



# Seven Minutes

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

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### Interested in contributing to *Seven Minutes*?

Send letters, articles, stories, poems, artwork, or other material to:  
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[SevenMinutesEditor@nicotine-anonymous.org](mailto:SevenMinutesEditor@nicotine-anonymous.org)

*All submissions may be edited as necessary for grammar and content.*

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## Chairperson's Report

Last year the first Nicotine Anonymous UK convention took place in Luton, England, and I was fortunate enough to attend.

During the convention, the Chair, Kim F shared his perspective on the value of the Twelve Traditions in relation to the Twelve Steps. What he said stayed with me. He compared recovery with a factory: the Twelve Steps represent the production process, with a member starting at Step 1 and, figuratively speaking, emerging at Step 12 as a recovered individual (though recovery is, of course, an ongoing journey).

For this process to work, the equipment in the factory cannot be exposed to the elements; it needs to be shielded from rain, wind, heat, and other external forces. This is where the factory building comes in: a strong roof, walls and a solid foundation. In recovery, the Twelve Traditions act as the "factory building"- the protective framework that surrounds and safeguards the Steps.

With Kim's permission, I am sharing his analogy with you. I'd like to add the concept of service, which I see as the factory's maintenance department. We all know what happens when there's a lack of maintenance: the roof leaks, the machines rust, nothing works properly, and eventually the whole operation shuts down.

**Service is essential**, and our fellowship is blessed with many dedicated members who contribute to this "maintenance department," making recovery possible. Our First Tradition reminds us that our common welfare

comes first, and that personal recovery depends on Nicotine Anonymous unity.

There are many ways to be part of this "maintenance department" and help sustain our fellowship:

- **Be a Delegate!** The first Mid-year Delegates Workshop recently took place, where we focused on the role of a delegate and reviewed proposed changes to our literature. As a delegate, you can represent your group's vote at the Conference. This gives all members a voice in decisions regarding literature, Bylaws (which govern how our fellowship operates), and other important matters.

By the way, have you booked your conference tickets yet? We're hoping for a strong turnout at the 40th annual Nicotine Anonymous World Services Conference, "Breathe Deep in the Heart of Texas" in Austin and online. It's a perfect time to reflect on NicA's history while planning for the future.

- **Join one of our many projects.** These include outreach efforts, website development and maintenance, writing and translating literature, liaising with international groups, managing our archives, writing for *Seven Minutes*, helping to organize the conference and serving on the Board. The fellowship is always looking for members with fresh ideas - you might even learn new skills and definitely make new friends!

I'm happy to announce that we have a new Outreach Coordinator: Jan S. She has held numerous service positions at both the world and intergroup level, including NAWSO Chairperson. Her enthusiasm, even after all these years, remains contagious. *continued on page 3*

*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 people 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.

*Reprinted for adaptation with permission of the A.A. Grapevine*

## Chair Report

continued from page 1

And I'm thrilled to share that new Nicotine Anonymous groups have recently launched in Argentina and Turkey. We send them our best wishes and blessings for many successful years to come.

As we approach the end of the year, I want to highlight the **Gift of Gratitude** - our Nicotine Anonymous Member Gratitude Program. If 200 members or groups each donate \$10 or more every month (less than one pack of cigarettes in many countries), this will cover our operational expenses and provide additional resources for outreach to the still-suffering addict.

### NAWS Board Updates:

Our Active Secretary, Sharon B, sadly must step down from the position for health reasons. We thank Sharon for her service as Secretary and beyond, and wish her lots of health and self care.

El R, who is currently serving as Secretary Emeritus, has stepped back into the position of Active Secretary. Many thanks to her for serving many years in this role. In addition, the Board has voted in Tammy T as Board Member at Large, serving as Secretary Emeritus. Tammy is also currently serving as Archives Coordinator and is a member of the Traditions Committee. We are thrilled to have her back on the Board and are grateful for her ongoing service.

I am humbled by El's and Tammy's willingness to serve, and grateful to have all the Board positions filled, especially as we move forward to our Conference on May 2-4 in Austin, Texas. Please let me know if you have any questions.

Sending you holiday greetings! Have a happy, joyful and free new year!

Marian D  
NAWS Chairperson



## Quote Corner

"I no longer count the value of a day by feeling the change in my pocket, but by feeling the change in my heart."

- Nicotine Anonymous member  
*90 Days, 90 Ways*  
page 80

## Applying Tradition Five...

This singular principle for our fellowship helps me keep the focus simple, especially when it comes to my own recovery. As a guiding star, Tradition Five keeps me on course - to practice the principles of the program to get quit and support my quit. And then I can help others.

Like it says in *Nicotine Anonymous: The Book*: "Carrying the message is our recovery in action." I carry the message in thoughtful ways, like sharing in meetings, welcoming newcomers, listening to others with my full attention and serving my fellow members. To keep the gifts of recovery I have received so freely, I give these gifts away to others who still suffer.

I love the simplicity of our five Tools of recovery: Meetings, Phone/Email List, Literature, Sponsorship and Service. Using any of these five Tools connects me with other members, giving me the opportunity to practice "spiritual principles such as honesty, willingness, humility, acceptance, kindness and open-mindedness," which we read about at the beginning of our *NicA Step Study Workbook*.



What a difference the simple focus on a primary purpose has made in my quit and in my life! Today, I clearly see how my attitude and outlook have changed. I am no longer imprisoned by nicotine and can see the bigger picture of my recovery, which includes asking for help, prioritizing my recovery and being kind to myself. In this way I'm practicing the principles in all my affairs. Practice - such a powerful word for our program. It's not about perfection, it's about trying to make a positive change in my life: refining my thoughts, words and actions. And it's about helping others.



As I focus on my own primary purpose, I grow spiritually, mentally and emotionally, becoming the person I really want to be. Then I can carry the message to others who are still suffering from this insidious addiction.

Aimee C  
Arkansas

### Outreach

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



For details, see  
[nicotine-anonymous.org](http://nicotine-anonymous.org)  
or send an email to  
[outreachcoordinator@nicotine-anonymous.org](mailto:outreachcoordinator@nicotine-anonymous.org)

## Letter to Nicotine...

I'll start with all of the things you took from me:

- My father. I was only 19 which feels unfair.
- My dignity
- Healthy teeth and gums, after my parents spent thousands on braces!
- My feeling of belonging in the company of other people
- Honesty

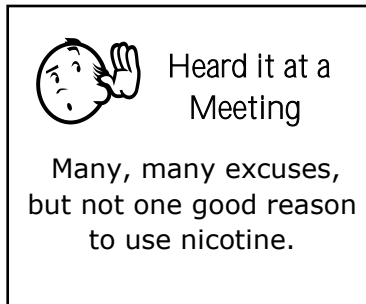
I gave you everything: my health, my money, my time. You were my first priority always. I planned my days, my outings, my schedule around when I could be with you. In return, you gave me a chronic cough, countless cases of bronchitis, bad breath, stained teeth, and separated me from people I love. You were my first contact in the morning and the last thing I did before I went to sleep. My clothes smelled like you, my hair smelled like you, my hands smelled like you. You were the most enduring relationship I had, and all you did was hurt me.

You made me think I needed you, that you comforted me, that you helped me think and helped me cope. All you really did was help me procrastinate and waste precious time.

I have given you 46 years of my life and all you've done is shorten it. I have people to live for, a future to live for.

I'm not giving you anything else. I am metaphorically shooting you from a cannon into the sun.

Megan M  
Dubuque, Iowa



## Meetings Change Everything...

I am grateful for the Free Bridge and Primary Purpose phone meetings. When I was a newcomer to Nicotine Anonymous, I first dialed into the Free Bridge line. Later I also discovered the Primary Purpose meetings. I now attend meetings on both phone lines.

The Free Bridge has more participants, and is a great opportunity to hear many shares.

Primary Purpose has a smaller group of participants, and a shorter meeting. There are also Alive at Five meetings, and Shamrock meetings.

I have 8 years and 4 months+ nicotine-free, and still attend meetings daily.

As we say... Keep coming back, meeting makers make it.

Patsy  
Illinois

## The 5 D's

- Delay
- Distract
- Discuss
- Drink Water
- Deep Breathe

## To Members of Nicotine Anonymous...

I wish to take a moment to express my deep gratitude for your organization and the invaluable support you provide to those of us struggling with nicotine addiction. Your efforts and commitment have enabled me to find the path to healing and recovery.

From an early age, I faced immense challenges, starting to smoke in hopes of coping with stress and anxiety. Over the years, I realized this habit only exacerbated my mental and physical health issues, leaving me with deep shame and guilt, feeling trapped in an endless cycle of addiction.

That's when I discovered Nicotine Anonymous. From my very first meeting, I was welcomed by a caring and understanding community. I met individuals who had experienced similar struggles and who understood the battles I was facing. The testimonies shared during the meetings inspired me and gave me hope that recovery was possible.

Your approach which centers on understanding and empathy has been a true lifeline for me. The tools and resources you offer have been essential in my quest to overcome my addiction. I've learned to identify the triggers for my cravings and to develop healthy coping strategies, allowing me to move toward a nicotine-free lifestyle.

I also want to emphasize the importance of your commitment to inclusivity. Your welcoming stance towards members of the LGBTQIA+ community and other marginalized groups has created an environment where everyone feels valued and understood. This not only strengthens our community but also shows that Nicotine Anonymous is a space where all can come together to find support.

*continued on page 5*

Thank you once again for everything you do. Your work and dedication have changed my life, and I am convinced they continue to bring hope to many individuals battling nicotine addiction.

With all my gratitude,  
*Fernando T*  
*Figueiró, Portugal*



### *An Old-Timer's Tale...*

My name is Lulu  
 I'm a grateful recovering  
 nicotine junkie  
 There was a time in my life when  
 I'd go to great lengths for  
 a "cancer stick"  
 Ya, I was a real nicotine flunky

Morning, noon, or night  
 Nicotine was usually well within  
 my sight  
 Searching high and low,  
 desperately looking for that  
 next hit  
 The thirty plus year insanity  
 of me chasing after  
 the next death stick  
 was my plight

I begged, borrowed and stole  
 because a junkie without nicotine...  
 Boy, life began to quickly unfold

In active addiction it didn't matter  
 how often I had to lie  
 Without my regular daily dose  
 of nicotine  
 I felt like I was going to die

I used and abused nicotine  
 for so long  
 My life turned ruinous  
 Suddenly I began to question  
 "Where did I go wrong?"

After a long smoking career  
 Slowly but surely I became engulfed  
 by clouds of smoke and fear

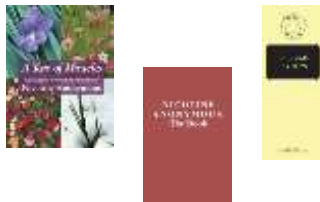
Started having visions of  
 dropping dead with a death stick  
 hanging from my mouth  
 Suddenly I began to turn to  
 my Higher Power

Hopelessly addicted  
 I could feel my nicotine obsession  
 and disease sucking away my life  
 one precious hour after hour

I got down on my knees  
 and I begged for God's help

It dawned upon me  
 that quitting smoking  
 wasn't something I could do  
 all by myself

I put down the cigarettes  
 and I picked up  
 some Nicotine Anonymous literature



As I got honest with God and myself  
 I took a deeper inward look  
 Now I began to see and identify  
 with the powerlessness in *The Book*

One day at a time our program  
 is so gentle and kind  
 As long as I listen to my sponsor  
 and work the 12 Steps,  
 I can keep that nicodemon  
 out of my mind

Today I happily and joyously live  
 nicotine-free  
 As long as I'm doing God's will,  
 the better life seems to get  
 for me

*Lulu*  
*Fort Worth, TX*



### **From the Free Bridge Telephone Group**

*Some acronym offerings,  
 courtesy of the Free Bridge...*

**NUTS:** Not Using The Steps

**NICE:** Nicotine Is Crushing  
 Everyone

**STOP:** Smoking Takes Over  
 People

**RIP:** Recovery Is Possible

**SASSY:** Sponsors Are Super  
 Special Y'all



**SPAM:** Spiritual Principles  
 Are Mandatory

**ANTS:** Always New To Smobriety

**FAITH:** Find Answers In The  
 Healing

**SPONSOR:** Smober Person  
 Offering Newcomers  
 Suggestions On  
 Recovery

**SHAME:** Should Have Already  
 Mastered Everything

**FAIL:** First Attempt In Learning

**YET:** You're Eligible Too

**SLIP:** Smobriety Lost Its Priority

**HOPE:** Hearing Other People's  
 Experience

**PATIENCE:** Please Allow  
 Tolerance Into  
 Everyday - Nice  
 Calming Energy

## No Turning Back...

It was about 3 in the afternoon. I felt awful. Electronic cigarettes lay all around me. I was still trying to smoke them. But I could not breathe. We called 911. I finally came out of my room and laid down. Come to find out I had pneumonia. The doctor asked me if I was trying to commit suicide. I said no, but the pneumonia was very close to killing me. The doctor said if I used any regular cigarettes or e-cigs again, I would die. I set a quit date in the hospital - December 8, 2018.

Nine months later I was finally nicotine-free - September 5, 2019. No relapse is allowed. I choose life. Just for today I choose not to use.

They couldn't get me off oxygen so they sent me home with it. To this day I'm on oxygen. You can live a normal life even so. It works.

Six months into this quit I moved out of my old room. Later I went into it, looking for something. I put a bag on the bed and looked inside it. I quickly exited the room. All my e-cigarettes were in that bag. I stayed out of the room and when my roommate got home, I asked her to get rid of it. I was not going to blow up! I'm glad I was able to not use.

Since then I found NicA. I now have a program. I came in the program on the last Friday of March 2022.

*Janell*  
*Free Bridge member from Georgia*

\* \* \* \* \*

There is no such thing as one and done, 1000 cigarettes is no longer fun.

*Shawn in Texas*



## Upcoming Phone Marathon

**January 1**

**"Ringing in the New Year"**



Hosted by the Free Bridge Telephone Meeting group

Meetings begin at 8 am EST and run at the top of every hour. Last meeting starts at 11 pm EST.

\*A different topic for each meeting\*

Phone: 667-770-1474  
Pass code: 207490#

See [nicotine-anonymous.org](http://nicotine-anonymous.org) for information on all regularly-scheduled NicA phone meetings

**Interested in volunteering for the annual NAWS Conference in May?**

**Contact**  
[ConferenceChair@nicotine-anonymous.org](mailto:ConferenceChair@nicotine-anonymous.org)

**May 2-4, 2025**  
**Online and face-to-face in Austin, TX**

**"Breathe Deep in the Heart of Texas"**

Struggling with Vaping?



Nicotine Anonymous can help!

See the pamphlet "Freedom from Vaping Nicotine" located on the NicA website at [www.nicotine-anonymous.org](http://www.nicotine-anonymous.org)



**Sponsorship in Nicotine Anonymous (NicA) Sponsors and Sponsees Share Their Experience**

This booklet provides varied experiences with sponsorship, letting a member "Take what you want and leave the rest."

Our hope is the shares will encourage and help sponsees and sponsors use this Tool of recovery.





## Third Step Prayer



Relieve me of the bondage of self.

Help me abandon myself to the spirit.

Move me to do good in this world  
and show kindness.

Help me to overcome and avoid  
anger, resentment, jealousy  
and any other kind of  
negative thinking today.

Help me to help those who suffer.

Keep me alert with courage  
to face life and not withdraw from it,  
not to insulate myself from all pain  
whereby I insulate myself  
from love as well.

Free me from fantasy and fear.

Inspire and direct  
my thinking today;  
let it be divorced from  
self pity, dishonesty  
and self-seeking motives.

Show me the way of patience,  
tolerance, kindness and love.

I pray for all of those to whom  
I've been unkind and ask  
that they are granted  
the same peace that I seek.

## Keep Trying to Quit Until You Quit...

I tried to quit smoking FOR YEARS. I failed time and time again. Finally in 1987 I learned of a Smokers Anonymous meeting in my city (now called Nicotine Anonymous). What could I lose?

The people were friendly and put me at ease. They told me to "keep trying to quit until you quit." I decided right then to keep coming back until I either quit or died.

Over the next couple of years, more meetings started around the city. I attended them all, no matter how far I had to drive. I still hadn't quit, but I was determined to keep trying. The fellowship didn't have a lot of literature at that time, so meetings were my lifeline. The Serenity Prayer became important to me too. I hadn't been willing to get a sponsor, but one night after a meeting, someone stepped up and said, "You have one now!" She turned out to be tough and thorough, but also kind and loving.



We worked together, doing Steps and other recovery activities, and finally in June 1991, the miracle happened. I stopped smoking at last. Each day I said, "Smoking is not an option for me today." The black cloud that plagued me for YEARS was gone. I couldn't believe it! Turns out I LOVED not smoking!

I shall ever be humbled, thankful, and grateful that my desire to smoke was removed. The burden was lifted. I am dancing with joy!

*Joni D  
Scottsdale, AZ*



**Get the  
Word Out  
Through  
The  
Press!**

There is probably no other communication medium more anxious to help us spread the word than the press.

Newspapers all have allotted space dedicated to worthy public service causes, and quitting nicotine is one of the best causes around.

They will welcome your material, and rest assured, they will run it! Let's get the word out!

Just submit the website and phone number:  
<http://www.nicotine-anonymous.org>  
1-877- TRY-NICA



**JUST  
4  
TODAY**



## From the *SevenMinutes Archives*

*The following recovery story from  
our September 2017 issue  
says it all...*

### *It Does Work If You Work It...*

On June 8, 2015 I quit smoking cigarettes. It felt like taking a flyer jumping off a cliff. I didn't know if it would work or not. I didn't know how my body and emotions and behavior would react. I'd been attending weekly NicA meetings for 10 months. I felt a higher, more locked-in level of commitment to the program than I had felt to anything before in my life. My thinking was that NicA has worked for tens of thousands of other people and there's nothing so special about me; that it would work for me, too.

I was prepared to handle whatever feelings of shame and inadequacy which could arise if I failed, relapsed, had to start over. I knew my commitment to attending meetings and working the program would still be there. I knew the caring, accepting people in the meeting would still be there, caring, accepting, sharing and being supportive.



Amazingly, part of quitting was accepting that there was part of me that did not want to quit, and learning that 100% willingness or desire was not realistic or necessary. 75% or 90% could be enough.

There was one tiny bit of faith that was given to me as a gift by two members of my weekly NicA meet-

ing. They both told me they thought I was ready to quit, and that I should go ahead and do it and not wait any longer to feel more confident. I figured they knew what they were seeing in me and hearing in my shares. I respected their opinions and went for it.

I was also taking a flyer in my personal life. The day I quit I'd been on a first date that lasted for six hours with a man that held my interest. I decided to give myself a chance, a real chance at a healthier, smoke-free life and at being loved, having someone to love and possibly a domestic partnership. For quite a few years, smoking cigarettes had been a big part of my withdrawing socially - isolating, ruminating about my loneliness, feeling like a failure, feeling bored with my career and having no sense of direction for my future.

I took both those big risks that day - quitting smoking and starting a new romantic relationship.

Quitting smoking turned out to be by far the easier success. Staying quit has been easier than I ever dreamed possible. I only had one big head-toe body craving which got me instantly on the phone leaving voicemails with five people from my meeting. The sixth person picked up the phone and talked me through it.

I love being a non-smoker. I love not thinking about cigarettes or smoking. When I see other people smoking, I feel sorry for them. I know they're not doing it out of choice or for pleasure, but to cancel a craving. They are being obedient to their addiction. My perspective on smoking changed radically when I became educated in the NicA fellowship.

My life has changed in other ways as well. I now go to the gym regularly and enjoy it. My stamina is far, far greater than when I was in active addiction. I can jog gently for 20 minutes; I used to get winded after 20 seconds. The shame of being a smoker dropped away during the

first few days of smobriety. My mouth and breath feel, and obviously are, so much cleaner. Getting my teeth cleaned at the dentist is no longer a marathon of pain that takes an hour of ultra-sound scraping. Today it's 20 minutes and pain-free. And every day, I no longer have to hide an activity that I used to do 20 times a day. I no longer have to sit out on my front porch, chain-smoke, watch the cars go by and be bored out of my mind multiple times a day. It's over. Better days are here now.



Instead of handling my moods and emotions and stress by smoking it all away, disconnecting from myself, putting up walls between my awareness and my experiences and feelings, I now am learning a different way of life. Being in contact with my feelings and emotions, learning how to tolerate the difficult times without numbing out or overwhelming, sharing in words with new friends what is happening in my inner life - these are the new coping methods that have replaced smoking. They have opened new worlds of dignity, wisdom, maturity and friendship in my life.

I have no idea how I managed to actually quit smoking. My first serious attempt was in 1979 in a 3-week program. I went to my first Nicotine Anonymous meetings in the mid-1990's, but only attended a few times. I try not to regret that it took me so long to actually work a program using the Tools: Meetings, Literature, Group Contact List, Sponsorship and Service. It does work if you work it. I'm living proof of that.

*Christine H  
Glassboro, NJ*



## **Nicotine Anonymous Meeting Etiquette Card**



Nicotine Anonymous offers these suggestions for groups on how to provide a welcoming, safe, and positive experience for all of their members. This has been created in the spirit of Tradition One, which states that, "Our common welfare should come first; personal recovery depends upon Nicotine Anonymous unity." All of the Traditions play a vital role in Twelve-Step recovery.

All meeting participants aim to refrain from any behavior that makes others feel unsafe or unwelcome. The purpose of our fellowship is recovery; individual behavior needs to be based on mutual support and mutual respect.

What follows are a few commonly accepted guidelines:

- Meetings are intended to foster a safe, respectful, and supportive environment.
- Members are encouraged not to judge, criticize, or give unsolicited advice.
- All attending are asked to avoid cross talk, which is often defined as interrupting or commenting on another's share.
- During meetings, members focus on sharing their own experience, strength, and hope as it relates to their recovery from nicotine use (e.g., using "I" statements rather than "you" or "we").
- It is courteous to keep shares within the group's established time limit.
- Many groups find it beneficial to rotate service positions regularly to ensure that the spirit of our Second Tradition is observed.
- Groups are encouraged to schedule business and/or group conscience meetings to address any issues that members may want to discuss. These are typically scheduled in advance to allow anyone who wants to weigh in on the issue the ability to attend.
- Each group is autonomous (Tradition Four) and has the right to establish boundaries as determined by group conscience. Any approved consensus may be incorporated into the meeting script.

As stated in *Nicotine Anonymous: The Book*: "This is a mission of love spreading out to members either still in the grip of nicotine or struggling with other aspects of their recovery." The resolution to any conflict that may arise at a meeting possibly already exists in our literature, including *The Twelve Traditions of Nicotine Anonymous Extended Version*. Members are encouraged to read our literature and explore our website.

*Whether a group meets in person, over the phone, on the internet, or via virtual conference technology, the atmosphere of Nicotine Anonymous meetings aspires to be supportive and inclusive. We hope these guiding principles will help ensure our fellowship flourishes and our members Keep Showing Up.*

# Registration now open!

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In the Heart of Texas  
NAWS 40<sup>th</sup> Conference  
2025

**Nicotine  
Anonymous  
40th  
World Services  
Conference**

**May 2 - 4, 2025**

**Austin, Texas**

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Registration:

Online \$75 / In-person \$165, includes 4 meals.

Hotel room rate: \$139/night

**Register & Book Hotel at [nicawsc.com](http://nicawsc.com)**

Step up to volunteer  
[ConferenceChair@nicotine-anonymous.org](mailto:ConferenceChair@nicotine-anonymous.org)



# Connections

Nicotine Anonymous invites you to connect with our

## Penpal Program

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

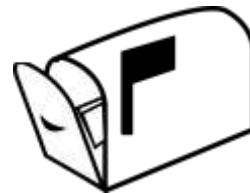
**What:** These are examples of our requests: "I am a suffering nicotine addict and I am addicted to chewing tobacco. I would appreciate any help I can get." Another might be from a person wanting to help others: "I have been smober for a year after smoking for 42 years, and the one-day-at-a-time program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

[PenPalCoordinator@nicotine-anonymous.org](mailto:PenPalCoordinator@nicotine-anonymous.org)

Coordinates and connects penpals who want to communicate via letters through the mail.



[EmailPalCoordinator@nicotine-anonymous.org](mailto:EmailPalCoordinator@nicotine-anonymous.org)

Coordinates and connects pals who want to communicate via email.

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

**How:** Contact either email address above to begin connecting.

**NAWSO**  
**Profit & Loss YTD Comparison**  
**January through September**

	<u>Jan - Sept</u> <u>2024</u>	<u>Jan - Sept</u> <u>2023</u>
<b>Ordinary Income/Expense</b>		
<b>Income</b>		
4000 · Donations	16,170.62	14,930.40
4100 · Literature Sales	17,397.17	19,267.24
4290 · Shipping & Handling Income	4,305.60	4,474.82
4187 · NAWS Conference	2,547.44	-215.16
Non Profit Income	—	36.50
Sales of Product Income	—	108.95
<b>Total Income</b>	<b>\$40,420.83</b>	<b>\$38,602.75</b>
<b>Total Cost of Goods Sold</b>	<b>\$8,527.98</b>	<b>\$8,388.73</b>
<b>Gross Profit</b>	<b>\$31,892.85</b>	<b>\$30,214.02</b>
 <b>Expenses</b>		
6000 · Office Expenses	25,154.73	24,342.81
6600 · WSO Expenses	6,635.96	5,295.82
6900 · Other Operating Expenses	—	106.31
<b>Total Expenses</b>	<b>\$31,790.69</b>	<b>\$29,744.94</b>
<b>Net Operating Income</b>	<b>\$102.16</b>	<b>\$469.08</b>
 <b>Other Income</b>		
<b>Total Other Income</b>	<b>\$20.93</b>	<b>\$19.33</b>
Total Other Expenses	\$12.46	—
Net Other Income	\$8.47	\$19.33
<b>Net Income</b>	<b>\$110.63</b>	<b>\$488.41</b>

# BIRTHDAY CONGRATULATIONS

**Margaret A – 6/24/22 Lulu – 2/14/03**

**Rosemarie C – 9/1/02 Judi R – 9/6/09**

Post your Nicotine Anonymous birthday in **SevenMinutes!**  
Send in your first name, last initial and nicotine quit date.

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

Email: **SevenMinutesEditor@nicotine-anonymous.org**

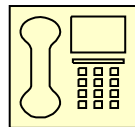
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## Nicotine Anonymous Meeting Options

*Tradition Three:* The only requirement for membership is a desire to stop using nicotine.



Face-to-face meetings



Telephone meetings



Video Conference meetings



Internet meetings

To access NicA meeting information, visit  
[www.nicotine-anonymous.org](http://www.nicotine-anonymous.org)  
Click **Find Meeting**



# Service is the Key

Nicotine Anonymous World Services needs volunteers  
for the following open positions:

## **WEBSITE COMMITTEE MEMBERS**

Possess skills in web design, building or maintenance of the  
new website for Nicotine Anonymous.



## **OUTREACH COMMITTEE**

Works on ideas and project development to help carry the message.

## **TELE-SERVANTS – ESPECIALLY NEEDED!**

Respond to phone calls to share hope with those seeking freedom from nicotine.



## **TRANSLATIONS COORDINATOR**

Works with the Literature Coordinator to continue the  
efforts to translate our literature into other languages.  
Fluency in other languages not required, web  
translator can be used.

## **TRANSLATORS**

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

## **INTERNATIONAL GROUP COMMITTEE**

Serves to enhance the relationship between NAWS and international groups.  
Bi-lingual skills are an asset but web translator can be used.



## **COPYRIGHT-TRADEMARK POLICY COORDINATOR**

Manages the protection of Nicotine Anonymous - its name, logo,  
and associated trademarks.

***To volunteer, please email***  
***chairperson@nicotine-anonymous.org***

## NICOTINE ANONYMOUS MEMBER GRATITUDE PROGRAM



# My Gift of Gratitude

### ***Where would we be without Nicotine Anonymous?***

**(Probably still using nicotine.)**

If 200 nicotine addicts or groups donated \$10 a month each, the organization we depend on for our freedom from nicotine would make its monthly operating expenses and have more resources for public outreach.

Many of us are blessed with the opportunity and happy to give back with **"MY GIFT OF GRATITUDE."**

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## WAYS TO DONATE

- **On our website: [www.nicotine-anonymous.org/gift-of-gratitude](http://www.nicotine-anonymous.org/gift-of-gratitude)**
- **Mail your donation directly via paper check:**  
Nicotine Anonymous World Services  
6333 E. Mockingbird Lane, Suite #147-817  
Dallas, TX 75214
- **Set up online monthly bill pay at your bank.**

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**Members who donate a minimum gift of \$10 per month receive a complementary subscription to our quarterly newsletter, SevenMinutes.**

Whatever you give is given back to help addicts through Nicotine Anonymous.

Thank you for helping achieve our primary purpose:  
to carry the message to the nicotine addict who still suffers.

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



# SevenMinutes

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



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## Publication dates and deadlines for *SevenMinutes* submissions:

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

Need to hold a virtual Intergroup or Committee meeting?

NAWS can assist by using our video conference account to set up NicA-related meetings and providing a link to be emailed to attendees.

Contact  
[nicahost@nicotine-anonymous.org](mailto:nicahost@nicotine-anonymous.org)

*This format can also be used internationally.*

<p><b>My Address Has Changed!</b> Don't miss an issue! Complete this form and mail to: NAWSO, 6333 E. Mockingbird Lane, #147-817, Dallas, TX 75214 USA OR Email the information to <a href="mailto:nicaofficemanager@gmail.com">nicaofficemanager@gmail.com</a></p> <p><i>My new address and phone is:</i></p>		
NAME		PHONE (WITH AREA CODE)
ADDRESS		
CITY	STATE	ZIP CODE
<i>My old address was:</i>		
ADDRESS		STATE ZIP CODE