



Seven Minutes

The Nicotine Anonymous Quarterly: A forum for nicotine users who don't use

Volume XXVI

June 2015

Number 2

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6333 E. Mockingbird Lane
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Chairperson's Report

Hello to my sisters and brothers in fellowship.

This is my last Chairperson's Report for *SevenMinutes*. For the past 2 years I have had the honor to serve as the Nicotine Anonymous World Services Chair and the privilege of working with some of the finest people I have ever known for the fellowship that rescued and protected me from a lifetime of nicotine addiction. Although at times it was overwhelming, I can truly say that I am better for the experience and would not change anything about it.

At the 30th Annual World Services Conference in San Francisco on April 24-26, new officers were elected, elect officers became active and active secretary, Jean M and treasurer, Sherry B became emeritus. Secretary emeritus, Marguerite B, treasurer-emeritus, Chick P, officer at large, Robin L and I rotated off the board, as is our process. Please join me in welcoming our new officers-elect: Nancy O, secretary-elect, Annette A, treasurer-elect and Nola B, chair-elect. They will apprentice under the current **active officers. Let's all pledge our gratitude, support and best wishes to our newly active World Services Board Members:**

- Andy A, Chair
- Sarah B, Treasurer
- Zulma G, Secretary
- Checko M who generously stepped up to accept the position of officer-at-large, acting as chair emeritus.

Service: A Pearl of Recovery - WSC 30

This year's World Services Conference was a terrific event, hosted by NorCal, the Northern California Intergroup of Nicotine Anonymous. The business of the fellowship was conducted by NicA delegates who accomplished a great deal of work in a short time through diligence and cooperation. As well as the elections for new officers, workshops were facilitated on outreach, sponsorship and meditations. New literature and revisions to existing literature were approved as follows:

- New pamphlets titled *Abstinence: What is it?* and *Our Policy of Openness - Our Higher Power As We May Each Come to Understand*
- Revisions to the pamphlet *Nicotine Anonymous: The Program and the Tools*
- The pamphlet titled *What Do Nicotine Anonymous World Services and Intergroups Offer Me and My Group?* was revised and retitled *World Services, My Intergroup, and Me*
- Changes to the next edition of *Nicotine Anonymous: The Book* were also approved.

WSO 30 was also enhanced by marathon meetings, our traditional opening gratitude meeting, a moving sunrise meeting and inspiring guest speakers including **Melissa E, Robin L and NicA's founding member, Rodger F.** The 2016 WSC in Akron, Ohio promises to be an exciting affair as well. Please try to attend. I know I will. *Continued on page 7*

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.
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Our Preamble

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

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I Have Been Blessed...

I am a nicotine addict. When I first started smoking, I never thought about anything close to that description about myself. That was before 1964 and the **Surgeon General's report. My father was a smoker but not my mother.** All the movie stars and everyone else who seemed to have style and class were smokers. It was sexy to smoke and as a teenager looking for my place in the world, I wanted to be attractive and fit in, so around 14 years old, I tried it. Coughed my brains out but kept with it. I used to sneak up to the roof of my apartment building to secretly have a puff. By 18 I was pretty much addicted and smoked a half to a full pack a day. I started with non-mentholated cigarettes but quickly switched to the menthol brand that became my choice for the rest of my smoking career.

Everything I did was with a cigarette. **I'd wake up and have one. I'd keep one burning and smoke it while showering. Between each course of a meal, I'd have one or at least a drag if one was burning.** It became part of my life - like breathing. It was always there - in good times, in bad times. I always reached out to light up, especially if I felt stress, **but even when things were good, I'd smoke to "improve" on the good feelings.** Pretty nuts, in retrospect. I enjoyed the aura of smoking, the lighting up with my lighter and the smell of lighter fluid, the click of the lighter, everything about it. Ashtrays abounded in my house and I always bought by the **carton to make sure I wouldn't run out.** I packed cartons on trips, and always knew how far away the store was to get another pack, should I run out. In an **emergency I'd smoke one of the butts in my ashtray, maybe yours, or from the street, if I was desperate enough.**

At around 30 I found myself getting well in another 12 Step program for a different addiction. Six months later, cold turkey, I stopped smoking. Just threw down the cigarettes and stopped. It was

tough. It seemed to take about a year to get over most of the urges to pick up. It was as if each time I did something **new that I'd associate with smoking,** which was everything, I would get a smoking pang. The second time it was less, the third even less so. It kind of faded as the associations with smoking diminished.

Then, when my daughter was born 2½ years after I stopped, I celebrated by bumming a cigarette.

I couldn't wait to get to the store to buy and smoke a whole pack. I was sick for 6 weeks as I got myself up to my usual 2½ packs a day. I was re-hooked all over again.

But I thought that since I had stopped cold turkey before, I could do it again. Not so. Although I tried to be ready by not buying cartons, only buying a pack **or two at a time, I just couldn't stop for more than a short time.** I would get these urges to stop and would throw the rest of the pack out the car window while driving. But within an hour I was back to a store to buy another pack.

I started trying different methods. Changing cigarette brands, the wrapping method from the Cancer Society, hypnosis, even a Seventh Day Adventist retreat for a week, which taught recovery from smoking. The latter actually worked for twelve days, but I started up again when I smoked a butt from my **secretary's ashtray after she left the office.** I was hopeless.

Then I joined Nicotine Anonymous 17 years into my relapse. Years before I had tried Smokers Anonymous, its **predecessor, but I don't think I was ready then.** Now I thought I was, but **going to Nicotine Anonymous didn't seem to work either.** Although I had worked the 12 Steps in another program, **it wasn't working for me in NicA.** I continued to smoke.

Then one day at the meeting, it hit me. The bulb lit up. Although I had surren-

dered my powerlessness and unmanageability about my other addiction in the other program, I had never surrendered regarding cigarettes and my inability to stop. I was still trying to use my power to stop smoking. I had never really surrendered when it came to smoking. I thought I was going to stop smoking like I did the first time - **cold turkey. But that wasn't in the cards for me.**

So at the end of that meeting, I went over to a fellow who had just stopped smoking six months earlier. I asked him to be my sponsor and I began taking instructions from him rather than from myself. I also tried acupuncture and when I was done, I still wanted to smoke and knew I would have to go **through withdrawal, something I didn't want to do.** But I accepted it and continued to take instruction from my sponsor.

It was at that point that I stopped, by the grace of God and the support and **instruction from my sponsor. I haven't picked up since, and that was 21 years ago. It's really a blessing because I have grown to the point that cigarettes are no longer a part of my life. I don't have to fight any urges.** In fact, I never really think about smoking at all, regardless of the stress and other things that go on in my life. I keep up with NicA by providing service all these **years. I think that's what has helped me as well.** I have been blessed.

*Alan K
Monroe, NJ*

Heard it at a meeting

I can use nicotine
if I want to,
but for this very moment,
I choose not to.



A Start to Loving Your Pieces and Parts...

Hi, my name is Ellie and I'm a nicotine addict. I've been at this quitting gig a long time. I excel at losing quits and starting new ones, only to lose them, but there's a madness to this method. It may be that one has to have a certain level of mental disturbance to keep on quitting, no matter what. I'm grateful that this madness has brought me to a 150 day quit, the longest quit since I started smoking at age ten. (Is there a chip for smoking the longest number of years? Where do I apply?)

My first deep dive into "the hip bone's connected to the thigh bone" began in college with 2 semesters of anatomy and physiology, and I've tended to think of myself as pieces and parts ever since. I try to be kind and supportive of things like the bladder, kidneys, pancreas and such, but always gave short shrift to the miracles of the two bellows-like lungs in my chest - you know, those beautifully designed, usually fully-functional breathing organs that exchange carbon dioxide for oxygen and keep us, and all the other pieces and parts, humming along.

I have a lot of internal dialogue, and this personal slogan came to me during one of my numerous quits: I needed to "love my lungs"- to bring these lobular structures out of the darkness of dismissal, and into the warm light of appreciation. After all, it's the system that's taken the yeomen's part of mistreatment during my 50-year smoking career. Like an abused spouse who never complains, who is in perpetual denial, they seemed to always bounce back with resilience, to have a self-healing mechanism, until one day they didn't. They simply could not put on the brave face anymore. They were down for the count.

To quote from Joni Mitchell's song *Big Yellow Taxi*, "Don't it always seem to go, that you don't know what you've got 'til it's gone."

My lungs were in full revolt, and a function test declared that, given my age,

weight, etc., they were performing at 50% of expected values.

Clearly, I had some amends to make, and I felt that at the root of this amends should be love - love and a stronger commitment to stop the abuse. Thus began my 150 day quit that I nurture today.

If I could do anything over, it would be to have this slogan in my hip pocket as I tended to my quit every day, but it took time for it to manifest. Maybe it was ready for *me*, but I wasn't ready for *it*.

But the biggest conundrum of all is why I was willing to play Russian Roulette when I was guaranteed that all of the chambers, save maybe one, were loaded? It wasn't a matter of if, but when, my luck would run out, or better said, my beautifully designed body systems would finally fail from being fed a constant diet of toxins. The sad truth can be boiled down to just five words: I was a nicotine addict.

And such is the nature of addiction.

Always love your lungs as they have loved you.

Ellie S
VONR group



*A Note from Chick P,
WSO Online Meeting
Coordinator:*

Nicotine Anonymous now has a venue to conduct Board Meetings, Intergroups, and Committee Meetings online, with or without telephone capabilities.

If you are a member of a group that is helping Nicotine Anonymous and want to utilize this technology, contact Chick at nicahost@gmail.com

Individual training is available to learn this new venue.

NOTE: This online meeting format can be used internationally.

Why Was I Suddenly Crazy?

After various arguments, blackouts and general anti-social behaviour, I said I should quit drinking and I did. Not another drop of alcohol passed my lips for 8 months. I felt physically better and had more energy but stuff was becoming confusing. Life stopped making sense to me. I became introverted and silent. I began thinking a lot about life - what was it all about? why were we here? - constantly questioning and reading into the answers I came up with. Thinking, thinking and thinking some more became my daily routine. And I changed from being a relatively normal smoker to becoming a smoker with intensity.

Sucking on cigarettes, looking for answers. I didn't have a normal job. I worked at a skydiving center where people were strange anyway, so my strangeness went mostly unnoticed. It wasn't until my girlfriend at the time contacted my family and said I was acting strangely that I realized something was up. I returned home across the Atlantic and was met with worried eyes. I wasn't walking into a completely sane situation by any standards, as I grew up in an alcoholic household which hadn't changed then, and still hasn't to this day.

As a result of this strangeness, I was committed to a mental hospital. They asked me many questions. Do you drink? No, I haven't drunk in 8 months. It couldn't be alcohol. Do you smoke? Yes, I have smoked for years. Does the television talk to you? I chuckled and relayed a story about a group of people on a skiing program I was watching holding up a sign with "We're waiting for you, James" written on it. I thought that was a little funny, as my name is James. The doctor didn't. He was vigorously writing in his notes. When we spoke about smoking, it was put aside as first things first. It wasn't until years later that I came to understand smoking had prolonged my feeling crazy. They kept me in for six weeks, realized I wasn't actually any danger to myself or others

and released me with the general advice to stop asking questions nobody can answer. Being an alcoholic, I'm incredibly bright you see. We alcoholics often do stupid things very cleverly. So I moved away again.

I don't recall ever making a decision to drink because I felt crazy, but drinking became easier than thinking and the thinking was driving me crazy. After six years of hell I finally got sober. It only lasted two and a half years because talking and talking and talking at meetings is not action. My nicotine use kept me so far away from being honest with myself that it was nearly impossible for me to establish any proper recovery. If I could convince all of AA that I was sane then I would be fine, but I couldn't. I couldn't accept that I had a grave emotional disorder, and serious feelings in chaos. So I went home again.

Being back in the area where I grew up was humbling and strengthening. I found people I knew had the exact same problems as I had - hence mine were easier to accept. I sat in a meeting in the town I grew up in and said my name is James and I am an alcoholic. That same town that had me pinned as a future doctor or legal representative was now accepting me back as an alcoholic. And in reality I couldn't have been more successful - broken and broke - but sober and willing. It was after 6 months of sobriety that I began to tackle my nicotine addiction. I was beginning to smoke insanely, doling out my use over the day to meet my mental cravings. It was the physical addiction coupled with delusional verification of my thinking. I have never taken a drug which has affected my entire being as much as nicotine has. My breathing pattern from day to day was governed by nicotine and everything I believed about life was either verified or denied by nicotine. Nicotine had been my higher power through early alcohol recovery; every input into my brain went through the nicotine filter. I realized I was an addict.

I was prescribed medication that's used to treat nicotine addiction. This drug helped me realize what it truly felt like

to smoke. I still wanted to smoke but I didn't want to quit again, so I stayed quit at last.

Removing the drugs which affected and governed my life in so many ways has only been the beginning. I have come to understand the reason life didn't make sense to me those first few months that I was alcohol-free, and on many occasions since. I was a self-programmer. I had a great ability to mold the world into being what I believed it to be. I used nicotine to believe it, and alcohol to cloud reality when it all became too much. With all the information my senses gave to me, I would create a thwarted reality. Then as I took up alcohol and nicotine, this reality became easier and easier to believe. The reality my ego created was fueled by alcohol and nicotine, and was kept subtly and extravagantly real to me. After taking away the alcohol and nicotine, my senses weren't relaying the correct information anymore. This was when I felt really crazy.

Giving up these developmental behaviors was like being a child again, which I found very scary; being all grown up and not really knowing. In sobriety and sobriety I have learned about adult innocence, approaching life unarmed without all my conclusions already reached. This has been especially true in social situations - letting go and not being ashamed or embarrassed by social learning as it occurs. I recognize old patterns of thought now and can stop myself from engaging in these patterns. They are mostly ridiculous conclusions I came up with years ago. I'm not saying I'm not crazy, but just knowing I might be is freedom.

Life has become remarkably interesting.

James L
Oslo, Norway

Meeting
makers
make it!



A Peek Down the Road...

I came to Nicotine Anonymous as my last chance of quitting. For the previous 15 years I had led the life of a professional quitter. I tried every imaginable way of quitting and I did quit, but I could not stay quit! I walked into the rooms of NicA a scared and dying man. I was looking death in the face and I **knew it, but I didn't know what to do** about it. I really had no faith in NicA as I had given up the idea of quitting for **some time. But I was at my wit's end** and was caught between a rock and a hard place. I had no idea of how to go, where to go or whether I wanted to go.

I remember one member who some of you might remember - Jack C. One time he said that when a person gets serious about thinking about quitting smoking and actually doing it successfully, about 15 years goes by. That hit me between the eyes because I was at that point. I did begin to see some hope with the program of NicA. I took a peek at what I **was facing and wasn't sure about this** quitting. It was too scary to attempt anymore, but then I looked at the alternatives and that scared me more.

I was told to not smoke just for today. I was scared I had to do this for the rest of my life. That was inconceivable to me. **And it is, because it's impossible to do.**

So I went to meetings and more meetings and I stayed quit just for today.

continued next page

I still felt a little apart from everyone so I looked at what the old-timers were doing besides working the Steps. I noticed they were all heavily involved with **service. And they were happy. I wasn't!** I wanted what they had. I went to the Nicotine Anonymous Conference in Costa Mesa, CA in 1999 and saw the service that members were doing. I was hooked! I wanted to get involved.

I became a secretary for two meetings, treasurer of another and started a meeting. After I got my one year chip I joined our face-to-face Intergroup. I got involved in starting our annual marathon meeting and was on the annual retreat committee. I began to feel like I was inside looking out rather the opposite. I **had always felt I didn't belong anywhere - a feeling I didn't like. Being in service** was a start, and the help it gave me made me realize if I wanted to go further, I needed to get into the Steps **because I realized I couldn't do what I** wanted to do unless I was walking the talk. Steps and service went hand in **hand. To me, you can't do one without** the other. I was getting excited about my new life. One day I was at a meeting with two people who came to find how to help their friend who was smoking. They asked questions but were basically ignored. They left the meeting really discouraged. I went to find them but **couldn't** - they were gone. That gave me an idea for a piece of literature. I wrote **a rough draft about my ideas but didn't** know where to go with it. Joe S told me to send it to the NAWS chairperson, so I did. A few days later I got a call from her at 12:30 AM my time, 3:30 AM her time. I was really impressed! I did what **she told me to do and at the next year's** NicA conference in Phoenix, the piece of literature was approved. I really felt like a part of a whole. I had contributed something to NicA. What a joy that was.

When I had close to 3 years clean, I had this thought of running for chairperson on the NAWS board. I put feelers out and nobody seemed interested in me running. I had to take a close look at my motives. My true motives were that I

wanted to be a big shot in NicA. Ha! I **really didn't want the responsibilities of** being chairperson, just the recognition. I dropped that idea real quick. A lesson in humility.

As it turns out, I like being in the background. There I was quite comfortable. In 2003 I was on the planning committee for the NicA conference in Santa Monica. That was interesting. Then I became publisher of *Seven Minutes* for a few years. I really enjoyed that. I fell in love with being in service and helping out wherever I could. I could not keep what I had unless I gave it away. It was a true joy to be in service. I became a **new person who didn't smoke, nor did I** want to. I lost the obsession to smoke some time back and I wanted it to stay like that. I believed in paying my Nicotine Anonymous Life Insurance policy in advance. I liked who I was and who I was becoming - also knowing I had a long ways to go. There is no such thing as graduating for me. Always room for improvement. Being in service taught me how to work with others and learn from my mistakes - which were many! Here is where working the 10th Step on a daily basis came into play.

For the next few years I was involved in many different areas. In 2010 I ran for treasurer for NAWS and was elected. I spent the next 4 years on the board, as treasurer and then officer at large. My first year was a trip. My friend Joe S asked how I was going to afford going to the conferences and board meetings for the next 3 years, as he knew my financial situation. I said it was time to step up to the plate to round out my service **period. I didn't have the money, but I** knew God would provide a way, and He did. That first year was kind of a hard year. I was faced with some confrontations right out of the gate. This went on for almost the whole year, but God knew I was the best person for the job. I knew what was going on and knew the parties involved on a personal level. It **all worked out for the best. If I hadn't been involved, I wouldn't have been** able to do what needed to be done. I

also lost two good friends that year who passed on - Joe S and Jan F. They had been very instrumental in my recovery over the years.

And here it is 2015 and I am still involved in different ways. Over the years I have learned to be my own person and have the courage of my convictions. Sometimes I am wrong, and I have learned to fess up immediately, like the 10th Step suggests. I used to be so **afraid of my thoughts; that they weren't** worth much. I was afraid of everything, a very shy loner, always hiding **where. I had no friends and didn't know** how to make any. I just smoked and smoked and that is all I had going for me - if you want call it that.

As I peek down the years since I became a member of NicA, where I was and where I am now is such a dramatic change. It really amazes me. I now can speak my mind when I want to, but I have learned to use discretion too. I can confront issues when needed. I have friends galore and feel comfortable in my own skin. I have a faith in God that is true for me and can trust Him to be in my corner at all times. I am my own person and do not have to be what **others want me to be. I can say "no" and also say "I don't know." I can go any-**where and do anything and be who I want to be. The 12 Steps of recovery are a true miracle to me and now I don't regret the past - I live in the now. Today is all I have to live in. Tomorrow and yesterday do not exist for me anymore, though I do slip once in a while into those nonexistent days! Life is good today and I am content with things as they are now. I haven't thought of smoking for over 14 years - that is an outright miracle; something I could not fathom at any time. Yesterday I was a recovered nicotine addict and today I am in the process of recovery. May it stay that way. My quit date is Nov 21, 1998. May God never let me change that date.

Gary M
Inglewood, CA

Chairperson's Report...

continued from page 1

Thank you for all your 12th Step work.

I want to take this opportunity to thank all of you. There are still-suffering nicotine addicts all around the world and there are sisters and brothers, many of you reading this right now, who have been devoting considerable chunks of your private lives to help the still-suffering to find and maintain freedom from nicotine. You volunteer and serve on an individual level as sponsors and e-mail and teleservants, on a group level as chairs, secretaries and treasurers, as intergroup representatives and as Nicotine Anonymous World Services Delegates. Some of you serve in all of those ways simultaneously. I want you to know - **if you don't already** - that what you do matters and your 12th Step work is appreciated. I am just one member who can breathe free of nicotine because of you. Members who just joined this year - or even today - are all important to my health, and you are the reason I was able to welcome 3 grandchildren into this world and soon a fourth. Never doubt how important your work is. I would like to especially express my appreciation to all who start meetings and keep the doors open. To me there is no greater commitment.

A generous and loving servant

This year Nicotine Anonymous lost a dedicated servant - Joanne C. In 1985 Joanne, along with her husband, Oscar, opened the Islip, NY meeting and from that meeting grew all the Long Island meetings. Most of the meetings on the east coast are directly descended from that meeting. Joanne chaired and nurtured the Islip meeting for almost 30 years, even when she became sick, until a few months ago when her cancer finally kept her away. For many of those meetings she opened the room when nobody showed up as well as the times when 30 or 40 people attended. Her faith in her Higher Power was often tested but never wavered. Twenty four years ago I walked into that meeting

and found acceptance, healing and a safe space to share what was eating at me and keeping me using nicotine. I will remember Joanne, just as the people you have helped will remember you. It **isn't always easy to see it, but your work bears fruit**. You make it safe for people to ask for the help they desperately need. To know that, just think about yourself and how you were received and welcomed when you most needed it.

Alive and kicking

Nicotine Anonymous is alive and well and growing stronger. As a program we have our challenges. In a world of instant gratification and quick fixes, we are not a quick fix, and there are so many promises of quick fixes. Whether those promises are authentic or not is irrelevant to us because our promises are real. We do what we can to reach out to the still-suffering nicotine addict, and we will continue to do so, yet we may never be as big as some of the other fellowships. I have come to accept that. We are a relatively small but very active and spiritual program, and the members who have experienced our program are all the evidence we need.

It's not our way to keep statistics or records or to take attendance. We are our own proof. We help anyone who comes to us with a desire to stop using nicotine, and we will continue to do that. We reach out to others in our own way, prescribed by our Traditions. Please keep reaching out as you have been doing. We can do outreach on a world services level, but outreach must always be inherently a local and very personal endeavor. One of the best ways to reach out is to take a nicotine addict to a meeting. As per a motion passed by the delegates in 2013, the name of the Give and Live Program was changed to the Gift of Gratitude Program and made more obvious on the website. I would like to encourage all of you to donate. (See the new Gift of Gratitude flyer on page 15.) Nicotine Anonymous is a 501c3 nonprofit organization, and making an automatic monthly donation through your bank to

NicA gives you or your accountant a record of your gift. If only 200 members donated \$10 per month, that would give Nic A enough income to keep reaching out to the still-suffering.

And yes, we do have a new website! It is a thing of beauty and a great improvement over our previous one, which served us well but was long in need of replacement. Talented NicA members, especially Sarah B, Robin L and Teresa I worked hard and created a user-friendly site we can all enjoy visiting. Our Store has also been redesigned to be easier and friendlier. Please see our new website today at <http://nicotine-anonymous.org/>. The World Wide Meeting List (WWML) is also much improved. For the past 2 years Gwynn A has worked to update it, and the website team has made it easier to use. It actually indicates that we have fewer groups than a few years ago but most importantly, it is much more accurate. Thank you all for your diligence and devotion.

I can't say enough about what it has meant to be the chair for the past 2 years. It has certainly had its ups and downs and more than a few of my sisters and brothers in the fellowship have heard me complain about the downs, but I can tell you right now with **frankness and sincerity that I wouldn't trade this time for anything.** I feel empowered

continued next page

Quote Corner

"We are not cured..."

What we really have is a daily reprieve contingent on the maintenance of our spiritual condition."

- Bill W.



by the experience. The second year has been much easier than the first for several reasons. For one, I needed the first 6 months of the first year just to find out how to do the job and just as importantly - what not to do. I discovered that by trying to be and do everything, I stole from my talented colleagues, so I learned to let the best team play, and they did. I want to thank the board members from the past 2 years. Thank you Bonnie H for mentoring me, especially during that first year, and thank you Gary M for volunteering to take on any extra tasks that the fellowship has needed over the years. Thank you Sherry and Jean, our treasurer and secretary during the 2014-2015 term for all you have done and for always being ready to jump in whenever I asked you. Thank you Teresa, our office manager, for all the work you do that is above and beyond, for your consistency from year to year throughout all the different elected boards, and for always having the courage to give me suggestions and tell me what I needed to hear - even **when I didn't want to hear it. Thank you** to all the many committee members who work on projects throughout the year. I want everyone here to know that I agreed to continue for a second year only because my colleagues stepped up. The first year was stressful, and I had some conditions before I kept the gavel for an unprecedented but necessary second year. Among my needs were that Robin L would stay on as chair-emeritus, that treasurer-emeritus, Chick P would assume additional duties by handling all the technical work on our online meetings, and that secretary-emeritus, Marguerite B would prepare the agendas for all the board meetings. It had been very stressful for me to have to chair an online meeting while simultaneously taking care of all the operations and prepare all of the agendas. The second year had a fraction of that stress because Robin, Chick and Marguerite never hesitated.

We still have work to do and positions to fill. As well as the 12 written Traditions, we

have unwritten traditions such as rotation of service. A fellowship needs the institutional memory and experience of its veteran members, but it also needs an infusion of new ideas and an ability to think outside the box to avoid stagnation and to grow and thrive. Many of you have given so much throughout the years that I hardly have the right to ask you to do any more, but I will anyway. **I'm OK with that because I am not asking for myself.** I am asking for the members across the world and for the still-suffering nicotine addicts who haven't found us yet. More than a few of us, myself included, are still alive because of our fellowship and are enjoying a better quality of life than if we had never found NicA. Even our friends who have passed on had clean time to enjoy and a closer connection with their Higher Power and their families & friends because of Nicotine Anonymous. As experienced members, we are responsible to all who leave the comfort of their homes to go out every week and welcome the still-suffering. They count on us. We need to continue to support them.

Our 12th Step tells us that we have had a "spiritual awakening" and to "carry this message." It is our way of both insuring our own gift of recovery and doing our Higher Power's work. So I am asking you to do more. Do local outreach. Form an intergroup where you **don't have one or join yours if you do.** Join Voices of Nicotine Recovery (VONR) online or participate in phone meetings. Run for one of the intergroup office positions. Become a WSC delegate. Volunteer for a committee or to chair one.

I won't promise you it will be easy or even that you'll always feel appreciated. You won't, but I will promise you that you'll get back 10 times what you put into it, just as I have.

Thanks again for allowing me to be your chair.

In service and YFIR,
Michael B

Nicotine Anonymous

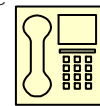
The only requirement for membership is a desire to stop using nicotine.

Meeting Options:
Face-to-face meetings
Telephone meetings
Online meetings

To find face-to-face meetings:
Go to www.nicotine-anonymous.org
Click on Meetings and search by state.



For phone meetings:
Go to www.nicotine-anonymous.org
Click on Meetings, then Telephone Meetings.



For online meetings:

Go to www.nicotine-anonymous.org
Click on Meetings, then Internet Meetings. In this section are live links to two sites offering the ability to post messages and receive responses. Both require the individual to join the site in order to take advantage of some of the extra services, such as searching for specific posts or files. Unofficial Nicanon has "Type Share" meetings. It can be found at: <https://groups.yahoo.com/neo/groups/unofficialnicanon/info>



Voices of Nicotine Recovery has "Voice Share" meetings using a free chat service that can be downloaded. It can be found at: <http://voicesofnicotinerecovery.com>

This site also has other helpful information about nicotine addiction and links to prior speaker shares.



Gratitude in Action...

When I entered my apartment on April 24, 2005, I was pulling a pack of cigarettes out of my pocket and reaching for my lighter. The thought went through my mind - "It's time to put the nicotine down!" Being the good addict that I am, I finished the pack of cigarettes that I had, knowing that by midnight of April 15, 2005, I would be done smoking.

Sure enough, at 11:59 I stubbed my last cigarette out. By the grace of my Higher Power and the power of the people in the Voices of Nicotine Recovery group that I attend online, I was able to celebrate 10 years nicotine-free this last tax day!!

I belong to another 12 Step fellowship. I brought with me to Voices of Nicotine Recovery a lot of the experience that I had learned in that fellowship, which I joined in 1976.

At my first meeting of the other fellowship, I did what my sponsor did after the meeting. We cleaned up the meeting room. That was my first taste of service. When I got nicotine-free in Voices of Nicotine Recovery (VONR), I became a greeter. What did I learn from this service? One - I learned to keep my mouth shut! Two - I met all the people who came into the room, and even up until today I remember their names!

After being the greeter, I moved on to being a leader (admin) of meetings in VONR. I lead meetings to this day. I have learned patience, tolerance and love for my fellow addicts as I lead the meeting, realizing again that we are all sick people, getting better.

VONR also elected me calendar person and their original treasurer. As treasurer, again I learned patience, to keep my mouth shut and to answer questions. As calendar person, I simply did what people asked me do regarding the VONR calendar.

For the last several years, I have been the publisher for *SevenMinutes*. This I absolutely love. It is something I can do in the background. After receiving each completed issue from the editor, I send it to the printer so hard copies can be printed for *SevenMinutes* subscribers. Next I stuff the envelopes, stamp the envelopes and mail them off on the 20th of every quarter. Doesn't sound like much, but I absolutely love doing this job. It is peaceful for me and I feel a part of the greater good of Nicotine Anonymous.

Anyone who can do service work for Nicotine Anonymous - please do. The resulting feeling is one of complete satisfaction and more importantly...continued SMOBRIETY!!

Lynne
Petoskey, Michigan

Outreach Announcements

The Outreach Committee will continue with monthly meetings in a telephone conference, where the number has changed.

For more information, email outreachcoordinator@nicotine-anonymous.org, or call Jeff at [760-401-6503](tel:760-401-6503).

NEW: A video Public Service Announcement was approved at this year's WSO conference.

We are looking for help in creating more PSAs!
To get involved, send an email to outreachcoordinator@nicotine-anonymous.org, or call Jeff at [760-401-6503](tel:760-401-6503).

Get your hands on **OUR NEW WEBSITE!**

*offering help **online** to those who desire to stop using (and live free from) nicotine*

learn how Nicotine Anonymous works ★ find phone, internet, and face-to-face meeting schedules
★ read pamphlets in 16 languages ★ check out open service positions ★ read over 25 years of *SevenMinutes* newsletters ★ find events in your area ★ order books, CDs, & MP3s ★ sign up for *Two-Way Talk* to keep current on NicA news ★ make a *Gift of Gratitude* to help us carry our message to the still suffering nicotine addict



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 connects penpals who want to communicate via snail mail.

PenPal Coordinator Email PenPalCoordinatorEmail@nicotine-anonymous.org

Coordinates and connects penpals who want to communicate via email.



Why: Not everyone has access to meetings. This is a great way to connect with other addicts from around the world.



How: Contact either email address above to begin connecting.

BIRTHDAY CONGRATULATIONS

Scott B—11/11/03

Dave D—5/5/11

Dale K—11/11/99

Chris H— 4/20/92

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: sevenminuteditor@nicotine-anonymous.org

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



I want my... I want my...

I WANT MY WSC!

**Missed this year's World Services Conference?
Or did you attend and want to keep a memory of it?**

We've just wrapped up *Nicotine Anonymous World Services Conference 30 – Service: A Pearl of Recovery* in San Francisco, California. New this year, you can download MP3s (or order CDs) right on our website's store at www.nicotine-anonymous.org. Now you can listen to inspired speakers including *Melissa E*, *Robin L*, or co-founder *Rodger F* right on your phone, tablet, or computer!

Of course, we also have the popular *Gratitude Meeting* available. And, you can also catch up on what's new and happening in Nicotine Anonymous by listening to the *Business Meeting Set*.

Prices vary based on the combination you want, and all proceeds go towards our primary purpose of helping the still-suffering nicotine addict.



MP3

Download or order now at
www.nicotine-anonymous.org

(Click on "store" and then go to the MP3 & CDs section.)



CD

Write a Meditation for a Future
Nicotine Anonymous Meditation Book!

Please send your 100-200 word meditation for consideration in an email or Word file to:

DailyMeditations@nicotine-anonymous.org

Subject line 'NicA Meditation'

or

Attn: Daily Meditations Coordinator

Nicotine Anonymous WSO

6333 E. Mockingbird #147-817

Dallas, TX 75214



Please 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.)

If you have a quote to match your meditation, please send it along, but it is not necessary.

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

Please note:

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

Summer 2015 Nicotine Anonymous Events Around the U.S.

**July 10-12 Annual Funweekend - Phoenixville, PA
sponsored by NJ/PA Intergroup**

**July 25 Northern California One-Day NicA Retreat
Samuel P. Taylor State Park**

**July 25-26 Nicotine Anonymous Retreat - Southern California
Joshua Tree Retreat Center**

**August 9 Annual Beach Day - speaker meeting at Jones Beach
sponsored by New York Metropolitan Area Intergroup**

Flyers with event details are located on the NicA website

www.nicotine-anonymous.org

NAWSO
Profit & Loss YTD Comparison
January through March 2015

	<u>Jan - Mar</u> <u>'15</u>	<u>Jan - Mar</u> <u>'14</u>
Ordinary Income/Expense		
Income		
4000 · Donations	3,417.94	3,392.70
4100 · Literature Sales	9,770.93	7,275.37
4290 · Shipping & Handling	1,456.27	1,438.90
4297 · Conference Profit/Loss (upcoming + previous year)	-1,000.00	-875.00
Non Profit Income	31.43	0
Total Income	<u>\$13,676.57</u>	<u>\$11,231.97</u>
Cost of Goods Sold		
5000 · COGS	<u>3,748.03</u>	<u>3,071.81</u>
Inventory Shrinkage	0	0
Total COGS	\$3,748.03	\$3,071.81
Gross Profit	\$9,928.54	\$8,160.16
Expenses		
6000 · Office Expenses	6,067.30	6,153.85
6600 · WSO Expenses	2,676.90	1,773.30
QuickBooks Payments Fees	<u>101.27</u>	<u></u>
Total Expenses	<u>\$8,845.47</u>	<u>\$7,927.15</u>
Net Operating Income	\$1,083.07	\$233.01
Other Income/Expense		
8000 · Interest Income	9.71	.12
Total Other Income	<u>\$9.71</u>	<u>\$.12</u>
Net Other Income	\$9.71	\$.12
Net Income	<u>\$1,092.78</u>	<u>\$233.13</u>

Service is the Key

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



path to freedom.

TELEPHONE SERVANTS—ESPECIALLY NEEDED!

From the comfort of your own home, you can respond to telephone calls from those who are just starting out on their

TELEPHONE SPONSORS

Share your experience, strength and hope by being a telephone sponsor.



TRANSLATORS

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

IN-REACH COORDINATOR

Responsible for contacting those members on the electronic mailing list with newsletters and other e-mail blasts.



To volunteer or get more 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

♥ My Gift of Gratitude ♥

GIVE A "GIFT OF GRATITUDE"

Nicotine Anonymous has always been about helping addicts and saving lives. But it has come to the point where the heart of our organization needs our help. Nicotine Anonymous World Services needs our help to meet its monthly operating expenses. In addition, our contributions would help reach even more addicts through outreach and distribution of Nicotine Anonymous literature.

CONSIDER GIVING BACK TO THE ORGANIZATION THAT HELPED YOU GET FREE OF NICOTINE

Your *Gift of Gratitude* is another way you can work the Steps by carrying the message to nicotine users who still suffer! It also allows World Services to continue functioning through the Seventh Tradition.

HOW WORLD SERVICES SERVES THE NICOTINE ADDICT:

- ♥ Maintains the worldwide meeting list
- ♥ Distributes literature
- ♥ Distributes free Meeting Starter Kits
- ♥ Maintains the web site
- ♥ Publishes our quarterly newsletter, *SevenMinutes*
- ♥ Conducts necessary business of the Fellowship at quarterly Board meetings (three of which are conducted via web conference to conserve our resources)

GET A FREE SUBSCRIPTION TO SEVENMINUTES NEWSLETTER!

And if you give the gift of \$10 a month you will receive a complimentary subscription to our newsletter *SevenMinutes* which includes Fellowship news and member shares.

THINK YOU CAN'T AFFORD IT?

Think of the money we used to spend on tobacco! Just a little of it can go a long way to help us continue to operate. Here are some ways you can give back:

- ♥ Every week, put the cost of one pack of cigarettes in a container
- ♥ Set aside each day's loose change and save in a gratitude jar
- ♥ On your anniversary, send \$10 for each year of freedom (or as much as you can spare!)

4 EASY WAYS TO DONATE!

All gifts are tax deductible as 501(c)3 donations.

1. Click on the button on the homepage of www.nicotine-anonymous.org to donate using PayPal or your credit/debit card (Make a one-time donation, or click on "make this recurring" to set up a monthly donation)
2. Send your donation by paper check to:
Nicotine Anonymous
World Services
6333 E. Mockingbird Ln.
Suite 147-817
Dallas, Texas 75214
3. Set up online monthly bill pay at your bank. (You determine the amount and date of payment. Follow your bank's instructions for setting up recurring payments to payees with no account number.)
4. Make a one-time donation at store.nicotine-anonymous.org

Why members and groups donate to Nicotine Anonymous World Services

Nicotine Anonymous World Services is a member-supported non-profit organization guided by the Twelve Steps and Twelve Traditions. We realize there are both practical and spiritual purposes for us to remain a self-supporting fellowship to carry our message of recovery. Honoring our responsibilities is an aspect of our spiritual awakening.

Learn more about contributions & self-support at www.nicotine-anonymous.org



Seven Minutes

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



Is your group in need of newcomers?
Try Outreach to get the word out!
For more information, send an email
to outreachcoordinator@nicotine-anonymous.org, or call Jeff
at [760-401-6503](tel:760-401-6503).

**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

Outreach projects allow us
to carry the message in a
variety of ways.
Literature and financial
assistance are available
for your project, up to \$500.

For details visit the
Nicotine Anonymous website
or send an email
to outreachcoordinator@nicotine-anonymous.org

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