



Seven Minutes

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

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Number 1

Interested in contributing to *SevenMinutes*?

Send letters, articles, stories, poems, artwork, or other material to:
SevenMinutes
c/o NAWSO
6333 E. Mockingbird Lane
#147-817
Dallas, TX 75214
or email to:
SevenMinutesEditor@nicotine-anonymous.org

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

Subscription requests, circulation additions and deletions may be sent by mail to the TX address above, or go online to:
www.nicotine-anonymous.org

All articles accepted for publication may be reprinted in outside publications in their entirety at the discretion of the chair and editor.

Trusted servants:

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Chairperson's Report

As I write this report, I realize it is my last quarter serving in this position. Time has flown by, and I feel we have accomplished so much together.

A Strong Start to the Year

On January 4, the Board held an extra meeting to discuss and vote on the Web Committee's proposal to hire a new company to build our website. The Board voted YES, which means exciting times are ahead! We will soon have a professionally-built website, designed and filled with content by our dedicated volunteers. This is a wonderful opportunity for our fellowship to collaborate in unity. Our goal is to launch the new website by first of May.

In the meantime, the current website remains a crucial resource, and it's vital that it stays updated. A team of enthusiastic members continues to improve the meeting calendar - a challenging task given the many time zones, languages, and platforms involved.

Service and Gratitude

Christine E has stepped down as Meeting List Coordinator after three years of dedicated service. She did a tremendous job maintaining the list of over 400 meetings on our website. Thank you, Christine! We warmly welcome Jeff M as our new Meeting List Coordinator. He has taken on the role with enthusiasm and energy. Thank you, Jeff!

Outreach remains key to fulfilling our Fifth Tradition. Exciting projects are happening worldwide, including a convention in London, a major article in the Asheville Mountain Express, and the planned rollout of the Mental Health Pamphlet.

We are also focusing inward: How can we foster and sustain commitment among our members? One initiative has been the development of workshops throughout the year. After the success of our first workshop in late 2024, two more were set up for February and March 2025. A newly formed ad-hoc committee, led by Grace H, organizes these workshops now and in the future. Thank you, Grace, for stepping into this role. It is greatly appreciated.

A special thank you goes to all committee members contributing to NicA News, *SevenMinutes*, Literature, (paper, audio and on-demand publishing), Archives, Translations, Service Structure and By-laws, Teleservices, Penpal, Infomail and the Traditions Committee. Each of these efforts is essential in keeping our fellowship alive.

Protecting Our Literature

A new service position has been created: Copyright/Trademark Policy Coordinator. Unfortunately, members have reported outdated or draft versions of our literature circulating online. In some cases, materials not affiliated with NicA have been falsely distributed under our name, misrepresenting our mission. Literature is vital to our fellowship, and it's important that nicotine addicts seeking recovery can trust they are using conference-approved materials. If you can help us with this effort, please reach out to me at:

chairperson@nicotine-anonymous.org

Serving on the Board

The Board continues to work as a steady team, but we are always looking for members willing to step into elected positions for the next term. If you are

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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 a 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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Chair Report

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ready for your recovery to grow at lightning speed, please consider stepping up and embracing the principle of rotation.

I am especially pleased to announce that our Office Manager's contract has been extended. We are so grateful that Allison will continue running the NAWS office. Congratulations, Allison!

Will We Meet in Austin?

With just a few weeks until the annual NAWS Conference in Austin, USA, preparations are in full swing. The Conference Committee is doing an excellent job with planning and publicity, and many members and committees have submitted ideas for conference workshops. To ensure broad representation, we encourage as many groups and members as possible to participate. If you haven't registered yet, please do, perhaps even as a delegate for your group!

So much is happening within our fellowship. We are full of energy and vitality, with ongoing projects and daily service efforts. A heartfelt thank you to all members who reach out to one another, serve in meetings, organize events, and contribute at the group, intergroup, or World Services level.

I hope to see you, whether in person or online.

Together We Change.

Marian D

chairperson@nicotine-anonymous.org

Stay connected to
Nicotine Anonymous
World Services!

Receive emails directly from
the NAWS board by
subscribing to **NicA News**.

Click on **Newsletter** at
www.nicotine-anonymous.org

A Chewer's Story...

For me, it was a combination of things that finally added up to enough desire to quit chewing tobacco.

Due to the irritation the tobacco caused to the inner lining of my gums, I would sometimes lose a layer of skin inside an area of my inner lip. During the day, I would have to "park" the dip in different areas inside my mouth. Lower left was my favorite. When it became inflamed, I would change to the lower right. Next would be upper left, then upper right. When there was no longer a place inside my lip that didn't burn, I would rest the tobacco on my tongue. This was usually at night. When I awoke each morning, I would quickly take inventory with my tongue of the spaces inside my mouth to see which was healed enough to take the first morning dip.

I went to a new dentist. The preliminary questionnaire included a question concerning whether I used tobacco, not if I smoked. I answered yes. During the exam, he announced he was conducting a cancer check. With the latex gloves on, he carefully inspected the insides of my gums, saying there was some scar tissue and inflammation but as far as he could see, no cancer. Yikes! It makes me sweat, even now. That convinced me that I was dealing with a serious danger.

My now ex-wife told me about a family friend she knew when she was growing up who had to have his tongue removed due to cancer. She talked about how pitiful it was to see him try to communicate verbally.

Now convinced, I started trying to quit and was alarmed to discover that I wasn't only using tobacco because I liked the flavor. I was addicted. I would try not to use when I first awoke, or use only a few times a day. I tried using the herbal tobacco substitutes. I tried mixing the herbal stuff (pretend tobacco) with the real thing to taper away from the tobacco itself. None of these things worked. I got my doctor to prescribe nicotine gum (this was in 1989). Still no pro-

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

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

Contact
ConferenceChair@nicotine-anonymous.org

gress. I was so unsuccessful on my own that I never made it one whole day without a dip. I never even made it till noon. Without the support of others, I could easily talk myself into giving in to the cravings.



Then, a friend of mine told me he was going to "Smokers Anonymous" and that he had quit smoking for 30 days. I asked if he thought they would let me attend and he said he thought so. I went to a meeting and listened to their stories. They were remarkably similar to mine, just a different delivery system. When it came my turn to speak, I sheepishly explained that I wasn't really a smoker, but I had an addiction to nicotine that I could not overcome on my own. They welcomed me with open arms. After a few weeks, I was able to quit for 28 days. I had a one day relapse and quit again the next day - April 7th, 1990. Ironically, the name of the fellowship changed to Nicotine Anonymous later that same month.

That's it in a nutshell. I've stayed involved with the program over the years because it is very rewarding to actually help someone free themselves from this powerful addiction. I've seen a lot of sad stories and a lot of successes. Both are quite moving. My efforts are so small in comparison to the benefit someone may derive if one of my comments makes something click in their head and gives them the resolve to quit. It doesn't always work, but when it does, it's a beautiful thing.

Bill P
Carrollton, TX

Double Digits...

In January I made my annual donation to NAWS and sent off a request for my 32nd anniversary chip. Unbelievable!

Shortly after, I attended a meeting wherein, as is custom, the Chairperson invited anyone who felt so inclined to share their first name, location and where they are along their journey. Humbly and gratefully, I claimed my name, location & "smober" time.

During the speaker share, I was reminded of *my own* mistrust of anyone who claimed to have "time" or even anyone who never became addicted. I reflected on my own early & loong recover-ing journey which was fraught with distrust, anger and frustration.



The first Smokers Anonymous meetings I attended included women I became familiar with from "other rooms." Observing them there in the little library in Woodstock, NY convinced me that they were insane – knitting like the yarn was on fire, ripping open lifesaver candy wrappers like they just landed after years on a desert island...and yet sharing how grateful that they were for not smoking. Insanity (I thought)!

Prompted by others in my life and a growing awareness of my insatiable & unrelenting desire to smoke, *on & off for many, many years & countless slips*, I had rolled into that library - angry, furious, and judgmental of anyone who was able to gain a moment.

Nothing, *nothing* felt more important than my addiction – not even my most precious gifts, my daughters.

My struggle has been quite real - my freedom, hard won.

It is *not lost* on me and matters not if

it has been one day or double digit years (a day at a time). What matters is that I have a deep understanding (mind, body, spirit) as described in *The Book*, Step One: "...a gut wrenching coming to terms that I am hooked on a drug" and an honest, open willingness to practice these principles in all my affairs.

Still, there are moments when it feels *unimaginable* that I have gained and maintained freedom from my nicotine addiction (a day at a time) for these double digit years, and yet truly, humbly and gratefully, I am only a puff away from 3 packs a day.

I am grateful for the patient practice within this fellowship that allowed me to KEEP COMING BACK!

Pat L
Woodstock, NY

* * * * *

All In...

When I first joined a small face-to-face meeting in 1989, I just wanted to stop smoking as these other members had done. I didn't really get how the Steps and Traditions would help that happen. Although I was still smoking cigarettes, I was warmly accepted as a member. Shortly after a few weekly meetings I was asked if I would take the key for the door to open and set up the meeting each week. I had a moment of fear, but I agreed and took the key. I made a commitment. I was now "all in."

At a meeting after some 8 months, I felt a deep sadness and a fear. Other newcomers had gotten free, but not me, and I thought what if I never do? Those feelings turned into a sense of surrender. I would have to change more than I had been willing to so far. That surrender soon became a willingness to commit to not smoke for the next 2 hours. Because of my home group's support and care, the freedom continued and has become over 34 years of freedom and continuous service.

My initial resistance changed as I

came to believe in the power of the program's principles and the five Tools. Although I got free, I realized to stay free I needed to focus on Nicotine Anonymous rather than nicotine. A decision was made to turn my life over to NicA and its spiritual principles as my path to my own spiritual re-awakening. Because I **Keep Showing Up**, listening to members, studying the Steps and Traditions, and offering service, I found what works for me. I also came to understand how my NicA experience could be applied to my entire life experience.

Instead of seeking short cuts, I realized **Lengths Become Strengths**. I learned that when I'm all in, all the benefits become possibilities. Step Twelve guides me to practice these principles in *all* my affairs.

Tradition Twelve states that anonymity is the spiritual foundation of *all* our Traditions, ever reminding me to place principles before personalities. I live with gratitude, one day at a time, for all the gifts I've received as the result of my recovery.

Checko M
Rosendale, NY

Struggling with Vaping?



Nicotine Anonymous
can help!

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



Trusted Servant Needed

Copyright/Trademark Policy Coordinator

Our fellowship has recently experienced some disturbing misuse of our name and intellectual property. To address this issue, please consider taking on this important service position.

Description of the Coordinator position:

- basic familiarity with the operation of US trademark and copyright legal requirements to inform quarterly monitoring of the use of trademarks and copyrighted materials owned by NAWS, primarily online.

- fluency with conducting internet searches to discover potentially infringing uses, and if discovered, to report the potential misuse or infringement to the board for further action.

- partnering with the Board and the Traditions Committee to determine appropriate uses of existing NAWS intellectual property (IP) rights and to assist in determining if and when new IP should be protected in the US and in other jurisdictions as appropriate.

To volunteer for this position, please email chairperson@nicotine-anonymous.org

Applying Tradition Six...

"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."

As I learn to apply the NicA Traditions to my life, I find Tradition Six is about the spirit of cooperation while having healthy boundaries. Although I cooperate with others in my daily life, such as my fellow NicA members, boss, co-workers, grocery store cashiers, neighbors, partner, friends, family, etc., I am not dependent on them for my well-being and spiritual growth. For me, this Tradition helps me focus on finding a balance between others' wants and needs, and my own. I prioritize taking care of my own needs first.

Because I can change only myself, I give others the dignity and respect to do their own work, be themselves and live their lives the way they see fit. While I concentrate on keeping my side of the street clean, my priorities are the spiritual aspects of my own life. By allowing myself to have healthy boundaries, I can meet others halfway without sacrificing my own well-being.

By practicing this Tradition, I avoid the distractions of others' behaviors or outside influences, which can divert me from my primary purpose: to work my program to the best of my ability, apply the principles of the program in all my affairs, and carry the message to other nicotine addicts. This is how I heal from the ravages of nicotine addiction and grow into a happier and healthier person.

Aimee C
Arkansas



From the Free Bridge Telephone Group

For this issue, the Telephone Group shares some of their favorite meeting topics. Feel free to borrow!

- Slogans
- How to stop using nicotine with the help of the 5 D's
- A craving will pass whether you use nicotine or not
- Living on life's terms without using nicotine
- Gratitude
- Meditation
- How to avoid triggers
- Topics from readings in *Seven Minutes*
- Why are we here?
- One day at a time
- Working the NicA program
- Gratitude in action
- Step One



Quote Corner

"If you wish to become a Nicotine Anonymous member, come join us. If you are willing to call us or walk into our rooms, we have faith that the desire to stop is within you. No matter who you are, no matter how many other addictions you may have, no matter what your troubles are, you will find some among us have them too. We want you here with us. We are keeping you in our thoughts and hope you will choose to join us in this wonderful life and freedom."

- *Nicotine Anonymous: The Book*
page 122

My Long Road to Nicotine Freedom...

My name is Jean L-S. I am a nicotine addict and my "smobriety" date is May 27, 1996.

So far in my life I have seriously quit smoking 3 times. Curiously, it seemed to be about every ten years that I would quit for a variety of reasons. Fortunately, my last quit has been the most successful.

I started smoking around the age of 16, but was not truly addicted until I was 19. I bummed cigarettes from friends until I could afford to buy my own, at which point I could no longer hide from my parents that I was smoking. In my teens and twenties, I jokingly called my cigarettes "coffin nails." By May of 1996 I no longer thought that was funny.

During those early years the age limit was 18, and you could smoke almost anywhere except in church.

About 10 years after I started smoking my sister asked if I would quit with her. I quit successfully for 2½ years with her support. I relied on a book about stopping smoking for additional support. I gained weight, but after the cravings passed, I was able to lose it. Not that it was easy, but I think now that my being younger made it easier than later attempts. I was doing really well as a non-smoker and didn't think much about it until I became a member of a club where smoking wasn't an issue one way or another. I was offered cigarettes and usually turned them down until I decided to be sociable. I thought that I wouldn't really be smoking - after all, it was just this one time, and I was bumming off of someone else. After joining Nicotine Anonymous, I realized I didn't have any tools to protect myself from the voice that says, "I have this licked," "I'm not a smoker" and "I can have just this one." That worked until "one" was no

longer enough, and I started buying cigarettes again.

When I went back to smoking this time, I realized there was a change in my thinking, like I had turned on a switch that had been off since I quit. Whatever wall I had erected against smoking was gone. I started making excuses and had thoughts of "screw it, I don't care, it is no one's business if I smoke and there is no harm anyway."



For the next 10 years I smoked like I had never quit.

I started seeing a man who was also a smoker. A few years into the relationship he announced he had decided to quit smoking. We were living together, so it was not a minor problem to be living with a non-smoker. I no longer had a smoking buddy, and I felt he had betrayed me, that he thought he was better than me. It became a real wedge between us and worsened when he started to strongly and frequently "suggest" that I quit smoking too.

Hoping to make some peace, I decided it was better to quit. I felt confident that since I had done it before, it would be a breeze. This time, however, it wasn't the same. It was harder, and I also didn't want to quit. I tried a few things including hypnotherapy. Did I stop? Yes. Was I thrilled about stopping? Not one day. I never quite believed the hypnotherapy was working. I did not want any more fights, and I found I could relieve stress by eating and drinking whatever I wanted. I also developed a horrific resentment toward my boyfriend for "forcing" the quit (not accepting that I was the one who decided to quit). I was also gaining weight and developing a dependence on alcohol. Not surprisingly, I started little fights with

him, hoping he would say "you should start smoking again." Eventually, after an especially bad argument he decided to move out. I stayed silent and watched him pack up and leave. I felt like a load was lifted off my shoulders. I immediately went to the store for my first cigarette in a miserable 8 months.

During the next 10 years, little things came to my attention that led me to where I am today. I saw an ad of an attractive smiling young woman. Next to it was a picture of her after years of smoking when she was no longer attractive. It showed her as a very wrinkled, unhappy woman. The caption was about what smoking will do to a woman's face. I never forgot that picture. About that time I began feeling guilt and shame about my smoking. Another disturbing memory I have is the posthumous "Don't smoke. Just don't smoke" commercial by the movie star Yul Brynner, filmed shortly before his death from lung cancer. His words were impactful. His message stayed with me, and again my guilt rose.

Earlier in my smoking career I made a bargain with myself that when I turned 40, I would become a mature adult. That time had come, but I was breaking my promise. I knew as long as I was smoking, I was not being a responsible adult. Thus, more guilt, more shame.

During that time I developed difficulty breathing, especially at night. I would wake up wheezing and my chest felt so tight that dragging on a cigarette was too much. I felt like "my best friend" had deserted me. At night I only got relief when I slept sitting up. It was never a comfortable sleep and I was not sure I'd live through the night. Eventually a pulmonologist diagnosed me with asthma and gave me an inhaler. I think it is interesting that he never asked me about smoking, but I was relieved

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that he did not mention it. I told myself that my asthma could not be due to smoking, or he would have mentioned it.

At first I used the inhaler only as needed, but I eventually needed it every day, then several times a day. I was fearful and miserable, and was afraid to fall asleep, even when I was exhausted. As I am writing this I realize how many lies I told myself. I knew better, but the grasp nicotine had on me was stronger than rational thinking.

A major shift took place in the 90's. The laws in California and also federally changed from being lenient on smoking to a full ban almost everywhere. It seemed that more people hated being around smokers. My self-esteem was already shattered because I felt weak and had no willpower. I despised the new law.

Today I credit a surgeon for keeping me healthy and possibly saving my life. It was not because of the surgery he performed but because at a follow-up visit he said two things. First, "if you do not quit smoking, in the next 15 years you'll be in a wheelchair dependent on oxygen to breathe." And second, although not relevant for this message, he said I needed to quit drinking. I could not accept that I could be in a wheelchair gasping for breath, not able to do what I wanted. Fortunately, my health insurance offered a stop smoking program which my surgeon recommended.

I decided not to quit right away because I had a vacation to Hawaii planned. After a painful 5-hour flight to Oahu, I was really looking forward to that first cigarette. To my horror as I lit up and took several long puffs, the words from a 1969 Peggy Lee song came to me: "Is that all there is...?" and "I had the feeling that something was missing..." It was the first time the cigarette did not do for

me what it had done so many times before. (Ironically, the girlfriend I had traveled with died of lung cancer a few years later.)

A short time after my trip I started to attend the stop smoking classes. I assumed that by the end of the 10 weeks I could easily quit.

They told us for the first week we could smoke like we always smoked, but by the next meeting we were to return having quit. I was shocked. I did not expect that. I woke up on that Monday, not sure I really wanted to go through with quitting. Then I realized it was Memorial Day, and that it was a message from the Universe (or God, if you prefer) that it would be a memorable day for me. Even if I could not quit forever, for that one day I would not smoke.

That evening at the smoking cessation meeting they told us there was a program we needed to attend and provide proof of attendance, if we wanted the nicotine patches they were providing. That program was Nicotine Anonymous. They explained it was important to join NicA because their 10 week cessation program was not enough support to quit smoking long-term. They gave us meeting information and I realized there were NicA meetings close to me 7 days a week. That gave me so many options.



I used the nicotine patches for the 10 weeks, each week getting less nicotine in each patch. It was not easy. I was scared, exhausted, over-stimulated, and had feelings and cravings that I could not control. One moment I was bundled up with blankets in bed and the

next I was dancing through the house with music blasting. At times I wondered what it would be like to smoke the nicotine patches. I knew they were helping me, but they did not stop the cravings. I discovered, though, that when I had the worst cravings, the most horrendous cravings, if I did not pick up a cigarette, I was always happy the next morning that I had not given in.

I was progressively getting better, as long as I did not pick up. That mantra I heard so often in the meetings "Whether I smoke or not, the cravings will pass" was so true. I used that mantra until I no longer had cravings.

In NicA meetings I found that other nicotine addicts knew what I was going through, what it was like to quit and also what smoking did for me. I was not used to others talking about smoking so openly and even with humor. For the first time it was ok to be me, to be understood when I said cigarettes were my best friend. Eventually the meetings became more important to me than the need to smoke, although after every meeting I wanted and needed a cigarette. But now I had a reason not to light up. I didn't want to go to the next meeting and say I had failed. Or worse yet, stop going to meetings because I was too ashamed.

Reading *Nicotine Anonymous: The Book*, I learned that I had a disease, that I was an addict and my addiction was to nicotine. What a relief. I was not weak, with no self control. I had a disease and there was an answer. All I needed to do was go to as many meetings as I could, listen to others, surrender my ego to the meetings and accept that everyone else in the rooms knew a lot more than I did. I made a special friendship with a grouchy older man who was a longtime member of AA. Our
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nicotine quit dates were close together and we supported each other through those early times. He seemed to know what I needed, and we developed a challenge of a sort: "If you stay smober, I'll stay smober." He showed me how to be of service to our home group and together we joined the Southern California Intergroup. Once a month we drove into Los Angeles to their meetings. We took Intergroup reports and any needed supplies back to our home group in Long Beach. At other times we participated in the annual retreats in Joshua Tree, the annual picnics and began taking leadership roles in the Intergroup. Eventually traveling became too hard for him due to COPD, so some of us took a NicA meeting to his home. Later he was placed on Hospice and died at home. His friendship is one I will never forget.

Another man in our meeting also became a friend and then much more – he's now 23 years as my husband. Together we attended NicA events, and in time each of us took different roles with Nicotine Anonymous World Services.

One of the first things I did when I quit cigarettes was to stop what were triggers for me. I stopped drinking coffee in the morning because the temptation to smoke and drink coffee was too strong. I also stopped eating bananas because they reminded me of that morning routine.

The first surprising thing I noticed when I stopped smoking was I didn't have wheezing or a tight chest or feel like I could not take a deep breath. Since that day, I have not once needed to use an inhaler.

In my early years I had a sponsor who walked me through the Fourth Step and listened to my Fifth Step. What a wonderful time of being totally honest with some-

one about all of my secrets. I found out there is no shame, that sometimes we make mistakes and that only makes us human and still loveable. What a wonderful relief to realize I belong to the human race and am not a monster.

Today Nicotine Anonymous is a part of my life. Since COVID 19, our weekly meetings are held virtually. It is not the same as the face-to-face meetings, but it has been good because we are able to attend meetings no matter where we travel. I love that no matter where we attend meetings, we find the same warm welcome from other addicts. More importantly, we found the same singleness of purpose that is our foundation. "We share our experience, strength and hope with each other so that we may be free of this powerful addiction."

Jean L-S
Los Alamitos, CA

* * * * *

Meditating at a Traffic Light...

In the 1992 book *Peace Is Every Step* by the monk Thich Nhat Hanh, I read that you can meditate at a red light. For several years I've been doing this - looking at a traffic light and thinking the Serenity Prayer. I associate the red light with serenity and what I can't change, the green light with courage and what I can change.

More recently, I associate the yellow/orange light with wisdom or with distinguishing between the two. This is often very difficult for me, but today I found a tip. It is on the traffic lights in Poland where I live - you can clearly see that the yellow/orange light turns on together with the red light when it changes to

green. However, when green changes to red, only the yellow/orange light is on.

I think it is similar in my life. My Higher Power gives me signals, i.e. wisdom, for when I can change something and when I can't. To distinguish between the two, I have to be as attentive as I am at an intersection.

Janusz
NicA member from Poland

* * * * *

The Nicotine Anonymous Slogans

*To Help Us Be Happy,
Joyous and Free
Living Without Nicotine*

Together We Change
Keep Showing Up
Lengths Become Strengths
First Aid First
To Postpone it, Phone it
Quick Doesn't Stick
I'm a Puff Away from
a Pack a Day
Choose Faith Over Fear
Smoking is Not an Option
S.T.O.P = **S**implify **T**he **O**ptions
Put a Little Prayer in Your Air
Surrender Allows Change
Prepare, Practice, Pray, Progress
Look for the Lesson
P.R.A.Y. and you may find:
Possibilities
Recovery
Acceptance
Yourself
Watch Your Steps
The Weight Can Wait
Dealing with the Feeling
Taking a Step is an Act of Faith
Don't Look to Graduate
Maintain What's Gained
Grateful for Grace

In Memoriam

In recent months Nicotine Anonymous sadly lost two beloved long-time members, Kathy K and Scott J. Both were trusted servants and friends to many. They were fast friends to each other as well. Thoughts and remembrances of Kathy and Scott are shared below.

Remembering Kathy K

Kathy was well-known for her service to the fellowship, including as Chairperson on the NAWS Board in 2006. She also served in her local Long Island groups and in the New York Metropolitan Area Intergroup (NYMAI). She attended many World Services Conferences and was a regular at the annual NicA retreats in the Catskills.

Kathy is described as a "quiet person, but when she did speak, it was good to pay attention for words of wisdom or her special wit." Kathy was "a lot of fun to be around, and "was a dear and kind friend." One member shares, "I have many pleasant memories of Kathy; she will be greatly missed." From another, "I remember and greatly appreciated one time when I went to New York to attend a Board meeting, Kathy not only picked me up at the airport, but graciously hosted me for my stay to attend the meeting." A common sentiment expressed: "I loved working with Kathy."

And this from one who knew her well: "Kathy K is her name and for me the Ks stand for kindness. At the 2014 Conference I was very upset and walking around the hotel, considering leaving early. She saw me and noticed my condition. Her kindness in those moments we shared was deeply appreciated."

May Kathy's spirit rest in peace knowing she made a positive difference to this fellowship.



A Tribute to Scott J

Scott's personality and example "attracted" nicotine users to NicA. He was among those who inspired others to serve and to be of support to members and the organization. Scott typically showed up all smiles, and was known for starting his shares with "Hello Family." One member says, "I will keep special memories of Scott at our annual Clean in the Catskills recovery retreat." From another, "Scott will be remembered for his willingness to commit to service, his outgoing personality and courage to face life on life's terms."

Scott served the fellowship in many ways. He started the New York Metropolitan Area Intergroup. He served on the NicA World Services Board from 2000 to 2002 and was its Chair in 2001. During his three-and-a-half decades of recovery from nicotine, Scott generously sponsored numerous recovering addicts. After moving to Arizona, he started the Free Bridge phone meetings for Nicotine Anonymous, chairing Tuesday's Peace & Serenity telephone meeting for many years.

Jorie M shares on behalf of the Free Bridge Telephone Group...

Our hearts are heavy as our community remembers an icon; a man full of love, serenity, and kindness. Scott was special to many in our rooms. Even his voice could lift anyone's spirit. His legacy as the founder of the Free Bridge phone meetings has cemented a place for him in many hearts.

continued on page 10



In Memoriam

Jorie continues...

Scott once shared the following:

"It occurred to me that if I were to set up one of those telephone bridges, I could create a place where members could meet and share their experience, strength and hope with each other. The first phone meeting was held in January of 2004. There were about six people on the bridge. Our first speaker was my sponsor which got us off to a good start. It has been a pleasure and honor to help get the telephone meetings of Nicotine Anonymous up and running. Aside from that, if I truly believe that the only thing keeping me from that first cigarette is staying attached to this fellowship, I might as well stick around and be useful. Thanks for letting me share and be of service."

Scott's sister shared that he was very proud of having started the phone meetings and considered it his legacy.

Scott was always putting others first. He had a unique way to help us all open up spiritually and make it accessible to everyone. He knew there was hope; and that one size doesn't fit all. Many people who called in for the first time would hear his gentle voice, and knew they were welcomed. He reached thousands.

As of June 2024, Scott had facilitated about 1200 phone meetings. Many times and more he demonstrated incredible dedication to others. That many times he helped those in the pain of this addiction with his compassion. That many times he responded in the same way: "This is Scott, who joined the call?" He kept doing what he loved to do, right up to when he couldn't.

Thank you, Scott. We will miss your gift of humility, your wisdom and your wit. Your empathy, compassion and kindness. Your style and grace. Your generosity and trust.



And this, from NYMAI member Martha K...

When I learned about Nicotine Anonymous, I was still smoking. I hated that I smoked, but couldn't imagine my life without it.

My former therapist sent me a Nicotine Anonymous business card in the mail. But when it arrived, it was in a little baggie stamped "damaged" by the post office. The letter had been ripped open, but the NicA business card remained intact. I felt compelled to call the number.

I called and left a message. Some time later, a nice man called me back and informed me that there were three meetings in my area, one of which just happened to be a five-minute walk from my apartment. I felt compelled to go.

I went to that first meeting still smoking, and continued to do so for a couple of months before trying to "not smoke" for just 24 hours. What I came to find out was that it was Scott J who had returned my initial call. It was Scott J who left that business card at the upstate monastery where my former therapist just happened to have been. Scott left that card that she picked up that somehow managed to arrive in my mailbox in one piece...

Scott was selfless, kind and devoted to this fellowship. He didn't hesitate to speak at meetings, sponsor newcomers, and make phone calls. He started our Intergroup and served as Chair of World Services.

I'm grateful that Scott is not suffering anymore. And I felt compelled to share how instrumental he was in my recovery.

May he rest in peace.



Registration now open!



In the Heart of Texas
NAWS 40th Conference
2025

**Nicotine
Anonymous
40th
World Services
Conference**

**May 2 - 4, 2025
Austin, Texas**

Registration:

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

Hotel room rate: \$139/night

Register & Book Hotel at nicawsc.com

Step up to volunteer
ConferenceChair@nicotine-anonymous.org



NAWSO
Profit & Loss YTD Comparison
January through December

	<u>Jan - Dec</u> <u>2024</u>	<u>Jan - Dec</u> <u>2023</u>
Ordinary Income/Expense		
Income		
4000 · Donations	20,793.84	23,456.97
4100 · Literature Sales	21,554.42	24,850.17
4290 · Shipping & Handling Income	5,553.74	5,907.04
4188 · 2024 NAWS Conference	2,555.94	—
4187 · 2023 NAWS Conference	—	-215.16
Non Profit Income	—	36.50
Sales of Product Income	—	108.95
Total Income	\$50,457.94	\$54,144.47
Total Cost of Goods Sold	\$10,660.38	\$10,986.15
Gross Profit	\$39,797.56	\$43,158.32
 Expenses		
6000 · Office Expenses	33,732.07	36,501.90
6600 · WSO Expenses	6,635.07	5,720.36
6900 · Other Operating Expenses	—	106.31
Total Expenses	\$40,368.03	\$42,328.57
Net Operating Income	-\$570.47	\$829.75
 Other Income		
Total Other Income	\$28.12	\$24.40
Total Other Expenses	\$11.46	—
Net Other Income	\$16.66	\$24.40
Net Income	-\$553.81	\$854.15

BIRTHDAY CONGRATULATIONS

Pat L – 1/26/93 Curt R – 2/22/18

Rex R – 3/14/14 Martha K – 3/16/92

*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

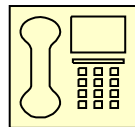
Email: **SevenMinutesEditor@nicotine-anonymous.org**

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 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."**

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