



Seven Minutes

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

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Chairperson's Report

Greetings Friends and Fellowship!

It has been an honor and challenge of my lifetime to serve as your NAWSO Board Chair. I am ending the second of a three-year term and my role as Active Chair. I have grown the most from serving our program in this role. I am forever changed and for the better. While my growth is important to me, my service has been led by the most important question, "What Really Matters?"

There are many ways to end that phrase; "now," "to me," "to us"...you get the idea.

In our program, and in this role, I have always answered the question in the same way: "The Nicotine Addict Who Still Suffers." I have reflected on how we serve the still-suffering addict and acted on that throughout my tenure as Chair. Our progress has been steady.

As our fellowship grows and changes, so must how we serve the still-suffering addict grow and change.

I am humbled to have served with a board of such committed members who have boldly and collectively made decisions to ensure we are doing our best to serve our fellowship and act on the answer to that important question. And the work continues.

Chairperson Marian D, Treasurer Bill P, and Secretary Sharon B are next up in their Active board roles. They will provide balance and wisdom to the actions and decisions they are called to make.

I am grateful to have served with George

V and El R, who were awesome partners in service, always ready to share their expertise, experience, and voice on behalf of what is best for our fellowship. They have given voice and acted so far beyond themselves on our behalf.

It was a huge blessing to have Tammy T, Keith H, and Sharon C as Emeriti to guide us and help us stay accountable to answering the bigger question, "What Really Matters?"

As I step into the support/guide role, knowing the fellowship is in very capable and excellent hands, I want to thank you all the most for allowing me to serve.

You entrust a group of human beings each year to answer that important question, "What Really Matters?" and it has been an honor to be a part of the answer, "To Serve the Nicotine Addict Who Still Suffers."

I urge each of you to step in to serve in any way you can. It will change your life, and I am sure someone else's for the better.

Danelle R
Outgoing NAWSO Chair

Stay connected to
Nicotine Anonymous
World Services!

Receive emails directly from the
NAWSO board by subscribing to

NicA News

Click on the **Newsletter**
dropdown menu at

www.nicotine-anonymous.org

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.

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A Step One Experience...

I smoked cigarettes as far back as I can remember. Smoking cigarettes was always something I did, and was always a part of who I was. Through the years, I really did not wonder why I smoked or what smoking did for me. I just smoked. As a smoker, I had my fair share of colds, bronchitis, upper respiratory infections, and a chronic cough, but I understood that came along with being a smoker. It wasn't until after my oxygen levels started dropping, and I discovered that I was in the early stages of emphysema, that I began my struggle to quit. Being a member of another Twelve Step program, my fellow members encouraged me to apply the Twelve Steps to quit smoking as they had done. I thought my smoking was a bad habit and I prayed daily to become willing to quit. I knew that I was not ready to go through the discomfort of quitting, but I continued to pray for the willingness.



About a year into my attempts to quit smoking, I was sitting at my desk on a Sunday afternoon feeling very discouraged, and the thought crossed my mind "there must be a Smokers Anonymous." I searched the internet and found Nicotine Anonymous. There was a video conference meeting coming up, so I decided to join the meeting. At my first meeting I felt hope. Members were sharing my thoughts and struggles...and I sensed that through my prayers, God had led me to Nicotine Anonymous, and eventually to my freedom from nicotine.

Since I've gained my freedom from nicotine, I have been faced with the questions that eluded me through my years of nicotine addiction. It has been through the continued recovery process of the Twelve Steps that I have come to terms with the fact that

smoking was not simply a bad habit, but that I was hooked on a drug. As I continue to experience life without the use of nicotine, I become more aware of why I used nicotine and what it did for me. I am grateful for the support of a sponsor and the fellowship as I continue down this road of recovery.

Allison A
Liberty Hill, TX

* * * * *

Nicotine Anonymous Step Study Workbook

A helpful tool for
working the Twelve Steps

Available for purchase in the
Nicotine Anonymous Store
www.nicotine-anonymous.org

* * * * *

Gotta Give It Away to Keep It!

The title refers to the 12th Step, where having had a spiritual awakening as the result of these Steps, we can start giving away the gift of sobriety by being of service. For instance, by sponsoring others, sharing our recovery story, or giving someone a ride to a meeting.

Recently sponsoring became a sore spot in my journey with Nicotine Anonymous. I had been off cigarettes for about 6 years. I was sponsoring 6 or 7 people at one time. It took up a lot of my time. Two sponsees left, I let go of two, and three remained. I was getting resentful about spending my time doing Step work with these three. Two of them were off nicotine; one was struggling and had been for a long time.

For some of us, it can take many relapses to get off the nicotine. I

know how it feels to be on the end of being let go by a sponsor. It is a bad shot to your ego. As someone said in a NicA meeting, "We don't shoot our wounded."

So back to my resentment toward my NicA sponsees... I was falling into the trap of "why do I have to spend all this time working with others in order to put down or stay off the cigarettes? I should let them go," as one trusted friend suggested. I came dangerously close to doing this when I realized it is an honor to sponsor people. Sponsoring keeps us green. I had to change the way I was looking at it. I am not only helping people, I am also helping myself. It is a privilege to sponsor, to see a fellowship grow up around you. I am grateful God showed me a new way of looking at things before it was too late!

Anonymous



Quote Corner

"Eventually the craving for nicotine begins to pass, the further I am from my quit date. I have gone through those intense emotions and I actually have begun to forget about nicotine sometimes. This is the time when I can be present, instead of wondering when the next hit will be."

- 90 Days, 90 Ways
page 59

**Keep coming back!
It works,
if you work it!**



Summer Phone Marathon

August 3
"Fall In To Recovery"



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
for information on all
regularly-scheduled
NicA phone meetings

* * * * *

Truly Free...

I have freedom, true freedom
from the nicodemon.
I have a worldwide network of
friends a call away.
I can fill my lungs with fresh
clean air every day.
I celebrate smober me
in every way.
I have learned that service
truly is the key to prevent
a relapse from this powerful
addiction to nicotine.
With God, my NicA sponsor
and the NicA fellowship
I have the trifecta winning
solution against my nicodemon
and I truly, truly am free.

Re-nee-nee
from Californ – eye – yeah!

Applying Tradition Three...

*"The only requirement for Nicotine
Anonymous membership is a desire
to stop using nicotine."*

In NicA meetings, having only one
requirement for membership, a
desire to stop using nicotine, I am
invited into a spirit of cooperation
and trust with other members. Even
at the beginning when I was still
using and even questioned my
willingness to stop using nicotine,
I felt accepted and included.

Having taken the scary risk to
attend my first NicA meeting and
even reaching out to other members,
the results have been more
fantastic than I could ever imagine.
Others are helped as I am. I learn
to trust my Higher Power, others
and myself even more. I step
outside my comfort zone to become
the person I really want to be.
Thankfully, we practice progress
not perfection.

Because of this Tradition, I find
that we can help each other as
equals, without judgment,
dominance or rescuing. We are
free to be ourselves and focus
on our recovery. By respecting
each other, each member can
share their own perspective in a
safe, open-minded, tolerant
environment. We build trust.

Practicing Tradition Three, I focus
on where I am right now in this
moment. I learn to avoid
distractions by making the choice
to set aside time, turn off my
phone, and listen. At times, I
ask my HP to help me let go of
outcomes and focus on the
present moment.

I feel I am fully a part of any
NicA group in which I participate.
I am among nicotine addicts who
"get it." There is safety in
sharing with those who understand
about nicotine addiction,
recovery and the program. I can
trust that members will be kind,
supportive and help me through
vulnerable places when I feel
"skinless."

Our stories are about what it's
like to struggle and to find
freedom from this insidious
addiction. I am not alone on
this spiritual path; rather I
feel a sense of belonging to a
larger whole. I give and receive
dignity, respect, and cooperation
to those in my group. I increase
this sense of belonging by
paying attention and listening
in meetings and in my
relationships.

Tradition Three helps me be
discerning about reaching out
to like-minded others. Today,
I move forward with my growth
and work on my spiritual path,
because I know I can reach out
and the hand of NicA will be
there.

Aimee C
Arkansas



Heard it at a
Meeting

Hi, I'm _____
and I am the victim of
many things that
never happened.

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 go to
www.nicotine-anonymous.org
or send an email to
outreachcoordinator@nicotine-anonymous.org



Prepare, Practice, Pray, and Progress...

My mother was a smoker to the end of her life. I believe this gave me a predisposition towards nicotine.

I was put into the foster care system at 7 years old. I moved through 17 foster homes over an 11 year period. That had a huge impact on me.

As a foster child I felt like a second class citizen, not quite equal to the other kids in school - a feeling that stayed with me over the years. In grade 6 I learned the joy of reading. Books magically made the world disappear. Reading was pure escapism and helped me survive.

The year just before my 15th birthday was pivotal for me. Being offered a cigarette in a new home seemed to be the price of admission to fitting in with the other kids there. I remember how dizzy and nauseous it made me. That soon passed. For a while I borrowed cigarettes, then began to buy my own packs.

Step 1: "We admitted we were powerless over nicotine - that our lives had become unmanageable"

During my first year as a smoker, a foster parent offered us \$15 if we could stay off cigarettes for three months. This was the early 70's. I made it one month, then bummed one off a friend in the park. The minute I lit up, my foster parents drove by. I was mortified at having been caught. Later they told me I had been less moody as a nonsmoker.

As time went on, I went to great lengths to get cigarettes as my addiction to nicotine grew in its control.

At 16 I would hitchhike to get smokes after my weekly pocket money had run out. Once during a ride the driver kept going instead of dropping me off. Terrified, I leaped out of a moving car. I stopped hitchhiking after that. Running out of

cigarettes put me on a roller coaster emotionally. I would either cry or rage at those around me.

I was moved into a home with a single parent and her 5 year old daughter. There was less supervision of my activities. I started hanging around downtown, panhandling for money to get cigarettes. A couple of the guys from a rougher crowd I knew rolled me to get all the money I had collected. Then I was moved into what was to be my last group home.

In the spring of the year I turned 17, everything changed. I met a boy which stopped the downward spiral I was on. I quit hanging out downtown, began working and moved into my own place. I continued to be a ward of the court until I turned 19. The boy was also smoker but could take it or leave it. He soon quit.

I continued to smoke. He said something about getting married which really scared me. At 19 I broke up with him and ran away.



A year later I quit smoking to win him back. I had gained 30 pounds, having switched from cigarettes to sugar. We got back together, but it didn't last. The final straw came when I insisted he tell his folks we were back together. He called to cancel our date the next night, and that was the last I heard of him. I was devastated.

After our breakup I continued on as a nonsmoker for 2 years. Then one day it hit me, I could smoke again. So I did, which was immediately followed by diarrhea. Did I listen to my body? No.

The smoking crowd in adulthood always seemed to be the fun crowd - ever notice that?

Cigarettes put a barrier between me and the rest of the world, where I felt safe. Panic attacks and generalized anxiety issues started in my early twenties, as I was on my own with no safety net. I believed for years afterwards that smoking helped me cope with the anxiety.

Cigarettes were my constant companion. I had one before doing anything. I thought cigarettes gave me courage. Nicotine was controlling my choices in life, who I befriended, where I lived, where I worked, and where I hung out. I no longer dated nonsmokers.

I eventually got married and had a child, smoking through my pregnancy. During childbirth the placenta wouldn't come out and they had to get a specialist to help remove it. I continued to lose blood while we waited for him to arrive. I was anemic afterwards.

Within 2 years I was divorced. When my son developed mental health issues in his late teens, I blamed myself and my ex-husband who had been a heavy pot smoker.

My second serious quit was in my 40's. For the first time I used a smoking cessation medication which made me feel like my brain was wrapped in cotton batting. I couldn't think. I gave it up when my coworker told me it made me loopy, like I was drunk. I went back to smoking. Then a year later, smoking on the grounds of my place of employment became illegal. There wasn't time on my coffee break to make it to the street and back. My employer offered \$300 towards smoking cessation aids, so I quit with the help of the nicotine patch.

I was also single for the first time in my life, which lasted over a 5 year period. I became very independent. I got into nature photography and joined a church.

My cat of 13 years sadly passed away from cancer. It took a long

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time for me to realize that my smoking indoors was probably his cause of death.

My relapse started with thinking I was going to be alone forever. I was lonely and needed someone to fill the emptiness. I reached out to an ex. We decided to give it another go. I started smoking again, as I couldn't imagine being together with a smoker and not smoking. We had also shared another addiction which I conveniently ignored. I told myself it would be different this time.

I was living out a fantasy about driving off into the sunset and living happily ever after. I quit my job which was a huge relief as it had been getting more and more stressful and I was still craving cigarettes. I moved from British Columbia back to Alberta. For 3 months, life was good. Then the honeymoon period ended and things became progressively more toxic between us. I discovered I was being lied to as well.



I hit bottom with no job, emotional support or money in the bank. I went into a women's treatment center. We were only allowed to smoke during our two 15 minute breaks. I got down to 5 smokes a day. I also came down with pneumonia but kept smoking anyway. I took 3 months to recover and lost 25 pounds.

Step 2: "Came to believe that a Power greater than ourselves could restore us to sanity"

I believed that I loved smoking. In the meantime the social stigma against smoking was growing. I was self-conscious about the smell on my clothes and hair. I vividly remember being in choir practice and someone commented that they smelled smoke. I was so embarrassed, I quit

the choir. I would isolate myself from others to smoke. The people outside smoking had decreased to just 1 or 2. In winter, smoking outside was miserable.

As time went on, I told myself that the damage was probably already done to my lungs and body, so what was the point in quitting now? At that time I honestly could not imagine life without nicotine. I thought I would die a smoker.

About 5 years later I tried to quit again, as I was now working for a health organization and no one smoked in my small department. Over time I was beginning to notice breathing issues and constantly clearing my throat. I was unable to stay off nicotine, even while using smoking cessation aids. Work and stress caused my cravings to spike. Driving the long distance to work was a constant source of anxiety. To relieve the stress I smoked frantically in the mornings before leaving.

In time I met and married another smoker. We took trips to places I never dreamed I'd see, as well as cruises. Only being able to smoke in one spot on the cruise was inconvenient and we couldn't smoke at all while going through the waters of a national park.

My shortness of breath was getting worse. I knew continuing to smoke was insane. I still enjoyed smoking, just not the symptoms I was experiencing as a result of it. I would sneak out of the office for a smoke outside. I felt guilty and I knew my coworkers could smell it on me when I came back inside.

I realized \$320 a month for smokes was going to take a chunk out of my budget when I retired. I had to quit. I decided to join a weight loss group and a gym ahead of time. I knew putting on weight would be a trigger for me. I made a commitment that I would join a smoking cessation group and quit as soon as I retired.

Step 3: "Made a decision to turn

Struggling with Vaping?



Nicotine Anonymous can help!

See the pamphlet "Freedom from Vaping Nicotine" located on the NicA website at www.nicotine-anonymous.org

our will and our lives over to the care of God as we understood Him."

I had my last cigarette on Oct. 7, 2021, the day after I retired, switching to another smoking cessation aid.

I had been attending NicA meetings for a while and listening to the collective experiences, strength and hope of the members. I related. Finally I had found my tribe and had the sense of belonging that 12 Step rooms always brought to me.

I began to pray for the willingness and courage to quit nicotine altogether. I wanted to be fully a part of the NicA community. I tried to imagine taking that leap of faith, with no nicotine at all. I even debated staying on my smoking cessation aids indefinitely. Then people showed up at the NicA meetings that had done that and now wanted off of the aids. I listened to the "Serenity Prayer for Nicotine Users" pamphlet. I said the Serenity Prayer over and over. I kept going to meetings. I practiced the 5 D's: Delay, Do Something Different, Drink Water, Deep breathing and Discuss.

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I enjoyed being thinner from practicing the weight loss program, the gym workouts and walking my new puppy.

Shortly after I started in NicA, a 12 Step Study Group was offered and I eagerly signed up. We worked the Steps and shared in our small ladies group. I talked about my nicotine patch and the internal debate over cutting the smallest patch in half. I was mad at myself for still using smoking cessation aids at this point. The ladies told me to quit torturing myself and just rip the band-aid off.

March 23, 2022 was my first day totally nicotine-free. I also found a sponsor whom I still have today. She is very wise, supportive and nonjudgmental. We still meet weekly by video conference.

Amazingly, the first 4 days with no nicotine were a breeze. Then something went wrong on my computer. My stress spiked and the cravings hit. Amazingly again, I didn't smoke. I just kept saying the Serenity Prayer and listening to different NicA pamphlets on the You Tube* channel and attending meetings. Keeping busy and having a daily schedule helped.

Step 4: "Made a searching and fearless moral inventory of ourselves"

The 4th Step helped me to see ways that nicotine controlled me, and how I used it to stuff feelings.

Step 5: "Admitted to God, to ourselves, and to another human being the exact nature of our wrongs"

Doing my 5th Step really helped me to accept myself where I was. I now felt more comfortable in my own skin.

Step Six: "Were entirely ready to have God remove all these defects of character"

I prayed the Step 3 Prayer daily and did daily readings from *Reflections on Freedom* and *A Year of Miracles*. I continued to attend meetings, even when I didn't feel like it.

Step Seven: "Humbly asked Him to remove our shortcomings"

I asked to have my character defects removed with the Step 7 Prayer. I asked for knowledge of God's will and the power and the willingness to carry it out.

Later I attended the NAWS 2022 Conference virtually. Since I was the person with the least amount of clean time, I was thrilled to receive *Nicotine Anonymous: The Book* as acknowledgement.

In doing Step 8, I made a list of all I had harmed. I included the Earth and my cat on this list, as well as my son and myself.



In Step 9 I was able to make amends for my cat and for all the butts I had dumped on the ground, through donations to a local animal shelter and Friends of the Earth. I also made amends to my son.

Step Ten: "Continued to take personal inventory, and when we were wrong, promptly admitted it"

I practice Step 10 as my conscience dictates.

Getting involved with service work has helped me stay off nicotine and to give back. I have chaired meetings, read at meetings, and even been a speaker a few times.

Step Eleven: "Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of

His will for us and the power to carry that out"

I still do a Step 3 prayer and the Step 11 prayer daily, and meditate on the readings from our two reflection books. Having audible recordings of the pamphlets on You Tube* has been a blessing.

Step Twelve: "Having had a spiritual awakening as the result of these Steps, we tried to carry this message to nicotine users, and to practice these principles in all our affairs"

Nicotine has always been my strongest addiction, "the first one I picked up and the last one I put down."

I facilitated one of the small groups for another NicA 12 Step Study. I continue to carry the message through posts on the NicA pages on Facebook.*

I am a work in progress, as I still keep a supply of hard candy on hand to help deal with stress and cravings. This is my next challenge. The "weight can wait" time has ended.

Being free from nicotine feels like a miracle. I have a lot of gratitude to my Higher Power, the NicA virtual meetings and the NicA materials.

The many freedoms I enjoy today include being a part of my church choir again, and breathing easily as I run up the stairs or walk uphill. My circulation has improved. I smell much better. I'm stronger physically and have even taken up Pickleball... which is a blast.

For the title of this story, the Feb. 11 reading from *Reflections on Freedom* inspired me. It says "I make progress when I Prepare, Practice, Pray, Progress, instead of puffing my life away."

Thank you, NicA. Bonnie Y Calgary, Alberta Canada

*References to social media platforms do not constitute an endorsement by Nicotine Anonymous.

Nicotine Anonymous World Services Conference 2024



Asheville, North Carolina



For the third year running, the NAWS annual conference was held in hybrid fashion, with members attending both in-person and via video conference. Upon returning home, members sent in thoughts and comments on their experiences. We begin with Bill H from Sunland, CA...

I had never heard of Asheville, North Carolina before, but now it is a city I will never forget. It was a town with a great vibe, picturesque houses on the hills, and rambling roads along the river. This was my tenth (non-consecutive) Nicotine Anonymous World Services Conference, and this was the nicest time I've had at a conference. I guess it took me all these years to finally relax and just enjoy.

Fittingly, the city's motto is "Quality of Service, Quality of Life," and nowhere was that more apparent than at the Holiday Inn on April 12-14, 2024. I was just one of the many volunteers who helped out to make this conference come to life. This was our third hybrid conference, and Jenny S's college-aged son Charlie saved NAWS a bunch of money by setting up the technology for us. There's always going to be a few glitches, but overall everything ran smoothly. (Well, I did trip over a wire and unplug the entire conference for a few minutes until we could figure out where to plug it back in.)

Chairperson Danelle did a fantastic job of moving the business meetings forward so we stayed on schedule. Many thanks to Asheville resident and NAWS Secretary El for scouting out the perfect location and doing all the local footwork. The hotel staff went above and beyond, and this is one of the nicest set-ups that I can recall. The hospitality room was like an apartment, with kitchen, dining and living rooms, and we were able to hold a workshop and a few other meetings there as well. They were brewing my favorite coffee in there, so you know I was happy.

Thanks also to the other conference co-chairs, Terri D and Jorie M, for all the work they put into planning the conference. I know Jorie was especially excited about the Saturday night entertainment, and to tell the truth, it was very creative and really different. We also had three great speakers in Tammy, Aimee, and Keith.

Progress was made this weekend. A major change to the bylaws was accepted by the delegates, changing the way in which delegates are selected. Previously, each Intergroup was allowed one delegate for every three meeting groups. Now each meeting group will be allowed one delegate, and Intergroups will receive one delegate. Although this idea had been bandied about for years, the proliferation of remote meetings resulting from the pandemic really warranted the change.

I left the conference assured that World Services is in good hands. Marian D is already doing an excellent job as the new Active Chair, and Matthew H is a great choice for Chair-Elect. I met Marian two years ago in Little Rock and interfaced with Matthew when the UK Intergroup formed while I was NAWS Chair. So I know firsthand that we have two solid leaders to move the organization forward. And both are non-US NAWS Chairs, a first in our history. We truly can be called World Services now. In addition to that, our conference had attendance from members in Iran, Russia, and the UK.

However, what I will remember most about this particular conference is the fellowship. I had pockets of time with different people at different times and each encounter seemed serendipitous. On Friday, I was tech lead for an early morning meeting and by the time it was over, the hotel breakfast had closed down. So I walked next door alone to get breakfast, and when I went to sit down, there were Sharon C and Annette A. I couldn't have planned it better myself. I was able to lunch with El and her husband on Thursday, dinner with Ed T and Terri D that night, the whole gang went out to a Chinese buffet on Friday night, and I had a relaxing breakfast with Jenny S and her family on Sunday. I met people I had only seen on Zoom and was blessed to spend time with friends I see but once a year at the conference. I only wish there had been more time to spend with everyone. The weekend flew by like we were having fun or something! Oh, and I can now add accomplished bell ringer to my resume!

Somewhere in the excitement of the weekend, I was caught at the right moment and said, "Yes!" to being part of the planning committee for the 2025 NAWS conference, which will be held near Austin, TX. So to those folks I just saw, I hope to see you same time, next year. And I'm sure I'll meet a few new friends next year as well – hopefully you!

Nicotine Anonymous World Services Conference 2024

From our Conference Co-Chair...

How lucky I was to co-chair the Conference and be part of an awesome committee! I was proud to show off my home state and I think all can agree that nothing could be finer than to be in Carolina!

I learned a lot this year about change, and that some things are ok to just be like they are.

Sunday morning Sunrise Meeting brought tears to me. To have the meeting end with a share by members in Iran was emotional. I'll never forget how that felt. And those late night talks after many had gone to bed... Just listening to the old-timers sharing with the newbies. Life changing...

Hope to see you all next year!

- *Jorie in NC*

2024 Conference Co-Chair



More comments...

It was another amazing experience to be at another conference. I loved listening to how people got freedom from nicotine, how to keep people in NicA, and how to reach more people out there. I liked the games we played. I liked how everyone was included. I loved the speakers. I loved everything about NAWSO Conference 2024! Thank you to everyone who put this together. Much love, respect and thanks to all!

- *Susan C in MA*

I am a nicotine addict and I was a delegate for the Russian group.

I would like to thank you for organizing such a large-scale conference. The Russia group participated for the first time, and for me and for our group it was a huge experience and a vision of how this happens in other groups and in other countries. It was a really big and important step.

Our joint prayer also gave great strength. I feel unity and great support. Many thanks to the team for their involvement and support; special thanks to Secretary Emeritus Tammy T.

- *Rita in Moscow, Russia*



And a suggestion...

Much gratitude to all the volunteer staff who worked, no doubt, endless hours to organize and then facilitate this hybrid conference. These are among the miracles of willingness, work, and wonder of what a bunch of recovering nicotine addicts can accomplish.

During the conference, I experienced the ever-increasing challenge of "so little time to do so many things." This is a problem that needs to find a solution. The Bylaws enable the chairperson to call a "special delegate meeting." Article VIII, Section 2: Special Meetings states, "Special meetings of the Delegates for any purpose or purposes may be called at any time by the Chairperson of the NAWSO or by a majority of its officers."

I would like to suggest an online video conference workshop of Delegates (first Saturday in November?) when Delegates can attend workshops to begin reviewing proposed material and/or develop material and strategies to improve our fellowship's ability to carry our message of hope for the nicotine addicts who seek recovery. There could be Delegate mentoring workshops. I propose having "Delegate-Emeriti" mentor new "Delegate-Elects" during the annual transition between when Delegates get elected and when the conference is held.

These workshops could provide the time to better prepare material for the spring conference when non-delegate members may attend and have opportunities to participate. In addition to literature and Bylaws workshops, Delegates could discuss strategies to handle the potential larger number of Delegates, outreach strategies that would include international members, and the formation of international intergroups. There may be some items to vote on at such mid-year conferences to reduce some voting at the spring conference. All to be discussed by members and groups, and then provide input to World Services board members. Let's be solution-focused.

- *Checko in Rosendale, NY*

Nicotine Anonymous World Services Conference 2024

And what would a NAWS Conference be without a bit of entertainment?!

From Jan S in Pennsylvania...

Nothing COULD HAVE BEEN FINER than our 2024 Conference in Carolina! What love, what spirit, what incredible speakers, what creativity, what joy! We are looking at a bright future for our Fellowship! Being a "Service Vet" myself, and having chaired many conferences both in person and online, all I say is WOW. Congratulations to the conference committee and everyone involved. Thank you for your hard work and dedication!

As the unofficial, self-appointed songwriter for these events, here is what I penned this time to the tunes of probably the two best-known Carolina songs...

SWEET CAROLINE * WSO 2024 * NOTHIN' COULD BE FINER

Where it began I can't begin to know now
My Higher Power kept me strong
Was in the spring and spring became the summer
Who'd have believed you'd come along?



Hands holdin' hands,
Reachin' out,
Helpin' me,
Helpin' you...

SWEET CAROLINE... GOOD TIMES NEVER SEEMED SO GOOD
SWEET CAROLINE... LIVIN' SMOKE-FREE LIKE WE SHOULD

Look at the night and it don't seem so lonely
and we don't smoke the whole night through
And when I hurt, hurtin' runs off my shoulders
How can I hurt when I'm with you...



Hands holdin' hands,
Reachin' out,
Helpin' me,
Helpin' you ...

SWEET CAROLINE .. GOOD TIMES NEVER SEEMED SO GOOD
SWEET CAROLINE .. LIVIN' SMOKE-FREE LIKE WE SHOULD

* * * * *



Nothing' could be finer than to be in Carolina and be smoke-free
No one could be sweeter than our sponsors when we meet them at the meeting

Steps and the Traditions help us keep on track
And when we share our stories, it keeps us comin' back

Giving back in service helps us grow and help each other to stay sober
When we are together we can handle any weather 'cause we're stronger

If I had Aladdin's lamp for only a day
I'd make a wish and here's what I'd say ...

NOTHING COULD BE FINER THAN TO BE IN CAROLINA HERE IN NICA

Nicotine Anonymous World Services Conference 2024

More entertainment...

The Saturday night festivities included members sharing song titles and lyrics, both read and sung, describing their journey of recovery.

"Trudging down the road to destiny"

"I want to break free"

"Still crazy after all these years"

"Help! I need somebody!"

"Oh what a feeling..."

"Amazing Grace, how sweet the sound that saved a wretch like me"

"Stop in the name of love"

"Freedom's just another word for nothing left to lose"

"Take another piece of my heart"

"Ain't no stopping me now"

"You belong among the wildflowers
You belong somewhere you feel free!"

"Came to believe"

"We are the champions"

"Walk on by"

"Let it be"

"If you're goin' through hell, keep on going – You might
get out before the devil even knows you're there"

"Oh baby, baby it's a wild world, it's hard to get by
on a smile, girl"

"You gotta lotta nerve to say you are my friend,
When I was down you just stood there smoking"

"I want to thank you for letting me
be myself again"

"Oh freedom, Oh freedom
Oh freedom over me
And before I'd be a slave
I'd be buried in my grave..."



"Keep on rockin' in the free world"

"I can see clearly now...the smoke is
gone"

"Hey Dude, take a sad song and make
it better"



NAWSO
Profit & Loss YTD Comparison
January through March

	<u>Jan - Mar</u> <u>2024</u>	<u>Jan - Mar</u> <u>2023</u>
Ordinary Income/Expense		
Income		
4000 · Donations	5,069.09	3,830.38
4100 · Literature Sales	5,794.07	5,187.32
4290 · Shipping & Handling Income	1,512.30	1,483.80
4187 · 2023 Conference	—	-2,174.73
Non Profit Income	119.30	48.60
Miscellaneous Income	3.93	4.18
Sales of Product Income	176.18	660.57
Total Income	\$12,674.87	\$9,040.12
Total Cost of Goods Sold	\$3,018.53	\$2,821.02
Gross Profit	\$9,656.34	\$6,219.10
 Expenses		
6000 · Office Expenses	8,213.92	7,681.58
6600 · WSO Expenses	—	1,754.21
6900 · Other Operating Expenses	—	106.31
Total Expenses	\$8,213.92	\$9,542.10
Net Operating Income	\$1,442.42	\$-3,323.00
 Other Income		
8000 · Interest Income	1.47	1.92
Total Other Income	\$1.47	\$1.92
Net Income	<u>\$1,443.89</u>	<u>\$-3,321.08</u>

BIRTHDAY CONGRATULATIONS

Ed T – 4/3/89 Annette A – 4/15/89 Tony M – 5/9/94
Deanna H – 5/14/11 Terry R – 5/15/06 Jennifer S – 11/10/93

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

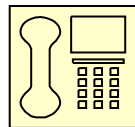
Email: **SevenMinutesEditor@nicotine-anonymous.org**

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
Click **Find Meeting**

Service is the Key

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

WEBSITE COORDINATOR

Regularly monitors and tests www.nicotine-anonymous.org for up-to-date information and ease of use. The committee and coordinator will post updates and/or provide revisions and approved work order needs to the web host company.



OUTREACH COMMITTEE

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

TELE-SERVANTS – ESPECIALLY NEEDED!

Responds 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.

TRANSLATORS

Helps 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.



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."**

WAYS TO DONATE

- **On our website: 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.**

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



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

This format can also be used internationally.

<p>My Address Has Changed! 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 nicaofficemanager@gmail.com</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