



Seven Minutes

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

Volume XXXI

March 2020

Number 1

Interested in contributing to Seven Minutes?

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 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.

Your trusted servants,
Chris H - Editor
Teresa I - Subscriptions

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Chairperson's Report

Hello all, it is once again time for a quarterly update on the happenings of Nicotine Anonymous World Services.

I have deep gratitude and appreciation for all who serve. Service is a key to our sobriety and a wonderful opportunity to develop new relationships while practicing these principles in all our affairs. It also affords occasions to attract people to our program. As we serve, without criticism and judgment, others may wonder how we can do that. This is a great time to refer people to the 3rd Step Prayer or our Traditions, or even the fact that we take our own inventory rather than another's. We are servants, not professionals, who weave our service time into work, family, life. We do not get paid and the rewards are immeasurable. And there are plenty of challenging moments that push a servant to ask, "Why the heck am I doing this?" The answer comes back to "You can't keep it if you don't give it away", or "So our program remains self-sustaining," or whatever your reason is.

I would love to hear others share their reason for service at any level, possibly even write a note and send in to *SevenMinutes* for the next issue. (See sidebar on the left.) We do have a few service positions still open, as listed on page 14. If you feel called to serve, or to serve in a different way than you have been serving, please contact me or any board member for further information.

It is with gratitude and sadness that I let the fellowship know that David M, one of our servants, has died. He was the Northern California co-founder of Nicotine Anonymous. There is gratitude for

all he did to serve, and sadness that he is no longer with us. Ed T, our current board treasurer, wrote a lovely memorial about Dave on page 7 of this issue. Please read it; even if you never met him, he has touched your life.

Social media and instant everything are encompassing Nicotine Anonymous and challenging our sacred Traditions. Yet without these Traditions, we don't have a program. I would encourage all to deeply explore our Traditions and experience the wisdom of those who wrote them. The Traditions are like a protective shield around us to keep us self-supporting and out of public controversy.

As you may know, NAWS has a Traditions Committee who serve as guardians of the Traditions. Anything made public with our name/logo attached must pass through that committee to check for items that may not be following our Traditions. The committee has been quite busy this quarter. So, to answer a few questions I've had, here is the process: The request for a flyer/brochure, PSA/ etc. gets sent to the chairperson, who then sends it to the Traditions Committee. After review, it is sent back to the chair with approval or suggestions for changes so it can be approved. After the Traditions Committee's final approval, the chair sends it back to the original requester with permission to move forward.

The Outreach Committee has been diligently working on many outreach activities helping to keep the Traditions Committee busy! Certain things that go through the Traditions Committee are also sent out to the fellowship through
continued on page 3

The Twelve Steps of Nicotine Anonymous

1. We admitted we were powerless over nicotine—that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God, as we understood Him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory, and when we were wrong, promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry it out.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to other nicotine users and to practice these principles in all our affairs.

The Twelve Steps and Twelve Traditions reprinted and adapted here with the permission of Alcoholics Anonymous World Services, Inc. Permission to reprint and adapt the Twelve Steps and Twelve Traditions does not mean that A.A. is affiliated with this program. A.A. is a program of recovery from alcoholism-use of the Twelve Steps in connection with programs and activities which are patterned after A.A., but which address other problems, does not imply otherwise.

The Twelve Steps of Alcoholics Anonymous

1. We admitted we were powerless over alcohol—that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our Lives over to the care of God, as we understood Him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory, and when we were wrong, promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry it out.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to other alcoholics and to practice these principles in all our affairs.

The Twelve Traditions of Nicotine Anonymous

1. Our common welfare should come first; personal recovery depends upon Nicotine Anonymous unity.
2. For our group purpose there is but one ultimate authority - a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for Nicotine Anonymous membership is a desire to stop using nicotine.
4. Each group should be autonomous except in matters affecting other groups or Nicotine Anonymous as a whole.
5. Each group has but one primary purpose - to carry its message to the nicotine addict who still suffers.
6. A Nicotine Anonymous group ought never endorse, finance, or lend the Nicotine Anonymous name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.
7. Every Nicotine Anonymous group ought to be fully self-supporting, declining outside contributions.
8. Nicotine Anonymous should remain forever non-professional, but our service centers may employ special workers.
9. Nicotine Anonymous, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. Nicotine Anonymous has no opinion on outside issues; hence the Nicotine Anonymous name ought never be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, TV, and films.

12. Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

The Twelve Traditions of Alcoholics Anonymous

1. Our common welfare should come first; personal recovery depends upon A.A. unity.
2. For our group purpose, there is but one ultimate authority--a loving God as he may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for A.A. membership is a desire to stop drinking.
4. Each group should be autonomous except in matters affecting other groups or A.A. as a whole.
5. Each group has but one primary purpose --to carry its message to the alcoholic who still suffers.
6. An A.A. group ought never endorse, finance or lend the A.A. name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.
7. Every A.A. group ought to be fully self-supporting, declining outside contributions.
8. Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.
9. A.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
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12. Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

Our Preamble

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

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

Chairperson's Report *Honesty and Sponsorship...*

NicA News. The process for that is the same as just mentioned.

We have several new meetings that started which is always exciting. Our Meeting List Coordinator keeps us up-to-date on those additions. Each meeting, new and not so new, has a person who opens the meeting, sets up the room, facilitates the meeting and other things needed for the meeting. Simply look at our meeting lists, all of them, and you will see how many servants work on a daily and/or weekly basis to offer hope to those still suffering from this horrific addiction.

Speaking of our web site, if you haven't spent a few minutes exploring it, you may enjoy doing that. Our web servant has spruced things up a bit, made it a little more user-friendly and added some information to our Archives section. Archives is a great way to see what our fellowship has done over the years. Additionally, browsing through it, you can only imagine how many servants it took to do all the work, hold the conferences, have committee meetings, develop literature and on and on.

And, speaking of literature, every one of the pieces of our literature had to be created and developed, then approved by the Traditions Committee, then sent to the fellowship. It represents countless hours over many years, and the work of the Literature Committee is ongoing.

The NAWS Conference Committee for **We Can See Clearly Now 2020** will have met by the time this issue reaches you. The conference is just around the corner – see page 8 for all the details. We hope to see you there.

*In service,
Sharon C
NAWS chairperson*



Over the years I've had many sponsors. All of them sponsored me a bit differently. Each expected different levels of commitment to the process of working through the 12 Steps.

One sponsor expected me to call him every day; another expected me to have a sit-down meeting with him once a week. Then I met a sponsor who was able and equipped to communicate a vitally important question that I needed to answer. The question was simply: what is my truth?

One answer is that I am a nicotine addict. That is a fact. Another answer is that I'm not any one thing. My truth has many dimensions, covering a wide spectrum of truth, all pointing to the spiritual principle of Step One: honesty.

In Step One we admit we are powerless over nicotine, and our lives are unmanageable. This is also my truth.


As I continue to answer his question and work the Steps, other truths emerge. Working the Steps in order is vital to my recovery.

My current sponsor and therapist both welcome me into gentle examination of these truths - all are vital to my recovery.

*Elliot T
Bloomington, MN*

Heard it at
a meeting

Freedom from nicotine
is the entrance to
the amusement park;
The Steps are the tickets
for the rides!



Upcoming Phone Marathon Meetings

April 12
"Jumping Into Recovery"



May 25
"Service is the Key"



**All meetings are hosted by the
FreeBridge Telephone
Meeting group**

**On each date 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: 712-770-5398
Pass code: 207490#**

**See nicotine-anonymous.org
for information on
all regularly-scheduled
NicA phone meetings**

Important note:
**The FreeBridge
has moved!**
Come and join us
**712-770-5398 /
207490#**



Facing Each Day...



I have fear of how a major life change I'm planning is going to turn out. I could easily break down crying. I am a guy and that's not an easy emotion for me to express. I feel gratitude for having people to listen to me who want to help. I have prepared myself, done Step work and discussed plans. I only have a little footwork left to do, yet I feel anxious of the unknown.

When I used nicotine I knew what I was going to feel. I felt the same numbness over and over. In the end I felt trapped and couldn't escape. Now it's up to me to feel my feelings without my old smokescreen. I must face the mystery of each new day and situation with faith that I will be given the strength I need to face the challenges to come.

I am developing the faith that my Higher Power will be there when I need help. I can not only walk through the pain and joy, but also grow into a new person.

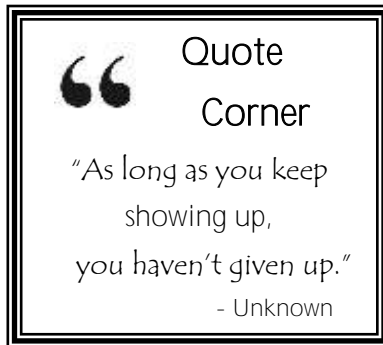
Ken M
Sunrise Beach, MO



Please consider putting your name forth to be nominated for a position on the Nicotine Anonymous World Services Board!

NAWS Board positions:
Chairperson
Treasurer
Secretary

Email
chairperson@nicotine-anonymous.org
for more information



Arizona Intergroup Fall Picnic and Meeting on the Mountain

As has been customary for over two decades, the Arizona Intergroup of Nicotine Anonymous hosted its annual fall picnic on November 3. It's a perfect time of year for outdoor activities in our desert climate, and this year was no exception. We gathered in the late morning at North Mountain Park, overlooking sunny Phoenix, and fired up the grill. Members brought their own meat, drinks and a dish to share with the group. A tasty feast ensued!

Phoenix has two face-to-face NicA meetings which were well-represented at the gathering. We were joined by a number of members who drove down from northern Arizona, representing both phone meetings and a live meeting held in Prescott, AZ. So nice to meet together each year for fellowship, food, and fun! The highlight of the picnic, however, is the Nicotine Anonymous meeting that follows. What a treat to hear recovery shares while on a mountain top with great views. The format varies year to year - sometimes a Speaker meeting, sometimes a Gratitude meeting, sometimes it's a recovery topic. This year members spoke on the topic of "serenity." It was wonderful to hear how the nicotine-free life has brought people serenity and peace in so many different ways. Truly inspiring! To a person, much gratitude was expressed for the program which has brought us such gifts - emotional, physical, and spiritual. Higher Power has truly done for us what we could not do for ourselves!

Chris H
Phoenix, AZ

Nicotine Anonymous

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

Meeting Options:

Face-to-face meetings
Telephone meetings
Online meetings

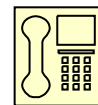
To find face-to-face meetings:

Go to www.nicotine-anonymous.org
Click on **Meetings** and search by state.



For phone meetings:

Go to www.nicotine-anonymous.org
Click on **Meetings**, then **Telephone Meetings**.



For online meetings:

Go to www.nicotine-anonymous.org
Click on **Meetings**, then **Internet Meetings**.



In this section are live links to two sites offering the ability to post messages and receive responses. Both require the individual to join the site in order to take advantage of some of the extra services, such as searching for specific posts or files.

➡ **NEW NAME!**

Nicotine Quit Buddies (formerly called Unofficial Nicanon) has "Type Share" meetings. It can be found at this new address:

<https://nicotinequitbuddies.groups.io/g/HomePage>

Voices of Nicotine Recovery

(VONR) has "Voice Share" meetings using a free chat service that can be downloaded.

VONR can be found at:

<http://voicesofnicotinerecovery.com>

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





From the FreeBridge Telephone Group...

Stronger Together: The Power of the Group

We learn something from everyone.
We make some progress with everyone
in some way.

When we enter Nicotine Anonymous,
there will be people we connect to
and others we find best to
move on from.

But we are here in agreement to
become free from all nicotine.
That's the power of the group.

My Higher Power sets in motion
the truth of being in agreement.
So here we are, vessels of iron,
seeking the sharpening
that comes from one another.
It doesn't matter if at times when
iron strikes iron, sparks may fly.
Differences bring growth.
Sparks also bring light.

The rooms of recovery house
the unifying factor,
our shared suffering and struggle from
the disease of nicotine addiction.
The therapeutic value of this fellowship
is sharing experience, strength
and hope with no regard for
who we are.

It's like when iron sharpens iron,
we all get sharper.

We all become more capable
and we each progress in recovery,
one share at a time,
one meeting at a time,
one day at a time.

When people come together
there's a diversity of personalities,
but as a whole, our main goal
is the desire to stop using nicotine.
The wounds of one, help another.
We restore each other
and learn from each other.
We need others in our lives
to sharpen us and encourage us.

It's good to remember our First
Tradition: "Our common welfare should
come first; personal recovery depends
upon Nicotine Anonymous unity."

Carrying the Message to the World - "Litera-ture-ly"

Nicotine Anonymous: The Book is
currently available in a Spanish edi-
tion at our website and book retailers
worldwide.

COMING SOON

Nicotine Anonymous: The Book as
an Italian edition, and three Russian
editions:

Nicotine Anonymous: The Book
A Year of Miracles
Step Study Workbook

As Translations Coordinator, I col-
laborate with members willing to
translate our literature, and then with
our Print/Graphics Artist to format
the books' text for our on-demand
publisher.

All the above services are provided
by NicA members at no cost to
Nicotine Anonymous World Service.

The publishing company uses a
worldwide company that prints
books as they're ordered through
book retailers. The printing company
has facilities in several countries
(including Italy and Russia) which
may reduce shipping costs for non-
U.S. customers.

Spread the word!

Checko M.

Translations Coordinator

Stay connected to
Nicotine Anonymous
World Services!

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

Click **Subscribe** on the
NicA website at
[www.nicotine-
anonymous.org](http://www.nicotine-anonymous.org)

Ready to work the
Twelve Steps?
Try the

Nicotine Anonymous Step Study Workbook



Available for purchase at
www.nicotine-anonymous.org



From a Newcomer...

I searched and I wondered,
for so many years.
It was then that I found you,
after so many tears.

My life was so lonely,
for many a mile.
You welcomed me always,
with Hello and a smile.

Boundaries, I didn't know,
and were not understood.
Something not taught,
I've learned that are good.

All of you have changed me,
for sure, not by chance.
I wanted to thank you,
for helping me dance.

Kathleen B
FreeBridge telephone meetings

Want to get involved with Outreach to help your group and/or Intergroup?



Attend our monthly Outreach teleconference meeting!

2nd Saturday of the month at 2PM EST

Join our Zoom meeting online at <https://zoom.us/j/213252862>

One tap mobile: +16465588665, 213252862# or dial by your location +1 646 558 8665

Meeting ID: 213 252 862



From the *SevenMinutes Archives*

The article below from March 2013 was authored by our long-time tele-servant, Jill O, who passed away not long ago. Her words serve to remind us all that service is...

Gratitude in Action

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

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

my next cigarette. My life had become so consumed by smoking and illness that I hadn't noticed the loss of friends, family, self-reliance, self-respect and hope.

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

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

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

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

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

Jill O.
Baltimore, MD

Planning to Attend NAWS Conference 2020 in April?

Be a part of the Greatest UNTalent Show of the Decade!



When: Saturday evening after the banquet

What: Try your hand at music, comedy, storytelling, impersonations, a skit, poetry and dress in character, if you'd like

How Long: Suggested spiritual time for each will be 5-10 minutes

Untalented and talented alike, please register by sending an email to Elizabeth at lizbur36@gmail.com or call 330-715-5891 to be counted and become part of the fun!

**This is the new you...
come on, let's flaunt it!**

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

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

In Memoriam

With a heavy heart, we announce the passing of David M, the Northern California co-founder of Nicotine Anonymous.

David was the former owner of the Dry Dock, a 12 Step recovery club in San Francisco, which hosts many different 12 Step meetings each week. In late summer or early fall of 1982 David started a meeting there for people who wanted to quit smoking, and called it "Smokers Anonymous." Unbeknownst to him, a similar 12 Step group had begun in Southern California a couple months earlier, founded by our other co-founder, Rodger F.

The two groups, in Southern California and Northern California, slowly began growing, independent of each other, until the spring of 1985. At that time Maurice Z, an author and member of Rodger's group in Southern California, wrote an article about Smokers Anonymous which appeared in the May 1985 edition of Reader's Digest. Someone in the Northern California meetings of Smokers Anonymous read that story, and wrote to Rodger's groups in Southern California, informing them that they were holding very similar meetings in the San Francisco area. This communication led to the two separate Smokers Anonymous groups coming together for the first time in April of 1986 in Bakersfield, CA. This gathering came to be known as the first annual conference of the fellowship we now know as Nicotine Anonymous.

At that first conference, David met a woman named Georgie from the Canoga Park meeting in Southern California. Georgie was originally from New York and had earlier attended meetings in New York City, then known as "AA for Non-Smokers," another precursor to our fellowship. She later moved to San Francisco and ran into David again at a meeting. They realized they knew each other from the Bakersfield conference, and Georgie then began attending meetings at the Dry Dock. Eventually David and Georgie became Smokers Anonymous' first romance, and then marriage. David and Georgie continued to operate the Dry Dock for a few years, selling the club in the early 1990s and moving to Florida, where David continued to live for the balance of his life, though he and Georgie eventually split up.

David visited the San Francisco area now and then over the years and made a point of attending Nicotine Anonymous meetings during his visits. He was instrumental in many people's recovery from nicotine addiction and holds a special place of gratitude in the hearts and minds of many.

Rest in peace, David.

SevenMinutes Meditation



To know even one life has breathed
easier because you have lived,
this is to have succeeded.

Nicotine Anonymous World Services Conference #35 APRIL 24-26, 2020



We Can See Clearly
Now

The Holiday Inn
26 East Chestnut Street, Lancaster, PA 17602
Closest airport Harrisburg (MDT Middletown)
Closest train and bus stations are Lancaster, PA
Hotel Reservations 1-800-315-2621
Mention "NAWS" when making your reservation to get our
discounted conference rate** \$109.00 + tax per night
****IF RESERVATIONS ARE MADE BEFORE MARCH 24, 2020**
Full buffet breakfast included.
Rates will be honored 2 days before and after the conference.
Sleeping & meeting rooms are handicap accessible.
Check in 3pm. Check out 11am.
Daily parking available \$5 - Overnight \$12 at Duke St. Parking Garage.
For rides to and from airport (MDT ONLY), contact committee
volunteers Keith & Grace 240-674-5010 or kgjhuffer@verizon.net

REGISTER WITH PAYPAL! nicawsc.homestead.com/
Please note PayPal charges us for each transaction.
Kindly consider a small, optional, donation to NAWS at the bottom of the order form to help defray these charges. Thank you!

OR COMPLETE AND MAIL TO: Nicotine Anonymous WSC 35 c/o Steve Manning
301 S. Cuyler Avenue Oak Park, IL 60302
Make checks payable to "NicAWSC" with a note of "2020" in the comment section

NAME: _____

ADDRESS: _____

CITY, STATE, ZIP _____

PHONE _____ E-MAIL _____

QUESTIONS? Contact Steve M. at 708-642-5491 or Martha K. at 631-902-8495

Registration INCLUDING REMOTE ATTENDANCE:	
\$35 Early Registration or \$45 Late Registration (after 3/24/20); non-NicA spouses & partners, no charge.	
# of registrants: _____	
REGISTRATION TOTAL: \$ _____	
Meals:	
Saturday Night Banquet: (Buffet style -- chicken, fish and vegetarian options.)	
\$45.00 per person	# of meals _____ TOTAL: _____
Sunday Spirituality Buffet Brunch:	\$35.00 per person # of meals _____ TOTAL: _____
TOTAL: \$ _____	
T-SHIRTS (Adult Sizes)	
S-XL \$16 single short sleeve	\$18 single long sleeve
XXL \$18 single short sleeve	\$20 single long sleeve
XXXL \$19 single short sleeve	\$21 single long sleeve
Short Sleeve Quantity: S ___ M ___ L ___ XL ___ XXL ___ XXXL ___	
Long Sleeve Quantity: S ___ M ___ L ___ XL ___ XXL ___ XXXL ___	T-SHIRT TOTAL: \$ _____
Optional Donation to Nicotine Anonymous World Services: \$ _____	
DONATION TOTAL: \$ _____	
TOTAL AMOUNT: \$ _____	

Please enjoy the following excerpt from the new proposed NicA booklet titled
**"Experience Sponsorship in Nicotine Anonymous (NicA):
Sponsors and Sponsees Share Their Experience"**

Introduction

Sponsorship is one of five *Tools* of recovery in Nicotine Anonymous (NicA). Sponsorship is how one member, especially a newcomer, receives the individual support and guidance from another experienced member. Seeking out a sponsor is not required, but we encourage it.

A sponsor is typically a member who has successfully let go of nicotine; and is willing and available to share his or her experience with a newcomer on a one-to-one basis. Becoming someone's sponsor is a voluntary service. He or she has first-hand knowledge and understanding of what a newcomer may be going through. A sponsor can explain and guide a sponsee through the Twelve Steps of Nicotine Anonymous and other aspects of the program.

Getting and staying free from nicotine is no easy task for most. Many find it best to accept all the help available. It is good to have a clear-minded and compassionate sponsor during withdrawal. Many find a sponsor a valuable resource to resist the temptations and typical triggers that may occur and lead to a relapse, even after enjoying some time abstinent from nicotine.

It is suggested that you get a sponsor as soon as possible, whether you have quit using nicotine or not. As newcomers begin to attend meetings and listen to other members share, they can consider who they think would be a good fit as a sponsor. A newcomer can then approach and ask that member before or after a meeting (or use the phone or email), to see if he or she is available and willing to be a sponsor.

By being a sponsor, a member has an opportunity to work Step Twelve and practice the tool of service. Members willing to be sponsors can announce and make their availability known. A sponsor offers what he or she has gained through her or his NicA experience, which is one of the best ways to keep, or strengthen, one's own recovery. We "came to believe" in a "Power greater than ourselves," and then are ready to serve a purpose greater than ourselves.

Working with a sponsee, a sponsor will often be reminded of what it was like when he or she was quitting. This helps a sponsor to maintain respect for this powerful drug, and have gratitude for the gift of freedom.

The Nicotine Anonymous website provides information for various ways to make and stay in contact with other members. As of this printing, there are several different formats for NicA group meetings (copy/paste links listed below in **bold**):

Face-to-face meetings nicotine-anonymous.org/face-to-face-meetings.

Phone meetings nicotine-anonymous.org/phone-meetings

Internet meetings nicotine-anonymous.org/internet-meetings

Pen (paper) and Email Pals nicotine-anonymous.org/pen-and-email-pals

Internet blog <https://nicotinequitbuddies.groups.io/g/HomePage>

Facebook groups

Facebookfacebook.com/search/top/?q=nicotine%20anonymous&epa=SEARCH_BOX

Facebook[.com/search/top/?q=nicotine%20anonymous%20brasil&epa=SEARCH_BOX](https://facebook.com/search/top/?q=nicotine%20anonymous%20brasil&epa=SEARCH_BOX)

The booklet's intention is to provide the reader with members' varied opinions about their experiences with sponsorship and keep to our spirit of "take what you want and leave the rest." There is no one way for sponsorship, only that which each member finds works for her or him. It is hoped that these shares will encourage and help sponsees and sponsors use this one-to-one tool of recovery.

The collection includes: sponsorship experiences written during a World Service Conference workshop, individual submissions sent in by members; excerpts selected from our quarterly newsletter (*SevenMinutes*), all of which were contributed over a period of years.

Connections



Nicotine Anonymous invites you to connect with our

Penpal Program

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

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

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

Where: E-mails are sent to

PenPal Coordinator - Paper: PenPalCoordinator@nicotine-anonymous.org

Coordinates and connects penpals who want to communicate via snail mail.

Email Pal Coordinator: EmailPalCoordinator@nicotine-anonymous.org

Coordinates and connects pals who want to communicate via email.



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



How: Contact either email address above to begin connecting.



Write a Meditation For Our New Book

What a great way to do service! We're putting together a new daily meditations book and want your inspired and insightful writings about your personal experience, strength, and hope; principles of recovery based on the Twelve Steps and Twelve Traditions of Nicotine Anonymous, the NicA Slogans, or text from our literature.

You can download a template from Google Drive:

<http://voicesofnicotinerecovery.com/resources/daily-meditations-worksheet>

The text can contain 100-200 words and follows the format of our *Year of Miracles* daily meditations book. In addition to your meditation, you are welcome to include a quote at the beginning, and the concluding prayer, "Today, _____." But we are happy to find those for you as well.

If you do choose a quote, it can be from a Nicotine Anonymous member (to be cited as "Nicotine Anonymous member") or from what is considered as "in the public domain for Fair Use" and citing the author.

Please note:

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

Please send your writings to dailymeditations@nicotine-anonymous.org.

Your friend in recovery,

Aimee C.

dailymeditations@nicotine-anonymous.org

NAWSO
Profit & Loss YTD Comparison
January through December

	<u>Jan - Dec</u> <u>2019</u>	<u>Jan - Dec</u> <u>2018</u>
Ordinary Income/Expense		
Income		
4000 · Donations	16,242.00	13,504.08
4100 · Literature Sales	23,727.18	25,844.79
4290 · Shipping & Handling Income	4,033.08	4,090.16
4178 · 2018 Conference	—	1,614.38
4179 · 2019 Conference	999.45	-1,250.00
4184 · 2020 Conference	-500.00	—
Sales of Product Income	359.80	0
Total Income	\$44,861.51	\$43,803.41
Total Cost of Goods Sold	\$11,853.98	\$11,146.39
Gross Profit	\$33,007.53	\$32,657.02
Expenses		
6000 · Office Expense	25,854.36	25,056.46
6800 · Officer Travel & Meeting Costs	5,725.05	5,540.35
Other Operating Expenses	286.80	91.37
Total Expenses	\$32,701.00	\$31,252.53
Net Operating Income	\$306.53	\$1,404.49
Other Income		
8000 · Interest Income	108.08	52.01
Total Other Income	\$108.08	\$52.01
Net Income	\$414.61	\$1,456.50

BIRTHDAY CONGRATULATIONS

Samson M – 8/24/17 Leslie L – 3/2/00 Kathy K – 3/31/87 Scott J – 4/2/87

Pam D – 4/12/12 Jill G – 4/4/14 Elaina C – 5/2/09 Dave HL – 5/9/08

*Post your Nicotine Anonymous birthday in **SevenMinutes!***

Send in your first name, last initial and nicotine quit date.

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

Email: SevenMinutesEditor@nicotine-anonymous.org



NicA Outreach

@nawsoutreach is the Twitter presence for Nicotine Anonymous.

We put out approximately 4 Tweets weekly.

Got ideas for Tweets or other social media to help us carry the message?

Call Brenda at **425-496-3042**

Have an idea for a public service announcement?

Draft the text for a 15 or 30 second audio PSA, or create your own audio file!

For questions or ideas call Brenda at **425-496-3042** or email

OutreachCoordinator@nicotine-anonymous.org

Is your group in need of newcomers? Try an Outreach project to get the word out!

For more information, send an email to

OutreachCoordinator@nicotine-anonymous.org

Service is the Key

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

OUTREACH COMMITTEE

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



TELE-SERVICE COORDINATOR

Sends new tele-services' members full tele-services instruction kit, assists tele-servants with questions, coordinates with NAWS office manager, and keeps tele-service phone line message current.

TELE-SERVANTS – ESPECIALLY NEEDED!

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



BYLAWS COORDINATOR

Coordinates activities of the Bylaws Committee, compiles suggested corrections to Bylaws and presents suggested corrections to the World Services conference.



TRANSLATORS

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



INTERNATIONAL GROUP COMMITTEE

Serves to enhance the relationship between NAWS and international groups. Bi-lingual skills are an asset.

**To volunteer or get more information on any of these service positions,
please email chairperson@nicotine-anonymous.org**

Information on all service positions is located in the Policy and Procedures Manual (P&P) posted on the NicA website under "About Us" tab. Click Organization, then World Services.

♥ My Gift of Gratitude ♥

GIVE A "GIFT OF GRATITUDE"

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

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

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

HOW WORLD SERVICES SERVES THE NICOTINE ADDICT:

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

GET A FREE SUBSCRIPTION TO SEVENMINUTES NEWSLETTER!

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

THINK YOU CAN'T AFFORD IT?

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

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

4 EASY WAYS TO DONATE!

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

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

Why members and groups donate to Nicotine Anonymous World Services

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

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



Seven Minutes

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



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

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

If you are a member of a group that is helping Nicotine Anonymous and want to utilize this technology, contact nicahost@nicotine-anonymous.org

Individual training is available to learn this venue.

This online meeting format can also be used internationally.

My Address Has Changed! Don't miss an issue!!! Complete this form and mail it to: NAWSO, 6333 E. Mockingbird Lane, #147-817, Dallas, TX 75214 USA <i>My new address and phone is:</i>		
NAME _____		PHONE (WITH AREA CODE) _____
ADDRESS _____		
CITY _____	STATE _____	ZIP CODE _____
<i>My old address was:</i>		
ADDRESS _____		STATE _____ ZIP CODE _____