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NAWS Chairman's report . . .

As we ramp up for the conference, much has been happening at the World Services level. First off, I've personally heard from each online group, expressing excitement about the conference, and a determination to have attendees and delegates present. The online workshop at the conference will be truly interesting--a new frontier!

Speaking of online groups, at the January board meeting, it was decided that rather than waste time continually fixing out-of-sync meeting times between onliners' home page calendars and our own "online meetings" page, we changed the latter to a list of non-hot links to individual online groups. That way, onliners won't have to run back and forth between two sources every time a meeting time changes. You can preview the new simplicity here: http://www.nicotine-anonymous.org/meetings_internet_meetings.php

Ah, but far thornier web dilemmas have been resolved in the last three months! My fellow Chicagoan and fearless Treasurer Emeritus Steve and I cleared some space in our calendars to geek out on our website's shopping cart. Believe it or not, we appeared to be charging shipping, handling and taxes on items like donations and digital editions of this very newsletter. After a bit of poking around, we saw this was the result of our previous web developers' "rush job" when converting the site to a new language last year. So after two and a half grueling Saturday coding sessions, Steve and I upended that shopping cart, oiled the wheels, and now it's purring like a kitten. I mean, no longer charging for things it shouldn't, of course.

Meanwhile, in the non-virtual world, Kate and Catherine finished the "final walk-through" on the new book of meditations. *A Year of Miracles* will be our biggest book by far--400 pages--and as of this writing, it looks like it will be our prettiest, too, boasting a full-color cover, and the title on the spine. Thanks to Kate and Catherine for their hard work--I can't wait to see that baby on my book shelf! Look for copies at the conference, or online shortly thereafter.

On the literature front, Checko has once again prepared a great workshop. He's kept an eagle-eye on keeping our books and pamphlets uniform in their adherence to our Traditions, and in making sure t's are crossed, i's are dotted, facts are checked, and the prose flows smoothly. I expect his workshop at the conference will be very productive.

Last but not least, I should mention that our awesome Treasurer, Willy, has designed a brilliant 5-year financial overview, as we were tasked with this at the 2007 conference. He'll present his work at the 2008 conference during the workshop sessions.

I'll be writing a wrap-up of the conference itself, but this will be my last quarterly Chairperson's report for *Seven Minutes*. I've appreciated having the opportunity to share the Board's comings and goings with you in this vital forum. My thanks to Gary and Kim for being always communicative, warm, and sometimes pretty darn funny throughout my term. It's been a relief to work with such dedicated people. Bon voyage!

Sincerely,

Dan P, Chairperson Emeritus

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.
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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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A New Freedom

Rodger F.

Co-founder of *Nicotine Anonymous*

This is the conference-approved version of Rodger's Story. It originally appeared in three parts in successive issues of Seven Minutes in 2004 and 2005. This is part Three; Parts One and Two appeared in the last issue of Seven Minutes.

I was being of service and trusting my higher power and it worked. I have not had any nicotine since February 17, 1982. Those first years were exhilarating. I had a high volume of phone calls every day. We made many mistakes. At first, we decided that one of the steps did not apply to smoking and we became temporarily the first 11-step program.

Maurice, an author, wrote an article for *Readers' Digest* that was published in May of 1985. Thousands of letters poured into the post office box I had borrowed from a friend. In fact, the volume of letters forced him to get a new box. We had no literature so we put together a letter and a meeting format, and some of our phone numbers. For weeks, the members of our Roxbury Park meeting stayed long after the meeting ended, in order to respond to all the letters. We lined up tables and created an assembly line for folding and inserting packages to potential members.

One of the letters we received was from David M., announcing that he was a member of a Smokers' Anonymous meeting in San Francisco that had started two years earlier. We also discovered that Georgie S. together with Doug H. Had recently started a non-smoking meeting for Alcoholics Anonymous members in the San Fernando Valley. She had recently moved from New York where she had attended meetings there for AA members who were using the 12 steps to stop smok-

ing. Shortly thereafter the San Fernando meeting became a Smokers Anonymous meeting.

Within a year, there were a hundred meetings.

The article in the magazine also created controversy. At least two correspondents were from people claiming we had infringed on their legal rights. One claimed that he held the national trademark to Smokers Anonymous and another group claimed to have the California registered business name of Smokers Anonymous World Services. It was David M., who in his calm and spiritual manner, talked to the Smokers Anonymous World Services people and eventually resolved the problem. The conflict with the party that had the trademark continued until the Phoenix conference in 1990.

In 1986, the Northern California members proposed a conference to be held in Bakersfield, California. Thirty-five people from Northern and Southern California came to celebrate our newly formed fellowship. We had workshops.

Bill H. from San Francisco questioned whether we were truly a 12-step program; the general consensus was that we were. Through the fellowship of our program, the 12 steps, and a belief in a power greater than ourselves, we had overcome an addiction over which we had thought ourselves powerless. The next year, there was a second conference in Monterey at which Maurice Z. became our first main speaker.

In those first years, the San Francisco groups established the first intergroup and started using a small room at the Drydock, a 12-step clubhouse, managed by David M. as their base of operations. Learning from the Northern California experience, the Southern California groups also formed an intergroup with Georgie S. as the first chairperson. Some years later, Georgie moved to San Francisco where she be-

came involved in the program there. She and David became our first Smokers Anonymous romance that led to marriage.

I had become friends with a number of the San Francisco members, especially Bill H., who founded our newsletter, *Seven Minutes*. One day he and I were attending another 12-step program meeting on Guerrero Street. When we were leaving, Bill said that he had been thinking that we should start up a World Services organization. I told Bill that starting a World Service organization sounded much too grandiose. But Bill persisted and with the Northern California Intergroup laid plans to establish a World Services organization at the next conference scheduled for San Francisco in May 1988. This was the first World Services conference. It was during those three days that we established the organization that continues to function to this day. Being elected as the first chairperson of Smokers Anonymous World Services was a tremendous honor for me. Julie W. was elected secretary and Elizabeth D., treasurer.

The next year was an extremely exciting year for all of us. We were putting together an organization that was supporting an ever-growing membership and number of meetings. There were policies and procedures, bylaws, and literature to be written. We had growing pains and arguments where people walked out of meetings in anger. We made mistakes but then tried to make immediate amends and rectify them. People dedicated hours and hours of their time in service to help our fellowship grow and reach more and more addicts.

Personally, I was burning out and had an inflated sense of my own importance. I have heard many people who were founding members of our fellowship describe the same feelings. For a number of years, I was simultaneously the chairperson of World Service and the

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chairman of the Los Angeles Intergroup. I felt I had to hold all these offices and do all that work because the program needed me. I was surprised when I finally opened up the intergroup chair to elections and was promptly replaced. What I found was that a power greater than all of us directs and guides our fellowship, not myself or any other person. We are all indispensable and completely dispensable at the same time.

Just when I think my latest project or job will fail if I'm not there, someone comes forward and takes it to a new level. In 1990, we held our first conference out of California, in, Arizona. For the year preceding the conference Jack C., a founding member of Smokers Anonymous in Orange County, and I had been working with a trademark attorney to try to resolve the dispute with the person who held the national trademark for Smokers Anonymous. Jack, a former World War II Marine Corps fighter pilot, wasn't about to surrender and neither was I. We came to the conference with various options on how to continue the battle and wrestle the name Smokers Anonymous from the person who held the trademark. Then both of us in the heat of the discussion in Phoenix on this issue came to a realization that we had to quit fighting everyone and everything. For legal reasons and to clearly and exactly define who we were, our group conscience came to the conclusion that we needed to change our name to Nicotine Anonymous.

It was a real change in thinking that stirred a lot of emotion. People were attached to our former name. However, we were addicted to the drug nicotine, not just ex-smokers. We were nicotine addicts.

There has also been great sadness for me. My mother who smoked through my infancy, finally quit at the age of 62. I was so happy for her and hoped I had been a positive example. However, some years later the damage done during a lifetime of smoking appeared in

the form of emphysema. It progressed slowly. By the time I brought my first baby boy to meet his grandmother, she was using oxygen fairly consistently and would sit by the kitchen table with her tank and mask. My youngest boy only met her once when he was six months old. In October of that year, my mother contracted pneumonia. I flew to her immediately. She lasted three days. The doctor said that with the emphysema, her condition was not very hopeful. I stayed with her almost constantly those days. We talked and I tried to comfort her with her pain. She said, "I really wanted to see your boys grow up," and "Where did all the years go!" She went into a coma. On Tuesday morning, after I slept in her room all night, the nurses told me it wouldn't be long now. I called my sisters, my father, and my mother's minister. They all arrived. We stood in a circle holding hands with each other and my mother. While we said the Lord's Prayer, she passed away. God be with her.

Her death certificate read pneumonia, but without the emphysema, she would have survived. Her mother had lived into her early nineties. I am convinced that without smoking and nicotine, my mother would have lived to see my children grow up. My sons, Jordan and Matthew, are two of the greatest blessings of my life and they are blessed with a healthy, active and involved father. They rarely if ever are around cigarette smoke and they have never seen their father smoke, which will greatly reduce their own risk of becoming addicted to nicotine.

I love those boys. I love this program. Over the years we have grown. Many have been disappointed that we haven't grown larger faster. It seems that only a fraction of our members keep coming back and get into service. Many, if not most, use our program to stop smoking and then disappear. It is sometimes discouraging for those of us who are of service.

What I know is that, for me, stopping smoking was not the answer. I have an addictive personality. Left to my own devices I will return to my addiction. My experience with coffee tells me that. Even if I think I will never smoke again, why take the chance? I have been given so much physically, emotionally, and spiritually from this program that it only seems natural that I continue to go to meetings and be of service so that I can keep what I have found here.

Today I have respect and regard for my body and a desire to live a healthy life for as long as God allows. I have taken yet another step away from the addictive nature of my personality and toward a compassionate humanity. I have been blessed with a new freedom.

Parts One and Two appeared in the last issue . . .

The Parable of the Ember ...

A member of the program of recovery, who previously had been attending meetings regularly, stopped going. After a few weeks, her sponsor decided to visit her. It was a chilly evening and the sponsor found the sponsee at home alone, sitting before a blazing fire.

Guessing the reason for her sponsor's visit, the sponsee welcomed her, led her to a big chair near the fireplace and waited. Her sponsor made herself comfortable but said nothing. In the grave silence, she contemplated the play of the flames around the burning logs.

After some minutes, the sponsor took the fire tongs, carefully picked up a brightly burning ember and placed it to one side of the hearth all alone. Then she sat back in her chair, still silent. The sponsee watched all this in quiet fascination. As the one lone ember's flame diminished, there was a momentary glow and then its fire was no more. Soon it was cold and

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"dead as a doornail."

Not a word had been spoken since the initial greeting. Just before the sponsor was ready to leave, she picked up the cold, dead ember and placed it back in the middle of the fire. Immediately it began to glow once more with the light and warmth of the burning coals around it.

As the sponsor reached the door to leave, the sponsee said, "Thank you so much for your visit and especially for the fiery sermon. I'll see you at the meeting in the morning."

Author Unknown

Kitty Story . . .

It occurred to me about a week ago that I have never grieved for my grandma's death, and I had no idea how to go about it or what I should do ... but I knew that it was coming to the surface, and that I couldn't keep it down any more. I've "almost" cried so many times, and I've spent a ridiculous amount of time on the verge of tears since I quit smoking. Even after I found out what was "wrong", I still couldn't cry or let it go.

Yesterday, my husband called me at work to tell me that my kitty was dying of cancer, and had a few days at best. I cried and cried. When I finally left work, I got in my car to drive home, and the first thought that went through my head was, "man, I want a cigarette!". I work out in the middle of nowhere, and it takes me about 5 minutes to get a signal on my cell phone, so I had some time to think about this thought that I'd had. I realized that I have never cried for anything really negative, or anything that was about me, since I quit smoking. I've cried about things that happened to other people, and about happy things, or spiritual things, but nothing like this.

Then, it occurred to me

that when I smoked, I always, ALWAYS smoked when I cried. Often, I would light up a cigarette because it would help me to stop crying. I was so afraid of losing control! That's why I couldn't let go of my tears over my grandma. I don't have that "safety net" any more with cigarettes! If I cry now ... there's nothing to stop me. I have to let my grief actually take its course, on its own, without trying to control it.

THAT'S SCARY!!!

I called my sponsor as soon as I got a signal. Yes, I was driving, crying, and talking on the phone at the same time. But hey, I wasn't smoking! I told her about all of this (I don't know if she understood any of it because I was blubbing the whole time). It felt so RIGHT to be doing that! (Ok, not the driving, crying, and talking on the phone part, lol). I just knew, this is what people are supposed to do when they're grieving. They're supposed to just let it go. When "normal" people grieve, they cry until they just stop; they don't put an obstacle in the way to stop the tears.

Then, last night, I suddenly realized, "oh my gosh", I'm actually going through the stages of grief! I marveled at my "normal-ness" while I ticked off denial, depression, anger, and bargaining. I thought there was a "guilt" on some other list, but can't find it now, but I felt a little of that, too. Wow, feelings, who woulda thunk it? I mean, my baby girl, my wonderful kitty that I've had since she was a baby, died this morning, and I'm sad, really sad, but I'm here, and I'm not smoking! How amazing! How is this possible?

I'd just like to take a moment now to give props to my HP, lol. It's pretty darn cool what happens when we just let our HP run the show. I never knew. Wow. Just wow.

Thanks for reading!

Joy

~ ~ ~

Slavery ...

"Hi. My name is Scott and I'm a slave to nicotine." When I first joined Nicotine Anonymous six and a half years ago, there was a somewhat whacky guy named Scott who introduced himself that way. Of course, the rest of us just said "My name is Vicky, and I'm addicted to nicotine" or something of the sort. But Scott was far more dramatic than the rest of us. And it always got a chuckle when he said he was a "slave" to nicotine.

This past week, someone at my regular meeting used the phrase again. And this time, it really hit me. Suddenly, I saw us all as former slaves. Slaves who had labored hard to earn money for our masters – the tobacco companies that succeeded in taking a big chunk of our paychecks every week. Slaves who had allowed ourselves to be separated from family and friends and activities we enjoyed, because of our enslavement to nicotine. Slaves whose health and well-being had been severely threatened by the conditions of our enslavement.

And I saw Nicotine Anonymous as the Underground Railroad – a chain of survivors, helping one another to escape to freedom. Holding on to the hand of the one in front, and reaching out to offer a hand to the one following behind.

There are three or four newcomers to our group who are in their first 60 days, and their addiction is calling to them. They are crying, lashing out in anger, feeling impatient with themselves. And the voices in their heads are telling them "Why are you going through all this? Smoking wasn't so bad. Lots of people do it. You deserve a treat for yourself. Besides, you'll never succeed. You've already gone 30 days without smoking, you deserve at least one now. You have too many problems not to smoke – it'll help relieve the tension."

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As the meeting went on, I began to see those voices in my friends' heads for what they were: the voices of the Master, calling them back to slavery, even though they were already halfway to freedom. "You won't make it anyway...Come back now and it won't be as bad as before. At least I fed you - it wasn't much, and it wasn't good, but it was something, and maybe it was all you deserved. Sure, I beat you and made you work for me, but it wasn't *that* bad."

So my message to my fellow escaped slaves is: Don't listen to the call of the Master. Keep your eyes on the prize. Take my hand. Step where I step. Do what I did. Together, we can get to the promised land of freedom.

Vicky R.

San Francisco

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## A word from your Editor ...

Gentle Readers

Having been given the honour of editing *Seven Minutes* about a year ago, I have a request to make of you.

This publication lives on the recovery stories of our membership—that is, the membership of Nicotine Anonymous. It is by reading or hearing the Experience, Strength and Hope (ES&H) of others that I am able to gain the strength to reach and maintain my quit, just for this one day.

Your fellow readers need to read your story! If you could kindly devote a few minutes to writing down how you came to your quit, or, if that is still your goal, how you are feeling as you follow this difficult road to re-

covery, you would be helping yourself (from the writing comes healing and healthing!) and of course you would be helping others.

Many people feel that their stories would not be of any interest to others. I have known many who have come into one of the online groups I attend feeling that they have nothing to give. They very soon find that the stories being shared by others are not that different from their own and quickly come to realize the power of everyone's ES&H and how that underpins the success of this program.

Please send me your stories, to [SevenMinutesEditor@nicotine-anonymous.org](mailto:SevenMinutesEditor@nicotine-anonymous.org) and I'll be happy to include them in future issue of this publication.

I'd also like to re-instate a "letters to the Editor" section. Given that this became somewhat controversial the last time, I will propose to edit content for consistency with Traditions, and to minimize any controversy; this is not meant to control the content but rather to promote a forum for a respectful and challenging exchange of views. You CAN be controversial, as long as the section does not become a battleground or a forum for the exchange of polemics!

The content will be yours—just write to me at the address above and let's try to get some meaningful dialogue going!

Yours in service

Kim F  
Editor

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HUMOUR CORNER

In a School science class, four worms were placed into four separate jars.

The first worm was put into a jar of alcohol.
The second worm was put into a jar of cigarette smoke.
The third worm was put into a jar of sperm.
The fourth worm was put into a jar of soil.

After one day, these were the results:

The first worm in alcohol --- dead.
The second worm in cigarette smoke --- dead.
The third worm in sperm --- dead.
The fourth worm in soil --- alive.

So the science teacher asked the class --- "What can you learn from this experiment."

Little Johnny quickly raised his hand and said. "As long as you drink, smoke and have sex, you won't have worms."



Chairman's Report from the 2008 NAWs Conference ...

The 2008 Nicotine Anonymous World Services Conference, held May 2 – 4 in Ronkonkoma, Long Island, was a beautiful thing. We had a good mix of fun, fellowship, and all-day business meetings. Of course, as outgoing Chairperson, my time was taken up mostly with the meetings, but I have no complaints.

The Board meeting on Friday, before the start of the Conference proper, was pleasantly interrupted with the arrival of our latest (and greatest) literature offering, [A Year of Miracles](#). We passed around test copies and marveled at their gorgeous color covers, and the classy formatting of each meditation. To say nothing of the content—a full 365 days of inspiration! We had 200 sent to the conference, and they were nearly all sold out by the time it was over.

The gratitude meeting Friday after dinner was kicked off by a special guest—Carolina from Portugal. Her views on the size of Americans and her efforts to translate NicA literature were funny and charming. Also representing the international scene was Gerhard from Germany, with whom I had lunch on Saturday. These people are what make us a truly a world services organization, and from the emails I've gotten this past year, I know how hungry people outside the U.S.A. are

for Nic-A.

On Saturday we held workshops on Literature, Outreach, Online Groups, Seven Minutes, and our Five-Year Financial Overview. As is customary, the wrap-ups of the workshops were just before dinner, and I think compared to most years, we did not generate as many motions. Partly this was due to the fact that the Seven Minutes and Outreach workshops were more-or-less "brainstorming sessions," and at the time, during the wrap-ups, it was apparent that I didn't have a clue what to actually DO with the suggestions that sprang from them.

So Saturday night, before the speakers at our gala dinner, I did a little schmoozing with Vicky R, who'd run the Outreach workshop, and tried to see if there were 2 or 3 really juicy and DOABLE suggestions she had, and I promised her I'd communicate with Ladd, our incoming chair, about getting these on this year's agendas:

- Retooling our home page to be more "quitter-friendly"
- Find a way to get far-flung members of Nic-A in better contact with each other
- Create a pamphlet geared towards NicA members who are also in AA

I also had a chat with Gary M, who'd run the Seven Minutes workshop, to get his concrete to-do items, and we agreed we could push these forward:

- Charge dramatically

less (\$1, not \$3) for digital editions, since they're not selling

- Make online process of subscribing easier (front page widget?)

Sitting down to dinner with my long-lost friend Cat, we enjoyed the musings of Michael B, who spoke of the spiritual power of mice in the ceiling (you had to be there), and transplanted New Yorker Jen M, whose own sharing was punctuated by some choice syllables from her family, sitting nearby. It was adorable, and a warm-feeling night altogether.

Sunday morning it was back to business. Some things had to be decided about literature. Checko had run a seriously productive workshop, where some minor changes to the Seventh Step chapter in our book were agreed upon. We passed these changes, but failed to take on the new pieces of literature that had been "born" at the conference itself—the calendar of quit anniversaries and the "turn it over" cards, which featured slogans existent in other pieces of literature. The conference was of the opinion that the calendar and cards were not truly pieces of literature, so the production of them, and their sale on our site, was voted down. This is easily the portion of the conference that I have the most regrets about, as we were in such a rush, I think we didn't entertain enough discussion about this. On the other hand, these were brand-spanking-new items, so perhaps it will just take a year

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or two for the delegates to mull it over before accepting. Personally, I think the cards could be argued as literature, and might be a fine addition. But stay tuned...

So far, I haven't mentioned what was possibly the most unconditionally successful part of the conference—bridging the understanding gap between people who attend online meetings and people who attend face-to-face meetings. I'd arranged an Online Meetings workshop in order to work out some of the Traditions concerns that can arise with online meetings, but what the workshop mostly did was allow face-to-face meeting attendees to ask questions of the onliners. A special thanks here to John R, from the Voices of Nicotine Recovery group, who in this respect practically co-chaired the workshop! It was really an awesome thing, and I think what dawned on most people at the workshop was that online meetings are just like face-to-face meetings. And for that reason, the By-laws already offer guidelines for their inclusion in World Services.

Anyone still fuzzy on the technical specifics of online meetings were invited to actually attend one Saturday night at midnight. I don't know who specifically set up the conference room and the internet access to do this, but there were quite a few awe-struck face-to-facers in there, and it certainly sealed the deal that

online meetings are "for real." Sunday morning, the conference recommended to the Board that the wording of one of our By-laws more explicitly define online groups by region OR webspace (or something—we're not sure what words we'll use just yet).

Then we went on to nominate and vote in new Board members—a good crop, from what I could tell. Our incoming Secretary is Jenny McC from California. On the Treasury, we have Scott B from the newly energized Mid-Atlantic Intergroup. And last but not least, our Chair Elect is Jan S from the Pennsylvania/New Jersey Intergroup. A side note: for this service year, all three Chair positions will be occupied by genuine singers! Both Jan and Ladd had to rush off Sunday for different choir concerts, and Jan and I led an impromptu folk hoote-nanny in the hospitality suite Saturday night between dinner and the online meeting! Maybe we'll get a barbershop routine worked out for next year!

I'm also glad to report that the Board took on the suggestion that the 2010 conference take place in Arizona. There were also rumors that 2011 was already being strongly considered by the newly-formed and pleasantly robust Mid-Atlantic Intergroup...but you'll have to stay tuned for that.

There was a Sunday morning brunch which I had to rush through, and I'm sorry to say that I had to

leave before Kathy B's story. I understand it was amazing, though, and next year I'll book my flight later!

All-in-all, it was a wonderful conference, and my hat's off to Martha K and the whole New York intergroup for throwing a great weekend. I look forward to doing it again in Akron in 2009! It's been a pleasure to serve. Thanks for reading and staying involved!

Sincerely,

Dan P, Chairperson
Emeritus

NAWS



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

Write: Nicotine Anonymous
World Services
419 Main Street, PMB#370
Huntington Beach, CA 92648

~~~~

## Call for Speakers . . .

Voices of Nicotine Recovery is an online, international meeting of Nicotine Anonymous. We have official NicA, real time, voice meetings daily. For many of our members, this is their only contact with NicA due to limited access to local meetings.

On Saturday nights at 9:00pm EST, we have our weekly Speaker Meeting. We are looking for NicA members (with a minimum of 3 months free from nicotine) who would be willing to come to our online Saturday night meetings to share their experience, strength and hope with us. Hearing from other members who are involved in local NicA meeting would help us grow as a group and most

importantly, help us to better carry the message to the nicotine addict who still suffers.

For information on how to get to our meetings and to set up a speaker date, please contact Roz at [rhokie67501@cox.net](mailto:rhokie67501@cox.net). For more information on the group, please visit our home page by following this link:- <http://health.groups.yahoo.com/group/voicesofnicotinerecovery/> We look forward to meeting you!

~~~~

Greetings from the Hospitals and Institutions Outreach Project . . .

As we ring out 2007, and begin anew in 2008, my first thought is to say a prayer for the nicotine addict who still suffers. Those in program, regardless of how much time we have free from nicotine, can still remember the feeling of utter despair when we were using. As people choose the New Year to try and quit for the first time, or the thousandth time,

NicA has the opportunity to be there for those who are grasping at *one more chance* to be free of this powerful addiction.

With the permission of a hospital or institution, we can begin by offering meeting flyers, along with the *Introducing Nicotine Anonymous* pamphlet to the Employee Wellness Coordinator of the facility. Some NicA groups offer meeting information on business cards, and leave them in medical/dental offices. The NicA Outreach booklet, found on the WSO website, offers several sample letters to hospitals, medical professionals, correctional facilities, schools, and other organizations which assist or facilitate programs to help those addicted to nicotine. The website also list Internet and phone

meetings for those unable to attend a group meeting, or those who do not have a meeting in their area.

As 2008 begins, let us reach out to those who want and can have what we have been given through this program.

In gratitude and service,

Patty G.

~~~~

## Sue's Story . . .

My name is Sue, I am 45 years old and I had been smoking for thirty plus years when I found this program. I don't think I have ever really told my story here.

I guess I will start today, for all newcomers and old-timers. I started smoking when I was in 6th grade. My sister bought them for us, my friends and I. We would occasionally smoke when she would buy them for us; she is 11 months younger than me and had a paper route!

She NEVER smoked a day in her life; she tried but didn't like it. I of course managed to keep going until I was addicted. I remember getting dizzy and nauseous . . . but I "liked" it ???

The first time I recall being addicted was when I was on vacation with my brother and sister. We went to visit my grandparents in Florida. My grandparents took us to a hotel; I guess I must have been about 13 - not sure about the ages, maybe 12. I remember asking for money to get a soda so I could buy a pack of cigarettes; they sold them in machines so anyone could buy them then. I

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also remember thinking . . . I should not buy them because if I was able to go 2 days without a cigarette maybe this would be a good time to quit. But I bought them anyway. Wow – I didn't realize I was so young when I first realized that smoking was not good for me and feeling GUILTY about doing it!

I continued to smoke throughout the following years with a few attempts to quit in latter years. I tried the patch but I was in a constant state of withdrawal. I was on the patch for months, with withdrawal symptoms every single day. I am pretty sure I was smoking on the patch, which is why I never went down to the next level. They said you had to be smoke free for two full weeks before going to the next level. Never made it past two weeks!

I tried a smoking cessation prescription aid, which I loved but it turned out I was allergic to it after two weeks so I had to stop. I tried quitting cold turkey, maybe twice. Never worked . . . was always smoking by the next day. Couldn't handle the withdrawal symptoms.

I have also gone to the Nicotine Anonymous face to face meetings, maybe 3 times. I have joined their on line support group twice. Let's see . . . three years ago I quit smoking at work. That has stuck with me. So I had not smoked from 8 am – 4:30 pm for the last three years. I guess that is something to be proud of.

But again I was in a constant state of withdrawal. I would smoke 3-4 cigs before work every day. Oh, what a joy that pep talk was in the morning, telling myself what a piece of crap I was for smoking, when was I going to quit and so on and so forth!

By three o'clock I was shaking. I needed a cigarette. So as soon as I got out of work I smoked as many as I could in the car on the ride home. I didn't want

my son to know I was smoking . . . ummm . . . helllllooo . . . he knew. I would sneak out in the backyard. Didn't do a good job of sneaking out either – left butts right on the ground!

Oh, and 15 years ago, when I was pregnant with my son I thought "Yes! I can quit now". Went to the doctor and the doctor told me it would be too stressful for the baby to quit now I should just cut down! I knew it was ridiculous . . . but that's what the doctor said! So I cut down and continued to smoke, hiding it from family and friends and from the world because I knew it was not a pretty sight to see pregnant women smoking. More GUILT.

I thought I would quit after I gave birth. Oh, I forgot, I did go to a hypnotist to quit smoking while I was pregnant but I was afraid the baby would get hypnotized so I left!

I tried being hypnotized a few more times after that. I guess I had tried to quit smoking more times than I remembered. Being a smoker for all of these years has not been easy. I have lied, saying I'd quit when I had not. Stealing cigarettes from people when I was a child – from my grandmother, my father, stealing money to buy them. I have smoked butts from the ground, garbage cans, you name it, I have done it.

My most shameful memories, I would say, was burning my niece when she was 2 years old. It was in the backyard, her little arm brushed up against my cigarette and burned her arm; it was a brush burn, did not cause anything marking you could see, but I could feel it – a scar in my heart that I have carried for 20 years.

There was a time when my son was about a year old and my sister lived across the street. I was out of cigarettes and my son was sleeping. I begged my sister to stay on the phone, with the phone next to my son so I could run down

the street to get a pack of cigarettes. How stupid was that? You can't HEAR a fire! But I didn't think of that until I got back. I NEVER did that again. Could you imagine? OMG, it freaks me out just writing about it. I even thought of leaving that out, but, NO . . . WHAT'S THE POINT? You should hear it ALL.

Since the moment I gave birth 15 years ago I have been taunted with guilt about being a smoking parent. For the first time since I picked up that cigarette 30 plus years ago, hiding and lying to my parents at the age of 11, I am guilt free! It is really wonderfully weird . . . and I am learning to live life guilt free.

I owe this past quit to my HP for guiding me to a new smoking cessation prescription aid, and to my on line support groups! There is no way I could have done this without both! I am so happy to be a member of this group! I know I could not have gotten this far without the support from this group! This is my longest quit and it is sticking! Because I am a non smoker for sure!

Thanks for letting me share!

Sue

~~~

Getting it Done. . .

I needed a Sponsor. I wanted a Sponsor. During a meeting John shared about his four daughters. He had driven his Harley to the meeting. After the meeting was over I asked him for his help. "Call me everyday" he said. Eight months later I do call him every day. Together we worked the Twelve Steps. He took me fishing on his boat. I helped him cut Firewood. We have tacos at the Taqueria. He gives good insight to keep me smoke free.

THANK YOU JOHN

Russel E.

OUTREACH WORKSHOP SUGGESTIONS – 2008

REDO THE NICOTINE ANONYMOUS HOME PAGE TO MAKE IT MORE WELCOMING AND USEFUL TO SOMEONE WHO IS TRYING TO QUIT SMOKING.

- For example, "If you're trying to quit, NicA can help. Here's how: read our pamphlets (link to pamphlet); find a meeting near you (link); listen to a story (link to audio).
- Include timely content (for example, New Year's)
- Add audio – short clips, speakers, Stepping Out
- Maybe make it a Newcomer link or button

FIND A WAY FOR PEOPLE IN NIC A TO BE IN BETTER CONTACT WITH ONE ANOTHER.

- For example, can we develop a listserv of the contacts for each NicA meeting in the country, so we can do things like sending a newly developed PSA before a specific event.
- Is there an email list of delegates to this conference?

INCREASE OUTREACH TO TREATMENT FACILITIES, MANY OF WHICH ARE GOING TO BE REQUIRED TO PROHIBIT SMOKING.

- Find a volunteer to research state laws on this issue.
- Get in touch with contacts for all local meetings to pass on this new suggestion.
- Add it to our outreach booklet.
- Take meetings into your local treatment facility.

CREATE A NEW PAMPHLET TO THE NICOTINE ADDICT IN ALCOHOLICS ANONYMOUS.

- Many people in AA smoke and want to quit. They are familiar with the 12 Steps and would be natural NicA members. This pamphlet would help us with outreach specifically to AA and NA members.

EXPAND NICA PRESENCE ON GOOGLE SEARCH ENGINE.

- Contact Google and ask them to put us in the sponsored links for the search term "Quit Smoking" and "Smokers Anonymous."

ATTEND AA CONFERENCES AND HOLD OPEN NICA MEETINGS THERE.

- We need volunteers who are in AA and NicA and who can find out about AA conferences in their areas and will volunteer to attend them and host an open NicA meeting.
- We need a volunteer to contact AA World Services and get a list of all major AA conferences, and then contact a local NicA person in those areas to ask them to do outreach at the conference.

PRESS RELEASE.

- Update and flesh out the NicA press release, and send it out to as many health reporters as possible prior to specific events.
- If we had an email list of contacts for each meeting, I would send the release to them and ask them to contact their local newspaper as well.

GENERATE A MAJOR PRESS ARTICLE.

- We need volunteers who are journal-

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(Continued from page 11)

ists, or who know journalists, at large national publications who can help us get such a story written and published.

SUBMIT AN ARTICLE ON NICA TO THE AA GRAPEVINE.

- Your outreach coordinator will take a crack at writing an article referencing NicA to run in the Grapevine, perhaps around the anniversary of Bill W.'s death from emphysema.

CREATE A YOUTUBE VIDEO ABOUT NICA.

- We need volunteers who know how to make videos and post them to YouTube, to help us create video content about NicA, that will conform to our tradition of anonymity.

POST NICA CONTENT ON FACEBOOK AND MYSPACE.

- There is a mystery Facebook page on NicA. We need a volunteer to see if they can figure out who put it there, and to work with them to maintain and improve the content.
- We need guidance from the Traditions Committee on the whole issue of social networking sites (is it okay for people to "friend" us??)
- We need a volunteer to create a MySpace page on Nicotine Anonymous.

ADD A MEETUP OPTION TO OUR WEBSITE.

- Find a way to keep track of people in areas where there is not currently a NicA meeting, and put them in touch with anyone else from their area who is interested in helping to start one.

HAVE TELESERVICE VOLUNTEERS COLLECT CONTACT INFORMATION FOR PEOPLE WHO LIVE IN AREAS WHERE THERE AREN'T ANY MEETINGS.

- Encourage teleservice folks to have a home phone contact instead of a voice mailbox?
- Have a way for them to keep track of people who might like to start or join a new meeting.

OUTREACH TO TOBACCO CESSATION CONFERENCES.

- We need volunteers to help us generate a list of the major smoking cessation conferences nationally.
- We should consider having NicA booths/information at these conferences, to bolster awareness of NicA among professionals in the field.

IMPROVE PRESENCE OF PSAs ON THE WEBSITE.

- Ask our web servants to delete the radio PSA from publications and our store pages, and keep it on the outreach page only.
- Add the 15 second version of the radio PSA to the website.
- Post the print PSA to the website.

OTHER WEBSITE ISSUES.

- Post the tear-away NicA flyer in a Word format on the outreach page, so it can be edited by local groups.
- Fix items at bottom of Outreach page, that says 'click here to download PDFs' – they don't work.
- Fix the meeting list search engine – e.g., allow someone to type in "New York city" instead of "Manhattan."
- Make the NicA business cards custom-

(Continued on page 13)

(Continued from page 12)

izable instead of just “read only.”

- Explore whether we should put a Quit-Meter on our website, so people can calculate how much money they save by quitting smoking.

SPECIFIC OUTREACH SUGGESTIONS FOR LOCAL GROUPS TO CONSIDER:

- Contact your local newspaper to put your meeting in the “calendar” section.
- Ask all newcomers to your meeting where they heard about NicA, and shoot an email to your outreach coordinators to let them know, so we know what works and what doesn’t.
- Buy NicA business cards and carry them with you. If you’re in AA, hand them to anyone who talks about quitting smoking in a meeting. Consider leaving them on the literature table. Put up a flyer about NicA in AA club-houses.
- Reach out to your local Department of Health tobacco cessation program and see if you can go speak about NicA at their support group meetings.
- Contact largest local employees and ask to talk to their human services departments about bringing in a NicA speaker for their employees who are interested in quitting.
- Talk about NicA a lot – with your doctor, your friends, put it in your email signature or as a PS in your emails.
- Think about how to make your meeting more welcoming to the newcomer who isn’t familiar with 12 Step programs – allow 5 minutes for newcomer questions and answers?; emphasize qualifications vs. steps?; make sure we emphasize that you don’t already have to have quit to join.
- Think about how you can KEEP PEOPLE COMING to NicA meetings: schedule fun group activities.
- Consider creating a new pamphlet for people new to 12 step programs.

PRESS OUTREACH TO THE PROFESSIONAL JOURNALS FOR DRUG AND ALCOHOL TREATMENT COUNSELORS.

- Make sure people working in the field of substance counseling are aware of Nicotine Anonymous.
- We need a volunteer to research what the major newsletters and journals are that serve this audience.

OUTREACH TO INPATIENT TOBACCO CESSATION PROGRAMS.

- We need a volunteer to research whether there are inpatient quit smoking programs – Hazelden, Mayo, etc – and get contact information so we can send them info on NicA.

PLACE MORE NICA SPEAKERS ON THE STEPPING OUT RADIO PROGRAM.

- We need a volunteer to be the liaison to book speakers for this show.

IMPROVE OUTREACH TO TOLL FREE QUIT LINES.

- We need a volunteer to make a list of all the state run toll free quit lines, and find a contact person to speak with about getting NicA information, including local meeting lists, to the operators.

REACH OUT TO THE VETERANS ADMINISTRATION.

- The VA has an interest in helping their patients quit. Try to connect with the VA at the national level, and encourage an initiative that would come from the Department to local facilities, for some sort of collaboration.

NAWSO
Profit & Loss Previous Year Comparison
January through March 2008

| | Jan - Mar 08 | Jan - Mar 07 | \$ Change | % Change |
|----------------------------|--------------|--------------|-----------|----------|
| Ordinary Income/Expenses | | | | |
| Income | | | | |
| 4000 - Donations | 1,249 | 2,207 | -958 | -43% |
| 4100 - Literature Sales | 7,186 | 9,953 | -2,767 | -28% |
| 4250 - Shipping & Handling | 1,106 | 1,304 | -198 | -15% |
| Total income | 9,541 | 13,464 | -3,923 | -29% |
| Cost of Goods Sold | | | | |
| 5000 - COGS | 4,229 | 5,556 | -1,326 | -24% |
| Total COGS | 4,229 | 5,556 | -1,327 | -24% |
| Gross Profit | 5,311 | 7,908 | -2,597 | -33% |
| Gross Profit % to Income | 56% | 59% | | |
| Expenses | | | | |
| 6000 - Office Expenses | 6,846 | 16,100 | -9,254 | -57% |
| 6600 - WSO Expenses | 1,506 | 3,524 | -2,018 | -57% |
| Total Expenses | 8,352 | 19,624 | -11,272 | -57% |
| Net Ordinary Income | -3,041 | -11,716 | 8,675 | 74% |
| Other Income/Expenses | | | | |
| Other Income | | | | |
| 8000 - Interest Income | 1 | 58 | -57 | -98% |
| Total Other Income | 1 | 58 | -57 | -98% |
| Other Expenses | | | | |
| 8030 - Interest Expenses | 12 | 0 | 12 | 0% |
| Total Other Expenses | 12 | 0 | 12 | 0% |
| Net Other Income | -11 | 58 | -70 | -119% |
| Net Income | -3,052 | -11,657 | 8,605 | 74% |

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

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
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

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 or (330)678-3753. The Publicity Chair is 2007 Novato attendee MJ M of Akron, Ohio, who can be reached at 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.

Birthplace of Miracles:
Nicotine Anonymous World Service Conference XXIV
Akron, Ohio, April 24-26, 2009
Welcome Home.

The NicA 2009 World Conference Committee is pleased to announce that it has selected two winning themes for the Akron Conference from among the 19 contest entries submitted in the last three months. Contestants were asked to suggest theme ideas that reflect the unique status of Akron , Ohio as the place where the Twelve Steps were first developed by Dr. Bob and Bill W., founders of Alcoholics Anonymous.

"There were so many good ideas from around the country that it was a difficult choice," said Julie C., Conference Committee Chair, "in the end we had a tie and had to select both phrases for their powerful messages."

"**Birthplace of Miracles**" was submitted by **Elizabeth B.** of Kent , Ohio , a founding member of the 20-year-old Stow , Ohio NicA group, initiator of the NicA Ohio Intergroup, and member of the 2009 Conference Committee. "**Welcome Home**" was submitted by two people, so the suggestion was credited to the first to submit, **Ruthie B.** from Millersport , OH . Ruthie started the Millersport group, is a member of the Ohio Intergroup, and serves the 2009 Conference Committee as Literature Chair. Both women will receive free registrations to the 2009 Conference as their prize.

"We want to thank the many people from across the country who took the time to submit theme ideas," said 2009 Conference Publicity Chair MJ M., of Akron , Ohio . "This contest revealed that there is a lot of emotion and excitement about coming to Akron in 2009, and that visiting Akron is a very meaningful matter of the heart for many NicA members."

An e-mail list has been established for those who would like to receive 2009 Akron Conference information as well as interesting bonus material about the history of the Twelve Steps and about Akron . To be put on this list, send your request by e-mail to mjmaling@aol.com. ***Won't you please mention this to your group in case they don't know about it?***

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

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 or by snail mail to

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

NICOTINE ANONYMOUS

Nicotine Anonymous Offers Help to All Nicotine Addicts; Support Available to Those Who Wish to Stop Smoking 365 Days a Year

Nicotine Anonymous is a non-profit, 12-step fellowship of men and women helping each other to live nicotine-free lives. Nicotine Anonymous welcomes all those seeking freedom from nicotine addiction, including those using cessation programs and nicotine withdrawal aids. The primary purpose of Nicotine Anonymous is to help all those who would like to cease using tobacco and nicotine products. The fellowship offers group support and recovery using the 12-Steps adapted from Alcoholics Anonymous.

For the millions of Americans who will try to quit smoking this year, Nicotine Anonymous offers ongoing support to all those who desire it for an unlimited time. Their sole focus is helping the still suffering nicotine addict 365 days a year. There are no dues or fees for Nicotine Anonymous membership as the organization is self-supporting through member contributions. The only requirement for membership is a desire to stop using nicotine.

Founded in 1983, Nicotine Anonymous has over 600 meetings throughout the United States and 35 other countries. A full list of meetings and other information is available on the Internet at <http://www.nicotine-anonymous.org>. Or write: Nicotine Anonymous, 419 Main St., PMB #370, Huntington Beach, CA 92648. Or email: info@nicotine-anonymous.org

Their toll free phone number is 877-879-6422. Books, pamphlets and other literature can be ordered at a nominal cost.

BIRTHDAY CONGRATULATIONS!

ELAINE C.
STEVE S.

03-22-2004
04-16-2002

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

| | 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 |

(in US Funds only), or Credit Card.

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 You can contact us by email at:
info@nicotine-anonymous.org.

Seven Minutes

NAWSO

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

Publication dates and Deadlines for Submissions For 2008

| Publication date | Deadline Date for Submissions |
|-------------------------|--------------------------------------|
| March 20 | February 1 |
| June 20 | May 1 |
| September 20 | August 1 |
| December 20 | November 1 |

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:

PHONE (WITH AREA CODE) _____

ADDRESS _____

CITY _____ ST ATE _____ ZIP _____