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**Seven Minutes**  
c/o NAWSO

**419 Main St., PMB #370**

**Huntington Beach, CA 92648**

Subscription requests, circulation additions and deletions may be sent to the same address, or go to:

[www.nicotine-anonymous.org](http://www.nicotine-anonymous.org)

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Cathy M. Proofreader

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## XXI CONFERENCE REPORT – KATHY K. CHAIR EMERITUS

My name is Kathy and I am a recovering nicotine addict. Another wonderful conference has passed. I have just returned from the *Service, Unity, Fellowship* World Services Conference in Lisle, Illinois. The weekend of April 28<sup>th</sup> – 30<sup>th</sup>, 2006 was filled with business issues, fellowship, recovery and meetings. Thanks to all the work of the Chicago Intergroup, we enjoyed the many comforts provided by the Marriott Hickory Ridge Hotel in Lisle, Illinois.

This was a history making conference with the development of new criteria in planning the conference. The rate per night included all meals, daily snacks, non-alcoholic beverages and use of hotel amenities. This was done in hopes of limiting the costs for the conference attendees.

We had a total of sixty-one registrants of which fifty-four attended the conference and thirty-five delegates in attendance. The delegate number includes the World Services officers. As always the weekend was composed of business meetings, hard work and voting on important issues to Nicotine Anonymous.

In adhering to the tradition, the weekend began with the Friday night gratitude meeting.

Jennifer M. started the meeting by sharing her strength, hope and experience in her recovery from nicotine addiction.

Saturday began the official conference business, which included meetings, workshops and more meetings.

Included in the official business the delegate's first task was to vote in John N. as secretary of World Services. This was followed by the coordinators reports from all the trusted servants who do and have

done so much work behind the scenes. Below is a recap of there report.

Treasurers Report: Steve M. presented this report for Annette A. who could not attend the conference. The overall report concluded that Nicotine Anonymous is in good financial shape. Within the last year our revenue increased by \$12,000.00, of which \$6,000.00 was the result of an increase in literature sales.

Outreach Report: Judi D. included in her report the confirmation of an additional outreach project approval for a group in Alabama. She also reported that the New York Intergroup started an outreach effort to distribute literature to local agencies. Judi and Martha K. presented a workshop on the proposed 'Outreach Booklet' for Nicotine Anonymous. The attendees of the workshop gave some helpful suggestions for improving the workbook. I hope it will be brought back to the delegates at next year's conference.

Meeting List Coordinator's Report: Joe S. took over the function of maintaining the World Wide Meeting List. Joe reported that since the January Group Mailing we have received updates and meeting confirmations from 223 meetings. Joe offered his different perspective on maintaining the WWML, which includes cleaning up all the extraneous material in the meeting list database. His hope is to reduce the information in the data fields and therefore making maintenance and printing the meeting list easier.

Seven Minutes Report: Susan K, the Seven Minutes Editor was not able to attend the conference but she reported she felt the publication of Seven Minutes had experienced a lot of growth within the last year. Susan is always looking for submissions from people with a lot of years in Nicotine Anonymous. The 'Letters to the Editor' has been pulled

## The Twelve Steps of Nicotine Anonymous

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

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

## The Twelve Steps of Alcoholics Anonymous

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

these defects of character.

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

## The Twelve Traditions of Nicotine Anonymous

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

11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, TV, and films.

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

## The Twelve Traditions of Alcoholics Anonymous

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

## 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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## **XXI CONFERENCE REPORT – KATHY K. CHAIR EMERITUS**

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because of some ongoing controversy. She has asked and printed in Seven Minutes that sharing include your own strength, hope and experience without profanity. As always the editors of Seven Minutes reserve the right to edit any articles submitted.

**Webservant Report:**

Robin L. mentioned since last year's Conference the Webhost and Webmaster has changed. The new Webhost and Webmaster is now Wyckedstudios, Dave Blohm. Robin asked if there were any suggestions for new Webmasters in case of medical issues Dave could not complete his duties with Nicotine Anonymous.

Over the last year, there have been many changes to the website and these are the highlights:

**Publications**

Farsi and Hungarian have been added to the Publications.

Additional publications have been translated into Spanish and German.

A disclaimer has been created and added to the website.

**Home page**

Added scroll bar to What's New on home page. Added disclaimer.

**Archive**

Added Bylaws and Conference guidelines

**Outreach**

Posted modified outreach procedures and forms including an Excel version that can be filled on and emailed.

**Meetings**

Modified the meetings page to include 'Additional Info' and 'Group ID' to help both the user locate meetings and help Joe, the meeting list coordinator. Requested a zip code field to help in the meeting search.

**Back End Management**

There have been many changes to the back end of the website. The changes have given greater control to the back end users who maintain the website and have provided the officers with a document manager to post and store documents related to World Service's busi-

ness.

**Meditations Coordinator Report:** Kate W. Delegates approved meditation submissions and decided on the name of *A Year of Miracles* for the first book of meditations. I am sure Kate has more to say on this in her report.

**Email Coordinator's Report:** Alan K. submitted his report. The emails run about 250 for a quarter. He also requested the need additional email servants for Thursday and Sunday. The only requirement for service is having at least have three months abstinences, attend meetings, and be familiar with email and light computer use.

**Traditions Committee Report**

John N. reported the Traditions Committee has responded to many issues which include nicotine replacement therapy, chips, Google issues, unofficial canon, anonymity (last names), radio and media presentations, unofficial literature and such. He reported the Traditions Committee responded in a timely matter and in a spirit of carrying the message of hope to those who suffer from nicotine addiction. Included in his report, he mentioned the changing technology and commercial interests are and will be becoming a challenge for Nicotine Anonymous keep its focus on the Twelve Traditions. He thanked the fellowship for its service and requested a new traditions chair for the upcoming year.

**Teleservice Report:** Keith M. reported the N. California hotline receives eight calls a week as well as sending out literature to caller as requested. He reports the need for more teleservants to answer calls in other areas of the United States.

**Mass Mailing Report:** Gary M. reported he has focused his mailings to smoking cessations programs, hospitals and V.A. hospitals in Delaware and South Carolina. He hopes in the future to do a mass mailing to states that have one or two meetings such as Hawaii, New Mexico and Wyoming.

**Literature Coordinators Report:**

Checko M. presented his report and reviewed the pieces of literature that will be put before the delegates.

These included the Twelve Traditions, the revised Questionnaire for *The Book, The Nicotine Users View of the 12 Steps*, and the creation of Nicotine Anonymous' version of the *7<sup>th</sup> Step Prayer*. He also asked if the board would consider making available in print and sale the various foreign language pamphlets that are on the Internet.

**Email Pen Pals Report:** The position of coordinator needs to be filled.

**Paper Penpal Report:** Pat L. continues as coordinator of Paper Pen-pal and we continue to receive requests from those in need of a pen-pal.

**Archives:** Jan F. and Jean L-S have volunteered to assist Kent B. in doing this service in the future.

**2006 Conference Report:** Jennifer M. and the Chicagoland Intergroup hosted the 2006 World Services Conference. They did a terrific job! We do not have a final report but it appears they were successful in staying on budget.

**2007 Conference Report:** Catherine C. reported that the Inn Marin in Novato, California has been procured for the 2007 Conference. The Inn Marin is easily reached from both the San Francisco and Oakland airports. The Inn is family owned and located by Highway 101 for easy access. The location of the hotel is accessible but the rooms are located in the rear of the hotel and are not near the noise from the highway. The Marin has a large meeting room with windows and a view of the outdoors. Located at the hotel is a swimming pool and a restaurant with other restaurants located within the surrounding area. The hotel has guaranteed the conference price for three days before and after the conference. This would help Nicotine Anonymous in reaching its per night stay and therefore avoiding additional expenses. There are several after conference activities that are being explored. One suggestion is a boat ride to Sausalito, which would include going under the Golden Gate Bridge. Visitors would be able to wander the streets of Sausalito and explore the various shops. Another possible activity would be to visit Mt Tam or Muir Woods. The issue that would need to

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## CONFERENCE REPORT – KATHY K. CHAIR EMERITUS

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be addressed if these two were to be considered would be transportation.

An initial conference flier is out and Catherine is accepting the registration fee for anyone who wants to go.

Fulfillment Report: Joe S. reported Nicotine Anonymous has purchased the domain extensions .us, .tv, .info, .biz, .net, .com. If anyone types Nicotine – Anonymous with any of these extension it will be forwarded to the Nicotine Anonymous website.

Nicotine Anonymous has a grant for a PSA with Google, which has been an outstanding success. If Google is used as a search engine and the user inputs for example 'quit smoking' it goes to a page showing the Nicotine Anonymous PSA and the user can choose to click onto the Nicotine Anonymous website. There have been 1,700,000 viewers of the PSA and 40,000 who have clicked onto the Nicotine Anonymous website.

He also reported *The Book* is available on Amazon for sale and can be offered for sale on Ebay. Scott J. volunteered to explore promoting the book on Amazon in order to increase sales. Joe reported overall the last year was an outstanding year.

Saturday afternoon was filled with six workshops. After the workshops the leaders presented to the delegates the suggestions made during the workshops. The presenters of the workshops were:

Literature workshop I & II –

Questionnaire & The NicA View of the 12 Steps – John O, Checko M.

The Twelve Traditions – John O, Checko M

Outreach Booklet – Judi D., Martha K.

Bylaws – Jean L-S, Jan F.

Book of Daily Meditations - Kate W., Catherine C.

Spirituality and the 7<sup>th</sup> Step Prayer – John N., Ladd J.

Saturday night we welcomed our speaker Gerhardt from Germany and Catherine C. from California. Both Catherine and Gerhardt were wonderful speakers who spoke from the heart and shared their strength, hope and experience in such a beautiful way.

Sunday morning started with officer nominations, discussion of the materials presented at the workshops and voting. The delegates approved the expanded version of the Twelve Traditions. Also approved were the revised "Nicotine User's View of the Twelve Step" as well as the revised Questionnaire for *The Book*. It was determined The Outreach Booklet and the suggested version of the 7<sup>th</sup> step prayer needed additional work and hopefully will be at the next conference.

The delegates were presented with the Bylaws Amendment, which would allow officers to remove an officer if necessary, this was not passed by the delegates. The hope is to continue to work on improving this version and presenting it at the Conference in 2007.

After the final nominations of officers were made, the delegates voted into office, Dan P., chairperson elect, Willy S., treasurer elect, and Ardith A., secretary elect. We also welcomed Ed T. on the board as an officer at large for the term of one year. Ed T. had been voted in as an officer at large at the 2005 conference. We welcome all our new officers to the board and I wish them a successful three-year term of office. The board said good-bye to Jean L-S, chair emeritus, Lenna M., Secretary emeritus, Bill P., treasurer emeritus and Jan F. officer at large.

The Sunday spirituality speaker was Liz K from Illinois who ended the conference on a positive note. As always, a speaker who shared her strength, hope and experience in such a beautiful way.

One very important issue as chair that I had not considered was the New York Metropolitan Intergroup possibility being host to the 2008 Conference. This is the Intergroup I have attended and chaired. So I hope to see you in New York in 2008.

This is my final article for *Seven Minutes* as Chair. I can only say that it has been an experience I probably would not have had in my life if it were not for Nicotine Anonymous.

I do have a great deal of gratitude for this program and all that I have learned in this program. I believe this is a fellowship unlike any other fellowship. It

supported my service with kind words, positive input and a sincere belief in my ability to be chair. I wasn't always sure.

Thanks Jean S-L for all your help and input and your attention to detail. Thanks for your support and your dedication to this fellowship. Thanks Jan F., Bill P., Lenna M., Ed T. for stepping up and serving on the World Services board once again. I can't say enough for those who give their service so freely. Thanks to all who are serving on the board now and those who served but could not complete their terms in office. I have to thank Joe S., our Fulfillment officer for all his knowledge, his endless service and his valuable input throughout the years.

I wish the new chair, Kate W. much success and I offer my support to all the new officers coming onto the board this year. This is a wonderful fellowship and I thank you for letting me be such an important part of it. I hope to see you all in California in 2007.

In service,

**Kathy K.  
Chair Emeritus**



## CHICAGO 2006

By Gary M.

San Clemente

I got into the Chicago area at 3:00 PM and was fortunate to have a member whose name is Cathy and her husband Tom to bring me to the hotel. I thank them to no end. I sometimes get confused in a territory I haven't been in before. Got checked in at 5:00 PM.

Went to my room and at first I was a little disappointed at the size of the room. Oh well, the price was right considering all the food we had at no extra charge. This is laughable now. I was looking for the coffee pot as that is a necessity for me and I couldn't find it. Since when does a Marriott hotel not have a coffee pot? As a back up, I always, until now, bring a jar of instant coffee and a cup I didn't this time. So I opened the TV cabinet and guess what? Yep, there was plenty of coffee.

Next I looked for the clock and couldn't find it. No clock to see what time it is? I opened my eyes, yep right there on the nightstand.

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## Give Back!

### You Can't Keep it Unless You Give It Away

Nicotine Anonymous World Services is seeking servants for a variety of positions within the fellowship. Please see the contact information below if you would like to learn more about these service opportunities. Please share this flyer with your group. Remember, you have to give it away to keep it.

**E-Mail Volunteers**-Share your experience, strength and hope with people around the world who email us. Help them find meetings and answer questions about NicA. Provide about thirty minutes a week from your home or office computer.

**Telephone Servants**-Respond to telephone calls from people taking their first step on the journey. One day of service per week from the comfort of your own home.

**Email/Penpal Coordinator**-Responsible for receiving email requests for pen pals; adding names to the email pen pal list; and sending out the list.

For further information about any of these service positions, please contact:

*E-mail:* info@nicotine-anonymous.org

*Write:* Nicotine Anonymous World Services

419 Main Street, PMB#370

Huntington Beach, CA 92648

## Chicago 2006...

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Wondered what a room was like for two people. I saw a shared room and it had a partition, which gave both parties privacy, a great idea. Then I lay on the bed and thought I'd went to heaven. I haven't slept in something as comfortable in a long time. I do endorse this hotel. All the waiters and waitress went above normal services and I didn't run into one rude person. On the contrary they went out of their way to make my stay pleasant. I rate the hotel four stars.

Friday night we had a wonderful dinner and I bounced from table to table to say hello to everyone. After that a gratitude meeting and naturally the highlight of the day, I've been to six out of seven conferences. There's nothing like feeling you belong to where it's all happening. Bottled water was plentiful and you could drink all you wanted, came with the price of the room.

Saturday morning there was a business meeting of upcoming events and nominations of officers. Later I went to lunch with some of my online Internet friends and members of Nicotine Anonymous. I met them at the online meetings and it was neat to meet them face-to-face.

Came back to the workshops with an extra pair of glasses in my shirt pocket and asked if anyone was looking for their glasses, sure enough Ed T. claimed them after three hours of panic attacks. Ed, just think of the patience you learned, and me I never did get a reward. Only kidding Ed.

Attended workshops and then we all

gathered for discussions and then closed for dinner and speakers.

Went back to my room and took a shower then looked out the back window and what a view, nothing but a forest of trees. What a sight to behold!

At the speaker's meeting I heard Gerhard from Germany and Catherine C. from northern California both were excellent speakers. Afterwards took on two marathon meetings and then next morning I did a first, I attended the sunrise meeting at 6:30 AM. And then on to our business meeting to vote on all the issues and elect officers, after that lunch and our spirituality speaker Liz K.

Then we checked out and some of us went on a tour, Morton Arboretum. A little rain and cold but as tough as we are, we survived. We traveled on a tram and it was interesting to see all of the different trees and the history of the Arboretum.

I love conferences and I highly recommend going if you really want to feel a part of the whole. This is where it happens and you can be a part of the happenings, not to speak of having a good time and meeting new friends.

I thank Steve M. for taking me to the airport. That was nice.

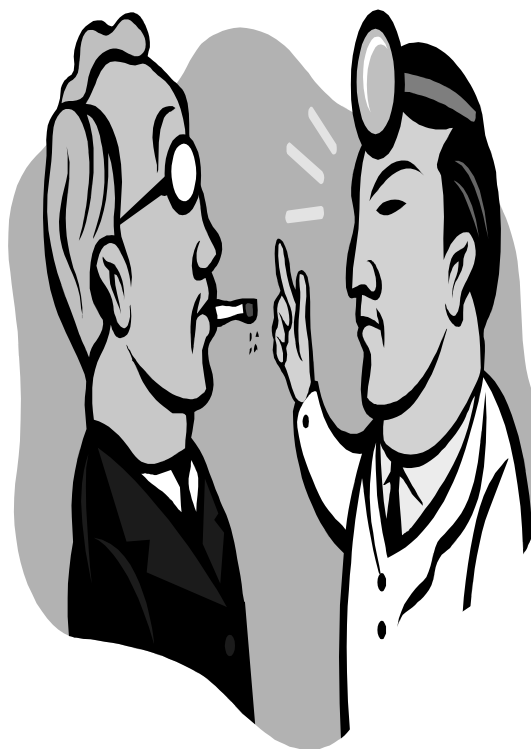
To iterate, if you can come, it's truly worth it. It's good money spent for a wonderful time and increases your recovery process.

**Gary M.**

## More on the 2006 Conference from John...

The food at the conference was great. Especially the food for the soul. There was an enthusiasm for learning and sharing. There were old friends and new friends. WOW! I think this not smoking can be a lot of fun.

**John N.**



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# Conference report from our active Chair Kate W.

What a great conference. Who do we thank first? Our speakers Saturday night were Gerhardt from Germany Catherine C. Both were tremendously inspiring; and it was terrific to hear about the efforts to spread the word in other countries.

Jennifer M. led the Chicago Intergroup in preparations. The facilities and food were great. They sold out of t-shirts and bookmarks and made a profit. This year Glenn K. is offering CDs for the gratitude meeting and speakers for \$29 as an alternative to CDs including the business meetings for \$59. Be sure to order yours.

Outgoing officers deserve the standing ovation they received at Sundays Spirituality Breakfast. They are: Jean L-S, chair; Lenna M., Secretary Emeritus, Bill P, treasurer; and Jan F, officer at large. Your current board members are:

## Emeritus Positions

Kathy K., Chair  
Ed T., Officer at Large  
Annette A., Treasurer

## Active Positions

Kate W., Chair  
John N., Secretary  
Steve M., Treasurer

## Elect Positions

Dan P., Chair  
Willy S., Treasurer  
Ardith A., Secretary

Delegates approved meditation submissions and the name *A Year of Miracles* for our first annual book of daily readings. Ardith A., Catherine C., and Rosemary D. volunteered to do the final proofing and style work for *A Year of Miracles*. Judi D. volunteered to take over as meditation coordinator for the next book of mediations to be published whenever we have another 366 mediations submitted and approved. You can still send submissions to [dailymeditations@nicotine-anonymous.org](mailto:dailymeditations@nicotine-anonymous.org).

Checko M. and John O. led the effort to present several pieces of literature which were all approved: an expanded version of our Twelve Traditions; a revised Questionnaire for *The Book*; and a revised *Nicotine User's View of the Twelve Steps*. Judi D. and Martha K. led the workshop to look at Outreach Guidelines; and John N. and Ladd J. led a workshop on the Seventh Step Prayer and the meaning of Spirituality.

Jean L.S. and Jan F. led the workshop to take another look at the Bylaws Amendment to allow officers to remove an officer for cause, but delegates did not approve that. Delegates felt the proposed language could harm an individual or the fellowship, and ask that we continue to work on the amendment. Delegates voted to continue polishing the proposed Seventh Step Prayer. As a reminder, Nicotine Anonymous, *The Book* contains a Seventh Step Prayer, but it is the Alcoholics Anonymous prayer and we do not have permission to use it. Alcoholics Anonymous agreed to let us continue using it until the next edition of *The Book*. Our current supply is estimated to last until after the 2007 conference, so delegates did not feel we needed to rush this project.

As usual there were areas of disagreement during the business meetings, but delegates achieved consensus on virtually every voting item. Kathy K. led us through our agenda and got us out of all meetings a few minutes early. Congratulations, Kathy.

Cate M. volunteered to take over as the paper pen pal coordinator. She was one of four from the brand new Ohio Intergroup, all of whom were first time conference attendees. We had quite a few others who were attending their first conference. It was great to see more people becoming involved. Check out other service opportunities on our web and in *Seven Minutes*.

As incoming chair my goals are:

- Publish *A Year of Miracles* and the expanded version of our *Twelve Traditions*
- Explore security and privacy issues then make *Seven Minutes* available by email
- Encourage the development of an audio-visual library of members stories
- Continue to encourage members and groups in outreach efforts
- Explore the feasibility of having a subscription service for daily meditations delivered by email
- Explore possibilities for reaching out internationally

Respectfully,  
**Kate W., Chair**

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## Cathy M. shares her experience about the 2006 Chicago Conference...

This was the first time I had ever attended a conference and I didn't know what to expect. I spent time imagining how it would be. I imagined feeling isolated because I really didn't know if I was going to be able to relate personally to anyone without feeling crazy. I imagined the anxiety I would feel being with people that I never met. I also imagined a meeting room full of people who had already been through what I was just beginning to feel. I imagined and imagined!

My ideas, thoughts and what I imagined began to fade when I met the first person. My thoughts began to turn around as I looked at the faces of people who were human, like me. My ideas began to change as I listened

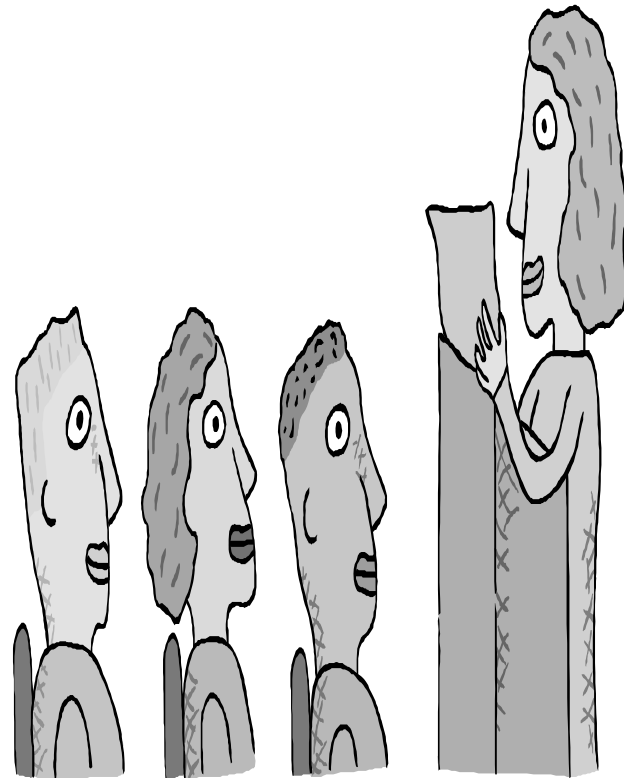
to those who shared from their hearts. Isolated? No, not at all! As the weekend progressed I began to embrace and allow myself to be embraced by this fellowship. What I imagined faded from me, to we, and how we were all learning and growing.

I experienced more than what I could ever imagine, a weekend of listening, sharing, giving, receiving and experiencing weakness and strength. I watched as people served one another in humility.

It became natural to share, smile and hug. I realized at the end of the weekend isolation, anxiety or feeling lonely weren't a part of this experience at all. I left excited and full of hope.

I'm a very grateful nicotine addict and I want to thank-you all.

**Cathy M.**



## Getting the word out...

### UK meetings...

Tel: 020 7976 0076 (please leave a message)  
Nicotine Anonymous  
PO Box 1516  
Web: [www.nicotine-anonymous.co.uk](http://www.nicotine-anonymous.co.uk)  
LONDON

### Service is the Key...

Only You can tell your story.  
What was your life like as an active addict?  
What happened to get you in the door?  
What were your breakthroughs?  
Personal stories, articles, poems, art, jokes or adds pertaining to nicotine, nicotine recovery and Nicotine Anonymous can be sent to Susan K. at :  
SevenMinutesEditor@nicotine-anonymous.org or snail mail to

*Seven Minutes* c/o NAWSO  
419 Main St., PMB #370  
Huntington Beach, CA 92648

## Newcomer's Corner...

### T-1 and counting...

"Oh boy, really looking forward to this," she said, sarcasm dripping from her dried out, chapped, cigarette lips and her mind already in a jumble.

Ok, let's see how many cigarettes we can inhale on this the last day. That ought to make you feel real good. Stupid. At home Schick therapy. Right. Sans electrodes.

Plans forming...formed...forming.  
During the day - create sticky notes with positive affirmations. Search through every coat pocket. Search through all work clothes, pant and shirt pockets for old butts that you didn't want to leave outside on the ground. Print up words of wisdom from the group and put it in a binder to read. Print up your own words of encouragement to others.

End of day :

A-Whatever cigarettes are left, hold them under the sink faucet and watch the money go down the drain.

B-Clean out all ashtrays. Again search through every coat pocket and remove garbage to garbage.

Tomorrow:

A-Have your water bottle handy.

B-Create your motivational safe space.

C-Make it fun.

D-Put up the stickies, pictures, maybe a candle, maybe a host of them.

E-Drink and breathe, not at the same time.

F-Wash your smelly work clothes with the bits of tobacco in the pockets.

G-Wash the clothes you've been smoking in recently.

H-Do not scream at your husband. Do not strangle the cat.

I-Do remember your sense of humor.

J-Read from your binder.

K-Go for your hair cut and hope that you'll like the brand new style she's going to create for the new you. Because if you don't...well let's not go there.

L-Calm your mind. How? Well you could...

A-Hit yourself in the head with a hammer.

B-Ummm?

C-Ask God for help.

D-Go the the group.

E-Imagine you have Alzheimers and don't remember you ever smoked.

F-Think about the fact that you are sick and tired of having cigarettes and stopping smoking always being the center of your focus and energy, stop making a drama of it all, pretend you're on a desert island where cigarettes are a no option, stop acting like a baby, cut the crap and get on with the rest of your life.

G-Create a button in your brain. Imagine it hard. It's an OFF button. Just like on your computer. Press the button to turn off the thoughts.

Here we go. Oh, and remember that the rest of them are going through the same thing. If they can do it, you can too. And you like roller coasters.

Wish me luck, guys...

**Giulia P.**

**Ever wonder how the newcomers amuse themselves online, I got a tickle out of these... Susan K.**



**Sung to the tune of *Come Together*  
David C...**

Here comes that craving,  
almost drive me crazy  
Yellow fingers trembling, Devil  
whisper to me  
He says, "I know you and

you know me"

"Don't you think of quittin' `cause your soul belongs to me!"

Shhp.....shhp.....shhp.....shhp

To the store I'm running laying down my money

Fool myself by saying, "Just one more can't harm me"

You can see me cough and hear me wheeze

Hold you in my arms and you can smell my disease.

Shhp.....shhp.....shhp.....shhp

You got the Twelve Steps, you got on-

line meetings

You got posted message, you got family feeling

You say, "I know exactly how you feel Let's do this thing together and quit smoking for real!"

Nicotine Anonymous set me free!  
Special thanks to John and Paul for helpin' me out with the music.

Yfir,

**David**

P.S. Are we having fun yet?

**Candice the drummer gave us this one, sang to the tune of *Home on The Range*.**

Oh give me a smoke,  
That is nicotine free,  
That can take all my cravings away,  
Where seldom is heard,  
A discouraging word,  
While puffing my lifetime away.

Chorus:

Smoke, smoke, be deranged  
Where the hacking and wheezing reign  
Where seldom is heard a completely formed word  
'Cause we're coughing and wheezing all day.

How often at night, when my fags burns real bright  
With the smoke continuing to rise  
Have I stood there amazed, at just how crazed  
Inhaling poisons will cause my demise

Chorus:

Smoke, smoke, be deranged  
Where the hacking and wheezing do reign  
Where seldom is heard a completely formed word  
'Cause we're coughing and wheezing all day.

(back to the chorus everybody now!)

**Candice the drummer**





Continued from page 8...

## Mental Games

by Candice L.

The Mental Games of the NicoMonster I am so aware of the mental games that are being played out in my head. I think they are coming from the rationalizations that I used to use when I smoked, or when I was explaining why I started again.

I can hear them. So I'm saying, "Higher Power, please take these thoughts from me." So far, so good but they are subtle, and sneaky. But then, so is addiction, subtle and sneaky. I must continue to say over and over again "one puff will hurt," and "smoking is not an option."

When I drive anywhere, and I see a store, because I'm a nicotine addict, I actually think of cigarettes, not milk or the newspaper that non-smoking folks think about.

I find myself thinking out loud, "now, would a non-smoker think/feel/say that?" If the answer is no, I try to think of all the other options that a non-smoker would have while still telling myself that I am powerless unto myself, over nicotine, but together with HP, I am stronger.

Sleeping seems easier to me right now, and I do notice that when I get up, I feel more rested.

Still on this kick of painting my house and today, later on, I am going to begin painting my kitchen cupboards white, seeing as I finished the bathroom already! Anything to see results, and have these results remind me of my quit each day.

I am drinking less coffee, as coffee is still a trigger for me, but am learning to like all kinds of different teas, which I can actually begin to taste. So there is lots of positives here, just need to remind myself of them.

To all those who mentioned that they are quitting today and tomorrow, my prayers and thoughts are with you all. Seriously, if I can do it this far, you can make it too.

We're all in this together.

Candice L.

This little diddy sung to the tune of *Home on the Range* comes from Giulia ...

Head, head in a bag  
I'd rather that than a fag  
We don't got our smokes  
But we sure do our jokes  
And for that I'm eternally glad!  
Giulia P.



What do you prefer in the hereafter?.....Smoking or non-smoking area.

## NAWSO Profit and Loss

January through March 2006

Jan - Mar 06

Ordinary Income/Expense	
Income	
4000 · Donations	1,656.31
4100 · Literature Sales	12,881.69
4290 · Shipping & Handling	1,843.10
4299 · Conference Profit (Loss)	<u>-253.82</u>
Total Income	16,127.28
Cost of Goods Sold	
5000 · COGS	<u>7,733.87</u>
Total COGS	7,733.87
Gross Profit	8,393.41
Expense	
6000 · Office Expenses	5,703.07
6600 · WSO Expenses	<u>1,494.98</u>
Total Expense	7,198.05
Net Ordinary Income	1,195.36
Other Income/Expense	
Other Income	
8000 · Interest Income	51.03
Total Other Income	51.03
Net Other Income	51.03
Net Income	<u>1,246.39</u>

## This and That...

### Sara D. shares her story...

When I was fifteen, smoking gave me access to a new social circle. I smoked until I was twenty, when I decided smoking set a bad example for my toddler son I quit, no problem.

Ten years later I was perched on a bar stool next to someone smoking my old brand. A voice inside my head asked, "I wonder if those are as good as I remember?" I bummed one, just one, to see what the answer might be.

I smoked for the next twenty years, and I tried to quit again for the next twenty years. I could stay smoke free for a few days, a month, even a few months. I quit alone, I quit with my husband I paid to join quit-groups sponsored by health organizations. I always picked up again.

Finally, during a family crisis, I realized I had been waiting for the perfect moment to quit, and that was never going to happen. I was an addict. Most of my family were addicts/alcoholics and chaos and crisis were never going to be out of my life for good. I needed to quit right then, while the crisis was intense, and not wait for it to get better or go away.

I did quit, but had misery and obsession as companions for months. Even though I was a member of a Twelve Step program for another addiction, and even though I knew about Nicotine Anonymous, I tried to tough it out on my own. Then I heard a voice inside my head but it wasn't the same one I had heard twenty years earlier. This one said, "find a meeting and put your butt in the chair." So I attended my first Nicotine Anonymous meeting, and the misery and obsession began to lift.

Eight years have passed. I'm still putting my butt in the chair. I still work at the same job I had eight years ago, and I'm still married to the same man. But most other aspects of my life have changed. My inner life is more serene and attractive. My friendships are deeper. My capacity for forgiveness has improved greatly. I have suffered several losses of loved ones in the last three years without needing to smoke and have even maintained a reasonable level

of serenity and grace.

Today, I actually feel gratitude to have experienced my addiction, to be living in my recovery, and to be able to receive the gifts of the promises of Nicotine Anonymous.

**Sara D.**  
**San Rafael**

### Judi takes a walk...

While walking to the train one morning, I saw a pick up truck with a "Keep Coming Back" bumper sticker.

Recently, my connection to my Higher Power and the Program has deepened, and I immediately felt kindred to the driver, and eagerly looked forward to smiling at this person as I passed. When I did, I saw the white cancer stick dangling from his mouth with noxious poison rising from it. It was strange--my usual harsh, judgmental response of "Yech! Get away from me!" didn't come. Rather, I was able to see that this person just hasn't gotten to a certain point in his recovery with nicotine yet. I guess that's the humility of being reminded of what it's like to be a newcomer. In that moment, it was clear to me that it's all a journey. I hope I can remember that! I sure hope it was not my addiction looking to make friends!

I am grateful for a day free of nicotine, and I am glad that I have gotten to this moment in my recovery!  
**Judi D, NY**

### Misha happily greets Spring and sobriety...

Happy Spring!

Honor the Earth!

Honor our bodies!

I have not had a cigarette since Sept 29<sup>th</sup>, 2005 and I used the patch and gum to quit.

I think I stopped using the patch in October. I chewed my last piece of nicotine gum Valentine's Day--so according to Nicotine Anonymous--my quit day is February 14<sup>th</sup>, 2006 at 7:20 PM EST as that is when I threw the nicotine away and spit out that last piece of nicotine gum.

I'll tell you, I was expecting quitting the gum to be easier than putting down the smokes. I got a rude awakening! The first five days off the nicotine gum I went through some very intense withdrawals. That's when it hit me; I really was addicted to nicotine.

Before that I minimized the importance of nicotine in my addiction thinking those 4000plus chemicals in cigarettes were what I was really addicted to not the nicotine or minimally so. When I gave up the gum and felt the horrendous withdrawals then I realized it was the nicotine all along that I was really addicted to shattering more of my denial.

I am so grateful that it's over yet I know I cannot take this quit for granted. I had a solid seventy-eight days nicotine-free last year and picked up. I smoked one and away I went full smoking for two and one-half months.

Technically, this will be the first spring/summer without nicotine and for me in twenty-five years, if I can stay smober (fingers crossed.) It's hard and much of the time I'm not necessarily fighting craves as much as fighting my learned reflexes to reach for a smoke during certain outdoor activities like taking breaks while gardening, lighting up to enjoy a sunset, lighting up after rolling down the car windows, lighting up when I see others hanging outside enjoying the pleasant weather, etc. My hand still reaches out looking for nicotine--now trying to reach out more and more to Nicotine Anonymous and other healthier places to focus all that energy once consumed by the fires of my addiction leaving my life in an ashy haze of powerlessness and unmanageability.

**Misha F., New Paltz, NY**

Continued on page 12...



# BIRTHDAY CONGRATULATIONS!

## *CONGRATULATIONS THIS ISSUE GO TO:*

Terry S., Mar 10th, 7 years of freedom

Elaine C. of Los Angeles, CA stopped using Nicotine on 3/22/04 and has 2 years of freedom.

Elaine E – has 8 years; B day is 11/26/97.

Roz H – has 4 years; B day is 03/15/02

Carroll T; she will have 27 years on June 2<sup>nd</sup>.

Dorrie D. of Mass., USA quit August 1, 2004 and will have two years smober this August.



## *Birthday Announcements*

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

The above-named member of Nicotine Anonymous stopped using nicotine on \_\_\_\_\_ and has \_\_\_\_\_ years of freedom!

Mail to: Nicotine Anonymous World Services  
419 Main St., PMB#370

OR Huntington Beach, Ca. 92648 USA.

Email to: sevenminuteseditor@nicotine-anonymous.org

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*Seven Minutes* is a quarterly publication of NAWSO news, articles and letter-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 may pay by check, money order (US Funds only) or by credit card. Mail to:

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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!**

## More This and That...

Continued from page 10...

### Smoking Dreams...

A fiction short story by David C.

#### Prologue

Gina accepted her gynecologist's words fatalistically. The blood rushed out as she felt herself losing consciousness. All she knew was an emergency medical team rushed into the delivery room as she felt herself hemorrhaging.

Dr. Paula Myers shouted out commands.

"She's not tolerating the anesthesia," she said. "Her lungs are failing. We're losing her. Quick! Bring the defibrillator."

Gina accepted her death sentence without a fight. She cared no longer about life.

Her only desire at the moment was that her baby girl survive.

#### Dying

She lapsed into nothingness. Immersion into a void where she saw her life pass away in vivid Technicolor. Pictures flashed across her field of vision. She couldn't tell if these were dreams or some kaleidoscopic motion picture.

An image unfolded in her mind. Dressed in rags from the Goodwill free box, an older middle aged Gina rolled cheap natural tobacco into a smoke with papers she extracted from a package of Zig Zag rolling papers. She lit the butt and inhaled deeply. She wondered whether her seven-year old daughter Pearl suspected the truth. She hid her lifestyle of being a crack addict on welfare supporting her habit through prostitution. She had given up on life. Her only motivation for living was Pearl. She would not let her daughter travel the roads she had gone down.

To her horror, Pearl emerged through a door with her own sloppily rolled cigarette dangling from her mouth.

Gina screamed at Pearl to put the stogie down, but her words didn't come out. She could not stop her. She was powerless.

She went into an even darker gloom. Coldness gripped her as another film played.

An adolescent Pearl lay in a hospital

bed connected to an oxygen breathing apparatus.

Emphysema crippled her teen-age daughter. Her daughter's torture originated from her mother's second-hand smoke. Gina tried to deny this reality but the image manifested itself despite her best attempts to squash it.

Never able to dance, play sports, or engage in any other demanding physical activity Pearl inherited the consequences of her mother's sin.

Gina slipped out of the hospital chair onto the floor bawling great big sobs. Again no sound came out.

Darkness filled the room. She turned over onto her back. The coldness became unbearable and she lost the ability to move. Partial suffocation followed. Staring straight up, she discerned a young lady approaching ever closer and closer. This lady, dressed in her Sunday school best, stood directly above her. A transparent barrier lay between her and the young woman. The woman placed a bouquet of flowers on the ground directly above Gina and she recognized her own sculpted features in this woman's face.

"I love you Mom, even if I never knew you," said Pearl. "You died so I could live." Pearl turned her back on Gina and walked away. "You threw your life away over a friggin' cigarette."

"No," cried Gina. "No!" She screamed to the heavens to no avail.

Total blackness overcame her. She knew she could not live much longer. The temperature dropped beyond a human's ability to survive.

A small point of light materialized from far off. She warmed as it came closer and closer. Hoping it was coming for her, she waited anxiously. It bloomed to fill the entire horizon. Happiness filled her.

She engaged in incriminating self-reflection. Horrible sadness engulfed her as she came to grips with the lack of respect which she treated life. Life was precious. She felt convicted as if the light judged her and found her wanting.

It passed over her and she compre-

hended the magnitude of her folly. "Just give me one more chance," she begged. "A chance to make things right for my baby. I want to see my baby grow up. I will clean up and live right."

A final attempt to fight off the dark failed. The light passed out of sight. The temperature reached absolute zero and she lost all awareness.

#### Beyond Darkness

Gina raised her head. "Where am I?" she asked.

"In post-op," said Paula. "We almost lost you. We had to do surgery to stop your bleeding. At first you didn't respond. We thought you were a goner. Then you started cooperating. An adverse reaction to the anesthesia compromised your cardiopulmonary system. Your lungs couldn't handle the anesthesia. Your heart stopped but we got it going again. You willed yourself back. We can't attribute it to anything we did. It was nothing short of a miracle."

"The light came back for me," said Gina.

"The light?" asked Paula.

"Yes it came back for me," said Gina. "The warm, happy light."

Gina sat up with a jolt. "My daughter?"

"She's fine, Gina. A perfectly healthy six pounds and two ounces and I'll bring her to you."

Gina cried when Paula placed Pearl into her grasp.

"I chose for her," said Gina. "So I could teach her the value of every breath. So she does not have to end up like me."

#### Epilogue

Gina joined Twelve Step programs for nicotine and cocaine. She became clean and sober. Narcotics Anonymous and Alcoholics Anonymous helped her regain her bearing but full recovery came about through Nicotine Anonymous.

She went off welfare and put herself through community college. Juggling work with raising her daughter, she acquired a higher purpose in life. Unselfish service replaced self-centered addictive behavior.

Continued on page 13...

## Smoking Dreams

Continued from page 12...

Setting an example for her daughter's welfare spurred her to go to any lengths. Gina provided Pearl with a jeweled bringing.

Setting the example she never thought herself capable of, a happy, healthy Pearl resulted from the kind and tender attentions of her mother. Pearl never did drink, drug or smoke. She too became an example for her children, breaking the cycle of welfare existence being passed down from generation to generation.

After getting clean the images that flashed through her head while she slept manifested as opaque blocks of colored light. Once smober however, these cleared into full living color transparencies lit by a bright, warm light source.

## Jan makes forty weeks...

A couple of days ago I made it to forty weeks. Forty individual "hell" weeks that have turned into heaven. I'm not saying it's easy or smooth sailing, but I'm SO grateful not to be smoking, and it seems like such a miracle.

If you didn't know me before, you didn't know that I repeatedly relapsed. But somehow I was able to get closer to God, and He/She has given me the strength and courage and determination I never had by myself.

I haven't been working (by choice) so I've had the time to come to all these wonderful online meetings, which has really helped to keep me smober.

It's ironic, in a way, because I posted that I was having stomach problems and needed to see a doctor but was too scared. I finally made an appointment for next week, but in the meanwhile, I'm so relieved that I can go to the doctor and say that I am a non-smoker. That will be a first. It will be such a relief not to get that disapproval and dismissal of symptoms because I am a smoker. What relief and what a gift!

For those of you just starting out or who might have had a relapse, don't give up. Just don't do it. I really thought I was a hopeless case and I would disap-

pear for months. But nobody is a hopeless case if he or she participates in this program and welcomes it into his or her life. It may take time because I'm convinced quits happen in God's time, not ours, but isn't it worth it to put in the time, even if it's frustrating or disappointing, but one day your miracle will happen. It really will. Have a safe smober day.

Jan

## Bless our old timers...

On February the 16<sup>th</sup>. 1985, I was sitting in a smoke filled Alcoholics Anonymous meeting listening to them read the Twelve Steps. Something inside me said "if it works for my drinking it will work for my smoking."

The next three days were smoke free. I relapsed and set the 17<sup>th</sup>. of March as my next "quit" day. By the 17<sup>th</sup> of March I had decided that I would not "quit" but that I would postpone my smoking for "one day." By the grace of God and the fellowship of many, the obsession has lifted and I count every day as one more postponement. By accident it turned out to be on St Patrick's day and my sponsor was Irish and had also quit smoking using the Twelve Steps of AA. We should all be grateful for those like Roger F., Maurice, Mary D., Jack C. and countless others for their tireless efforts that have given us what is now Nicotine Anonymous. May peace rule every heart.

John N.

## Quotes...

This very night I am going to leave off tobacco! Surely there must be some other world in which this unconquerable purpose shall be realised.

- Charles Lamb, (1775-1834) British essayist., Letter to Thomas Manning, 26 Dec 1815, Source : seen on the web.

## Quotes...

Continued...

America, defeated by the Spaniards, was victorious over its haughty invaders by forcing them to acquire its habits: its gifts of syphilis and tobacco were nails in the coffin of the new rulers.

Would that that plant had remained forever in obscurity! An educated, gentle and healthy person of intellect, whom God has blessed with wisdom, should assiduously avoid temptation, not pollute his mouth with the stench of the pipe

Who was that first reckless person to try that poison, more dangerous than hemlock and worse than the poppy?

When he opened his snuff box, he unwittingly opened Pandora's box, out of which were released a thousand evils, one more pitiless than the other

For the unfortunate soul who heeds not sound advice and once indulges in the addiction, the efforts and warnings of sound reason are in vain

Love is said to be a sudden, epileptic happening, but smoking is a chronic epilepsy.

- Dr. Fagot, Court physician to Louis XIV, The Gift of Gardening - National Geographic, Vol. 181, No. 5, May 1992

Neither do thou lust after that tawney weed tobacco.

- Ben Jonson, (1573-1637) English dramatist., Bartholomew Fair, II:6, Source : Bloomsbury book of quotations.



## Reaching out...

### Mohonk Group...

On April 26, 2006 the Mohonk Support Group of Nicotine Anonymous (NicA) in New Paltz, NY celebrated the group's ten-year anniversary. We met at 6:00 PM EST (an hour earlier than the regularly scheduled meeting time) for an hour of informal chat and a delicious potluck meal. There were tons of goodies to eat like pizza, salads, homemade brioche, shrimp, etc.

Dessert was homemade chocolate chip cookies and a celebration cake with a no-smoking sign on it.

During the second hour, we had a meeting. The room was packed and I believe it was the largest attendance this group has ever had. One of the two co-founders started off the meeting by sharing about her quit journey and how she ultimately helped start the Mohonk Support Group ten years ago. After her share, we went around the room in round robin fashion sharing how each of us discovered and heard about the Mohonk Support Group and how attending positively impacted and changed our lives. It was a spirited and playful meeting full of fond memories, gratitude, and camaraderie. The last to share was the other co-founder. He talked about his experience, strength, and hope and his gratitude for the program and for those who continue to attend the meeting keeping it alive.

The evening was inspiring and uplifting.

**Misha F.**

**New Paltz, NY**

**Please send your name, first and last initial, as well as the state or country you live in with all submissions. Please send stories to me in word document or rich text format. If you are not sure what I mean ask me for help.**

**Susan K.**

## John N. on service...

After years of military service my sense is that my personal survival depends on the group survival. I became willing to accept any position and perform any task that might benefit "my" fellowship. Retirement from "my" squadron was not "my choice." Thank God I have been accepted into another "Service" and can find opportunities to be a "part of."

*Albert Sweitzer:* "This one thing I know the only ones among you who will ever be truly happy are those who have sought and found how to serve."

**John N.**

## Living with the Fifth Tradition

**By John Mc.**

Voices of Nicotine Recovery, an Internet based group of Nicotine Anonymous, held a special group conscience meeting this evening. The topic under consideration was where to continue holding the forty Nicotine Anonymous voice meetings it currently offers each week. This question is being faced as Yahoo, the service that has provided a base of operations for the group, has changed its policy relating to meeting rooms. Voices of Nicotine Recovery (VONR) had a permanent meeting room accessible through Yahoo Messenger since the group's beginning some twenty months ago. Although a bit difficult to first access, the room nevertheless was always available and was a few clicks away. The newcomer, after learning the set routine for going to a meeting, could find the meeting without difficulty.

A few weeks ago Yahoo made the permanent room a thing of the past and each chairperson became responsible for creating a temporary room by using Yahoo Messenger. This temporary room had to be published at the group's site each time the meeting was held and a new protocol was now necessary to attend a meeting. Attendant to this new protocol were various pitfalls including the need to send out invitations or receive requests for individual invitations in order for members to at-

tend the meetings. The group examined the relationship of this protocol to our Traditions in the group conscience meeting.

The group looked into alternatives that would make the meetings more visible and accessible to the addict who still suffers. The group decided to investigate PalTalk, an Internet provider of meeting rooms. VONR created a meeting room on this site and conducted a trial run by offering one meeting a day for the past two weeks while continuing to offer its regular scheduled meetings on Yahoo. Various members chaired and attended the new meeting on PalTalk in order to assess that particular site's characteristics. Reported at the group conscience meeting was a favorable experience at PalTalk. The meeting room is permanent, not difficult to access, is highly visible, and has attracted a large number of newcomers to Nicotine Anonymous. The group acknowledges the nuisance of occasional salacious content but is confident the chair will be able to effectively deal with it.

Newcomers to the PalTalk meetings are from various places around the world. This is not a new phenomenon to VONR as an international contingent has contributed in part to the number of meetings at various time slots already offered. Members from the Philippines, Australia, the UK, Korea, Belize, Europe, and Africa; not to mention all the time zones in the US, have currently or been in the past represented at the site.

The Group Conscience decided that all Nicotine Anonymous meetings of VONR would be held on PalTalk effective May 28, 2006. The group will continue its base of operations on Yahoo where the Message Board, Calendar, Photos of Members, Links to Nicotine Anonymous home page, and links to various nicotine related sites can be found. All these features make VONR a nice place to hang out and stretch your legs between meetings. There is a tradition of sharing ESH on the message board, not only



Continued from page 14...

with newcomers, but also with fellow members as we travel down our individual roads of life in recovery and need the occasional support and wisdom of our fellow nicotine addicts.

The combination of meetings on PalTalk and the sharing of ESH on Yahoo is a powerful combination. The Fifth Tradition, "Each group has but one primary purpose – to carry its message to the nicotine addict who still suffers", served as a beacon as the group navigated this important and difficult transition.

VONR: <http://health.groups.yahoo.com/group/voicesofnicotinerecovery/>  
PalTalk: [www.Paltalk.com](http://www.Paltalk.com) (the meeting room is Voices of Nicotine Recovery)

## Changes at unofficialnicanon online meetings...

Today I talked with Regina from unofficialnicanon, the first Nicotine Anonymous meetings on Yahoo!, which was founded in 1999, about the problems with the meeting chat rooms. She informed me the group had been looking for another site to hold the meetings but will leave the home page at Yahoo! as is. <http://health.groups.yahoo.com/group/unofficialnicanon/>

At the link above, the home page, you can find meeting schedules, helpful links and more.

There is also the message board where members reach out to members in a loving way and offer recovery.

For the new meeting site they are looking for a place that is safe, Mac friendly and hopefully permanent. They want to make sure the meeting site will keep us anonymous as in Tradition Twelve and allow us to carry on with our main purpose, which is to carry the message, as in Tradition Five.

Only members of unofficialnicanon could get into the old Yahoo! chat room meetings, and it was somewhat safe.

The members want to make sure there are meetings for everyone and have kept the type-share meetings going in the Yahoo! Messenger for just that purpose, folks without voice capabilities and the Macintosh users. Although I

was informed they are also having voice meetings now.

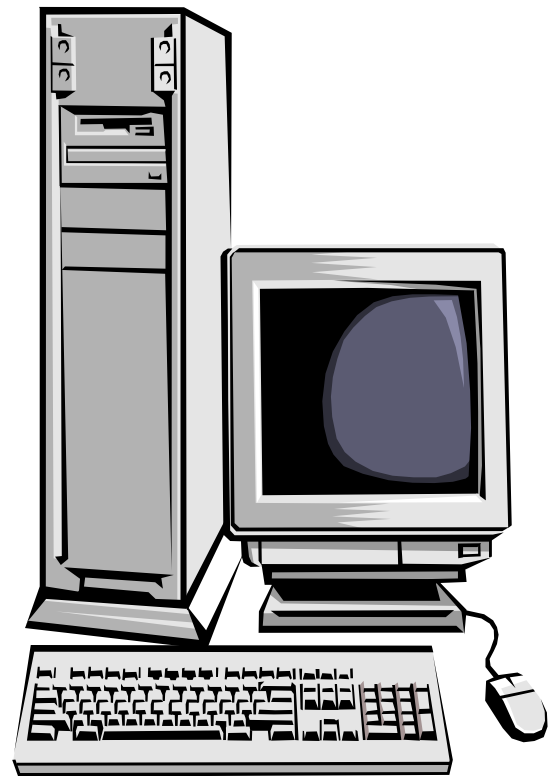
They have found one site that Mac users may be able to use by using the program Virtual PC and members are investigating.

As of this day they are still using the messenger to have meetings but by the time this issue of *Seven Minutes* is out they may have found something else.

I am saddened to see this happen, Yahoo! has always been the best for our group purposes but changes do happen.

I want to wish both groups success in finding a safe and permanent place to meet.

The link is <http://health.groups.yahoo.com/group/unofficialnicanon/>  
Susan K.  
Georgia



## Looking to do 12<sup>th</sup> Step work? Help wanted In Nicotine Anonymous cyberspace office!

### Email Volunteers

**Duties:** Share your experience, strength and hope with people around the world who email us. Help them find meetings and answer questions about NicA. Provide about 30 minutes a week from your home or office computer.

### **Qualifications:**

**Nicotine free for at least 90 days.** That means free from nicotine in all its forms including smoking, patches, gum, inhalers, chewing, etc.

**Member of Nicotine Anonymous** - meaning you attend meetings and belong to a person-to-person group or are a member of our on-line chat group or communicate via mail or email with other members if meetings are not available where you live.

**Have an email address** and are willing to accept and transmit messages to people around the world who will be writing to us.

**Some computer literacy** - Familiar with using email and know how to access web pages for information. (If you haven't seen our WebPages yet, take a look!)

[www.nicotine-anonymous.org](http://www.nicotine-anonymous.org)

**Willing to give back** - what can I say?

**That's about it. Join other volunteers who are doing this rewarding Twelfth Step work. Training provided (it's rather simple.)**

**For more info contact Alan, Email Coordinator, NicA World Services at: [info@nicotine-anonymous.org](mailto:info@nicotine-anonymous.org)**

Publication Dates and  
Deadlines for Submissions  
for 2006

Publication Date	Deadline Date for submis- sions
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March 15	February 1
June 15	May 1
September 15	August 1
December 15	November 1

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