triangle embedded in a circle logo which symbolizes unity, recovery and service. He also heard that it symbolized three cigarettes stacked on each other. (Picture how three rows of cigarettes are laid out in a pack, with the middle row offset from the rows above and below it.) It remains a mystery, but I loved looking into the NicA history! Does anyone out there know the answer to this challenging question? If so, please contact me at

info@nicotine-anonymous.org

Chick P
Amsterdam, NY



Nicotine Anonymous is now accepting donations and payments via mobile app!



By Bill H, Active NAWS chair

NAWS now accepts two new payment methods: Venmo and Zelle.* Both are apps that can be downloaded to your mobile phone. Check with your bank to see if they accept these peer-to-peer payment services and whether there is a charge to use them. I was able to link my debit card to both payment methods and it works fine. I can both send (e.g. donate to NAWS) and receive money (e.g. as treasurer of my Sunday night NicA meeting). *Note that both apps are U.S. bank-based and will not work for people with international bank accounts.*



Before using these methods, please make sure your phone is equipped with security apps, as you don't want to be hacked. To feel more secure, you may want to link with a credit card rather than debit card. Before sending money, check your settings and make the transaction "Private."

Note: The fundamental difference between the two methods is how money is transferred. One transfers between bank accounts and one between the app accounts. You may need to do some investigating to determine which process you prefer.

Nicotine Anonymous World Services Info:

- To use Zelle: send donations to nicaofficemanager@gmail.com

- To use Venmo: donations go to **@NAWS-Office**

The name on the account is: **NAWS Office**

➡ The first time you use it, it may ask for the last 4 digits of the account holder's phone number, which is **0062**.

- For literature orders, first email our office manager, Bill P at nicaofficemanager@gmail.com who will provide your total (applying taxes, as applicable.) Please also indicate how you will be paying.

Note that the current process used on our website for donation and literature purchases (PayPal*) has not changed. You do not need to sign up to use this method. You can click the link, proceed with your order, and then choose to pay with a credit card as a guest.



A monthly "Gift of Gratitude" NAWS donation can also be set up using your online banking. For more information, see page 15 or consult our website. Click **About**, then **Contributions and Self Support**, then **Gift of Gratitude**.

**The inclusion of business names does not represent an endorsement by Nicotine Anonymous. Names are included to assist our members with the business of Nicotine Anonymous.*

Stay connected to
Nicotine Anonymous
World Services!

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

Click **Subscribe** on the
NicA website at
www.nicotine-anonymous.org

Seven Minutes Meditation



Through trust in our
Higher Power,
we found that we
were taken care of
in surprising
and simple ways.
This gave us new
confidence and
an increasing faith.
Our victory over
our own difficulties
encouraged us
to continue,
and we became an
example for others
as well.

- Nicotine Anonymous:
The Book

A Fourth and Fifth Step Story...

I was terrified of finding some irredeemable truth about my character defects that would leave me alone and unlovable. Instead, I found a beautiful person inside all this protective armor. I had hidden so well behind the smoke screen for so many years, and like my addiction to nicotine, I was unable to see the insanity of it all until the smoke screen dissolved.

It took me several years in NicA to get to writing my Fourth Step. Then it took a few more years to get it done. At first, I started answering questions from the Questionnaire in *The Book*, just to begin. Time passed between writing sessions. Issues arose, recurred and became blatantly good reasons to begin writing again.



As is my usual pattern, I was at the bottom of my spiritual reserve, freaked out and clawing at some way to get out of my misery. It was then I read the chapter in *The Book* on the Fourth Step one more time. In my desperation, this time I gleaned specific questions from that chapter that guided me on my quest for relief from what I perceived as the awful truth about my true self.

As it turned out, writing about those character defects exposed a beautiful me, with character assets that were simply way out of balance. During my Fifth Step, which I shared with my very wise sponsor, she helped me see that I am a loving and kind soul with a deep concern for others. It simply got out of hand when I got into people-pleasing to get the love I so badly want from others. Turns out I get to give that love to myself first! Treat myself the way I want to be treated by others.

Today, with help, I am learning to identify those people-pleasing behaviors that are so destructive to me and others. I am in the forest and cannot see the trees; I've practiced these sick behaviors for so long they feel normal. Fortunately, my Fourth and Fifth Steps helped me see how enormously unmanageable my life had become. And little by little I am able to identify those sick behaviors before I open my big mouth and start the destructive cycle all over again.

Today, one day at a time, I am learning new, healthier behaviors. When I look in the mirror now, I can say "I love you, Aimee," and mean it.

Thank you, my friends in recovery, for helping me learn to love my true self.

Aimee C
Little Rock, Arkansas

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

For details visit the Nicotine Anonymous website at www.nicotine-anonymous.org or send an email to chairperson@nicotine-anonymous.org

Keep Showing Up



I'm Free!



Oh cigarettes, how you had me blind.

For forty years I saw you as kind.

But my health said otherwise;

My God removed your disguise.

Nicotine...

I left you behind.

So due to this discovery NicA gave me truth, yes I can see, Life with smoking is no longer a dread. Now 7 years clean, I declare you legally dead. So happily I now say I am free free free indeed!!

Rose S
Houston, Texas



Announcing our newest literature!

Sponsorship in Nicotine Anonymous

This new booklet provides varied experiences with sponsorship, letting a member "Take what you want and leave the rest."

Our hope is the shares will encourage and help sponsees and sponsors use this Tool of recovery.

Now available for purchase in the NicA Store at nicotine-anonymous.org

An Inventory of NicA Groups: January 23 Status Report...

The new ad hoc committee that was formed to contemplate etiquette for meetings and to develop group inventory questions specifically designed for Nicotine Anonymous continues to meet **the second and fourth Fridays of each month**. An Etiquette Statement has been completed and was presented to the Traditions Committee and reviewed by the NAWS Board. It may be presented to the delegates in April at the Nicotine Anonymous World Service Conference.

The committee continues to meet to develop questions designed to look at each Tradition to help groups devise an inventory. The following ideas were presented and discussed the last three months:

Tradition Two: 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.

1. Are discussions and issues presented in a respectful way in group conscience?
2. Is adequate time allowed to discuss changes presented to ensure an informed group conscience?
3. Are members allowed to speak their truth in safety, without cross-talk, interruption, and shaming? (agree to disagree)
4. Are conflicts presented with an open mind and discussed with a variety of viewpoints?
5. Are members listening without prejudice to what is being said instead of noticing who is saying it?
6. Are opinions, other than those of the majority, respected and listened to with open minds?
7. Does the process allow members

the opportunity and freedom to change their minds?

8. Is there deception or a lack of trust among the members?

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

1. Are new members made aware that they are welcome whether they are still using nicotine or not?
2. Is the group inclusive to all without discrimination?
3. Is the group tolerant when members discuss vaping, the use of other nicotine delivery systems, nicotine replacement therapies (NRT), and/or other outside issues?
4. Is the group accepting with members although total abstinence of nicotine is not yet attained?

Tradition Four: Each group should be autonomous except in matters affecting other groups or Nicotine Anonymous as a whole.

1. Is the group willing to hold business/group conscience meetings to entertain new ideas and make changes to existing procedures as suggested by members?
2. Is the group cognizant of the Twelve Traditions?
3. Does the group consider how new ideas will affect NicA as a whole?
4. Do all members have an equal voice to express their viewpoints and offer suggestions?

Future committee meetings:
February 12 and 26
March 12 and 26
1:30 pm EST via video conference

Depending on time availability and workshops planned for the remote NAWS Conference, the questions with discussion may be available to the membership to contemplate in April.

Questions for Traditions Five through Eight will be shared in the June issue of *SevenMinutes*.

If ANYONE has comments or questions for the committee to address, please send them to: chickychick1031@gmail.com

Chick P
Chairperson of ad hoc committee regarding Etiquette Card/Group Inventory Questions

* * * * *

A Cyber Exchange...

Communicating with others in recovery is gratifying and essential. Whether it's at meetings, on the telephone, email, text, or some other method does not matter, just so we do it. We are not alone in our efforts, our struggles or our triumphs. Below are excerpts of an online exchange between a newcomer and a long-timer. What a wonderful thing...

Long-timer: Do you want to smoke?

Newcomer: Yes, every day.

Long-timer: Ok...remember if you pick up the first one, you will not stop, right?

Newcomer: Just haven't been able to connect to HP yet. Am getting some meetings in and hearing good stuff.

Long-timer: Let's say a prayer together right now, ok?

Newcomer: Ok.

Long-timer: Dear God, we know you don't want us to hurt our bodies, our minds and our spirit. Nicodemon wants me to go against your will for me. I know if I pick up the first cigarette, I will lose all the time and work that I've put in to stay stopped. Please Dear God, remove the desire and craving for a cigarette. I am powerless over not smoking on my own. I need you, dear God, to make this horrible addiction go away, just for today.

Newcomer: Just for this minute.

Long-timer: You can pray too.

Newcomer: I am.

Long-timer: I can't handle any more than a minute at a time. I feel

continued on page 9

like I'm losing my mind. But I'm not. It's nicodemon that wants me to believe that. Nicodemon lies to me and wants me to do his will, to turn my back on you, Dear God. But you and I can beat him. I have friends helping me and praying for me too. I will not smoke, with God's help...just for this minute. I'm asking you dear God again... please remove the craving and make me feel sane. I don't want to smoke. I've come this far and don't want to go backwards because I may never get smober again. You have the power to stop me from smoking. Please use that power to remove the desire or need for a cigarette. May God bless both of us and show me what to do after we are through praying so I can relax and concentrate on getting well again. I'm turning my life and my will over to your care, dear God. God grant me the serenity to accept the things I cannot change, courage to change the things I can and the wisdom to know the difference.

Newcomer: That was beautiful.

Long-timer: Take God into your heart.

Newcomer: Thank you so much. I'm crying.

Long-timer: Me too... I love prayer. HP will not let you smoke because now He has your will and life in His hands.

Newcomer: It's so easy...and so hard.

Long-timer: You will be fine for one minute. Anyone can stay smober for one minute, right?

Newcomer: Right. I can do this with HP's help and the support of NicA.

Long-timer: You only have to stay smober till midnight...one day at a time and that's 1 hour and 20 minutes from now.

Newcomer: Lol. I can do that!

Long-timer: Right?

Newcomer: Right. I appreciate you so much. You've deeply touched me and helped me. I'm in awe of HP now.

Long-timer: God just touched both of us...we are in His arms and He is taking care of us. No way are you going to smoke.

Newcomer: I can do this with help.

Long-timer: Absolutely. You just need a power outside of yourself and you have that HP right now.

Newcomer: Just for today.

Long-timer: We don't have the

power... We don't need it cuz our HP has the power.

Newcomer: Yes. I just have to ask for help from HP, from the group.

Long-timer: God saved me over and over again cuz he had a job for me to do on this earth.

Newcomer: Like be here tonite for me. I'm so looking forward to changing

Long-timer: It's hard getting there but well worth it. You are going to make that change.

Newcomer: I hate being so obsessed.

Long-timer: We'll be ok for today.

Newcomer: Yes, I can sleep now. I feel so much better now.

Long-timer: Thank you for helping me too. We are 2 miracles.



Quote Corner

“When you're away,
I'm restless, lonely,
wretched, bored,
dejected;
only here's the rub
my darling dear,
I feel the same
when you are near.

- Samuel Hoffenstein

Learning the Importance of The Traditions...

When I came into the Nicotine Anonymous program, I didn't pay much attention to the Traditions that were read at the start of the meeting. I was so raw from trying (and failing) to stop using nicotine, that was all I could focus on, all I cared about. I was in awe of anyone who had quit smoking, whether for a day or a year. Those with more than a year seemed like gods. How did they do it? How could they not smoke for so long? I was baffled, demoralized and afraid it would never happen. But I kept coming back, and sure enough I learned what it took: willingness to be uncomfortable, faith that a power greater than me would help and openness to the assistance of others. Those surrenders led to a quit that has lasted for many years now, thank you God.

Eventually I started really hearing those Traditions as they were read at each meeting. I realized they were a guide for the group so that it would be healthy and would last, no matter what trials were presented. What a relief! I had come to rely so much on my group that the thought of it imploding was scary. I saw how the Traditions would prevent that from happening. The spirit of "common welfare" and "unity" and "group conscience" helped me know that God would keep us protected from ourselves and see to it that our group purpose always remained at the forefront.

Next I began to see how these same Traditions could be applied to my own life; could help ME not implode. They are a wise guide to my own personal conduct as I endeavor to tread lightly in the world. What a miracle this journey has been. I came to quit smoking, which did happen, but I also got to clean up my past mistakes by working the Steps, and to make my present and future healthier and happier by practicing the Traditions. Thank you, HP and Nicotine Anonymous!

Chris H
Phoenix, AZ



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: PenPalCoordinator@nicotine-anonymous.org

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

Email Pal Coordinator: 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.



Nicotine Anonymous World Service Conference

#36

April 9-11, 2021

Conference will be held entirely online via video conference.

REGISTRATION NOW OPEN

**REGISTER with PayPal at
nicawsc2021.homestead.com**

(Credit and debit cards accepted)

Please note PayPal charges us for each transaction. Kindly consider a small, optional, donation to NAWS at the bottom of the registration page to help defray these charges. Thank you!



NAWSO
Profit & Loss YTD Comparison
January through December

	<u>Jan - Dec</u> <u>2020</u>	<u>Jan - Dec</u> <u>2019</u>
Ordinary Income/Expense		
Income		
4000 · Donations	17,029.67	16,242.00
4100 · Literature Sales	22,425.02	23,852.41
4290 · Shipping & Handling Income	5,006.56	4,039.63
4179 · 2019 Conference	—	999.45
4184 · 2020 Conference	2,906.91	-500.00
Non Profit Income	171.38	—
Miscellaneous Income	6.84	—
Sales of Product Income	1,455.62	359.80
Total Income	\$49,002.00	\$44,993.29
Total Cost of Goods Sold	\$14,700.87	\$11,878.43
Gross Profit	\$34,301.13	\$33,114.86
Expenses		
6000 · Office Expenses	30,534.99	25,787.20
6600 · WSO Expenses	1,394.15	6,559.84
6965 · Office Moving Expense	133.40	—
6900 · Other Operating Expenses	771.93	286.80
Total Expenses	\$32,834.47	\$32,633.84
Net Operating Income	\$1,466.66	\$481.02
Other Income		
8000 · Interest Income	8.01	108.27
Total Other Income	\$8.01	\$108.27
Net Income	<u>\$1,474.67</u>	<u>\$589.29</u>

BIRTHDAY CONGRATULATIONS

Kathy K – 4/11/07 Eileen C – 4/19/98 Nathalie – 4/25/04 Tom W – 5/28/06

Cathy – 6/9/03 Dan M – 8/24/05 Mike N – 2/25/05

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

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

Email: SevenMinutesEditor@nicotine-anonymous.org



NicA Outreach

@nawsoutreach is the Twitter presence for Nicotine Anonymous.

We put out approximately 4 Tweets weekly.

Got ideas for Tweets or other social media to help us carry the message?

Call Brenda at **425-496-3042**

Have an idea for a public service announcement?

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

For questions or ideas call Brenda at **425-496-3042** or email

OutreachCoordinator@nicotine-anonymous.org

Is your group in need of newcomers? Try an Outreach project to get the word out!

For more information, send an email to

OutreachCoordinator@nicotine-anonymous.org

Service is the Key

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

OUTREACH COMMITTEE

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



E-MAIL PAL COORDINATOR

Receives e-mail requests for pen pals, adds names to the e-mail pen pal list,
sends out the list.

ARCHIVES COORDINATOR

Organizes Nicotine Anonymous materials in order to preserve
our history.



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

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.

To volunteer, please email 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 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

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



SevenMinutes

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



**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

Nicotine Anonymous 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
nicahost@nicotine-anonymous.org

Individual training
is available
to learn this venue.

*This online meeting format can also
be used internationally.*

<p>My Address Has Changed! Don't miss an issue!!! Complete this form and mail it to: NAWSO, 6333 E. Mockingbird Lane, #147-817, Dallas, TX 75214 USA <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 _____