

# SEVENMINUTES

*The Nicotine Anonymous Quarterly*

A Forum for Nicotine Users Who Don't Use

Vol. X, Issue No. 2

Second Quarter, 1998

## **BEYOND MY WILDEST DREAMS**

*John O., Kings Park, NY*

Back in April of this past year, my wife, Marjie, and I were in Chicago for the Nicotine Anonymous World Service Conference. On the Friday that the conference started, we visited the Museum of Contemporary Art, a very good modern art museum. After a pleasant stroll through, my wife and I went downstairs so she could use the bathroom. As April was national poetry month, there was a large display of "magnetic poetry" which is individual words printed on magnets. While waiting for Marjie, I put together a brief poem in honor of the baby girl that we were expecting in August (her name is Geneva). After a few minutes, my wife came out and saw the poem. She suggested that I write it down and submit it. I declined, but she wrote it down anyway and submitted it.

Before I finish the story, let me tell you why this is beyond the wildest dreams I could have had when I gave up smoking. First, if I were smoking, I would not have been in Chicago for the conference. Second, walking through a museum for several hours without smoking would have been impossible. Third, I would have been outside smoking when my wife used the facilities. Finally, I would not have been able to access the emotions that allowed me to write the poem if I was still using nicotine. In addition, I had not written any poetry in at least 20 years, and then, only when it was a school assignment.

In November of this year, a package came. Inside there was a book called *The Magnetic Poetry Book of Poetry*. The first section is called "Beginnings". This is the third poem in that section:

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### **CORRECTION:**

Please note that the Internet addresses that were printed on the International Meeting Schedule in the last issue of *SevenMinutes* were incorrect. The correct online addresses are:

Home page - <http://rampages.onramp.net/~nica>

E-Mail - [nica@onramp.net](mailto:nica@onramp.net)

We are in the process of moving to our new web address, which incorporates our name. The new web address is:

<http://www.nicotine-anonymous.org>

Check us out next time you're on-line!

### **Butterfly**

*my not born baby daughter  
dances naked in a woman's warm belly  
she is a wild child  
she is a pink embrace inside a wet cocoon*

This was followed by my name. It was unbelievable, beyond my wildest dreams. And it would not have been possible without God and the fellowship of Nicotine Anonymous (and Marjie, too).

## 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 the 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.

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Your trusted servants - Kim J., editor  
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## 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 it out.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to other nicotine users and to practice these principles in all our affairs.

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### The Twelve Steps of Alcoholics Anonymous

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

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



## MESSAGE FROM THE CHAIR

Hello. I hope you all had happy holidays. We had our third officers meeting in sunny (rainy) California. It was an exciting meeting. We met after the Southern California Intergroup meeting. We talked about our financial situation for the last quarter. We are now running back in the black. I don't have the exact numbers yet since we still need to verify the bank statement. We will have balance statements at the World Service Conference if you are interested.

I would like to address the problems we have had fulfilling our literature and book orders. We started to look into this since we were having more than a couple of problems with people not getting their orders. We looked into it and found out a couple of things. 1. We switched over to a program to produce an invoice that automatically stated "Ship U.S. mail." It was the worst time to ship mail via the U.S. post office because of the Christmas Rush. Also, there was no way to track it. 2. We were sending the mail from San Francisco by Priority Mail, and there was a delay there also (which would account for two weeks). What we are doing now is checking to see how long it actually takes the mail to go from San Francisco to Pennsylvania. If this is taking more than the three days, we are going to look into other options. So between getting the mail to the Office Service faster and sending orders out via the most economical (and speedy) way with a tracking number we will be better able to get a handle on this problem.

We now have a person in San Diego (**Laurie G.**) who is going to take on the revision of the Nicotine Anonymous Book. We hope to have this ready for the 1999 conference in Southern California. If you are interested please drop me a note via E-mail or regular mail. I will put you in touch with Laurie. This is very exciting.

Another thing we talked about was teleservice. We are looking at getting an 800 number. We are looking to expand our teleservice people beyond the California border. We have a new Teleservice Coordinator from the New York area, **Jeff F.** Our goal is to put together a manual for the people who do teleservice and expand their ranks. I want to THANK in a big way **Adam G.** from the San Francisco area, who has been the coordinator for the past couple of years. He has done a great job. His commitment to Nicotine Anonymous shows in all the service work he does for this program. He plans to continue on as a teleservant. If you like to talk to people and are looking to practice the Twelfth Step, look at this opportunity to provide some service work in this area.

The last thing I wanted to talk about is THE WORLD SERVICE CONFERENCE in April. It will be held in DALLAS, TEXAS this year. This is the home of the emeritus chair, **Bill P.**, and the present chair - me (**Camille S.**). We plan on having an exciting conference. We are going to have some exciting speakers - on Saturday for warm up, **Glenn S.**, Dallas, the banquet speaker, **Bill C.**, New Jersey, and for the Sunday Spirituality breakfast, **Martha**, Dallas. We will be nominating officers on Saturday morning. We will have opportunities to talk to the officers future, present, and past. We will be voting on where to have the conference in the year 2000. We have workshops on different things such as getting the word out, the first three steps, and four other topics. The weather in Dallas this time should be warm and sunny, with maybe an occasional rain storm to make it interesting. We also discussed delegates at the officers meeting. We are looking to see what actions we can start putting into place so that we will have people serving as intergroup delegates to vote on different things. We will be talking more about this item at the next conference.

### SERVICE

If you're looking for ways to fulfill your 12th Step on a national level, consider these opportunities:

**Webmaster** - maintains our web site

**Teleservant** - answers telephone inquiries

**E-mail answerer** - answers e-mail

We also need people to make themselves available to answer e-mail in languages other than English.

I want to say one other thing about service. This is from Martin Luther King, Jr.--- "Everybody can be great. Because anybody can serve. You don't have to have a college degree to serve. You don't have to make your subject and your verb agree to serve. You don't have to know the second theory of thermo-dynamics in physics to serve. You only need a heart full of grace. A soul generated by love."

So come to Dallas and join us at our 13th World Service Conference.

*Camille*

## FIFTY-FIVE YEARS OF SMOKING

Louise R., West Palm Beach, FL

Growing up, I cannot remember when I felt I was just right with myself - comfortable with you, comfortable with myself - at ease with you, at ease with me - happy with you and happy with myself. I felt there was something wrong with me. I just did not belong, wherever I found myself. I wanted to be someone else, not me. I wanted to run away; "things" would be better "there." If I was only older, then I could do what I wanted to do - then "things" would be "better." If I told you how I felt you would not like me. Was there something different about me? Was I a misfit? If you had a mother like I had - if she was only as great as my daddy, "everything would be better."

I had a wonderful brother! He would listen to me. I could talk to him. Gee, if only I was as old as he, then I could do what the big kids do. He was a sweet, kind fellow. He always told me to ask him anything I wanted to know. He was 19 months older than me. I was lucky to have him by my side. I can still hear Mom and Pop say, "If your brother is going, you can go." How kind he was - never breathing down my back. He kept his distance in the presence of others - only coming up to me when it was time to go home. What a blessing he was. This background information is necessary so you will be able to identify (please don't compare) with me as my story unfolds, telling you about my fifty-five years of being a slave to nicotine. I would not want anyone to think I blame my brother because I smoked. If it hadn't of been Jack who showed me how, it would have been someone else, because I was determined I wanted to smoke.

I grew up in an age when "us kids" always wanted to do "things" that made us look grown-up, made us look glamorous and sexy. When Jack started smoking with his friends, I, being the aggressive, defiant brat, begged him to show me. Oh, happy day, I thought. Now "things" will be different.

At age fifteen there I was trying to be grown-up. Now I would be glamorous like the movie stars. I'd feel better about me. I'd feel better about you. Now I was on my way to being a different person. Sure, I choked, coughed and felt dizzy, but I'd practice and then I could show you how to smoke.

From then on, pennies did not go for candy - no way, save them for a pack of cigarettes. Pool our pennies and get an older fellow to buy us a pack. Then go up to the park and find an isolated spot and smoke that cigarette!

Somewhere around the age of eighteen I got careless and left my purse out, exposing my cigarettes. I might mention here that my Mom never did smoke. Pop smoked cigars. Pop walked by the table and crushed the cigarettes beyond repair and said, "Don't ever let me see you smoking." I felt bad because I loved my Pop and hated doing something he did not approve of. But, the drug nicotine had me even then. I "just had to have a cigarette," a slave already. I remember how I made excuses to get off by myself. I had to have that cigarette. At age twenty I got married for the first time and thought, now I can do anything I want - like smoke in front of my Mom, which I did, but not

in front of my Dad. I could not bring myself to talk to him about it. It was easier to go away from him and sneak a smoke.

At age twenty-six, having had a C-section, I decided that, because of extreme nausea and knowing I would be in the hospital for two weeks, it would be a good time to quit smoking. This was my first attempt to be a nonsmoker and I remained abstinent for two weeks. On the way home my husband and I had an argument. When we walked into the house, I said to myself, "I'll show him." I reached into the cabinet for my crutch. There they were - my cigarettes. They were always there to comfort me. That was my first failure and my first feeling of guilt! "I can't be successful."

The years go by and at age twenty nine my parents and my immediate family went on a vacation together. There they were, the two men in the front seat, puffing away on their cigars and me in the back seat having a nicotine fit. All of a sudden I said, "you guys are enjoying your smoke. I sure would like to have a cigarette." Pop said, "okay honey, I'm not looking." I lit up and felt so "high." I did what I had wanted to do for so long. After lunch, Pop reached across the table and held his lighter while I took out a cigarette. The ice was broken!

Time marches on with no thought of stopping again. Smoking was what we all did - always making sure there was a full carton, or more. Never run out. I was in good physical health. Occasionally I would drop some hot ashes but doesn't everybody burn a few holes in their clothes, or on the counter tops, or furniture?

Then, after being a homemaker for ten years, I went back to work because my husband and I separated. Times were tough on my little salary, but you'd better believe I always had cigarettes. They were my friends. They relaxed me. I was their slave. I needed them to exist.

Starting in the fifties, a group of us at work decided to quit smoking, which we did quite often. None of us ever made it longer than a day or two. We even tried hypnosis. That lasted until we got in the car. I kept feeling guilty. I always failed. Would I ever be successful? Suppose this is the way it is going to be - smoke until I die? Another time five of us took a course - that experience cost \$250 dollars with no lasting results. Another failure. With other methods I tried I would quit after a few nights but I never stayed abstinent. I heard a man say he quit forty times a day. He was a two pack a day smoker. He quit after every cigarette but lit up again in a few minutes - just like me. Was I ever going to be able to stay quit? Another method I tried cost \$375 and I stayed smoke free for five days. Again, I thought "I'll not fail this time," but I did. Another failure!

Then in '85 my brother was diagnosed as having lung cancer. That was impossible. He had quit smoking three years earlier. When the calm settled in, I realized the damage had been done through the years. I immediately went through a smoking clinic and stopped the second night. I did not smoke for five months - the longest period I had ever been smoke free. Then my brother died and a month later I just had to have a cigarette to deal with my grief. "What is wrong with me? Can't I see what cigarettes do to a person?" Then the guilt, then the feeling of failure all over again.

I had been a pack-a-day smoker all these years. However, within two weeks after being a nonsmoker for five months I was smoking three packs a day. This is an example of the progression of the disease of nicotine addiction, which is baffling, cunning and powerful. This disease was going on even though I wasn't smoking. At this point I cried out, "I'll probably die from smoking but I cannot quit. Oh, God, please help me."

I went on smoking three packs a day for nine months. One Saturday night, I came into the house and it was like there was a big screen in front of me. On the screen these words appeared, "You have just had your last cigarette in the car." To this day I say I had a spiritual experience. Evidently, God had decided that this child could not do it by herself. He probably said, "I'll help her." He did and He is still helping me, one day at a time. It is by His grace that I am a nonsmoker today. God is doing for me what I could not do for myself.

I literally flew into the bedroom, purse in one hand, keys in the other hand, got down on my knees beside the bed and prayed and did a Third Step. Then I went to bed and slept peacefully. When I woke the next morning, it was June 1, 1986, my anniversary date. That was almost twelve years ago. See. It is never too late to change. I am eighty-two years of age - courage to change the things I can. Two nights later I attended Smokers Anonymous. I knew I needed the fellowship of people doing the same thing I was trying to do.

At two months I experienced withdrawal symptoms. I felt like I was losing my mind. I felt like I was going crazy - could not concentrate, felt sad, depressed, cried at the drop of a hat, slept fitfully, had the "poor me's," felt fear that I had never experienced before. Hadn't I dealt with all these feelings in my other Twelve Step program? Then I learned I had "stuffed" all these feelings with cigarettes. Wow, what an awakening! I "hung in there," went to meetings, stayed in close touch with members of the fellowship and prayed. How I prayed! I learned to "feel the feeling and let it go."

I would like to be entirely honest at this point and let you know I am also recovering from alcohol and prescription drugs for more than fourteen years. In all fairness, let me say, quitting pills was more difficult than stopping the booze. Smoking, being my third addiction, was the most difficult. It was hell. I mention this to let you know "what it was like then."

"What it was like then" and "what happened" has been told. Now it is time to tell you "what it is like today." Most of the time it is WONDERFUL. I like feeling great, I look good, my skin is wrinkled but alive-looking, the house smells fresh, the car smells good, I have more energy, I swim or walk daily, food tastes so good (even though there are a few extra pounds on the body), I'm not short of breath, and on and on with all the good things of being alive. I am a GRATEFUL RECOVERING NICOTINE ADDICT!

Each morning, on my knees I ask God for his help - no booze, no pills, no cigarettes today. Each night, on my knees I thank God for help - no booze, no pills, no cigarettes. I read somewhere, something to the effect, "If I don't take a cigarette today, I'll probably never take one, because it is always today."

## WELCOME TO THE FELLOWSHIP

The following are a list of new meetings that have formed since the World Wide Meeting List was printed in January:

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Kenai, AK - Wed, 3:30pm & Fri, 6:00pm, Kenai New Life Assembly Of God, 209 Princess Street

Lake Havasu City, AZ - Mon, 6:00pm, Salvation Army, 2049 Swanson Avenue

Sunland, CA - Thu, 2:00 pm & Fri, 2:00pm, Sunland Park / Clubhouse, 8701 Foothill Boulevard

West Hollywood, CA - Sun, 5:45pm, Drug & Alcohol Center, west room, 8206 Santa Monica Boulevard

Bristol, CT - Sat, 11:30am, Bristol Recovery Club, 67 West Street

Canaan, CT - Wed, 7:30pm, Mountainside Lodge, 187 South Canaan Road

Cromwell, CT - Mon, 7:00pm, First Congregational Church, 355 Main Street

Lahaina, HI - Mon, 9:00pm, Alano Club of Lahaina, 562 C Front Street

Oak Park, IL - Fri, 6:15pm, Oak Park Hospital, 500 S. Maple, North Conf. Rm

Kansas City, MO - Sun, 7:00pm, Private Residence, 4039 Locust

Neosho, MO - Sun, 4:00pm, YMCA, upstairs, 403 S. Jefferson

Jackson, MS - Mon, 7:00pm & Wed, noon, First Christian Church, back entrance, 700 High Street Hugh

Cape May, NJ - Tue, 7:00pm, Burdette Tomlin Memorial Hospital, ground floor, conference room 3, 2 Stone Harbor Boulevard

Lawrenceville, NJ - Thu, 7:30pm, Mercer County Library, route 1, South & Darrah Lane

Metuchen, NJ - Step Meeting, Mon, 6:30pm, Centenary United Methodist Church, 200 Hillside Avenue (Room 20)

Bronx, NY - Tue, noon, North Central Bronx Hospital, 3424 Kossuth Avenue, room 10A-13

Salem, OR - Thu, 6:00pm, North Area Family Center, 1164 Madison Street NE

Sao Paulo, SP, BRAZIL - Sat, 2:30pm, Roma, Rua Roma, 436 / Lapa

Sao Paulo, SP, BRAZIL - Mon, 8:30pm, Igreja Perpetuo Socorro Rua Sampaio Vidal 1055

Victoria, BC, CANADA - Fri, 1:00pm, Esquimalt Recreation Centre, 526 Fraser Street

Yellowknife, NT, CANADA - Wed, 7:30pm, NUP

Kitchener, ON, CANADA - Mon, 6:30pm, Carmel Church, 40 Chapel Hill Drive

Guadalajara, JAL, MEXICO - Mon, Tue, Wed, Thu, 7:00pm, Leon Tolstoy 4940 Jardines Universidad

**POWERLESSNESS**  
**Lisa C., Torrance, CA**

I am powerless.  
Cigarettes consume me.  
My entire day is scheduled around my  
cigarettes.  
I buy them by the carton,  
replacing them when I get down to  
three packs...  
must never run out !!!

I wake up.  
I have a cigarette.  
I have coffee.  
Must have a cigarette to decide what  
to do next.

Oops, can't s - - t without my  
cigarettes.  
Must have a cigarette to decide what  
to do next.

I shower.  
Must have a cigarette to decide what  
to wear.

Phone rings.  
Must have a cigarette to talk on the  
phone.

Must have a cigarette to decide what  
to do next.

Washed the dishes.  
Did a nice job.  
Must have a cigarette to reward  
myself for a nice job done.

Must go to work.  
I'm unhappy at work.  
Will have a cigarette to soothe my  
unhappiness.

Driving to work.  
I'm too uncoordinated to drive.  
If I have a cigarette, I'll be able to  
drive.  
I'm at work.  
Can't smoke at work.  
People are saying "Good morning."  
Paranoia -- why are they saying good  
morning? Wish I had a cigarette.

I get to my cubicle.  
The work is stacked so high.

So much work, I am overwhelmed  
Wish I had a cigarette.  
Know what to do with this, whew,  
wish I had a cigarette.  
Don't know what to do with this,  
uh oh,  
wish I had a cigarette.

Someone's in my office. They have a  
question.  
Hope I know the answer, wish I had a  
cigarette.  
Whew, I knew the answer, wish I had  
a cigarette.

It's 10:30, time for my break.  
Aha, now I can have a cigarette !!!  
To the elevators, 4 - 3 - 2 - I  
out the door -- ahhhhhhhhh,  
This is a good one.  
Back to work.

I get to my cubicle.  
The work is stacked so high.  
So much work, I am overwhelmed.  
Wish I had a cigarette.

Know what to do with this, whew,  
wish I had a cigarette.  
The phone rings,  
wish I had a cigarette.

Uh oh, this is due tomorrow,  
if only I had a cigarette,  
I know I could get it done in time,  
Working/wishing/miracle - it's done.

Time for lunch.  
Hour for lunch,  
but cigarette first and at least two  
cigarettes after,  
barely have 1/2 hour for lunch.  
Back at work.

I get to my cubicle.  
The work is stacked so high.  
So much work, I am overwhelmed  
Wish I had a cigarette.  
Meeting at 2, wish I had a cigarette.

I should address this issue in front of  
all these people.  
I'm scared, what if it sounds really  
dumb,  
wish I had a cigarette.  
It's over, they liked my idea.

How can that be?  
Wish I had a cigarette.  
Afternoon break,  
Ahhhh, another really good cigarette,  
Uh oh, someone asks for one, that will  
leave me with only ... six,  
will that be enough?  
what if I get in a car accident on the  
way home?  
will six cigarettes be enough ...  
I give the cigarette,  
I better have another one  
because now  
I am worried I don't have enough.

I get to my cubicle.  
The work is stacked so high.  
So much work, I am overwhelmed  
Wish I had a cigarette.

The copier breaks down.  
This machine hates me.  
It seems as if it only breaks down  
when I'm at it.  
I'm sooo frustrated...wish I had a  
cigarette.

Time to go home.  
What a relief - I can smoke !!!  
To the elevators,  
4 - 3 - 2 - I  
out the door -- ahhhhhhhhh.  
This is a good one.  
Where's my car?  
I'll remember if I have a cigarette.  
What to do about dinner?  
I'll figure it out if I have a cigarette.

I'm home.  
I'm lonely.  
I smoke because I'm lonely.  
I think about quitting,  
that makes me smoke.  
I miss my husband, I smoke.  
I'm angry with his family,  
I smoke.  
I worry about work,  
I smoke.  
I look in the mirror,  
I am haggard,  
I don't like my reflection,  
I smoke.  
It's time for bed  
Just one more.

Multiply times 30 years...

**NICOTINE ANONYMOUS  
WORLD SERVICE CONFERENCE XIII  
SCHEDULE OF EVENTS  
April 24, 25, 26, 1998**

Friday, April 24

- 3 p.m. Registration begins  
Hospitality room opens
- 5:15 p.m. Meet in lobby for no-host dinner
- 8 - 10 p.m. Gratitude meeting

Saturday, April 25

- 8 - 10 a.m. Business Meeting  
Information for voting  
Nomination of Officers  
Bids for the 2000 Conference
- 10:30 - 11:30 a.m. Workshop I
- 11:30 a.m. - 1 p.m. No-host lunch
- 1 - 2 p.m. Workshop II
- 2:15 - 2:45 p.m. Workshop recaps
- 2:45 - 5 p.m. Business Reports  
Elections and other voting
- 7 - 9 p.m. Banquet  
Introduction of new officers  
Speakers - **Glenn S.**  
**Bill C.**

Sunday, April 26

- 7 - 9 a.m. Marathon meeting
- 9 - 10:30 a.m. Spirituality breakfast  
Speaker - **Martha R.**
- Conference Ends
- 11 a.m. - 12 p.m. Officers Meeting
- 1 - 5:30 p.m. Old fashioned Steam Engine  
Train Ride to historic Fort  
Worth Stockyards



*From the Editor -  
Of One Heart*

Do you know what I like best about Nicotine Anonymous? The fellowship. We come from all over. We're all races and religions. Our background and life experiences are different, too. Yet when we come together in our meeting rooms we find that we are kindred spirits. We all once used nicotine, it's true. But our bonds go beyond that. From sharing in our meetings, in step studies and through sponsorship, we find our thoughts and feelings are often the same, as were the things that made us smoke to begin with. For so long we have hidden the insanities that were a part of our addiction. Yet, these same insanities are good for a deep cleansing laugh in a meeting. We all laugh because we can relate. I haven't had the privilege to attend meetings beyond our area but I understand the feeling is the same whether you're in sunny California or chilly Alaska - even across the seas. It's the same for the conferences - my friends who have attended past conferences tell me that as soon as you walk in the door you're home. This year I'm lucky because the conference will be in my home town, Dallas, Texas.

I am positive that everyone I meet will seem like a long-term friend. I can't wait to see you all and experience more love and fellowship and add to this wonderful journey called Nicotine Anonymous. See you there.

---

*A Summary of the First Three Steps:*

*I can't.*

*He can.*

*I think I'll let Him.*

---

**TRANSLATION UPDATE**

**Bill P., Carrollton, Texas**

**Yves** from Quebec City, Quebec, Canada has translated all ten pamphlets and *The Book* into French. **Pierre** from San Paolo Brazil has translated much of our literature into Portuguese. We now have literature in French, German and Portuguese posted on our web site.\* More languages will be posted as the translations are received from volunteer members around the world.

\*Our new web site address is listed on page one.



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