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**Chairperson's Report...**

Well, it's that time again... seems like  
just last week that I was writing about  
our first online board meeting, and  
now another quarter has flown past.  
Like clockwork, October 16 has come  
and passed.

The Board met in Dallas for our quar-  
terly board meeting. Both the  
weather and the company proved ex-  
cellent. As luck would have it, we had  
accommodations in Dallas that we  
rarely have. Most of the Board was  
able to stay under one roof, thanks to  
our treasurer, Teresa I. So in addition  
to our Saturday meeting, on Friday  
after arrival we had a chance to dis-  
cuss a number of things, both busi-  
ness and social. Your board members  
are both competent and courteous.

On Saturday Teresa had yet another  
surprise - a deluxe conference room  
lined up for our board meeting, com-  
plete with continental breakfast. Great  
job!!

As always, board meetings are domi-  
nated by reports from committees and  
officers' reports. The good news is  
that as the year progresses, our busi-  
ness continues despite a few glitches,  
and we are right on schedule. The cur-  
rent board has a number of individuals  
of uncommon motivation!

One of the big problems over the  
years has been the Worldwide Meeting  
List. I hasten to add that was no re-  
flection on the members who unsel-  
fishly maintained the list. The task  
has just proven to be too big. There  
was simply no way to verify meetings,  
short of continued phone calls and

letters, often not returned. Too fre-  
quently our e-mail servants found  
themselves sending new people to  
nonexistent meetings. Clearly a dif-  
ferent system was needed.

For over a year the Board had been  
talking and experimenting with a push  
e-mail system that would verify the  
meetings and also act as a link to  
broadcast information to the Fellow-  
ship.

The good news is that this last quarter  
a couple such communications went  
out via e-mail to each group contact.  
The response has been overwhelming.  
We are soliciting input from the  
groups, input that is essential as we  
move NAWSO forward.

We are lucky this year to have 2 board  
members take the lead with this pro-  
ject - Scott B., Emeritus Treasurer and  
Gwynn A., Secretary Elect. Both have  
put lots of time into this project, as  
has Dennis K., who ultimately is in  
charge of the project. Congratulations  
all - job well done!! I'm sure as the  
Fellowship grows, this link will prove a  
real factor in our communications.

In other business, the Board unani-  
mously endorsed changing the listing  
of the online groups from simple copy  
and paste listings to live links. This  
greatly simplifies the search process,  
and ultimately helps newcomers find  
help online. Also the Board gave per-  
mission to *Voices of Nicotine Recovery*  
to post its holiday invitation on the  
NicA website.

More in January from California!  
John R.  
NAWSO Chair

### **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.
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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.
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### **Our Preamble**

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

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## *I Was Given Hope...*

By the time I found NicA, I had pretty much given up on quitting smoking. It had been 7 days since smoking and I knew it was just a matter of time before I smoked again.

The problem wasn't getting a quit, the problem was staying quit. I tried just about everything known to man in trying to stop smoking and nothing, absolutely nothing, worked. Being a long term member of AA, I knew that if only there was a smokers meeting around, holding onto a quit would be possible. Unfortunately there weren't any Nicotine Anonymous meetings around me – in fact, there still aren't. So there I was, hopeless, helpless and heading into my last days. I envisioned sitting in a wheel chair, sucking on oxygen and sadly, a smoke hanging out of my fingers too...

I'd developed COPD with emphysema, and breathing continued to get more difficult. Even all the inhalers, which had enabled me to keep smoking, were losing their effectiveness. I was filled with desperation and despair.

A month before my quit, I bought a computer and got online. My daughter went to AA online meetings, so after I had those 7 smokeless days, she searched for a NicA group online and there it was. That was March 22nd of 2002 and I am convinced to this day that my loving HP led her to this group because I haven't had to smoke since. Yea!!



For me it continues to be a miracle. It's still a bit hard to believe that life is possible without the smokes and more than that, that I like it! No white knuckling it. Can you believe it? Me,

who couldn't imagine life without smoking, who saw a mighty dismal future lying ahead.

I am not saying it was easy. I think it was probably the hardest thing to be accomplished in my life. That's just the way it is for most, I think it's safe to say. But it goes away and is replaced with good stuff. Lots of that was gratitude for me. In the past I'd met many people who quit smoking on their own and they would try to help me, but they couldn't. I could not quit the way they did - just lay 'em down and walk away. They'd say it was tough but they used their will power. That was the problem.....no will power here! This made me feel more hopeless. I felt weak because I couldn't quit like they did. Eventually I just felt anger at them and quit bringing up the subject.

I also quit telling anyone I was going to quit, as the looks on their faces would make me want to scratch their eyes out. It was plain to see they sure didn't believe me. I've heard people say they had a lot of 2 hour quits. That was me.

I tried all the nicotine replacements and failed miserably with them. I grew to despise the concern on people's faces when I just about coughed my guts up and they would ask, "Are you ok?" I hated that I smoked around my grandchildren. I would curse myself, swearing that I wouldn't do it again, and then light up right there in their presence. By the time I found the NicA program, I was full of self-loathing and shame.

The first thing I did was start going to meetings, because I believe in them. I started hearing all those things that had been going around in my head with nowhere to talk about them. I read literature that spoke to me like nothing else had. I talked about all the things I had tried in my denial and the hopelessness with each failure. It was really a lot like coming home. I fit

perfectly within this program. I heard all the words I had yearned to say. And for the first time in quite a few years I was given hope. People gave me little hints on what to do about the craving; that it was ok if I went raging at times. I did a lot of that! It was ok if I slept the day away and my house went to pot. If I didn't smoke, then I was a winner for that day. I just heaved a big sigh of relief, and still am affected that way with what I found here.

So, if you're new, maybe I know a little bit about how you're feeling. It definitely was my last gasp, you might say. I believed this was the last resort for me. If this didn't work, nothing would. I have found that this is the place for people who can't quit; they come here and they quit. I encourage you strongly to come to as many meetings as you can, read the posts, literature and join us on the road of recovery. It's awesome!! There is lots of compassion, caring, support and all the other stuff we need when we quit. You don't have to do this alone. Here's a huge welcome to you!!

*Rosalind H.*

*Voices of Nicotine Recovery  
(online NicA group)*

### **Quote Corner**

"The strength of man consists in finding out the way in which God is going, and going in that way too."

- *Henry Ward Beecher*



## My NicA Recovery Buddies...

My NicA recovery is about buddies. Sure, I worked the Steps. Sure, I went to meetings. Sure, I used the phone. Sure, I did service. And I did those things in a lot of 12-Step fellowships.

The distinctive thing about my NicA recovery, that sets it apart from all the other fellowships, is the huge, huge part buddies played.

Right about when I quit, three of us started going out pretty much every Saturday night right after the 5 pm meeting, to a nearby soup and salad bar where we hung out for at least an hour or two or three, sometimes adjourning to a coffee place afterward. We talked about our lives and found out why we had smoked and how to get through life without nicotine, and how to develop relationships and get through conflicts and go places and be out in public, how to hold down our jobs or get new ones - all without our former bud, nicotine.

New buddies - recovery buddies -- to replace the buddy we'd been with for so many years.

Everyone from the meeting was welcome to come along, and usually one or two old-timers or newcomers joined us. Sometimes it was a crowd. The conversation was about recovery and everything else too.

And this has continued ever since, varying slightly. Now we usually go to an excellent Mexican restaurant we all love.

We're buddies who've been with each other through changes in cars, jobs, residences, through accidents, surgeries, deaths, school, romances and major vacations, adoptions, and all sorts of

new beginnings, even beginning retirement in its many forms.

Some of us have known each other for decades. For 22 years I've been living a new life after nicotine. When something comes up in our lives, we have buddies who know us so well, it's amazing all that we can give each other in so many ways.

NicA's got the recovery buddy thing down...

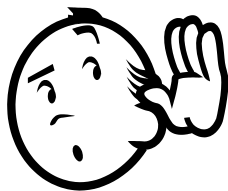
Closing with a shout out to Joni D., a special NicA bud who passed away.

*Paul B.  
Phoenix, AZ*



### Heard it a meeting...

"I'd rather be a non-smoker who wanted to smoke once in awhile than a smoker who wanted to quit all the time."



## I'm Not Alone Anymore...

I love steps about turning it over—especially steps that remind me I'm not alone. I felt like such a loser when I was trying to quit on my own. I couldn't. I could never get more than even one day on my own. The addiction was so strong. And it seemed like everyone around me thought I was weak too.

Looking back, I know it was more about me just being super critical of myself. I have never much liked myself as a smoker. It was something I wasn't proud of - some part of me that I knew wasn't authentic or real. Yet I felt completely powerless.

After coming to NicA, I wasn't alone anymore. I could relate so much when others shared how difficult it was to get off nicotine. I felt hope for the first time.

The first time I successfully quit, it was like soaring on the wings of an eagle. Seriously!! The other times since then, I've been buoyed by the knowledge that I could do it. I only have to come back. This time I hope to stay and avoid relapsing, but I can only do it one day at a time. Even Step 3 I can only do one day at a time. If I look ahead, there are times when it feels like too much. But I am also strengthened by remembering the people in program over the years who have lived through hell on earth and still stayed smober.

We really can't do this alone. I am so glad to have a Higher Power - and other people brave enough to try to get this monkey off their backs. I know that coming together in these rooms makes all of us stronger.

*Anonymous online posting*

## Turmoil Is Not a Theory, It's a Fact...

Although I came to Nicotine Anonymous meetings, I didn't share for awhile. I talked it over with one of my sponsors who said that an important time to share is when I don't know how...

I was in the midst of more than three months of considerable turmoil, and was not a happy camper. In the previous week or two, I had strong thoughts of smoking. I was exceedingly fortunate, though, to have another member in the Fellowship who was following a parallel track.

When I was "in the room", I felt it impossible to see how my chaos was connected to nicotine addiction, but then I got deeply into an Instant Message with this recovery friend, and the weight got lifted with each entry in our IM. There I could share from the center of my hurricane. We talked about how we STILL "romanced the cigarette," despite how long our quits were. (We were by no means old-timers.) That in itself was distressing, but the resolve we had in our nicotine recovery was given an additional shake from watching some of our long-time fellows lose their quits.

However, our talks helped us get very clear about the fact that no matter HOW stressful our lives were in the present, a cigarette would give only a few moments' relief ... and then, potentially, a lifetime of despair.

On the night I was finally able to come into a meeting and share those feelings, I was very happy. I came out of isolation and shared with my circle of recovery friends. Each one of them is so important to my quit and my recovery, and I can't thank them (you) enough...

*Dian F.*  
*Voices of Recovery*



### From Roz, Your Roving Reporter...

This month's interview comes from Kim, celebrating 10 months off nicotine.

**Q.** Why did you start smoking?

**A.** I started smoking cigarettes because I was curious and all my friends were doing it.

**Q.** Did both of your parents use tobacco?

**A.** Yes, both of them smoked.

**Q.** Did you experience a high feeling when you smoked?

**A.** That was the reason I kept smoking after my first cigarette - because it made me high. But after the first cigarette, the high got less and less and I was addicted more and more.

**Q.** Would you go to any lengths to get tobacco?

**A.** Well, let's start with the beginning. When I first started smoking, I spent my lunch money on them or would steal them from my dad or pan handle the money. After my first marriage I would steal pop bottles because we were so poor. Later on I would shoot pool and gamble for the money to buy cigarettes, or bum them. When I got married again, we spent more money on cigarettes - way more than were supposed to. They were #1 on the list on payday — over any bills or food. I would rather have a pack of cigarettes than a gallon of milk or a loaf of bread — even if we had to borrow money for them. We did that a lot too.

**Q.** Has your tobacco use stopped you from getting involved in certain activities?

**A.** Most definitely. From the time I

started smoking, my physical activities slowed down. I used to be very active. They took a toll on my lungs almost immediately. Now I don't smoke any more and they're still taking a toll. I can't even vacuum my floor or take a walk outside.

**Q.** Did you use nicotine when feeling lonely, tired, hungry, mad, hurt, and/or happy?

**A.** I would use any reason to smoke. I especially smoked when I was angry. I smoked when I was hungry because it killed my appetite. I smoked when I was lonely because I was bored. I smoked when I was tired because it stimulated me. Angry or hurt, it covered up the feelings. When my son died, I smoked one after another. I used nicotine because I was a nicotine addict.

**Q.** List some words that describe how you saw yourself when you smoked.

**A.** At first I thought it was cool. Then I felt like an idiot because I knew I was killing myself. Also it was gross and nasty. My breath stank and my house stank. It made my teeth yellow and it gave me emphysema.

**Q.** Describe hitting bottom as you experienced it.

**A.** I was in intensive care for 13 days. 10 days of that I had a tube down my throat on a machine that breathed for me. They didn't know whether I would live or die. I don't remember much of it, except that machine driving me crazy. I remember they had me tied down - they said I was trying to pull the tube out. It was a nightmare. I got out of the hospital and started smoking again. Since then I have been hospitalized at least 4 times. Each time it was a nightmare - tons of anxiety attacks because I could not breathe, peeing all over myself, diapers, and shrinks who wanted to know why I was having the anxiety attacks... I didn't have the strength to get out of bed to go to the bathroom. It was humiliating to be in such shape.

**Q.** When you first came to NicA did you think you could quit?

**A.** Yes, I knew as long as I treated my nicotine as a drug, which it is, I could

use this program to quit just as I quit other drugs using 12 Step programs.

**Q.** How long did your acute physical withdrawal last?

**A.** I don't know. I was too sick. I was in the hospital dying — too busy dying to pay attention to physical withdrawal.

**Q.** How long has your emotional withdrawal lasted?

**A.** Still going through it. I just don't smoke. I go to meetings, do step work, call my sponsor and pray, pray, pray.

**Q.** Did you have trouble with the concept of powerlessness? What happened to give it meaning for you?

**A.** I didn't like being powerless, but I understood the concept. I almost died a bunch of times because I was powerless over my addiction. I was hopeless.

**Q.** How do meetings help you remain nicotine free?

**A.** All I have to do is go to a meeting and listen to the pain the newcomers are in and that helps. I get serenity out of the meetings. And I learn how to stay nicotine free.

**Q.** What attitudes have changed in you as a result of coming to NicA?

**A.** I try not to get an attitude. If I do, I say the Serenity Prayer. If I get an attitude, it's probably from something bothering me, so I talk about it with my sponsor or my group. I try to keep positive.

**Q.** Do you feel safe that you won't use nicotine again?

**A.** Only if I am adhering to the Program. If I quit the Program, I know I will smoke again. Avoiding nicotine is my top priority. If I smoke, I die.

**Q.** Please describe how your practices have changed.

**A.** I now meditate or pray every morning to my Higher Power, God. I turn my will and my life over to His care each day, and thank Him every night. I also read the meditations in *A Year of Miracles* and *90 Days, 90 Ways*— sometimes a lot.

**Q.** What are you like now?

**A.** I am healthier mentally and physically. My mornings are much better. I am more spiritual than I have been in a long time. This program has done nothing but good for me.

# Happy, Joyous, and Free!!



## *My First NicA Meeting...*

First, I want to thank each and every member of Nicotine Anonymous for supporting my freedom from nicotine, whether I have had the pleasure of sharing a meeting with you or not. If you are one of those who keeps NicA alive by your desire to live nicotine-free, you are part of my recovery.

In December 2004, I had a strep infection in my throat, and it was terribly painful to smoke. I was extremely aggravated not to be able to draw the smoke deep into my lungs because I was so short of breath. I had had similar experiences many times, including being hospitalized with pneumonia and taking my portable oxygen tank outside so I could try to smoke. For the very

first time, though, the thought crossed my mind, "Maybe the same Higher Power that relieved me of the obsession to use alcohol could relieve me of the obsession to smoke."

By that day, I had been smoking for 40 years — chain-smoking when I could (social norms and rules were changing rapidly) for at least half of that time. I called a number I had seen advertised

many times. I really resented those do-gooders trying to take my best friend away from me, but the number connected me to the California State Helpline. They sent me a big packet of information that included how to contact Nicotine Anonymous. I was very surprised to know there was such a thing, and very reluctant to think about entering a second 12-Step process. Now though, almost 6 years later, my friends joke that it takes 36 Steps to keep me serene and sane, because I am active in three 12-Step programs! Nevertheless, I went online and discovered there was a weekly NicA meeting close to my home.

I decided to see if I could quit on January 1, 2005. It wasn't a "New Year's Resolution." Because I bought my monthly allotment of cigarettes (6 cartons) through the Internet, I could either make a new order or let myself run out on December 31st. There's a story for another time about what my life/thinking/feeling was like during the last days of using nicotine. For now I will just report that I had continued to smoke as much as I could through a lot of pain and shortness of breath.

The meeting close to me was scheduled for December 31st, and on that morning I had a little more than 2 packs of cigarettes left. I figured I would go to the 5 p.m. meeting and then buy a pack to get me through the rest of the night. I arrived early for the meeting, and will never forget hiding behind the building, puffing madly away on about 10 cigarettes in 15 minutes. I hid, of course, because I did not want anyone coming to the meeting to know I was smoking!

When I entered the room, two men who clearly had known each other for quite a while were chatting. They looked up at me with great surprise, and one of them said, "Wow, there WAS a reason we didn't cancel this meeting after all!" After we introduced ourselves, he explained that he had called his friend a few hours before to suggest that they un-cancel the New Year's Eve meeting,

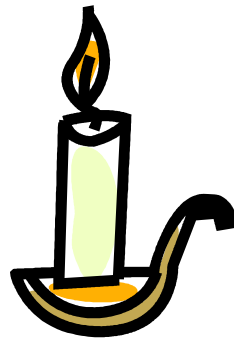
just in case someone had made a resolution to stop smoking and showed up at the meeting. We went through the usual opening readings, which made me feel really safe since I was familiar with the structure, if not the actual words. There were only three of us there, so we each shared quite a bit at that meeting. One of the men had been coming to NicA for about 5 years and had not been able to stop using nicotine for more than a few days at a time. The other man had quit a few times in 25 years of trying, and by that meeting he had been free of nicotine for more than five years. Although I did not realize it at the time, something profound changed in me during that meeting. I ended up telling the guys about hiding and smoking before the meeting. They laughed!

On the way home from the meeting, I still intended to buy cigarettes, because my insane addict self "reasoned" that I still had a few hours left of being a smoker, so why waste them? Oddly enough, I forgot to stop at either of the stores on the way because I was thinking about what had happened at the meeting. As soon as I got home, I changed into my nightgown and made myself popcorn — my go-to comfort before AND after giving up alcohol! Only as I was sitting in front of the TV did I realize that I had not bought cigarettes. And just like I used to do on those very rare occasions when I was in for the night and ran out of booze, I said, "Oh phooey, I am too tired to get dressed again, so I will just go to sleep." And that's what I did. On January 1, 2005, I woke up and decided NOT to make coffee, knowing that would be a trigger for wanting to smoke. Instead I gathered up my ashtrays and lighters and took them to the dumpster, then had two glasses of water and went back to bed, where I stayed most of that day and much of the next 30 days.

The two men at my first Nicotine Anonymous meeting are both smoking very unhappily now, and the last I knew, neither of them attend NicA meetings. That

breaks my heart, and I wish so very much that I could give them back what they gave me, not just at my first meeting, but for the two years that we continued to share NicA before they left. I would like to dedicate this article to them. I try at each meeting I attend, in person or online, to honor their service to me by being of service to anyone and everyone who wants what I have: the miracle of being free from nicotine today.

Susan S.  
*Voices of Nicotine Recovery*



## Seven Minutes Meditation

*Today I acknowledge  
my feeling of fear;  
I decide whether  
the feeling  
is still useful to me,  
and if not,  
I gently release it,  
and affirm  
my new choice.*

- from 90 Days, 90 Ways

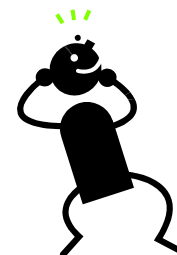


## Thoughts from Online...

Staying quit is where it's at. This is where the work is. How awesome for us to have such unconditional support. I am much more interested in what is going on in the lives and quits of my fellow quit-sters than I am in those of some of my oldest and dearest friends...(and family!) If only one could have this unconditional empowerment in all areas from all people...so much could be accomplished!

I was feeling like this quit was becoming a heavier bag to carry, a bit more daunting than I had imagined or agreed to...but then I read a few online posts from others at the beginning of their quit. Suddenly I am empowered. In one way, it comes from remembering I was just there and feeling the very same way. And in another way, it's from reading heartfelt and often humorous responses. It helps me realize the great suggestions can and will help me too. What a gift this program is for me. It's a good place to come, especially when I am struggling to get to regularly scheduled meetings. Tonight I did not have to choose between my program and an hour with my child. Instead I could be online and share. I am grateful...

*posting from Voices of Nicotine Recovery*





## How Can I Help?

As indicated in Tradition 7, Nicotine Anonymous is fully self-supporting through member contributions. Please consider a regular contribution through the

### *Give and Live Member Donation Program*

A financial pledge can be set up in a number of ways:

→ Send your donation directly to World Services by check

*or*

→ Make a one time or multiple donations directly to the NicA website at <https://www.nicotine-anonymous.org/store.php>

*or*

→ Set up an automatic contribution via bank transfer

This option is done by completing an Electronic Bank Transfer (EBT) from your bank to World Services. Dollar amount and time interval is determined by the individual member. For this option, you must have the ability to pay bills online. You may need to provide the following information when setting up automatic bill pay:

Billers Name - Nicotine Anonymous World Services

Billers Address - 419 Main Street

PMB# 370

Huntington Beach, CA 92648

Telephone number - 877-TRY-NICA



**NAWSO**  
**Profit & Loss Previous Year Comparison**  
**January through June 2010**

	<u>Jan - Jun</u> <u>'10</u>	<u>Jan - Jun</u> <u>'09</u>	<u>\$ Change</u>	<u>%</u> <u>Change</u>
<b>Ordinary Income/Expense</b>				
<b>Income</b>				
4000 · Donations	4,067	4,038	29	.7%
4100 · Literature Sales	20,709	26,045	-5,337	-21%
4290 · Shipping & Handling	3,373	3,028	345	11%
4299 · Conference Profit (Loss)	-449	-418	-32	-8%
Total Income	27,699	32,694	-4,995	-15%
<b>Cost of Goods Sold</b>				
5000 · COGS	10,764	14,106	-3,343	-24%
Total COGS	10,764	14,106	-3,343	-24%
<b>Gross Profit</b>	16,935	18,587	1,652	-9%
Gross Profit % to Income	63%	61%		
<b>Expense</b>				
6000 · Office Expenses	11,189	13,403	2,215	-17%
6600 · WSO Expenses	3,171	5,415	-2,244	-41%
Total Expense	14,359	18,818	-4,459	-24%
<b>Net Ordinary Income</b>	2,576	-231	2,807	1,215%
<b>Other Income/Expense</b>				
Other Income				
8000 · Interest Income	4	5	-.75	-15%
Total Other Income	4	5	-.75	-15%
Other Expense				
8030 · Interest Expense	-	-	-	-
Total Other Expense	-	-	-	-
Net Other Income	4	5	-.75	-15%
<b>Net Income</b>	<b>2,580</b>	<b>-226</b>	<b>2,806</b>	<b>1,243%</b>

# Nicotine Anonymous World Services Conference XXVI

**Baltimore, Maryland  
April 29 to May 1, 2011**

Holiday Inn Conference Center  
890 Elkridge Landing Road  
Linthicum, Maryland 21090  
Marshall-BWI Airport

Convenient to Baltimore, Washington DC, &  
Annapolis via both Amtrak and Baltimore Light Rail



Hotel  
Registration

Guest rooms have pillow-top mattresses, 32-inch flat screen TV, MP3 player, refrigerator, WiFi

**\$109.00** per room/night

**call 410-859-8400 or 1-800-810-0271**

**COMPLETE AND MAIL TO:** NAWSC 2011, 5361-B Columbia Road, Columbia, MD 21044-1577  
or e-mail questions/comments to: [buttoutbreathein@gmail.com](mailto:buttoutbreathein@gmail.com) or call 410-964-2180

Conference  
Registration

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

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

**CITY, STATE, ZIP:** \_\_\_\_\_

**PHONE:** \_\_\_\_\_ **E-MAIL:** \_\_\_\_\_

Yes, I would like a roommate:  female  male

*NOTE: Every effort will be made to help you find a roommate. However, you are responsible for contacting each other and making the hotel arrangements*

Delegate  
Registration

I am an elected delegate representing the following group or Intergroup: \_\_\_\_\_

**NOTE: Delegates must be registered with World Services no later than 3/30/2011.**

**Mail:** NAWSC 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, email and group you are representing**

**PLEASE SEE REVERSE SIDE FOR MORE INFORMATION ABOUT THE DELEGATE PROCESS.**

Conference  
Costs

**\$25.00** Early Registration OR **\$35.00** Late Registration (after 4/22/2011); **\$20.00** for two days only;  
**\$10.00** for one day only. Non-NicA spouses and partners - no charge

# of registrants: \_\_\_\_\_ REGISTRATION TOTAL \$ \_\_\_\_\_

Note: Cash or check only for registration, literature and merchandise at the conference

**MEALS:** Saturday Dinner Buffet - \$38.00 (includes gratuity) # of Dinners \_\_\_\_\_

Sunday Brunch Buffet - \$25.50 (includes gratuity) # of Brunches \_\_\_\_\_

MEAL TOTAL \$ \_\_\_\_\_

**T-SHIRTS:** Adult sizes Indicate Quantity: S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ XL \_\_\_\_\_ XXL \_\_\_\_\_

**\$16.00** for S-XL; **\$18.00** for XXL-XXXXL XXXL \_\_\_\_\_ XXXXL \_\_\_\_\_ T-SHIRT TOTAL \$ \_\_\_\_\_

Optional Donation to NicA World Services \$ \_\_\_\_\_ *Make checks payable to NAWSC 2011*

Optional Donation to NicA Conference 2011 \$ \_\_\_\_\_

TOTAL ENCLOSED \$ \_\_\_\_\_

# Nicotine Anonymous World Services

419 Main Street, PMB #370 Huntington Beach, CA 92648 USA

Shipping 714-638-4638 Email: info@nicotine-anonymous.org Internet: www.nicotine-anonymous.org

For faster service use this form with a credit card and fax to: 714-901-8920

OR mail check or money order (US\$ Funds, only, payable to "NAWSO") or credit card information to the address above



Mail To: \_\_\_\_\_ Date \_\_\_\_\_

Intergroup/Grp Name:(If applicable) \_\_\_\_\_ Grp #: \_\_\_\_\_

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

Address or PO Box: \_\_\_\_\_ Business \_\_\_\_\_ Residence \_\_\_\_\_

City: \_\_\_\_\_ St: \_\_\_\_\_ Zip: \_\_\_\_\_ Ph#: \_\_\_\_\_

CREDIT CARD (CK ONE)  MASTERCARD  VISA  AMERICAN EXPRESS  DISCOVER CARD

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

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

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

ITEM#	ITEM DESCRIPTION	BOOK DISCOUNTS	QTY	Price Each	Total Price
Bk1	NICOTINE ANONYMOUS: The Book Fourth Edition	Bk 1-10 = \$9.50, 11-49 = \$8.80; 50+ = \$8.20			
Bk2	Our Path to Freedom 12 Stories of Recovery	Bk2 1-10 = \$4.95, 11-49 = \$4.60; 50+ = \$4.25			
Bk3	90 Days, 90 Ways	Bk3 1-10 = \$4.95, 11-49 = \$4.60; 50+ = \$4.25			
Bk4	Nicotine Anonymous 12 Traditions	Bk4 1-10 = \$2.50, 11-49 = \$2.00; 50+ = \$1.50			
Bk6	A Year of Miracles (A meditation for every day.)	Bk5 1-10=\$14.00,11-49 = \$13.10; 50+=\$12.20			
Tape	The Book & Our Path to Freedom on tape.	Boxed Set of 4 Tapes = \$20.00		20.00	

Braille: THE BOOK & Pamphlets are also available from the Braille Institute 800-272-4563 - Ask for supervisor or Order Desk.

ITEM#	ITEM DESCRIPTION	PAMPHLET DISCOUNTS P-1 to P-14	QTY	Price Each	Total Price
P-1	Introducing Nicotine Anonymous				
P-2	The Serenity Prayer for Nicotine Users	under 100 pcs. No Discount .20 ea.			
P-2B	The Serenity Prayer for Smokers(Spanish)	100-499 pcs. Any Combination .18 ea.			
P-3	A Nicotine User's View of the Twelve Steps	500-999 pcs. Any Combination .16 ea.			
P-4	Tips for Gaining Freedom from Nicotine	over 1000 pcs. Any Combination .14 ea.			
P-5	To the Newcomer & Sponsorship				
P-6	To the Medical Profession				
P-7	Facing the Fatal Attraction				
P-8	Our Promises				
P-9	To the Dipper & Chewer				
P-10	Slogans				
P-11	What do NAWS and Intergroup Services do for me				
P-12	Nicotine Anonymous The Program and The Tools				
P-13	Are You Concerned about Someone Who Smokes or Chew				
P-14	How Nicotine Anonymous Works				
B-L	The By-Laws of Nicotine Anonymous			1.00	
Cds	Nicotine Anonymous Business Cards		100	5.00	
Dir	Worldwide Meeting Directory			1.00	
Pca	Public Service Announcement as an MP3 file	Via email only		FREE	
	SubTotal			XXXXXXX	
	Sales Tax (California Residents Only) 8.75% times SubTotal			XXX	8.75%
	Shipping & Handling (See Shipping & Handling Chart Above)			XXX	XXXXXXXX
Stk	Meeting Starter Kit (Limit 1 per Individual; 5 per Intergroup.)				FREE
7-min	SEVEN MINUTES Subscription Complete Order Form Below				
	DONATION (Thanks for supporting NAWS in our effort to help those who still suffer)			XXXXXXXX	
	GRAND TOTAL in US\$			XXXXXXXX	\$

PLEASE  
NOTE  
S & H  
INCREASED

New Rate

VISIT  
OUR  
ONLINE  
STORE

## SEVENMINUTES Order Form

## CHECK OUT OUR NEW LOW MULTI-YEAR RATES!!!

SEVENMINUTES is a quarterly publication of NAWS news, articles and letters - "a meeting on a page." Your subscription will get you four issues plus the regularly updated Worldwide Meeting Schedule. You will also help SEVENMINUTES continue as the network among groups around the world.

	Subscription Rates	U.S.	Canada	Overseas
___ New Subscription				
___ Renewal	1Yr	\$9	\$11	\$14
___ Address Change	2Yrs	\$17	\$19	27
	3Yrs	\$25	\$27	39

Mail To: Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City \_\_\_\_\_ St: \_\_\_\_\_ Zip: \_\_\_\_\_ Tel: \_\_\_\_\_

If form is older than 6 months, write to us for an updated one or visit our website to download a new version. Rev.09/01/09

# Working Step 3

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

## *How Have You Worked Step 3?*

We are looking for your reflections and experience with the 3rd Step for a second book of meditations.

It's a "we program." Can you find a "wee" bit of time to share your experience, strength and hope on the 3rd Step? The meditation does not have to be a work of art, just from the heart!

Does your group do a Step Study each month? Consider having a writing meeting for the Third Step and send your submissions to us!

Please send your 100-300 word meditation in an email or Word file. If you have a quote to match your meditation, that's great. If not, we will find one for you. Include your telephone number, email and snail mail address (to be used only in case we have questions).

We are also accepting general submissions on any topic related to your freedom from nicotine and how NicA has helped you get there.

Thank you for your service!

Send to:

DailyMeditations@nicotine-anonymous.org  
Attn: Daily Meditations Coordinator  
419 Main Street, PMB# 370  
Huntington Beach, CA 92648



*Note: All contact info and authorship will be kept confidential in accordance with the 11th Tradition. Contributors waive their rights to financial compensation and grant all rights to Nicotine Anonymous. Meditations submitted may be edited for grammar and content.*

# *Service is the Key*

Nicotine Anonymous World Services is in need of volunteers  
to take on the following open positions:

## BYLAWS COORDINATOR (*filled*)

The bylaws coordinator compiles suggested changes to the Bylaws and  
presents them to the annual Conference.

## WEB COORDINATOR (*filled*)

This coordinator monitors our World Services website for up to date in-  
formation and ease of use and recommends improvements to the Chair-  
person as well as posting updates to the Current Events, Public Outreach  
and Archives sections of the website. Our current coordinator will be re-  
signing in April 2011. This position requires technical expertise and we  
would like to identify a replacement early so you can work with our cur-  
rent webmaster for a transition period.

## TELEPHONE AND E-MAIL SERVANTS

From the comfort of your own home, you can respond to telephone calls  
and  
e-mails from those who are just starting out on their path to freedom.

## TRANSLATORS

Help us spread the word by translating our literature, or step up to the  
plate  
when foreign-speaking inquiries come to our attention

For further information about any of these service positions, please con-  
tact

Nicotine Anonymous World Services

# NicA Around the World

## UK Meetings

Write to:

Nicotine Anonymous  
PO Box 1516  
LONDON  
SW1H 9WT

Tel: 020 7976 0076 (please leave a message)

To start a meeting in UK, call **020 7976 0076** for a starter pack.

### **Service is the Key...**

Only you can tell your story.

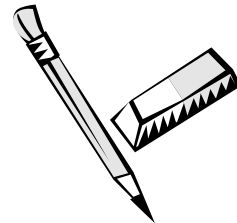
What was your life like as an active addict? What happened to get you in the door? What is your life like now?

Personal stories, articles, poems, art, or jokes 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**



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## **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 people who will try to quit smoking this year, Nicotine Anonymous offers ongoing support to all those who desire it for an unlimited time. The 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](mailto:info@nicotine-anonymous.org)

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

# ***BIRTHDAY CONGRATULATIONS!***

*George D. – August 3, 2009*

*Chris H. – April 19, 1992*

*Marge D. – May 3, 1996*

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## ***Birthday Announcement***

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

OR

Email to: [sevenminuteseditor@nicotine-anonymous.org](mailto:sevenminuteseditor@nicotine-anonymous.org)

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### ***Give Back!***

You Can't Keep it Unless You Give It Away

Nicotine Anonymous World Services is seeking servants for a variety of positions within the fellowship. Please see the contact information below if you would like to learn more about these service opportunities.

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)  
or write: Nicotine Anonymous World Services  
419 Main Street, PMB#37  
Huntington Beach, CA 92648

## *Seven Minutes*

### **NAWSO**

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

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#### **Publication dates and Deadlines for Submissions For 2010**

<b>Publication date</b>	<b>Deadline Date for Submissions</b>
<b>March 20</b>	<b>February 1</b>
<b>June 20</b>	<b>May 1</b>
<b>September 20</b>	<b>August 1</b>
<b>December 20</b>	<b>November 1</b>

### **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 \_\_\_\_\_