



# SEVENMINUTES

*The Nicotine Anonymous® Quarterly*

A FORUM FOR NICOTINE USERS WHO DON'T USE

VOL VIII, Issue No. 2 ♡ ♡

Second Quarter 1996

## *Selma's Story*

Hi, my name is Selma. I am a grateful recovering nicotine addict. I started smoking when I was 2 years old. That's right, I said 2 years old. I was on the beach with my family and picked up a butt, then turned to my parents with an adorable smile on my face and said, "Can I have a light?" When I got a positive reaction from my entire nicotine-addicted family, I came to the conclusion that to smoke cigarettes was to "belong," to be loved, to gain approval. This incident was nine years before I seriously started smoking at age 11. I was surrounded by second-hand smoke on a daily basis from the five adults in my household.

Still, I remember being terrified to even light, much less smoke, my first cigarette. I was so scared that I placed the cigarette into the lighter without holding it in my mouth and drawing in. My face turned beet red with embarrassment when the cigarette wouldn't light up. I was trying so hard to impress the boy who invited me to light up and smoke the cigarette with him. The next step was to learn to inhale. I was so committed to "getting it right." I taught my self to inhale in my sleep and was proud as a peach when I was successful in a very short time.

I smoked undauntedly from age 11 to age 39. I made a few attempts to quit at different intervals. These attempts were connected with loved ones (who were smokers) dying of cancer or heart attacks. But I couldn't stand the angry self I would become whenever I attempted to quit. I remember giving up in sheer resignation of one attempt to quit and actually saying, "I'd rather live a shorter life with cigarettes than to be the miserable self I am without them."

The damage I was doing to myself was veiled in a strong denial. I was becoming more and more ill.

Friends pleaded with me to stop smoking because I suffered from chronic bronchitis and repeated pneumonia. My doctor at the time warned me if I didn't quit I would be a "chest cripple" in 15 years.

So . . . in 1983 I stopped for six whole years. I had little support—no program—and I gained 50 pounds over the next several years. Being without nicotine for those six years was very, very difficult for me. I was miserable and depressed and didn't know where to turn for help. One day I just decided to pick up again. My husband said it was because we had a huge argument. The truth is, I don't even remember what made me pick up again.

Now that I was smoking again, the 50 pounds rolled off my back like water off a duck. I was "happy" again with "my best friend" nicotine to get me through each day. It remained like that for six years. I handled the quarterly bouts of bronchitis and pneumonia with antibiotics and bronchial dilators. My children and husband were begging me to quit. This went on for about two to three years. My husband made frequent comments about my persistent cough, but I even denied that I had a cough.

*Continued on page 8*

### WHAT'S INSIDE

Selma's Story .....	1
The Twelve Steps .....	2
Say Hello to Bill P. ....	3
A Word from the Emeritus Chair .....	5
Bidding A Fond Farewell .....	6
Getting Life Back on Track .....	7
The Courage to Change .....	8
Why Surfeth The Web? .....	9
A Journey Called Recovery .....	11
Forest Fire .....	11
Meditations .....	12
Conference Report .....	13
A Closing Thought: Service = Sobriety .....	15
The Letter .....	16
Financials .....	17
Nicotine Users' Declaration of Independence .....	20



## Our Preamble

Nicotine Anonymous® is a fellowship of men and women helping each other to quit smoking and 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 a desire to stop using nicotine. Nicotine Anonymous is not allied with any sect, denomination, political entity, organization or institution; does not engage in any controversy, neither endorses nor opposes any cause. Our primary purpose is to offer support to those who are trying to gain freedom from nicotine.

*"Reprinted for adaptation with permission of the AA Grapevine."*



SevenMinutes is the quarterly newsletter of Nicotine Anonymous®, a nonprofit organization with offices at 3410 Geary Blvd., #328, San Francisco, CA 94118 - ☎ Phone (415) 750-0328.

Letters to the editor and articles or graphics for inclusion in SevenMinutes may be sent to: **SevenMinutes c/o NAWSO • PO Box 591777, San Francisco, CA 94159-1777.**



### Trusted Servants

Publications Manager, Scott J.  
Editor, Barbara D.  
Desktop Publisher, Karen M.

## Stories from the States (and other countries) . . .

If you haven't seen any personal recovery stories written by someone from your area, please send us **YOUR STORY**. We'd love to publish at least one story from every group.

**Hand-written submissions are welcome. And please don't worry about the grammar; our editor will fine-tune it for you.**



Subscriptions, circulation additions and deletions, as well as Nicotine Anonymous® World Meeting Directory additions or changes may be sent to:

**NAWSO**  
**PO Box 591777**  
**San Francisco, CA 94159-1777**



## THE TWELVE STEPS

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

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

THE TWELVE STEPS are reprinted and adapted here with permission of Alcoholics Anonymous World Services, Inc. Permission to reprint and adapt the Twelve Steps does not mean that AA is affiliated with this program or that it has reviewed or approved the contents of this newsletter. AA is a program of recovery from alcoholism only — use of the Twelve Steps in connection with programs and activities which are patterned after AA, but which address other problems, does not imply otherwise. In Nicotine Anonymous, we have simply changed the word alcohol to nicotine in Step One, and the word alcoholics to nicotine users in Step Twelve. The original Twelve Steps of Alcoholics Anonymous are reprinted above.





# Say Hello to Bill P.: Your New World Service Chairperson!

## Report on the April 1996 World Service Conference in Valley Forge, Pa.

The Nicotine Anonymous World Service Conference for 1996 was held in Valley Forge, Pa., the weekend of April 26-28. Registration for the event was 110, a recent high. I would like to thank all from the New Jersey/Philadelphia Intergroup who worked so hard to make this event a success. You did a fantastic job!

At an officers meeting held on Friday, before the conference opened, a finance committee was set up to aid the treasurer in making financial decisions. The first committee consists of Nicholas V., Judy T. and Lynn R.

At the Friday night Gratitude Meeting, we were joined by a camera crew from "Dateline NBC." After some discussion and a group conscience vote, we allowed them to film approximately half of the three-hour meeting. Anonymity was preserved by their agreement to include only hands, feet and shadows, etc. The footage may be used in a future story. "Dateline" is doing a story that will track three people for three months as they try to quit smoking.

On Saturday, a vote was taken by the full Fellowship in attendance to establish an official Nicotine Anonymous Web site on the Internet. The content will be determined by the NAWSO officers. Initially, we will post Introducing Nicotine Anonymous, The Promises, The Twelve Steps, The Twelve Traditions, a literature order form and a Worldwide Meeting List minus members' names and phone numbers. Intergroup phone numbers will be listed. At the July officers meeting, we will reevaluate the Web site to determine what changes or additions need to be made.

I would like to thank Bill H. for his hard work and determination in developing and maintaining his unofficial Web site, which has already brought new members into our Fellowship. His commitment to bringing us into the cyberspace age has shown us what is possible. In the year he has maintained his Web site, our Fellowship has been one of only a handful of Twelve Step programs to be represented on the Net. People are finding meetings in their areas because of Bill H.'s labor. I hope he will continue to keep that site open as NAWSO enters the World Wide Web. Thank you, Bill.

**We have unbelievable talent contained in the people of our Fellowship. I hope to unleash the energies of all those who want to help us help the nicotine addict who still suffers.**

The Slogans pamphlet was presented to the conference in draft form. It contained 15 slogans, each accompanied by a brief explanation of the slogan. Members marked each slogan with a "yes" or "no" to signify their vote on individual slogans. All were approved, moving the pamphlet to the work-in-progress stage of development, allowing limited distribution to facilitate the possibility of more editing before submitting it for full conference approval at a future conference, probably 1997. At that time, the pamphlet containing these slogans will be approved or rejected, in its entirety, by a simple up or down vote. It will either be completely accepted or completely rejected. There will be no further editing at the time it comes up for full conference approval. Thank you, Annette, for your work on this project.

A new slate of officers was elected on Saturday. The Alternate Chair is Glenn S. from Dallas. For the next year, Glenn will assume the position of Intergroup Liaison. Pat L., our current Penpals Coordinator, will assume the position of Alternate Secretary. Camille S. from Dallas was elected Alternate Treasurer. This calls for a brief explanation of how our officer

system works. In a nutshell, there are nine officer positions on the board. These are composed of the three positions mentioned in the previous paragraph: Chair, Secretary and Treasurer. Their first year on the Board, the newest officers have the title of "elect," meaning they will assume the duties of the position for which they were elected until the following year. The officers who were elected last year assume their official positions this year, and the officers who served during the last year in the positions for which they were elected, assume the role of emeritus. All nine officers attend meetings, discuss issues, and vote. The emeritus officers from last year go off the Board when the elect officers come on each year. Consequently, there are always nine voting officers on the Board, with one-third being replaced each year. Outgoing officers this year are Nicholas V., Lenna M. and Reggie R. Thanks to you three for three years of dedicated service to the Fellowship. The Coordinator and Committee positions serve each year at the pleasure of the Chair. There are, in addition, two permanent Emeritus Advisors to the Board: Roger F. and David M.

This year, I am adding a new Coordinator position to the staff. Joe D. from Bedford, Texas, will create a new position, tentatively called IMS (Information) Coordinator, to help members share information developed in local areas. For instance, during Steve M.'s time as Intergroup



Liaison, he wrote letters to doctors, letters to hospitals, etc. Joe will collect communications such as these to send to other members, in data form or printed form. If you have developed something in your area that you think would be of use to others in the Fellowship, mail it to Joe via NAWSO or e-mail it to Joe at <daudil19@server.f.iadfw.net>. If you would like to share your local meeting format, hospital and institution outreach information, new ideas in getting the word out, or whatever other innovations your local groups have developed, send them in so that others may gain from your experience, strength and hope. On the other hand, if you are starting a project, check with Joe to see if other members have developed methods for it already. This could save time and labor in expediting outreach efforts. And it's FREE! It's people helping people to help the nicotine addict who still suffers.

Also at the conference, Scott J. submitted his resignation as SEVENMINUTES Coordinator, after four years of service in that position. He was willing to serve as long as need be while we searched for a replacement, but another member stepped forward immediately to assume the role. Thank you, Scott, for keeping our members' newsletter going. It has been a vital tool for the continuity of our Fellowship. Scott committed to stay on to publish this issue of SEVENMINUTES and help its new Editor get started on the next edition. The new SEVENMINUTES

Editor is Kim J. from Richardson, Texas. She has been a member of Nicotine Anonymous since October 1993. She currently publishes the NAINT (Nicotine Anonymous Intergroup of North Texas) newsletter and has been instrumental in outreach efforts in the North Texas area, particularly interactions with newspapers.

The 1998 conference site was selected at this year's conference. It will be held in Dallas. Camille S. has assumed the position of 1998 Conference Coordinator. I heard three subtitles mentioned after the selection was made, though I will reference only two of them: Tobaccoless in Texas and The Lone Star State in '98. Good luck, Camille, together with all those present and future volunteers in NAINT.

I am personally looking forward to this next year with great hope. We have unbelievable talent contained in the people of our Fellowship. I hope to unleash the energies of all those who want to help us help the nicotine addict who still suffers. But we can't stop there. Once we help him or her, we must make it possible for that new member to then help the next guy or gal who needs it. Principles over personalities. Thank you, God, and the Fellowship for allowing me to serve at this exciting time in our existence. It helps me to stay smober.

—Bill P., Dallas

# W o r d s e a r c h

M C L M U E C T A G P X H P D I R Z U G  
 C L U Z C G C V J D M F Q F T M X O M Q  
 D V S Z X Z F F T G E H K C V K T D B S  
 C R C E Q G N G J A Q F R C P V H U T M  
 L R E C H B W Y R F C T E C E H I V H A  
 G K R L T Z E L D F L O H C L E O B K N  
 I A W U W G E X K A I D G H T K D I N H  
 L I E M C S D C A Q R A I B I S Y J K G  
 L Q D N S D F T N H M L H C K E Z E G Q  
 L E S O D N R E Y A R P K I N Z S P L T  
 N N L B J E U A R Y T L F S Q Z I U H B  
 Y R E B S M H G W Q K S R I K R X G K V  
 K U Z D X A O D Z G X Y B X B F U Q S S  
 C L U L A R O M B C C V U U K O M M R O  
 Y O T S P H K L U Z I N Y C S T Z Z G K  
 Q K A J L Y E Z N X N I M Q V G U F E V  
 D C X K O X D X A N I C R W H Y Z U W X  
 L S W M H C F V L A G D I L L F M C O J  
 S D E D H W G H A F U K A S J J S W N N  
 O D O W I K S A C P L J L F J S F O P J

Here is the word list, decode (if necessary) and find the words in the puzzle.

<sup>A</sup> FBKXWV LKFSNKVV VUTCYI ZSUCSFB IPCIKS <sup>M</sup> BUSFN WKLKQYV IUUEKW ZSFOKS <sup>S</sup> VTDVYFXQK



# A Word from the Emeritus Chair



My name is Steve M., and I am a gratefully recovering nicotine addict. Thank you for allowing me to serve as Chairperson of Nicotine Anonymous World Services for the past year.

Not too many years ago, I was a three-pack-a-day smoker. I consider it a real miracle that I am not smoking right now. It is an even greater miracle that I am grateful to be a nonsmoker. Death was preferable, I thought, to facing life without cigarettes. But now, I have found something I crave even more than smoking: the Fellowship of Nicotine Anonymous.

I can't emphasize enough how powerful this Fellowship is. Many years ago, before I knew anything about this program, I quit smoking for a period of about two years. For the last of those two years, I constantly found myself thinking about lighting up. It was a terrible fight not to pick up the first cigarette. Finally, I tired. I decided it would be easier to just start smoking again. Several years of heavy-duty smoking followed.

During that time, however, I was introduced to my first Twelve Step program. Although I had found a way to live without alcohol, it gradually became apparent to me that I was "living a lie," to paraphrase from our book. I knew that my Higher Power had not intended for me to get sober only to kill myself by smoking. So, I eventually became willing to give up nicotine again, this time applying what I knew about the Twelve Steps to my problem.

Through the grace of God, I was somehow able to make it about nine months without a cigarette, in spite of the fact that I was almost always consumed with thoughts of smoking. Quite frankly, I think I was pretty close to picking up again. Thankfully, it was at this point that I found out about Nicotine Anonymous. After I attended my first meeting, I knew I had found a real answer to my problem. I knew I was not alone anymore. Although I still occasionally have thoughts about smoking, the compulsion to use nicotine has been lifted from me—the obsession is gone!

I feel very fortunate that I struggled for those first nine months before I discovered Nicotine Anonymous. It was important for me to experience the same feelings I had had in my previous quit attempts. For me, the relief I felt upon attending my first meeting was so overwhelming that I don't think I will ever question whether or not I "need" this program. Many others, I know, are not so fortunate. It is largely for these people that I am writing today.

As most of us know, not everyone comes to this program joyously. We fear we are losing our best friend, and we are angry that we can't seem to marshal the needed willpower

to stop, and stay stopped, on our own. One question we hear repeatedly from newcomers is, "How long do I need to go to these meetings?" The very question implies that the inquirer wishes they did not have to attend "these meetings." So the answer, of course, is that you need to attend these meetings until you want to attend these meetings. No, I did not conceive the preceding cliché. I can't even give proper accreditation, because I doubt anyone even knows who originally thought of that response. But that is just one of the many things that works so well about this program. Freely, we share with each other. Together, we have answers. Collectively, we have great wisdom.

Here is another borrowed cliché: Don't give up 5 minutes before the miracle happens! In other words, keep attending meetings until you want to attend meetings. Many of you will wonder when, and if, that will happen. My suggestion is that you help make it happen. You can do this by immersing yourself in service. Something magical happens when we are trying to be of service to others. We forget ourselves. We forget our difficulties, and we focus instead on how we can best help our fellows. In so doing, we forget we thought we couldn't live without nicotine. And we find, for the first time perhaps, that we are truly grateful. We see that our lives as nicotine addicts have uniquely qualified us to help other nicotine addicts. We see that the pain we endured through our active addiction need not be in vain—we see that our lives have purpose.

For me, the greatest gift I've received from this program is not abstinence from nicotine. It is the joy I feel in loving, and being loved by, the incredible people I have met throughout the Fellowship. I encourage everyone who has not already done so to attend a World Service Conference. If you go with an open mind and an open heart, you will leave a different person. Undoubtedly, you will meet people you will come to love.

I also suggest you consider volunteering your talents at the World Service level. To be elected to the World Service Board, you must be present at a World Service Conference. But even if you cannot attend a conference, there are many committees that would welcome your help. And as I heard so many times at this last conference, we always get back much more than we give when we serve our fellows. I know that has certainly been the case for me. So, in closing, I want to once again thank you for allowing me the privilege of serving you this past year. I also want to thank my fellow Board and committee members for your selfless giving. I consider many of you to be among my best friends. I feel truly blessed that I have discovered this wonderful Fellowship—this Fellowship we call Nicotine Anonymous.

—Steve M., Chicago



# Bidding a Fond Farewell to the Chairmanship of *SEVENMINUTES*



Life is Service! I took on the project we call *SEVENMINUTES* from its previous Chair, Mike K., after the New York World Service Conference in 1994. Mike needed

a break badly and agreed to stick around as subscription manager as part of the deal. Unfortunately, as I took on this responsibility, I did not shed any of my others. As a result, each edition has been coming out later and later, and people are always wondering if their subscription has expired and they missed an edition. The quality has been excellent due to the top-shelf efforts of Barbara D. as our Editor and Karen M. as our layout and graphic artist. As I leave this phase of the project, I will miss our quarterly sessions putting *SEVENMINUTES* together by fax and modem and the final pizza night for wrap-up. In addition to our efforts, the input from the Fellowship has been excellent. The quality and quantity of material coming in has continued to improve.

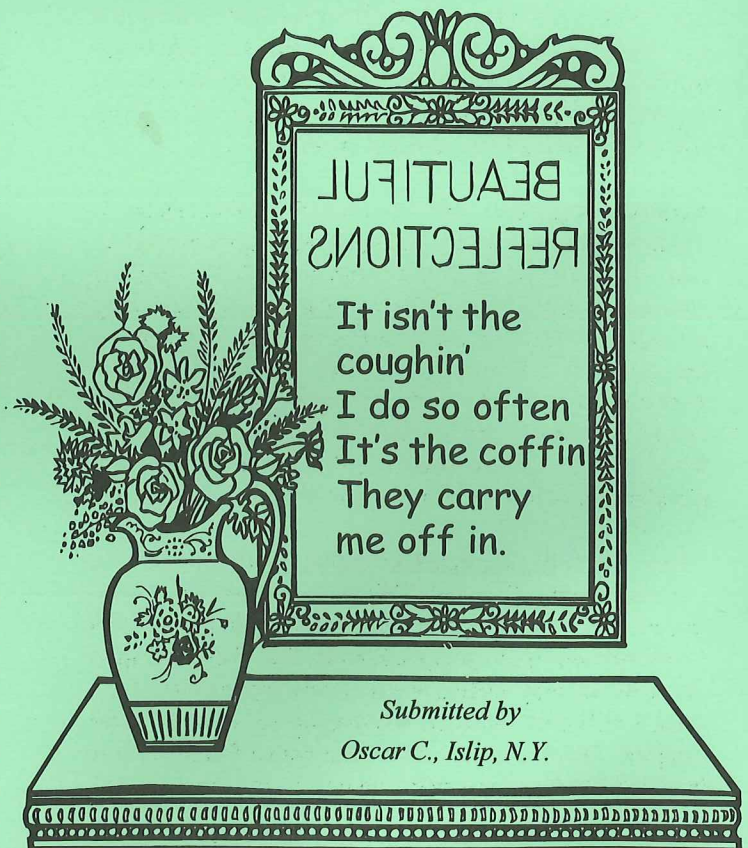
But all good things must eventually move on if we are to grow as individuals and as a Fellowship. It is now time to do just that. Having passed on the cross of *SEVENMINUTES*, I can now focus some sorely needed time in some other areas of my life, such as personal recovery and church commitments. My wife, Eileen, and I also started a weight-loss/nutrition business, which is growing nicely. I gained 60 pounds during my quit and have been trying everything under the sun to get that weight off and keep it off. So far, this nutritional program has been working fine.

Bill S. and I have been asked to stay on the committee to handle the task of printing and bulk-mailing *SEVENMINUTES*. I believe Mike K. will probably stick around to handle subscriptions. I was hoping Barbara and Karen could continue in their current roles using the marvels of electronics, but that does not seem to be in the cards as of this writing. I have also been informed that our Traditions Committee will now be chaired by Nicholas V.

and will consist of him, Sarah B. and Ed T. I want to thank Mike K. and Jack C. for the encouraging work they did on our Traditions Committee during my time as Chair. Finally, I wish Kim J. of Texas Godspeed as the new Editor of *SEVENMINUTES*.

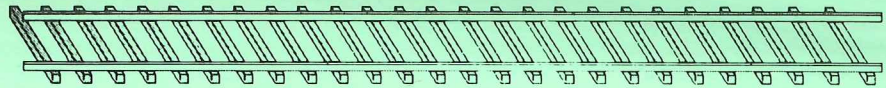
“Life is Service.” “You’ve got to give it away to keep it.” “Luke 6:38.” I have lived my life in this way and have been blessed by my Higher Power, whom I choose to call Jesus Christ, beyond my wildest dreams. I want to thank you, the Fellowship of Nicotine Anonymous, for letting me and my friends be of service. For anyone wishing to stay in touch, I am on the Internet at 73121.647@COMPUSERVE.COM

—Scott J., Islip, N.Y.





# Getting Life Back on Track



I started smoking cigarettes at age 15. I was on summer vacation with parents I hated and in an uncomfortable situation with cousins and people I didn't know. More than anything, I just wanted to fit in and have things go smoothly. However, I had no skills to express myself honestly, and I had no one listening to, or validating, the real me. As a result, peer pressure, in the form of smoking cousins and their friends, had its way with me: I slipped right into the smoking habit with no objections from anyone, including myself. Compound that with the fact that my father had always smoked, and it's plain to see I didn't really stand a chance.

At age 20, after five years of willfully burying a ton of deep emotional pain under all that smoke, I couldn't live with the fact that I was killing myself any longer. That got me started on the painful process of trying to quit. However, with only my limited willpower to fuel my quitting efforts, I never lasted more than a few weeks before going back to the smoke. Boy, what an emotional teeter-totter it all was! And how depressing!

My fragile self-esteem dipped to new lows so often that I basically forgot it existed.

Fortunately, at age 25, I discovered Twelve Step programs. It was through them that I clearly saw smoking as insane behavior, and most definitely not for me. I realized that smoking was simply a way I continued the abuse of my childhood, on myself, in my adulthood. Sad but true, smoking kept the ever-so-comfortable "crazies" alive and well in my life. I was able to stop smoking for a period of two years, and for a period of several months at other times. But not for good. Not until I started attending Nicotine Anonymous four years later.

Today, at age 29, I am pleased to report that, with the help of Nicotine Anonymous, I have not smoked for over eight months. And it's been pretty easy, actually, one day at a time.

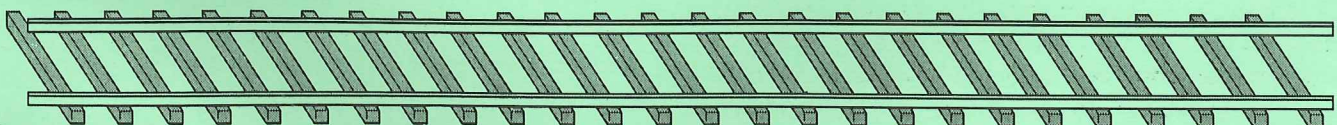
I want to pause here to express my gratitude for my Nicotine Anonymous support group. Thank you, guys! I'm pretty sure I wouldn't have lasted this long, or at least it wouldn't have

been nearly as easy, without the support and other intangibles I get through you!

These days, as a direct result of my nonsmoking, I am doing so much that once was just a dream for me: I am starting a small business; I have a remarkable relationship with a wonderful woman; I have been writing and publicly performing my own music; I live on my own; I have stopped spending time with people who drag me down and am spending more time with those who lift me up; and I have increasing health and strength instead of constant deterioration. Yes, I still have problems, but I'm working toward solving them instead of smothering them in a thick haze of smoke!

Sincere thanks to my Higher Power and Nicotine Anonymous for helping me get my life back on track! To you, the reader, I have confidence that you will or already do know this joy, too!

—Darren N.,  
Victoria, B.C., Canada





# The Courage to Change

As any nicotine addict knows, letting go is difficult. This is particularly true when the something that needs to be released has been as enriching as serving as Editor of *SEVENMINUTES* has been for me these past two years. It truly has been a gift to have had the opportunity to work alongside Karen M. and Scott J. to produce *SEVENMINUTES* each quarter. The Higher Power gave each of us the chance to use our individual talents to get the newsletter into print and into the hands of recovering nicotine addicts worldwide to share the joyous message of recovery.

As is so often the case, I thought this service position too overwhelming when it was first presented to me. Thinking back to that moment, I am also reminded of how I felt when my wonderful friend, the late Charlie S., volunteered me as Secretary of the Clean Air Group in Wantagh, N.Y., when I was only a few weeks smober. I was terrified that I would not be PERFECT in my service position. I am learning that all service work done in the name of Love, ie., Fellowship, can be nothing short of perfect. I held that position for a year and a half and have since encouraged others to take service positions in their home groups—despite their ABSOLUTE CERTAINTY that they can't possibly do the job well. When given the chance, the Fellowship teaches us otherwise.

Aside from enhancing my smobriety and helping to build my self-confidence, editing *SEVENMINUTES* has been a lot of fun. Karen, Scott and I were friends prior to finding ourselves working together on the newsletter and were heaven-blessed to have been brought together for that purpose. We laughed a lot and shared a lot. And pizza at Karen's house always seemed to taste a little better than pizza at the pizzeria! Ah, the joy of Fellowship! I have been inspired by Scott's tireless devotion to Nicotine Anonymous and to carrying out the Will of God in all areas of his life. He is a man who truly walks the talk. As for Karen, I admire her mellow and gentle nature, and her creativity . . . not to mention the gracious way she always opened her door to us as we worked to produce *SEVENMINUTES*.

Last but not least, it has been a gift to read all the inspirational articles that have been submitted by Nicotine Anonymous members worldwide for publication in *SEVENMINUTES*. Reading them has kept my recovery "green," so that I will not forget how precious my recovery is and how very fortunate we are to have each other to offer love and support on our journey, with all its peaks and valleys. Thanks to all of you who have taken the time

to share yourselves with us in this very special way. Each article has helped me—and countless others—to stay smober One Day At A Time. We need to keep those cards and letters coming, as they say, to support *SEVENMINUTES* as we pass the baton to Kim, our new Editor. I wish Kim God's greatest blessings in her new endeavor.

—Barbara D., Wantagh, N.Y.

---

## *Selma's Story - Continued from cover*

One day in April of 1995, I was sitting in my primary care doctor's office and I saw a tear-off sheet for Nicotine Anonymous on the bulletin board. During my six-year quit from 1983 to 1989 I remember desperately wishing that there was a "Smokers Anonymous." I knew of Alcoholics Anonymous and Overeaters Anonymous, but had never heard of Smokers Anonymous or Nicotine Anonymous. Now I was seeing a tear-off sheet in my doctor's office. I was going to attend immediately. My son accompanied me on every trip I made to the Roslyn meeting on Long Island.

After two months of attending meetings I made plans to go to a 5-1/2 day nicotine recovery retreat in Pennsylvania. I knew in my heart I had to get away from everything in my environment in order to put down cigarettes. I got down on my hands and knees, which I had never done, and prayed for the willingness. I spent \$1,000 to go to the rehab. I was willing to "go to any length." The rehab worked for me.

Two months after my quit I was diagnosed with lung cancer, which was surgically removed along with one-third of my right lung. I believe my Higher Power was and is with me all the way. It was important to me that I quit before I knew I had lung cancer. I'm not quite sure yet exactly how my Higher Power wants to use me, but I'm getting an inkling that it's related to nicotine addiction. I am forever grateful to Nicotine Anonymous. It provides me with just the support I need to stay smober. I now have almost a year, and I am so happy to be free!

—Selma, Wantagh, N.Y.



# Why Surfeth the Web?

The below is an example of why we are investing time and effort in the World Wide Web (WWW) and the Internet. Inside this article is also a pretty good description of how to join the online meeting on Thursday nights. This article has been "anonymoused" to stay within the Traditions of our Fellowship. :)

Sender: [Anonymous Deletion]  
Received: from mailhost.onramp.net (mailhost.onramp.net [199.1.11.3]) by arl-img-4.compuserve.com (8.6.10/5.950515) id KAA02056; Wed, 1 May 1996 10:10:36 -0400  
Received: from 199.1.11.231 (stemmons67.onramp.net [199.1.11.231]) by mailhost.onramp.net (8.7.3/8.6.5) with SMTP id JAA25647; Wed, 1 May 1996 09:08:03 -0500 (CDT)  
Date: Wed, 1 May 1996 09:08:03 -0500 (CDT)  
Message-Id: <199605011408.JAA25647@mailhost.onramp.net>  
MIME-Version: 1.0  
Content-Type: text/plain  
Content-Transfer-Encoding: 7bit  
From:[Anonymous Deletion]  
Subject: Norway NA IRC Info  
To: [Anonymous Deletion - person from Norway]@hf.unit.no  
X-Mailer: SPRY Mail Version: 04.00.06.17

>  
>Hello, I am [Anonymous Deletion] from [Anonymous Deletion] in Norway.  
>Are there any group I can >subscribe to via Internet. I am subscribing to a AI-Anon-group on Internet  
>and I am interested to know if there is a group and how to get in contact  
>with this group. I don't know if there are any groups in Norway, but maybe  
>you know if there are?  
>  
>I found the adress to your Service Office and maybe I can order literature  
>from them?  
>>If you can help me with some information I will appreciate that. Thank you.  
[Anonymous Deletion] e-mail=[Anonymous Deletion]@hf.unit.no

---

Hello [Anonymous Deletion],

Your inquiry was forwarded to me. We have an internet meeting on IRC each Thursday night at 8PM (Central Standard Time U. S.). It is on Undernet, Channel #NicotineAnonymus.  
At the end of this note, I will include a note one of our members recently sent to someone who was trying to get started on IRC. This should help. If you need more help, contact me direct at <[Anonymous Deletion]@onramp.net>.

Also, there are three newsgroups that will assist. They are: <alt.irc>, <irc.irc.announce>, and <alt.irc.recovery>.

Yes, you can order info from the NA World Service Office in San Francisco.

Thanks for contacting us. Good luck.  
[Anonymous Deletion]  
Carrollton, Texas USA

---

You will need an irc program called "mIRC." You can find it and download it at several sites:

<http://www.primenet.com/~rodeo/mirc.html>  
<http://www-2.nijenrode.nl/software/mirc/>  
<ftp://ftp.inforamp.net/pub/windows/irc/> (file: mirc392.exe)

*Continued on next page*



This will be a self-extracting file, so simply execute to install.

Once installed, in mIRC under File Setup, Servers List highlight an undernet server near you or select us.undernet.org. Then fill out the info re your name, e-mail, and preferred nicknames. (Try to choose a unique, one- word nickname.)

After connecting to your internet provider in the normal way, fire up mIRC and select File Connect. (Be sure the correct server is highlighted in the File Setup server list.) After a while you'll see a lot of stuff fly by on the screen and then the line "end of MOTD command." You are now connected to an IRC server on the Undernet!

Assuming you log on Thursday night for the NA meeting, position your cursor in the bar at the bottom of the mIRC window and type "/join #nicotineanonymous." (No quotation marks, but you do need to put a forward slash in front of irc commands. Voila! You're in the "room" with us, and you'll see our names on the right hand side of the mIRC window.

To chat, type anything you like at any time in that same bar at the bottom of the irc window. (You do not need the "/" in front of anything you "say."

To leave irc, just type "/quit."

If you want to practice and see if you've got everything working, try connecting as above but /join #irchelp. There's always someone there, and it's a good place to get used to "chatting" or to ask questions.

You're also welcome to join the alt-support-stop-smoking gatherings (Mondays and Wednesdays beginning 6P EST on #nosmokers) for casual chat. Lots of great people pop in and out of there until about 11P EST.

A couple of sources for more info on IRC:

<http://www.singnet.com.sg/public/IRC/>

<http://taygate.au.ac.th/helpdesk/irc/ircfaqpart1.html#howdolgetontoIRC>

---



**Check Out Our  
Home Pages on  
the Web:**

<http://rampages.onramp.net/~nica>

<http://www.slip.net/~billh/nicahome.html>

## Two Homes Pages?

Listed above are two home pages for Nicotine Anonymous. Seems a bit confusing, doesn't it? The reason for listing two is that one soon will be replacing the other. Bill H. of San Francisco designed and posted the first "unofficial" Web page (<http://www.slip.net/~billh/nicahome.html>) a little more than a year ago. He then cross-referenced this page with many of the World Wide Web (WWW) index services. In this way, if anyone wants to know more about how to quit using nicotine and stay quit, the Nicotine Anonymous information is available. Bill's cutting-edge work has now generated the creation of an "Official" Web Page (<http://rampages.onramp.net/~nica>).

The new Official Web Page is still under construction and will be improving as time goes along. In the meantime, Bill's page from San Francisco is keeping folks informed that there is a Fellowship of men and women out there that is doing their best to share their experience, strength and hope with each other.





# NICOTINE ANONYMOUS WORLDWIDE MEETING DIRECTORY UPDATED MAY 29, 1996

## SECTION 1 MEETINGS AVAILABLE ON THE INTERNET

GROUP#	DAY	TIME	INTERNET ACCESS	LOCATION	CONTACT	E-MAIL ADDRESS
999-99-001	Thu	8:00pm CST	IRC (UNDERNET) (CHANNEL)	Join/ #NicotineAnonymous	Bill P.	<billp@onramp.net>

## SECTION 2 CONTACT PEOPLE FOR AREAS WITH NO ACTIVE MEETINGS

AREA	CONTACT	AREA	PHONE
Hilo, Hawaii	Elizabeth L.	808	963-6063
Joplin, Missouri	Nancy V.	417	781-5411
Harrisburg, Pennsylvania	Elizabeth H.	717	232-6011
Harrisburg, Pennsylvania	Marylee B.	717	790-9999
Lancaster, Pennsylvania	Eric M.	717	898-8571
Pittsburgh, Pennsylvania	Carol P.	412	363-2078
McAllen, Texas	Jean H.	210	581-1277
Merkel, Texas	Lynn H.	915	928-4755

## SECTION 3 UNITED STATES MEETINGS

GROUP#	ST	CITY	DAY	TIME	LOCATION	ADDRESS	CONTACT	AREA	PHONE
800-01-353	AK	Anchorage	Fri	7:00pm	Alaska Medical Plaza/Level 4-M	1200 Debarr Road/Conference Rm	Jean A.	(907)	276-6590
800-01-352	AK	Anchorage	Mon	7:00pm	Alaska Medical Plaza/Level 4-M	1200 Debarr Road/Conference Rm	Ralph G.	(907)	562-1982
800-01-354	AK	Cordova	Fri	Noon	Cordova Community Hospital	Emergency Room Bay	Joe L.	(907)	424-5948
800-01-355	AK	Cordova	Mon	Noon	Cordova Community Hospital	Emergency Room Bay	Joe L.	(907)	424-5948
800-01-356	AK	Cordova	Sat	Noon	Cordova Community Hospital	Emergency Room Bay	Joe L.	(907)	424-5948
800-01-357	AK	Cordova	Sun	1:00pm	Cordova Community Hospital	Emergency Room Bay	Joe L.	(907)	424-5948
800-01-358	AK	Cordova	Thu	Noon	Cordova Community Hospital	Emergency Room Bay	Joe L.	(907)	424-5948
800-01-359	AK	Cordova	Tue	Noon	Cordova Community Hospital	Emergency Room Bay	Joe L.	(907)	424-5948
800-03-007	AR	Little Rock	Wed	7:00pm	CPC Pinnacle Point Hospital	11501 Financial Center Parkway	Don	(501)	455-5035
102-04-001	AZ	Phoenix	Sat	5:00pm	1st Reform Presbyterian Church	1117 East Devonshire	Barbara P.	(602)	581-0463
102-04-002	AZ	Phoenix	Tue	7:00pm	La Pradera Park Community Ctr.	6830 North 39th Avenue	Kathy D.	(602)	439-4292
800-04-011	AZ	Prescott	Fri	6:00pm	Yavapai Regional Medical Cntr.	1003 Willow Creek Road	Mildred D.	(520)	776-1957
102-04-003	AZ	Scottsdale	Mon	7:00pm	Chaparral Christian Church	6451 East Shea Boulevard	Sallie M.	(602)	952-0960
102-04-004	AZ	Scottsdale	Thu	7:00pm	Los Arcos United Methodist Ch.	7425 E. Culver Street/Room 101	Lois H.	(602)	874-2847
102-04-005	AZ	Tempe	Wed	7:00pm	Bethany Community Church	6240 South Price Road/Room D-5	Bill	(602)	893-1449
800-04-345	AZ	Tucson	Mon	Noon	Unitarian Church	4831 East 22nd Street	Jim C.	(520)	884-1827
800-04-348	AZ	Tucson	Sat	5:00pm	Unity Church	3617 North Camino Blanco	Tom W.	(520)	323-9436
800-04-347	AZ	Tucson	Thu	6:00pm	University Med Center/Main Bld	1501 N. Campbell/Dining Room F	Nancy B.	(520)	888-2796
800-04-344	AZ	Tucson	Thu	Noon	University of Arizona	Old Main Building - Room 220	Tom W.	(520)	323-9436
800-04-346	AZ	Tucson	Wed	6:00pm	Southern Arizona Rehab Hosp.	1921 West Hospital Drive	Lyn K.	(520)	544-9517
800-04-349	AZ	Tucson	Wed	6:30pm	Unitarian Church/Servetus Room	4831 East 22nd Street	Jo R.	(520)	889-1271
102-00-000	AZ				ARIZONA INTERGROUP		Hotline	(602)	990-3860
105-05-001	CA	Alameda	Tue	5:45pm	Immanuel Lutheran Church	1910 Santa Clara Ave./Room 209	Bonnie	(510)	522-6025
104-05-001	CA	Anaheim	Tue	8:00pm	Salvation Army	1300 South Lewis	John N	(714)	526-6869
104-05-002	CA	Anaheim	Wed	6:00pm	St. Michaels Episcopal Church	311 West South Street	Mary D.	(714)	774-9106
105-05-032	CA	Berkeley	Fri	6:15pm	Live Oak Park Ctr/Committee Rm	1301 Shattuck Ave./At Berryman	Bill S.	(510)	655-8368
104-05-003	CA	Beverly Hills	Mon	6:45pm	La Cienega Park Recreation Cen	La Cienega & Gregory Way	Azita	(310)	659-4594
104-05-004	CA	Big Bear Lake	Sat	2:00pm	Alono Club	578 Bonanza Trail	William	(909)	866-3986
104-05-005	CA	Big Bear Lake	Wed	6:00pm	Teddy Bear's Restaurant	583 Pine Knot	William	(909)	866-3986
104-05-006	CA	Camarillo	Wed	7:00pm	Pleasant Valley Hosp.(3rd Fl.)	2309 Antonio Ave.(Classroom 2)	Nick	(805)	386-8116
800-05-378	CA	Cambria	Sat	8:30am	Cambria Connection	1920 Main Street	Steve F.	(805)	927-4110
800-05-379	CA	Cambria	Thu	8:30am	Cambria Connection	1920 Main Street	Steve F.	(805)	927-4110
105-05-002	CA	Campbell	Sat	9:00am	Recovery Shoppe	3499 South Bascom Avenue	Tim R.	(408)	377-0342



GROUP#	ST	CITY	DAY	TIME	LOCATION	ADDRESS	CONTACT	AREA	PHONE
104-05-007	CA	Canoga Park	Thu	7:00pm	Shepherd of Valley Lutheran	23838 Kittridge	Robert A.	(818)	344-8202
104-05-008	CA	Carson	Thu	12:15pm	Kaiser Chemical Dependency Fac	23621 South Main (Room A)	David D.	(714)	630-6061
104-05-009	CA	Chatsworth	Tue	7:00pm	St Stephen Presbyterian Church	20121 Devonshire (Room #5)	Doug H	(818)	340-3977
106-05-017	CA	Chula Vista	Fri	5:30pm	South Bay Recovery Center	1261 Third Avenue	Bill N	(619)	427-0380
104-05-062	CA	Claremont	Fri	12:30pm	Claremont Healing Arts Center	480 N. Indian Hill Blvd./ #1-A	Joanne L.	(909)	626-8474
104-05-010	CA	Costa Mesa	Tue	6:30pm	Alano Club	2040 Placentia Avenue	Jim R	(714)	968-0555
104-05-067	CA	Costa Mesa	Tue	1:00pm	Orange County Mental Health	420 19th Street	Steve G.	(714)	534-1706
104-05-011	CA	Culver City	Mon	7:00pm	Clare Foundation	11325 Washington Boulevard	Kevin	(310)	306-5296
104-05-012	CA	Culver City	Sat	10:00am	Clare Foundation	11325 Washington Boulevard	Marcia	(310)	827-7755
104-05-013	CA	Culver City	Tue	8:00pm	S.H.A.R.E.	5521 Grosvenor	Nicholas V	(310)	391-3020
104-05-014	CA	Dana Point	Tue	6:00pm	Dana Pt. Youth-Group Facility	34451 Ensenada Place (Bldg. C)	Gerard H	(714)	494-0293
104-05-015	CA	Downey	Wed	7:00pm	Downey Community Hospital	11500 Brookshire Avenue	Larry E	(310)	869-8950
106-05-003	CA	Encinitas	Sun	5:00pm	Scripps Hospital/Conf. Center	354 Santa Fe Drive	Ray M.	(619)	753-2853
106-05-016	CA	Escondido	Thu	6:00pm	Escondido Alano Club	2423 South Center City Parkway	Dan G.	(619)	480-9492
104-05-066	CA	Fontana	Tue	8:30pm	Kaiser Permanente Hospital	9985 Sierra/MOB 2 6th Fl.Rm A	Mary Ellen	(909)	427-3946
800-05-017	CA	Fort Bragg	Mon	2:00pm	Eagles Hall / Room 449	Alder & Corry / Alley Entrance	Lucia	(707)	964-6071
104-05-016	CA	Fountain Valley	Fri	7:00pm	Pathway to Discovery-Suite 205	18350 Mt. Langley Circle	Craig	(714)	545-7751
800-05-018	CA	Fresno	Fri	6:00pm	Valley Womens Books and Gifts	1118 North Fulton	Jan W.	(209)	485-4146
104-05-017	CA	Fullerton	Mon	6:30pm	St. Jude Medical Center	101 Valencia Mesa Drive	John N.	(714)	526-6869
104-05-018	CA	Fullerton	Sat	4:00pm	Emmanuel Church (Rectory)	1145 Valencia Mesa Drive	Gregg	(714)	999-1712
104-05-019	CA	Fullerton	Tue	6:00pm	Church (Ed. Building)	2000 West Valencia	John N	(714)	526-6869
104-05-020	CA	Gardena	Mon	7:00pm	Kaiser Permanente	15446 South Western Avenue	Jim M	(310)	973-4170
800-05-377	CA	Grass Valley	Sun	4:30pm	Sierra Nevada Memorial Hosp.	155 Glasson Way / Classroom A	Debby	(916)	273-5644
104-05-021	CA	Hemet	Fri	6:30pm	Hemet Valley Medical Center	1117 East Devonshire	Margaret R	(909)	658-3815
104-05-022	CA	Hermosa Beach	Tue	7:30pm	Kiwanis Club	2515 Valley Drive	Mary	(310)	379-7631
104-05-023	CA	Highland	Mon	6:00pm	Saint Ann's Church	6885 Del Rosa (at Pacific)	Mike N.	(909)	880-1906
104-05-065	CA	Irvine	Tue	8:00pm	Irvine College/Std. Serv. Ctr	5500 Irvine Center Dr./Room 1	Steve G.	(619)	552-0196
106-05-015	CA	La Jolla	Wed	5:30pm	VA Hospital/Conference Room B	3350 La Jolla Village Drive	Art E.	(619)	262-4319
106-05-006	CA	La Mesa	Fri	7:00pm	Charter Behavioral Institute	7050 Parkway Drive / Room 204	Eric S.	(619)	284-3074
104-05-024	CA	La Palma	Mon	7:30pm	La Palma Hospital	7901 Walker Street	Emil L	(714)	532-5308
104-05-025	CA	Long Beach	Mon	6:00pm	All Saints Episcopal Church	346 Termino Avenue	Jenn	(310)	494-8882
104-05-026	CA	Los Alamitos	Fri	6:30pm	United Church of Christ	4111 Katella Avenue(Side Door)	Steve M	(310)	498-3537
104-00-000	CA	Los Angeles			METRO LOS ANGELES INTERGROUP	(SCINA)	SCINA	(800)	642-0666
105-05-004	CA	Mill Valley	Thu	6:30pm	Scout's Hall	179 East Blithedale	Kevin	(415)	898-4173
104-05-027	CA	Moreno Valley	Mon	6:00pm	Lutheran Church	13600 Nason (At Cottonwood)	Mike N.	(909)	880-1906
800-05-019	CA	Morro Bay	Tue	7:00pm	St. Peter's Church	545 Shasta	Frank	(805)	772-4724
105-05-033	CA	Napa	Mon	6:45pm	Alano Club	1115 Jordan Lane	Rick T.	(707)	257-8181
104-05-028	CA	Newbury Park	Mon	7:00pm	King of Glory Lutheran Church	2500 Borchard Road	Kassie	(805)	492-2873
104-05-029	CA	Newport Beach	Mon	6:30pm	Hoag Memorial Hospital	301 North Newport Boulevard	Joe S.	(714)	846-5283
104-05-030	CA	Newport Beach	Sat	4:00pm	Hoag Memorial Hospital	301 N. Newport Blvd (Cnf.Cntr)	Kelly S.	(714)	650-6010
104-05-031	CA	Newport Beach	Thu	7:00pm	West Newport Community Center	883 West 15th St. (Downstairs)	Joe S.	(714)	846-5283
104-05-032	CA	Newport Beach	Wed	7:00pm	Newport Club	414 East 32nd Street	Stephen	(714)	522-0196
104-05-033	CA	Newport Beach/S. Ana	Sun	6:30pm	Pan-Western Building	19531 Campus Drive - Suite 12	Maureen W.	(714)	646-7950
106-05-007	CA	Normal Heights	Thu	5:45pm	Live & Let Live Alano Club	1730 Monroe Avenue / Back Room	Kathy D.	(619)	298-2636
104-05-034	CA	North Hollywood	Fri	6:15pm	Studio 12 (Recovery House)	12406 Magnolia Boulevard	Randy G	(818)	752-9580
105-05-005	CA	Novato	Sun	8:00pm	Saint Francis Mission	967 Fifth (At Grand)	Kathleen S.	(415)	892-4227
105-05-006	CA	Oakland	Mon	6:30pm	Mandana House	3989 Howe Street	Rosemary	(510)	451-1110
105-05-007	CA	Oakland	Thu	Noon	Saint Paul's Episcopal Church	114 Montecito Avenue(At Grand)	Rich(Ext301)	(510)	451-3648
105-05-008	CA	Oakland	Tue	7:30pm	Kaiser Hospital Annex	3772 Howe Street (Basement)	Mauricia	(510)	524-8864
106-05-013	CA	Oceanside	Sat	12:30pm	North County Alano Club	4198 Mission Avenue	Ginger	(619)	722-1997
106-05-009	CA	Oceanside	Thu	7:00pm	Tri-City Medical Center	4022 Vista Way / Room 7	Jim	(619)	727-8717
106-05-014	CA	Oceanside	Tue	6:30pm	North County Alano Club	4198 Mission Avenue	Therese	(619)	940-0794
104-05-035	CA	Ojai	Wed	7:00pm	Ojai Valley Alano Club	575 North El Roblar	Julie	(805)	646-1659
104-05-036	CA	Orange	Wed	7:00pm	Saint Joseph Hospital	1100 West Stewart Drive	Ed K.	(714)	542-1024
105-05-010	CA	Palo Alto	Sat	10:00am	Saint Thomas Aquinas Rectory	745 Waverly Street (Basement)	Gloria	(415)	326-5068
105-05-011	CA	Palo Alto	Sat	9:15am	St Thomas Aquinas Rectory/Bsmt	745 Waverly St.(Newcomer Mtg.)	Gloria	(415)	326-5068
104-05-038	CA	Pasadena	Sat	3:30pm	Huntington Memorial Hospital	300 Congress Ave(Dining Rm. C)	Ronnie H	(818)	446-9107
104-05-069	CA	Pasadena	Sat	3:00pm	National Alcoholism Council	181 North Hudson	Kara	(818)	358-4226
104-05-040	CA	Pomona	Fri	6:30pm	ADTC (Large Living Room)	360 Vinton Way	Jim T	(909)	865-1011
106-05-011	CA	Poway	Mon	6:45pm	Hawthorne S & L / Room 100	15703 Bernardo Heights Parkway	Bob W.	(619)	487-4008
800-05-361	CA	Redding	Thu	6:00pm	Therapist Office	3251 School Street	Jane	(916)	238-8049
104-05-068	CA	Redlands	Fri	6:45pm	Unity Club / Suite 12-A	1200 Arizona Street	Mike N.	(909)	796-6475
104-05-041	CA	Riverside	Thu	5:30pm	Church Of Religious Science	3891 Ridge Road (At Fairmont)	George B	(714)	686-6000
104-05-042	CA	Riverside	Wed	6:00pm	Knollwood Center	5900 Brockton Avenue	Vicki V	(909)	686-6713
105-05-013	CA	Ross	Tue	7:30pm	Saint John's Episcopal Church	14 Lagunitas Road/At Shady Ln.	Richard	(415)	927-2718
104-05-043	CA	San Bernardino	Sat	6:00pm	New House Inc. (Apartment B)	840 North Arrowhead Avenue	New House	(909)	889-4330
104-05-044	CA	San Bernardino	Wed	6:00pm	New House Inc. (Main House)	840 North Arrowhead Avenue	New House	(909)	889-4330
106-05-012	CA	San Diego	Tue	7:00pm	Saint Paul's Cathedral/3rd Fl.	2728 6th Avenue (At Nutmeg)	Karen F.	(619)	463-4847
105-05-014	CA	San Francisco	Mon	7:00pm	Salvation Army (Cafeteria)	3550 Army Street (At Valencia)	Philip	(415)	695-8025
105-05-015	CA	San Francisco	Sat	2:00pm	Harbor Light Salvation Army	1275 Harrison (Cafeteria)	David	(415)	864-7000
105-05-019	CA	San Francisco	Sat	10:00am	The Dry Dock	2118 Greenwich Street	Adam G.	(415)	882-9432
105-05-016	CA	San Francisco	Sun	10:00am	The Dry Dock	2118 Greenwich Street	David	(415)	255-1143
105-05-017	CA	San Francisco	Tue	7:30pm	The Meeting Place (Room B)	2185 Market / Enter on 15th	Ed	(415)	931-1745
105-05-018	CA	San Francisco	Wed	7:00pm	Cal-Pac Medical Center/Level A	Clay & Buchanan (Cafeteria)	Brian R.	(415)	921-3648



GROUP#	ST	CITY	DAY	TIME	LOCATION	ADDRESS	CONTACT	AREA	PHONE
105-05-021	CA	San Jose	Fri	4:30pm	Salvation Army	760 West Taylor Street	John	(408)	998-9000
105-05-022	CA	San Jose	Mon	8:00pm	Saint Francis Episcopal Church	1205 Pine Street(Wickham Room)	Mary B.	(415)	962-1728
105-05-024	CA	San Mateo	Mon	8:00pm	San Mateo YMCA	1877 South Grant Avenue	John	(415)	591-2110
105-05-025	CA	San Rafael	Mon	7:15pm	First Baptist Church	1411 Lincoln Avenue	Stan	(415)	454-0382
105-05-026	CA	San Rafael	Sat	10:00am	Faith Lutheran Church	355 Los Ranchitos	Stan	(415)	454-0382
104-05-046	CA	Santa Barbara	Fri	6:00pm	Unity Church (Downstairs)	227 East Arrellaga	Beth	(805)	564-4806
104-05-047	CA	Santa Barbara	Wed	6:00pm	Unity Church (Downstairs)	227 East Arrellaga	Beth	(805)	564-4806
105-05-027	CA	Santa Cruz	Fri	6:30pm	Trinity Presbyterian Church	420 Melrose (At Poplar)	Kay	(408)	429-5263
105-05-028	CA	Santa Cruz	Mon	6:30pm	Louden Nelson Community Center	Center & Laurel Streets	Kay	(408)	429-5263
104-05-048	CA	Santa Monica	Thu	7:30pm	7th Day Adventist Church	1254 19th Street	Lynn	(310)	822-4703
105-05-029	CA	Santa Rosa	Wed	7:30pm	Vigil Light Apartments	1945 Long Drive (Clubhouse)	Janet	(707)	527-8169
105-05-030	CA	Saratoga	Wed	8:00pm	Grace Methodist Church	19848 Prospect Road	Karla	(408)	978-0126
104-05-049	CA	Sepulveda	Wed	3:00pm	VA Medical Center - Building 5	16111 Plummer Street-Room 148	Jim H.	(818)	884-9945
104-05-063	CA	Sherman Oaks	Thu	7:30pm	United Methodist Church	14401 Dickens	Rodger	(818)	905-1861
104-05-050	CA	Summertand	Mon	6:00pm	Presbyterian Church	2400 Lillie Avenue	Beth	(805)	564-4806
800-05-024	CA	Sun City	Tue	10:00am	Bank of America		Mama P. Ho	(714)	679-2479
104-05-051	CA	Torrance	Sun	7:30pm	Seaside Community Church	22940 Ocean Ave-Rear Classroom	Bob S.	(310)	375-9565
800-05-025	CA	Tulare	Thu	8:00pm	Salvation Army Bldg	300 E. San Joaquin	David	(209)	686-3695
104-05-064	CA	Upland	Fri	6:00pm	Recovery Center	934 North Mountain	Mary	(909)	624-9954
104-05-052	CA	Van Nuys	Sun	6:15pm	Valley Medical Center	14500 Sherman Circle	Scott	(818)	785-2450
104-05-053	CA	Van Nuys	Wed	7:30pm	Seventh Day Adventist Church	14615 Sherman Way (2nd Floor)	Corky	(818)	785-9815
104-05-054	CA	Ventura	Fri	7:00pm	First Lutheran Church	78 Chrisman Avenue	Mike	(805)	647-0139
800-05-026	CA	Visalia	Tue	7:00pm	First Assembly Of God	3737 West Walnut Avenue	Church#	(209)	733-9070
105-05-031	CA	Walnut Creek	Tue	7:00pm	Anonymous Place	1414 North Main Street	Freda T.	(510)	935-1341
104-05-056	CA	West Hollywood	Wed	9:15pm	Alcohol & Drug Center	8206 Santa Monica Boulevard	Stephanie R.	(818)	360-5852
104-05-057	CA	West Los Angeles	Wed	7:15pm	St. Johns Presbyterian Church	11000 National Boulevard	Carolyn	(310)	274-7992
104-05-058	CA	Whittier	Fri	6:00pm	Presbyterian Hospital	12401 Washington Boulevard	Munci E.	(818)	575-5014
104-05-059	CA	Woodland Hills	Sat	10:30am	Woodland Hills Park	5858 Shoup	Sharon	(818)	888-8867
104-05-060	CA	Yucaipa	Thu	6:00pm	An NA House	12420 Birch Street	Frances B	(909)	790-2123
104-05-061	CA	Yucaipa	Wed	2:00pm	Redlands Federal Bank	34580 Yucaipa Boulevard	Frances B	(909)	790-2123
105-00-000	CA				NORTHERN CALIFORNIA INTERGROUP		Meeting Info	(415)	752-2230
106-00-000	CA				SAN DIEGO INTERGROUP		HOTLINE	(800)	286-3555
107-06-015	CO	Aurora	Thu	7:00pm	Aurora Behavioral Hospital	1290 South Potomac	Helen M.	(303)	759-8162
107-06-002	CO	Boulder	Mon	7:00pm	Unity Church	2855 Folsom	Jim	(303)	666-4440
107-06-013	CO	Carbondale	Mon	7:00pm	Saint Mary's Catholic Church	0395 101 Road	Patti N.	(970)	963-0274
107-06-010	CO	Denver	Mon	6:00pm	Unity On The Avenue Church	4670 East 17th Avenue	Connie	(303)	972-8008
107-06-011	CO	Denver	Sat	12:30pm	Brentwood Utd Methodist Church	1899 S. Irving/North Rear Ent.	Ellen S.	(303)	733-6036
107-06-012	CO	Denver	Sun	12:30pm	Our Saviour Lutheran Church	915 E. 9th Av./N.W. Entrance	Carter	(303)	798-5677
107-06-014	CO	Denver	Wed	6:30pm	Call Ahead For Meeting Address		Mary	(303)	477-2930
107-06-016	CO	Pueblo	Mon	6:00pm	Serenity Center	708 Hunter Drive	Dennis S.	(719)	543-5512
107-06-017	CO	Pueblo	Thu	6:00pm	Serenity Center	708 Hunter Drive	Dennis S.	(719)	543-5512
107-00-000	CO				NICOTINE ANONYMOUS		Judi	(303)	367-5607
108-07-001	CT	Greenwich	Wed	5:30pm	Greenwich Hospital/2nd Floor	5 Perryridge Road/Conf. Room	Bill S.	(203)	838-6119
108-07-005	CT	Stamford	Wed	6:00pm	St.Joseph Med Cntr Conf 3FL	128 Strawberry Hill Ave.	Mary Ann	(203)	353-2216
800-51-032	DC	Washington	Mon	7:15pm	Triangle Club - Upstairs	2030 P Street N.W.	John K.	(202)	232-1166
800-51-033	DC	Washington	Sun	5:00pm	St. Anne's Church / Basement	Wisconsin & Nebraska	Wayne J.	(202)	338-5089
800-09-036	FL	Bartow	Sun	1:00pm	Holy Trinity Episcopal Church	500 West Stuart Street	Marilyn	(813)	644-9438
800-09-037	FL	Boynton Beach	Fri	7:00pm	Bethesda Memorial Hospital	2815 South Seacrest Boulevard	Meg	(407)	852-8257
800-09-038	FL	Dunedin	Tue	7:00pm	Mease Hospital	1251 Pinehurst Road	Pat B.	(813)	733-7527
800-09-039	FL	Englewood	Tue	6:30pm	Saint David's Episcopal Church	401 South Broadway	Kelly(Pager)	(941)	279-2534
800-09-040	FL	Fort Meyers	Wed	8:00pm	Gulf Coast Hospital / Room 6B	13681 Doctor's Way (1st Floor)	Andi J.	(813)	482-7198
800-09-044	FL	Holiday	Thu	7:00pm	Community United Methodist Ch.	3214 U.S. Highway 19	Paul	(813)	869-6006
800-09-339	FL	Hollywood	Fri	7:00pm	Satellite Courthouse/Room 175	3550 Hollywood Boulevard	Karen A.	(305)	961-4607
800-09-373	FL	Margate	Fri	7:30pm	Margate Community Center	6199 NW 10th Street	Information#	(954)	345-7986
800-09-380	FL	Naples	Mon	1:30pm	Plaza Building/Suite 7	2900 14th Street North	Linda A.	(941)	732-0301
800-09-050	FL	New Smyrna Beach	Mon	7:00pm	Coronado Hospitality House	200 S. Peninsula Avenue	Babe L.	(904)	423-0864
800-09-052	FL	North Fort Myers	Sat	10:00am	Dry Palms Club	1251 Lamar	Charles S.	(941)	997-1314
800-09-053	FL	Orlando	Thu	7:30pm	Florida Hospital / Room 201	5165 Adanson Street	Tom A.	(407)	898-6826
800-09-054	FL	Orlando	Tue	7:00pm	Florida Hospital / King Street	Activity Therapy Building	Peggy	(407)	834-7947
800-09-385	FL	Ormond Beach	Fri	5:15pm	Memorial Hospital	875 Sterhaus Avenue	Charlie A.	(904)	252-6309
800-09-370	FL	Pompano Beach	Mon	8:00pm	Lamb of God Church	971 S. Dixie Highway	Church #	(954)	946-7332
800-09-372	FL	Port Salerno	Fri	8:00pm	St. Luke's Church	Cove Road at A1A	Maylene	(407)	781-4572
800-09-368	FL	Port St. Lucie	Wed	6:30pm	Morningside Library	2410 Morningside Boulevard	Laura A.	(407)	871-9117
800-09-058	FL	Sarasota	Sat	1:00pm	Gulf Gate Library/Meeting Room	Gulf Gate Drive	Shelby	(813)	349-5381
800-09-061	FL	Tampa	Tue	6:00pm	Unity Church (Room #1)	3302 West Horatio Street	Rosemary	(813)	878-2104
110-00-000	GA	Atlanta			ATLANTA INTERGROUP		Information	(770)	662-9670
110-10-001	GA	Atlanta	Mon	8:00pm	Morningside Presbyterian Ch.	1411 N. Morningside Drive NE	Sandi F.	(404)	872-6784
110-10-002	GA	Atlanta	Thu	8:00pm	Morningside Presbyterian Ch.	1411 N. Morningside Drive NE	Tim C.	(404)	872-2926
110-10-003	GA	Decatur	Sat	10:30am	Decatur Hospital/Conference Rm	450 North Candler Street	Roger W.	(404)	320-0084
110-10-004	GA	Smyrna	Tue	6:30pm	Tillman Untd. Methodist Church	940 Concord Road	Chuck M.	(770)	435-0851
800-11-072	HI	Honolulu	Thu	6:00pm	Kaiser Clinic / Room 1-A	Pensecola & King Streets	Clinton(Bud)	(808)	528-3519
800-11-382	HI	Wailuku	Mon	7:00pm	Kaiser Wailuku Clinic	80 Mahalani Street	Bobby	(808)	244-1068
800-12-073	IA	Ames	Mon	7:00pm	Mary Greeley Medical Center	1111 Duff Avenue (Room 1-B)	Milton	(515)	296-8556
800-14-082	IL	Alton	Mon	7:00pm	Saint Claire's Hospital	915 East 5th St.(Auditorium A)	Jeff K.	(618)	465-0727



GROUP#	ST	CITY	DAY	TIME	LOCATION	ADDRESS	CONTACT	AREA	PHONE
111-14-001	IL	Aurora	Wed	7:00pm	Mercy Center Hospital (Atrium)	1325 North Highland Avenue	Louis P	(708)	323-1599
800-14-083	IL	Belvidere	Mon	7:30pm	Saint Joseph Hospital	100 South Julien Street	Sandra Z.	(815)	544-6578
111-14-002	IL	Blue Island	Fri	7:00pm	South End Alano Klub (SEAK)	2508 West Collins - Upstairs	Paul A.	(312)	779-1668
111-14-003	IL	Blue Island	Tue	7:00pm	South End Alano Klub (SEAK)	2508 West Collins - Upstairs	Jan V.	(708)	361-8929
111-14-006	IL	Evanston	Tue	7:30pm	Saint Francis Hospital	355 Ridge Avenue/Conference #2	Dave P.	(847)	864-7041
111-14-007	IL	Glen Ellyn	Fri	6:30pm	Village Green Baptist Church	1 S 440 Lambert Road/Upper Lvl	Dick J.	(708)	469-0280
111-14-008	IL	Highland Park	Sat	10:45am	Presbyterian Church/2nd Floor	330 Laurel Avenue/Fireside Rm.	Barbara A.	(847)	623-1009
111-14-009	IL	Hinsdale	Sun	7:00pm	Hinsdale Hospital (Cafeteria)	121 North Elm Street	Gloria A.	(708)	839-0843
111-14-010	IL	Lake Villa	Wed	6:45pm	St. Therese Treatment Center	37809 N. Route 59/Meeting Room	Lorrie F.	(847)	395-8033
111-14-011	IL	Niles	Mon	7:00pm	Rush Cancer Center / 2nd Floor	8915 Golf Road	Lynn H.	(847)	808-1008
111-14-012	IL	Palatine	Thu	7:30pm	Christ Lutheran Church (Rm 15)	41 South Rohlwing Rd./Basement	Pat R.	(847)	437-3550
800-14-350	IL	Peoria	Mon	6:30pm	First English Lutheran Church	725 East Forest Hill/Basement	Charles	(309)	699-8635
111-14-013	IL	Wheeling	Tue	7:30pm	Holy Family Medical Center	201 East Strong/Community Room	Tom G.	(847)	808-7636
111-00-000	IL				CHICAGOLAND INTERGROUP (CINA)		Info-Line	(312)	509-6373
800-15-384	IN	Anderson	Tue	7:30pm	Coffee House	622 East 8th Street	Mary	(317)	643-5123
800-15-088	IN	Bloomington	Mon	7:00pm	Monroe County Library	303 East Kirkwood/Board Room	Wayne R.	(812)	336-1102
800-15-089	IN	Columbus	Wed	11:30am	806 Jackson Street	806 Jackson Street	Betty B.	(812)	378-8780
800-15-351	IN	Columbus	Wed	5:30pm	Commons Mall (Mezzanine)	332 Commons Mall	Judy T.	(812)	379-1758
800-15-374	IN	Indianapolis	Mon	6:00pm	Midtown Family Medical Center	2305 North Meridian Street	Suanne H.	(317)	574-1485
800-16-096	KS	Norton	Tue	7:00pm	Church of God, basement	1010 Churchill Drive	Rita H.	(913)	877-5101
800-16-376	KS	Wichita	Tue	7:00pm	Central Church Of Christ	225 N. Waco/South Door-W. Side	Nita L.	(316)	529-4342
800-17-103	KY	Louisville	Tue	6:00pm	Center for Adult Children	1562 Bardstown Road	Nancy	(502)	244-3179
112-18-007	LA	Metairie	Thu	8:00pm	Munholland Methodist Church	1201 Metairie Road (2nd Floor)	Margaret	(504)	486-8041
112-00-000	LA	New Orleans			NEW ORLEANS INTERGROUP		Meeting Info	(504)	552-9271
112-18-005	LA	New Orleans	Sat	11:00am	Touro Infirmary (Second Floor)	1401 Foucher (Delachaise Room)	Paul	(504)	866-6909
112-18-008	LA	New Orleans	Tue	8:00pm	Touro Infirmary (Second Floor)	1401 Foucher (Delachaise Room)	Connie	(504)	486-1004
108-19-007	MA	Andover	Wed	7:00pm	Faith Lutheran Church	360 S. Main Street (Route 28)	Hermine C.	(508)	475-0183
108-19-041	MA	Beverly	Tue	7:00pm	Beverly Hospital	85 Herrick/Doctor's Conf. Room	Sue	(508)	745-8016
108-19-045	MA	Braintree	Sat	10:00am	Massachusetts Resp. Hospital	Route 37 - Washington Street	Mary	(617)	984-2629
108-19-046	MA	Braintree	Wed	5:30pm	Massachusetts Resp. Hospital	Route 37 - Washington Street	Mary	(617)	984-2629
108-19-009	MA	Brookline	Wed	7:00pm	First Presbyterian Church	32 Harvard Street	Margie H.	(617)	566-6001
108-19-044	MA	Charlestown	Mon	5:30pm	Armed Forces YMCA	At Constitution Wharf	Ruth S.	(617)	242-6646
108-19-042	MA	Concord	Tue	7:30pm	Emerson Hospital/Omac-Route Z	White House Waiting Room	Scott S.	(617)	855-3419
108-19-012	MA	Fall River	Thu	7:30pm	Steppingstone Building	466 North Main Street	Bob or Patty	(508)	673-7023
108-19-014	MA	Falmouth	Wed	5:30pm	Falmouth Hospital	Conference Room B	Audrey W.	(508)	563-3092
108-19-043	MA	Haverhill	Tue	1:30pm	First Church Of Christ	10 Church (At Bradford Common)	Donna S.	(508)	373-1971
108-19-017	MA	Hyannis	Fri	6:00pm	Burger King / Conference Room	Rte 132/Exit 6 Off Mid-Cape HW	Bill D.	(508)	362-9144
108-19-018	MA	Hyannis	Mon	6:00pm	Burger King / Conference Room	Rte 132/Exit-6 Off Mid-Cape HW	Bill D.	(508)	362-9144
108-19-021	MA	Hyannis	Wed	6:00pm	Burger King / Conference Room	Rte 132/Exit 6 Off Mid-Cape HW	Bill D.	(508)	362-9144
108-19-022	MA	Jamaica Plain	Fri	7:00pm	Farnsworth House Library	90 South Street (At Center)	Jim L.	(617)	277-7565
108-19-047	MA	Leeds	Wed	7:00pm	VA Hospital-Main Building	Route 9/Creative Thinking Room	Dr. Santano	(413)	584-4040
108-19-025	MA	Newburyport	Fri	6:30pm	Anna Jacques Hospital	Hospital Cafeteria	Ed M.	(508)	465-8696
108-19-026	MA	Quincy	Fri	5:45pm	Quincy City Hospital	Whitwell Street / Conference D	Earl G.	(617)	472-5628
108-19-027	MA	Quincy	Mon	5:45pm	Quincy City Hospital	Whitwell Street / Conference D	Earl G.	(617)	472-5628
108-19-028	MA	West Springfield	Wed	6:00pm	West Springfield Library	200 Park Street / 2nd Floor	Jim R.	(413)	533-9802
108-19-031	MA	Worcester	Fri	5:45pm	Adcare Hospital / Conference C	Lincoln Street	Gene C.	(508)	753-4153
108-19-032	MA	Worcester	Mon	7:30pm	Adcare Hospital / Conference C	Lincoln Street	Jack C.	(508)	886-4752
108-00-000	MA				NEW ENGLAND AREA INTERGROUP		NANNERI	(617)	499-7798
113-20-001	MD	Annapolis	Wed	7:00pm	First Presbyterian Church	144 Conduit St/Fellowship Hall	Andy D.	(410)	721-9563
113-20-011	MD	Bowie	Mon	7:00pm	Christian Presbyterian Church	3120 Belair/Education Building	Andy	(410)	721-9563
113-20-012	MD	Greenbelt	Tue	7:00pm	Greenbelt Baptist Church	101 Greenhill Street(Basement)	Joe	(301)	513-5683
113-20-008	MD	Kensington	Mon	7:00pm	St Paul's United Methodist Ch.	10401 Armory Drive	Sheila	(301)	587-5278
113-20-009	MD	Silver Spring	Fri	7:00pm	Northwood Presbyterian Church	1200 West University Boulevard	Sheila	(301)	587-5278
113-20-010	MD	Waldorf	Thu	6:30pm	United Christian Fellowship Ch	Central Avenue & Route 301 N.	Pete P.	(301)	259-2251
113-00-000	MD				CENTRAL MARYLAND INTERGROUP		Andy D.	(410)	721-9563
108-21-033	ME	Bangor	Thu	6:30pm	EMMC	Brown Conference Room	John M.	(207)	862-6211
108-21-035	ME	Portland	Mon	5:30pm	People's Building	155 Bracket Street	Karl R.	(207)	773-1782
108-21-036	ME	Portland	Thu	5:30pm	People's Building	155 Bracket Street	Karl R.	(207)	773-1782
800-22-118	MI	Alma	Mon	7:00pm	St. Johns Episcopal Church	550 Luce Road	Annabelle	(517)	463-1908
800-22-342	MI	Bloomfield Hills	Mon	8:00pm	Manresa Retreat Center	1390 Quarton Road	Pat O.	(810)	549-6111
800-22-121	MI	Dearborn	Thu	7:00pm	U of M/Gabriel Richard Campus	500 Evergreen(Ministry Center)	Debbie S.	(313)	563-2801
800-22-128	MI	Grand Rapids	Sat	1:00pm	Kent Community Hospital	750 Fuller NE / Room 5140	David G.	(616)	235-1427
800-22-343	MI	Grand Rapids	Tue	5:30pm	Kent Community Hospital	750 Fuller NE / Room 5140	David G.	(616)	235-1427
800-22-129	MI	Lansing	Mon	6:00pm	Saint Lawrence Hospital	1201 W. Oakland (Mercy Lounge)	Kathy M.	(517)	482-4654
800-22-134	MI	Warren	Fri	7:00pm	Church of Today	11200 East Eleven Mile Road	Judi F.	(313)	326-0937
800-23-135	MN	Bloomington	Mon	7:30pm	Oxboro Medical Building	98th & Lyndale S/Patient Ed Rm	Martys	(612)	941-2241
800-23-137	MN	Chisholm	Mon	7:00pm	Faith Lutheran Church	3rd St. & 1st Avenue/Basement	Dolores B.	(218)	254-7157
800-23-138	MN	Duluth	Thu	Call 4	Cntr 4 Amer Indian Resource	211 West 4th Street	Kristine R.	(218)	726-1370
800-23-375	MN	Edina	Tue	7:00pm	St. Stephen's Church	50th & Woodale	Martha	(612)	922-7899
800-23-140	MN	Forest Lake	Tue	7:00pm	District Memorial Hospital	246 11th Ave SE	Susan J.	(612)	462-1318
800-23-142	MN	Mankato	Fri	6:00pm	St. Joseph Hospital	325 Garden Blvd./Conf. Room D	Bruce W.	(507)	625-6401
800-23-143	MN	Mankato	Wed	6:00pm	St. Joseph Hospital	325 Garden Blvd./Conf. Room D	Bruce W.	(507)	625-6401
800-23-144	MN	Maplewood	Tue	7:00pm	St. John's N.E. Hospital	1575 Beam Avenue	Helen S.	(612)	426-5972
800-23-145	MN	Minneapolis	Sat	10:00am	Linden Hills Congregational Ch	42nd & Upton Avenue S/Backdoor	John M.	(612)	920-3072





## INTERNATIONAL MEETING LIST ADD/ CHANGE/ DELETE FORM

### Meeting Information:

GROUP # \_\_\_\_\_ Today's Date \_\_\_\_\_  
(Use # as indicated on the World Services Meeting List. If new meeting, please leave blank.)

*Please note: the Meeting Information below will be abbreviated to fit in the International Meeting List, the shorter you keep it the less we have to abbreviate it, for you.*

Facility where meeting is held \_\_\_\_\_

Street Address of Facility \_\_\_\_\_

Meeting City \_\_\_\_\_ State \_\_\_\_\_ Day of Week \_\_\_\_\_ Hour of day \_\_\_\_\_

Contact Person \_\_\_\_\_ Contact Phone Number \_\_\_\_\_

### Mailing Information:

We are looking for the mailing address of the Secretary/Chair/Contact person/ etc. who is responsible for this meeting. This information will be kept confidential and used only to contact your meeting for Official World Services Purposes—such as Conference Notifications, etc. *To clarify, above this line is publishable information, below this line is Confidential Information.*

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Phone Number \_\_\_\_\_

By sending in this form, you are:  Adding  Changing (or)  Deleting your meeting. (Check one)

Is this a possible duplicate notification?  YES (or)  NO

Please feel free to enclose a note with any details which may clarify what you are doing above and send the whole package to:

Nicotine Anonymous® World Services Office (NAWSO)  
Meeting List Change Department  
P O Box 591777  
San Francisco, CA 94159-1777



# Nicotine Anonymous World Services

P.O. Box 591777, San Francisco, CA 94159-1777 (415) 750-0328

Date \_\_\_/\_\_\_/\_\_\_

For Office Use Only	
Check #	Date:
Resale	Y N Grp#

Mail To: \_\_\_\_\_

Is this order for a \_\_\_ Group \_\_\_ Intergroup \_\_\_ Individual?

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City \_\_\_\_\_

St: \_\_\_\_\_

Zip: \_\_\_\_\_

Ph#: (\_\_\_\_) \_\_\_\_\_

## Nicotine Anonymous World Services Order Form

THE BOOK available in Audio Cassette from Recordings for the Blind 800-221-4792

THE BOOK & Pamphlets available in braille from the Braille Institute 800-272-4553

			Quantity	Price Each	Total Price
Bk	Nicotine Anonymous THE BOOK	(SEE BOOK QUANTITY DISCOUNTS BELOW)			
P-1	Introducing Nicotine Anonymous	(SEE PAMPHLET QUANTITY DISCOUNTS BELOW)			
P-2	The Serenity Prayer for Smokers	(SEE PAMPHLET QUANTITY DISCOUNTS BELOW)			
P-3	A Smoker's View of the Twelve Steps	(SEE PAMPHLET QUANTITY DISCOUNTS BELOW)			
P-4	Tips for Gaining Freedom from Nicotine	(SEE PAMPHLET QUANTITY DISCOUNTS BELOW)			
P-5	To the Newcomer & Sponsorship	(SEE PAMPHLET QUANTITY DISCOUNTS BELOW)			
P-6	To the Medical Profession	(SEE PAMPHLET QUANTITY DISCOUNTS BELOW)			
P-7	Facing the Fatal Attraction	(SEE PAMPHLET QUANTITY DISCOUNTS BELOW)			
P-8	Our Promises	(SEE PAMPHLET QUANTITY DISCOUNTS BELOW)			
P-9	To the Dipper & Chewer	(SEE PAMPHLET QUANTITY DISCOUNTS BELOW)			
Dir	Worldwide Meeting Directory			1.00	
B-L	The By-Laws of Nicotine Anonymous			1.00	
<b>SubTotal</b>			XXXXXXX	XXXXXXX	
<b>Sales Tax (California Residents Only) 8.5% times SubTotal</b>			XXXXXXX	8.50%	
StK	Meeting Starter Kit (Incl. sample meeting flyer & one each of the pamphlets)			FREE	FREE
7-Min	SEVENMINUTES Subscription (From Below)				
	DONATION or POSTAGE		XXXXXXX	XXXXXXX	
<b>GRAND TOTAL</b>			XXXXXXX	XXXXXXX	

Please send Check or Money Order in U.S. FUNDS ONLY payable to:

**NAWSO, P.O. Box 591777, San Francisco, CA 94159-1777**

1-10	\$7.50
11-20	\$7.25
21-50	\$7.00
51-100	\$6.75
100+	\$6.00

<100	No Discount	.20 ea.
Any Combination - Packs of 10		
100-499	Total Pieces	.16 ea.
500 - 999	Total Pieces	.14 ea.
1000 - 2499	Total Pieces	.13 ea.
>2500	Total Pieces	.10 ea.

### SEVENMINUTES Order Form

SEVENMINUTES is a quarterly publication of NAWSO news, articles and letters - "a meeting on a page." Your subscription will get you four issues plus new literature as it is published and the regularly updated Worldwide Meeting Schedule. Your subscription will help SEVENMINUTES continue as the network among groups in 49 states and 13 countries.

\_\_\_ New Subscription

**\$7.00 United States**

\_\_\_ Renewal

**\$9.00 Canada**

\_\_\_ Address Change

**\$14.00 Overseas**

Mail To: \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City \_\_\_\_\_

St: \_\_\_\_\_

Zip: \_\_\_\_\_

Ph#: (\_\_\_\_) \_\_\_\_\_



GROUP#	ST	CITY	DAY	TIME	LOCATION	ADDRESS	CONTACT	AREA	PHONE
800-23-147	MN	Minneapolis	Wed	Noon	Boynton Health Serv/Room 402-4	University of Minnesota	Anne S.	(612)	331-3646
800-23-148	MN	Rochester	Mon	4:00pm	Colonial Building / 3rd Floor	1st Avenue N.W.	Mavis R.	(507)	282-2201
800-23-149	MN	Saint Cloud	Fri	7:00pm	St. Cloud Hospital	Pierz Room	Burny R.	(612)	252-3724
114-24-002	MO	Creve Coeur	Mon	7:00pm	Desmet High School (Room 111)	233 North New Ballas	Doty D.	(314)	394-2521
114-24-007	MO	St. Charles	Thu	7:00pm	St. Joseph's Hospital	300 First Capitol Drive	Bill H.	(314)	949-8244
114-24-006	MO	St. Louis	Mon	Noon	Lunch & Learn(Call Don M. 1st)	1222 Spruce / 9th Floor	Don/Call 1st	(314)	331-4405
114-24-005	MO	St. Louis	Wed	7:00pm	St. Mary's Health Center	6420 Clayton Rd./Cafeteria 3-C	Clarence E.	(314)	429-5241
114-24-008	MO	St. Louis	Wed	7:30pm	Bellefontaine Methodist Church	10600 Bellefontaine Rd./Rm 200	Don M.	(314)	521-8608
114-00-000	MO				ST. LOUIS INTERGROUP		Rita	(314)	832-9279
800-29-178	NE	Lincoln	Wed	7:00pm	Antlers Treatment Center	2501 South Street	Barbara	(402)	476-9668
800-29-179	NE	McCook	Wed	7:30pm	YMCA		Penny A.	(308)	345-6879
800-29-180	NE	Omaha	Fri	6:30pm	Clarkson Hospital/LC 2 & 3	4350 Dewey/Lower Lvl Cafeteria	Jean M.	(402)	291-1977
800-29-181	NE	Omaha	Tue	8:00pm	12 Step House	7306 Grant Street	Billi W.	(402)	551-9249
108-30-037	NH	Alton	Thu	7:00pm	Alton House For The Elderly	Wolfboro Road	Ellen	(603)	875-6467
115-31-001	NJ	Boonton	Sat	Noon	Northwest Covenant Medical Grp	Powerville Road/Comm. Conf. Rm	Tom	(201)	627-9141
115-31-007	NJ	Boonton	Thu	6:30pm	Northwest Covenant Medical Grp	Powerville Road/Comm.Conf.Rm.	Tom C.	(201)	627-9141
115-31-002	NJ	Brick	Sat	4:00pm	Visitation Old Church	Mantaloking Road	Bill	(908)	477-2582
115-31-014	NJ	Cherry Hill	Mon	7:00pm	Kennedy Hospital / 5th Floor	Chapel Avenue	Elaine G.	(609)	482-0423
115-31-015	NJ	Cherry Hill	Thu	7:00pm	Kennedy Hospital / 5th Floor	Chapel Avenue	Elaine G.	(609)	482-0423
115-31-016	NJ	Edison	Tue	7:30pm	Money Mortgage Mart/Tano Mall	1199 Amboy Avenue	Frank N.	(908)	548-9423
115-31-004	NJ	Hamilton	Fri	7:00pm	Hamilton Hospital (Cafeteria)	Whitehorse & Klockner Roads	Tom D.	(609)	298-1866
115-31-017	NJ	Jersey City	Mon	7:30pm	Saint Francis Hospital	25 McWilliams Place/1st Floor	Rich M.	(201)	798-8453
115-31-005	NJ	Manahawkin	Sun	1:00pm	Southern Ocean County Hospital	Route 72 West/Conference Rm. 1	Joe S.	(609)	978-8004
115-31-006	NJ	Manasquan	Wed	7:00pm	First Presbyterian Church	16 Virginia Avenue/At South St	Larry	(908)	449-0007
115-31-018	NJ	Metuchen	Mon	7:30pm	Centenary United Methodist Ch.	200 Hillside Avenue (Room 20)	Julia M.	(908)	603-7355
115-31-029	NJ	Montclair	Fri	8:00pm	St. James Episcopal Church	Bellvue Ave & Valley Rd/Rm 204	Gretchen M.	(201)	746-2175
115-31-019	NJ	Ocean	Thu	8:00pm	Ocean Fitness Cntr/Lower Level	1602 Highway 35 South	Alfa D.	(908)	531-1179
115-31-020	NJ	Plainfield	Fri	7:30pm	Cross of Life Lutheran Church	1240 East 7th Street	Judy M.	(908)	388-1271
115-31-021	NJ	Teaneck	Sat	7:30pm	Saint Mark's Episcopal Church	Chadwick & Grange Roads	Bill C.	(201)	947-3305
115-31-008	NJ	Westmont	Wed	Noon	Starting Point (6th Floor)	216 Haddon Avenue (Room 23)	Lee Ann D.	(609)	786-9101
115-31-022	NJ	Westwood	Wed	7:00pm	Pascaack Valley Hospital/1st Fl	250 Old Hook Rd/Conference Rm.	Nancy W.	(201)	666-2523
115-00-000	NJ				NJ/PA INTERGROUP		Information#	(516)	665-0527
800-32-192	NM	Albuquerque	Mon	Noon	Memorial Hospital	806 Central SE/Activities Room	Beverly	(505)	268-2663
800-32-196	NM	Santa Fe	Wed	6:00pm	The Friendship Club	1915 Rosina St/Non-Smoking Rm.	Mary	(505)	438-2683
800-33-200	NV	Las Vegas	Sat	5:00pm	Triangle Club (The Clubhouse)	4600 South Nellis	Lynn	(702)	732-2928
800-33-201	NV	Las Vegas	Wed	7:00pm	UNLV / Classroom Bldg. Complex	Room C 315	Tom P.	(702)	631-6068
800-34-203	NY	Albany	Thu	7:30pm	St. Peter's Hospital/7th Floor	632 New Scotland Av/Cusack Bld	Ed R.	(518)	452-3120
116-34-037	NY	Astoria	Wed	6:00pm	Church Of The Redeemer	30-14 Crescent Street	Helen J.	(718)	937-1945
116-34-002	NY	Bethpage	Thu	7:30pm	Bethpage Jewish Comm. Center	600 Broadway / Room 1	Bill	(516)	221-2144
800-34-371	NY	Binghamton	Tue	Noon	Binghamton Hosp. / Phelps Hall	20 Mitchell Ave./ Tribles Room	Darlene	(607)	772-1418
116-34-001	NY	Brooklyn	Thu	3:30pm	Alcohol Treatment Center	1121 Bedford Avenue	Harriet K.	(718)	636-4234
116-34-006	NY	East Hampton	Sun	6:00pm	Springs Senior Citizen Center	Springs Fireplace Road	Amadio	(516)	329-1547
116-34-007	NY	East Northport	Fri	7:30pm	Evangelical Covenant Church	203 Cedar Road	John O.	(516)	269-7633
800-34-207	NY	Elmira	Mon	7:00pm	American Cancer Society	627 West Church Street	Alice	(607)	734-6037
116-34-008	NY	Forest Hills	Fri	7:00pm	La Guardia Hospital/8th Floor	102-01 66th Road/Room 3	Alan	(718)	275-1162
116-34-009	NY	Forest Hills	Wed	7:00pm	St. Luke's Episcopal Church	85 Greenway South	Jolene	(718)	380-3694
800-34-208	NY	Gloversville	Tue	7:30pm	Littauer Hosp./Extended Care	99 E. State/Volunteer Conf. Rm	Hospital#	(518)	725-8621
116-34-011	NY	Islip	Thu	7:00pm	Islip Town Public Library	71 Monell Avenue	Oscar/Joann	(516)	736-8571
116-34-021	NY	Medford	Mon	7:30pm	St. Mark's Episcopal Church	208 Jamaica/Nursery School Bld	Ann	(516)	289-0337
116-34-013	NY	New York (Manhattan)	Fri	6:00pm	Roosevelt Hospital/8th Floor	1000 10th Avenue/Rehab Unit	Jeff	(212)	285-2745
116-34-014	NY	New York (Manhattan)	Mon	5:30pm	Holy Name Rectory / Downstairs	207 West 96th Street	Con	(212)	569-8055
116-34-018	NY	New York (Manhattan)	Sat	1:30pm	14th Street Workshop	242 East 14th Street/3rd Floor	Patrick	(212)	243-3405
116-34-015	NY	New York (Manhattan)	Sat	12:30pm	Holy Name Rectory / Downstairs	207 West 96th Street	Con	(212)	569-8055
116-34-010	NY	New York (Manhattan)	Sun	7:00pm	St. John's Episcopal Church	224 Waverly Place	Josh L.	(718)	387-3891
116-34-016	NY	New York (Manhattan)	Thu	7:30pm	Holy Name Rectory / Downstairs	207 West 96th Street	Con	(212)	569-8055
116-34-017	NY	New York (Manhattan)	Tue	5:45pm	St. Ignatius Rectory	980 Park Avenue	Melanie	(212)	744-0766
116-34-019	NY	New York (Manhattan)	Wed	6:15pm	Corlears School	324 West 15th Street	Gerinde	(212)	982-0711
116-34-023	NY	North Bellmore	Sat	11:30am	North Bellmore Public Library	1551 Newbridge Road	Neil C.	(516)	378-7415
116-34-024	NY	Oceanside	Mon	8:00pm	The First Methodist Church	2825 Davison Street / Room 1	Robert A.	(516)	766-8062
800-34-212	NY	Olean	Tue	6:30pm	Council-Alcohol & Drug Abuse	201 South Union St./Board Room	Lisa	(716)	933-2340
800-34-213	NY	Port Jervis	Mon	7:30pm	Mercy Hospital/4th Fl. Day Rm.	160 East Main Street	Paul D.	(717)	491-4641
800-34-215	NY	Rochester	Sat	6:00pm	Highland Hospital	1000 South Street	Paul	(716)	423-9390
800-34-216	NY	Rochester	Wed	6:00pm	John L. Norris Clinic	1608 South Street	Paul	(716)	423-9390
116-34-026	NY	Roslyn	Thu	8:00pm	Trinity Episcopal Church/Rm 7	Northern Boulevard (Route 25A)	Jay	(516)	759-0502
116-34-027	NY	Shirley	Fri	7:30pm	Trinity Baptist Church	1368 William Floyd Parkway	Joe	(516)	289-8058
116-34-028	NY	Staten Island	Mon	8:00pm	St. Vincent's Medical Center	355 Bard/Bernard Conference Rm	Barbara	(718)	448-2302
116-34-029	NY	Staten Island	Sun	3:00pm	American Cancer Society	58 New Dorp Plaza	Laura	(718)	948-1735
116-34-030	NY	Staten Island	Thu	8:00pm	Huguenot Reformed Church	5501 Amboy Road	Ruth	(718)	356-1118
116-34-038	NY	Staten Island	Tue	6:30pm	Staten Island Mall	Wellness Center / Sears Wing	Tim G.	(718)	226-2453
116-34-032	NY	Wantagh	Tue	7:30pm	Wantagh Congregational Church	1845 Wantagh/Nursery School Bl	Kathy	(516)	868-8586
116-34-033	NY	West Hempstead	Wed	7:30pm	Jewish Community Center	711 Dogwood Avenue / Room 22	Mike D.	(516)	599-1936
116-34-034	NY	Westhampton Beach	Wed	6:00pm	Westhampton Beach Library	Liberty Avenue	Martha	(516)	288-4921
116-34-035	NY	White Plains	Tue	7:30pm	Memorial Untd Methodist Church	250 Bryant Ave/Friendship Room	Steve	(914)	946-8510
116-34-036	NY	Woodstock	Sun	7:00pm	Woodstock Library	Tinker Street	Checko M.	(914)	246-5463



GROUP#	ST	CITY	DAY	TIME	LOCATION	ADDRESS	CONTACT	AREA	PHONE
116-00-000	NY				NEW YORK METRO AREA INTERGROUP		HOTLINE	(516)	665-0527
800-35-223	OH	Cincinnati	Sat	12:30pm	Holy Name Church	2448 Auburn Avenue	Church #	(513)	721-5608
800-35-228	OH	Columbus	Fri	6:45pm	St. Lukes Methodist Church	1150 West 5th Avenue	Robert J.	(614)	487-9025
800-35-366	OH	Columbus	Sun	3:30pm	Elizabeth Blackwell Center	3535 Olentangy River Road	Robert J.	(614)	487-9025
800-35-230	OH	Columbus	Tue	6:45pm	St. Lukes Methodist Church	1150 West 5th Avenue	Robert J.	(614)	487-9025
800-35-241	OH	Dayton	Tue	7:00pm	Wright Patterson AFB/Bldg. 230	Area A Conference Center	Ed S.	(513)	898-4042
800-35-369	OH	Hamilton	Tue	7:30pm	Vineyard Church	626 Ridgeland Avenue	Lynn	(513)	896-1229
800-35-386	OH	Lorain	Tue	7:30pm	Medical Building	3700 Kolbe Road / Classroom 5	Joyce P.	(216)	282-1804
800-35-335	OH	Parma	Mon	8:00pm	Covenant Untd Methodist Church	7800 West Pleasant Valley Road	Helen	(216)	885-4481
800-35-235	OH	Rocky River	Thu	7:00pm	Rockport Untd Methodist Church	3301 Wooster Road / Room 17	Colette	(216)	331-1509
800-35-334	OH	South Euclid	Mon	7:30pm	United Methodist Church	1534 South Green Road	Jim	(216)	932-2325
800-35-237	OH	Stow	Tue	7:30pm	Stow United Methodist Church	4880 Fishcreek Road	Robert C.	(216)	688-4860
800-36-242	OK	Norman	Fri	7:00pm	Cleveland County YMCA	1801 Halley / Conference Room	Wayne	(405)	329-5152
800-36-245	OK	Tulsa	Fri	7:30pm	Unity Church	1830 South Boston	Ellen	(918)	446-6426
800-37-247	OR	Albany	Thu	6:00pm	Albany Public Library	1390 Waverly Drive SE	Duane	(541)	258-2509
800-37-248	OR	Ashland	Tue	7:00pm	Congregational Church/Basement	Siskiyou Boulevard & Morton	Ron	(541)	482-1225
800-37-250	OR	Eugene	Tue	8:00pm	Resurrection Church	3925 Hilyard Street	Henry	(503)	345-6812
119-37-002	OR	Hillsboro	Tue	7:00pm	Methodist Church (Library)	168 NE 8th Street (At Lincoln)	Mary S.	(503)	648-3433
119-37-001	OR	Portland	Sat	10:00am	Friends Church (Church Annex)	7425 S.W. 52nd Avenue	Kyle	(503)	244-4731
119-00-000	OR				PORTLAND INTERGROUP		Meeting Info	(503)	244-8088
115-38-009	PA	Allentown	Tue	7:45pm	1st Presbyterian Church	Cedar Crest & Tilgman/Room 124	Jeanne F.	(610)	402-7460
115-38-026	PA	Camp Hill	Mon	7:15pm	Russell, Russell & Associates	1940 Market Street	Rick C.	(717)	258-1389
115-38-023	PA	Downingtown	Mon	7:30pm	Central Presbyterian Church	Rte. 113 & Pennsylvania Avenue	Anne W.	(610)	269-4588
115-38-028	PA	Doylestown	Thu	6:30pm	Bucks County Council/A & D Dep	252 West Swamp Road / Unit 12	John P.	(215)	345-6644
115-38-011	PA	Glenside	Mon	7:00pm	Saint Peter's Episcopal Church	654 North Easton Road(Library)	Linda	(215)	844-5342
115-38-024	PA	Newtown Square	Fri	8:00pm	Saint Alban's Episcopal Church	3625 Chapel Rd./Routes 3 & 252	Helene L.	(610)	388-1781
115-38-025	PA	Newtown Square	Tue	8:00pm	Saint Alban's Episcopal Church	3625 Chapel Rd./Routes 3 & 252	Helene L.	(610)	388-1781
115-38-013	PA	Ottsville	Mon	7:30pm	St. John The Baptist Center	Routes 412 & 611 (At Harrow)	Roseann M.	(610)	847-5987
115-38-027	PA	Phoenixville	Wed	7:30pm	St. John's Lutheran Church	St. John's Crcl/Eisenhower Room	Jan S.	(610)	933-9181
800-40-381	SC	Charleston	Thu	6:00pm	Martin Luther Lutheran Church	1305 Harbor View Road	Pauline G.	(803)	762-6505
800-40-340	SC	Greenville	Mon	6:30pm	Westminster Presbyterian Chrch	2310 Augusta Road	Cindi G.	(864)	294-7581
800-42-292	TN	Memphis	Mon	7:00pm	Lakeside Counseling Service	5158 Stage Road/Bldg 2 Ste 120	Jerry	(901)	353-0636
122-43-001	TX	Arlington	Tue	8:00pm	Unity Church of Arlington	3525 South Bowen Road	Joe D.	(214)	327-1633
120-00-000	TX	Austin			AUSTIN INTERGROUP		Mary B.	(512)	452-8614
120-43-001	TX	Austin	Mon	7:00pm	American Lung Association	3520 Executive Center Drive	Tim T.	(512)	251-3338
120-43-002	TX	Austin	Thu	7:00pm	American Lung Association	3520 Executive Center Drive	Mary B.	(512)	452-8614
800-43-295	TX	Corpus Christi	Tue	8:00pm	Shoreline Inc./Aftercare Fac.	3002 Alameda	Patti	(210)	937-9241
122-00-000	TX	Dallas			N A INTERGROUP OF NORTH TEXAS	P. O. Box 9071/Dallas, TX/75209	NAINT	(214)	327-1633
122-43-003	TX	Dallas	Sat	Noon	Center/Spiritual Development	5324 W. NW Hiway	NAINT	(214)	327-1633
122-43-004	TX	Dallas	Sun	7:00pm	Center/Spiritual Development	5324 W. NW Hiway	NAINT	(214)	327-1633
122-43-005	TX	Dallas	Thu	7:00pm	Center/Spiritual Development	5324 W. NW Hiway	NAINT	(214)	327-1633
122-43-006	TX	Dallas	Tue	7:00pm	Center/Spiritual Development	5324 W. NW Hiway	NAINT	(214)	327-1633
122-43-007	TX	Dallas	Wed	7:00pm	Center/Spiritual Development	5324 W. NW Hiway	NAINT	(214)	327-1633
123-43-001	TX	El Paso	Thu	5:30pm	Unity Center Fellowship Hall	1420 Alabama (at Gold)	Louise	(915)	584-2938
121-00-000	TX	Houston			HOUSTON INTERGROUP		Intergroup	(713)	827-5989
121-43-001	TX	Houston	Fri	6:30pm	St John The Devine Church	2450 River Oaks Blvd./Room L15	Lenna	(713)	460-3435
121-43-002	TX	Houston	Mon	7:00pm	St John The Devine Church	2450 River Oaks Blvd./Room L08	Sarah	(713)	429-1777
121-43-003	TX	Houston	Sun	7:30pm	Spring Branch Med Center, 8850	Long Point/Room 14 - 1st Floor	Jane	(713)	665-0757
121-43-004	TX	Houston	Tue	7:00pm	Houston NW Med Center/Cardiac	710 FM 1960 West/Rehab Classrm	Tommie	(713)	452-3837
121-43-005	TX	Houston	Wed	7:30pm	Unity Church / Education Bldg.	Unity Dr. & Hillcroft/Room 8	Brenda	(713)	777-1663
800-43-296	TX	Kerrville	Tue	7:00pm	Kerrville 7th Day Adventist	611 Harper Road	Jeanne	(210)	238-4547
122-43-008	TX	Richardson	Tue	7:00pm	St. Barnabas Presbyterian Ch	1220 Bellline Rd / Room #4	NAINT	(214)	327-1633
800-43-299	TX	San Antonio	Wed	5:30pm	Trinity Utd Methodist Church	6800 Wurzbach Rd/Classroom #3	John V	(210)	680-8528
800-44-300	UT	Salt Lake City	Mon	7:00pm	Doxey Hatch Medical Center	1255 East 3900 South/Room 427	Patsy B.	(801)	487-3557
800-44-301	UT	St. George	Wed	6:30pm	Dixie Alano Club	559 North 1060 East	Lewis R.	(801)	635-0329
800-45-333	VA	Alexandria	Wed	8:00pm	Alexandria Hospital/Room G542P	4320 Seminary Road/At Howard	Chuck C.	(703)	671-0821
124-45-001	VA	Chesapeake	Thu	7:00pm	Unity Renaissance Church	1120 North Eden Way	Kurt	(804)	487-2530
800-45-307	VA	Falls Church	Sat	4:00pm	Unity Club - Room 2	116-B West Broad Street	Dolores L.	(703)	971-1620
800-45-336	VA	Falls Church	Thu	8:30pm	Unity Club - Room 3	116 B Broad Street	Janelle	(703)	803-3252
124-00-000	VA	Norfolk			TIDEWATER INTERGROUP		Janis	(804)	727-6189
124-45-002	VA	Norfolk	Tue	7:00pm	Little Creek Multi-Purpose Ctr	7665 Sewell's Point Road	John	(804)	853-4356
800-45-337	VA	Richmond	Thu	7:30pm	Jewish Community Center	5403 Monument Avenue	John	(804)	282-3013
124-45-003	VA	Virginia Beach	Sun	7:00pm	Old Donation Episcopal Church	4449 North Witchduck Road	Leslie	(804)	460-9564
800-47-362	WA	Ballard	Thu	7:30pm	Saint Paul Church of Christ	6512 12th Street NW	Alice	(206)	524-4236
800-47-309	WA	Bellevue	Tue	5:30pm	Alano Club	12302 N.E. 8th Street	Duane	(206)	450-1346
126-47-001	WA	Bremerton	Thu	5:30pm	Unity Church Youth Hall	1912 Trenton Avenue	Myrna	(360)	598-1504
126-47-002	WA	Poulsbo	Tue	7:30pm	1st Lutheran Church	18920 4th Avenue NE	Eunice	(360)	697-1631
800-47-364	WA	Renton	Mon	7:00pm	Renton Lutheran Church	200 Whitworth South	Merry O.	(206)	271-6417
800-47-365	WA	Renton	Thu	12:30pm	Tommy's Cafe	74 Rainier Avenue South	Harrie S.	(206)	723-3052
800-47-312	WA	Seattle/Capital Hill	Sat	10:00am	Harvard Court Recreation Room	610 Harvard East	Barbara	(206)	324-2945
800-47-363	WA	Spokane	Wed	4:45pm	Valley Center	11922 1st Street	Randee M.	(509)	926-9804
800-47-315	WA	Vashon	Sun	6:30pm	Private Home	Call For Directions To Meeting	Karen	(206)	463-3642
126-00-000	WA				KITSAP COUNTY INTERGROUP		Sandi/Bill	(206)	842-7130
800-48-318	WI	Brookfield	Sat	5:30pm	Eimbrook Memorial Hospital	19333 W. North Ave.(Cafeteria)	Mariyn G.	(414)	549-5509



GROUP#	ST	CITY	DAY	TIME	LOCATION	ADDRESS	CONTACT	AREA	PHONE
111-48-014	WI	Kenosha	Tue	6:30pm	Aurora Health Center/1st Floor	10400 75th Street	John D.	(414)	654-4536
800-48-323	WI	Milwaukee	Thu	7:00pm	Saint Paul's Epsicopal Church	914 E. Knapp Street (Basement)	Alan	(414)	871-9992
800-48-383	WI	Sheboygan	Mon	6:00pm	St. Nicolas Hospital	1601 N. Taylor/Bonaventure Rm.	Hospital#	(414)	459-8300
111-48-016	WI	Waukesha	Mon	6:00pm	Aurora Health Center	I-94 and Highway 164	Herman/Sue	(414)	363-3377
					INTERNATIONAL	MEETINGS			
ARGENTINA	TU	Tucuman	Dom	10:30hs	Grupo El Buen Pastor	Mendoza 871	Julio C.	(081)	31-232
ARGENTINA	TU	Tucuman	Jun	21:00hs	Grupo El Buen Pastor	Mendoza 871	Julio C.	(081)	31-232
ARGENTINA	TU	Tucuman	Mar	21:00hs	Grupo El Buen Pastor	Mendoza 871	Julio C.	(081)	31-232
AUSTRALIA	NSW	Armidale			Contact Only		Greg	(067)	72-980
AUSTRALIA	NSW	Byron Bay	Thu	7:00pm	Byron Health Centre	Bangalow Rd	Ken	(066)	871-145
AUSTRALIA	NSW	Katoomba	Wed	8:00pm	Private house	82 MinihahaRd.	Roger	(047)	82-176
AUSTRALIA	NSW	Lismore			Contact Only		Ina	(066)	21-3745
AUSTRALIA	NSW	Moree	Sun	4:00pm	St. Philomena's School	Gwydir St.	Patrick	(067)	522-970
AUSTRALIA	NSW	Newcastle	Fri	5:00pm	Parish House	58 Victoria New Lampton	Raine	(049)	558-172
AUSTRALIA	NSW	Sydney	Fri	7:00pm	William Mitchell Activty Cl	Rose & Victoria St Newtown	Chris	(02-)	19-023
AUSTRALIA	NSW	Sydney	Mon	7:00pm	Langton Centre Comm Room	Nobbs/S Dowling, SurryHills	Terry	(02-)	57-586
AUSTRALIA	NSW	Sydney	Sat	2:00pm	Wayside Chapel	Hughes St. Kings Cross	Terry	(02-)	57-586
AUSTRALIA	NSW	Sydney	Tue	7:00pm	Holy Cross Church	Adelaide St Bondi Jnctio	Cecily	(02-)	05-05
AUSTRALIA	NSW	Sydney	Wed	7:00pm	Manly Drug Ed. Cntr	91 Pittwater Rd.	Kay	(02-)	71-508
AUSTRALIA	NSW	Sydney	Wed	7:00pm	Woodstock Community Centre	Church St. Burwood	John	(02-)	96-462
AUSTRALIA	QLD	Rasmussen	Wed	8:00pm	Upper Ross River Com. Cntr	1143 Upper RWoss River Rd.	Philip	(077)	231-627
AUSTRALIA	SA	Adelaide	Sun	2:00pm	Archways	74 Dale St.	Joan	(08-)	93-426
AUSTRALIA	SA	Adelaide	Wed	7:30pm	St. Bartholomew Church Hall	79 Beulah St. Norwood	Bev	(08-)	52--152
AUSTRALIA	VIC	Melbourne	Sun	6:00pm	Neighbourhood Centre	Tennyson St. Elwood	Felicity/Bry	(03-)	27-999
BRAZIL	MG	Contagem	Wed	7:30pm	Bairro Jardim Laguna	Rua Jequitiba, 675	Plinio	(031)	468-0439
BRAZIL	MG	Sao Lourenco	Mon	7:30pm	Ig. Matriz de Sao Lourenco	Av. Dom Pedro II	Claudio	(035)	331-1577
BRAZIL	SP	Sao Paulo	Fri	8:30pm	Igreja Perpetus Scorro	Rua Sampaio Vical, 1055	Claudio	(011)	549-6024
BRAZIL	SP	Sao Paulo	Thu	7:30pm	Ig. Immaculada Conceicao	Rua Cincinato Braga, 540	Fatima	(011)	542-9060
BRAZIL	SP	Sao Paulo	Wed	8:00pm	Ig. Sagrado Coracao de Jesus	Av. Morumbi, 8825	Mello	(011)	227-5601
CANADA	AB	Calgary	Tue	7:00pm	North Calgary Fellowship Club	#8 Parkdale Crescent N.W.	Jim A.	(403)	277-9672
CANADA	AB	Calgary	Wed	Noon	North Calgary Fellowship Club	#8 Parkdale Crescent N.W.	Laurie S.	(403)	240-0691
CANADA	BC	Abbotsford	Thu	7:30pm	Abbotsford Alano Club	2584 Cyril St.	Ted W.	(604)	850-0423
CANADA	BC	Abbotsford	Thu	7:00pm	Calgary General Hosp	841 Centre Ave E.	Ted	(604)	850-0423
CANADA	BC	Kamloops	Mon	7:30pm	Cookstown Anglican Church	Church St (Hwy #89)	Jacquie/Ann	(705)	458-9136
CANADA	BC	New Westminster	Thu	8:15pm	Cookstown Anglican Church	Church St (Hwy #89)	Jacquie/Ann	(705)	458-9136
CANADA	BC	NORTH BAY			Victoria Intergroup		David	(604)	592-0877
CANADA	BC	Pentictox	Mon	10:00am		6 Elizabeth Walk	Richard Home	(705)	848-4481
CANADA	BC	Powell River					Jack M.	(604)	483-6658
CANADA	BC	Squamish	Wed	10:00am		6 Elizabeth Walk	Richard Off	(705)	848-7442
CANADA	BC	Surrey	Tue	8:00pm	Anchor Club	8 Elizabeth Walk	Armaunde	(705)	461-3264
CANADA	BC	Vancouver	Fri	6:00pm	Robson Alcohol&Drug Clinic	1505 Robson St.	Sonia	(604)	738-2863
CANADA	BC	Vancouver	Fri	10:00am		6 Elizabeth Walk	Richard	(See)	abo-e
CANADA	BC	Vancouver	Sun	6:45pm	Victoria Health Center	65 Brunswick St	Lorette	(506)	457-2164
CANADA	BC	Vancouver	Sun	6:00pm	Central Alcohol&Drug Clinic	307 West Broadway	Jack k.	(604)	733-8016
CANADA	BC	Vancouver	Thu	7:30pm	Thompson Valley Family CTR	750 Cotton Wood Rm 3E	Tina	(604)	579-8392
CANADA	BC	Vancouver	Wed	6:00pm	Pacific Press Bldg Rm 414	2250 Granville St.	Sonia H.	(604)	738-2863
CANADA	BC	Vernon	Wed	7:30pm	London Life Ins Co	255 Dufferin Ave	George	(579)	471-6774
CANADA	BC	Victoria	Wed	7:00pm	Canadian Cancer Society Bldg.	2206 Richmond Ave / Downstairs	Darren N.	(604)	391-1665
CANADA	MB	Winnipeg	Thu	8:00pm	All Saint's Anglican Ch	347 Richmond Rd.	Chet	(613)	232-9572
CANADA	NB	Fredericton	Mon	7:00pm	Pentictox Regional Hosp	550 Carmi Ave Cafeteria	Pam	(604)	492-6633
CANADA	NFV	St. John's			QUEBEC INTERGROUP			(418)	694-9567
CANADA	NS	Dartmouth	Thu	7:00pm	St. Andrew's Church	Cirdassion Dr.	Alvin	(???)	462-8009
CANADA	NS	Forest Hills	Thu	7:00pm	St. Andrews Church	ForestHills PKY&Circassion	Al	(902)	462-8009
CANADA	NS	Trenton	Mon	7:00pm	Community Christian Center	14 Pleasant St.	Marlene	(???)	396-1098
CANADA	NS	Truro	Wed	6:00pm	Immaculate Conception Ch	Prince St. Martin Room	Robert O	(902)	897-7167
CANADA	NS	Windsor	Sun	2:00pm	Eureka Fellowship Society	4301 1st St.	Larry M.	( )	-
CANADA	NS	Windsor	Tue	6:00pm	Anglican Church Hall	King St.	Barb	(902)	789-5606
CANADA	ON	Barrie	Tue	7:30pm	Collier Street United Church	112 Collier Street	Donald B.	(705)	739-6788
CANADA	ON	Cookstown	Sat	12 noon	Sacred Heart Ch, Lwr.lvl	1380 Elphinstone Street	Diane B.	(306)	569-9892
CANADA	ON	Cookstown	Thu	7:30pm	Cathedral Neighborhood Cntr	2900 13th Ave. Upstairs	Myrna O	(???)	584-2895
CANADA	ON	Elliot Lake	Thu	8:00pm	Private home	13387 112 Ave. Surrey BC	Mary S.	(???)	581-7672
CANADA	ON	Elliot Lake	Thu	8:00pm	Health Serv Cntr RM2868	300 Prince Philip DR.	Judy C.	(709)	368-8261
CANADA	ON	Elliot Lake.	Wed	7:30pm	Squamish Genl Hosp	38140 Clarke Dr Boardroom	Trudy M	(604)	898-9345
CANADA	ON	Elliot Lake.	Sun	7:00pm	McDonalds Meeting Rm	81 N. Cumberland St.	Carol M.	(807)	475-3974
CANADA	ON	Guelph	Mon	6:30pm	Homewood Health Center	150 Delhi St.	Reid	(519)	823-9110
CANADA	ON	Guelph	Sat	10:00am	Homewood Health Center	150 Delhi St.	Rick	(519)	822-6653
CANADA	ON	London	Tue	7:30pm	Addiction Research Foundat	33 Russell St	Jaci C.	(416)	269-1557
CANADA	ON	Ottawa	Mon	6:45pm	St.Peter's Anglican Church	915 Merivale Rd	Paul	(613)	725-1400
CANADA	ON	Ottawa	Thu	7:45pm	Dovercourt Rec Centre	411 Dovercourwt	Bill	(613)	722-8751
CANADA	ON	Thunder Bay	Thu	6:00pm	Advent Luthern church	2800 Don Mills Road	Eric D.	(416)	733-0468
CANADA	ON	Woodstock	Thu	7:30pm	Vernon Health Unit	1277 - 15th Street	Michaeline	(604)	549-5270
CANADA	PQ	Montreal	Sat	11:00am	McDonalds Rest. Conf Rm	1200 Douglas St.		(514)	849-0131



<u>GROUP#</u>	<u>ST</u>	<u>CITY</u>	<u>DAY</u>	<u>TIME</u>	<u>LOCATION</u>	<u>ADDRESS</u>	<u>CONTACT</u>	<u>AREA</u>	<u>PHONE</u>
CANADA	PQ	Montreal	Tue	7:30pm	Montreal Chest Hospital	3650 St. Urbain Street		(514)	849-0131
CANADA	PQ	Old Quebec	Wed	7:30pm	Eric Martin Pavilion	1900 Forb St. Conf. Rm.		(514)	849-0131
CANADA	PQ	Quebec	Thu	7:30pm	McDonalds Rest. Conf Rm	1200 Douglas St.		(514)	849-0131
CANADA	SK	Humbolt	Wed	7:30pm	St. Elizabeth Hosp	Downstairs Classroom	Noema	(306)	682-5401
CANADA	SK	Regina	Mon	7:00pm	Finkle Bldg Adult Day Care	305 Wellington St. N.		(???)	537-3101
CANADA	SK	Regina	Sat	3:30pm	Hants Community Hosp	Payzant Dr.	Onice	(902)	798-4802
CANADA	SK	Regina	Thu	7:00pm	Hants Community Hosp	Payzant Dr.	Brent	(902)	798-8001
CANADA	SK	Regina	Wed	8:00pm	Seven Oaks Hosp	McPhillips & Leila	Gisela	(204)	632-9655
DENMARK		Valby/Copenhagen	Sun	1:00pm	Valby Sognecenter	Banevolden 46 2nd Floor	Kuno	(45)	491-1122
ECUADOR		Guayaquil	Mon	6:00pm	Los Rios 609 5lo Piso	Oficina#2	Mayra	((04)	27-659
ENGLAND		Brighton	Tue	7:00pm	Mind Office, Buckingham Rd	Behind Railway station	Oliver	(012)	3.6-9.53
ENGLAND		Edinburgh	Wed	6:00pm	Epworth Halls	Nicholson Square	Henry	(103)	.22-110
ENGLAND		London			LONDON INTERGROUP - NAUK	P.O.Box1516London SW1E5ZB		(019)	2.8-3.17
ENGLAND		London	Fri	7:30pm	Neighbourhood Advice Center	12 Greenland Rd; Bayham St	Chris	(071)	483-4686
ENGLAND		London	Sun	3:00pm	London Lighthouse	111 Lancaster Road W.11.	Simon	(071)	328-6564
ENGLAND		London	Wed	7:30pm	St. Vincent de Paul Convent	14 Blandford St	Ruhl	(081)	458-5195
ENGLAND		Sheffield	Fri	10:30am	The Carmel Centre	172 Dykes Hall Rd.	Hubert	(011)	.23-572
FRANCE		Paris	Wed	7:00pm	American / 65, Quai D'Orsay	Evelyne's # - 47471585 (33.1)	Evelyne S.		
GERMANY		Stiefenhofen	Fri	7:00pm	Hochgrat Klinik Wolfsried		Wolfram	((08)	81)-420
CHINA	HK	Hong Kong Island	Tue	7:00pm		12 Borrett Road	Carolyn	(xxx)	858-7358
INDIA		Bandra, Bombay	Mon	7:00pm	Kripa Fdn Mt. Carmel Ch.	81/A Chapel Rd.	Ossie P.	(???)	640-5411
IRELAND		Dublin	Fri	7:00pm	Friapn, Adam & Eve.	Merchant Quay	Mick 011.3	(531)	497-3421
ISRAEL		Tel-Aviv	Thu	8:00pm		37, King George St	Lawrence L.	(03-)	4.5-16
NETHERLANI		Amsterdam	Thu	7:30pm	DeRoos Room F2	Vondelstraat 35-37	Christina S.	(312)	.66-6327
NETHERLANI		Amsterdam	Tue	8:00pm	Buurthuis "DeReiger"	Van Reigersbergerstraat	Magoa	(312)	.67-6804
SPAIN	SPA	Valencia	Sun	5:30pm	Parish San Mauro Jesus Obrero	Noguera, 11-1-1 / Call First	Vicente	(346)	330-1864
SPAIN	SPA	Valencia	Thu	6:30pm	Parish San Mauro Jesus Obrero	Noguera, 11-1-1 / Call First	Paqui	(346)	139-1236
SWEDEN		Stockholm	Sun	3:00pm	Atlantis Backdoor	Hantverkargatan 2	Carina B	(46/)	864-9699



# Forest Fire

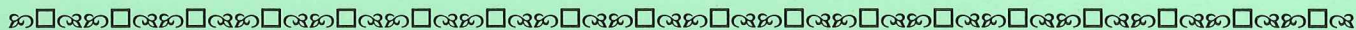
*After a forest fire there is a long, bleak barren time when the land looks and smells of destruction. All that is left are the black remains of tree trunks and a thick layer of ash. Life seems to leave the land altogether.*

*Then, one day, long after the embers of the fire have cooled, the sun and the rain and the wind have nurtured the land and the people have written it off as hopeless, out of the ashes will begin to grow tiny plants. Many of these special plants will grow under no other conditions on this earth. Some of them rare and beautiful flowers.*

*And years later still, life begins to return in earnest and the forest begins to rebuild itself. But the land will never be the same. It will always hold a richer abundance of life and the soil will always be more fertile. It will be more lovely than any that never knew a fire.*

*My own spirit is such a forest.*

—Lenna M,  
Houston



## *A Journey Called Recovery*

As I travel through this journey called Recovery, I find that there is more going on than “recovery.” That is, I’m not only learning to live life without nicotine, but I am also learning to live life.

When I started in recovery I was angry, depressed, isolated and withdrawn. My perspective was totally me-centered. Through Nicotine Anonymous, I reluctantly began my journey, feeling overwhelmed and unprepared for what lay before me. My new friends implored me not to look ahead but to take one day at a time, reminding me of that wonderful adage, “The journey of a thousand miles begins with the first step.”

Through the Twelve Steps, I was able to know myself, to reconcile with others and to establish a real relationship with God. I was able to finally let

go of my false self—my ego-driven self—and come to know my real self, the “me” that works in harmony with God. And I came to know the true joy of service to others. Not the guilt-inspired “should” kind of service, but the God-inspired kind that comes naturally as a result of working the Steps. I found that giving to others gave even more to me.

I have been in recovery for two years but my journey is far from over. Each day God reveals something new that helps me along my path and enables me to live life substance-free. Instead of searching anxiously for some obscure destination, I can now sit back and enjoy the journey.

—Kim J., Richardson, Texas



# Meditations

The following thoughts were submitted by Kathy Y., No. Carolina

## You Have to Understand That They Don't Understand

Addiction is a horror. Nicotine may be the most powerfully addictive drug next to crack cocaine.

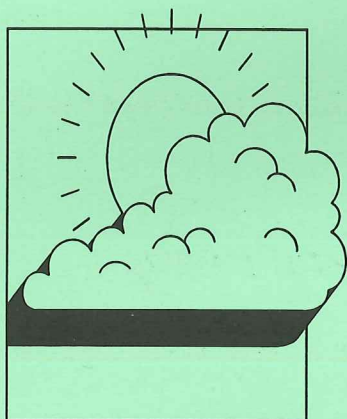
Society denies the addictive power of nicotine. "Just distract yourself, chew gum, eat lemon drops, drink water," the ads and gimmicks tell us.

We will need something more powerful than these gimmicks when the craving comes. We will need a Higher Power and a serious program of recovery.

"My divorce was terrible, but this is worse!" cried one woman. Smoking sustained us, helped us survive. Our lives centered around nicotine. It will take a spiritually centered life to overcome nicotine addiction.

How can I increase my spiritual power today? What can I do today to maintain my spiritual condition?

## Nicotine is the Problem



Often one hears, "I need something to do with my hands." That is not why I smoked.

I smoked because I am addicted to the drug nicotine. Once I realize that I have an addiction rather than a habit, I can use spiritual tools to break the addiction.

If nicotine were available as a pill, would I take it when the craving comes? Have I stolen, lied or done desperate things to get nicotine? Am I angry at anyone who interferes with my nicotine use?

My problem isn't smoking. My problem is nicotine addiction. All I wanted was my drug nicotine. I will surrender unconditionally to a loving universe.

## There is No More Smoking

The war is over. There is no more smoking. I have surrendered. Nicotine is more powerful than I am, and smoking is not an option for me anymore. It doesn't matter how much I hurt or how angry I become. I still can't smoke.

Surrender brings peace. I will turn my attention to the beauty and wonder around me. I will bring my own special gifts to the river of life.

Each day I surrender to the monster nicotine, sidestepping the battle with the relentless addiction.



# 1996 WORLD SERVICE CONFERENCE XI

## VALLEY FORGE, PA

It was with great anticipation that we arrived at the Sheraton Hotel in King of Prussia. Not only would we meet again with our friends from around the country, but as a member of the New York Metropolitan Area Intergroup (NYMAI), it was especially exciting to be with everyone from our sister Intergroup in N.J./Pa. With the knowledge of the wonderful experiences I've had at the annual Valley Forge Funday, I couldn't wait to see what was in store for us at the conference.

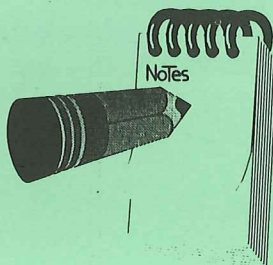
Besides starting with the usual hellos, hugs, and how-are-you's, the conference began with some controversy. I walked into the World Service Officers meeting to some lively discussion regarding the presence of "Dateline NBC" at that evening's Gratitude Meeting.

The discussion continued on at the Gratitude Meeting itself, and, after we were assured that no one's anonymity would be broken, a group conscience approved the taping. The Gratitude Meeting was awesome and included a number of local people who detailed their struggles with starting meetings many years ago. There also were many of our fellow New Yorkers there to share their feelings, achievements and setbacks. I was deeply moved by all the addicts who shared.

The business meetings followed early Saturday morning with reports from Steve M., our Chair, who kept the reports moving briskly. He was followed by coordinators for "SEVENMINUTES," "The Book," etc. News of the day included a second edition of "The Book" for review at the Chicago conference in 1997. This will include personal stories from nicotine addicts, a long-form version of the Traditions, and revisions of the Steps and the questionnaire. On the literature front, there was a list of 15 original slogans by our own Checko M. of Woodstock. All 15 were approved by the conference and will soon be distributed as a "work-in-progress." We were also presented with a Spanish version of "The Serenity Prayer for Smokers," which is an official Nicotine Anonymous pamphlet.

Steve M. also presented us with a brand-new revised World Meeting Directory. All the meetings in the United States were confirmed by a large group of volunteers (including a few from our own New York Intergroup). This was indeed a Herculean task, but it has paid off in a most accurate Directory. Kudos to all involved.

A number of items were voted upon by the conference at large. These included the authorization of an Official Nicotine Anonymous web site. The conference also approved a Finance Committee to serve the Treasurer, as well as set up standardized financial practices for World Services. Lastly, it was decided that the Board be given the authority to translate our literature into other languages where appropriate.



Amidst all the business, there were some dynamite (and controversial!) workshops dealing with Twelve Step recovery, beginners' issues, home groups, gratitude, resentments and meeting formats. The two workshops I attended were excellent, and I came back with lots of great ideas about how to use meeting formats and the home group concept to stimulate service and recovery at our meetings.

The last subject of business was the election of new officers and selection of the 1998 conference location. Our new Alternate Chairperson is Glenn S. of Dallas, the Alternate Treasurer is Camille S. of Dallas (no relation), and the Alternate Secretary is our own Pat L. of Woodstock, N.Y. (Boy, are we proud!) Congratulations and good luck to all of our new officers. They were certainly fine selections. The 1997 conference will be held in Chicago, April 18-20 (plan early). Our 13th annual conference location is ... Dallas. (Notice a trend?) Good luck to the Dallas Intergroup, for as we know in New York, organizing a conference is no small task.

That night, the banquet featured a couple of great speakers. Pat L. of Kearny, N.J., is the person who wrote to Dear Abby last year, generating more than 8,000 inquiries to World Service. His story of battling his addiction in Jersey City was touching and amusing. Jack C. of Southern California spoke about "everything you wanted to know about nicotine addiction, but were afraid to ask." His decades of struggling with this addiction and his many years of subsequent recovery provided for a fascinating story. We ended by celebrating his wife Dottie's 2nd anniversary—she got smober at the New York conference!

The evening did not end there. The "hospitalobriety" room was *cooking* that night. Dozens of us got to see how incredibly talented the folks from N.J./Pa. are. There was singing, joke telling and probably the finest tap dance

Continued on page 14



demonstration *ever* at a Twelve Step convention. It was just a terrific way to end a terrific day.

Sunday began with a true marathon meeting. Starting at 7 a.m., there was almost two hours of the most intimate sharing I've heard in a long time. Many tears were shed (including mine). This was followed by the Spirituality Breakfast, where I counted 25 NYMAI members (out of a total of 110 attendees). It was so wonderful to be joined by so many of my friends at the conference. Ron R. was a most dapper and eloquent speaker, and he reminded us of how even the smallest actions trickle down to become big pieces of others' recovery. I heartily suggest obtaining the conference tapes to hear him and the other speakers share their stories. (That's my daughter Lydia crying in the background during Ron's talk!)

Normally, the breakfast would be followed by many tearful farewells (it was) and the weekend would end there. But, fortunately, there was more to come! Due to the ingeniousness of the folks in N.J./Pa., there was a three-hour tour of Valley Forge that was just incredible. It also gave the 40 of us who participated a chance to have fun and enjoy each other a little longer. What a beautiful way to end the conference!

If you weren't able to attend this year's conference in Valley Forge, I strongly suggest you plan early to be in Chicago in 1997. The cost for the trip is certainly less than what you would spend on a couple of packs of cigarettes each day between now and the conference. It's a great opportunity to become more involved in service and advance one's personal recovery. Besides that, it just might be the most fun you'll have all year!

—John O.,  
NYMAI



## Quips and Quotes

Knowing is not enough;  
we must apply.  
Willing is not enough;  
we must do.

—Goethe

It's not whether you  
get knocked down,  
it's whether you get up.

—Vince Lombardi

*"I gain strength, courage and  
confidence by every experience in  
which I must stop and look fear in  
the face . . . I say to myself, I've  
lived through this and can take the  
next thing that comes along . . .  
We must do the things we think we  
cannot do."*

—Eleanor Roosevelt

**"I am only one;  
but still I am one. I  
cannot do everything, but  
still I can do something;  
I will not refuse to do the  
something I can do."**

—Helen Keller



# A Closing Thought: Service = Smobriety

It's hard to believe that almost seven years have passed since I attended my first Nicotine Anonymous meeting. The people I've met throughout these years have made a world of difference in my life, and for them I am thankful. Especially Scott J. and Barbara D. Working with them on *SEVENMINUTES* has been an incredible experience. We were definitely soul mates for this team effort. And now as I walk away—having gained *so much more* than I anticipated—I walk not alone, but with two very good friends whom I admire, respect and trust with anything!

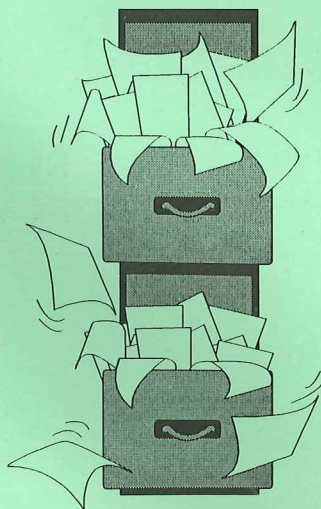
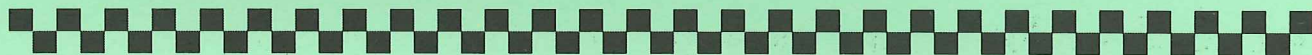
Members of the Traditions Committee have helped me to grow in this Fellowship as well. They know the program inside out and their insight has been invaluable. As you may already have heard, this is not a "me" program but a "WE" program. *SEVENMINUTES* is only possible if we ALL contribute. Whether it be the committee's feedback or someone's artwork, everyone's input, including your own, is instrumental in *SEVENMINUTES*' continuance. I hope our new Editor, Kim, is fortunate enough to work with those she can learn from also, and finds the *SEVENMINUTES* experience as enriching as I have found it to be.



And lastly, I wish to thank all those members who take the time to speak with newcomers after meetings and offer them opportunities to do service. Doing service, whether it be speaking, arranging the literature table or typing the phone list, does guarantee your smobriety. If I didn't get involved in service for this

Fellowship, my life today would be *completely* different. You see, Scott J. invited me to an Intergroup meeting where I met another member, named Mike D. If I didn't meet Mike, then he couldn't have introduced me to the man who later became my husband and we wouldn't have had our daughter, Leighann—my little angel. Another frightening thought is that if I didn't get involved in service work, I might have stopped going to meetings altogether, started smoking again, and thrown away the joy that freedom from nicotine brings. For me, the joy has been continuous and beyond my wildest dreams.

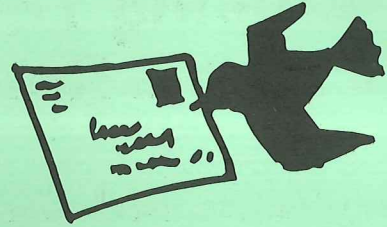
—Karen M., Islip, N.Y.



## *Is something missing?*

Yes, there is an issue of *SEVENMINUTES* missing. We skipped the spring edition, which should have come out in March of 1996. That is the main reason for Coordinator Scott J. passing the baton to Kim J. of Texas. (See Scott's article on page 6 in this edition.) You, our valued subscriber, will still receive the four editions you paid for, just a little later. You should expect to see the next edition of *SEVENMINUTES*, produced by Kim, shortly after Sept. 1, 1996. We regret the delay but have taken "steps" to keep it from happening again.





## The Letter

Dear Friend,

How are you? I just had to send a note to tell you how much I care about you.

I saw you yesterday and you were talking with your friend. I waited all day hoping you would want to talk with me too. I gave you a sunset to close your day and a cool breeze to rest you—and I waited. You never came. It hurt me, but I still love you because I am your friend.

I saw you sleeping last night and longed to touch your brow, so I spilled moonlight upon your face. Again I waited, wanting to rush down so we could talk. I have so many gifts for you! You awoke and rushed off to work. My tears were in the rain.

If you would only listen to me! I love you. I try to tell you in blues skies and in the quiet green grass. I whisper it in leaves on the trees and breathe it in colors of flowers, shout it to you in mountain streams, give the birds love songs to sing. I clothe you with sunshine, and perfume the air with nature scents. My love for you is deeper than the ocean, and bigger than the biggest need in your heart.

Ask me! Talk with me! Please don't forget me! I have so much to share with you! I won't hassle you any further. It is YOUR decision. I have chosen you. And I will wait.

Love,  
Your Higher Power



**Nicotine Anonymous World Service**  
**Balance sheet**  
**December 31, 1995**

**Assets**

**Cash:**

Cash in Bank - Checking	2,757.42	
Cash in Bank - Certificate of Deposit	15,000.00	
Petty Cash - Office Imprest Account	500.00	
<b>Total Cash</b>		<b>18,257.42</b>

**Fixed Assets:**

Office Equipment		719.09
------------------	--	--------

**Other Assets:**

Conference Advances		1,750.00
---------------------	--	----------

<b>TOTAL ASSETS</b>		<b>20,726.51</b>
---------------------	--	------------------

**Liabilities**

Prepaid Orders		182.50
----------------	--	--------

**Payroll Taxes Payable:**

Federal W/H Tax	414.00	
Social Security & Medicare Tax	357.64	
CA State EDD	254.01	
<b>Total Payroll Taxes Payable</b>		<b>1,025.65</b>

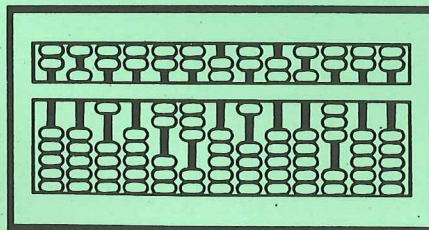
CA Sales Tax Payable		262.98
----------------------	--	--------

<b>Total Liabilities</b>		<b>1,471.13</b>
--------------------------	--	-----------------

**Fund Balances**

Accumulated Funds 12/31/94	20,927.53	
Current Operating Fund	(1,672.15)	
<b>Total Fund Balances</b>		<b>19,255.38</b>

<b>TOTAL LIABILITIES &amp; FUND BALANCES</b>		<b>20,726.51</b>
--	--	------------------





**Nicotine Anonymous World Service  
Statement of Revenues & Expenses  
for the year ended December 31, 1995**

**REVENUES:**

**Sales:**

"The Book"	22,813.50	
Pamphlets	11,524.80	
World-wide Directories	177.00	
By-Laws	164.00	
<b>Total Sales</b>	<u>34,679.30</u>	

**Cost of Sales:**

Printing - Books	3,901.95	
- Pamphlets	7,059.01	
- Other	1,285.57	
<b>Total Cost of Sales</b>	<u>12,246.53</u>	

**Net Sales** 22,432.77

**Seven Minutes:**

**Subscriptions** 2,965.00

Costs - Printing	1,472.50	
- Postage	584.11	
- Other	56.80	

**Total Costs** 2,113.41

**Net Seven Minutes Revenue** 851.59

**Donations:**

Intergroups	1,291.83	
Groups	2,692.33	
Individuals	1,494.89	
Others	3,736.46	
<b>Total Donations</b>	<u>9,215.51</u>	

**Other Revenue** 155.84

**Interest Income** 171.54

**TOTAL REVENUE** 32,827.25



**Nicotine Anonymous World Service  
Statement of Revenues & Expenses  
for the year ended December 31, 1995**

page 2

**EXPENSES:**

**Office Expense:**

Salaries & Wages	10,896.50	
Payroll Tax Expense	2,847.97	
Office Rent	6,933.00	
Office Supplies	1,042.21	
Copies	368.30	
Postage	2,427.47	
UPS	1,954.80	
Telephone	244.72	
Bank Charges	224.05	
Returned Checks	32.00	
Insurance	311.90	
Miscellaneous	375.60	
<b>Total Office Expense</b>	27,658.52	

**Servants' Expenses**

Postage	327.58	
Telephone	502.27	
Telephone Service	567.70	
<b>Officers' Meetings:</b>		
Travel	3,733.90	
Teleconferences	996.44	
Meeting Room/Refreshments	197.47	
Miscellaneous	224.87	
<b>Total Officers' Meetings</b>	5,152.68	
<b>Total Servants' Expenses</b>	6,550.23	

**Special Projects**

	290.65	
<b>TOTAL EXPENSE</b>	34,499.40	

**NET OPERATING REVENUES & EXPENSES**

**(1,672.15)**







## NICOTINE USERS' DECLARATION OF INDEPENDENCE

When, in the course of human events, it becomes necessary for one people to dissolve the addictive bands which have connected them to nicotine and to assume, among the Powers of the earth, the separate and equal station to which the Laws of Nature and of Nature's God, entitle them, a decent respect to the Steps and Traditions of Nicotine Anonymous requires that they should declare the causes which impel them to the separation.

1. We hold these truths to be self-evident; that all smokers are created equal;
2. That they are endowed by their Higher Power with certain unalienable Rights; that among these are Life, Liberty, and the Pursuit of Happiness.  
  
That, to secure these Rights, Steps and Traditions are instituted among groups deriving their just powers from the consent of the governed.
4. That, whenever any nicotine use becomes destructive of these ends, it is the right of the people to attend meetings regularly to alter or to abolish it, and to lay their foundation on such principles, and organize their powers in such form, as to them shall seem most likely to effect their safety and happiness.
5. Prudence, indeed, will dictate that groups long established should not be changed for light and transient causes; and, accordingly,
6. All experience hath shown that groups are more disposed to suffer, while evils are sufferable, than to right themselves, by ignoring the Steps and Traditions to which they are accustomed.
7. But, when a long train of abuses and usurpations, pursuing invariably the same cigarette, evinces a design to reduce them under absolute despotism, it is their right, it is their duty, to throw off such a drug and to provide new guards for their security.
8. Such has been the patient sufferance of these smokers, and such is now-the necessity which constrains them to alter their former way of living.
9. We, therefore, the representative of Nicotine Anonymous, in World Services Conference XI assembled, appealing to the Higher Power of the world for the rectitude of our intentions, do, in the name and by the authority of the good people of this fellowship, solemnly publish and declare that these smokers are, and of right ought to be, happy, joyous and free.
10. That they are absolved from all allegiance to nicotine, and that all political connection between them and the Great Cigarette Pack is, and ought to be, totally dissolved;
11. And that, as free and independent nonsmokers, they have full power to enjoy life smober and free, conclude peace, contract alliances, establish commerce, and do all other acts and things which independent nonsmokers may of right do.
12. And, for the support of this Declaration, with a firm reliance on the protection of our Higher Power, we mutually pledge to each other our Lives, our Fortunes and our Sacred Honor.