

The Nicotine Anonymous Quarterly

SEVEN



Minutes

A Forum for Nicotine Users Who Don't Use

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Chairperson's Report...

Greetings, friends of our fellowship. The Nicotine Anonymous World Services Conference XVIII is just a month away and we hope to have an extraordinary turnout in sunny Long Beach, CA. The dates are April 26-28, so mark your calendars. A registration form can be found under the "What's New" tab on the home page of our website. If you have not already done so, please register and attend the conference. Due to the costs of renting the various conference rooms for meetings and workshops, as well as other expenses incurred while holding our annual conference, it is important that everyone attending also pay the registration fee. There will be workshops scheduled at the conference that will guide our fellowship into the coming years. These workshops will include spirituality writing, a 12 Step study guide, how to increase our visibility through outreach, and a writing workshop to create a new piece of literature for people addicted to other forms of nicotine (replacement). The final workshop will focus on fundraising and how we can strengthen our financial stability. We will be looking to the members of our fellowship to bring their experience, strength, hope and ideas to these various workshops.

There will be another new piece of literature available at the 2013 conference. Several years in the making, *The Voices of NicA - Inspirational Thoughts and Affirmations* CD is in its final stages of production. A special thank you goes to all

the people who worked on this CD, and a sincere acknowledgement to our members in Ohio for the patience, perseverance, acceptance, and vision it took to create it. (See page 10 to order.)

We are also in the process of creating a Kindle version of *Nicotine Anonymous: The Book* translated into Spanish. It will be available for purchase through Amazon in the next month. Thank you to our Spanish translators who gave their time and expertise. We continue to find new ways to reach out to the nicotine addict who still suffers.

Have you ever wondered about how you could support Nicotine Anonymous World Services? Attending the conference is one of those ways. Another way would be to make a monthly donation. It is tax deductible and a great way to support our fellowship. We can think of it as "My Gift of Gratitude." In the days when I was a nicotine user, it was easy to spend \$10 a day on nicotine. It was my norm, and back then cigarettes were cheap in comparison to today's prices! If 200 members donated just \$10 a month (about the cost of one pack of cigarettes now), we would raise enough money to pay our regular operating expenses, which are \$2000 per month. It is so easy to donate. In the store on our website, after scrolling to the bottom of the pamphlets, there are several donation rates to choose from. I am so grateful to this program for providing the tools to help me become nicotine-free and have taken the challenge myself to make a monthly

continued next page

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 based on the fact 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 AA, 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.
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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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Chairperson's Report

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donation. Will you take the "My Gift of Gratitude" challenge? Currently, the majority of monies raised by World Services are the result of literature sales. We have very limited funds for outreach and other activities to help the nicotine addict.

Looking forward to meeting and seeing you all at the NicA Conference - that's April 26-28 in Long Beach, CA. I'm wishing you the best this year.

*Yours in Service,
Bonnie H.
WSO Chair*



Love Letter to NicA...

It was clear that I was heading toward disaster - both with my health and with being true to my innermost self. I had succumbed to my incessant addiction to nicotine once more, and could not stop on my own. Everything in my life was spiraling out of control, and all I could do was smoke.

With the support, encouragement and acceptance of my fellow addicts in recovery, I've come 8 years from that last drag of nicotine.

Today, my health is vibrant, I've returned to the beautiful Rocky Mountains and I'm realizing my dream of being happy, joyous and free. My goal of recovery from nicotine addiction is well underway. I've realized that it just takes what it takes to go through this process of living life on life's terms, not using, and getting to know this sweet, beautiful person that I am.

Of course, the Twelve Steps are my guideposts, service supports my quit and keeps me humble along this journey. After being so deeply mired in the muck of denial, the road is clearing, and

I am beginning to see what I REALLY want: to ultimately come from the place in my heart where my HP dwells. I want to be in serenity and give joy to others.

First I have to do this for myself. Practice, practice, practice. Thanks be that I can be human and make mistakes. So my path is to fully express my joy, creativity and talent for free and for fun. No conditions. Total acceptance of me, you, all of it, in the moment. Joy, love and light. I want to feel good and share the goodness.

Sound idealistic? Yep it is, and so many battles with that doubting and fearful inner voice have been won to get here. And today, right now, I'm on retreat, just me and Solar, my dog, here in the mountains. I write this from the living area of my little 2 room casita, with the fire blazing and music soothing the snowy grey morning. The birds swoop to the feeder and hop along the posts of the coyote-fencing, taking turns. Ravens and magpies dance together for the feast at the feeders.

I have needed this for so, so, so long. I commune with my HP constantly. I really hear my thoughts, and am making changes to what thoughts I listen to and what I would rather think and believe. This affects how I feel. I find that the thoughts I feed grow. And I want to feel good.

Attending meetings online, long walks with Solar in the mountains, drawing, making pots, reading and watching English historical drama are my favorites. It feels like I'm clearing the cobwebs that appeared after the smokescreen lifted.

I was dying, and now I really want to live life to its fullest. Thank you for my life and for all the support and encouragement to believe in myself. You and HP have given me what I could not possibly give myself - LOVE.

*Aimee
Voices of Nicotine Recovery (VONR)*

Hard it at a meeting...

Happiness is not
the reward.
It's the consequence.



Online Post

Greetings from Windsor, Ontario!

I continue to celebrate the lack of nicotine in my system. I am grateful to my HP, my sponsor and NicA, who have all given me exactly what I need to remain nicotine-free.

Nicotine is not an addiction to play with or take any risks with. It is a serial killer of the cruelest kind, slowly eating away and suffocating its prey, while the prey is still alive and oblivious - or in the well of denial dug by nicotine.

This past Christmas I went to an AA meeting and an older fellow walked in with an oxygen tank. Of course he sat down right beside me. He told me right out of the blue that he has COPD from smoking for 60 years. I told him I quit and he said, "Good, 'cause you DON'T want this." No, I don't - that's for sure.

When cravings come, I remind myself of the older man with the oxygen tank who showed me my past, what could be my present and definitely my future, if I pick up nicotine again. A Christmas angel in disguise? A Christmas gift from my Higher Power? I am thinking both!

Geri K.



Surrender
allows change

I am tired of this endless
struggle to be free,
I want to win, I want to be me,
I am too old to hide in
smoke screens,
too young to die in
tortured screams,
I want to live my life
in a way that feels good,
I don't want to live with
ought to and should,
So away with the cigarettes
that stifle and steal,
I will pick myself up and
live for what's real.

- *Debbi*
VONR

Willingness is the Key!

It seems to be a recurring problem for many trying to quit using tobacco: getting the willingness to quit, and keeping the willingness to stay quit.

After smoking for several years, I developed an overwhelming amount of lies I could tell myself in order to "have a cigarette." I either "had to" have one for every reason you can think of, or "couldn't live without" one for the same number of reasons, or just simply "deserved it," again for that many reasons. Then there were the times when "I could only do" this or that by smoking before, during, and/or afterwards. And last but not least, "if it wasn't for them/that/those things," I wouldn't have to smoke... ad infinitum. The rationale I used to smoke just became increasingly more difficult to argue as the years went by.

Despite any scientific evidence, loss of family members, or medical trends like cancer, heart disease, emphysema, and asthma happening around me, I held onto these lies as if they were keeping me alive. "It won't happen to me!" became the biggest secret I kept from everyone. I knew what the response would be - "That's just not true!" I was afraid to look at the truth, which was

that I was killing myself, ever so slowly. I really came to believe I would die if I *didn't* get a cigarette! Now how did that come to be, when I never actually heard of anyone dying of not smoking. There was no proof anywhere for that rationale. It was just a big lie that I believed was the truth!

Then there were those occasions when I would give consideration to quitting smoking, which all too frequently were met with "I'll think about it tomorrow," or the usual "I just won't be able to quit, so why try?" My best efforts to quit were met with all the self-will I could muster, leaving me wondering what happened as I found a cigarette hanging from my mouth. "Oh well, I'll just have to smoke."

Over the course of seventeen years, I was able to get past the "thinking", and took action to quit. Several smoking cessation classes, and various types of information and tips to quit taught me what I needed to do. But the fear and rationalization I used to cope were so deeply ingrained, I caved in only days after having my last cigarette. My willingness dissipated like an ice cube on a hot grill.

When I finally did quit, I knew I had to be willing to be willing to be willing to do anything to quit, and stay quit. Pushing a pea down the middle of the highway with my nose, naked to the world, would have to be done before I took one puff of smoke into my lungs. I hung onto this idea, and as each day passed, it got easier. I also had to be willing to not get angry - about anything. I knew that when I got angry, I would surely smoke. I had to be willing to get enough sleep, eat when hungry, drink fluids to flush my body, take medications as prescribed, anything. As each day passed, it got easier. I gained more confidence that this could happen for me. And I was becoming more and more willing to see the truth of what was going on with my addiction to nicotine. I gradually became more honest with myself, and continued to be willing. Willingness be-

came the key to freedom from nicotine, and remains key every day of my life free from this horrible addiction. And it didn't come from willpower, but the lack of it!

Jeff M.
VONR



Now available
in Kindle
version on
Amazon.com:

***Nicotine Anonymous:
The Book - \$7.99
Our Path to Freedom - \$4.50
A Year of Miracles - \$9.99
90 Days, 90 Ways- \$4.50***

Recovering through Online Meetings...

My name is Sue and I am a nicotine addict in recovery. I want to share my experience, strength and hope as a way of giving back to the 12 Step program that saved my life.

I came into Voices of Nicotine Recovery (VONR) as my only hope for finally putting down one of the substances that was slowly killing me: nicotine. Like many other nicotine addicts, I tried many times to stop smoking, but could not. After trying different cessation programs, hypnosis, medications, nicotine replacement products, counseling, will power, cutting back, switching brands, seminars and workshops, I entered the rooms of Voices of Nicotine Recovery. Finding the program was a miracle in itself.

This was my very first 12 Step program. I was not familiar with how to attend an online meeting, but took one step at a time. I downloaded Paltalk and attended

my first online meeting in November 2008. I was welcomed by everyone and was amazed at the people who shared their time free of nicotine. I was asking myself, how can this be? Will I be able to say the same thing some day?

As time went on, I got a sponsor, kept going to meetings and came to a decision to set a quit date. I quit on that date but ended up picking up again. I had three more relapses after that first quit date, but never stopped attending the VONR meetings. Each time I was honest about the relapse. The other members accepted me, understood how that could happen and welcomed me back with open arms. They told me to keep coming back. Then the miracle happened. On February 5, 2010 I put down the cigarettes for good, one day at a time.

The miracle happened for me because I first was able to admit my powerlessness over nicotine and that my life had become unmanageable. I came to believe that a Power greater than myself could restore me to sanity and then made a decision to turn my will and my life over to the care of God, as I understood him.

Another important piece was finding the right sponsor. She was not the first person I asked. In the beginning she could only commit to sponsoring me till I found someone else. Well, my Higher Power and hers had something else in mind... It's two years later and she is still my sponsor! I am grateful for her and am blessed to have such a wonderful sponsor.

I keep going to meetings today to share my experience, strength and hope with the nicotine addict who still suffers, to remind myself that I am a nicotine addict and to give back to this program that changed my life forever. It has not just changed me physically, but has also changed my emotional and spiritual life. I am so blessed because of this program. Thank you, Voices of Nicotine Recovery. You have saved me and given me a life that I never imagined for myself. I am no longer a victim but an active partici-

pant in life. I am living it free of nicotine, one day at a time.

Keep coming back, it works if you work it - and you are worth it!

*Sue O.
Ballston Spa, NY*



My First Cigarettes...

When I was 16, I was very smart and very fat. Of course, that meant I was also very unpopular in high school. Even though it's been almost 50 years, I can still remember the anxiety I felt almost daily as I tried to be invisible so as not to draw attention to myself. There was no such thing as positive attention, because even being praised by my teachers was likely to bring negative comments from my peers.

Then I found cigarettes.

I had four brothers, all of whom were very popular. Three of them had girlfriends who would often invite me to be part of their activities (as long as whatever they were doing did not involve boys, because then I would have been an embarrassment). The girl who was my age, Sara, had a party for just the four of us on her 16th birthday. She told us each to wear the uniform that was the style then - jeans and one of our dad's white shirts with the sleeves rolled up. We biked to her family cabin at a nearby lake, and there we discovered that she had brought four packs of cigarettes. It was a smoking party! None of us had used cigarettes before, but I don't remember anyone saying how hard it

it was to get the smoke in, how weird it smelled, or how uncomfortable it made us feel. I don't know if any of the others were choking the smoke down just to pretend to be cool and in with the "in crowd," but that was certainly why I lit up my second cigarette...and then my third, and then several more before being saved from having to finish my pack because Sara said it was time to leave. She needed to take a shower and change for her party that night (to which I was not invited).

Smoking with those same girls became the only thing I could count on to give me a break from feeling like an outsider, and I never smoked except when we were together. Within a few years, however, I was chain-smoking to prove I was an outsider, because I had figured out that a smoke screen was a great way to hide my insecurities and project my new image of rebel.

My Last Cigarettes...

Fast-forward 40 years. After being sober for about 2½ years, I was really sick with a bronchial infection. Smoking was very painful and very unsatisfying because my lungs were so constricted, I could not inhale deeply. As I tried to smoke, I would go into violent coughing spasms, drink some water, and wait for a few minutes until I could try again.

In my 40 years as a smoker, I had never tried to stop. My best effort at controlling my use of nicotine was to try not to leave my desk and go outside to smoke more than once an hour. Often I failed. As I was trying to smoke through my pain and coughing - something I had done dozens of times before - the thought came to me, "Maybe the same Higher Power that relieved me of the obsession to use alcohol could relieve me of the obsession to use nicotine."

Then I found Nicotine Anonymous.

Through the State of California's program to help people reduce or end their use of nicotine, I discovered our 12 Step program. I had enough cigarettes to last about two weeks (I bought them 5-7 cartons at a time online), and that would bring me to the end of the year.

There was a Nicotine Anonymous meeting in my city scheduled for New Year's Eve, and I decided to attend if I still wanted to try to quit by then. I was so terrified that I had to keep telling myself, "If this is too hard, I don't have to do it."

I had about half a pack of cigarettes left on the night of the meeting, and I made a mental note to buy more on the way home. After all, I had a right to smoke until the very last minute of the year! When I got to the building where the meeting was held, I hid behind it so that nobody coming to the meeting would see me smoking. I smoked eight cigarettes in less than 15 minutes, then went inside. There were three cigarettes left in my pack.

After the meeting, I smoked those last three on my 10-minute walk home. I forgot to buy more. As is my habit, as soon as I got in the door I changed out of my clothes into my nightgown. It was only then that I realized I did not have any cigarettes for the rest of the night. My Higher Power does for me what I cannot do for myself and works better through my weakness than my strength...meaning in this case that I am quite lazy at times and cannot stand getting dressed twice in one day. So, rather than do that so I could go get cigarettes, I went to bed.

That was more than eight years ago.

Susan S.
VONR



Gratitude in Action...

Recently I celebrated six years of freedom from the clutches of nicotine addiction and with this came a pause for reflection.

In my earlier years as a smoker, I was a kind, sweet, easy-going woman; but after 43 years, I had become an indifferent callous creature living only for my next cigarette. My life had become so

consumed by smoking and illness that I hadn't noticed the loss of friends, family, self-reliance, self-respect and hope.

Ironic how COPD would show me the way to Nicotine Anonymous and the good people within. It was there that I emerged from the dark place and became reacquainted with myself....a woman who cared. After being given the gift of sobriety, I was able to then accept the opportunity to serve. With that came my growth.

My service began quite small....leading a meeting, laying out literature. Could I do it? I wanted to try. And it began my slow, long journey back to the living, caring and yes, eventually loving person I had lost.

As my service continued, I was then asked to be Secretary of my local Inter-group. Next an amazing opportunity was given to me by - you guessed it - my Higher Power. I was nominated for World Services Officer's Board as Secretary. I humbly accepted and was elected. I had an amazing three years on that board and found friends, experiences and recovery in abundance. At the last World Services Conference in Albuquerque, an opening for Tele Service Coordinator was announced and yes, I proudly raised my hand and volunteered.

I give all credit to my Higher Power, sometimes in the form of friends and fellow members, for the chances given to me. I will continue to offer any assistance I can to the still-suffering addict on the telephone and be grateful for the newcomer's presence in our rooms each night.

Service is oxymoronic. I volunteer to keep my addiction at bay and to share the gift with others. What I receive is the blessings and promises of a better life. Now who gets the better end of this deal?

Jill O.
Baltimore, MD

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:

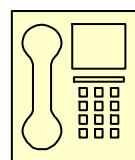
1. **Unofficial Nicanon:**
<http://health.groups.yahoo.com/group/unofficialnicanon>
This has type share meetings.

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!



I Know I'm Not Alone...

I started smoking cigarettes at the age of 13; I was dizzy, felt odd, and oh yes, I loved it. There started my smoking life that went on for decades. The last cigarette I smoked was 2.5 years ago, but I hadn't been a regular smoker since 3 years ago – I am 50 now.

Like so many smokers, I started, I stopped, I stopped for 6 years, I started again; I didn't buy them, I bummed them, I bought them, I bought packs, I bought cartons, I rolled my own. I think about that one cigarette that I smoked 2.5 years ago because previous to that, I hadn't picked up a cigarette for about 2 years. Really it is just further confirmation, as if I needed any this point, that I was and am a nicotine addict.

At one point I figured out that I had smoked over half of my life, but thankfully that ratio is now tipping in the other direction.

Probably my most confusing "resmoking" event was after being smober for 6 years – this was when I was 41. 6 years! One would think after 6 years I would have "had it licked", would have "known better." I don't want to go into the "is it a weakness, is it a disease, is it an addiction only" realm here. I want to acknowledge the uniqueness of nicotine addiction for all of us. My addiction to cigarettes/nicotine/all-the-other-chemicals-and-poisons they put in the slender little tubes, is not exactly the same as yours. Yet we can get together and console and commiserate about our struggles, our victories with the dreadful bane, nicotine. So here I sit, smober and reflective. Thanks HP.

And like others with ye olde addictive personality, I have other issues. Yes, I am an alcoholic, and someone that used marijuana and other social drugs. And I cannot do these things anymore. Alcohol and cigarettes, for me, go together like salt and pepper, like movies and popcorn, like mornings and coffee. So there was no "one little drinky-poo will be OK"

because it *would* lead to smoking.

Not drinking for me, means no wavering, no muddled thinking that could lead me to buy that \$8 or \$9 dollar pack of smokes. Not smoking pot means no bumming a cigarette from someone to chase down that marijuana smoke into my lungs.

And yes, there is another addiction, and that is food and eating compulsively. A few years ago my addictive worlds collided. Previous to this time, I could drink, and not smoke, I could do a doobie and not have the munchies, and I could eat for a few hours and be sick but not smoke. I could drink and not stuff myself. They were separate, almost as if the addictions didn't know about each other (except for alcohol and cigarettes - they always knew about each other). But that ended, and they all got muddled. A food binge *would* lead to a drunk and a pack of cigarettes. Drinking and pot *would* lead to furious eating.

So yes, I am an addict. Things I ingest, I abuse. I am compulsive. If I smoke, I smoke a pack a day; if I drink, it better be cheap wine because it is all going to be drunk, and quickly. The bag of candy "for the kids"...well, we all know where that is going, and not into the kids. My natural loner-type personality sure is tailor-made for all this stuff too, by the way.

Before, when my addictive worlds all whirled in their own little orbits, I flitted between them. I was a sneak, and a liar. But way down deep, I knew what I was doing. I thought I was fooling myself, and I guess I was, ultimately. Blessedly HP helped me to face all of the lying and sneaking and b.s.

While there isn't a combo 12 Step group for eating-smoking-drugs & alcohol, there are separate groups I can go to. I have relief; I have a way out of the corner I paint myself into. Right now, my world is often about the food. There are many ways I justify eating too much and dabbling with my trigger foods. A really bad food binge gives my mind room for

thoughts of drinking, drugging and smoking. *Why not? I am already a piece of crap that doesn't deserve a good life, so why not get COMPLETELY obliterated?* Painful isn't it? That is the soundtrack when I hurt myself; when I smoke cigarettes and pot, when I eat too much, when I have a drink. For most of my life I have told myself that I am not worth it, and who cares anyway?

But I know that this is wrong. I am worth it, I do have a life, I do have things to offer the world and other people. I am not just a vessel to hold nicotine, sugar, mass quantities of food and booze; then empty out and fill up again. This body and its cravings are NOT ME. I am more than secluding myself with "bad" foods, a pack of smokes, a few joints and a bottle or cans of something. I am more than these things I put into my body.

I am OK sober. I am OK smober. I am OK abstinent (eating properly and not compulsively). In fact, I am more than OK when I am sober-smober-abstinent. I am great. I am free. I have a life. The smoke is literally blown away and I can see things; I can see me. I am good, I am at peace, I have time to do things. I like myself - and that is amazing to me.

I know I am not alone. And I say all this to connect with others who may be backed into a corner in similar ways. Just as I am comforted by reading your stories, I wanted to tell you mine. Even though I don't know you, I love you and I know you love me.

Allison JV
Illinois



Step 7 Poem

*What I say and what I do...
Habits formed in spite of You.
Some of them get in the way
Of my efforts every day.
You will know which ones should stay.
Please do take the others away.*

- Beth
VONR

Connections



Nicotine Anonymous invites you to connect with our

Penpal Program

Who: Someone like you, who is interested in service work.

What: These are examples of our requests: "I am a suffering nicotine addict and I am addicted to chewing tobacco. I would appreciate any help I can get." Another might be from a person wanting to help others: "I have been smober for a year, after smoking for 42 years, and the one day at a time program worked for me." Or, "I am having a hard time staying quit, and I also have COPD." They provide their e-mail address and a brief blurb about their situation.

When: As soon as possible, and whenever you can provide some support. The e-mails and letters are sent out to connect with them as soon as members request to join. This is about once a week.

Where: E-mails are sent to

PenPal Coordinator Paper PenPalCoordinatorPaper@nicotine-anonymous.org

Coordinates and hooks up pen pals who want to communicate via snail mail.

PenPal Coordinator Email PenPalCoordinatorEmail@nicotine-anonymous.org

Coordinates and hooks up pen pals who want to communicate via email.



Step 9

Made direct amends to such people wherever possible,
except when to do so would injure them or others.

"The 8th and 9th Steps were our effort to bring ourselves into harmony with the world around us."* Ah, yes! I want harmony with the world around me. My reflection done in Steps 4-8 becomes action in Step 9. I get to change what was making me sick. What a great opportunity.

Our Nicotine Anonymous book says we make amends one at a time. This is counter-intuitive to my disease that wants everything done fast (if not yesterday!) Wisely, I am advised to start with just one person, and reflect on the harm done to them with my past actions. Since our book advises us to make our amends with care and compassion, I then get to imagine what it was like for that person to be on the receiving end of my behavior, and to see if and how this person's view of the world was altered. Of course I might wonder if this person sees all nicotine addicts as sneaky and manipulative as I have been in my disease. But remember this step is about compassion for others - not about how I look. I turn what other people think of me over to my wonderful, loving Higher Power and move forward with my task.

I want to set things right even though I feel embarrassment about the pain I caused and how poorly I think I might look in the eyes of the person I harmed. Yet I also feel the desire to move on in my journey of recovery. This step is about getting right with God and with my soul - getting right with my peers is part of how I do that. In addition, my sponsor reminds me that I gain self-esteem by doing esteemable acts. Surely making my past right is an esteemable act!

Our book tells us not to let our feelings lead to morbidity or remorse. Quite the contrary, amending my past behaviors actually gives me new life. I focus on getting through the fear of how others will respond to my acknowledgement of harm done and my change in behavior. Focusing on the goal of freedom from my past helps me along in carrying out the appropriate changes in my actions.

**Nicotine Anonymous The Book , Fourth Edition, page 96*

If you love reading *A Year of Miracles* and are part of our great fellowship, then YOU have recovery to share. What has YOUR experience, strength and hope been with Step 9? Write a meditation for a future 2nd book of meditations! (We are also accepting meditations on any subject of recovery from nicotine, not just Step 9.)

Please send your 100-200 word meditation for consideration in the body of an email or as a Word attachment. If you have a quote to match your meditation, please send it along.

Include your telephone number, email and snail mail address (to be used only in case we have questions.) All contact info and authorship will be kept confidential in accordance with the 11th Tradition.

In keeping with the 12 Traditions, please avoid mentioning specific religions, politics, outside issues, special causes or controversial issues.

Contributors waive their rights to financial compensation and grant all rights to Nicotine Anonymous. Meditations submitted may be edited as necessary for grammar and content.

Email to: DailyMeditations@nicotine-anonymous.org

Subject line 'Nic A Meditation'

Or snail mail to: Attn Daily Meditations Coordinator

Nicotine Anonymous WSO

6333 E. Mockingbird #147-817

Dallas, TX 75214

*Thank you! We appreciate
your contributions!*

The NAWSO Conference Approved CD

The *Voices of NicA* is now available!



"Step, turn that car around, you really don't want to smoke. That is not going to help the situation."

"I'd rather be a quitter with an occasional urge to smoke than a smoker with a constant need to quit."

"In this program of recovery, I hear that miracles happen. As a newcomer, I like that idea, now, the more time I spend class, the closer I see the world around me."

ONLY \$3.99 each

A great gift idea for yourself, spouse, friend or someone who is trying to quit

The *Voices of NicA* CD is comprised of Inspirations & Affirmations from Recovering Nicotine Addicts.

- Listen in your car, at work & at home
- Listen when you can't get to a meeting
- Another tool for your recovery tool box!

FOR FAST SERVICE USE WEBSITE STORE OR THIS FORM WITH A CREDIT CARD & FAX.

ONLINE STORE ORDERS: Go to www.nicotine-anonymous.org and place your order with a credit card.

FAX YOUR ORDER: Fill out form with credit card info below and fax to 888-390-5873.

SHIPPING PHONE: For questions and credit card orders call 469-737-9304.

ORDER BY MAIL: Fill out order form below and send check, money order (payable to NAWSO) or credit card info (US funds only) to Nicotine Anonymous World Services, 6333 E. Mockingbird Lane, #147-817, Dallas, Texas 75214 USA

Yes! I want to order the *Voices of NicA* CD

NAME _____

ADDRESS _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

TELEPHONE _____ EMAIL ADDRESS _____

I am paying by check or money order (enclosed)
US FUNDS ONLY - PAYABLE TO NAWSO

Please bill my credit card: MC Visa AmEx Discover

NAME ON CARD _____

CARD NUMBER _____ EXP DATE _____

SIGNATURE _____

BILLING ADDRESS (IF DIFFERENT FROM ABOVE) _____

CD PRICES	
1 - 10 =	\$3.99 ea.
11 - 49 =	\$3.49 ea.
50 + =	\$2.99 ea.
SHIPPING & HANDLING	
Under \$4.01 =	\$1.00
\$4.02 - \$9.99 =	\$2.50
\$10.00 - \$39.99 +	\$5.95
\$40.00 & Over	\$5.95 + 3% of Total
No. of CD's Ordered	_____
Price Each (see above)	+ \$ _____
Total Price	= \$ _____
8.25% Tax (TX residents only)	+ \$ _____
Shipping (see above)	+ \$ _____
TOTAL ENCLOSED	= \$ _____

Nicotine Anonymous World Services

11/12

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
 For Fast Service use website store or this form with a credit card and fax to 888-390-5873
 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 _____
 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
Bk	NICOTINE ANONYMOUS: The Book Fourth Edition	Bk1-10 = \$10.50, 11-49 = \$9.80; 50+ = \$9.20			
BkA	Newcomer's Booklet (available 12-1-12)	Bk 1-10=\$4.00; 11-49=\$3.50; 50 +=\$3.00			
Bk2	Our Path to Freedom 12 Stories of Recovery	Bk2 1-10 = \$5.95, 11-49 = \$5.60; 50+ = \$5.25			
Bk3	90 Days, 90 Ways	Bk3 1-10 = \$5.95, 11-49 = \$5.60; 50+ = \$5.25			
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 = \$15.00, 11-49 = \$14.10; 50+ = \$13.20			
Tape	The Book & Our Path to Freedom on tape.	Boxed Set of 4 Tapes = \$20.00			

Braille: THE BOOK & Pamphlets are also available from the Braille Institute 800-272-4533 - 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 .25 ea.			
P-2S	The Serenity Prayer for Smokers (Spanish)	100-499 pcs. Any Combination .23 ea.			
P-3	A Nicotine User's View of the Twelve Steps	500-999 pcs. Any Combination .21 ea.			
P-4	Tips for Gaining Freedom from Nicotine	Over 1000 pcs. Any Combination .19 ea.			
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P-6	To the Medical Profession				
P-7	Facing the Fatal Attraction				
P-8	Our Promises	SHIPPING & HANDLING			
P-9	To the Dipper & Chewer	If order subtotal: Then postage is:			
P-10	Slogans	Under \$3.01 1.00			
P-11	What do NAWS and Intergroup Services do for me	\$3.01 to \$9.99 2.50			
P-12	Nicotine Anonymous The Program and The Tools	\$10.00 to \$9.99 5.95			
P-13	Are You Concerned about Someone who Smokes or Chews	\$40.00 & Over \$5.95 + 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		3.00
Dir	Worldwide Meeting Directory				1.00
Pea	Public Service Announcement as an MP3 file	Via email only			FREE
	Sub Total				XXXXXXX
	Sales Tax (Texas Residents Only) 8.25%				XXX 8.25%
	Shipping & Handling (See Shipping & Handling Chart Above)				XXX XXXXXXX
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 \$

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 regular updated Worldwide Meeting Schedule. You will also help SEVENMINUTES continue as the network among groups around the world.				
New Subscription	Subscription Rate	U.S.	Canada	Overseas
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Mail To: Name:	_____			
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**NOTE
 REDUCED
 SHIPPING
 PRICE!**

NAWSO
Profit & Loss YTD Comparison
January through December 2012

	<u>Jan - Dec</u> <u>'12</u>	<u>Jan - Dec</u> <u>'11</u>
Ordinary Income/Expense		
Income		
49900 Non Profit Income	1,252.06	31.03
4000 · Donations	5,705.93	5,858.33
4100 · Literature Sales	32,533.21	34,678.90
4290 · Shipping & Handling	4,675.22	5,838.27
4299 · Conference Profit	<u>-2,865.26</u>	<u>182.77</u>
Total Income	41,301.16	46,590.30
 Cost of Goods Sold		
5000 · COGS	<u>16,147.56</u>	<u>17,508.01</u>
Total COGS	16,147.56	17,508.01
 Gross Profit		
	25,153.60	29,082.29
 Expense		
6960 Moving Expense - CA to TX	-	1,925.10
6000 · Office Expenses	22,367.68	19,260.36
6600 · WSO Expenses	5,174.42	6,853.39
6900 Other Operating Expenses	<u>35.07</u>	<u>628.43</u>
Total Expense	<u>27,577.17</u>	<u>28,667.28</u>
 Net Operating Income		
	-2,423.57	415.01
 Other Income/Expense		
8000 · Interest Income	<u>63.67</u>	<u>5.44</u>
Total Other Income	63.67	5.44
Other Expense- J. Sennott estate	-	3,050.00
8030 · Interest Expense	<u>0.00</u>	<u>0.00</u>
Total Other Expense	<u>0.20</u>	<u>3,050.00</u>
Net Other Income	<u>63.47</u>	<u>-3,044.56</u>
Net Income	<u>-2,360.10</u>	<u>-2,629.5</u>

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:

Billor Name: Nicotine Anonymous World Services
Billor 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



Nicotine Anonymous World Services Conference XXVII I I

Join us for a wonderful mix of business, fellowship and recovery!

Location: Long Beach, CA



Dates: April 26- 28, 2013

Registration flyer available at www.nicotine-anonymous.org

BIRTHDAY CONGRATULATIONS!

Chicka P. - February 26, 2008

Geri K. - October 3, 2012

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

*Please make copies
of this announcement
to share with your
group!*

Email to: sevenminuteseditor@nicotine-anonymous.org



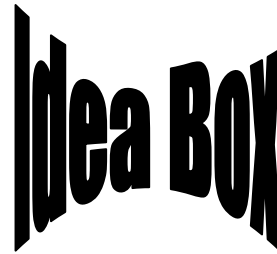
Outreach Idea:

On their phone list sign-up sheets, the NicA groups in San Rafael, CA. Include a space for email addresses. These were used recently to spread the word that one of the groups was hosting an out-of-town speaker. What a turnout they had! There were no empty chairs, and the speaker was terrific.

Side note: Any emails are sent to the sender's own email address. The group email address goes in the "blind cc" box as a way to protect anonymity.

Seven Minutes

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



For New Literature
Interested in contributing to
new NicA literature?

Please send in your thoughts
on any of these topics:

- **Other Forms of Nicotine Delivery**
- **The Benefits of Service**
- **Thoughts on Working the Steps**
(to be included in a NicA Step
Study Workbook)
- **Finding Our Own Higher Power**

e-mail to:

chairperson@nicotine.anonymous.org

Publication Dates and
Deadlines for
Seven Minutes Submissions:

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