



Seven Minutes

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

Volume XXIX

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Number 2

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6333 E. Mockingbird Lane
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Dallas, TX 75214
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SevenMinutesEditor@nicotine-anonymous.org

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

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

Your trusted servants,
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Chairperson's Report

The XXXIII Nicotine Anonymous World Services Conference (NAWSC) was hosted by the New York Metropolitan Area Intergroup (NYMAI) in Ronkonkoma, NY. This gathering provided an opportunity for our fellowship to join in the NicoverY of members who attend live, internet, and telephone meetings. The first motion passed by elected delegates was to suspend Article V Section 5 of the Nicotine Anonymous bylaws regarding Conference Delegates. Doing so meant that any member attending the conference was eligible to vote. This action gave all attendees the opportunity to experience an active role in our fellowship this year.

Rotation of service is built into our fellowship so new members can help to carry on our primary purpose of helping those who are still addicted to nicotine. Every year trusted servants exit and enter the board. Checko M (New York), chair emeritus, left the board following the conference. Hopefully, Checko will always be a part of Nicotine Anonymous because he wears so many hats. He continues to be our Literature Coordinator, Translations Coordinator, and International Coordinator. With technology, our fellowship seems to be growing overseas. Checko also chaired two workshops at the XXXIII NAWSC. One addressed possibly developing a new sponsorship book with stories written by our members. The other workshop reviewed possible revisions to Our Promises. Our Promises were not changed but a majority of the delegates voted to keep the option open to continue working on this pamphlet.

Special thanks are given to Nancy O (Florida) who stepped into the active

secretary position three years ago. She served as the active secretary at two World Services Conferences. This year she also hosted an Outreach Workshop. This was a history-making workshop because our last Outreach Chairperson, Jeff from Joshua Tree, CA attended virtually. Unfortunately, the Outreach Coordinator position is still open. Any member could stand in line for this position. More information is available by reading the Outreach Handbook found on our website.

Annette A (New Jersey), left the board as treasurer emeritus. We are grateful for the continued service she provided to keep a watch on our finances the last three years. She was also helpful with a Spanish-speaking telephone meeting that was initiated with the assistance of Rosa D (Pennsylvania), Outreach Coordinator, and the board. This Spanish-speaking telephone meeting has ended. The preparation provided the past few years by Spanish-speaking trusted servants will all be available for the next individual who would like to host Spanish-speaking meetings. Annette also chaired a workshop at this year's conference regarding the next Daily Meditation text to be developed. This was another history-breaking workshop because the Daily Meditations Coordinator Aimee C (VONR) attended the workshop via computer to share ideas with the attendees who each wrote a meditation regarding nicotine recovery.

The delegates at the conference approved the new slate of board members. Sharon C (Pennsylvania) is the chairperson-elect. Angie B (southern California) will be the new secretary. Ed T (northern California) will step in as treasurer-elect.

Nicotine Anonymous is still looking for
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The Twelve Steps of Nicotine Anonymous

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

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

The Twelve Steps of Alcoholics Anonymous

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

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

The Twelve Traditions of Nicotine Anonymous

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

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

The Twelve Traditions of Alcoholics Anonymous

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

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someone to coordinate Archives for Nicotine Anonymous. With the addition of online and telephone meetings there seems to be so much history to record. Librarian skills may be helpful to provide this service to the fellowship.

Our Worldwide Meeting Coordinator, Joyce from California, will be leaving her position on June 1. Our new chairperson Chad appointed David from Minnesota to this position. Many thanks and gratitude go out to Joyce for keeping our meeting list as updated as possible. Unfortunately, our Penpal Coordinator, Wendy from Michigan, will be stepping down from this service position. Wendy increased the number of members who receive letters via the mail once a month during this last year. Once again, big thanks go out to Wendy for providing service for Nicotine Anonymous.

No one needs to be a visitor in Nicotine Anonymous. There's always service opportunities available online, answering telephones, joining committees and writing for *SevenMinutes*. By getting in the middle of the herd and helping other nicotine addicts...more will be revealed!

Chick P
chairperson emeritus (2018-2019)

Stay connected to Nicotine Anonymous World Services!

Receive emails directly from the NAWS board by subscribing to **NicA News** (formerly Two Way Talk)

To subscribe, click the **Newsletter** tab on the NicA website at <http://nicotine-anonymous.org/nica-news-email-communications.html>

The Obsession Has Been Lifted...

The reality of life can hit hard at times, but I am grateful to have the support and fellowship of Nicotine Anonymous and Voices of Nicotine Recovery (VONR). I am especially grateful for meetings and my sponsor. Of course, I am grateful for the God of my understanding who loves me and is there for me 24/7.



As I write this, I have 4 months nicotine free. They talk about living life on life's terms. This concept has really been in my face for the past 6 weeks. I relocated long-distance 6 weeks ago and have been met with adversity, financial and otherwise ever since. I have learned a lot about trusting my Higher Power and how to turn things over and maintain acceptance and surrender. The supports of our program were in place. I kept sharing at meetings and contacting my sponsors every day. When the stress became great, it messed with my serenity. I had to double my prayer and meditation time and to read a lot more NicA literature. I was told by my sponsors and other NicA friends that things would work out and somehow they have been. "It works when you work it" has been true in my case.

I have been reading healing affirmations and repeating them often for added support emotionally, mentally and spiritually. The more actions I can take to improve my life, the more I am spiritually fit. When I act to fulfill my true heartfelt desires and goals, I still can get hit with adversity. It does not mean I acted incorrectly, or out of line with God's will.

The adversity can build a stronger recovery and faith. I don't need to let it

bring me down. My life has gotten better in a lot of ways since my quit date. The money not spent on smoking has reached a thousand dollars already! I have a lot more free time to use productively and my health has improved immensely in just four months! I am grateful for so many things.

If you are struggling to get a quit, you are not alone! I struggled for 2 whole years while trying again and again, and going to meetings and reporting to a sponsor. NicA friends kept encouraging me, telling me my miracle would happen. I persevered and kept coming back. I really hated telling others I had picked up but I kept on being honest and telling on my disease. I kept working the Steps and doing a lot of writing. The biggest thing that finally worked was crying to God after I had smoked a cigarette again. I had a heartfelt surrender and to my surprise, the cravings and mental obsessions were lifted. I am prepared that they could return, but a day at a time they are not bothering me.

Thank you all for your support and caring!

Margie L
VONR member from Savannah, GA

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

Consider attending our
monthly Outreach
teleconference
meeting!

When: 2nd Wednesday of the month
Time: 8 pm EST
To attend: call
1-218-339-4978

Access

Code:

1471471#





Gratitude and Reflections: Conference 2018

Members at the 2018 World Service Conference in Ronkonkoma, NY had a joyous Gratitude Meeting on Friday night. I was reminded of my gratitude for a fellowship whose *only* requirement for membership is to have a desire to stop using nicotine AND has as its *primary purpose* to offer support. Those were essential reasons that enabled me and so many others I've witnessed to attend meetings and eventually gain freedom from nicotine.

I am grateful for this "gentle *WE* program" that states in the Introduction to its Traditions, "No member can tell another, 'You can't do that,' or 'You must do this.'" Although Tradition One states how our common welfare depends on NicA unity, the text begins with the following:

"Does this mean that an individual must conform to all aspects of our program? Certainly not! The sentence in AA's 'Big Book' that introduces the Steps reads - 'Here are the steps we took, which are *suggested* (italics our emphasis) as a program of recovery.' Similarly, the Traditions use the word 'ought' or 'should' as *guidelines*, offered from experience."

I am grateful that I can decide my own recovery journey; I can take what I want and leave the rest. I may determine *my own* imperatives, but the program does not dictate what those have to be. By making my own choices also means that I therefore take responsibility for my actions and beliefs - that's what real freedom entails.

Saturday afternoon's Conference agenda included six productive workshops titled **NicA and the Addict's Family and Friends, Outreach Activities, Our Promises** (revision proposals), **World Services Structure** (discuss-

sion of modifications), **Sponsorship Stories** and **Daily Meditations** (both developed member contributions toward literature). There were also nominations for board-elect positions.

The banquet on Saturday night offered good dining and two enjoyable and inspiring speakers, Guenevere K and Chad O, who shared their recovery journey. They were followed by 17 performances (solos and group) during the "Untalent Show." It was immediately clear that there was no "un" to their talents. There was singing, a clarinet solo, limericks, poetry, and comedy skits. It was an evening of being "happy, joyous, and free."

Sunday morning was the traditional Sunrise Meeting — always special! Then it was time for voting for new officers and one motion to determine whether or not the delegates were in "Favor of the concept to change Our Promises." The motion passed by a slim margin, meaning revisions to Our Promises will continue to be explored. The voting for new officers resulted in Sharon C as chair-elect, Angie B as secretary-elect, and Ed T as treasurer-elect.

The Sunday Brunch was followed by the uplifting spirituality speaker, Sarah B. As her story reached present times, she removed her Star Wars scarf (The Force being her youthful rebellious, yet formative belief in a power greater than herself) to reveal for the first time in public her clerical garment and collar as a newly ordained Reverend. We were informed that there are over 4,000 religions in the world and she had over 200 names/terms that could be alternatives to the concept of "God." Clearly there are many spiritual paths.

As always, there were hugs and some watery eyes as devoted members said their goodbyes to return to serve their home groups and continue to carry the message of recovery to the still-suffering nicotine addict. Next year, the Conference will be in southern California — our purpose continues.

Checko M
Rosendale, NY



Nicotine Anonymous

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

Meeting Options:

- Face-to-face meetings
- Telephone meetings
- Online meetings

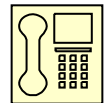
To find face-to-face meetings:

Go to www.nicotine-anonymous.org
Click on **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.

Unofficial Nicanon has "Type Share" meetings. It can be found at: <https://groups.yahoo.com/neo/groups/unofficialnicanon/info>

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

VONR can be found at: <http://voicesofnicotinercovery.com>

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





Conference 2018: Workshop Summaries

Nicotine Anonymous and the Addict's Family & Friends

Member participants were asked to consider the questions: Have you ever been asked by someone, "What can I do to help my ___ who smokes?" What did you say or do? What more could you have said or done, and what can or should Nicotine Anonymous do for the caring nonsmoker? Participating members were handed an instruction sheet and a copy of the Nicotine Anonymous pamphlet titled *Are You Concerned about Someone Who Smokes or Chews Tobacco?*

The workshop took the form of a go-round discussion and a brainstorming session with active participation. Members decided there is little that anyone can do to force someone to quit smoking, but an idea that arose from brainstorming was that Nicotine Anonymous could produce literature in the form of one or more influential "lay-arounds" that would contain actual amends that smokers have made. The literature might be a bookmark or pamphlet insert that could be found by a smoker. Participants decided to present the idea during their subsequent report to the Conference attendees by having the workshop participants state an amends as an example. This resulted in several Conference attendees spontaneously coming to the microphone to state an amends they also wanted to make. The experience was very moving. Though no formal motion or proposal was made, it was recommended that the board consider developing the literature in preparation for a workshop at the next World Service Conference.

- Michael B

Outreach Workshop

15 conference registrants attended this workshop. Jeff M from California (former Outreach Coordinator) participated online via WebEx. Handouts included

meeting flyers and announcements, as well as the 22-page Outreach Booklet.

Questions from participants focused on two topics: starting a new face-to-face meeting and attracting new members to an existing face-to-face meeting.

The Outreach Booklet (available for download on the NicA website) was recommended as our main repository of ideas and resources. In addition to the many Outreach Projects suggested in the booklet, participants discussed other ideas such as:

- Have an intergroup website (or a group website, if not affiliated with an intergroup)
- Donate a copy of *NicA: The Book* to your local library (with a group/meeting sticker on the inside cover)
- Utilize the Public Service Announcements that are available through NicA World Services

There was also a brief discussion about using social media such as a Facebook group, Twitter, and What's App.

Members can get assistance developing materials by contacting Outreach at the address below, and funding is available from World Services for Outreach projects (details and application form are in the booklet). Please let the Outreach Coordinator know about results of all Outreach efforts.

At present, the Outreach Coordinator position is open. Also, there's a need for volunteers who can make small monthly commitments that make a huge difference, for example Twitter Coordinator.

Interested volunteers can email OutreachCoordinator@nicotine-anonymous.org

- PJ M

World Services Structure

This workshop built additional layers on the work that has been done over the past 6 months by the Service Structure Committee. It also created an opportunity to bring forth new ideas regarding service in Nicotine Anonymous.

First and foremost, the workshop detailed the reasons that the structure of Nicotine Anonymous is being discussed. For members of the fellowship to participate in helping the still-suffering nico-

tine addict, more options to be of service must be examined and these options must be available for all members to participate in. Surveys and previous discussions have led to the belief that many members are not able to attend our World Services Conference and therefore are not able to be as involved as they would like to be.

Newcomers and long-time members who attended the workshop agreed that we need to improve the methods to get members to the conference via web or conference calling options. This, however, is only the beginning. Getting members to participate and want to attend in person will require further discussion. Ideas around different formatting for the conference (e.g. fewer business meetings and more workshops) or ongoing "marathon meetings" for those looking to work their recovery program and not be involved in so much business were just a few of the topics discussed.

The workshop concluded with a motion to bring forward to the entire conference. This motion enabled all members of Nicotine Anonymous present at the conference to be delegates (voting members) for the current year. The motion passed by a majority vote and a discussion of the bylaws and the delegate process will likely need further examination going forward.

Last, the workshop asked for the Service Structure Committee to continue to look at options for reorganizing the service layout of NicA, in order to best represent the entire fellowship. The Service Structure Committee meets the first Monday of each month via WebEx. Everyone is welcome to join the meeting and can access it or join the committee by emailing chairperson@nicotine-anonymous.org.

- Chad O

Daily Meditations Book

An innovation at this workshop was having our Meditations book editor, Aimee C, join in remotely by video feed. It was inspiring to meet her and listen to her. The fact that she was with us remotely just made it more interesting and fun.

Attendees seemed to love the idea of
continued on page 6

writing a meditation that would be put into our next Meditations book - on their Quit Date! (In case of duplicates, then as close as possible to the Quit Date.) It got some energy behind the writing of meditations during the actual workshop. Some excellent new writing was submitted, bringing the effort up to almost half the year's worth of writings planned, according to Aimee.

Members can get on the bandwagon as well. Write your meditation per the guidelines provided on page 11 of this issue to experience the joy of finding your personal writing on (or near to) your Quit Date in our next Meditations book. It is a wonderful feeling, and brings help to the still-suffering nicotine users around the world. It's a wonderful exercise of your program.

Annette A

**Upcoming
Phone Marathon Meetings
July 4
"Celebration of Freedom"**



**September 3
"Fall into Recovery"**



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: 218-339-2933
Pass code: 944982#

See nicotine-anonymous.org
for information on
all regularly-scheduled
NicA phone meetings

**Available
on Kindle
at Amazon.com:**

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

**A Year of Miracles -
\$9.99**

90 Days, 90 Ways - \$4.50



*A Poll from the
Nicotine Anonymous
Free Bridge Phone Group*



What would be helpful to your recovery?


- Finding a sponsor
- Acknowledging the seriousness of the situation
- Acceptance by peers
- Unconditional love
- Not being judged or compared to others

The Beast

I think two steps forward,
then jump right back.
I grow a little bit,
then am stunted by it.
I am my own worst enemy,
that is a fact.
I'm having a fit, I wish I could quit
or at least show a little tact.
I know as I choke,
that that is a joke.
Nothing I will say is more true
than that.
What once was adored is now
solely abhorred
with claws sunk deep into my back.
As the blood starts to pour,
the beast shuts the door.
Now it is he and I left alone
in this shack.
Though try as I might, I'll lose
if I fight.
And so I concede to be left
with some type of peace.
Praying to God for his sweet release.
I did not start this ugly fight
but its conclusion I must attend.
And I hardly think it has the right
to say that it was once my friend.

Keith C
Callahan, Florida





**Heard it at
a meeting**

I learned that using
nicotine did not reduce
stress. It actually
prolonged stress. Nicotine
did not help me cope.
Nicotine trapped me in
unhealthy behavior.

~ Recovery Talks ~ with Margie L

For this issue Margie interviews Dee S from Wolverhampton, England who uses all the tools and suggestions of the program to stay smober.

Margie L. Hello Dee! I know you have some solid quit time. When did you become nicotine-free?

Dee S. It was July 16, 2016.

M. How did you get free of smoking and nicotine?

D. I got free by using nicotine patches and attending many Voices of Nicotine Recovery (VONR) meetings online. I spoke to my sponsor every day and answered the Step Study workbook questions daily. I kept a journal of my quit, went to the gym every day and also prayed. My Higher Power is very personal to me - praying and asking God for help daily got me nicotine-free. The VONR members also helped me so much.

M. How do you maintain your quit using Nicotine Anonymous?

D. The 12 Steps of NicA have made me a better person. If I do anything wrong, I do a Step 10, admit it and apologize, if needed. Also at the end of each day I ask myself could I have done anything better? I work Step 12 and help the suffering nicotine addict too. I've sponsored 2 people who have quit. I still attend VONR meetings online, and chair one meeting a week. Service work does help a lot.

M. What other program aspects helped you get and stay nicotine-free?

D. The NicA slogans, the meetings and reading **A Year of Miracles** on a daily basis have all been helpful. Also when I did a speaker share at 90 days nicotine-free, it became clear in my mind that I never wish to use nicotine again. The words and advice I got from members of VONR helped me a lot. I could talk to someone and just one sentence would make so much sense. Steps 1 and 3 definitely helped me - and Steps 4 and 5 helped me later. Admitting the exact nature of my wrongs to God and another human being lifted a lot of weight off my shoulders. I have truly had a spiritual awakening as a result of the Steps. I try my best to lead a clean life and work hard. The NicA pamphlet **Serenity Prayer for Nicotine Users**

has helped so much too.

M. What service do you do besides chairing meetings?

D. I make myself available for calls if someone is having a craving and thinking about smoking. On many occasions I have talked people out of smoking. When we have that desire to quit using nicotine, we need all the support we can get. Nicotine addiction is powerful, cunning and baffling even when people have family members who have died from smoking.

M. I appreciate your time, Dee. You have strong nicotine recovery and are doing a great service!

Margie continues...

Gratitude

As I approach one year nicotine-free, I am reflecting on how grateful I am for the freedom from nicotine, especially from smoking. I cannot believe that this miracle is here for today.

Gratitude is one of the most powerful principles of the program that I have found. I focus on what I have and not on what I don't have, or what I wish I had. As I accept myself and my situation, I can gratefully make improvements in myself and my life. This helps me break free from negative thinking. It relieves me of self-pity, anger, jealousy and self-centeredness. I am open to kindness to myself and others, feelings of joy, happiness, freedom and humility.

I am grateful in my prayer and meditation for recovery, the progress made, all the abundance and the many blessings in my life. I am grateful to be on a spiritual path. I have enough food and clean water and am definitely grateful for clean air to breathe. I am so grateful I am not polluting my lungs with cigarette smoke today. I am grateful for this beautiful day God has given me!

When I am grateful and make a daily gratitude list, I can maintain a thankful attitude. The more often I think about how grateful I am, the less often I get tempted to smoke. For me, it is that simple!

I have been struggling with dealing with teenage rebellion a lot lately. I am finding myself trying to control situations.

Getting back to basics, I remember the reasons I am grateful for my teenage son. I remember these years do pass. In a Fourth Step inventory I am writing about my struggle with resenting my difficulties. I am realizing this is an opportunity for growing spiritually, emotionally and mentally for both of us.

I also struggle with depression at times. Being grateful is a powerful tool which helps relieve the depression, or at least lessens it. Life doesn't seem so bad with a grateful attitude.

Living the Twelve Step program is simple, but not always easy. I am so grateful for the Steps and Traditions of Nicotine Anonymous. I definitely need this program and all of you, my fellow nicotine addicts. I am grateful that this is a "we program." I definitely cannot recover on my own.

Just a note about service and helping others - I am grateful for the blessings received from service to others. All in moderation, of course. I am grateful for lessons learned.

Thank you God for recovery!

Nicotina Anónimos: El Libro

A Spanish translation of
*Nicotine Anonymous:
The Book* is now available
in the NicA store at
**www.nicotine-
anonymous.org**

\$10.50 plus shipping

*This translation was provided by a
Nicotine Anonymous member.
Nicotine Anonymous World Services
accepts it in good faith as the
member's best effort to stay true to
the original content and intent of
Nicotine Anonymous: The Book.*

Also available for purchase
in the store:
Spanish translations of
NicA pamphlets

From the *SevenMinutes* Archives

The following article first appeared in our March 2013 issue.

Love Letter to NicA...

It was clear that I was heading toward disaster - both with my health and with being true to my innermost self. I had succumbed to my incessant addiction to nicotine once more, and could not stop on my own. Everything in my life was spiraling out of control, and all I could do was smoke.

With the support, encouragement and acceptance of my fellow addicts in recovery, I've come 8 years from that last drag of nicotine.

Today, my health is vibrant, I've returned to the beautiful Rocky Mountains and I'm realizing my dream of being happy, joyous and free. My goal of recovery from nicotine addiction is well underway. I've realized that it just takes what it takes to go through this process of living life on life's terms, not using, and getting to know this sweet, beautiful person that I am.

With the 12 Steps as my guideposts, service supports my quit and keeps me humble along this journey. After being so deeply mired in the muck of denial, the road is clearing, and I am beginning to see what I REALLY want: to ultimately come from the place in my heart where my HP dwells. I want to be in serenity and give joy to others.

First I have to do this for myself. Practice, practice, practice. Thanks be that I can be human and make mistakes. So my path is to fully express my joy, creativity and talent for free and for fun. No conditions. Total acceptance of me, you, all of it, in the moment. Joy, love and light. I want to feel good and share the goodness.

Sound idealistic? Yep it is, and so many battles with that doubting and fearful inner voice have been won to get here. And today, right now, I'm on retreat, just me and Solar, my dog, here in the mountains. I write this from the living area of my little 2 room casita, with the fire blazing and music soothing the snowy grey morning. The birds swoop to the feeder and hop along the posts of the coyote-fencing, taking turns. Ravens and magpies dance together for the feast at the feeders.

I have needed this for so, so, so long. I commune with my HP constantly. I really hear my thoughts, and am making changes to what thoughts I listen to and what I would rather think and believe. This affects how I feel. I find that the thoughts I feed grow. And I want to feel good.

Attending Nicotine Anonymous meetings online, long walks with Solar in the mountains, drawing, making pots, reading and watching English historical drama are my favorites.

It feels like I'm clearing the cobwebs that appeared after the smokescreen lifted.

I was dying, and now I really want to live life to its fullest. Thank you for my life and for all the support and encouragement to believe in myself. You and HP have given me what I could not possibly give myself - LOVE.

Aimee C
Voices of Nicotine Recovery (VONR)



Summer 2018 Nicotine Anonymous Events Around the U.S.

- | | |
|-----------|---|
| June 5 | Fourth Anniversary Party in St. Paul, MN
sponsored by Midway Nicotine Anonymous |
| June 8-10 | Annual Joshua Tree Retreat
sponsored by Southern California Intergroup |
| July 6-8 | Annual Funweekend in Phoenixville, PA
sponsored by NJ/PA Intergroup |
| July 14 | One-Day Retreat at Samuel P. Taylor State Park
sponsored by four Northern California NicA meetings |



See flyers with event details on the NicA website
www.nicotine-anonymous.org

A Brief History of Nicotine Anonymous

The roots of Nicotine Anonymous first took hold in the Southern California living room of one of the co-founders, Rodger F. in February of 1982. The group consisted mostly of Alcoholics Anonymous members who realized their need to focus on their nicotine addiction and to stop smoking. Since anything but alcohol is an outside issue for Alcoholics Anonymous, a separate group was necessary.

With permission from Alcoholics Anonymous, the founding members of our fellowship adapted the Twelve Steps and Twelve Traditions. Although there is common ground in the use of the 12 Steps and 12 Traditions, these fellowships are not affiliated. Alcoholics Anonymous also gave us permission to adapt their preamble. Our Preamble became the following:

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.

Maurice, a member, authored an article for *Readers Digest* in May of 1985. Thousands of letters poured in from people wanting to know more about this new 12 Step fellowship known then as “Smokers Anonymous.” Within a year there were a hundred meetings identified.

The fellowship’s first official World Services Conference was held in San Francisco in May of 1988. Thanks to a well-documented chain of events the fellowship was renamed Nicotine Anonymous in Phoenix, Arizona at the 1990 World Services Conference. As with most organizations, it becomes typical to use an abbreviated name. For our common welfare and unity, a vote at the 2000 World Services Conference in Scottsdale, Arizona decided that **NicA** would be the one abbreviation the fellowship would use.

Each year we hold a conference in the spring, and all members are invited to attend. This annual conference is held in various parts of the United States, depending on members who volunteer to host the event. The conference serves to strengthen us in our path to freedom from nicotine and as an official meeting to address fellowship business.

Nicotine Anonymous World Services serves a worldwide fellowship with meetings in the United States and around the world. Face-to-face meetings have been supplemented by both online and telephone meetings. There is a well-managed web site and literature fulfillment service available to the membership. The elected all-volunteer board consists of nine members and meets at least quarterly. There also are numerous coordinators who volunteer to provide specific services that help World Services fulfill our fellowship’s primary purpose - “to offer support to those who are trying to gain freedom from nicotine.”



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.



Write a Meditation for a Future Nicotine Anonymous Daily Meditation Book!

Please submit your daily meditation for consideration in an email or Word file to:

DailyMeditations@nicotine-anonymous.org

Subject line 'Nicotine Anonymous Meditation'

or mail to:

Attn: Daily Meditations Coordinator

Nicotine Anonymous WSO

6333 E. Mockingbird #147-817

Dallas, TX 75214

Please include your telephone number, email, and snail mail address — to be used only in case we have questions. Please also include your nicotine quit date so your meditation can be placed on or near that date in the book. (All contact info and authorship will be kept confidential in accordance with the 11th Tradition.)

The format for new daily meditations follows the format used in the book *A Year of Miracles*. The text can contain 100-200 words, including the quote, the member's share, and the concluding statement, "Today, _____."

Nicotine Anonymous daily meditations are best when related to the personal experience, strength, and hope of a member and/or supported by principles of recovery based on the Twelve Steps and Twelve Traditions of Nicotine Anonymous, Our Preamble, or text from our literature.

The quote can be from a Nicotine Anonymous member (to be cited as "Nicotine Anonymous member") or from what is considered as "in the public domain for Fair Use" and citing the author.

Please note:

- Contributors waive their right to financial compensation and grant all rights to Nicotine Anonymous World Services.
- Meditations submitted may be edited as necessary for grammar and content.

Thank you for your service!

NAWSO
Profit & Loss YTD Comparison
January through March

	<u>Jan - Mar</u> <u>2018</u>	<u>Jan - Mar</u> <u>2017</u>
Ordinary Income/Expense		
Income		
4000 · Donations	2,443.13	2,823.56
4100 · Literature Sales	7,557.38	6,340.43
4290 · Shipping & Handling Income	1,193.88	1,002.34
49900 Non Profit Income	8.27	-
Total Income	\$11,202.66	\$10,166.33
Cost of Goods Sold		
Total COGS	\$3,035.91	\$3,302.67
Gross Profit	\$8,166.75	\$6,863.66
Expenses		
6000 · Office Expense	6,620.21	6,991.27
6600 · WSO Expense	807.96	685.80
6900 · Other Operating Expense	91.37	91.37
Total Expenses	\$7,519.54	\$7,677.07
Net Operating Income	\$647.21	\$-813.41
Other Income		
8000 · Interest Income	11.81	11.78
Total Other Income	\$11.81	\$11.78
Net Income	<u>\$659.02</u>	<u>\$-801.63</u>

BIRTHDAY CONGRATULATIONS

Jim Mc – 6/24/06 Stephanie A – 6/24/11 Colleen S – 7/4/05 George – 7/4/11
Meg – 8/10/01 Shirley P – 8/5/02 Franca F – 9/15/07 Rob L – 9/6/12

*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



@newsoutreach is the new Twitter presence for Nicotine Anonymous. We are looking to use social media to stay in touch with those involved in helping nicotine users everywhere. Got ideas for using social media to help us carry the message? Call Jeff at [760-401-6503](tel:760-401-6503).

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 more information, contact: chairperson@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 chairperson@nicotine-anonymous.org

Service is the Key

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

PUBLIC OUTREACH COORDINATOR

Responsible for selecting and communicating ideas to promote public awareness of Nicotine Anonymous and assist individual groups in performing outreach programs. See Policy and Procedures on our web site, at "About Us" tab, select "Archives."

OUTREACH COMMITTEE

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



TELEPHONE SERVANTS—ESPECIALLY NEEDED!

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

TRANSLATORS

Help us spread the word by translating our literature, or when foreign-speaking inquiries come to our attention.

INTERNATIONAL GROUP COMMITTEE

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



All service positions information is in the Policy and Procedures Manual (P&P)
The P&P is posted on our web site under the "About Us" tab, then click on "Archives."

To volunteer or get more information about any of these service positions, please contact

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

Or e-mail chairperson@nicotine-anonymous.org

Rev. 11/2017

♥ 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



Seven Minutes

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 Chick at nicahost@gmail.com

Individual training is available to learn this new venue.

This online meeting format can also be used internationally.

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>		
NAME _____		PHONE (WITH AREA CODE) _____
ADDRESS _____		
CITY _____	STATE _____	ZIP CODE _____
<i>My old address was:</i>		
ADDRESS _____		STATE _____ ZIP CODE _____