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SEVEN MINUTES

a forum for smokers who don't smoke

Vol. I, No. 3

The Smoker's Anonymous Quarterly

Spring/ Summer 1988

NEW CHAIRMAN'S MESSAGE TO SA

By Rodger F.

This April, in San Francisco, Smokers Anonymous World Services came into being, the creation of 50 delegates to the first SA World Services Conference. Attending the meetings, workshops and dinners, I felt SA had crossed a new threshold. Maurice Z's *Reader's Digest* article in 1985 made us aware of each other and spread SA across the continent. We have all had our struggles with membership and meeting places, literature, organization and communication; but now we seem to be coming together. No meeting has to stand in isolation anymore. We are not alone.

But what are we? What is SA? Above all else are the SA groups meeting across the land. They are our *sine qua non*. Below them are the local and state Intergroups and, below *them*, the World Service Office, all of which serve the groups. The thread that ties groups, Intergroups and WSO together consists in the goals and principles on which we agree.

First and foremost, we agree SA is a 12-Step program. SA has adopted the 12 Steps of Alcoholics Anonymous as fundamental to recovery. Only the

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SA GAINS BYLAWS, OFFICERS AT APRIL CONFERENCE

Bylaws, election of officers and Nicorette gum were among the items on the agenda of the first annual Smokers Anonymous World Service Conference held in San Francisco April 15, 16 and 17. Over 40 SA delegates, including representatives from Oregon, New York, Washington, Ohio and California attended the 3-day conference.

Delegates elected Chairman Rodger F. (Studio City CA), Treasurer Elizabeth D. (San Francisco CA) and Secretary Joan P. (San Diego CA). Their alternates, who will become acting officers at next year's Conference, are Chairperson Nancy H. (Palo Alto CA),

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AA CAUTIONS SA ON STEPS

Attention all SA groups!

If you are producing SA literature that includes a listing of the 12 Steps and/ or 12 Traditions of SA, please be sure to list, in the same document, the 12 Steps and/ or 12 Traditions of Alcoholics Anonymous, together with a credit line that states: "The Twelve Steps and Twelve

Continued on page 5

*Profile . . .***INTERGROUP: Ohio Smokers Anonymous****PLACE: Cleveland OH****FOUNDED: August 1983**

Editor's note: This issue's Profile takes a look at SA in Ohio. Cleveland's Joyce D. was sent to the April World Service Conference by her home group, which subsidized her air fare and accommodations. Her employer paid her registration fee. She brought with her a flyer, The History of (northeastern Ohio)Smokers Anonymous, which constitutes this Profile.

Donna V., who is in Overeaters Anonymous, was able to stop smoking by applying the 12 Steps to her cigarette addiction. Her husband, John V., who is in Alcoholics Anonymous, did the same a few years earlier. Donna had a friend who said she needed Smokers Anonymous to stop smoking. Donna decided to start a group to help her friend and others.

Donna and John found meeting space in St. Passtall Church and circulated flyers announcing the meeting. On Monday, August 29, 1983 at 7:30 pm, the first Cleveland-area SA meeting was held.

Jim G. and Debby B. attended the first meeting. Two days later, Debby took her last puff. Jim had stopped 8 years earlier, using his AA program.

Donna gave her lead [Ohioan for "chaired the meeting"] at the first meeting and immediately became Debby's sponsor. Barry H. was the second person from the group to stop smoking, followed closely by Amy. Donna's friend, for whom the group was started, came a few times but (we believe) is, unfortunately, still smoking.

In January, 1984, the group moved to the United Methodist Church of South Euclid, where it meets Mondays at 7:30 year round including holidays, to this day.

In January, 1985, Joyce D., the first SA member not in another 12-Step program, came to the group and stopped smoking. She is still free of nicotine today.

Donna had written to a man in California seeking knowledge of other SA groups. As a result of this contact, Joyce D. became Ohio's first delegate to SA's World Service Conference.

When SA was a few years old, a lady started another group in the Cleveland area. At present, there are 6 SA groups in the northeastern Ohio area. ☐

NEW CHAIRMAN'S MESSAGE: STATE OF SA (from Page 1)

substance name has been changed. And we have adopted AA's 12 Traditions. Our members, meetings, committees, Intergroups and WSO are guided by the Traditions in all our SA affairs.

We have agreed that the nature of our common problem is addiction to nicotine. The World Service Conference acknowledged that we are "powerless over nicotine" in any of its forms, that "The only requirement for SA membership is a desire to stop using nicotine."

We have agreed that the annual World Service Conference is the time and place for making decisions that affect SA as a whole and that such decisions are to be made in accordance with SA Bylaws approved at this April's Conference. Those of us who attended this year urge groups across the country to form Intergroups (Central Offices) to serve and link meetings on a statewide basis and to send delegates to future Conferences.

We have agreed that SA literature deserves the best editorial and publishing treatment available and that the interests of SA solidarity are best served by uniform literature approved by all SA as represented by the Conference delegates.

We have agreed to resume efforts to put together an SA Big Book. We have years of experience in SA smobriety that needs to be put together for the benefit of newcomers. A committee has been formed and all SA is encouraged to contribute.

Finally, we have agreed to establish a World Service Office, in San Francisco, California, to better serve the needs of groups across the land.

This April's World Service Conference was a beginning toward a great fellowship of SA individuals and groups. God willing, let us continue that fellowship's growth and its usefulness to our newcomers. ☐

SOURCES & RESOURCES – the SA directory

**Smokers Anonymous
World Services**
2118 Greenwich Street
San Francisco CA 94123
415.922.8575

The World Service Office is every group's primary source of literature and information on group and Intergroup formation. Starter kits and brochures are free to newly forming groups.

Books and quantities of brochures carry a price to cover printing and postage. Prices follow. Please make checks and money orders payable to Smokers Anonymous World Services.

WORLD CONFERENCE – APPROVED PUBLICATIONS:

Introducing Smokers Anonymous	\$.10
The Serenity Prayer for Smokers	\$.10
A Smoker's View of the 12 Steps	\$.50

OTHER HELPFUL MATERIALS (Xerox masters; order only one):

SA's Big Book – a work in progress	\$ 2.00
The Newcomer's Book	\$ 2.00

SEVEN MINUTES
4021 Ulloa Street
San Francisco CA 94116

SEVEN MINUTES is the quarterly publication of SA. It acts as a network for all SA groups and, as such, is entirely dependent on them. Support it by sending news of your group. **SEVEN MINUTES** also publishes the official Worldwide Meeting Schedule. Subscription details are in the coupon on Page 7. **PLEASE ORDER SA LITERATURE FROM SA WORLD SERVICES (SEE BOX ABOVE).**

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P
S

Pioneer Club Supply,
5252 Mission Street, San
Francisco CA 94112 (Ph.
415.469.5444)

"Poker" chips with SA
logo embossed on front and
sobriety of 1 & 24 hours;
7 & 30 days; 3, 6 & 9
months; and 1+ years on
back. \$35 plus postage per
100, the minimum order,



Actual diameter is 1.5"

mix & match okay. Ask for
Carmen Mrozek.

Smokers Anonymous monhs. \$0.65 ea. incl. postage.
P.O.Box 25335, West Minimum order 20 chips.
Los Angeles CA
90025-0335

White, corrugated
plastic chip w/ No
Smoking symbol. Back
reads "Courage to
change" and lists
sobriety periods of
30,60,90 days & 6,9,12



Actual diameter is 1.5"

Bronze chips are soon to be available from Creative Arts Unlimited, 4400-B Enterprise Place, P.O.Box 1824, Fremont CA 94538 (Ph. 415.656.2198). For details of style and price, call or write John Anderson

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WSO Committee:

The World Service Office Committee directs the actual operation of WSO in San Francisco. Needs clerical help, a decorator and a phone-design wizard. Still a small committee with room for creative ideas. Meets 2nd Saturday.

Literature Committees:

SF Bay and Southern Cal Litcoms are revising old and writing new SA publications. So Cal Litcom meets on last Sunday at 10:30 at Kiwanis Club, 2515 Valley Dr., Hermosa Beach. SF Litcom meets 1st Saturday.

Big Book Committee:

Committee is currently devising a questionnaire to poll entire SA fellowship experience in getting smober. An exciting project that will culminate in writing of the SA Big Book. Meets 3rd Saturday.

All committees meet at 5:00 p.m. at The Dry Dock, 2118 Greenwich, San Francisco.

SA Directory continued from Page 3

NARROW BRIDGE TAPES

P.O. Box 554
Calistoga, CA 94575
Ph. 707.942.4426

The only tapes of these conferences. "Gratitude Meetings" are wonderful listening, as are Jane and Maurice. Sets #1 & #2 are invaluable for newly forming Intergroups and future delegates. Send name, address, phone and list of tapes desired. Make check or M.O. payable to W.M. Albertson.

Album SA #1: 1988 World Service Conference (10 tapes, \$45.00 in attractive album)
#701 - "Gratitude Meeting #1" #706 - "Nicorette Gum"
#702 - "Gratitude Meeting #2" #707 - "Nicanon"
#703 - "Intro/Keep 'em coming back" #708 - "Workshop Reports"
#704 - "Business" #709 - "Elections"
#705 - "World Service" #710 - "Jane R., West Los Angeles CA"

Album SA #2: 1987 California SA Convention (6 tapes, \$30.00 in attractive album)
#711 - "Gratitude Meeting #1"
#712 - "Gratitude Meeting #2"
#713 - "Making SA work in the world"
#714 - "Workshop Reports"
#715 - "Group Reports and Discussion"
#716 - "Maurice Z., Hollywood CA"

Album SA #3: Gratitude & Speaker Mtgs. 1987/88 (6 tapes, \$30.00 in attractive album)
#701 - "Gratitude Meeting #1"
#702 - "Gratitude Meeting #2"
#710 - "Jane R., West Los Angeles CA"
#711 - "Gratitude Meeting #1"
#712 - "Gratitude Meeting #2"
#716 - "Maurice Z., Hollywood CA"

Single tapes are \$6.00. All prices include shipping and CA sales tax. All tapes 100% guaranteed & shipped within 5 working days. Ask about bulk orders.

MARIN SA TO BE AIRED ON CBS' 48 HOURS, TRADITIONS 4,11,12 BROKEN


CBS-TV film crews showed up at the June 21 SA meeting in Ross CA to the surprise of many of the group's regular members. Group conscience decided in favor of being filmed for the news/feature show *48 Hours*, though it was known that neither silhouetting nor image scrambling would be used to protect anonymity. Dissenting members left the meeting rather than be filmed, then brought the incident to the attention of SA World Service.

WSO officers, discussed the matter at their quarterly meeting in San Francisco, July 16. They determined that the group had violated Traditions 11 and 12 - concerned with media-level anonymity - and that Tradition 4, which promulgates group autonomy, did not permit this violation as other groups and SA as a whole are affected.

WSO Chairman Rodger F. contacted the segment director of *48 Hours*, but was unable, in a half-hour phone conversation, to

convince her of the gravity of this breach of Traditions. Although further efforts are being made to have the film cancelled or scrambled, it appears at press time that it will be shown in September as part of a feature on addictions.

The Marin group has returned to its normal functioning. WSO has not taken any action against the group. Such action, if it comes, will probably take the form of a letter to the group pointing out its error. Serner action, while not likely, could consist of removal of the group from meeting schedules and revocation of its right to use the SA name.

Some members of the group reportedly argued that anonymity is not as important in SA as it is in AA, where the shame of public exposure as an addict may be greater. The dissenters and WSO felt this was beside the point, as it overlooks the 12th Tradition call for anonymity as "the spiritual foundation of all our traditions, ever reminding us to place principles before personalities." 

TOBACCO TRIVIA

It was Rudyard Kipling, in "The Betrothed" (*Departmental Ditties*, 1896), said "And a woman is only a woman/ but a good cigar's a smoke."


NEW DRUG CURE

Clonidine, a drug to treat high blood pressure, may also help smokers break their addiction to nicotine, according to a recent study at the New York State Psychiatric Institute and Columbia University.

Since U.S. Surgeon General C. Everett Koop's recent report linking tobacco with heroin and cocaine in addictive potential, efforts to develop a nicotine-free agent to help smokers quit have taken on new importance. Clonidine interferes with the brain's control over the manufacture of natural adrenalin, preventing dangerous increases in blood pressure.

Some of the same adrenalin functions may also be responsible for addictive behavior. So Clonidine may also affect addiction treatment.

In the study 45 smokers took Clonidine for 4 weeks; 32 took a placebo. Sixty-four percent of those who took the drug quit smoking.

Clonidine users may experience drowsiness, dizziness, headaches, fatigue, constipation and depression. FDA labeling for clonidine warns the drug may lead to dependence. 

YOUR GROUP'S EFFORTS NEEDED TO MAKE WORLDWIDE SA TICK

"Each group has but one primary purpose – to carry its message to the nicotine addict who still suffers." So says our Fifth Tradition. Groups do this in meetings across the country, helping the individual who wants to break free of nicotine's hold. Now, through the networking of SA World Service, groups can bolster each other and, together, help new groups get started. Here's how it works:

1. FORM AN

INTERGROUP. An Intergroup is an affiliation of groups in a

geographical area such as a state, province, large urban area or small country that is set up to handle intergroup communications, literature and start-up information within its area. Many exist already at the urban level. California SA is a statewide intergroup and is incorporated. Louisiana and Massachusetts are currently forming state intergroups. Ohio, New York, Florida, and Washington seem likely to follow. World Service Office in San Francisco is the Intergroup for Intergroups.

2. SUPPORT YOUR

INTERGROUP. Intergroups incur telephone, postage and publishing expenses keeping in touch with groups and helping new groups get started. These expenses are paid out of contributions from groups according to the Seventh Tradition. Groups first take care of their own expenses (rent, refreshments, purchase of literature), then pass on surplus funds to their Intergroup and to World Service. To follow the custom of AA – our model – send 60% to Intergroup and 40% to World Service; remember that each

Continued on Page 6

AA 12 STEPS, 12 TRADITIONS REPRINTED HERE, XEROXABLE COPY

Continued from Page 1

Traditions reprinted and adapted with permission of Alcoholics Anonymous World Services, Inc." That was the substance of a May 11 letter from Alcoholics Anonymous World Services to Smokers Anonymous World Services. The SA document in question, a meeting format from Beverly Hills, listed SA's 12 Steps and 12 Traditions and AA's 12 Steps, but neglected to include the 12 Traditions in their original form. The credit line was correct.

AA World Services Secretary Madeline J. pointed out the oversight and reconfirmed AA's approval of several years ago of the SA adaptation. She suggested that any existing literature can be handstamped or xeroxed with the necessary AA text and credit line in order to make it useable until corrections can be made at next printing. Samples of the appropriate text are given below for xeroxing by your group. Also

included is an explanatory note about the Steps, taken from the Beverly Hills format and corrected in light of 1988 Conference

EXPLANATORY LINE (MAY BE USED):

The Twelve Steps were written in 1938 by Alcoholics Anonymous. In Smokers Anonymous, we have simply changed the word "alcohol" to "nicotine" in Step One and the word "alcoholics" to "nicotine users" in Step Twelve. The rest is exactly the same.

The 12 Steps of A.A.

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 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 that out. 12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.

rewording.

Please be sure that legibility is preserved in reproducing all of this material. ☒

OFFICIAL CREDIT LINE (MUST BE USED):

The Twelve Steps and Twelve Traditions reprinted and adapted with permission of Alcoholics Anonymous World Services, Inc.

The 12 Traditions of A.A.

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. 9. A.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve. 10. Alcoholics Anonymous has no opinion on outside issues; hence the A.A. 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, and films. 12. Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

HOW WORLDWIDE SA WORKS (from Page 5)

group is autonomous and contributions are governed by group conscience.

3. SEND A DELEGATE.

Each Spring, the WSO makes arrangements with an Intergroup to host a World Service Conference. To date these have been in California, but they can be anywhere there's an organized and interested Intergroup. The 1988 Conference saw delegates from 5 states. See the report on Page 1 of this issue for an idea of Conference activities.

4. KEEP THE NETWORK ALIVE. Visit meetings in your

area and share your own and your group's experience and ideas. Share on a broader scale by sending news from your area to **SEVEN MINUTES**. Many of us can recall how, when our meetings were small and struggling, the sense that we were part of something much greater kept us going.

5. GET STARTED NOW. Start your group thinking and talking about Worldwide SA now. Contact other groups. And for assistance in getting started, write to Smokers Anonymous World Services, 2118 Greenwich Street, San Francisco CA 94123. ☐



SEVEN MINUTES is the quarterly of Smokers Anonymous World Services, a nonprofit organization with offices at 2118 Greenwich Street, San Francisco CA 94123 (Phone: 415.922.8575).

Letters to the editor and articles or graphics for inclusion in SEVEN MINUTES should be sent to:

Kay Clark, Editor
SEVEN MINUTES
234 Woods Street
Santa Cruz CA 95062

Subscription, circulation and meeting list matters should be directed to:

William Halderman,
Managing Editor
SEVEN MINUTES
4021 Ulloa Street
San Francisco CA 94116

Thanks to Rodney of Maynard MA for the SA logo atop our masthead and to Raven H. of Albany CA for this issue's cartoon.

LETTERS TO THE EDITORS

Spreading SA

Camarillo CA, 1 June 1988

SA is alive and well in Ventura County. We have meetings in Camarillo, Ventura and Ojai now and hope to have more in Oxnard, Simi and Thousand Oaks in the future, God willing. Meanwhile, we are absolutely amazed at calls we're getting on our home phone, the Camarillo resource - calls from New England, Florida, even Hawaii! Naturally, we've given the callers as much information as possible. But we're still baffled at their getting our number; none of the callers remember who gave it to them. Higher powers do work in mysterious ways, don't they?

Ray and I really enjoy spreading the word about SA in our community. When we started the Camarillo meeting in January 1987, we contacted the American Cancer Society, American Lung Association and Alcoholics Anonymous Central Office. We left flyers with each and all 3

proved to be excellent sources of new SA members. We also contacted the Seventh Day Adventist Church and were allowed to make a presentation on the last night of their Quit Smoking Program to let participants know SA is available as ongoing support. And we discovered that most hospitals send out monthly mailings to local M.D.s and will usually include flyers or SA meeting information if we provide them with it. We now get frequent referrals from doctors in our community.

Ray is a facilitator for the American Cancer Society's Fresh Start Program and the American Lung Association's Freedom From Smoking Clinics. We have many opportunities to spread the SA message. One particularly enjoyable experience took place in March when Ray facilitated Fresh Start at The Oaks, a lovely resort in Ojai. We held SA meetings during each of the 5 days of the formal program,

an extremely successful combination; most of the participants are still smokefree. We've been invited back to do another program at The Oaks in September.

Keep up the fine work you're doing. **SEVEN MINUTES** is a jewel and we hope it will thrive.

Nancy and Ray

Guide Helps

Ojai CA, 16 December 1987

When talking to the local TV station the other day about running a promotional ad (free) for the SA Group we will be starting here in Ojai beginning Jan. 4, 1988, the young lady to whom I was speaking appeared interested in what I had to say. I asked her if she was a smoker, and she she had quit a year ago but was having problems. I asked her where she lived and she said Camarillo. How great it was to be able to give her information about the SA group there - to be able to tell her that there was, indeed, someone who could offer her help and support.

Patsy G.

More Letters on Page 7

LETTERS TO THE EDITORS

Constructive Criticism

New York NY, 3 March 1988

A friend sent me your absurd sheet SEVEN MINUTES.

I have been AA-sober 20 years without nutty California jargon, liturgy and juvenilia.

I have written 20 published novels with a cigarette in one hand. Whatever other arguments you use against smoking, I'd suggest you cut out the "time waste." No smoker could fall for that one.

[rubber stamped] Pat W-S
Dear Pat,

Thank you very much for SEVEN MINUTES' first letter of constructive criticism. Yours is a breath of fresh air, we suppose, in the cloying atmosphere of congratulations from well-wishing former smokers. We are sending you a copy of our current issue for comment.

Our name, SEVEN MINUTES, derives from the approximate time required to smoke a king-sized filter-tip cigarette. Our contention, in explaining the name in our first issue, was that each cigarette used up 7 minutes of one's life and that that became a very significant figure when multiplied by the number of cigarettes we smoked in a day, a month, a year.

Reynold's Rap

Lindenhurst NY, 16 April 1988

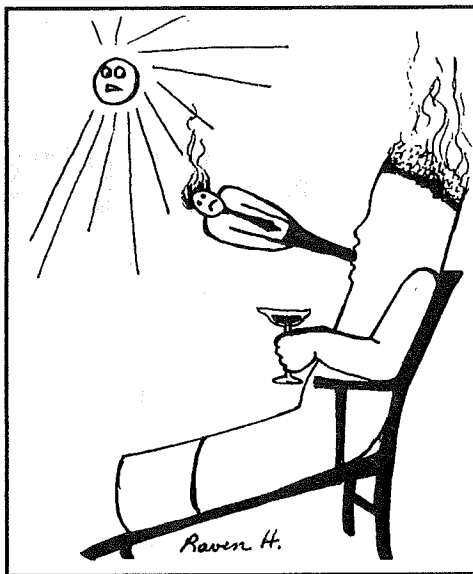
Smokers Anonymous of Copiague will be having their third meeting today, April 13, at Our Lady of the Assumption, Lower Church Hall, Copiague NY. I would like to register the group and would appreciate any help you can give me. I was introduced to this program by Oscar and Joanne

C., who left today for the California convention. I have not smoked since August 3, 1987.

I'm watching "People Are Talking." Guest is Patrick Reynolds, grandson of R.J. He turned in his R.J. Reynolds stock when he was 21 and is an active campaigner against smoking.

Yours in smobriety, Kay
Dear Kay,

Thanks for adding your group's name to the Worldwide Meeting Schedule. Verified meetings are up 50% since February. Registering a meeting is simple - drop a postcard to SEVEN MINUTES with this data: day & hour (a.m. or p.m.) of meeting, location (building name), street address, city, state, contact's name & phone.



"Summer and Smoke"

Chicago Bound

Orange CA, 4 March 1988

I am a member of SA in the Orange CA St. Joseph Hospital, Sunday 2:00pm group (new).

I have six months March 4.

I am moving back to my home town, Chicago IL, where I understand there are no groups. I will start one, for me, immediately. I will keep World Services informed.

Please put me on the SEVEN MINUTES and all other mailing lists so I can keep abreast of all goings-on.

If you have any literature you could send me on starting a group I would appreciate it.

I am so grateful and love SA. I am truly a miracle and cannot believe I have not smoked in six months.

Thanks to all of you,
Chicago Winnie

[We forwarded the literature request to the World Service Office and Julie W., now General Manager of WSO, sent a starter kit. Six weeks later, Winnie announced the new group which meets Thursdays at 7:00pm at Christ Hospital Medical Center, 4440 West 95th Street, Oak Lawn IL. Winnie's phone is 312.430.2099.] How did she do it so quickly? "I sent flyers to churches in area, for church bulletins. Hospital put in in-house newspaper to attract members." After 2 meetings, she reports average attendance of 12.]

YOU CAN KEEP THE NETWORK GROWING!

By contributing news items, your experiences in SA, original cartoons, book reviews, even "Tobacco Trivia." SEVEN MINUTES will print what fits and is fitting.

By subscribing: enclose \$5 check, payable to SEVEN MINUTES, and the coupon below to receive the next four issues. Keep the SA network growing wider. Read SEVEN MINUTES.

[e \$ se]	
Name _____	
Street _____	
City _____	
State _____ Zip _____	
Phone: () _____	

CONFERENCE (Continued): NEW HEADQUARTERS & A CONTROVERSY

(North Hollywood CA), and Secretary Jane R. (Los Angeles CA).

Bylaws drafted by David M. and Bill H., both of San Francisco, were modified (see below) and adopted.

San Francisco was selected as site of the World Service Office of SA and Julie W. and Bill H., both of San Francisco were appointed, respectively, General Manager and Publications Manager of the WSO by the newly-elected officers.

Workshops were held on Literature, Sponsorship, Outreach, Big Book, Group Service and Nicorette Gum. Workshop reports were delivered at the Conference and will form the basis of this year's WSO concerns.

The only controversy to mar the flow of business centered on a choice of wording in the 12th Step and 3rd Tradition. Having just adopted the Bylaws by nearly unanimous vote, the delegates found it necessary, as a result of the Nicorette Gum & Abstinence Workshop report, to change two phrases in them. After a discussion of the issues, the majority

of delegates voted to carry the message to "nicotine users" rather than "smokers" in the 12th Step. The only requirement for membership (Third Tradition) was changed to the desire to stop "using nicotine" rather than to stop "smoking."

Dissenting votes came from both sides of the Nicorette issue that hinges on starting dates for "smobriety." Some favored starting "smobriety" from the the last cigarette even though the ex-smoker still uses Nicorette. Some argued that our addiction is to the activity of smoking as well as to the drug nicotine and that to leave out "smoking" left out half the problem.

The majority opinion seemed to be that "smoking" left it unclear to newcomers that reliance on Nicorette is still addiction to the substance (nicotine) and missed the goal of Smokers Anonymous members to be free of that addiction in all its forms. It was agreed that SA takes no official position on the use of Nicorette, but does regard smobriety as a state that begins when all use of nicotine ceases. ☐

"ARMS-LENGTH SA": PALO ALTO PUTS ON POTLUCK PICNIC

The SA group in Palo Alto CA acted to strengthen its fellowship by gathering for a potluck picnic after a recent Saturday morning meeting. Warm weather encouraged the group to fry up some chicken and toss a Frisbie. "Crosstalk" was required as members became better acquainted.

The Palo Alto Group began in August 1987 and now has about 25 members. A rotating format of

speaker, step study and topic discussion is followed. Chips are presented every other week. The literature table provides educational and motivational materials.

In March a Wednesday evening meeting was added. The two meetings serve the San Francisco Peninsula and San Jose and the group hopes to inspire more meetings in the area. ☐

SEVEN MINUTES

a forum for smokers who don't smoke

4021 Ulloa Street
San Francisco CA 94116