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My Story

Gary M., San Clemente, California

The insanity began at the age of ten. That was when my ritual began as a confirmed smoker. I carried on in the insanity for another 49 years.

My friends had a club and the only way I could join was to be a smoker. So out of the necessity of wanting to be wanted and accepted I learned how to smoke. I coughed, puked and gagged while learning to smoke. Once I got over the agonies of learning how to smoke I discovered this stuff is great! After I had a cigarette I felt as though I had the world by the ying yang. Holding the cigarette between my fingers or letting it hang out of my mouth made me feel like a big shot.

There were times that I couldn't afford my habit so I stole to support it. Every morning I took some cigarettess from my Mom's pack. I really thought that I was getting away with it until one morning I went to get my fix and there was a note that said, "Gary, leave my da-- cigarettes alone. If you're going to smoke go buy your own." I remember thinking, "Oh sh--, she knows . . ." My Dad was an alcoholic and he was always passed out in the morning before I went to school. Every morning I used to sneak into his room and dig into his pockets for money so I could buy my cigarettes. I had a lot of close calls but I never got caught. It was a good thing I didn't get caught, he would've killed me if he knew.

I remember the times I smoked in my bedroom and I waved the cigarette around with the window open so if my parents came in they wouldn't know that I was smoking. How little did I know then! I believed that no one could smell the smoke or knew that I was smoking. My actions proved that even then I was an addict.

After graduating High School I joined the Navy, and found booze. Beer and cigarettes went a long way together. By this time I was smoking up to two packs a day. Let me tell you, I loved my cigarettes! They were the greatest and there was no way I was ever going to quit!

I didn't have much of a problem until I was in my mid-30's. I started to cough off and on and got a case of bronchitis once or twice a year. After a few days it went away and it seemed a small price to pay to smoke. As time went on my health got worse: I was constantly going to doctors and they were constantly telling me to quit. I may have had a few fleeting thoughts about quitting. but I believed I couldn't quit, and I didn't want to. I wanted my antibiotics so I could get rid of my "cold." Soon I started to have a continual cough with chest pains, wheezing, etc. . . . One doctor told me that if I didn't quit, within three years I would have a massive heart attack. I smoked more just to hide the fear I was feeling. My cough was getting to me physically and also it was embarrassing me. In a theatre, church or elsewhere everyone looked at me with that "hey knock it off" look. Being the defiant and defensive person I was, I looked at them and gave them my "f--- you" look.

I got dizzy spells, walking pneumonia, and one thing after another. Before I finally quit I had called 911 on myself three times in ten years. The last

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Your trusted servants,
Gary M., *Publisher*
Catherine C., *Editor*
Joe S., *Subscriptions*

Our Preamble

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

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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 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 Steps reprinted and adapted here with the permission of Alcoholics Anonymous World Services, Inc. Permission to reprint and adapt the Twelve Steps 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.

From the Chair . . .

Jean L., Westminster, California

Hi, my name is Jean and I am a nicotine addict. It is not often that I must think about my smoking on a personal level any more, except in meetings. In the last two weeks there has been a constant reminder that I am an addict and without this program I could be in danger of lighting up. (I speak only of smoking because that is the disease that I know and I do not intentionally exclude anyone else that is addicted to nicotine.)

I come from California which is a state that does not allow smoking anywhere! You can not smoke in any business, any restaurant, any bar, even on the campus of some businesses and there are no areas for smokers in any airports that I know of. So, I am not accustomed to being around friends or strangers that smoke. My recent visit to the conference of Nicotine Anonymous World Services in Philadelphia and the two weeks, visit in the Midwest immediately brought back the recognition that this disease is still so prevalent. I had to face what I would do if I were in a situation where I was constantly confronted with my addiction by being close to smoking and smokers.

When I was in my smoking cessation program they recommended strongly that we attend ten nicotine anonymous meetings. I am so grateful for that one suggestion. I am also grateful that now I can be around other smokers and not want to join them in smoking but I can still be friends with them. I am grateful that I can see others at dinner having that "dessert" cigarette with coffee that makes the meal so complete and I don't have to have one, too. I am grateful that when I see some-

one in their convertible with the top down, hair blowing in the wind and cigarette between their fingers while they tap out the beat from their radio that I don't have to romanticize this picture any more. I will be eternally grateful that I can sit on an airplane on the ground for over an hour before takeoff and not want to injure someone because I know this is going to prolong the agony of being without a smoke another hour.

My gratitude is for the program of Nicotine Anonymous which has not only given me the ability to quit smoking (which I had done two times previously), but it has also given me the tools to remain nicotine free since May 26, 1996.

Nicotine Anonymous for me is the only program that understands what it is to be addicted to nicotine. There are other wonderful anonymous programs that deal with other issues. Although they deal with addictions I find a difference between the programs, and I need to stay as close to this program as I can to remain sane, at peace and to be free of this terrible addiction. For this reason, I have been willing to take on the position of chair of this Nicotine Anonymous.

It is because my mentor told me that being of service, being of *any* service, in this program is the only way that I will be able to stay free from the 30-year battle I have had with this brute, nicotine. I did not want to believe him and I fought the program for a long time until one day I realized that if I gave up and surrendered myself to the program then I would not have to "fight" this addiction any longer. I could now find peace and be able to

stay free from nicotine. I realized that I had to stay very close to Nicotine Anonymous if I wanted a lifetime of this freedom. You see, I am someone like most of you, whose answer to any situation, if angry, frustrated, upset, happy or triumphant, must respond by smoking a cigarette. It is only because of my commitment to this program that I do not smoke one cigarette at a time, one day at a time.

That is why I find myself here writing to you as chair of World Services. It is for a very selfish reason that I want to be here, that is, to be able to get up and move about as I wish when I wish without a wheelchair or an oxygen tank to hold me back. If I am lazy and don't want to do something it is because I am lazy and don't want to do it not because I am unable. This is what keeps me coming back when I feel that I don't have the time or don't want to go to a meeting. It is because I know that the only way I can make sure that there is a program for me is to make sure there is program for others. When I am engrossed in being of service I do not have to think about "poor me." I can think of others and what I can do to help even one person. Maybe not today but maybe in weeks or years to come, that one person might be helped by what I have done. Wouldn't that be wonderful if each of us had one person that we had helped by something we had said or done. The only way for this to happen is for all of us to stay together, to work for the common end of helping the nicotine addict that still suffers. Making a commitment to your meetings,

continued on page 4

From the Chair

continued from page 3

your intergroup and to World Services is one step to having a lifetime of freedom from nicotine.

I have many thank-yous that I must give as we begin this new year in Nicotine Anonymous. To my friend, George who mentored me through this process from my first days of being free from smoking. To the Long Beach, CA groups and the Southern California Intergroups for being there trudging through the good and bad times. Thank you to

the World Services officers who have preceded us and who are still willing to support the program. Thank you to each of the 2003–2004 Emeritus officers Jan, Kate and Ramona for bringing your wisdom and strength to the program. Thank you to the 2003–2004 officers Robin, Catherine and Jeff for a year filled with learning, enthusiasm and encouragement. You have truly been role models for me and the new officers.

I would like to end this by telling you I am looking forward to this coming year as chair. I would like to welcome all of you to communicate

with us, let us know how we are doing and what we could be doing for you and your groups to make it better for you. The World Services program is here for you. Each of you, your groups and intergroups are the foundation of this program. World Services would not be needed if it were not to meet the needs of the individuals. I do not promise that we can accomplish everything presented to us but in talking to us you will know that it will be considered.

Thank you for this opportunity to be of service.

My Story

continued from page 1

time I was in the hospital, the doctor told me my lower right lung was destroyed by emphysema, asthma and every other known illness. If I didn't quit and I came back to the hospital I would be very lucky to go home with an oxygen bottle. Well that did scare me for a bit. I made another stab at quitting and stopped for about thirty days or so. Finally, I couldn't take it and told myself I wasn't really all that bad. "Have a cigarette, I'm feeling better; what the hell, it didn't kill me; the doctors don't know what they're talking about; and I need to relieve this anxiety I'm going through." So I smoked, but didn't get any relief. All I got was more guilt and remorse. I finally convinced myself I would rather die from smoking than try quitting any more. I'd rather keep my mental faculties rather than go through the pangs of quitting or living with the guilt of why I wasn't quitting. What denial! I smoked for another nine months and had acute bronchitis for the entire nine months. Now that is insane thinking!

I didn't believe I had any sanity to begin with. I was angry, rebellious and discontented. I was sick and tired of people harassing me about my smok-

ing, especially my wife. I hated all the TV ads about quitting, the non-smoking environment where I live, people telling me I needed to quit. I hated people who said "Gary, I got fed up with them and just threw them away four years or so ago." "Well la-di-da..." I thought, "I am f---ing happy for you!" I hated the warnings on cigarette packages. I only smoked the "safe cigarettes" that said "Warning, smoking will harm pregnant women," or, "smoking causes carbon monoxide." Those warnings I could handle. The ones about lung cancer and emphysema were the ones I couldn't deal with. Denial in the first degree!

I had doctors run tests on me for every malady known to man. There had to be something physically wrong with me beside smoking. My doctor recommended every program to try including the smoking cessation program there. I told him it all sucks and is a bunch of BS. Nothing works.

Finally, the doctor gave me the NicA business card and asked me to call them. Yeah, well, uh-huh, sure thing. I kept the card for a while until one day my wife was harassing me and I finally called NicA and talked with someone for about an hour. I really identified with what this person was saying. I went to my first

meeting promising my wife I would go to meetings but not promising to quit. She agreed. Good! I had her off my back!

At NicA they told me I could keep smoking, just go to the meetings. I took that to mean that I could smoke at the meeting. What a shock when I found out there was no smoking during the meeting! I was smoking three to four packs a day. I couldn't sit still and not cough my brains out. I couldn't breathe. I went outside because I was embarrassed. I was so bad physically that my sponsor-to-be came very close to calling 911 on me. Everyone was taking bets that I was going to die before I'd be able to quit. I had one person tell me "Gary, you are going to have to get better before you can die."

I really do not think I would have lived more than thirty days if I didn't quit when I did. My motto, which I keep to this day is, "I smoke, I die." At my first meeting I saw people laughing and I thought, "they've got to be crazy, how in the hell can they be happy and not smoke?" I was a very unhappy camper and I made sure they knew it.

I can't tell you how many people I scared off. I was a roaring bull. I went

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to ten meetings in a row every day ranting and raving and banging the table. I even told one member to take the Twelve Steps and shove them where the sun don't shine. I was so frustrated because I couldn't quit and I was absolutely terrified at the prospect. There had to be another way to quit besides giving up cigarettes. Yes, I was insane.

On the eleventh day I quit. It was Saturday, November 21, 1998, at 2:15 in the afternoon. A peace came over me for a few minutes that forced me to believe I could give up the battle. The issue to smoke or not smoke was not an issue at that moment. I look back and know it was God. I put on a patch and sat down to watch TV and by 3:00 I was a raving lunatic again wanting my fix. I went to a meeting at 4:00 and haven't had a cigarette since.

I went to 90 meetings 24-7 and drove all over the place. I made up my mind I was going to stay quit no matter what. It wasn't easy, but it was do-able. I did what people told me to do: get a sponsor, work the steps, go to meetings, don't smoke, call before you do. I ate like a pig. For the first month I ate a pie all by myself every day. Lots of ice cream, peanuts, candy, crackers, anything I could stuff in my mouth until it came out my ears. I put on thirty pounds but I didn't care. My stomach was so tight, it was ready to burst. Then all of a sudden I was able to cut back on the eating and chewed regular gum 'til I went nuts with that. The cravings were intense but as time went on they got less intense and the duration was shorter periods. I learned the time would come when I would look back on a day and realize that I hadn't thought about a cigarette. I thought that was the biggest lie from the pit of hell, but it happened. I learned about triggers and responses and the need to smoke, that the difference from the physical addiction and the physiological addiction is a very narrow line. I couldn't

tell the difference, a craving is a craving.

Things did settle down after about four months and at six months I was enjoying the idea of not smoking. I loved getting chips and that became a goal for me.

If I was going to stay stopped, I had to change everything about me to the best of my ability with the help of God. I was beginning to feel grateful. I started getting involved with service. By the time I had a year I was secretary for three meetings a week and I had started another meeting.

After a year, I became an intergroup rep. I joined committees for different events we had. I became a service junkie. I got involved with World Services and still am. I've been to five NicA conferences which is joy in itself. I am so grateful. I was an isolationist with my smoking, but getting involved has pulled me out of myself and I now feel like I am contributing something to the world. I can't keep it unless I give it away and I have to walk the talk. I show my gratitude by my actions. Being of service is the greatest feeling you can receive. There is nothing like the feeling of knowing that what you have contributed has helped someone. Sometimes I get overwhelmed with my commitments and I have to back off for a while and go at it again. I am beginning to learn to say no because too much of a good thing is no good. I'm learning what balance is.

Doing what I do has given me a lot of self-respect and freedom, not to mention all the friends I have met from coast to coast and overseas. The biggest freedom is freedom from nicotine! It is not an issue in my life.

I still go to three or four meetings a week, not because I have to, but because I want to. I love to see the newcomer come in and grow and experience the miracle I received.

I don't have to cough and throw up in paper towels and check for blood in my phlegm anymore. I don't have to throw cigarettes out the window while driving when the window is rolled up. Or drop that cigarette between my legs or cough so badly while driving I almost pass out. I don't have to pull over to the side of the road because of dizziness due to vertigo. I don't have to throw cigarettes out the window swearing off one more time then turn around and light up another one. I have no thought of cigarettes while watching a movie or on long plane flight.

What freedom! It's yours if you want it, if you're willing to go through the pain of quitting. It's a journey you must take to get free. God will be there to take you through it. He will encourage you to go another day one moment at a time. Read the Promises, they are true to the core.

With God in my life, the Twelve Steps and a day at a time I don't fear going back to smoking as long as I remember I am responsible for my own recovery. And I know that once an addict, always an addict. This is not just a smoking problem, it's more than that. It's a total addiction from the pit of hell. Nicotine is the only legal substance that, if you follow instructions, will kill you! Smoking is just a nicotine delivery system not just a bad habit.

My miracle can also be yours. May God be with you.

Speak out on the issues!

Because this issue was so full I was unable to include more replies regarding the Gender issue, but there will be more next issue. I also want to invite you to send in your opinions regarding any issues you have with our literature, how meetings are run,

or anything else. How do you feel about profanity in conference-approved literature? Should it be edited out? Do you think meetings should follow a specific format? Should meetings use non-NicA approved literature, like literature from other programs? Share your thoughts!

XIX Conference Report

My name is Robin, a grateful recovering nicotine addict. One of the benefits of being Chair Emeritus is that I have the opportunity to write one more article for *Seven Minutes*: a recap of the conference. The 19th Annual World Services Conference for Nicotine Anonymous was held the weekend of April 23–25, 2004. We were invited to celebrate our freedom from nicotine in the city where freedom was born, Philadelphia, Pennsylvania. We stayed in the heart of downtown—just blocks from Independence Hall—at the Radisson Warwick Hotel. The NJ/PA Intergroup did a fantastic job hosting us. Saturday night we were treated to an authentic Philadelphia style block party with old fashioned philly cheese steaks. For those who stayed after the conference, we took a tour around the historic area of Philadelphia on the *Ride the Ducks*.

We had a total of 70 registrants from around the United States with representatives from New York, New Jersey, Pennsylvania, California, Georgia, Illinois, Louisiana, Maryland, Texas, and for the first time we had representatives from North Carolina, Kentucky and Ohio (hope I didn't miss any). There were recovering addicts present with as little as nine hours of nicotine free to 24 years. What a joy it was to be around other recovering Nicotine Addicts as we did the work of Tradition Five—carrying the message to the nicotine addict who still suffers. This was my seventh conference, and each one reconfirms my love for the program of Nicotine Anonymous without which I could not have developed a relationship with my Higher Power and found the love and support of others. It

was a very humbling experience.

Friday night began as usual with the Gratitude Meeting. Kate W., the Secretary Emeritus, kicked off the meeting sharing her gratitude for the program and the privilege it has been to work on the Book of Daily Meditations. She introduced the fellowship to our third book: *90 Days, 90 Ways*—a book of meditations written by recovering nicotine addicts. There is no comparison to the gratitude meeting which goes on as long as there are people who desire to share.

Saturday morning was spent reviewing the activity of World Services this past year. We started the day with a need for members of the fellowship to step forward as trusted servants to fill many vacant positions. I want to announce that by the end of the conference, all positions were filled. Thank you to those who were willing to put their gratitude into action and help this fellowship. We also confirmed Bill P. from Carrollton, Texas who stepped forward to fill the vacant position of Treasurer-elect. Financially we are in good shape. We have remained fairly stable with our income and expenses with minor fluctuations from last year. Overall donations from individuals and groups to World Services are slightly down. Here is a recap of the activities of the committees:

a. **Outreach:** Jeff C. reported that we funded five outreach projects in various cities. We also produced our first Public Service Announcement CD for distribution to local radio stations. We are asking for a donation of \$5 to cover the initial cost of producing these CDs. If you are interested, please order a copy of the CD through the website or by writing to World Services in Huntington Beach, CA.

b. **Intergroup Liaison:** Jean L-S. reported that the New England Intergroup has closed

c. **Seven Minutes:** Catherine C. has once again done a tremendous job editing and publishing our quarterly newsletter. Gary M. has joined the team as the publisher. Catherine is looking for someone to groom as a possible replacement in the coming year. Please contact her at sevenminuteseditor@nicotine-anonymous.org

d. **Book:** Dan P. has resigned from his position. Prior to resigning, he worked hard trying to reduce the redundancy of the questionnaire section of the *Book* and make the questions flow better.

e. **Teleservice:** Scott J. reported that he is weakly staffed and needs more teleservants (a number of people have stepped forward). He also shared information about the new phone meeting that has started on Sunday evenings. For more information, check the website.

f. **Email:** Alan K. reported that his committee is fully staffed. The have handled almost a 1000 emails this year requesting information and/or support

g. **Webservant:** I have been acting as webservant this past year, and will continue in this service position. The website has added flags/links to the home page to identify countries where we have literature that has been translated. We also added to the "Contact Us" page where individuals can directly contact servants and officers.

h. **Literature:** We started this conference without a coordinator. Checko M. has stepped forward to fill this position. He will also be coordinating further revisions on the questionnaire section of the

Book. Milton M. has agreed to become the trusted servant to continue the work on the Traditions section. A group has also begun working on a Step Study Guide. This is still a work in progress.

i. **Book of Daily Meditations:** Kate W. took over this position when Jennifer (and Steve) M. gave birth to our youngest member of the fellowship, Lily. Kate announced the publication *90 Days, 90 Ways* and also shared the new meditations that have been written this year.

j. **Pen Pals:** We have had some email penpals, but there does not appear to be a big demand.

k. **World-wide Meeting List:** Scott M. has done a great job keeping on top of the meeting list. He has added and deleted meetings as he is given the information. There are about 100 meetings that still need to be confirmed.

l. **Conference 2004:** Jan S. thanked her committee for doing a great job. This year, there were “golf” shirts in many different colors instead of t-shirts. They were well received.

m. **Conference 2005:** The conference next year will be held in my backyard—Atlanta, GA. The registration form and activities are completed and will be available on the website soon. The conference will be May 6–8, 2005. The reason it is in May is to avoid conflicts with tax season and religious observances.

n. **Traditions:** Bill P. is stepping down, but Lenna M. quickly stepped forward to fill this vacancy. The Traditions committee answers questions from the fellowship about issues that come up to ensure that we keep within the spirit of the program and the Traditions.

o. **Archive:** Jan F. reported that

the fellowship has rented space to sort and organize the twenty years of fellowship papers. It is the hope that we can soon have some of this information on our website in the archive section of the “About Us.”

Sunday morning we elected our officers for the coming year. Chairperson-elect is Kathy K. and Secretary-elect is David B., both is also from the New York area. The Treasurer-elect is Annette A. from New Jersey. The site of the 2006 World Services Conference XXI will be in the Chicago, Illinois area.

Saturday afternoon was spent in workshops discussing voting items and direction from the fellowship. The issues discussed were the 131 submissions of additional meditations as we come closer to the 366 day meditation book. The fellowship approved 128 of the submissions. In addition to the workshop to discuss the submissions, we also had a workshop devoted to writing additional meditations. If you have a thought you would like to share, write a meditation and submit it to dailymeditations@nicotine-anonymous.org. During the meditation writing workshop the preface to *Rodger's Story—A New Freedom* was discussed. The preface: “Rodger F. is one of the co-founders of Nicotine Anonymous. This is his personal story of recovery from nicotine with historical information on the start of what today is known as Nicotine Anonymous” was approved.

The submitted questionnaire edits were discussed in a workshop. The fellowship felt more refinement was necessary so it was tabled until next year's conference. A rough draft of the *Nicotine Anonymous How It Works* was presented and ideas were discussed that included making it a

conference-approved piece of literature; removing any similarities it might have to the AA *How It Works*; and keeping all references to the present and removing any statements that tell individuals what to do. It was also recommended that we keep both versions of the *Welcome*—short and long—in the starter kit.

Outreach and Service work were also discussed in a workshop. Jeff C. and John O. explained the needs and benefits of service work.

The final workshop discussed the concept of “What Defines a NicA Meeting”: it is essential that a meeting be a safe place and that it not be a question-and-answer session. The group strongly felt that a meeting should not be delisted if problems came up; each group is autonomous.

Sunday morning started out with the moving and powerful early morning Sunrise meeting, followed by voting items and brunch.

What would any World Services Conference be without memorable speakers? Saturday night, Bill C. of New Jersey and Martha K. of New York and Sunday Milton M. of Pennsylvania, shared their experience, strength and hope of recovery as they talked about the difference Nicotine Anonymous has made in their lives. All were very inspiring.

I would like to again thank Jan S., Maureen M., and the rest of the NJ/PA Intergroup for a job well done. And a special thanks to the officers that are have completed their terms, Jan F., Kate W. and Ramona F. Finally, I want to thank you for giving me the opportunity to grow in my recovery and to be of service to this fellowship. See you all in Atlanta in 2005!

NAWS Financial Statements

CASH FLOW STATEMENT

OPERATING ACTIVITIES

Net Income	-933.66
Adjustments to reconcile Net Income to net cash provided by operations:	
1200 · Accounts Receivable	-195.30
1210 · Advances to Conference	500.00
1300 · Inventory Asset	-6,795.05
2000 · Accounts Payable	755.99
2200 · Sales Tax Payable	-49.70
Net cash provided by Operating Activities	-6,717.72

INVESTING ACTIVITIES

1500 · Office Equipment	-821.00
1510 · Accumulated Depreciation	164.20
Net cash provided by Investing Activities	-656.80
Net cash increase for period	-7,374.52
Cash at beginning of period	53,113.88
Cash at end of period	45,739.36

New Officers Elected by Your Delegates

Chairperson-Elect

Kathy K., from Lindenhurst, New York
ChairpersonElect@nicotine-anonymous.org

Treasurer-Elect

Annette A., from Hillsborough, New Jersey
TreasurerElect@nicotine-anonymous.org

Secretary-Elect

David B. from New York, New York
SecretaryElect@nicotine-anonymous.org

Your Active Officers

Chairperson

Jean L-S., Westminster California
Chairperson@nicotine-anonymous.org

Treasurer

Bill P., Carrollton, Texas
Treasurer@nicotine-anonymous.org

Secretary

Kelly C., Brookfield, Illinois
Secretary@nicotine-anonymous.org

Your Emeritus Officers

Chair-Emeritus

Robin L., Smyrna, Georgia
ChairpersonEmeritus@nicotine-anonymous.org

Treasurer-Emeritus

Jeff C., Huntington Beach, California
TreasurerEmeritus@nicotine-anonymous.org

Secretary-Emeritus

Catherine C., Berkeley, California
SecretaryEmeritus@nicotine-anonymous.org

New Coordinators for Vacant Positions—Thanks!

Literature Coordinator

Checko M., *LiteratureCoordinator@nicotine-anonymous.org*

Outreach Coordinator

Frank N., *OutreachCoordinator@nicotine-anonymous.org*

Pen Pal Coordinator

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And thanks to all our other tireless and hardworking coordinators and servants!

Steve M., Richard Z., Kate W., Alan K., Joe S., Scott M., Kelly C., Gary M., Jan S., Pat L., Scott J., Paul B., Kim J., John N., Bill P., Kenny S., Robin L.

BALANCE SHEET PREVIOUS YEAR COMPARISON

	12/31/03	12/31/02	\$ Change	% Change
ASSETS				
Current Assets				
Checking/Savings				
1000 · Wells Fargo Checking	17,582.07	25,120.59	-7,538.52	-30.0%
1010 · Wells Fargo Prem Market	28,248.67	27,993.29	255.38	0.9%
Total Checking/Savings	45,830.74	53,113.88	-7,283.14	-13.7%
Accounts Receivable				
1200 · Accounts Receivable	198.30	3.00	195.30	6,510.0%
1210 · Advances to Conference	1,500.00	2,000.00	-500.00	-25.0%
Total Accounts Receivable	1,698.30	2,003.00	-304.70	-15.2%
Other Current Assets				
1300 · Inventory Asset	13,824.34	7,029.29	6,795.05	96.7%
1330 · Advance to Fulfillment	400.00	400.00	0.00	0.0%
1390 · Undeposited Funds	-91.38	0.00	-91.38	-100.0%
Total Other Current Assets	14,132.96	7,429.29	6,703.67	90.2%
Total Current Assets	61,662.00	62,546.17	-884.17	-1.4%
Fixed Assets				
1500 · Office Equipment	821.00	0.00	821.00	100.0%
1510 · Accumulated Depreciation	-164.20	0.00	-164.20	-100.0%
Total Fixed Assets	656.80	0.00	656.80	100.0%
TOTAL ASSETS	62,318.80	62,546.17	-227.37	-0.4%
LIABILITIES & EQUITY				
Liabilities				
Current Liabilities				
Accounts Payable				
2000 · Accounts Payable	3,251.63	2,495.64	755.99	30.3%
Total Accounts Payable	3,251.63	2,495.64	755.99	30.3%
Other Current Liabilities				
2200 · Sales Tax Payable	600.90	650.60	-49.70	-7.6%
Total Other Current Liabilities	600.90	650.60	-49.70	-7.6%
Total Current Liabilities	3,852.53	3,146.24	706.29	22.5%
Total Liabilities	3,852.53	3,146.24	706.29	22.5%
Equity				
3020 · Unrestricted Net Assets	59,399.93	59,399.93	0.00	0.0%
3040 · Retained Earnings	0.00	-761.96	761.96	100.0%
Net Income	-933.66	761.96	-1,695.62	-222.5%
Total Equity	58,466.27	59,399.93	-933.66	-1.6%
TOTAL LIABILITIES & EQUITY	62,318.80	62,546.17	-227.37	-0.4%

PROFIT & LOSS PREV YEAR COMPARISON

	12/31/03	12/31/02	\$ Change	% Change
Ordinary Income/Expense				
Income				
4000 · Donations				
4010 · Individual	1,814.15	3,418.10	-1,603.95	-46.9%
4020 · Group	5,835.59	4,398.16	1,437.43	32.7%
4030 · Intergroup	425.44	1,064.35	-638.91	-60.0%
Total 4000 · Donations	8,075.18	8,880.61	-805.43	-9.1%
4100 · Literature Sales				
4120 · Book Sales	26,941.05	27,920.90	-979.85	-3.5%
4140 · Pamphlet Sales	10,746.50	11,187.50	-441.00	-3.9%
4160 · Seven Minutes Subscriptions	2,854.00	2,595.00	259.00	10.0%
4170 · Books on Tape Sales	1,080.00	760.00	320.00	42.1%
4180 · Other Sales	391.00	457.00	-66.00	-14.4%
4190 · No Charge Sale	0.00	0.00	0.00	0.0%
4199 · Sales Adjustments	-231.88	-133.49	-98.39	-73.7%
Total 4100 · Literature Sales	41,780.67	42,786.91	-1,006.24	-2.4%
4290 · Shipping & Handling	5,050.18	3,218.64	1,831.54	56.9%
4299 · Conference Profit (Loss)	-785.17	1,136.43	-1,921.60	-169.1%
Total Income	54,120.86	56,022.59	-1,901.73	-3.4%
Cost of Goods Sold				
5000 · COGS				
5020 · Books	5,472.77	7,772.03	-2,299.26	-29.6%
5030 · Path To Freedom	896.68	1,046.61	-149.93	-14.3%

Jeff C., Huntington Beach, California

5040 · Pamphlets	3,915.77	5,296.35	-1,380.58	-26.1%
5050 · Book on Tape	556.01	390.00	166.01	42.6%
5100 · Seven Minutes COGS				
5110 · Postage	1,353.71	928.11	425.60	45.9%
5120 · Printing	1,611.94	1,985.49	-373.55	-18.8%
5140 · WW Meeting Lists	147.00	50.00	97.00	194.0%
Total 5100 · Seven Minutes COGS	3,112.65	2,963.60	149.05	5.0%
5210 · Starter Kits	309.31	272.34	36.97	13.6%
5220 · Inventory Adjustment	82.27	120.05	-37.78	-31.5%
5230 · Fulfillment	2,800.00	2,079.00	721.00	34.7%
5240 · Storage	360.00	360.00	0.00	0.0%
5250 · Shipping	6,702.44	5,924.90	777.54	13.1%
Total 5000 · COGS	24,207.90	26,224.88	-2,016.98	-7.7%
Total COGS	24,207.90	26,224.88	-2,016.98	-7.7%
Gross Profit	29,912.96	29,797.71	115.25	0.4
Expense				
6000 · Office Expenses				
6010 · Bank Service Charges				
6020 · Checking Account Fees	80.35	0.00	80.35	100.0%
6030 · Merchant Account Fees	1,061.82	855.75	206.07	24.1%
Total 6010 · Bank Service Charges	1,142.17	855.75	286.42	33.5%
6050 · Depreciation Expense	164.20	0.00	164.20	100.0%
6060 · Group Mailing				
6061 · Contract Labor	700.00	0.00	700.00	100.0%
6062 · Postage, Printing and Supplies	1,105.90	1,806.87	-700.97	-38.8%
Total 6060 · Group Mailing	1,805.90	1,806.87	-0.97	-0.1%
6080 · Internet Expense	254.70	636.54	-381.84	-60.0%
6090 · Legal & Professional	200.00	162.00	38.00	23.5%
6100 · Licenses and Permits	30.00	10.00	20.00	200.0%
6120 · Office Supplies, Etc	450.98	897.90	-446.92	-49.8%
6200 · Postage				
6210 · Box Rental	0.00	223.00	-223.00	-100.0%
6220 · Mail Forwarding	22.60	290.00	-267.40	-92.2%
6230 · Postage-Admin	167.28	377.51	-210.23	-55.7%
Total 6200 · Postage	189.88	890.51	-700.63	-78.7%
6300 · Printing and Reproduction	178.94	263.91	-84.97	-32.2%
6320 · Repairs	0.00	300.00	-300.00	-100.0%
6340 · Secretarial Service	10,200.00	10,200.00	0.00	0.0%
6350 · Software	855.33	768.30	87.03	11.3%
6400 · Telephone				
6410 · Fax	343.86	441.31	-97.45	-22.1%
6430 · Office	2,071.04	2,095.51	-24.47	-1.2%
6440 · Servant	0.00	256.53	-256.53	-100.0%
Total 6400 · Telephone	2,414.90	2,793.35	-378.45	-13.6%
6500 · Web Site				
6510 · Hosting	325.00	0.00	325.00	100.0%
6520 · Upgrades & Maint.	1,147.50	0.00	1,147.50	100.0%
Total 6500 · Web Site	1,472.50	0.00	1,472.50	100.0%
Total 6000 · Office Expenses	19,359.50	19,585.13	-225.63	-1.2%
6600 · WSO Expenses				
6700 · Projects				
6740 · Public Outreach	1,304.42	1,002.80	301.62	30.1%
6750 · Web Site Redesign	4,500.00	0.00	4,500.00	100.0%
Total 6700 · Projects	5,804.42	1,002.80	4,801.62	478.8%
6800 · Officer Travel & Meeting Costs				
6810 · Meeting Costs	26.00	167.00	-141.00	-84.4%
6820 · Conference Calls	267.38	354.06	-86.68	-24.5%
6830 · Meals	141.93	49.88	92.05	184.5%
6840 · Officer Transportation	5,513.35	8,254.77	-2,741.42	-33.2%
Total 6800 · Officer Travel & Meetings	5,948.66	8,825.71	-2,877.05	-32.6%
Total 6600 · WSO Expenses	11,753.08	9,828.51	1,924.57	19.6%
Total Expense	31,112.58	29,413.64	1,698.94	5.8%
Net Ordinary Income	-1,199.62	384.07	-1,583.69	-412.3%
Other Income/Expense				
Other Income				
8000 · Interest Income	265.96	377.89	-111.93	-29.6%
Total Other Income	265.96	377.89	-111.93	-29.6%
Net Other Income	265.96	377.89	-111.93	-29.6%
Net Income	-933.66	761.96	-1,695.62	-222.5%

Surrendering to Be Free

Robin S.,
St. Paul, Minnesota

Hi my name is Robin and I am a nicotine addict. My smober date is December 16, 2002. As I write this I have 45 weeks, 5 days, 14 hours, 19 minutes and 44 seconds without a cigarette. That's 3,205 cigarettes not smoked at a savings of \$639.00. I will try to tell you what it used to be like, what happened, and what it's like now.

Looking back, nicotine was the drug I was addicted to first and for the longest period of time. I grew up in a family where drinking and smoking were very prevalent. As I think back on family functions and holidays there was always drinking and smoking going on. This type of addictive behavior was modeled for me early and often in my life. It is no big surprise to me that I ended up an alcoholic and drug/nicotine addict. It seems a very natural path for me to have taken given that's what I saw and learned people do in life.

A couple of memories that really stick with me. The first was of being very young (6 or 7) I stole a few cigarettes from my mom's pack and was going to bring them out to the garage to smoke with my brother. She caught me and asked what I had in my hands behind my back. I of course said "nothing—candy!" I can't remember what punishment I received that time. Other times we were successful in getting cigarettes out of the house: we went to the garage, lit the cigarettes and smoked them. I remember not inhaling at that point and am not sure when I started to inhale.

The second smoking memory that really stands out for me is when I was in third grade and our teacher asked the class if any of us had tried smoking. I was floored! I remember that adrenaline rush overtaking my body and knew that she had found out my best friend and I were secretly smoking

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Surrendering to Be Free

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down. We probably had a pack stashed outside of my friend's house at that moment! Those are some pretty sick, awful activities for a child to have been doing. I don't think I will ever forget these memories.

My smoking increased and by the time I hit junior high I was a daily nicotine addict. Most of my friends, my brothers and sister smoked. My parents still didn't know I smoked (or they did and denial was at work). My friends and I smoked outside before school, in the bathrooms during school, on the bus rides to and from school, and after school. I was hooked and didn't know it. It was just something to do to be cool and what everyone I was hanging with did.

By the time I was seventeen and graduating high school I was hanging with a group of people who didn't smoke. I got sick with a sore throat, flu, etc. and gave up smoking. I remained smoke-free for about eight years. However, the whole time I wasn't smoking cigarettes I was using marijuana daily. I started smoking again at the age of 25. My smoking career went from the age of twelve until I quit in May of 2000 at the age of 36!

I had what I call "my spiritual experience" starting in January of 2000 and by Memorial Day of 2000 I was flushing my pot down the toilet (by the grace of God). All I can say is that a power greater than myself, whom I choose to call God, had brought me to a place of not wanting to live that way any more.

Well, I ended up in the rooms of AA January 13, 2001. I went to 99 meetings in 90 days and got the mindset of recovery one day at a time firmly implanted in my mind. I learned in those rooms that the love, care and concern I received from those people in recovery allowed me to address and overcome my addiction to nicotine. My AA sponsor told me to "pray for the willingness to be willing to quit smoking." I think that is HUGE. Not to pray to quit but pray for the *willingness to be willing*. The Twelve Step groups I attend revolve around HOW—being Honest, Openminded and Willing. I do this to the best of my ability, and when I falter in any one of those areas, I suffer. I had a couple of two- to three-month quits before

I walked through the doors of a Twelve Step group. I truly believe having the tools I've learned and the "we" of the first step is part of why I have continued success in this quit.

I prayed as my sponsor told me, maybe a dozen times at the most. I remembered "oh yeah, I'm supposed to pray for the willingness to be willing." I talked a lot about needing to quit; I began experiencing more breathing difficulties due to my pot and cigarette smoking history. My asthma was acting up, I was wheezing, but still lit up thinking how insane it was when I felt this way. Well of course I turned to my doctor to help ease the pain. He said "what can we do to help you to quit smoking?" He gave inhalers, one a steroid inhaler. I was concerned about the long term use of that. I then did a breath test which I think measures your lung capacity inhaling and exhaling to your fullest. The doctor said I was borderline (I didn't ask what that meant, I knew it wasn't good). He said my chest x-ray looked okay but that I probably had the start of emphysema. When I think back on that whirlwind of events and doctor visits, somewhere I had my moment of clarity. I HAD to give up smoking or continue to ruin my health and be unable to breathe. That is the number one reason I wrote down for quitting: I want to be able to breathe!

I remember sitting at my kitchen table

smoking my last cigarette, at 10 p.m., December 15, 2002. I didn't know it then, but I had reached the place of being sick and tired of being sick and tired of smoking. And by the grace of God and the fellowship of Twelve Step programs I haven't lit up since. I read on the posts "I'm one puff away from a pack a day" I know this is true. We say that one cigarette is too many and 1000 is not enough. I know I can't "just have one." Ever. Period.

What it's like today? I am learning one day at a time how to handle life and all it's stress smoke-, drink-, and drug-free. I am grateful not to wake up in the morning with that tightness in my lungs and chest and light up to answer "Nicademons" call. I have not used an inhaler since I quit. I know as long as I don't light up that I have stopped the progression of my emphysema. I stay in my Twelve Step groups to continue to learn and grow and find solutions to my difficulties. I am a living miracle. And, I am living a miracle every day I choose not to light up.

My favorite saying from the *Big Book* of AA is "God wants us to be Happy, Joyous and Free." Today, I can say that most of the time that is where I'm at! To close I'd like to borrow a line from a favorite AA speaker tape, and the *Big Book*: "There is one who has all power, that one is God. May you find God now." Thank you.

Thank You!

Jan S. and Maureen, NJ/PA Intergroup

Thanks to everyone who came to our World Services Conference in Philadelphia and made it one of the best ever! The mood was relaxed and everyone had such a great time. The Quality vs. Quantity theory was in full effect here, as we had a great showing of delegates who worked really hard to help move our Fellowship forward! And who can forget Nadine with her hula hoop and Jan's hairdo at the Philly Block Party?! We will never forget the broad smiles on everyone's faces as we "Rode the Ducks" right out into the Delaware River! How wonderful it is to meet with our NicA family not only to conduct business but to

have a reunion. We are so proud of our NJ/PA Intergroup and the splendid job they did supporting this conference. We worked hard for two years getting ready for this.

We heard all about the wonderful time people had touring beautiful Philadelphia—some even took carriage rides! Our spectacular view of Philadelphia at night from the Penthouse Hospitality Suite was awesome. It simply does not get any better than this! Love and gratitude to all who worked hard, came, enjoyed, played, stayed, and helped make this one of the best ever times together! On to Atlanta in 2005!

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