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Chairperson's Report...

San Francisco was gripped today by rumors that at noon, instead of our usual outdoor warning siren which dutifully sounds every Tuesday, we would catch a whiff instead of Tony Bennett, in honor of the 50th anniversary of "I Left My Heart in San Francisco." As the moment arrived, we were treated with...the same siren we hear every week. Alas.

Two weeks ago, the board met and I confessed that some of the grand plans I had laid out for transitioning our website to a new server were, well, a bit too grand. It was a humbling moment, but it also frees us up to do a bunch of work that has backed up. We're scaling down (at least for the time being) some of our more ambitious plans, and as a result, some of the changes promised as far back as the Conference will finally take place, including putting *Seven Minutes* online for free.

We'll continue with the same web host for the next year. It might have been nice to browse the Tony Bennett version of our website, but instead we get to stick with the old familiar for at least another 10 months. And unlike the San Francisco siren, our website is not known to scare tourists, though it

could definitely use some fresh paint!

There has been a transition on the board. Andy, our Treasurer-Elect, has had to step down from his position for personal reasons. His service will be greatly missed. Gary, our current treasurer, will serve an additional year, and the board will, by Conference time, appoint an officer to serve what would have been Gary's emeritus year. By the end of his term, Gary will have served more than 2 years in an active role. I am continually humbled by the dedication with which he and other members have served this fellowship. I would be pleased to have lived up to even a fraction of their example, and I hope we all can, too.

Things are settling down from the tumult of earlier years. Our finances are in much better shape, and long-neglected work (like our Worldwide Meeting List cleanup) is being tackled. The Conference in Albuquerque will be a great relief and a beautiful escape. I know the locals have been working hard all year and will put on a wonderful show for us. Please join us at the Conference and celebrate another year of freedom in Nicotine Anonymous!

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

The Twelve Traditions of Nicotine Anonymous

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

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

The Twelve Traditions of Alcoholics Anonymous

1. Our common welfare should come first; personal recovery depends upon A.A. unity.
2. For our group purpose, there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for A.A. membership is a desire to stop drinking.
4. Each group should be autonomous except in matters affecting other groups or A.A. as a whole.
5. Each group has but one primary purpose—to carry its message to the alcoholic who still suffers.
6. An A.A. group ought never endorse, finance or lend the A.A. name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.
7. Every A.A. group ought to be fully self-supporting, declining outside contributions.
8. Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.
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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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Twenty-Two Years and Counting...

"My name is Ed T. and I'm gratefully recovering from addiction to nicotine."

This is the phrase I have spoken once or twice a week at Nicotine Anonymous meetings since about the third anniversary of becoming nicotine free. It was around that anniversary that I fully began to realize how huge and encompassing my gratitude truly is for my recovery from this cunning and baffling drug. By the grace of my loving Higher Power, the Steps and Tools of the program, the love, support, and fellowship of the most caring, supportive, and wonderful people on the planet - my fellow recovering nicotine addicts - I have, one day at a time, over twenty-two years and nine months nicotine free. If I am given the gift of continuing abstinence from nicotine, by the time I attend the 27th annual Nicotine Anonymous World Services Conference this April, I will have celebrated my 23rd anniversary of freedom from nicotine.

My first memory of anything related to smoking came when I was a young child, probably no more than three years old. I remember my father showed me a pack of his Camel cigarettes, and asked me the old line, "What does the camel do when it rains?" He then said, "He goes around the corner and hides under the palm trees." Then he showed me the pack with a camel on one side, and pyramids and palm trees on the other side. My father, who was a heavy smoker all his life until he became so physically ill he could no longer smoke, died of a smoking-related disease before his 62nd birthday. He smoked incessantly as I was growing up. He smoked in the house, in the car, on trips, anywhere and everywhere, and every waking hour. In those days there were very few restrictions on smoking, and he certainly did not self-

impose any restrictions on smoking around our family.

My own smoking career began when I was thirteen years old. My first cigarette was given to me by a fellow just a few months older than me. He was the son of a business associate of my father, and our family socialized some with their family. This was the summer before I entered eighth grade. Once school began there was a new kid in my class who had just moved into town, and with whom I became friends. He also smoked, and soon I began smoking on a regular basis, as part of bonding with him.

In my early smoking career I was a well-behaved fellow, and generally only smoked a couple of cigarettes a day - I chose not to violate the prohibition against smoking on school grounds, and couldn't smoke openly at home. This very light smoking continued, but gradually increased over the next couple of years. Shortly after I turned fifteen, my younger sister, then seven, was diagnosed with a type of cancer that typically strikes young children, and underwent surgery to have the tumor on her kidney removed. This was followed up with chemo-therapy and cobalt radiation therapy. I continued to smoke through her surgery and subsequent therapies. Some months later, however, the cancer metastasized and spread to her lungs. This really got my attention. My first thought was, "My God! Here's an eight year old kid, who's never smoked a day in her life, and she's got tumors in her lungs! What the hell am I doing?" At that point I quit smoking, cold turkey.

Exactly thirty days after I had quit, I was at the home of that same new kid in town with whom I had become friends. A couple of friends from his old town were also there. His parents were not home. He and one of the friends got very drunk, very quickly. The other friend had just a couple of drinks. I had nothing at all. We

wound up trying to take care of the other two, and I soon found myself in a situation where I had no experience, and no skills for handling it. I had learned by observation from my father that when one is in a situation that is confusing or stressful, one lights a cigarette, kicks back, and thinks it through. This is what I did. And of course, that one cigarette led right back to daily smoking. I smoked through the balance of my sister's illness, her death and funeral, and that entire family tragedy. Looking back, it is clear that even at age fifteen, and still a "light" smoker, I was already so addicted to nicotine that "just one" led me right back into the slavery of addiction, despite all the good reasons I had for staying quit and the family tragedy we were enduring as the result of my sister's cancer.

I did not try to quit again while in high school. The summer between high school and college, my parents gave me "permission" to smoke, though it had been no secret to them that I had been smoking for years. This, of course, only escalated my intake. Once off to college, I did try to quit smoking cigarettes again. Once I tried by switching to cigars and pipes (not realizing it was the nicotine that was the issue in the first place). I soon realized that since I was inhaling the cigars and pipes, I was no better off - and probably worse off - than continuing to smoke cigarettes. I tried a couple of other times by just "white knuckling" through it, but those quits never lasted more than a few hours to a few days, to sixteen days at the most. By then, I had picked up drinking and smoking pot, which certainly did not help the cause of quitting smoking cigarettes, since it only weakened my resolve around cigarettes if I was buzzed on those substances.

Immediately after I finished college, I moved to California, and soon wanted to adopt the "healthy lifestyle" of a

Californian, including a good diet and plenty of time outdoors not smoking. Thus began the litany of hypnosis, acupuncture, psychic healing, meditation, white knuckling, quitting with others, quitting alone, quitting when I was in relationships with non-smokers (figuring it would help the relationship), etc. None of that worked - or at least not for long. Over and over, I managed to put together amounts of time ranging from a few hours to a few days, to up to sixteen days. But I couldn't find a way to get to Day Seventeen! I don't know exactly how many times I reached that threshold of sixteen days, but it was at least four or five. Day Seventeen seemed like a glass wall. I could see to the other side and envision my life without cigarettes, but could not seem to penetrate that wall!

When I started back smoking after each quit, I switched brands, went to lighter cigarettes, or tried some other thing to fool myself that I was making headway. But nothing worked. Everything I tried was just a charade of denial, wrapped in the shame and guilt that I felt, having watched my sister die of cancer while I continued to smoke. When I was somewhere around 33 or 34, while working as a waiter in a restaurant, I had a boss who did not smoke. We got along quite well, and he obviously liked and respected me. One day he put a \$100 bill down on the bar, and told me to pick it up and put it in my pocket. He told me to hold on to it until I had my next cigarette. If I didn't smoke, the money was mine. If I had another cigarette, I had to give the money back to him. My first thought (though I didn't say it) was, "How dare you try to bribe me! Who do you think you are? I'll quit when I'm ready, and not before!" Arrogance has always been a major character defect of mine, though at the time I did not have the Steps in my life, and so did not understand that. I just laughed it off, and probably told him that he'd see his money back soon (and he did).

Smoking and quitting continued as a pattern in my life over the next few years, even as my intake of cigarettes rapidly increased. In the last several

years of my smoking career, my week-day baseline was about 2 and 2 1/2 packs a day, and it went up from there. Weekends were often 4 to 4 1/2 packs a day. By then, the physical toll was really beginning to show. As I moved into my later 30s, I began to experience the sensation that I had a fifty pound weight on my chest when I woke up, lit up my first cigarette, turned off the alarm clock, and thought about getting out of bed. Every day I had a sore throat, and by mid-afternoon I had a low-grade headache. To quell all this discomfort, I downed three Excedrin tablets every four hours. Life as a smoker was beginning to get very unmanageable, though I was clearly powerless to stop. I did not yet have the Steps in my life to help me understand this. But one day, as I was standing in my bedroom pouring out yet more Excedrin to take, a thought came to me "out of the blue." I was taking a drug to alleviate symptoms created by the use of a drug! This hit me like a bolt of lightning. Though I did not yet have the vocabulary to express it, I was, in fact, experiencing a spiritual awakening! At that moment, I resolved that one day I would be a non-smoker. I didn't know how long it would take, or what it would look like, but I would eventually put the cigarettes down.

It actually took another two years or so, and a few more quits. Toward the end of my smoking, during the summer of 1988, I joined a quit smoking program offered through my HMO. It was basically a ten-session peer support group, led by a facilitator who was a former smoker herself. We all worked together on various writing exercises to help us understand our addiction and all quit together. Then a couple of sessions later, we all got our certificates, and voila - we were officially non-smokers! However, I was too much of an addict. Without the support of the group, I could not stay quit. And again, sixteen days later to the day, I saw an abandoned pack of cigarettes in my path, picked them up, and began smoking again.

But in that group, I learned three

things. I learned that peer support really did help me a lot. I also learned that I was enough of an addict that I needed ongoing support. Ten sessions and a certificate would not work for me in the long run. I also learned about the existence of an organization called "Smokers Anonymous", which was the name of Nicotine Anonymous until April, 1990.

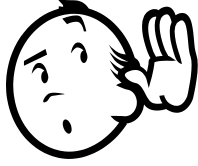


I kept the information I had received about Smokers Anonymous, and considered that perhaps someday I would try it. By then though it was the fall, and beginning to lead up to the holiday season. "Everybody knows" that it is not possible to quit smoking during the holidays (or so my mind thought). I did make one significant change, however, as a result of that class. I had learned about triggers to my smoking, and how so much of it was automatic, so I decided that although I would continue to smoke through the holidays, I would not smoke inside of my home, or inside of my car. I did not do this to cut down on smoking, although it certainly had that effect. I did this primarily because I was beginning to understand my triggers, and decided if I was to become a non-smoker, I would have to learn how to dial a telephone, answer a telephone, shut off the alarm clock, get out of bed and get dressed—all without lighting a cigarette. I would have to learn how to end a meal, drink a cup of coffee, and lie in bed after sex without a cigarette. I would have to learn to sit at a red light, be in line at the toll plaza on the bridge, and be patient in traffic without a cigarette.

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Heard it in a meeting...

Quitting nicotine is like giving yourself a raise in pay.



Prayer...

As a child I was taught to kneel, close my eyes, and angelically fold my hands, then recite by rote the prescribed prayers of my church. When I rejected that God as a teenager, I drifted away from the church and naturally also stopped praying.

In recovery, there seemed to be a lot of praying going on. We open and close every meeting with a prayer. We have a Serenity Prayer. There's a Third Step Prayer and a Seventh Step Prayer. Throughout the 12 Steps there are admissions and askings expected to be made, all some sort of praying? Prayer is one of the tools of recovery. If I wanted to stay free of mind and mood altering chemicals like nicotine, it was obvious I had better figure out to whom to pray, how to pray, and what and what not to pray for.

Most of the answers came to me when I began to understand Step Eleven: 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 that out. So instead of praying for a new car, or world peace or a promotion at work, I could ask God (who I had by now learned was my Higher Power and the sole target of prayer), to be granted only two wishes. First, to know what His will was for me, and second, for the strength to do that will. It simpli-

fies our prayer. We don't have to worry whether we've asked for the right things in the right way.

The purpose of prayer is to get to know God, to commune(icate) with God. It's a reunion with our Higher Power. Through prayer we link up our soul and mind (and will) to God.

I pray at the same time every day, in the morning upon rising and at night upon retiring. I ask for His will for me in morning prayers and thank Him for all my blessings in evening prayers. It brings me power for daily living and provides me a spiritual reserve. There is no right or wrong way to pray, there is no formula but to make it a habit. When I'm alone, I pray out loud. With practice, prayer became easier for me. Some people "Act As If" to learn to pray. The basis of prayer: Thy will be done in me and through me today.

In Nicotine Anonymous' "A Year of Miracles," prayer is mentioned more than any other topics except freedom and gratitude. To me, prayer is one of the many gifts I've received from Nicotine Anonymous. Although I do pray for willingness, serenity, courage, wisdom, love and a host of solely spiritual things, I believe they all represent what my Higher Power wants me to have—His will for me.

Kent B.
Happy Jack, AZ



From Roz, Your Roving Reporter...

In NicA we carry the message to the nicotine addict who still suffers. Here Roz does just that, as she encourages Cindy to "keep coming back" after a relapse.

Hi Cindy....heard someone say the other day, "You know you can do it..you did it once before...and you can do it again." I think having some time quit and

having to do it all over again is tough, because lots of us are angry that we put ourselves in this position. That's where we need to practice compassion for ourselves. You have a disease and had a relapse...pretty much what happens a lot with us addicts...

You said you will win this war. Maybe the secret is surrendering to the disease, knowing it's got you beat. No way are you going to win.....Instead, rely on your HP and NicA to do for you what you can't do for yourself. That's pretty much what happened to me...like Custer, I almost let it kill me. It finally sunk into my thick skull that no matter what I did, I could not quit. I laid down before getting killed. When I finally gave up on the idea of ever getting that quit, a strange thing happened....I got one. Yippee! Funny how it works around here—one has to surrender to win. Defies everything I ever learned.

When I came to the Program, I heard this phrase a lot: accept the cravings. I put that in a way that really worked for me and would tell myself to embrace the cravings...make friends of them and let them be proof that you are getting that quit. Kind of like recuperating from a serious operation...really painful but you know that will stop and you know you are healing. Seems like most things that make our lives better have some pain. Just saying it worked that way for me, and I know for a few others that was how it was for them.

Quote Corner

"We cannot change anything unless we accept it."

- Carl Jung



Online Post

I have established a communication connection with my Higher Power that surpasses fiber optics, and my Higher Power has built a firewall to ward off nicotine demons. I cherish my freedom from nicotine addiction and truly believe that with faith, all things are possible.

AI

Voices of Nicotine Recovery (VONR)



If You Don't Quit On Your Quit Date, Your Quit Date May Choose You...

Like many of you, I had several quit dates over the past 45 years. Some quits would last for days, some for hours, but most of the quit dates simply came and went. Then on November 5, 2011 my quit date was chosen for me. That is the day when I had a heart attack. It's been nearly a month ago. I still get the craving, or as I call it "the Jones," but I know that I can continue my quit with prayer and support.

Each time I think of lighting up, I can see myself in a casket. My arteries were 99% blocked. God kept me here for a reason - maybe it is to encourage others as they try to quit.

Pick your quit day and quit, otherwise...

Kenny C.
PA

Eliminate the Word Cravings...

Back in my early post-quit, I leaned heavily on the notion of eliminating the word "craving" from my thoughts about my quit. I substitute the word "tug" instead. Here's why: to me, "craving" sounds like "desire." Therefore, when I say I have a craving, I'm saying I want to smoke. I. Want. To. Smoke. Do you see what's wrong? When you're quitting, is it really "you," meaning all that you are—your intellect, your emotions, your "gut", your wisdom, your stupidity, your all—who wants to smoke? No, you want to quit. But you also want to smoke, so maybe you can't even say either way.

I killed the word "craving" because it represents me as someone who wants to smoke. No, I want to quit. In other words, I want quitting to win the war of desires.

Try "tug." Sounds little, doesn't it? It's a puny pip-squeak of a word. It represents how I want to think of formerly-known-as-cravings. Little. Weak. Easily stomped or stepped over and ignored, as I stride unrelentingly toward the Big Quit finish line.

"So here I am on Quit Day Two. Hope it's easier than Day One was. One thing I know, I can expect lots o' those little tugs today." Sounds more manageable, doesn't it?

Y'know, after two years and a month away from the cigs, I still feel a tug every now and then. A few days ago at a bus stop where usually one to five people gather before each bus, there were three, and they were all smoking. I felt a tug and was grateful that I had picked up the "tug" concept because in one word/thought,

I mentally belittled the formerly-known-as-craving down to the tiny and inferior blip it really was to my Higher Power and me.

JPS
NJ

Can't Get to a Face to Face Meeting?

Here are some great options:

Go to www.nicotine-anonymous.org Click on **Meetings**. In that link, click on **Telephone Meetings** (left side of the page). You'll find information for accessing 2-3 phone meetings a day.

There is also a link for **Internet Meetings**. Click that to find two live links for these home pages:

1. Unofficial Nicanon:

<http://health.groups.yahoo.com/group/unofficialnicanon>
This has type share meetings.

2. Voices of Nicotine Recovery:

<http://health.groups.yahoo.com/group/voicesofnicotinerecovery>
This has voice share meetings 5 times daily.

www.voicesofnicotinerecovery.com is a newcomer site which shows how to access the voice online meetings using PalTalk. It also has information about nicotine addiction and a link to listen to speaker shares in the privacy of your own home.

Both sites have a Message Posting Board — you can post a message and get a response generally within the same day. You just have to join either **VONR** (Voices of Nicotine Recovery) or **Unofficial Nicanon**.

Note: You can go to meetings without joining either site, though joining does allow you to search out files and post messages. All it takes is to become a Yahoo member, then register with a user name and password. That's all there is to it!



continued from page 4...

Wow!!! Could I learn to do all these things and not light up? The safety valve was that I could go outside for a cigarette in the garden when needed, or have one when I got to where I was going. At least I was beginning to break the automatic triggers that led me to light up the innumerable unconscious cigarettes in my 2 1/2 to 4 pack days!

My journey with 12-Step recovery began in February of 1989, when I first walked into the rooms of Smokers Anonymous. I found people there who, like me, were still smoking, and in the same room, found people who had quit anywhere from a couple of days to more than a year. All were together in the same room, supporting and being supported by each other. I was warmly welcomed, and encouraged to "keep coming back." Within a couple of weeks I too had quit smoking, once again. Somewhere around day 14 of that quit, I attended my regular Thursday meeting, and shared that I was really concerned that I was coming up on a milestone I had never been able to break past since my initial quit as a teenager: sixteen days. A couple of days later, the phone rang. It was somebody from the meeting. She remembered my comment, and figured that today was that day. She just wanted to let me know she was thinking about me, and hoping I would be able to make it. Wow! I had never had that kind of unsolicited support around quitting before. Somebody I hardly knew, calling out of the blue to tell me she was rooting for me! I got through that day, and Day Seventeen as well! I was off and running. The days began to add up, one day at a time. Along about day 33 or so, I was asked to speak at the Sunday meeting. I thought I "had arrived" and had it "down." I had even made it past my teenage milestone of 30 days quit. I knew how to do this, and the proof was that I was invited to tell them how I did it at the Sunday meeting! As I said earlier, arrogance and pride were two of my major character defects, as I later came to understand while working Steps Four and Five.

A few days later at my Thursday meeting, a fellow came in and told the group that he had relapsed, after having about a month and a half nicotine free. In my arrogance and my ignorance of how 12-Step programs work, my first thought was: "You fool. Why are you humiliating and embarrassing yourself in front of all these people? If it were me, I'd just chalk it off as one more thing that didn't work,

like the hypnosis and acupuncture, and not come back. Why did you come back?" Of course I didn't say this. But I saw how warmly he was welcomed back to the meeting, and how much support and understanding he got from the people in the meeting. To this day I credit observing his relapse and the support he got from the group as the event that encouraged me to stay in this program. Just a few days after that, I had my own relapse - at the 45 day mark. I relapsed with three cigarettes over an eight-hour period. It was because of the group support and encouragement this man had received that I did not write off this strange process called a 12-Step program. I came back, told the group of my own relapse. Like him, I was given amazing support and encouragement to get "back on the horse", and keep coming back. I would be supported as long as it took, I was told. I was also told that I needed something called a "service commitment" that would ensure that I had a reason to come to the meeting each week. I was handed the literature commitment, and was told I needed to put it on the counter each evening before the meeting. I was also told that if the literature ran low, I should go to something called an "Intergroup meeting" to purchase more of it.



The Intergroup meeting at that time was held at the Dry Dock, a recovery club in San Francisco. At that time it was operated by one of the co-founders of Smokers Anonymous, and housed the World Services office of the fellowship. There I not only got the literature for our meeting, I also got to meet the World Services Chair, and others who were active in the early days of our program. From that experience, I not only became active in Intergroup, but was asked by the Chair to be on the World Services Teleservice Committee, doing call-backs to people interested in finding out about our program, and starting meetings in their area. I was encouraged to attend my first World Services Conference in Phoenix, AZ in 1990. It was at this momentous

conference, the first to be held outside of California and the first to have attendance hit three digits, that we also changed our name from Smokers Anonymous to Nicotine Anonymous. It was at that conference that I first got to witness the amazing process of the Second Tradition in action: a loving Higher Power guiding our collective wisdom as a fellowship through a group conscience that grew us into the more inclusive fellowship of Nicotine Anonymous that we are today. It was there that I also met people that remain friends to this day.

Back home, I was learning more about my powerlessness over nicotine, and the unmanageability it created in my life. I also began to learn about how alcohol was affecting my life. I had quit drinking soon after I stopped smoking, because it was clear to me I could not continue drinking and remain abstinent from nicotine. But I did not view myself as an alcoholic, and did not initially attend AA meetings. A friend invited me to attend an AA meeting when I hit a year of not drinking. I protested that I didn't work that program. I just didn't drink because I didn't want to smoke, but he somehow talked me into it. It was an amazing meeting, and I went back a couple more times. Soon my denial about my alcohol use broke through, and the Second Step helped me come to believe I had work to do in more areas than just abstaining from nicotine. Surrendering to that decision and claiming my seat in a second 12-Step fellowship was a gift of the Third Step. Naming and claiming character defects such as the arrogance and pride I already mentioned allowed me in the Fourth and Fifth Steps to see a clear direction for work in Six and Seven. Amends to myself for all the harm done to my body and spirit went on my Eighth Step list, along with family, friends, and the world at large. My continued abstinence from nicotine has been one living amends to myself and to my family, especially my mother, who was heartbroken by my smoking in the face of my sister's illness and death. The service I have been blessed to render to Nicotine Anonymous over the years - doing what I could to help it

*The craving will
pass whether we act
on it or
not...*

grow, through service on Teleservice, Networking Coordinator, Intergroup work, active service to my home meetings and three stints on the World Services Board - have been my attempts at amends to the world for all the smoke I breathed into the atmosphere for twenty-five years, all the cigarette butts strewn across the land, and all the unknown and unknowable people in restaurants, on streets, on busses and planes, and everywhere else I smoked, who have been discomforted or inconvenienced by my smoking.

I am humbly grateful that it has been many years since my smoking harmed or inconvenienced anybody. But I am still human, and the gift of the Steps has allowed me to see more clearly what my part is in the events of my life, to make amends, and to admit more quickly and easily when I am wrong or could do better. The still small voice I have learned to recognize as a guide, and which often manifests through the speech of others in the meetings I attend, reminds me that my Higher Power is never far from me, and guides me, if only I am open to listening and accepting the wisdom.

So it is the gift of the 12 Steps, first introduced to me in Nicotine Anonymous, that has led me to a life far beyond my wildest dreams. If I had merely quit smoking when I walked into what was then Smokers Anonymous, that would have been huge enough. Nothing else had ever worked for me. I had serious doubts that this strange program, unlike anything I had ever

experienced before, could do any better than the hypnotists and acupuncturists

had. But beyond the gift of putting down the cigarettes for nearly 23 years, I have been given an approach to leading my life that is radically different and radically better than anything I had known before. My service to this fellowship is my humble attempt to give back in whatever small ways I can, when and where I can. The life lessons I have learned on this amazing path of recovery have served me well in many areas of life outside of the rooms. Many people I have come into contact with in Nicotine Anonymous have heard me say that Nicotine Anonymous is the one thing I am the most passionate about in my life. My gratitude for the gift of Nicotine Anonymous is truly boundless. So as long as my Higher Power allows me to breathe in and out and to walk on this Earth, you will see me in the rooms of Nicotine Anonymous. May the blessings of this fellowship touch you as they have touched me.

*Ed T.
Emeryville, CA*

Seven Minutes Meditation

Today I have the power to
live differently.

Through our Fellowship
and with the strength of
my Higher Power,

I choose to live serenely
and without the need
of escape.



- from **90 Days,**

90 Ways



New Literature Project!

A book titled "The Best of *Seven Minutes*" is being compiled, featuring the best articles from all the issues — yet another source of experience, strength and hope for nicotine addicts!

We have issues from 1994 to 2011, but are missing the earliest ones which began in 1988. **If you have any of the earlier *Seven Minutes* issues, please share!**

Send a copy via email to sharoncz@ptd.net. If you prefer snail mail, email Sharon to obtain her address. If you have several issues, please put them on a disk to be mailed.

Note: Several NicA groups are reading the issues to put the chosen articles into categories for the book. If your group would like to help, it would be appreciated! Email Sharon to obtain the format being used to tally the results. (The articles can also be used as discussion topics for your meetings!)

Your assistance with this project is appreciated!

Nicotine Anonymous World Services

6333 E. Mockingbird Ln., #147-817 Dallas, TX 75214 USA

Shipping Phone: 469-737-9304 Fax: 888-390-5873

Email: info@nicotine.anonymous.org Internet: www.nicotine-anonymous.org

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Or mail check or money order (US funds only payable to NAWSO)

Mail to: _____ Date: _____

Intergroup/Grp Name: (if applicable) _____ Grp: _____

Name: _____ Email: _____

Address or PO Box: _____ Business _____ Residence _____

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

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Item #	Item Description	Book Discounts	QTY	Price Each	Total Price
Bk	NICOTINE ANONYMOUS: The Book Fourth Edition	Bk1-10 = \$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			
Bk5	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 800-272-4553 – Ask for supervisor or Order Desk.

P-1	Introducing Nicotine Anonymous	PAMPHLET DISCOUNTS P-1 TO P-14			
P-2	The Serenity Prayer for Nicotine Users	Under 100 pcs. No Discount .20 ea.			
P-2S	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	SHIPPING & HANDLING			
P-8	Our Promises	If order subtotal: Then postage is:			
P-9	To the Dipper & Chewer				
P-10	Slogans	Under \$2.01 1.00			
P-11	What do NAWS and Intergroup Services do for me	\$2.01 to \$4.99 2.50			
P-12	Nicotine Anonymous The Program and The Tools	\$5.00 to \$29.99 6.95			
P-13	Are You Concerned about Someone who Smokes or Chews	\$30.00 & Over \$6.95 + 5% of total			
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	
Psa	Public Service Announcement as an MP3 file	Via email only		FREE	
	Sub Total		XXX	XXXXXXXX	
	Sales Tax (Texas Residents Only) 8.25%		XXX	8.25%	
	Shipping & Handling (See Shipping & Handling Chart Above)		XXX	XXXXXXXX	
StK	Meeting Starter Kit (Limit 1 per Individual; 5 per Intergroup.)			FREE	
7Min	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 \$	

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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 regular updated Worldwide Meeting Schedule. You will also help SEVENMINUTES continue as the network among groups around the world.

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Nicotine Anonymous
World Services Conference XXVII
Albuquerque, New Mexico
April 20-22, 2012
<http://nica-wsc2012.com>

Hotel Albuquerque at Old Town: 800 Rio Grande Blvd NW, Albuquerque, NM 87104
\$109.⁰⁰ per room/night-single or double occupancy--conference rate code:1204NICOTI
Call toll free at [800-237-2133](tel:800-237-2133) and ask to be connected to reservations.

Rates honored 2 days before and 2 days after the conference. Convenient to ABQ's International Sunport, AmTrak, Railrunner Express, ABQ Ride. And a short ride to the beautiful Sangre de Christo mountains and the cultural and artistic meccas of Santa Fe, and Taos.

Hotel Albuquerque Information

Hotel Albuquerque at Old Town provides comfortable accommodations, free wi-fi in rooms, free parking, pool, jacuzzi, and fitness center. The climate is mild, arid, and cool at night. The hotel is located in Albuquerque's historic Old Town district, a serene village that has been the focal point of the community since 1706. For more information go to www.hotelabq.com

Within walking distance of Hotel Albuquerque at Old Town are several attractions:

- New Mexico Museum of Natural History & Science with LodeStar Astronomy Center
- The Albuquerque Museum of Art and History
- Explora! Science and Children's Museum
- American International Rattlesnake Museum
- Turquoise Museum
- Native American Indian jewelry vendors on the Old Town Plaza

Take a five-minute drive and enjoy:

- Albuquerque Biological Gardens & Aquarium
- Rio Grande Zoo
- Rio Grande Nature Center & Park
- Indian Pueblo Cultural Center
- Downtown Albuquerque Business District

TWO WAYS TO REGISTER:

- | | | |
|--|----|--|
| 1. Complete the attached registration form, make check payable to NAWS Conference 2012
Mail to: Bill Sullivan, NicA Registration
324 Hermosa SE, Albuquerque 87108
505 401 2365 or nawsconf2012@att.net | OR | 2. Register and pay online through:
http://nica-wsc2012.com
Paypal account not required. |
|--|----|--|

Nicotine Anonymous World Service Conference XXVII - Registration Form

Go to <http://nica-wsc2012.com> for more information and to register online

NAME: _____

ADDRESS: _____

CITY, STATE, ZIP: _____

PHONE: _____ E-MAIL: _____

REGISTRATION: \$30 Early Registration OR \$35 Late Registration (after April 7, 2012) (Non-NicA spouses and partners - no charge) Number of registrants: _____ REGISTRATION TOTAL \$ _____	
MEALS: Saturday Dinner Buffet - \$40 (includes gratuity) No. of Dinners _____ Sunday Brunch Buffet - \$25 (includes gratuity) No. of Brunches _____ MEAL TOTAL \$ _____	
T-SHIRTS: Adult sizes \$17 for S-XL \$19 for XXL-XXXXL	Quantity: S____ M____ L____ XL____ XXL____ XXXL____ XXXXL____ T-SHIRT TOTAL \$ _____
Donation to NicA World Services (optional)	\$ _____
Donation to NicA Conference 2012 (optional)	\$ _____

TOTAL ENCLOSED \$ _____

<p>____ Yes, I am interested in NicA Van rides to/from ABQ Sunport or AmTrak (circle one). DATE and TIME of ARRIVAL: _____ DATE and TIME of DEPARTURE: _____ Cell Phone number: _____</p> <p>____ Yes, I would like a roommate: ____female ____male Every effort will be made to help you find a roommate. However, you are responsible for contacting each other and making the hotel arrangements</p> <p>____ Yes, I am an elected delegate representing the following group or intergroup: Name of Group: _____ Delegates must be registered with World Services no later than: March 21, 2012 To register as a delegate, send an email to: <secretary@nicotine-anonymous.org> Include name, address, phone, email and group you are representing. For more information, please see "Here's how delegates are chosen" link at nicotine-anonymous.org/about_us_conferences.php</p>
--

At the conference, cash or check only for registration, literature and merchandise.

Questions? Please contact Conference Chair, John R. at oldhippydude@comcast.net
or call 505-299-6109

♥ Nicotine Anonymous Give and Live Program ♥

♥ Nicotine Anonymous announces the Give and Live member donation program ♥

Our 7th Tradition states that “Every Nicotine Anonymous group ought to be fully self-supporting, declining outside contributions.” Nicotine Anonymous World Services encourages members to support the fellowship by giving back through voluntary contributions.

Our recovery program teaches us that we can’t keep it unless we give it away. World Services is committed to spreading the message. In order to expand our outreach to the still suffering nicotine addict, we need our members’ financial support.

World Services has established a new program called “Give and Live”. Members of the fellowship can gracefully make a financial pledge to the fellowship. This can be done in a number of ways.

NOTE! Members who donate at least \$5 a month receive a free copy of *Seven Minutes* in thanks for your ongoing support!

✚ One time or multiple donations

- Make a contribution directly on our website at the Nicotine Anonymous Store (<https://www.nicotine-anonymous.org/store.php>)
- Send our donation directly to World Services via paper check

✚ Automatic contribution via bank transfer

- Complete an Automatic Electronic Bank Transfer (EBT) from your bank to World Services. The dollar amount and time intervals to be determined by the individual member.

The process of setting up an automatic Electronic Bank Transfer (EBT) may differ from bank to bank. To complete the automatic bank transfer, the individual must have the ability to pay bills on-line. The following information may be required by your bank to complete the automatic bill pay process.

1. Select a *Company without an account number*
2. When requested, enter the following information:

Biller Name: Nicotine Anonymous World Services
Biller Address: 6333 E. Mockingbird Ln.,
Suite #147-817
Dallas, TX 75214
Telephone No.: 877-879-6422

Service is the Key

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

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 contact:

Nicotine Anonymous World Services
6333 E. Mockingbird Lane
#147-817
Dallas, TX 75214

Or e-mail [*chairperson@nicotine-anonymous.org*](mailto:chairperson@nicotine-anonymous.org)

NAWSO
Profit & Loss YTD Comparison
January through December 2011

	<u>Jan - Dec</u> <u>'11</u>	<u>Jan - Dec</u> <u>'10</u>
Ordinary Income/Expense		
Income		
49900 Uncategorized Income	31.03	2,817.00
4000 · Donations	5,858.33	6,194.35
4100 · Literature Sales	34,678.90	40,132.52
4290 · Shipping & Handling	5,838.27	6,218.48
4299 · Conference Profit (Loss)	182.77	-898.51
Total Income	46,590.30	54,463.84
Cost of Goods Sold		
5000 · COGS	17,508.01	21,773.64
Total COGS	17,508.01	21,773.64
Gross Profit	29,082.29	32,690.20
Expense		
6960 Moving Expense - CA to TX	1,925.10	0.00
6000 · Office Expenses	19,260.36	25,560.76
6600 · WSO Expenses	6,853.39	9,623.47
6900 Other Operating Expenses	628.43	1,878.03
Total Expense	28,667.28	37,062.26
Net Ordinary Income	415.01	-4,372.06
Other Income/Expense		
Other Income		
8000 · Interest Income	5.44	9.02
Total Other Income	5.44	9.02
Other Expense - J. Sennott estate		
	3,050.00	0
8030 · Interest Expense	0.00	15.00
Total Other Expense	3,050.00	15.00
Net Other Income	-3,044.56	-5.98
Net Income	-2,629.5	-4,378.04

BIRTHDAY CONGRATULATIONS!

Eric C. - January 1, 2011

Theresa L. — January 1, 2011

Heather B. — January 1, 2011

Sara D. — February 7, 1998

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
6333 E. Mockingbird Lane
#147-817
Dallas, TX 75214

OR

Email to: sevenminuteseditor@nicotine-anonymous.org

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

or write: Nicotine Anonymous World Services

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Dallas, TX 75214

Please share this flyer with your group

Seven Minutes

NAWSO

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Publication Dates and Deadlines for Submissions for 2012

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, 6333 E. Mockingbird Lane, #147-817, Dallas, TX 75214 USA**

My new address and phone is:

NAME _____ PHONE (WITH AREA CODE) _____

ADDRESS _____

CITY _____ STATE _____ ZIP CODE _____

My old address was:

ADDRESS _____ STATE _____ ZIP CODE _____