



VOLUME XVII

September 2007

Number 3

Send letters, articles, stories, poems, artwork, or other material for *Seven Minutes* to:

*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)

Online material may also be sent by email to:

[SevenMinutesEditor@nicotine-anonymous.org](mailto:SevenMinutesEditor@nicotine-anonymous.org)

All articles accepted for publication may be reprinted in outside publications in their entirety at the discretion of the chair and editor.

Your trusted servants,

Gary M., Publisher

Kim F., Editor

Catherine C., Editorial Advisor

Joe S., Subscriptions

#### NAWS Board Meeting

By Dan P	Pg. 1
Fear	
By Natalie	Pg. 3
The Story of a Nicotine Addict	
By Ross	Pg. 3-4
A Reminder	
By Checko M	Pg. 4
Why Living a Day at a Time is Important	
By Gary M	Pg.4-5
The Craving	
By Allana	Pg. 5
The Lobbyville Anniversary Song	
By Sharon	Pg. 5
"Ramblings"	
By Jan	Pg. 9
My Relapse	
By Jojo	Pg. 9-10
A Distant Recoverer's Story	
By Jill	Pg. 10
Editor's Note	
By Kim F	Pg.10
Twelve Steps at Service Level	
By Mark S	Pg. 12
Service Position Open	Pg. 13
Your Notes	Pg. 13

#### *NAWS Board Meeting...*

The NAWSO Board met on July 20th, and from 9:00 until 5:00 we achieved a good mix of debate and action, resulting in a very productive day. I don't think I've ever attended a board meeting where more motions were passed! Treasurer Emeritus Steve M and Chair Emeritus Kate W were unable to attend, but all those who were present brought high levels of energy and a great rapport which lasted the duration. Some meeting highlights are touched upon below.

Online groups--the main ones that we know of being Voices of Nicotine recovery, Unofficial NicAnon, and Lobbyville--were discussed in great length, and there was a general feeling that this is where the future of our fellowship lies. A new position was created at the conference--Virtual Meetings Coordinator--and it was such a hot topic that we actually had TWO people volunteer for the job. We'll be enlisting their help in reaching out to online groups--sending dates and locations for upcoming board meetings beforehand, and posting the meeting summaries afterwards. On a more procedural note, I'll be contacting the groups to fully inform them that they're allowed X number of Conference Delegates per individual meetings they have. Moreover, it was floated that we suggest to these three groups that they could join together to form an Intergroup. To be honest, just how online groups correspond to "face-to-face" groups in terms of representation at the conference has yet to be hammered out, but needless to say we're excited to include them in all things NAWSO.

Speaking of the web, we also talked about some work yet to be done to improve the website. Most of these changes will apply to the "back end," smoothing out the steps required to fulfil literature orders. However, there will be changes

made to the front-end process of MAKING an order, as well; we'll try putting a stop to the way the site keeps taking you back to the shopping cart after every item you select.

On the literature front, it was confirmed that the new *Introduction to Nicotine Anonymous* has been printed and is being distributed--so place your orders today! Also, we voted to include the Conference-revised Questionnaire section in the next edition of *The Book*, as well as the Twelve Traditions. That's right--in about a year or so, *The Book* will be bigger than ever!

Some smaller business items were also worked out. Our intrepid Treasurer Willy S reported that he's begun laying the ground work for the 3-to-5-year budget/forecast that was called for at the Conference. We received a new pamphlet submission, which our fearless Treasurer Elect, Mark S, volunteered to work with the author on revising. It was decided to change the name of the Adopt-A-Highway outreach service position to "Storefront Outreach," as the previous name was misleading, not to mention sort of taken. Our dynamic Secretary Elect, Mary P, was really on the ball via-a-vis changes we need to make to our internal documentation, especially centralizing our Policies and Procedures. Lastly, I'd like to add here as a separate reminder that the Board agreed to finalize a timeline for approval of issues of *Seven Minutes*, but until such timeline is fixed, all Board members present committed to proofing the next issue and replying to the editor within 96 hours.

The July meeting really was an auspicious beginning to what I think will be a very fruitful year!

Yours in Service,

Dan P

### **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 or A.A. as a whole.
5. Each group has but one primary purpose—to carry its message to the alcoholic who still suffers.
6. An A.A. group ought never endorse, finance or lend the A.A. name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.
7. Every A.A. group ought to be fully self-supporting, declining outside contributions.
8. Alcoholics Anonymous should remain forever non-professional, 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.

Reprinted for adaptation with permission of the A.A. Grapevine

## *Fear...*

I was so afraid to quit that I couldn't even pick a quit date. I just came to type share on line meetings. I tried f2f meetings but they were held on Friday nights right after work and were a 30 minute drive away (each way). Fatigue beat me down.

But when I discovered this group I found that meetings were more doable ... of course, I continued to smoke for more than a year after joining this group, but was reassured that (different from AA—I could continue to smoke) it would work as long as I worked the steps and came to meetings. We would also chat in Messenger when we felt weak, afraid, and discouraged and for a long time I didn't even know or understand about posting on the board.

Never terribly religious or observant on a formal basis and having bad feelings about past experiences with organized religion, I began praying (asking) for help, guidance, comfort from my HP using the Serenity prayer as my guide. I knew I was scared and as my confidence in my HP grew ever so slowly and I practiced being a nonsmoker for longer periods of time, however briefly, I gained trust that it could be done.

I was encouraged by members here, past quits of mine, and more and more determined that when I finally quit this time I wanted it to be the last quit. I could taste the desire to be free of this ... and hated the addiction so much ... That's what it took for me ... a strong hatred of nicotine and the addiction, learning to trust my HP, leaning on those who are also struggling, and taking care of myself with gentleness and kindness. Just as I learned how to become a nicotine addict the first time, I needed to learn how to become free of the addiction.

It is scary to think of living ones life without our "crutch" but each day living free of it and trusting in something bigger than ourselves is the basis for getting past the fear and doing what we know we need to do and helps us keep our determination to become free and stay free

of nicotine. I had to learn to understand and work the steps and trust.

When we trust something greater than ourselves, we lose our fear. When we lean on something (an idea, a program, an HP) and don't expect to do it ourselves, the fear begins to leave ( a little bit at a time).

At least that's how it worked for me. Fear was my biggest obstacle to success and it took me a long time to overcome it. Pills, patches, and the like (even magnets on my ear lobes) were only gadgets and crutches and didn't do a thing to help me overcome the fear of living without the addiction ...

Keep coming back here, attend as many meetings as you can, latch onto people who are positive and encouraging, and work the steps. I promise that if you do your part, the miracle will happen for you.

YFIR,

Natalie



## *The Story of a Nicotine Addict...*

### **My Early Years**

I was born in a time when most people I knew smoked. It was a working class family in northern England; my mother and father always wanted a son but got me instead. They both worked hard and I never saw them except when they came home from work, and that was for about an hour. We did not have much money and the person who I can genuinely say loved me and brought me up is my maternal grandmother, both my mother and father were heavy smokers and from what I can remember most of my family smoked. I can remember the smell of stale smoke when my uncle or aunt came round and I guess I got used to the smell.

When I was 15 I began my journey into the prison of being addicted to nicotine. It was at an all girls' school and the usual thing to do was buy five Woodbines (*a British*

*brand of cigarettes—editor*) and a cheap box of matches; the cigarettes were duly shared out and we each had one. Oh, I coughed and spluttered, but I carried on smoking, oblivious to the fact that it was making me feel sick.

Afterwards we used to suck a mint hoping the teachers wouldn't guess what we had been doing during our lunch or afternoon break. I thought it was so grown up to smoke, after all, my parents and other grown ups smoked, so why not me? Ahh, such is the stupidity of the thinking of teens.

Well, I smoked when I could and, when I left school and started working, my father caught me puffing away on a cigarette and said "look, if you're going to smoke do it in front of me, not behind my back" and I got a clip round the ear for my trouble. He then said "ok, you have to buy your own cigarettes out of your wages" but I didn't earn a lot of money so I only smoked about 10 a day.

In those days, cigarettes were very cheap and you always found ways of making them last longer by buying papers for rolling cigarettes. Throughout my working life I smoked and it got heavier and heavier until I was smoking up to 20 or 30 a day.

I was married in my early thirties to a man who said he loved me and, in my naiveté, I believed it, but it turned into the marriage from hell— regular beatings and rapes ensued and I smoked to cover the pain and blocked as much as I could by smoking.

At this time of my life I also drank quite heavily, to cover the pain of being in an abusive marriage. I became pregnant a few years after the marriage and to my eternal regret smoked and, yes, I drank but I cut down a lot. My daughter appeared into the world after a long labour and there I was in hospital still wanting a smoke. I can remember sneaking out of the ward on many occasions to sneak a cigarette

*(Continued on page 4)*

(Continued from page 3)

and getting told off for that very reason.

I continued like this for many years during my daughter's babyhood and into her childhood, all the while suffering at the hands of her father.

When she was almost 11 things came to a head when something happened that made me have the courage to escape from that hell of a marriage. This was the illness of my mother with lung cancer.

She was very ill and both my daughter and I left my husband and went to live at my mother's house. It was a shock to see her all skin and bone and no hair at all. And she was still smoking 40 a day even then.

Sadly, the cancer took her life at the age of 63. My father, who at this time had stopped smoking, was devastated. My sister (who is 12 years younger than me and also smoked) sorted out the funeral and I did what I could but mostly I lived in a cloud of cigarette smoke. Soon after began my battle for freedom.

### **Later Years and Up to the Present Day**

I did quit for five years but stupidly started again when my daughter, then aged 16, decided she wanted to live alone. She said that I embarrassed her 'cos of things I don't really want to go into here.

I started to smoke again and continued to battle against this addiction. This carried on for years afterwards until 2006 /2007 when I realised that I was powerless against this addiction to nicotine. I had by this time joined two 12 step groups, Unofficial Nicotine Anonymous and VONR and slowly I worked on myself and the steps.

It has been a hard and long road to really admit that I am addicted to this substance called nicotine but on the 1st Jan 2007 I finally said goodbye to the one thing that I thought was my constant companion and friend. It actually ended up being my prison warden.

I am now over one month free from this addiction and maybe when you are reading this I will be smober for a lot longer . I do go day by day and I keep alert, for this addiction can catch you unawares and you never know when you will be tempted to smoke so I have to keep alert and on

my toes...I have been very lucky because of the amount I did smoke.

I have found out how to accept love which I never could before. I have learned to trust in my Higher Power and I walk with him almost like a daughter holding her father's hand and I find that my HP is almost like an imaginary father to me. He guides me which way to go. It's a hard road and I have had a lot of cravings and moods and some days have been so hard I thought I could not cope anymore but I did, I stayed close to my groups VONR and NicA and things are going well so far.

Ros

### *A Reminder . . .*

I recently re-read something I wrote in 1995, 5+ years into my recovery, which then, as now, reminds me of the value and the need for practicing the principles of this program on a daily basis.

#### **Before the Morning Light.**

I awake, yet again, in that darkness with my regrets and my longings beside me.  
We toss and turn together,  
trying to bear one another.

Another reminder to accept what I'm powerless over,  
what is unmanageable, and  
that help would come, if I asked.

I need a daily conscious prayer  
for the serenity to soothe my anxiety,  
letting what is unmanageable to be  
lifted,  
and the relief I truly desire.

I need a daily conscious prayer  
for the courage to pursue my hope,  
letting go of the fear that keeps me  
distant,  
and the forgiveness to see myself  
anew.

I need a daily conscious prayer  
for the wisdom to decide my way,  
letting grace's guidance be heard,  
and the surrender to heed it.

I need a daily conscious prayer  
for the strength to move forward,  
or else I'm destined to that darkness,  
with only my regrets and longings for  
company.

in fellowship  
Checko M

~ ~ ~

### *Why living a day at a time is important...*

Why is living a day at a time so important? It's the whole crux of our program. You can do anything if you only had to do it for one day. Supposing you had to quit smoking for the rest of your life. That would be horrible, terrifying as hell and impossible to do. If I had a choice of smoking and staying in my own little world and coughing myself to death, going to hospitals etc versus the idea of not smoking forever and going out of my everlasting brain, I would take smoking bar none! I couldn't handle the emotions that went with quitting. Screw that nonsense!

So if I want to quit but can't quit on a forever basis what the hell am I going to do?

If I quit, I am either going to blow my brains out or yours or both.....

If I don't quit I'll be spitting blood and laying on the ground trying to breathe.....and lighting up another cigarette because somehow in this insanity I think it will make me feel better.

So what does one do?

Simple.....Just don't smoke for today or even just for right now.....That's it , pure and simple! Don't even consider the forever game, it won't work...never has and never will so don't play it.

After you get used to not smoking for today , then you start applying these principles in our program, just for today. Everything is for today. Live in the moment. You can deal with things while in the moment.

You learn to do things with God on a daily basis. You can only learn one thing at a time. You can only breathe for right now. All we are capable of doing is what is in front of us at this exact moment. So if we start worrying about something next week, we are doing the impossible. It ain't here yet! And then, nine out ten times, our worries are for naught.

But we can't do this by ourselves. We really need God's help in this walk of newness. I used to kid myself "If there is a will, there is a way". True up to a point. We as human beings are very limited in what we can do and we have to ask for help— there is the dilemma. That famous word pride comes into play. To ask for help, especially from an un-

(Continued on page 5)

(Continued from page 4)

seen source, is asking just a little too much out of an addict like myself. For 59 years I did it my way and my way was no way to play. It wasn't working anymore. If I smoke, I die.

I am so amazed at the simplicity of this program that I couldn't see the forest because of the trees. It's hard to do but it's simple in context. I find for me living one day at a time that sometimes I don't want the day to end. I hate getting tired and having to go to sleep because I still want to do things. I have over 8 years of nicotine free days and as I look back over these days as they are only one day at a time, it seems like one long day separated by periods of darkness, called night. Throughout this long day I work, I play, I sleep ...

I bet some of you have played that "What if game" ... that game plays well when you live in tomorrow's time. It drives you nuts. It goes like this. What if I lose my business, will I smoke? What if I lose my wife, will I smoke? What if I get divorced, will I smoke? All the ifs and things we think of that make us smoke. So I answer myself, yeah I would probably smoke and then feel guilty for thinking of those thoughts, I feel like a phony.

So I tell myself then I am not smoking on a conditional basis and that makes me feel even worse. So I guess I am just waiting for an excuse to happen.

That's tomorrow's thinking and that isn't reality ... These things may never happen and then again they may but you don't know that. The reality is that you're not smoking for now. That's all you have to concern yourself with when you think those thoughts. Now I played that game and guess what? I separated from my wife and didn't smoke, One of my brothers died and I didn't smoke, A favorite aunt died and I didn't smoke, I went into financial ruin and I didn't smoke.

So what are the criteria for staying stopped? Recognizing that smoking isn't going to help anything one bit better, knowing smoking will kill me if I light up, and realizing today is the only day I have to not smoke! Now, how do I stay stopped? Realizing I am not cured and I can't forget where I came from so therefore I keep close to my program and my friends. Be willing to share my strength, hope and experience, stay

in service, stay close to my meetings and know its no big deal to do that. It's a way of life for me but the underlying theme is still there. I have to stay and give it away to keep it. I also call it paying my premiums on my Nicotine Anonymous Life Insurance Policy.

I want to keep my premiums paid up to date and like it even better when they're paid in advance.

If you're new to this program, well, jump in, get your feet wet and don't look back ...

Yfir  
Gary

### *The craving...*

Thanks to this group, all the meetings, and all the wisdom I've had the privilege of hearing, I am writing to thank you for my smobriety. Specifically, I was coming home from work yesterday and for unknown reasons had a craving for a cigarette.

Because of all of you, I didn't panic, I didn't question it and I didn't act on it. I just calmly said to myself (exactly as I've heard others say here) - "well of course I have a craving to smoke. I'm a nicotine addict and that's what we do".

End of craving, end of situation, and on with the day. Before, I would have sat down and wondered what had happened to trigger the craving, I might have figured that thinking about it meant that I wasn't really solid in my smobriety and I would have likely picked up a pack so I could think it over while having that sneaky smoke...

As someone I admire and respect often says to me "Your addiction is doing push ups out in the parking lot waiting for you to weaken, while you go merrily along in your day"...

Love this program, love the wisdom contained here, and loving my new life - ALL because of you.

Thank you from the bottom of my now-fuller-than- -I-might- have--once- hoped--for heart,

Allana

~ ~ ~

## *The Lobbyville Anniversary Song...*

Right now, it's time for us to celebrate Lobbyville's 1 year anniversary Right now I say don't kick the baby then I look around -

Oh hell - I'm in the nursery Right now nicodemon's on my shoulder with a Camel Light telling me I can't say no

Oh but he don't know That we dug our teeth into the Steps Talked about our feelings and everything else.

Gathered up our tools & practiced the 5 D's.

We've got a Lobbyville meeting at 8 am

New people comin' in - what to say to them?

Come along with us & share smobriety.

Right now you're prob'ly wonderin' "what am I doin' in a Nicotine Anonymous meeting?"

Right now I thought that I'd be smokin' but instead I'm sittin' on yahoo greetin'.

Right now there's people out there thinking they can't do without a smoke,

Oh, but they don't know..

That we dug our teeth into the steps Talked about our feelings and everything else.

Gathered up our tools & practiced the 5 D's.

We've got a Lobbyville meeting at 8 am

New people comin' in - what to say to them?

Come along with us & share smobriety.

I might have saved a little trouble for the next guy

Cuz the promises do come true - yeah they do,

Oh, for me and you Oh me and you

Cuz we dug our teeth into the steps Talked about our feelings and everything else.

Gathered up our tools & practiced the 5 D's.

We've got a Lobbyville meeting at 8 am

New people comin' in - what to say to them?

Come & hang with us & we'll share smobriety

Sharon

(Continued on page 9)

# "RELISH THE MOMENT"

Nicotine Anonymous World Services  
Conference XXIII  
May 2 - 4, 2008



## Holiday Inn Ronkonkoma

3845 Veterans Memorial Highway, Ronkonkoma, NY 11779

For reservations call: 631-585-9500 or 1-800-HOLIDAY or contact Pat Garcia 631-471-0426 and mention "Nicotine Anonymous."

To book online go to [www.holidayinn.com/longislandny](http://www.holidayinn.com/longislandny) and use code P62  
HOTEL RATES: \$95.00 + tax for two double beds or one king-size bed

*Rates will be honored before and after the conference.*

CLOSEST airport is Long Island MacArthur Airport in Islip

- Free shuttle from Airport to hotel. Use courtesy phone in terminal for "Holiday Inn Van."
- Hotel is easily accessible from the Long Island Railroad "Ronkonkoma" stop. Call front desk for courtesy cab 631-585-9500. AirTrain service is available from New York's JFK airport to the Long Island Railroad's Jamaica station. Take the LIRR from here to Ronkonkoma station.

See our website for more information about transportation: <http://www.nicawsc08.homestead.com/index.html> and for the after-conference activity.



-----  
COMPLETE AND MAIL TO MARTHA K. C/O NAWs 419 MAIN ST., PMB #370, HUNTINGTON BEACH, CA 92658

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY, STATE ZIP \_\_\_\_\_

PHONE \_\_\_\_\_ E-MAIL \_\_\_\_\_

\_\_\_\_\_ Yes, I am an ELECTED delegate representing the following group or Intergroup:\*

\_\_\_\_\_ I would like a roommate\*\* \_\_\_ Male \_\_\_ Female

\*Delegates must be registered with World Services *no later than April 2, 2008* NAWs Secretary, 419 Main St., PMB #370, Huntington Beach, CA 92658; e-mail [secretary@nicotine-anonymous.org](mailto:secretary@nicotine-anonymous.org). Include name, address, phone, e-mail and group representing. **PLEASE SEE REVERSE SIDE FOR MORE INFORMATION ABOUT THE DELEGATE PROCESS.**

\*\*Every effort will be made to help you find a roommate. However, you will be responsible for contacting each other and making arrangements for your stay at the hotel.

**Registration:(Cash or check only for registration, literature and merchandise at the conference.)**

\$25 Early Registration **OR** \$35 Late Registration (after 4/22/08); \$20 Two days only; \$10 One day only

Non-NicA spouses and partners no charge #of registrants: \_\_\_\_\_ TOTAL \$ \_\_\_\_\_

### Meals:

Saturday Dinner buffet \$32.50 # of adults \_\_\_\_\_ Children's \$19.95 # of children \_\_\_\_\_

Sunday Brunch buffet \$26.00 # of adults \_\_\_\_\_ Children's \$16.25 # of children \_\_\_\_\_

TOTAL MEALS \$ \_\_\_\_\_

Optional Donation to World Services \$ \_\_\_\_\_ TOTAL ENCLOSED: \$ \_\_\_\_\_

Make checks payable to Nicotine Anonymous Conference XXIII.

Questions??? Please contact Conference Chair, Martha K. at [marthak316@yahoo.com](mailto:marthak316@yahoo.com) or 631-653-

3483

### **Why do we elect delegates?**

The purpose of electing delegates is to ensure that the group conscience is served through equal and fair representation of our membership. Registered delegates receive packets of information concerning the voting items being presented, enabling them to review the materials in advance and to learn their home group's conscience prior to the conference.

### **How do I learn whether my Intergroup has already selected a slate of delegates?**

The following is a list of phone numbers and websites of registered Intergroups. If you live in one of the areas listed, please contact the Intergroup for further information about becoming a delegate. If you live in an area where there is no Intergroup, your group may elect you as a delegate.

#### **NORTH TEXAS INTERGROUP**

MEETING INFO: 214-327-1633

Dallas, TX

#### **TIDEWATER INTERGROUP**

MEETING INFO: 757-538-2699

Norfolk, VA

#### **NJ / PA INTERGROUP**

MEETING INFO: 201-947-3305

NJ/PA

#### **SO CALIFORNIA INTERGROUP**

WEBSITE: [www.scina.org](http://www.scina.org)

Los Angeles, CA

#### **ARIZONA INTERGROUP**

MEETING INFO: 480-990-3860

Chandler, AZ

#### **SAN DIEGO INTERGROUP**

MEETING INFO: 619-682-7092

San Diego, CA

#### **ST. LOUIS INTERGROUP**

MEETINGS INFORMATION: 314-832-9279

St. Louis, MO

#### **UK INTERGROUP**

WEBSITE: [www.nicotine-anonymous.co.uk](http://www.nicotine-anonymous.co.uk)

Meeting Info: **020 7976 0076**

#### **HOUSTON INTERGROUP**

MEETING INFO: 713-827-5989

Houston, TX

#### **CHICAGOLAND INTERGROUP**

WEBSITE:

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

Chicago, IL

#### **NEW ORLEANS INTERGROUP**

MEETING INFO: 504-552-9271

New Orleans, LA

#### **NYC METRO INTERGROUP**

MEETING INFO: 631-665-0527

NYC Metro Area, NY

#### **AUSTIN INTERGROUP**

MEETING INFO: 512-467-2795

Austin, TX

#### **GEORGIA INTERGROUP**

MEETINGS INFO: 404-244-8444

WEBSITE: [www.ga-nica.org](http://www.ga-nica.org)

Atlanta, GA

#### **NO CALIFORNIA INTERGROUP**

WEBSITE: [www.nica-norcal.org](http://www.nica-norcal.org)

Berkeley, CA

(415) 995-1938

#### **NORTHEAST OHIO INTERGROUP**

WEBSITE: [www.ohio-nica.org](http://www.ohio-nica.org)

Email: [neonicotine@aol.com](mailto:neonicotine@aol.com)

**How many delegates can an Intergroup vote to elect?** Each Intergroup is entitled to send one delegate for every three meetings it represents and one additional delegate for any portion thereof.

**What if my group doesn't belong to an Intergroup?** Groups that are not affiliated with an Intergroup are also eligible to send a delegate using a similar system. If there are between one and three groups not affiliated with an Intergroup, those one, two or three meetings may elect one delegate collectively to represent them. If there are more than three, those groups again may collectively send one delegate for every three meetings and one additional delegate for any portion thereof.

**Delegates must register 30 day prior to the conference with Nicotine Anonymous World Services, Attention: Secretary using the address above, or via email at [Secretary@nicotine-anonymous.org](mailto:Secretary@nicotine-anonymous.org). The following information must be provided: Full name, mailing address, telephone number and the name of the group(s) or Intergroup that delegate is representing.**

***Can you answer any of these questions?***

What is your nicotine addiction like? What is working for you?

What are you grateful for today, either being free of nicotine or having found Nicotine Anonymous? Do you remember your first days free of nicotine? What helped you?

Have you felt fear of doing something new that reminds you of your active addiction?

How have you dealt with anger since being free of nicotine?

How do you work the Steps in your life?

How has a Step-study helped you?

Do you have a Nicotine-free anniversary or special occasion coming up?

Are you looking for some service to do for the Fellowship?

Do you want to contribute to your recovery and contribute to the recovery of others as well? Do you ever feel great after sharing at a meeting?

Do you like to write?

Do you NOT like to write? Can you record yourself sharing about your freedom from nicotine, and then transcribe it onto paper?

***If you answered "yes" to any of these questions, then***

***YOU HAVE A SHARE FOR OUR NEXT MEDITATION BOOK!***

You do not have to think you are a "writer." Basically, if you are a member of Nicotine Anonymous, then you have a tidbit to share! If I waited till the moment I thought I'd speak eloquently I'd never have opened my mouth at a meeting and I never would have eventually gotten free of this deadly addiction! Similarly, if, 365 times, some of us would have felt stuck in our fear that the meditation we wrote is not good enough, our fellowship would not have a whole book being published!

Send your short piece to

[dailymeditations@nicotine-anonymous.org](mailto:dailymeditations@nicotine-anonymous.org)

World Services

419 Main Street, PMB# 370

Huntington Beach, CA 92648

FAX (714) 536-4539



(Continued from page 5)

## "Ramblings"...

Jonesin' for, moanin' for, phonin' for a cigarette. Everybody's relapsin', why not me? Got the damn I want a cigarette blues. Se-re-ni-tee ain't for me. Higher Power--what about a flower? I mean, must be because why have a flower if there ain't no Higher Power.

Why have the beat if you ain't got Mr. or Mrs. On High keepin' you on your feet. I'm so sad could throw myself one of them red carpet pity parties. Think I'll do that.

I'm so mad think I could throw myself off a cliff and be happy smashing the pig below. (The pig saves my life and gives up his). Laughin' now. Tellin' pig stories, oh my.

My IQ must be 0. At least that ain't my smobriety time. Laughin' again. Oh guys and gals, so glad happy you are here. So glad happy I can just go CRAZY and you'all know xactly what I mean and FEEL.

Ooooooh, don wanna feel. Sure don't. But rather cry a barrel of tears than smoke 'em back inside. You know what I mean. Well, goin to try to start the day with those damn I want a cigarette blues but be thinkin' about you all and your SMO-bri-e-tee and keepin' mine close to me.

Luv ya!

Jan

~~~

## My Relapse...

I must re-set my Quit Meter before I go to sleep tonight. After over 4 months of successful smobriety, this is not an easy thing for me to do, for sure. But New Beginnings are just that, and tomorrow is a new, fresh day of

my life.

I have suffered a relapse, and this time, I want to still love myself; to give myself credit where credit is due, to maintain a positive, hopeful attitude, and perhaps most important of all, to not drag-out getting back on the wagon and beginning a new quit.

I won't go into the "reasons and excuses" as for my relapse this past weekend - those are all a dime a dozen. But I do feel a strong need to share what was going on with me, and where I am at now.

And where am I?

I am a humble, ever-so-grateful nicotine addict who has chosen to continue her journey down this familiar road called smobriety and recovery.

I am forever grateful because I have had over 4 months of continuous smobriety this year.

I am grateful that my God still continues to hold out His hand to me.

I am grateful that I have the ability - powered through my God - to once again be in the blessed state-of-recovery.

I am grateful that I am able to get back-on-track less than a week after suffering a relapse. One day, one hour, indeed, one moment at a time.

I am grateful for VONR, and for each one of you that has extended your hand of true friendship and support to me, regardless of my shortcomings. You guys are the best! I am thankful for each one of you who make up this group. As I have said before, this group is like no other.

I appreciate the 4 months of smobriety that I was able to give to myself - it is such a total miracle - and one that would not have happened without my desire and willingness each day, to commit to doing whatever it took to retain my smobriety. A big part of that was attending meetings, doing service work, and keeping my eye on the ball at all times.

I feel positive about the vital lesson that I want to make certain that I have learned through having this relapse. About what I need to do - to apply what I have learned and - indeed - to what I continue to learn as I continue on this journey of doing whatever it takes to maintain my smobriety - and for me - exactly what does this mean? I feel like it is crucial that I get this figured out.

"Somewhere between not being able to attend meetings regularly (due to my back injury, subsequent surgery, and now post-surgery recovery period ) I lost sight of what I needed to keep, in order to hang on to my smobriety.

I was in an 8 AM meeting this past week, and one of the Topics was:  
"My spiritual life is not a theory; I have to live it."

WOW.

Let me say that again:  
"My spiritual life is not a theory; I have to live it."  
Emphasizing LIVE IT here. Every day, every hour, every waking moment. A wake-up call for me. Funny how a person can be "sleeping" when they think that they are wide awake.

I realize now that when I was put into a situation where I could not attend regular meetings, that I subsequently failed to do whatever it was at that time that I needed to be doing - or not doing - to remain smober without meetings. I lost my focus, and my priority to remain smober took a backseat.

Just one of the things that I despise about this addiction the most I think is that it is such an evil sneaky snake - I believe insidious is the word I am looking for.

I did not realize it at the time that it was happening - but

(Continued on page 10)

(Continued from page 9)

when it happened that I was not able to be in meetings, I failed to maintain a healthy spiritual life - to practice the 12-Steps in ALL my affairs - INCLUDING a physical injury, physical pain, surgery, a hospital stay, and now, post-surgery recovery time.

What I am focusing on now is not allowing those mind-games of stinkin' thinkin' to get a foot-hold back into my life. And I very much need meetings - and at the same time - I want to get to a place in my nicotine-recovery where I will continue to sustain my quit if something happens again in my life that is beyond my control, where I am again forced to not be able to attend meetings regular. Does this make sense?

As I once again take on a new quit, it is disconcerting to me to know that this could happen again to me, down the road in my recovery. Because I did not even realize at the time what was happening; I guess that I was just focused on the other major things that were happening in my life at the time, you know, that seemed to be taking over. But - then again - that is where I need to take the steps that I need to take, to do what I need to do to protect my quit, should I find myself again unable to attend meetings on a regular basis.

Now, as I embark on a new quit, I want to make sure that I am doing things daily for myself that will sustain me if I ever have to be without meetings again - which of course I hope never happens again - but who can predict the future?

So there again, I guess that it comes right back to making sure that I stay in the moment of my quit - one day, one hour, indeed, one moment at a time.

Love,

Jojo

~~~

## *A Distant Recoverer's Story...*

It's amazing how quickly I forget ... shall I ... shan't I go to a meeting ... what about ringing my recovery friends ... and yet there was a time not long ago when most of the ways of keeping in touch with my recovery friends were denied me.

After 18 months recovery in the UK I learnt that my husband was relocating overseas. Despair settled in and much praying, handing over, reading and sharing followed. I'd been told what to do ... get to meetings... read the literature... share with others... and use the telephone. How could I stay in recovery without all of these? And, as so often happens nowadays, the answer was beamed down to me.

The early pioneers did not have lots of meetings .. many had none at all.. just like me ... but unlike me, they did not have the internet. The connection was not always good, but sitting in my office on the Equator, I was able to join daily online meetings in Australia and the USA, via type share and sometimes voice share. I can remember the first time I heard a fellow recovery friend's voice through my head set .... I cried ... the pure joy of knowing I really wasn't alone anymore, was overwhelming. The connection was neither constant nor reliable, and I remember a one hour meeting during which I tried 47 times to log in. More tears of frustration and despair, but again the correct thought came to me ... I was trying to get to a meeting .. the intention was there ..and I didn't give up ... so that's what counted!

I was lucky enough to find a UK based on-line group who at one time had 9 members from 7 different countries .. a truly worldwide fellowship. We met once a week and through this group I was able to do some service.. just like at home.. and the virtual cakes we ate had no calories! I was even able to 12 step someone who was alone and desperate in Korea.

How amazing is that .. I was in Africa, she in Korea and yet the hand of recovery joined us together.

Whenever possible I rang my sponsor every week (again connections willing) ... in thunderstorms (with a tin roof, sometimes it had to be from inside the wardrobe) ... but we kept in touch and she was invaluable at keeping me focused on what I had available to me, rather than what I did not.

And I had my recovery magazines. I had bought quite a few before leaving, and read and re-read them until they were dog-eared .. collecting more on my frequent visits back to the UK. What an inspiration they were and how much better I felt for their encouragement.

Then there was the email .. my home group kept in touch, and kept me going with their kindness and thoughtfulness ... when you are having a difficult day there is nothing like opening your mailbox and seeing a cheery message. And it was to them I returned whenever possible.

I owe a huge debt of gratitude to my group of recovery friends in its many forms, and as I now have so many choices now that am living back in the UK, I must remember and pray for those that don't, and those that supported me when I was in need.... including all those contributors to recovery magazines.

Jill

~~~

## *Editor's Note...*

Please note that details of 2 World Service Conferences are provided in this issue of *Seven Minutes*. This is so you can start planning your attendance at the 2009 Conference as well as the 2008 one!

Apologies for any confusion this might cause :-)

# It's time for the 14th Annual Nicotine Anonymous



This year's theme is "Promises on our Steps to Recovery"

**Whether you are new to Nicotine Anonymous or a long-time member, or somewhere in-between; this weekend dedicated to fellowship is a very special time to share your stories of recovery.**

Fall Foliage  
Encouragement \* Serenity  
Experience \* Strength \* Hope  
Honesty \* Openness \* Willingness  
Meetings \* Fellowship \* Chat \* Inspiration



#### REGISTRATION:

To register at the Villa Vosilla, call 1-800-766-4825. The Staff members know Nicotine Anonymous and are ready to help.

When you call to register, be sure to mention that you are with the Nicotine Anonymous group so you will receive our group rate.

#### RATES:

Double: \$195.00/Person; Single: \$225.00/Person  
Includes 2 nights, 6 meals, taxes and tips

There is a \$5.00 Nicotine Anonymous registration fee collected at the villa. As always, we welcome volunteers. To volunteer, or if you have any questions, call Teresa G. at 845-691-9713

#### DIRECTIONS:

From NJ: take Rt. 17 or Garden State Pkwy to NY Thruway.

From NY: Take Thruway, go North to Exit 20, then north on Rtes. 32 & 32A to Palenville.

Go left on Rte. 23A (Rip Van Winkle Trail) to Tannersville.

From Boston & New England: Take Mass. Turnpike west to NY Thruway, south 10 miles to Catskill Exit 21, left on Rte. 23, 4 miles and right on to Rtes. 23A & 9W. Stay on 23A to Villa Vosilla, 2 miles before Hunter.

By Bus: Direct service from Port Authority, 8<sup>th</sup> Ave. & 40<sup>th</sup> St., on Adirondack Trailways. 1-800-858-8555.

## *Twelve Steps at Service Level...*

I've been in Nicotine Anonymous for a few years now. I've really got that promise I hear in meetings every week where "We begin to forget we had been nicotine users, except at meetings." I worry little about smoking today, on a day-to-day basis.

So why do I need to keep coming back to Nicotine Anonymous? Why do I continue to give service? It's all about step twelve: "Having had a spiritual awakening as the result of these steps, we tried to carry this message to nicotine users and to practice these principles in all our affairs." I don't have to smoke cigarettes, today, and I'm grateful for that. But I know that the reason I don't have to smoke cigarettes is because I work the twelve steps; all of them; and that I need to continue to do so for the rest of my life. I am a nicotine addict, and I will always be one. I forget that only at my greatest peril. So, grateful that I do not have to smoke today, my job in recovery is to help the nicotine addict who still suffers.

This can be an aggravating prospect. There are so many nicotine users who aren't ready to quit. So many times I offer a suggestion, hoping to be helpful, and nicotine users get ugly with me. Even when they seem to be ready to come to meetings and work the pro-

gram, I don't know what to do to help. They don't follow my suggestions, they don't do the steps, they don't use the tools. And there are all those other recovering smokers telling newcomers things that are just WRONG. Why aren't my fellows in Nicotine Anonymous working the traditions "right"? And that passage in The Book isn't true at all. How do they expect people to stop smoking if we tell them THAT? What a mess! This is crazy! We're fouling it all up. I NEED A CIGARETTE!!!!

Thank God, my recovery doesn't end when I stop using nicotine every day. I still have a few defects of character that I'm powerless over, and I need to practice these principles in all my affairs. It's layers of the onion. It just goes deeper and deeper, and there is always more to do.

I have been very grateful that my higher power is teaching me to practice the twelve steps in my service work. I am powerless over the nicotine addict who still suffers, I am powerless over my meetings, I am powerless over my Intergroup, Nicotine Anonymous World Service, other members of Nicotine Anonymous and over anyone who ever needs or wants my help in recovering from nicotine addiction or in carrying the message. I am powerless over my temper, my judgment, my arrogance, my fear, and my pride. All of these things make my life unmanageable, and I need to remember this, I need to no-

tice it, and I need to continue to work the twelve steps around it.

When I practice the twelve steps, I remember what the serenity prayer teaches me: That I am powerless over others, not over myself; I am powerless over the past and future, but not over the present. I am powerless over the results of my actions, but not over my actions. When I remember this, I can give my service with an open heart and an open hand. My job is to carry the message. My fellow addict gets to do whatever he wants with that information, because my job is not to heal the addict—that's God's job. My job is to carry the message. I do that because I have to do it to stay in recovery. So once I've carried the message, I've done my job, and the result of that is none of my business. I can move on to the next moment and the next opportunity for service with a light heart and a joyful smile. Because God is granting me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference....

Mark S.

~ ~ ~

### *Service Position Opening...*

NicA WSO has a service position open for a "Storefront Outreach" person. This position is described as follows:-

"Storefront Outreach targets select areas of a city or town, in which awareness of Nicotine Anonymous is raised via the continual distribution of pamphlets, flyers, and business cards, usually with the participation of local businesses and organizations."

Interested parties please contact:-

E-mail: [info@nicotine-anonymous.org](mailto:info@nicotine-anonymous.org)  
Write: Nicotine Anonymous World Services  
419 Main Street, PMB#370  
Huntington Beach, CA 92648

~\*~\*~

### *Your Notes...*

The rest of this page is provided for you to make notes on your progress with the Steps or to start a journal of your quit if you think that would help

**NAWSO**  
**Profit & Loss Prev. Year Comparison**  
**January 1 through August 6, 2007**

Jan 1 - Aug 6,    Jan 1 - Aug 6,  
2007                      2006

**Ordinary Income/Expense**

**Income**

|                                 |        |        |
|---------------------------------|--------|--------|
| 4000 · Donations                | 4,734  | 3,530  |
| 4100 · Literature Sales         | 22,342 | 24,294 |
| 4290 · Shipping & Handling      | 3,307  | 3,626  |
| 4299 · Conference Profit (Loss) | 2,011  | 1,541  |
| Total Income                    | 32,395 | 32,991 |

**Cost of Goods Sold**

|             |        |        |
|-------------|--------|--------|
| 5000 · COGS | 12,299 | 13,908 |
| Total COGS  | 12,299 | 13,908 |

**Gross Profit**

20,095                      19,083

**Expense**

|                        |        |        |
|------------------------|--------|--------|
| 6000 · Office Expenses | 24,807 | 14,740 |
| 6600 · WSO Expenses    | 5,858  | 7,458  |
| Total Expense          | 30,666 | 22,198 |

**Net Ordinary Income**

-10,570                      -3,115

**Other Income/Expense**

Other Income

|                        |    |     |
|------------------------|----|-----|
| 8000 · Interest Income | 65 | 318 |
| Total Other Income     | 65 | 318 |

Other Expense

|                         |     |   |
|-------------------------|-----|---|
| 8030 · Interest Expense | 267 | 0 |
| Total Other Expense     | 267 | 0 |

Net Other Income

-202                      318

**Net Income**

**-10,772                      -2,797**

## ***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](mailto:info@nicotine-anonymous.org)

Write: Nicotine Anonymous World Services

419 Main Street, PMB#370

Huntington Beach, CA 92648

---

## ***Looking to do Twelfth-Step work? Help wanted***

### ***In NicA cyberspace office!***

#### ***E-mail Volunteers***

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

Qualifications:

1. Nicotine free for at least ninety days. That means free from nicotine in all its forms including smoking, patches, gum, inhalers, chewing, etc.
2. 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.
3. Have an email address and are willing to accept and transmit messages to people around the world who will be writing to us.
4. Some computer literacy - Familiar with using email and know how to access web pages for information. (If you haven't seen our Web Pages yet, take a look!)  
[www.nicotine-anonymous.org](http://www.nicotine-anonymous.org)
5. 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)

## **2009 NAWS World Conference – Akron, Ohio**

### **2009 World Conference to be Held in Akron, Ohio!**

At the June 30, 2007 Ohio Intergroup meeting in Millersport, Ohio, the intergroup voted unanimously to host the 2009 World Conference in Akron, Ohio. The intergroup initially proposed the scenic Ohio River city of Cincinnati, but attendees of the 2007 Novato Conference indicated a clear preference for Akron, where the Twelve Step program was born as Alcoholics Anonymous. The Intergroup will plan the Conference's Sunday afternoon event around historic Twelve Step sites in Akron such as AA co-founder Dr. Bob's Home.

The Conference Chair is Jules C. of Kent, Ohio, who can be reached at [Jastaine@neo.rr.com](mailto:Jastaine@neo.rr.com) or (330)678-3753. The Publicity Chair is 2007 Novato attendee MJ M of Akron, Ohio, who can be reached at [mjmaling@aol.com](mailto:mjmaling@aol.com) or (330) 645-9173. MJ is creating a 2009 Akron Conference E-mail List for those who would like to receive news and information about Akron and the Conference. If you would like to receive the e-mails, please send your e-mail address to her contact information above. And please don't hesitate to contact Jules or MJ with your thoughts and ideas!



National Register plaque on the home of Dr. Bob, Akron, Ohio.





## **Theme Contest for 2009 Akron Conference**

### **Name the 2009 Akron Conference and Win a Free Registration!**

The 2009 NAWS Conference will be held in Akron, Ohio, where the Twelve Step program was born. The Conference Committee is looking for a special three- or four- word name/theme for the conference that reflects the unique role of Akron as the birthplace of the Twelve Steps. Consider the 2007 Novato theme "Recovery by the Bay" and the 2008 Long Island theme "Relish the Moment" (honoring the area's hot dog history.) Submit your ideas to Publicity Chair MJ M by e-mail at [mjmaling@aol.com](mailto:mjmaling@aol.com), by phone at (330) 645-9173, by fax at (330) 645-1022, or by regular mail at 1177 Ashwood Rd., Akron, OH 44312. THE DEADLINE IS NOVEMBER 15, 2007. The winning theme will be determined by the Conference Committee and the winner will receive a free registration for the Conference! (Conference registration only, not hotel registration or other fees.) Put your thinking caps on and give us your ideas!

## ***NICA AROUND THE WORLD***

### **UK Meetings**

Write to:  
Nicotine Anonymous  
PO Box 1516  
LONDON  
SW1H 9WT  
Tel: 020 7976 0076 (please leave a message)  
Web: [www.nicotine-anonymous.co.uk](http://www.nicotine-anonymous.co.uk)

United Kingdom meetings...

This message was posted on the online message board about meetings in the United Kingdom. To check out the NicA UK homepage go to this link.

<http://www.nicotine-anonymous.co.uk/>

If you want to start a meeting in UK, call 020 7976 0076 for a starter pack.

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

[SevenMinutesEditor@nicotine-anonymous.org](mailto:SevenMinutesEditor@nicotine-anonymous.org) or by snail mail to

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

# BIRTHDAY CONGRATULATIONS!

RUSS P, 05-29-1996  
CHECKO M, 09-07-1989

---

---

## *Birthday Announcements*

N A M E \_\_\_\_\_

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  
Huntington Beach, Ca. 92648 USA.

OR  
Email to: sevenminuteseditor@nicotine-anonymous.org

---

---

### **SEVEN MINUTES** Newsletter Order Form CHECK OUT OUR NEW LOW MULTI-YEAR RATES!!!

*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 may pay by check, money order (in US Funds only), or Credit Card.

|                  | Subscription Rates | U.S. | Canada | Overseas |
|------------------|--------------------|------|--------|----------|
| New Subscription | 1 Year             | \$9  | \$11   | \$14     |
| Renewal          | 2 Years            | \$17 | \$19   | \$27     |
| Address Change   | 3 Years            | \$25 | \$27   | \$39     |

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

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Ph#: (\_\_\_\_) \_\_\_\_\_ Email Address: \_\_\_\_\_

Please send check or money order, in US Funds only, payable to: NAWSO,  
419 Main Street, PMB#370, Huntington Beach, CA 92648

Credit Card (Check One) \_\_\_ MasterCard \_\_\_ Visa \_\_\_ American Express \_\_\_ Discover Card

Name on card \_\_\_\_\_ Signature \_\_\_\_\_

Card# \_\_\_\_\_ Exp Date \_\_\_\_\_

Billing address \_\_\_\_\_

Try visiting our website at: [www.Nicotine-Anonymous.org](http://www.Nicotine-Anonymous.org) You can contact us by email at:  
[info@nicotine-anonymous.org](mailto:info@nicotine-anonymous.org).

(Revised 07-08-05)

*Seven Minutes*

**NAWSO**

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

---

**Publication Dates and  
Deadlines for Submissions  
for 2007**

| Publication Date    | Deadline Date for submissions |
|---------------------|-------------------------------|
| <b>March 15</b>     | <b>February 1</b>             |
| <b>June 15</b>      | <b>May 1</b>                  |
| <b>September 15</b> | <b>August 1</b>               |
| <b>December 15</b>  | <b>November 1</b>             |

---

**CHECK YOUR LABEL!**

Has your subscription expired?

---

**My Address Has Changed!**  
Don't miss an issue!!! Complete this form and mail it to NAWSO, 419 Main St, PMB#370, Huntington Beach, CA 92648  
USA. Thank you!

*My new address and phone is:*

NAME \_\_\_\_\_  
PHONE (WITH AREA CODE) \_\_\_\_\_  
ADDRESS \_\_\_\_\_  
CITY \_\_\_\_\_  
ST ATE \_\_\_\_\_  
ZIP \_\_\_\_\_

*My old address and phone was:*

NAME \_\_\_\_\_  
PHONE (WITH AREA CODE) \_\_\_\_\_  
ADDRESS \_\_\_\_\_  
CITY \_\_\_\_\_  
ST ATE \_\_\_\_\_  
ZIP \_\_\_\_\_