



Farewell from Catherine C.

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Farewell from
Catherine C.
and
Viola's Story
Part 1

Dear Seven Minutes Readers:

As you can see from the very different look of this newsletter something has changed. Susan K. has volunteered to take over as editor. I'm really excited because Susan has found lots of stories and articles and is really enthusiastic about expanding the newsletter. So keep sending your stories, cartoons, and experience, strength, and hope to her at SevenMinutesEditor@nicotine-anonymous.org. I think she's doing a great job already! I hope you think so, too.

I've enjoyed my stint as editor, but find it's time for me to move on to new projects. Hopefully, I'll see you at the conferences. Why don't you come? I'd love to meet you.

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Letter from the
Chair-Jean L-S

Viola's Story Part 1

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Getting the
word out

I was born in upstate New York, in Binghamton. I was raised in a small hamlet outside of the city, called Conklin, which was farmland and one could go through the countryside and not see houses for miles. It was a very secluded and sheltered way of living. We had no shower or bathtub and had to bathe out of the small sink in the bathroom; filling the sink with water heated on the stove.

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Discussion
Corner and
Letters to Editor

There was a dairy farm across the road and up the dirt paved street, one of the largest farms in the area.

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Newcomer's
Corner

I was transported by bus to grade school and then high school in that area. I went to college in Binghamton to become a Radiological Technologist, which was my career for twenty plus years. It should have been a lazy, kick-backed existence, but was not to be, in what I called then, the house from hell.

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Announcements

Both of my parents were violent, mentally ill alcoholics and never stopped drinking, only on very rare occasions; perhaps, a Sunday evening when all the drinking from the week and weekend caught up with them.

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Dear Nica

I had two older brothers and one older sister who were violent towards me, as well as to my parents.

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Birthday Grati-
tude & Subscrip-
tion Form

I'm an incest survivor and suffered repeated molestation's from my father and my one brother. I was neglected and beaten. I remember seeing my brother stabbed and he had had three fractured skulls as the result of my mom's insanity. We were very poor, but there was always money for alcohol and cigarettes.

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Registration
Form for 2005

That's where my story really begins, cigarettes. From my earliest memory, I always recall my parents smoking. Non-stop chain-smoking.

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The 2005 Confer-
ence in Atlanta

Ours was a small house and there was always the odor and haze of cigarette smoke in the air. The winters were hard and we were always confined to the house, breathing in their cigarette smoke. There was no escape.

I am giving you all this background information, as to paint a clear picture of what I believe. That not only was I born with the addict gene but that I also learned addict behaviors as a child. Of course, I chose to pick up cigarettes, but I had very poor examples of how to take good care of my health. I wasn't nurtured as a child, nor did I grow-up in a healthy environment. I was very self-destructive and suicidal most of my young life and into my thirties. My father would not allow me to go to college anywhere out of the city; he had a very unhealthy sick control over me, as well as over my mom.

I was a freshman in college and everyone, or at least it seemed everyone, was smoking on campus.

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The Twelve Steps of Nicotine Anonymous

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Your trusted servants,

Gary M., Publisher

Catherine C., Editorial Advisor

Susan K., Editor

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Our Preamble

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

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

The Twelve Steps 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 members of Nicotine Anonymous, as groups, govern Nicotine Anonymous.

When you picture most organizational charts they are shaped in a triangle with the company's officers at the top and all information trickles down to the individuals. That is not true for Nicotine Anonymous. If you were to look at "About Us" on the Nicotine Anonymous website you would see an upside down triangle with the groups at the top and the information from the groups flows down through the intergroups to the World Services Conference to the World Services officers. To me that means that the officers of Nicotine Anonymous are the servants of the groups. The officers report to the groups and are responsible to the groups. It is an honor for me to be an officer of this fellowship. How do you know that this is a group-governed association? Because of how it functions. The officers are available to anyone through our email addresses on the website. The officers quarterly meetings are open so that the voices of the individuals can be heard. Another way this fellowship hears from the individuals and the groups are at the annual conference. This is the place that the delegates—who have been chosen by the local groups through their intergroups— vote on the important issues of the program. It is an important role to take. Anyone who wishes to be of service can have a role in the fellowship. This can be either on the local level at the meetings, in the intergroup meetings, or on the World Services level as delegates or as officers. The magic of the group exists on all levels.

May 6-8, 2005 is the 20th Annual Nicotine Anonymous World Services Conference in Atlanta, Georgia. Come celebrate with us. Everyone is welcome to attend the conference. You do not need to be free of nicotine to attend. I believe you will still find much care and support among others who have been there before you.

If you have been free of nicotine for at least one year and you realize that one way to be sure that you continue free of nicotine is to be of service, then serving as a delegate might be something you will want to think about. The question to ask yourself is, "Do I want to remain nicotine-free and help others find what I have found?" If you do then now is the time to start thinking if it is your turn to step forward, to step out of your comfort zone and consider if it is your time to make another commitment to our wonderful program.

Delegates have the opportunity to make decisions about issues, often brought to our attention from a member, that the officers have brought to the conference. As a delegate you will be sent a packet prior to the conference so that you will have information on the issues that will be voted on during the conference. The only requirement to be a delegate is that you are one year free of nicotine and that the intergroup you belong to registers you with the **World Services Secretary** at least thirty days prior to the conference opening. Meetings that are not associated with an intergroup may also send a delegate to the conference as long as the Bylaws are adhered to, i.e., one delegate for every three meetings in a state, province or region or one delegate with 1-3 groups in the state, province or region.

The ultimate commitment you can make is to attend the conference and to be willing to take one of the World Services officer roles.

Concerned that you don't know enough, you don't have the skills, talent, knowledge or you might make a mistake? We all have had similar fears. It's not unusual. We know it is not an easy decision to make. Most of us would tell you we were afraid and that we did not think we had what it took. We were afraid because we didn't know what to do. Some of us have never done anything like this before. Some of us are anxious about being in front of a group for any reason. Does that mean that you should not consider being on the roster.

I would like to assure you that if you are thinking any of these thoughts you are not alone. Often the desire to be of service to the fellowship came after I made the commitment to serve. It does not come easily. If another member approaches you or an officer and they suggest you consider running, I ask you to consider it seriously. It may be just another step in this very exciting journey that you are on. The biggest step I had to take was the one to stop smoking. That decision brought a panicked chill over me that lasted until the day that I put down my last cigarette. Compared to that decision, to be an officer or delegate seems like a piece of cake. Is it? No. But we have already taken the hardest steps. Our fellowship needs you. We need your ideas. We need your willingness to step forward and say, "Yes, I am willing to make this commitment. I am willing to give back to the fellowship what I have received on a larger scale."

If you are considering being an officer the requirements that you need are:

Chairperson: The Chairperson should have goals in mind to stimulate the Fellowship so that we can accomplish our primary purpose.

Treasurer: The Treasurer will need experience and knowledge of accounting and finance.

Secretary: The Secretary should have the ability to take notes and organize. And some typing and computer skills are needed.

These are the only requirements that are suggested to be an officer. Any fear you have can be set continued on page 4

Viola's story...

continued from page 1

Yes, at first I had to practice. When I took my mom to the doctors I would wait in the car, steal a cigarette from her stash and cough and choke as I tried to get the smoke into my lungs. I could experiment with different brands to see which one I could smoke without gagging so much. Oh, the insanity even then. Isn't that what our Second Step states: that I was insane and could be restored to sanity?

I finally became adjusted to my new habit and smoked with ease, getting the smoke down as deep into my lungs as I could. I would smoke in the Student Union on campus, where everyone went between classes. And so I was off to the races, smoking a total of thirty-three years, with some time of abstinence in between.

The longest quit I had lasted two years.

I smoked in the car and at my job, which was being a nanny to four young boys. Socially and alone, or anywhere I could sneak one.

By this time my older brothers and sister were gone from the home and leading their own lives. Eventually, my mom knew I smoked and allowed me to smoke in front of her, but never in front of my father.

I never really felt I belonged with my college peers. I started drinking at eighteen. There were bars open off campus and smoking and drinking seemed to go hand and hand. I learned at this tender age, how to numb my feelings of deep hurt and shame.

I made my big escape to a city fifty miles North of Binghamton, called Norwich, NY and started my first X-ray job working in a hospital. I was twenty years old. I met a fellow there and we dated for a time.

I moved to Tucson, AZ when I was twentyone, leaving family and friends behind for what I thought was a new beginning. I brought my cigarettes with me. I worked at a hospital there and we were allowed to smoke in areas just outside the X-ray rooms; so a cigarette was always lit and I always smelled like an ashtray going into my patients, leaning over them.

The fellow I left behind in Norwich, NY, moved to California and lived with his aunt and uncle. I moved from Tucson to Southern California and we were married for seven and a half years, an unhappy marriage. I remember quitting for short periods of time in that marriage and even for a year, white-knuckling it. My husband didn't want me to smoke and I continued even though he was dead set against it. Probably a control issue, because I was out of control, in my marriage.

I fell and hurt my back in the bathroom and remember staying home on bed rest for three weeks. This was supposed to be a time when I wasn't smoking. I smoked all day long and aired out the bedroom and took a shower and brushed my teeth, thinking my husband would never have guessed I was chain-smoking all day.

I was hospitalized on several occasions for systemic infections and was allowed to bring my cigarettes along and smoke in my hospital bed, while I was given antibiotic through IV's. Cigarettes were my constant companion at work, love and play and accompanied me in every area of my life.

The marriage finally ended and I do believe my smoking stuffed the feelings of emotional neglect and abuse that I tried to deal with.

To be continued in the next issue...

From the Chair... Jean L-S – Let's Celebrate together

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aside. It is a three-year commitment for a very good reason. As an officer, the first 12 months is learning what is expected of you in your new role. It is also the time to learn about how the fellowship functions. The second year is when you put what you have learned into practice. And the third year is the year you mentor and teach what you have learned to the other officers.

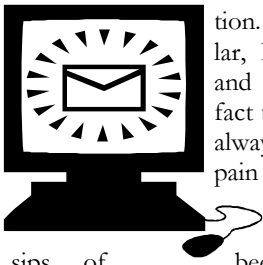
The flyer for the Nicotine Anonymous World Services Conference XX is in this newsletter and on the Nicotine Anonymous website. I can guarantee that if this is your first conference it is not like any experience you have had before. The conference starts off with the Gratitude Meeting on Friday night, which gives us the true sense of why we are there. You will have Marathon Meetings if you want the support of a participation meeting during the conference. There will be speakers to lift up your spirits and give you enthusiasm to take back to your groups. And finally you will have the opportunity to make decisions that can give the officers and the fellowship direction for the following year.

Please join the officers and me at the Nicotine Anonymous World Services Conference XX. If you have questions about the conference email the Conference Coordinator or you may contact any of the officers and we will be happy to assist. I hope to see you May 6-8 2005 *Peachy Clean* in Atlanta, Georgia.

In gratitude, Jean L-S, Chair Nawso

Getting the Word Out

Regina's story-unofficialnicanon and me



I grew up with strict parents and it was this fear and loneliness that started me onto a life of addiction. I was not popular, I was not pretty, and so I clung to the fact that my life would always be filled with pain and loneliness. At thirteen I had started taking sips of beer and by sixteen I was drinking full beers at a friend's house.

Well, that was the beginning of self-medication and a whole different story. However, that is when it hit me. I knew if I started smoking my peers would see me different I would be cool, accepted and part of something. So I practiced smoking in the basement. It was easy because both my parents smoked and cartons were always around. I could take a pack and they would never know. Learning to smoke definitely was not easy. I coughed, choked, and of course, there was learning to hold that cigarette just the right way. I had to look cool with it. Pain continued in my life and, so of course, so did the smoking.

Finally in 1980 I started to get involved with a church. I always had a deep longing for some kind of spirituality, longing for peacefulness, without pain. It was with this group of people where I learned I was hurting myself with the smoking and that God wanted me to quit.

In 1983 I decided it was time. I woke up, drank my coffee and opened my bible. All day I read and somehow or another I made it through that first twenty-four hours. I felt I needed to test that though, and so I went outside to the garage and asked my husband for a puff. He fought me a bit, but gave in. I took one puff, said okay and walked away. That was my first experience smoke free and it lasted four and one half years. I have to say; they were also the best years I have known, living without cigarettes.

The problem I had though was that I had no real support. I never heard of Nicotine Anonymous and most of the friends at church really would not speak of their experiences of daily living and how hard it could be. Without that, I found myself completely alone.

I was losing my spirituality with all the daily stresses in my life. One day my ex-husband called. We fought on the phone and that was it. I dropped the phone and picked up my husband's cigarette lying in the yashtray. One puff, two puffs, and there it was, the start of going back to the only thing I knew to relieve the pain. Certainly, I did not go back to two packs a day right away. And yes, I did try to stop in-between, but it was impossible. I could no longer deal with every day stress. From then on, it seemed like issues became mountains and I could no longer hold back from continually smoking.

In 1997 I started learning about newsgroups and found a quit smoking group. I joined and I posted, a lot. I tried to quit over and over again, but although they were nice people, they were also judgmental. Every time someone relapsed they were disappointed. And finally I lost all hope. One of the men there, Ben F, suggested I find a Nicotine Anonymous meeting. He said, if all else fails, this would work. I laughed because Nicotine Anonymous, in my book, was a joke. Addict? Cigarettes? Come on. A month went by and my attempts to quit still were not working. My association with the group was dwindling.

I decided then that I would at least look on the web and see what this group was about. When I found the website, I learned more just in one day than I ever did in that newsgroup. Then it hit me. They talked about spirituality, they talked about acceptance, pain, support and we. What a concept. I found no meetings close enough. With panic attacks, I could not drive an hour to get to a meeting. So I wrote and received their pen-pal list. One of them was a person named Eileen. Still that did not seem enough. So I sought out people on the Net that were part of Nicotine Anonymous. One such person was Gina F. It was through her that I found the door open for fellowship in this program.

Gina and I talked sometimes on ICQ, which is a chat program. She knew I had this need to be around NicA people and I told her I thought about opening up a group online so I could

get some NicA people together. I also knew that I would learn lots about the program if I stood close to them. She told me of a person who also wanted to start a group. This person was already involved on AOL, but wanted more. The problem with AOL is that it's not open to anyone except AOL members. So I started the unofficial-nicanon group on Yahoo, August of 1999. It was unofficial because I felt it was not really part of NicA. Then Gina introduced me through email to Susan K. We hit it off immediately. We had a few members in the group already and Susan who was completely computer illiterate, took months to find her way into the group. However, once she got there, things started to fly. Our friendship grew and I admired the fact that she was approximately eight months free of nicotine. She didn't judge me for smoking, she accepted me, and shared her story and life with me. We started meetings, which she had little experience with, and I had none. However, that did not stop us. Finally Jim L. talked to us about getting meetings registered. Whoa, what a concept and so scary. Susan and I agreed to try. We emailed Martha and that was the beginning of a future for Nicotine Anonymous and online groups. It took a lot of work, not just on our part, but for Nicotine Anonymous also.

Lots of things needed considering: lots of acceptance on both our parts. This was something new. Change is not easy for an addict and that was what was happening. We went through tears, hard work, battling personal addictions and through that I learned to love this program and how it worked.

Becoming registered meant we had to clean things up, we had to learn to run meetings properly. Zulma from AOL came in and helped us to learn the suggested format. At first we typed everything out. But slowly we learned tricks, like copy and paste. That helped because typing it all out took too long and that meant sharing was limited.

Then we had to continued on page 6

decide when to have meetings. Being on-line we have people from all over the world, so time differences came into play. And we felt one meeting was not enough so we made sure there was a meeting every day except for Tuesday and Sunday. November 1999 we received our numbers from NAWSO for each of our six meetings. It was a big day. The following year at the NicA World Conference, several members logged onto their computers and came to one of our meetings. That was a beginning of feeling part of this program.

From there we have grown. We have over 1500 members, who come and go and many who are nicotine free. I don't know the exact number on that, however, even the old timers, who had to leave, come back from time and time to share their stories. Technology also came into play as members learned how to do voice meetings. This was wonderful for those members able to use their speakers and microphones.

Growing does not happen without pain. With so many members and personalities, there have been times when resentments came into play. Most of the time, Tradition Twelve, (Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities) came into play. Our group is very tradition minded. We hold fast to it because traditions are what keep this group in unity. The very reason it has lasted this long. Last year this group with so many personalities working together had a difficult time. I've heard that many a group, splits over resentments.

Well that is what happened. The group split and another online group formed, Voices of Nicotine Recovery. They too have registered meetings and are entirely Voice. Where as, unofficialnicanon meetings are mostly typed. Along with that we have added Yahoo Conference Meetings for Mac Users because they could not get into our regular meetings nor voice meetings.

With technology on our side, we surely are being able to leave no stone turned in helping the nicotine addict who still suffers.

I have stayed in this group for almost six years now with a lot of pain, growing, and even running away at times. For me the service work has been great, but

through all that, too much service work can take away from why you are there, and that certainly happened to me. This year I found a wonderful sponsor who quit nicotine in Unofficialnicanon. I have grown so much these past few months, learning to balance service work and my recovery. Although I am not quit yet, with the grace of my HP I am very hopeful I will be quit in the very near future. I think the whole point is, that I am not giving up. If I can keep on trying no matter how long it takes, I know HP will not let all that go to waste. There is hope. Thank you Nicotine Anonymous for giving me this hope.



My name is Susan K...

I'm your new editor for **SEVEN MINUTES**.

I want to thank **Catherine C.**, the editor I'm replacing, for all the help and guidance she's given me and I'll probably be asking her questions about **SEVEN MINUTES** for a while.

One thing I know for a fact, it's you members, who will make this newsletter the best it can be.. Your stories, poetry, articles and art which relate to nicotine addiction.

This is your **SEVEN MINUTES**.

The Discussion Corner and Letters to the Editor are a way for members to have a voice.

The Newcomers Corner is where we can hear from the newcomers. A great way to get started in service work. And I've always said no-one can help a suffering newcomer like another newcomer.

So roll up your sleeves and get to writing. In service, Susan K.

A Dear Tobacco letter from Doug...

You have decimated my lungpower and kept me from reaching my goals. Before I met you I climbed the entire Washington monument two steps at a time and I kayaked all around rivers and Narragansett Bay.



Now you want to keep me chained to a chair, but I will break those chains

and keep them away forever more.

You are someone I will no longer associate with but I will feel empathy for those who do associate with you.

You have taken tens of thousands of dollars from me, and if I don't leave you behind me, you would take 20 thousands more over the next ten years. I will use that money for other goals, treats and rewards.

You have sapped me of my energy and kept me from new and exciting experiences.

You killed my mother and her parents. You wasted my mother's body to a bag of bones. You are a vice and I can no longer afford your price.

I will starve you to death until you learn not to come back again.

I will not let you play your tricks on me again. I will not entertain your stinkin' thinking. I will not only learn to live without you, I will learn to thrive without you.

My new life has just begun and it has begun without you. You have been a part of my smaller self and I will not keep you in my life any longer. You are a waste of my time and energy. I do not need your help anymore. I will find better help and friends.

My friends and family want you out of my life and I do too. We will prevail. Not you.

Good riddance to you and your evil. Good riddance to you!

Discussion Corner and Letters to the Editor

**Attraction rather than promotion:
Tradition 11. Our public relations policy is Based on attraction rather than promotion;**

We need always maintain personal anonymity at the level of press, radio and films.

Dear Editor

I am very concerned about how the general public does not know we even exist. Out of 50 states only 46 states know we exist. That is pathetic. There are no meetings in Kansas, North Dakota, South Dakota, Delaware or the District of Columbia.

Not to mention that states like Iowa, Rhode Island, Wyoming, Idaho, Massachusetts, Arkansas, Mississippi, Maine, Montana, New Mexico, Hawaii, North Carolina, Utah, and West Virginia only have one or two meetings in their whole state and that's pathetic too!

And then there are a few states with only 3 or 4 meeting.

I guess the addiction of nicotine is on the road to recovery...

In my opinion that does not say a whole lot about our program.

I answer teleservice calls and emails and it sure is embarrassing to say the least when a newcomer wants to know where is a meeting and you really have no place to send him or her! I have to tell them maybe you would like to go to another state....real hope there. Huh?

There are over 500,000 dying every year in the U.S. alone from this addiction and we have what? Maybe 700 some odd meetings world wide? I see meetings dying down in attendance every month. Meetings that used to be 20-30 in attendance down to maybe 5-10 if your lucky. Like I said maybe the addiction of nicotine is on the downside and I am worrying for nothing. Maybe I will live to be 150 too.

Somewhere we have to get off this fear of promotion and start making our program attractive. How about sending letters to city halls in all major cities or emailing programs relating to addiction of nicotine. How about going on an all out effort to let states know we exist. How about getting the media know we are here. As long as we don't mention our name that doesn't break anonymity. When the movie, *the Days of Wine and Roses* was made, AA was a consultant. That movie carried a heavy impact. You see AA members on TV but faces shaded and names not

given but they are sharing their strength, hope and experience and that is what we are not doing. As places to find recovery we are on the bottom of the totem pole. Sometimes I feel Nicotine Anonymous is afraid to mention their name for fear of promotion.

Heaven forbid the public eye knows about us. We don't want to be shunned do we? Just thoughts for speculation.

Gary M,

**Dear Editor,
Step Two. Came to believe that a Power greater than ourselves could restore us to sanity.**

This step took me piece meal at a time. When I was a child, I had a child's view of a God. To me, God was right up there with Santa - making a list and checking it twice. More often my name was in trouble or there was other more pressing things that took up God's time and mine just wasn't that important.

I grew up in an alcoholic home and I had a sister who died when I was 11 and she was 14. It was an insane time in my childhood. Emotions hung on the edge. Fighting, drinking and smoking had become a normal way of dealing with any grieving process or emotions.

As a young child, I remember clearly asking God to please stop all the madness. It escalated even more after my sister's death. I was terrified that someone would get hurt and I promised to be good if God would do this for me. Nothing happened.

As a teenager, the situation was getting worse as it always does in an alcoholic home. I decided to go to church where I prayed and asked God for help. I didn't understand. I failed to live, as I was instructed to by the preacher's sermon because his way was impossible for me to live up to. Why was I being ignored and punished? Why was this thing so hard? I really must have been doing something wrong. I must have been not good enough.

I started to take matters in my own hands. I decided that smoking was a way to deal with everyone and everybody. My motto was *if you couldn't beat 'em join 'em!* And it seemed to work for me at the time. It became my higher power. I had found ways to numb out my pain and nicotine

as on top of the list! Behind nicotine I had the power to be brave and strong, to change emotion, to get the pick-up that I so needed many times and to find away to escape. It was the only way I'd been shown to deal with life on life's terms.

After a while I stopped believing in a God who always seemed to turn a deaf ear to me and I called myself an agnostic. I knew something was out there greater but I had no clue as to how to access it. Neither did my family and I had given up on prayer.

When I came into the program, they told me that a power greater than myself was the answer to my problem. I really wanted to believe them. My way of dealing with life was killing me.

I could see how it worked for others in the program and I told my sponsor about my experiences with God and prayer. She suggested I use the group or anything other than myself as a Higher Power. What I used was the Group until the development of my own fundamental idea of what God of my understanding was. I had many misconceptions of God that produced such negative results.

My path is a very personal one but it works for me today. It is more developed than that of my early recovery days and today I have a relationship with my Creator. It was the taking of the 12 Steps that enabled my growth.

Your Friend in Recovery, Carol R.

**Have something to say.
Tell it to the editor.**

This is where everyone out there, who's a member of Nicotine Anonymous, can take part in the newsletter. Venting and writing are two tools that have kept me free of nicotine.

So do yourself a favor and send those letters in and get it off your mind.

**Your editor,
Susan K.**

Newcomer's Corner

Step three by Janice...

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

I was my own HP. I didn't trust in God, but was aware of His presence. In my early years, I thought of God as a punishing God, but as I grew older I understood there are reasons for what happens in our lives. That what happened to me was not about punishment at all. Even as I understood this, I constantly tried being in the front seat, thinking I could control people's feelings and control my nicotine addiction.

I didn't need anyone's help, and surely not God's help to stop smoking. I could cut down or stop if I chose to. **WRONG.** I tried it all. I continued trying for years, thinking Nicotine was not an addiction. I just liked to smoke. Addictions were reserved only for Alcoholics Anonymous and Narcotics Anonymous. All those attempts, on my own, to control my smoking and to quit did not work. It was when I came to Nicotine Anonymous I admitted I was addicted to nicotine and I could not quit on my own. I needed help.

Smoking controlled my life, and my life was out of control. Now, admitting I needed help was yet another task for me to overcome. That meant weakness to me, and for me to accept help from someone else, instead of me helping others was foreign to me.

It took me months before I accepted help and understood it was okay. Today, I can honestly say I can and do reach out to my Sponsor and others when I need to.

Now, the next step was even bigger for me, it was reaching out and trusting in God. I did baby steps, praying in bed before I went to sleep and in the shower, but not on my knees.

I kept hearing over and over in meetings being down on your knees is a humbling experience. It wasn't until my experience with my last relationship, that I now always get on my knees to pray.

There is a power greater than myself, who I call God today. He belongs in the front seat, and I belong in the back seat with my seat belt fastened. I can't stop smoking on my own. This addic-



Deb's unplanned quit...

Well I'm on day two of a very unplanned quit. In the last few weeks I've been drawn to these meetings more and more. For months I'd been avoiding meetings and just sort of lurking in the background.

After my last relapse, several months ago, I couldn't get a new quit going. Then last week I went to a few meetings and things began to change. I started to feel it was time to quit again. I asked someone to be my sponsor and for the first time I put my heart and soul into completing step one. When I had completed this step and sent it to my sponsor, I felt this huge relief. It was like I felt calm and confident that I could eventually quit.

I set a new quit date for January the twenty-third, which is Sunday, but something strange happened. I woke up with a cold and for some reason had no desire to smoke. I didn't smoke my usual morning cigarette. Then as the hours went by I started to think, *I've made this many hours, maybe I can try to go a few more.* Before I knew it day one was over. Guess my Higher Power finally heard my prayers and did for me what I could not do for myself.

So today I begin day two of this new quit.. So far I feel a total sense of calm. For once I'm not obsessing over not smoking. I am just accepting the cravings for what they are, brief moments of discomfort.

The entire year I've been at this site and quit and relapsed, many have said *just stick around and the miracle will happen.* Today I am beginning to believe that statement. So for this next 24 hours I choose not to smoke. Thanks for all the help, kindness and support. This is the best place in the world and I am so happy to be here.

Claudette from Nica...

Day one- Woke up, first thought, oh Gawd, no more cigarettes!

Feeling of panic and anxiety set in, with a dash of resentment, at having to go through this yet again.

Grabbed the nicotine inhaler: inhaled, choked and coughed, it burned my throat.

Then felt better, reassured. Nuts. You betcha!

Day two- Woke up remembering I don't smoke anymore. Grabbed the inhaler right away. Inhaled, coughed, somehow feeling better today about the whole thing.

Trying to write. My mind is somehow all over the place.

Nothing comes smoothly-feels like puzzle pieces nothing fits right in my head.

That's okay just keep on keeping on.

My name is Carol P. and I am powerless over nicotine.

Continued on page 9

This morning when I was in the dream like state just before I become fully awake, I was dreaming of getting and finding ways and means to get cigarettes. I woke up to the smell of smoke. I live in Chico, CA and people burn wood for heat here and when a lot of people burn wood the smoke hangs around until

Step 2. Came to believe that a power greater than ourselves could restore us to sanity.

Step 3. Made a decision to turn our will and our lives over to the care of God as we understand him.

For me these two steps had to be approached simultaneously. Having been raised an atheist; I was really hampered in reaching these steps. I have always been jealous of those who had faith as they always appeared to be more serene and happy. I felt like my mother had shorted me by not raising me with any beliefs. I just was not raised with a belief that there existed any kind of spiritual power.

When I made a decision to be involved in the twelve steps, I didn't know that it was a spiritual program. When I was introduced to step one, I was all over it. I had known virtually from my second cigarette that I was powerless over nicotine.

Wow, I could really relate to all these other addicts when it came to admitting how powerless I was and how unmanageable my life had become.

Then it was time to move on to the next step. In my case I realized both steps two and three would be difficult, if not impossible. I had not smoked for about two months, with the help of the group and my sponsor, and was struggling over how I was going to move on. I really wanted to be able to believe in a power greater than myself, but I had no idea how I was going to do that. So I asked for help with this step. At a lot of meetings I asked people for their advise and guidance. I asked friends I knew who had worked the steps, or who were spiritual. I spent a lot of time seeking, thinking and listening. I didn't pray because I didn't know how.

For the first two months I felt positive about my quit. I also knew that my resentments of certain people were one of my big problems and I was reluctant to deal with this. In the midst of my spiritual quest, I started to have doubts. I was starting to wonder if I would ever have the faith to do the program correctly, and in turn, starting to have doubts that my life would ever improve, and if I'd be able to live a life free from nicotine. I was suddenly feeling spiritually empty.

Right at that time, my sister, who is someone I will have to do a fourth step on, called me.

Her husband got on the phone as well, and for an hour they ranted at me, making me cry. I got in my car at midnight and drove to the nearest gas station and bought a pack of cigarettes. My boyfriend was out of town, or I wouldn't have done it. I smoked for five days and then quit again.

For around three more weeks I struggled with my quit and Occasional relapses and what I was going to do about steps two and three. The thing I was having trouble with was that my sister calling me made me realize that life was always going to throw me curve balls. Oh sure I could not smoke when things were going okay, but how was I to know what disasters

Lay down the road, and would I be able to handle them without smoking? I had no faith in anything and felt powerless over everything in my life, including people being able to hurt

my faith had become that I was a victim and the world was trying to screw me over. How egocentric is that? To feel like I was so important that there was a higher power looking to make sure that nothing good happened to me and that I'd always be miserable. Realizing that, opened the door for me to believe that I could have faith, and I could choose that faith to be positive instead of negative.



I had some wonderful experiences with miracles during this time. Things happened that even I realized were not just coincidences. Looking back, I see that I was really seeking with an open mind, and my Higher Power was helping me out by allowing me to see that I could have faith in a belief in something, even if I couldn't understand it or define it.

So one morning I was driving and contemplating all this and all of a sudden I realized I could make a choice. I was starting to realize that there might be a power greater than myself that could restore me to sanity, and that I could turn my will and my life over to this power. And it was just a moments realization and a moment of making a decision to accept this Higher Power in my life. I then felt awash in warmth and serenity. And that was just the beginning of the rest of my life. I haven't smoked since then, nor really wanted to, which was one and one half months ago.

Since I have reached the point where I'm happy to not smoke. I feel like I'm finally on the other side of the smoking mountain. It wasn't easy to get here, but now that I'm here, my life is better in so many ways.

Lissa

My name is Carol P...

continued from page 8

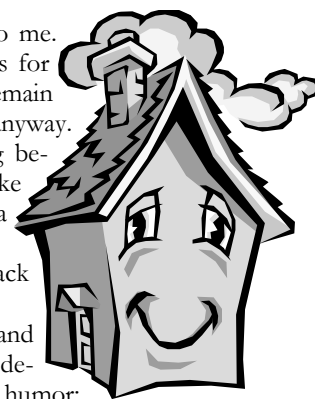
the wind blows it away, or so it seems to me. Anyway, I decided it was time to write this for the Seven Minutes magazine, in order to remain smoke free, at least as far as my smoking anyway. I tried for about 10 years to quit smoking before God removed the compulsion to smoke away from me. I smoked for 44 years a pack or more a day.

In February of 2002 I had a heart attack and emergency heart surgery. I got a real bad infection in the wound and was hospitalized for nine days. I had no desire to smoke, but my God has a sense of humor: My window looked out on the employee smoking area outside. My experience with NicA:

I started a meeting in my home and later we moved to a church. No one was staying free from nicotine and attendance dropped so I gave it up and no one to my knowledge was willing to pick it up.

I went to the meetings at unofficialnicanon for sometime before my final quit. I believe the meetings and people sharing their experience strength and hope helped me quit, finally.

Thanks for everything. Love Carol



I am your friend. I know you miss me and I certainly miss you. Pleased to meet you in person, sort of in person. I felt it appropriate to come here, as it seems a significant amount of my followers have come here and never returned to me.

I see so many of my loved ones out there, so many of you that I have brought through your rough times. Yes you, I was there when your babies were born. And you, when you split with your lover, was I not there for you?

I have always been there for you. I am the consummate friend. Where was this place, this NicA when you lost that race, when he stole your girlfriend, when your kids didn't come home until two AM.. Was I there for you? Hell yes I was! I was always there.

Face it I'm the most powerful thing in your life. You love me more than being warm or cool, more than your kids, more than your husband or wife. You love me because I am more powerful to you than even your God.

How many times have you prayed to your God to have me taken away? Oh your God took the crave away and cleansed the poison from your body but your God let you make choices and you kept running back to me. The one you loved more.

When you are with me you are in one of the biggest families in the world.. You ask me if I will kill you, of course I will, but you've know that for years.

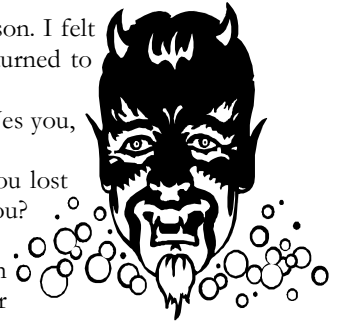
You call me Nicodemon cigarettes, smokes; I am know by many names; one thing is consistent though, I am always there because you want me there. In life and in death I am the most important thing in your life. You feel anger but you should not be angry with me. Your anger is misdirected. The tobacco companies are the villains. They lie to you. They are my disciples and will live with me forever.

Nicotine is natural and grows like a flower, the tobacco companies added more substances to help me get closer to you faster. I didn't need their help. You came to me willingly. The companies are in it for money. I'm here for you because I want you to be with me forever. Just as I became to heroin, liquor, other drugs and porn for my other friends, I have become nicotine for you.

By now you have guessed my real name. I really tried to hide it, I am know under many names. You knew early in our relationship. Who else could take over your mind and body only to bring you certain death by horrific pain and destruction of your body, while making you a social outcast. And knowing all that, you still stay with me. Only I have power in your life and it's futile to resist. Your life is not unmanageable. I manage it.

Think what you want but know this fact. The new friends you have found are temporary. I am forever. I will win because you want me to win. These rooms you go to have become my biggest enemy. But my army is much bigger. You will come back to me. I will win because you want me to win.

Pleased to meet you, hope you've guessed my name.



WHY SEVEN MINUTES ?

In the very first edition of *Seven Minutes*, published in Fall of 1987 it says:

Why *Seven Minutes*?

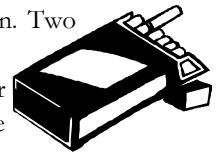
In case you never counted, it takes about seven minutes to smoke a king-sized, filter cigarette. No big deal, seven minutes. But wait! How many cigarettes did you smoke a day? One pack? Two packs? Three? Let's do some simple arithmetic, factoring seven minutes by the number of cigarettes you smoked.

A pack-a-day smoker burns up to 2.3 hours each day, nearly 10 percent of the day's total time and more than 14 percent of his or her waking time. Smoking two packs a day takes 4.6 hours, around 29 percent of waking time. At three packs, 7 hours go up in smoke, almost 44 percent of an average waking day.

Cigarettes cost about \$4 a pack these days [hah! remember when?]. That's \$1,460 a year for a pack-a-day person. Two packs a day? \$2,920 a year. Three packs put you out more than \$4000 for the year.

While we're counting, let's take a look at another set of numbers. How many cigarettes do you suppose a smoker smokes? The answer may surprise you. In one year, a pack-a-day smoker, goes through 7300 cigarettes. Double that for a 2-pack habit: 14,600. Three packers leave a staggering 21,900 cigarette butts behind in a year.

Seven minutes turn into a lot of time and money. It seems useful to acknowledge these figures and remember them when we have an urge to smoke. We hope the name *Seven Minutes* will remind you.



Susan here, nicotine addict and I have a blurb from Nicotine Anonymous...

We also are looking for a new Seventh Step Prayer, as the one that is currently in *The Book* is borrowed from AA. Please send submissions to chairperson@nicotine-anonymous.org.

Highlights from the Officers Meeting

The officers meeting was held in the Bay Area in January 2005.

The Treasurer's Report showed that we ended the year with a slight increase. Please remember that World Services needs the financial support of the meetings so it can continue to support you. Send in your quarterly donations and purchase literature only from World Services.

Former Chair, Jan F., agreed to come back as an officer-at-large, so that we can be sure to have a quorum at our meetings. We are still looking for a secretary-elect! Please consider taking on this most valuable service.

Kathy K., your Chair-elect, is contacting all the Intergroups and arranging to have a phone meeting with them.

Kate W., former secretary, has been working on an audio library, in addition to her regular duties as Meditation Book Coordinator. These would be stories from Nicotine Anonymous members that could be heard in some form on the Web site. Kate also sent in the latest meditations that have been submitted for our Meditation book. Have you sent in yours? If not, do so! And if so, send in another one!

The 2005 Conference in Atlanta is coming along. They are planning an exciting conference for May 6-8. As you know, this is where the work of Nicotine Anonymous is done: the delegates vote on issues that have been brought before the conference, such as the latest meditations, bylaws amendments, and new literature. These delegates, who are acting for YOU, are the people who actually approve new literature so that it can then be part of NicA as "conference-approved literature." Won't you join in this creative process? Become a delegate and attend the conference. Ask your meeting (or Intergroup if you have one) for financial support if it feels a bit pricey. Maybe you can get members to donate a little extra to help get you to the conference. If you are a little flush, consider giving a little extra to help another person be a delegate at the conference. It's a wonderful service.

And speaking of service, start thinking about who you'd like to nominate for the new officer positions that will be available. We will need a new chair, treasurer and secretary. The service is for three years and believe me, you won't regret it. It's an awesome experience. Be sure to read the Announcements section on another page in this newsletter for other information and service opportunities.

I'll see you at the conference! Catherine C., Secretary-emeritus.

NAWS Profit and Loss

January and June, 2004

Bill P., Carrollton, Texas

	<u>Jan-Jun'04</u>
ORDINARY INCOME/EXPENSE	
INCOME	
4000 · Donations	5,964.76
4100 · Literature Sales	34,560.80
4290 · Shipping & Handling	4,446.77
4299 · Conference Profit (Loss)	(3,240.26)
Total Income	<u>41,732.07</u>
Cost of Goods Sold	
5000 · COGS	19,712.34
Total COGS	<u>19,712.34</u>
Gross Profit	<u>22,019.73</u>

	<u>Jan-Jun'04</u>
EXPENSE	
6000 · Office Expenses	16,297.41
6600 · WSO Expenses	6,889.42
Total Expense	<u>23,186.83</u>
Net Ordinary Income	<u>(1,167.10)</u>
Other Income/Expense	
Other Income	
8000 · Interest Income	177.99
Total Other Income	<u>177.99</u>
Net Other Income	<u>177.99</u>
Net Income	<u>(989.11)</u>

Announcements

TELESERVANTS NEEDED to pick up regional messages (not urgent calls). Contact Scott J. at TeleserviceCoordinator@nicotine-anonymous.org

ARCHIVE COORDINATOR NEEDED! Contact Jean L-S for details by e-mailing her at Chairperson@nicotine-anonymous.org

ARE YOU FLUENT in a non-English language? We need you to volunteer to help translate our literature into your language specialty! Please contact Checko M. at LiteratureCoordinator@nicotine-anonymous.org

WE NEED A NEW SEVENTH STEP PRAYER!!! The one we are using is actually from AA and they are requesting that we create our own. Please help by sharing your own prayer. Send it to chairperson@nicotine-anonymous.org

IF YOU DON'T HAVE E-MAIL, you can always write to the coordinator listed above at

NAWSO
419 Main St., PMB #370
Huntington Beach, CA 92648

Dear NicA by Jay P.

I want to write to tell you that on February 15, 2004, I celebrated nineteen years clean and free from the mental obsession and physical cravings for cigarettes and nicotine. I felt led to write and share my story.

I first smoked corn silk in a corncob pipe at age nine while riding in a tractor with my grandpa. He gave it to me and encouraged me to smoke; it was a laugh for him.

I began smoking cigarettes at nine. I stole them from my grandparents.

My grandma gave me my first cigarette lighter at about age nine. She looked at me and told me not to use it for anything naughty. I looked back at her with a smirking smile and said to her "I wouldn't." She smiled also, we knew. The lighter was an old-fashioned, silver, flip top, the kind they used back in the forty's and fifty's.

I hid my cigarettes in the corn planter out in the tree grove. Our farm was 160 acres in rural Minnesota. There was room to get away, relax, smoke and be with nature.

I smoked steadily until the sixth grade, quit for one year, then picked it up again in the seventh grade and did not quit for good until February 2, 1985.

Home life was hell. My grandparents lived on the farm with us but they had their home separate from our house. My grandparent's home was a refuge for me. They cared for me and made me feel welcome. They taught me poker, Michigan rummy and other card games before I started kindergarten. We socialized, laughed, tried to cheat and had a ball.

I learned concentration and other skills from my grandparents. They saved my life.

As I got older, I smoked cigarettes with them while fishing, long rides to the state fair in Minneapolis where I competed in 4-H and won ribbons, some of them first place and grand champions. My grandparents were good for me.

My parents were tough to live with, lots of abuse in different forms.

Smoking and heavy drinking went together for me. I eventually graduated to non-filtered cigarettes. Two packs a day of the strongest brand. I burned holes in the car upholstery; there was tar on the windows from the cigarette smoke, my clothes stank, and I got pneumonia and still smoked. That's insanity. I did not know I was addicted and personally powerless over nicotine.

In 1981 I tried quitting for the first time since the sixth grade and could not stay clean more than a month during which time I was in a terrible mood. I capitulated and smoked until 1985.

On my way to an A.A. meeting I had a spiritual experience regarding cigarettes. Alone and driving I was lifted into a higher state of consciousness. The cigarette in my left hand suddenly had no weight what-so-ever; it was like a picture, a picture between my fingers. Then after a minute or so I could feel my consciousness lowered back to the here and now where the cigarette took on weight. A short time later I took the first nine steps in my other program and applied them to cigarettes and nicotine and my sponsor acted as my fifth step person. It worked and the craving for nicotine left me.

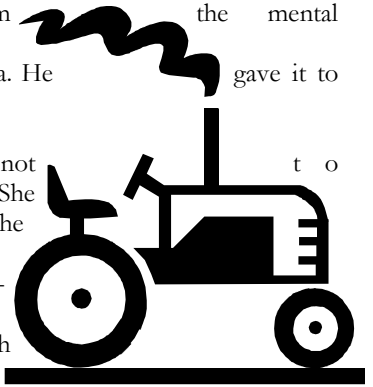
Then I became homeless. I had a job and a car but went through a difficult three months. I smoked again but persisted in concentrated meditation in a state forest with my car, a tent and all I owned, while awaiting word on an apartment.

Soon I secured that apartment and knew, one day, I would quit cigarettes again. Within a few months on February 15, 1985, I woke up with no craving. I knew this was it. Physical withdrawal continued all day until midnight, then it was all over! I was free and I've been free ever since!

My lungs are good, my teeth are clean, my clothes smell fresh, no debts, money in the bank and I have a Higher Power I feel safe with. My truck and home are paid for, I have a few friends and an art career taking off.

The twelve steps and my Higher Power help keep me clean and free and my life is good.

Jay P.



What was your big "A-Ha?"

What was your life like as an active addict?

What happened to get you in the door?

What were your breakthroughs?

How has your life improved?

Help us expand our meditation book from 90 days to 366 days.

Nicotine Anonymous World Services

Attn: Daily Meditation Coordinator, 419 Main Street, PMB 370,

Huntington Beach, CA 92648

or e-mail: DailyMeditations@nicotine-anonymous.org



BIRTHDAY CONGRATULATIONS!

CONGRATULATIONS AND THANKS FOR YOUR DONATION TO:

Bill C., NJ, who has 21 years nicotine free

~ Birthday Gratitude ~

Name: _____

The above-named member of Nicotine Anonymous stopped using nicotine on _____,

and has _____ years of freedom!

Amount Enclosed \$ _____ From: _____
If you wish to remain anonymous, put "anonymous"

Mail to: Nicotine Anonymous World Services,
419 Main St, PMB#370
Huntington Beach, CA 92648 USA.



Subscribe to Seven Minutes!

Seven Minutes is a quarterly publication of NAWSO news, articles and letters—it is "a meeting on a page." Your subscription will help *Seven Minutes* continue as the official conduit of this fellowship of recovering nicotine addicts. You will also receive a Worldwide Meeting Schedule. You may pay by check, money order (US funds only) or credit card. **Mail to:**

NAME _____ PHONE (WITH AREA CODE) _____

ADDRESS _____

CITY _____ ST. STATE _____ ZIP _____

Please find my (check one) check money order enclosed. Or, please bill my credit card (check one): Mastercard Visa American Express Discover Card

NAME ON CARD _____ SIGNATURE _____

CARD NUMBER _____ EXPIRATION DATE _____

BILLING ADDRESS _____

Send payment, in US funds only, to: NAWSO, 419 Main St, PMB#370, Huntington Beach, CA 92648 USA. *Thank you!*

SUBSCRIPTION FEES

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U.S. & Canada \$	9	\$17	\$24
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Nicotine Anonymous World Services Conference XX

May 6-8, 2005

Registration Form

Sheraton Buckhead

3405 Lenox Road NE*
 Atlanta, Georgia 30326
 Phone (404) 261-9250
 Toll Free - 800-325-3535
 Fax (404) 848-7391
http://www.starwood.com/sheraton/search/hotel_detail.html?propertyID=97519

The hotel is just steps from Lenox Mall, Phipps Plaza and MARTA, and only 20 miles from Hartsfield Atlanta International Airport



Room rate:

\$85 per night plus parking max of 4 people (Good for 2 nights before and 2 nights after.)

Get preferred rate if reservation is received by April 15th.

Take MARTA (\$1.75) from the airport and be just a block from the hotel

HOSTED BY: Georgia Intergroup of Nicotine Anonymous (GANICA) www.ganica.org

Friday

* Fantastic Gratitude Meeting

Saturday

- * Business meetings,
- * Nominations of officers and site for the 2007 Conference
- * Marathon meetings
- * Banquet and speakers

Sunday

- * Awesome Sunrise meeting
- * Delegate voting
- * Inspirational spirituality speaker
- * Post Conference trip to the Atlanta History Center
www.atlantahistorycenter.com

- * Please make checks payable to: Nicotine Anonymous,
- * Mail to: Robin L. 1898 Spring Road. 1H, Smyrna, GA 30080
- * Registration Contact: Robin L, oscarthepenguin@yahoo.com
- * Conference Chair: Richie Z., RichieZNicA@yabco.com

	Items	Cost	#	Total
Name:	Conference Registration: Deadline April 20 th Late fee after 4/20 is \$35	\$25 \$35 after 4/20		
Address:	Saturday Banquet – Circle Choice Chicken Prime Rib Fish	\$45		
City:	Sunday Spirituality Brunch	\$25		
State:	Zip:			
Tel:	Post Conference Activity Atlanta History Center (2-5pm)	\$23		
Email address:	Tee Shirts (indicate qty by size) S M L XL XXL	\$10		
Do you need a roommate? <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Male <input type="checkbox"/> Female	Optional Donation to NAWSC			
Delegate: <input type="checkbox"/> Yes <input type="checkbox"/> No Please Indicate which Intergroup: _____	Total:			
Did you or your intergroup officially register you as a delegate with the Secretary of Nicotine Anonymous? <input type="checkbox"/> Yes <input type="checkbox"/> No				

Delegates must be registered as delegates no later than 30 days prior to the Conference mail: Secretary of World Services, 419 Main St.,PMB#370 Huntington Beach, CA 92648: or via email to secretary@nicotine-anonymous.org

Registration must include: Name, Address, Phone Number, email and Group/Intergroup Represented

The 2005 Conference in Atlanta

Come join in the fellowship

Hello My name is Rich Z and I am powerless over Nicotine. I would like to be the first to welcome you on behalf of Ganica (Georgia Nicotine Anonymous Intergroup), and the XX World Service Conference (WSC) committee.

We have been working hard on preparations for your arrival. I would like to take a few moments to let you know what's in store. If this is your first or your 20th WSC, you will find it to be the a very spiritual meeting in Nicotine Anonymous as well as the growth in the fellowship. I have been blessed to attend several WSC's since 1992 when I became part of the fellowship, and am always amazed how renewed I feel once I return home. Although often times the conference is viewed as a business meeting, I would like to share with you the importance of these meetings and also what else goes on. Its not all business, but all FUN.

The conference kickoff on Friday, will be one of the best Gratitude meetings ever. Starting at 8:00 PM and ending when the very last person who wants to, shares their gratitude. This meeting is worth the trip in itself. When you listen to others share their gratitude, you are drawn to share yours. It is always a great start to the weekend.

Saturday morning, you will get an update on the activities of the fellowship and nominate individuals to represent the fellowship for the next three three years. In the afternoon, you will be able to join in on some discussions to help Nicotine Anonymous grow. If participating in the business meetings is not your thing, and you need some recovery, then throughout the day, there will be marathon meetings on an hourly basis. During the evening, we will be having our traditional banquet with two speakers who will not only entertain you but also share their experience, strength and hope. Once the banquet is over you can catch a marathon meeting or enjoy the rest of the night on the town.

Early Sunday is another Nicotine Anonymous favorite. The Sunrise Meeting, usually too early for me, but I was told it is the most spiritual meeting and something I should not miss. So if you are awake, go see for yourself. Later in the morning we will gather to vote on the issues that were discussed on Saturday. While everyone can attend the voting session, only the registered delegates are allowed to place a vote. Being a delegate is a very important service to our fellowship which you can provide. Once all the business has been accomplished we will get to savor the flavors of the Sunday Spirituality Bunch. While you settle your appetite at this breakfast buffet, we will have a speaker to fill you with inspiration. What else could you ask for?

After the business of the conference is completed, we have a post conference trip which will be hosted by the GANICA Intergroup of Atlanta. We are heading to the Atlanta History Center which is a short ride away but there are hundreds of other things to do in Atlanta so if you are interested in something specific, contact me and I will help you find your area of interest.

Atlanta can be reached from most major airports at a cheap fare. Atlanta Transit (Marta \$1.75) will get you from the Hartsfield/Jackson Airport to the Sheraton Buckhead in about 30 minutes and without any transfers. Affordable, convenient and Peachy Clean. Now. What else would you ask for?

So if you were not planning on attending I hope we've changed your mind. If you are attending please be sure to send in your registration form early, register as a delegate (if applicable) and make your hotel reservations. Remember, if you have any questions or concerns please contact me at RichieZNicA@Yahoo.com or confer-encechair@nicotine-anonymous.org . See you May sixth (6th)for Peachy Clean NAWSC XX.

Seven Minutes

NAWSO

419 Main St., PMB #370
Huntington Beach, Ca 92648

**Publication Dates and
Deadlines for Submissions
for 2005**

Publication Date Deadline Date
_____ for submissions

March 10 February 1
June 10 May 1
September 10 August 1
December 10 November 1

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subscription expired?

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ADDRESS

PHONE (WITH AREA CODE)

My new address and phone is:

USA. Thank you!

Don't miss an issue!!! Complete this form and mail it to NAWSO, 419 Main St, PMB#370, Huntington Beach, CA 92648

My Address Has Changed!