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## The Second Step

Diane D., Mableton, Georgia

*Came to believe that a power greater than ourselves could restore us to sanity.*

Two words come to mind when I repeat the Second Step, Humility and Defiance. Humility is to be with and of God, and Defiance is to be separate and away from God.

My Higher Power is a loving, forgiving God, ever patient and ever persevering, unchanging and constant. I need to be willing to have willingness and to go to any length to stop smoking. To be free of nicotine is a step toward God's humility. When I smoke, I am in fact being defiant as I choose to die a slow death and suffer instead of free to have the choice of not smoking and humbling myself to God's Will.

My girlfriend said tonight she believes she hasn't been able to quit smoking because she is *not* more willing to live than to die. I, too, am that way. When my faith is so strong that no matter what, I am willing and desire to live, then I will not need to smoke.

I came to believe in a power greater than myself—whom I call God—when I first realized that something other than me is really running my life. Usually even when I do things that can and do harm me, something happens to turn it around and become okay—that is my Higher Power.

Smoking cigarettes as I do with the coughing, phlegm buildup, choking and eyes tearing and all the related symptoms of bodily aches and pains is insanity. It harms my health and my pocketbook. My outlook and perception on life is totally different when I am a non-smoker. I'm more productive and willing to take risks, to speak from the heart and with more clarity of mind. When I'm smoking, I'm constantly concerned with when I

will be able to have that next cigarette. I am a slave to nicotine. Nicotine has been proven to be bad for the health and yet I throw away money on this most destructive habit.

God "*could*" restore me to sanity. I have to be *willing to be willing to go to any lengths* to have this happen. I've felt days of no nicotine cravings, yet I pick up the cigarettes again because my addict mind is obsessed with losing its control of me, its connection to keeping me in the same place, one that hinges on self-pity and fear. I become nearly fearless when I've had an extended period of not smoking. I am ready and willing to do anything I can to improve myself and make the world a better place. I am more aware of what my needs are in relation to the needs of others I come into contact with, and can more clearly discern which needs must take priority, not because of *my* will but because of *God's* will for me to do the next right thing.

Why is it that I believe God can restore Jan and Margaret and Dick and Roger and Rich to the sanity of being smoke-free—but not me?

Hope is another key word. When I have the deep faith in my Higher Power that only love and humility and gratitude can give me, then I have the belief that I can stop smoking and stay quit, with the help of my Higher Power.

So, why is it that I think I'm so special that God cannot restore me to sanity the way He has restored so many others and made them smoke free? Most likely, I have not been willing to go to any lengths and, more importantly, I slip back into choosing death instead of life.

The Higher Power in my life won't let me fail at something I need so desperately to be able to

Send letters to the editor, articles, stories, poems, artwork, or other material for *Seven Minutes* to:

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<[SevenMinutesEditor@nicotine-anonymous.org](mailto:SevenMinutesEditor@nicotine-anonymous.org)>

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

## 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.

### 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*

### *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

## Is it Attraction or Promotion??

My name is Jean and I am a nicotine addict and I am privileged to be the chair of this outstanding program for another nine months.

I feel especially fortunate because the smoking cessation class I took at Kaiser Permanente in 1996 required that we attend ten Nicotine Anonymous meetings. Had that not been a requirement I do not know where I would be today or if I would have eight years, two months and so many days free from nicotine. At that time I had heard about Alcoholics Anonymous but never about Nicotine Anonymous. Nicotine was my first and most favorite addiction. I was smoking full time by the time I was seventeen but it took me thirty years to realize that it was a drug and I was addicted, and that was because I learned it at Nicotine Anonymous meetings. If it had not been for Nicotine Anonymous I would still think that it was a nasty little habit and that my only problem was that I was too weak to stop smoking. I am grateful for those that went before me in this program, who were able to get the message out to others who then passed the message on to me. It is now my turn to get the message out and I want to make sure that if anyone wants to hear the message we are there to give it to them.

I often wonder though, why it is that so few people have heard of Nicotine Anonymous. Why is it that the one disease that kills more Americans than alcohol, car accidents, suicide, homicide, fires, AIDS and drugs

combined is considered a second class, lightweight addiction? We know that this "drug" is more addicting than alcohol, cocaine and heroin. How is it that today most people still do not know that there is the same help for abusers of nicotine as there is for abusers of alcohol and other addictions?

We have some tremendous Outreach ideas on our website and yet we don't seem to be reaching a lot of nicotine addicts who would like to know about us. I often hear in my meetings that the newcomer didn't know we existed until someone told them about it. I had known for years that there was help for alcoholics but not for nicotine addicts.

Is it possible that we do not use our Outreach ideas because we are concerned about violating the Eleventh Tradition? Recently I had the dilemma of deciding for myself when Outreach is attraction and when is it promotion. Sometimes I am reluctant to be outspoken about Nicotine Anonymous because I am concerned about this Tradition. I have to revisit this for myself because I know it is easy to break the Traditions. I don't do it intentionally, but I have discovered that some things I naturally do are in violation of the Traditions.

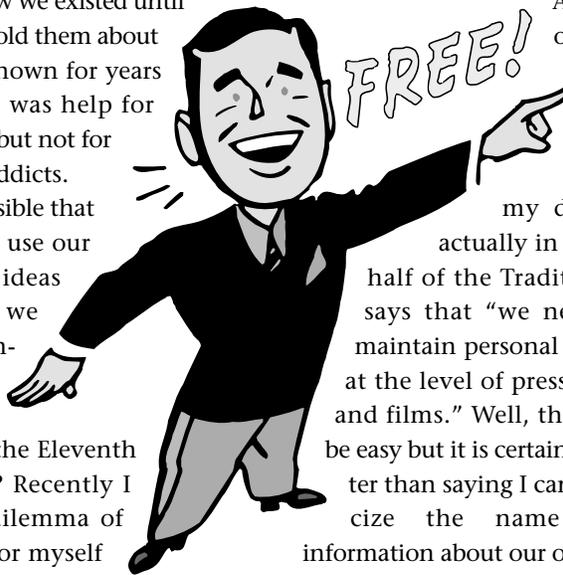
In exploring the issue of attraction/promotion I read about the Eleventh Tradition in our literature and other programs' literature. I dis-

covered that the answer is in the Tradition itself. It reads: "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." Most of the time I will remember the first half of this Tradition "based on attraction rather than promotion" and try to define what this means by itself. Unfortunately I come up with the explanation that advertising is promotion and that means that I cannot put the name of Nicotine

Anonymous out in public. I found that the answer to my dilemma is

actually in the second half of the Tradition which says that "we need always maintain personal anonymity at the level of press, radio, TV and films." Well, that may not be easy but it is certainly a lot better than saying I can not publicize the name or any information about our organization because that would be considered promotion. If we do not promote ourselves as individuals or publicize our names or pictures we are not promoting ourselves.

The way I see it today is that we are *giving something away* (information about our organization) rather than trying to *get something* (your money). For me this is makes it much clearer. I am no longer afraid of spreading the word as long as my primary purpose continues to be "to



*continued on page 7*

# Nicotine Anonymous World Services Conference XX

## May 6-8, 2005

### Registration Form

**Sheraton Buckhead**  
 3405 Lenox Road NE  
 Atlanta, Georgia 30326  
 Phone (404) 261-9250  
 Toll Free - 800-325-3535  
 Fax (404) 848-7391

The hotel is just steps from Lenox Mall, Phipps Plaza and MARTA, and only 20 miles from Hartsfield Atlanta International Airport



Room rate:  
 \$85 per night plus parking  
 max of 4 people (Good for 2  
 nights before and 2 nights after.)

Get preferred rate if  
 reservation is received by  
 April 15<sup>th</sup>.

Take MARTA (\$1.75) from the  
 airport and be just a block from the  
 hotel

HOSTED BY: Georgia Intergroup of Nicotine Anonymous (GANICA)

Friday	Saturday	Sunday
<ul style="list-style-type: none"> <li>• Fantastic Gratitude Meeting</li> </ul>	<ul style="list-style-type: none"> <li>• Business meetings,</li> <li>• Nominations of officers and site for the 2007 Conference</li> <li>• Marathon meetings</li> <li>• Banquet and speakers</li> </ul>	<ul style="list-style-type: none"> <li>• Awesome Sunrise meeting</li> <li>• Delegate voting</li> <li>• Inspirational spirituality speaker</li> <li>• Post Conference trip to the Atlanta History Center (<a href="http://www.atlantahistorycenter.com">www.atlantahistorycenter.com</a>)</li> </ul>

Please make checks payable to: Nicotine Anonymous,  
 Mail to: Robin L. 1898 Spring Road. 1H, Smyrna, GA 30080  
 Registration Contact: Robin L. [oscarthepenguin@yahoo.com](mailto:oscarthepenguin@yahoo.com)  
 Conference Chair: Richie Z. [RichieZNicA@yahoo.com](mailto:RichieZNicA@yahoo.com)

	Items	Cost	#	Total
<i>Name:</i>	<i>Conference Registration:</i> <i>Deadline April 20<sup>th</sup></i> <i>Late fee after 4/20 is \$35</i>	\$25 \$35 <i>after</i> <i>4/20</i>		
<i>Address:</i>	<i>Saturday Banquet – Circle Choice</i> <b>Chicken</b> <b>Prime Rib</b> <b>Fish</b>	\$45		
<i>City:</i>	<i>Sunday Spirituality Brunch</i>	\$25		
<i>State:</i>				
<i>Tel:</i>	<i>Post Conference Activity</i> <b>Atlanta History Center (2-5pm)</b>	\$23		
<i>Email address:</i>	<i>Tee Shirts (indicate qty by size)</i> ___S___M___L___XL___XXL	\$10		
<i>Do you need a roommate?</i> <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Male <input type="checkbox"/> Female	<i>Optional Donation to NAWSC</i>			
<i>Delegate:</i> <input type="checkbox"/> Yes <input type="checkbox"/> No <i>Please Indicate which Intergroup:</i> _____	<i>Total:</i>			
<i>Did you or your intergroup officially register you as a delegate with the Secretary of Nicotine Anonymous?</i> <input type="checkbox"/> Yes <input type="checkbox"/> No				

**Delegates must also be registered as delegates no later than 30 days prior to the Conference mail: Secretary of World Services, 419 Main St., PMB#370, Huntington Beach, CA 92648: or via email to [secretary@nicotine-anonymous.org](mailto:secretary@nicotine-anonymous.org).  
 Registration must include: Name, Address, Phone Number, email and Group/Intergroup represented.**

## What is Attraction vs. Promotion?

Jean L-S., our chairperson has written an interesting article discussing the meaning of the Eleventh Tradition (see page 3), *"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."* I've heard varying definitions of this tradition from members of Nicotine Anonymous. What are your feelings about this? What do you do to attract nicotine addicts to your meetings? What could you do?

What if you put a Public Service Announcement on the radio? What if you put an ad in your local paper announcing the existence of NicA? Is this promotion? What about flyers, or even a sign outside your meeting place while you are meeting? Please share your thoughts with World Services and the fellowship regarding that issue.

To that end, here's one opinion on the issue:

"My personal opinion is that we are too darn tight on the feeling of promotion versus attraction. We are not selling anything, just giving information about ourselves. We have that right to do so. If we can't tell other people about us then we might as well take our Web site off, because you could call that promotion if you wanted to carry it to the extremes.

I feel we aren't getting anywhere because everyone is afraid being too rigid in letting the world know we exist.

This is the way I feel. There are over four million people dying from this addiction worldwide and I for one don't care all that much if we fringe a tad bit on promotion if it

saves someone's life. That's my opinion for reflection.

How do you feel on this issue?

## How Do We Improve Communication Within the Fellowship?

Do you feel you are getting the communication you need from World Services and your local Intergroup? Do you wish you had an Intergroup? Do you feel you are getting enough support from your Intergroup? What does your Intergroup or group do that you think works particularly well? What doesn't it do that you wish it would?

## The Gender Debate Continues

*[Apologies to the author of this letter if I mis-typed any words. —Ed.]*

Dear Editor:

Reference: "Gender Issue Regarding of Steps 3, 7 and 11 and the [unreadable] traditions which are the internationally copyrighted, intellectual property of Alcoholics Anonymous World Services, Inc., used by *permission* of A.A. World Services, Inc. by Nicotine Anonymous!

I am very new to Nicotine Anonymous but I do have close to 29 years of continuous sobriety within the fellowship of Alcoholics Anonymous. The very first copy of *Seven Minutes—The Nicotine Anonymous Quarterly* I was privileged to read was from September 2003, Vol. XIV, No. 3. I noted the recommendations for "Gender Issues" Issues to the copyrighted wording of the 3rd, 7th, and 11th steps and the 11th Tradition used by Nicotine Anonymous *with permission* of Alcoholics Anonymous World Services, Inc. . . . advanced on page 4.

I believe AA World Services kindly grants permission to other recovery programs to adopt and reprint their internationally copyrighted 12 Steps and 12 Traditions which remain the exclusive, intellectual property of Alcoholics Anonymous World Services, Inc. The I.P. remains that of A.A.!

However I do not believe that the permission to adopt and reprint the 12 Steps and 12 Traditions granted to Nicotine Anonymous World Services by A.A. World Services extends to altering the wording of their copyrighted texts to meet "gender issue" objections to their current wording!

I will refrain from making the statement about "outside issue!" . . .

Permission to use, adapt, and reprint the 12 Steps and 12 Traditions from A.A. World Services, Inc. extends only to the stated focus of nicotine addiction and not to gender issue rewording of the 12 Steps and 12 Traditions.

I have serious reason to doubt that the editor cannot present permission by Alcoholics Anonymous World Services, Inc. to print "Gender Issue" rewording of its copyrighted 12 Steps and 12 Traditions within the pages of the Nicotine Anonymous quarterly for that impinges upon the A.A. World Services, Inc. exclusive copyright of the 12 Steps and 12 Traditions.

The question of copyright infringement was raised elsewhere in the same issue (page 8).

The Editor requested feedback. She has it. The Gender Issue of the wording of the 12 Steps and 12 Traditions is the exclusive right of the copyright owner to decide! That is Alcoholic Anonymous World Services, Inc.

*continued on page 6*

## Discussion Corner

continued from page 5

Nicotine Anonymous uses the copyrighted intellectual property of A.A. World Services by permission of A.A. World Services, Inc. You are not authorized by A.A. World Services, Inc. to make any “gender issue” rewording of its 12 Steps and 12 Traditions which remain its copyrighted, intellectual property cited and adapted to Nicotine addiction by permission of A.A. World Services, Inc.

You cannot legally recommend “Gender Issue” changes to the wording of the A.A. copyrighted 12 Steps and 12 Traditions without infringing upon their copyright rights.

As that particular issue was not only printed and distributed in the U.S. but passed around in a German Nicotine Anonymous meeting, we deal not only with national copyright infringement, but international copyright infringement!

At the risk of being redundant, no individual member of Nicotine Anonymous, no officer of its World Services, no group nor Intergroup is authorized or permitted by A.A. World Services, Inc. to recommend “Gender Issue” wording changes to its copyrighted intellectual property. That right belongs exclusively to A.A. World Services, Inc. which holds the exclusive international copyrights!

These are fundamental copyright and copyright infringement issues. A.A. World Services, Inc. still owns the copyrights on the 12 Steps and the 12 Traditions. Nicotine Anonymous uses, adapts, and reprints that copyrighted intellectual property by permission.

The question is, does express permission to adapt and reprint its copyrighted 12 Steps and 12 Traditions extend to and cover recommendations for gender issue rewording of the 12 Steps and 12

Traditions which remain the exclusive intellectual property of Alcoholics Anonymous World Services, Inc.?

I myself doubt that permission to use the 12 Steps and 12 Traditions or adaptation and reprinting covers or includes permission to make “gender issue”—gender neutral word changes to the 3, 7, and 11th Steps and the Second Tradition which become positively ludicrous in translation to all other modern European and Middle Eastern languages! The word “God” is a *masculine noun* in all modern European and central Asian languages without exception. Rendering it “gender neutral” would require quite a bit of “new squeek” [*sorry, hard to read this handwriting he may mean “new speak.”—Ed.*] manipulation in many cultures. Take Greek, French, German and Russian is but four examples. French only has male or female nouns with no neutral nouns as in German. And God in German and French “Le Dieu” and “Der Gott” are neither feminine nor neutral. The same is true of all other western European languages!

Gender neutralizing the word “God” in Spanish, French, German, Dutch, Arabic, Greek, Hebrew, etc. seems to be an impossible “new squeek” task. So why even bother?

On a more serious vein, I am aware that there are *men* and *women* in 12 Steps and 12 Traditions programs with severe issues of incest abuse, rape abuse, date rape, battering issues, etcetera. These must be sensitively dealt with, but neither A.A. nor Nicotine Anonymous are equipped to handle people with abuse based “gender issues.”

Those should be kept apart from the copyrighted, traditional wording of the 12 Steps and the 12 Traditions. Trauma survival issues are not the exclusive domain of the female sex either. Gay priest and gay rabbi jokes do not just crop [?

unclear—Ed.] up by accident!

Other people are traumatized by overt covert Satanism in their family of origins. Yet these are certainly not issues which can be dealt with in the framework of simple 12 Steps and 12 Tradition recovery from addiction programs.

While recognizing that some women have “gender issue” sexual abuse issues, I also recognize that those issues cannot be resolved in Nicotine Anonymous nor in A.A. but require therapy in other forms.

The “gender issue” cannot be resolved by adding additional copyright infringement issues!

I bid all men and women with sexual abuse related rage and gender issues spiritual healing and peace. [?] the rest in NicA happy day at a time recovery from nicotine addiction, which is the common reason why we even associate with each other.

Yours truly,  
Kent O., Nuesden, Germany

## Reply from Editor

Dear Kent,

Thank you so much for your lengthy letter regarding the gender issue. I hope that others will take up their pens and/or e-mail and weigh in on this issue. I would like to make a couple of points regarding your letter.

You appear to be saying that it was wrong of me to even bring up the issue in *Seven Minutes*, stating that that is a copyright infringement. And yet, it seems to me that of all places, a newsletter that is filled with peoples’ opinions as well as their experience, strength and hope and is directed to the membership of Nicotine Anonymous is the obvious place to bring these issues before the Nicotine Anonymous fellowship.

I agree with you that understanding how much leeway Nicotine Anonymous has in “adapting”

the previously listed A.A. steps and traditions is unclear. Perhaps we could approach A.A. and ask them what their limits are.

I appreciate your mentioning other languages into which these Steps and Traditions are being translated. Am I to understand that in all these translations the words "Higher Power" are actually being translated to "God?" That there is no other more neutral word that can be used, such as "The All-that-Is" or "The Supreme Being," or even "The Great Spirit" on other languages? This could spark debate for decades to come, and I agree it could become quite an issue in regard to translation. I believe Nicotine Anonymous trusts that those servants who are willing to translate its literature do so with the intent of maintaining the meaning of the literature, and would search for another expression to use in place of "God" if indeed there is one in that language. I will probably never know, since I only speak two languages and the second not that well.

However, there is a strong feminist movement in the United States, one that wasn't in existence when these Steps and Traditions were written. And I don't believe that all women who object to the masculinization of the Steps and Traditions have been sexually abused. I believe it is more about women being marginalized in society in general, and in Twelve Step programs in particular. I agree that sexual abuse is not the issue of Nicotine Anonymous and need not be discussed in this regard.

I am not a member of A.A. and do not have any idea if there has been discussion in that program among its fellowship regarding these issues. But I am a member of Nicotine Anonymous, and as such would like to feel that I can at least question the words that were written over fifty years ago mostly by men.

<b>ORDINARY INCOME/EXPENSE</b>		Jan-Jun '04	<b>EXPENSE</b>		Jan-Jun '04
<b>INCOME</b>			<b>EXPENSE</b>		
4000 · Donations	3,118.67		6000 · Office Expenses	10,812.73	
4100 · Literature Sales	21,902.97		6700 · Board Expenses	5,413.49	
4290 · Shipping & Handling	2,870.52		Total Expense	<u>16,226.22</u>	
4299 · Conference Profit (Loss)	(3,137.80)		Net Ordinary Income	<u>(4,347.83)</u>	
Total Income	<u>24,754.36</u>		Other Income/Expense		
Cost of Goods Sold			Other Income		
5001 · Cost of Goods Sold	648.18		8000 · Interest Income	78.23	
5000 · COGS	12,875.79		Total Other Income	<u>78.23</u>	
Total COGS	<u>12,878.39</u>		Net Other Income	<u>78.23</u>	
Gross Profit	<u>11,878.39</u>		<b>Net Income</b>	<b><u>(4,269.60)</u></b>	

# NAWS Profit and Loss

January–June, 2004

*Bill P., Carrollton, Texas*

I also wonder about all the non-Christians who are members of Nicotine Anonymous and who do not worship "God" in any form. I know of some in my own meeting. Perhaps this neutrality shouldn't be limited to gender, but to religion all together.

I do want to state that I think the Twelve Steps and Twelve Traditions in spirit are incredible documents and definitely filled with wisdom that transcends all ages, genders, and religions. They would be even more so if the word "he" were changed to something that weren't so upsetting to such a large part of the membership.

I will point out that issues of gender were brought up at a recent conference and voted on by the delegates. Although there was not the required two-thirds majority in favor of changing some of our literature that was a more than fifty-percent majority. I don't believe this should be overlooked.

Thanks again for writing and bringing up these vital issues.

Well, readers, what do you say?

## *From the Chairperson*

continued from page 3

offer support to those who are trying to gain freedom from Nicotine." If I don't put myself out there as a spokesperson for the organization or in any way present myself as a representative of Nicotine Anonymous, I will not be promoting. The important thing is to get information out about what our organization can give to those who need it.

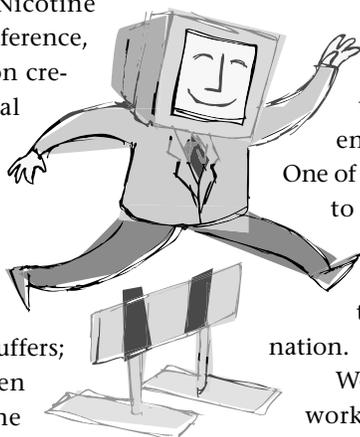
I wanted to share my thoughts about the Eleventh Tradition with you because at times it may be a dilemma for others. And now we would like to give you the opportunity to share your ideas about this Tradition. In this *Seven Minutes* newsletter in the Discussion Corner we are asking you to give us your view of the Eleventh Tradition. How do you think we get the word out to those in need and attract but not promote? Has it been a problem for you and how did you resolve it? Please send us your thoughts.

In gratitude,

Jean

# New Audio-Visual Library Project

During the 2003 Nicotine Anonymous conference, we had a workshop on creating an audio - visual library of individual speakers' stories of addiction and recovery. The idea behind this project is twofold: share with the addict who still suffers; reach out to children before they join the



ranks of nicotine addicts.

At the time, this seemed like an enormous project.

One of the issues was how to have recording equipment available to speakers throughout the nation.

Well this is now a work in process. We

have three audio recordings, and we even have a draft visual behind one of the recordings. We can accomplish this using home computers and achieve a quality product.

Now is the time to sign up to support and participate in this project. We need speakers to tell their own stories. We need graphic artists to create visuals for the stories. Contact Kate W. in care of the *Seven Minutes* editor [SevenMinutesEditor@nicotine-anonymous.org](mailto:SevenMinutesEditor@nicotine-anonymous.org)

## The Second Step

continued from page 1

survive. Putting my heart and soul into loving God and loving life will bring me back to sanity and free me from enslavement to smoking. My Higher Power wants his child to be happy, joyous and free. So long as I continue to allow my addict to win out in a relapse, that will not be, except fleetingly.

Thus, with the constant help of my Higher Power, I now ask to be *ready* and *willing* to commit to stopping smoking and staying quit by making the decision to *turn my will and my life over to the care of God*.

Thank you. *Amen*.

### And more from Diane . . .

"I finally feel I am at a place in my development where I do not ever have to smoke another cigarette again. I did not pick up today when some bad things happened and that is usually the first thing I would do (and my girlfriend still smokes so could have bummed "just one" from her easy! as we were together)

What happened? My wallet was stolen today—lost my license, Georgia Bar ID, Social Security card, a

credit card, an ATM card, a 500 minute phone card, etc. Well, I really had to scramble to get everything stopped and reopened (still have to do my SS card Monday) . . . and spent over 2 hours in line at the license place to get a new license. Thank God a girlfriend was available to drive me around until I could get my license.

Good news is that I stayed positive throughout the ordeal (and even again later when my computer deleted all my Master Wills files!) and followed AA's guidelines of accepting the things I cannot change, changing the things I can and having wisdom to know the difference. Have 10 years in AA now with only one white chip. And 6 weeks as of today in Nicotine Anonymous (again)with many many white chips.

Didn't even want to smoke—so glad! How has this new feeling come about? Well, I have been going to Nicotine Anonymous meetings for the past 4 years trying to quit and stay quit. I even got 14 months once and 11 months another time of staying quit as well as many month long times and shorter ones, but I always picked up again. But I was always told, "keep comin' back and

you WILL eventually quit."

My latest bout at trying to quit was the hardest. I think I was trying to do it on my own will power—by white knuckling it and I couldn't do it. After one month and a day, I smoked again. After smoking only a few days, I received a direct verbal message from inside my chest that said clearly "You must stop smoking or you will die within a year! I did not hear this voice with my ears nor was it a thought—it was a definite verbal voice vibration in my chest—that's the best way I can describe it.

Well, I immediately got on my knees and prayed for almost an hour asking God to relieve me of this obsession to smoke and admitting that I could not do it alone and needed His help . . . lo and behold, the next morning I awoke and had NO desire to smoke. Throughout the day, then, I had fleeting thoughts about smoking but only fleeting thoughts, no cravings, emotional or physical.

What a wonderful feeling freedom is—freedom from the addiction of smoking!

Thought you would like to share in this good news—and I'll be continuing to pray that the Lord helps me continue to abstain willingly.

# Highlights from the October Officers' Meeting

Catherine C., Secretary-emeritus

The last Nicotine Anonymous officers meeting was held on July 17 in southern California, hosted by SCINA (Southern California Intergroup of Nicotine Anonymous).

The minutes from the conference were read and approved. Catherine C. (secretary-emeritus and your lowly *Seven Minutes* editor) will be distributing these to the delegates who attended the conference.

Bill P. the treasurer reported that our net income for 2003 was -\$933.66. There are various factors relating to this one of which is the increase in Outreach expenditures in 2003. The first quarter of 2004 netted an income of around \$1600 gross. The conference in 2004 did not cover as many expenses as hoped and World Services produced the new *90 Days, 90 Ways* meditation book, which cost around \$6000 to print.

Speaking of our new meditation book, the Fulfillment Office reports that it has added two new items to the inventory, the meditation book and the CDs that contain our Nicotine Anonymous Public Service Announcement. These are available to you through the Web site or by using the latest Literature Order form. The PSA announcement is a great outreach tool for you to use in your area. Most radio stations will play public service announcements for free. There is information regarding how to accomplish this on the web site under Outreach.

There are still plenty of golf shirts from the 2004 conference in Philadelphia for those of you who missed out on them. They are quite attractive and come in several colors and sizes. Check with World Services if you want to add to your wardrobe or possibly purchase a gift

for one or more of your sponsees (or sponsor!).

Gary M., coordinator of Mass Mailings is preparing a mailing to send out to major national organizations such as the Red Cross, American Lung Association, etc. If you are interested in helping him with this project, contact him at Outreach-MassMailings@nicotine-anonymous.org (there is a hyphen between Outreach and Mass).

The officers agreed that if there was enough material, *Seven Minutes* could be increased to 16 pages. The postage will remain the same, but the extra page will cost \$.27 each. So keep those articles, stories, shares, letters coming, because there will be room for them!

Scott, the World Wide Meeting List coordinator, is still trying to get this list completely up-to-date, but apparently is having trouble with meetings that don't appear to be active, but have been difficult to contact. The Teleservice Volunteers use this list exclusively to help those people seeking meetings in their area. Many members have reported finding a meeting on the list, but when they go there, there is no meeting.

The Web site is still functioning well. There have been problems getting changes made, but Robin L. webservant, is working on it. The Fulfillment office reports that the web site has improved our sales to individuals, updates meetings regularly and keeps good track of orders.

Send in your meditations to the Book of Daily Meditations! The coordinator, Kate W. hasn't been receiving very many lately. You can send your meditations to her ca/o the World Services office in Huntington Beach or e-mail her at DailyMeditations@nicotine-anonymous

.org (DailyMeditations is all one word). World Services would love to have 366 meditations (including those in *90 Days, 90 Ways*) for the delegates to approve at the next conference.

The E-mail coordinator reports that all servant positions are occupied, and they handled 250 e-mail messages in the second quarter of 2004.

Checko M., as the new Literature Coordinator (LiteratureCoordinator@nicotine-anonymous.org) has been working on getting Spanish translations of our literature. He submitted revisions for the "Serenity Prayer" pamphlet to the officers for review. The questionnaire section of *The Book* is still being worked on, as well as a Step Study Guide for the membership. (Volunteers are always welcome!)

The 2005 conference will be held in Atlanta, Georgia (see poster on page 0). The Intergroup has developed a registration form, is working on t-shirts, has a great, inexpensive hotel (\$85/night), and has planned a post-conference event.

"A New Freedom: Rodger's Story" has been added to our *Nicotine Anonymous: The Book*. It will be the preface to the book, which is in its third edition.

The 2006 conference will be in the Chicago area. The Chicagoland Intergroup is working on finding a place for the conference, and has been in close touch with World Services about a couple of choices they have.

All in all, it was a busy meeting! The next meeting will be held in October in New York the weekend after Clean in the Catskills. If you are interested in attending contact Kathy K, chair-elect (Chairperson-Elect@nicotine-anonymous.org (no hyphen after Chairperson) for directions.

# WANTED

Your Secretary-elect, David B. has had to resign his position. World Services is searching someone who would be willing to replace David as soon as possible.

This is a great opportunity to do some service at the World Services level. Officers attend four meetings a year hosted by various Intergroups (they generally stay at the home of a member so expenses are minimal) and airfare is reimbursed. World Services will reimburse you for your air fare to the conference (if any), but you will be expected to pay for your lodging and meals. See your World Services in Action and experience service on a larger scale. You will need to know how to type, but a laptop computer will be provided to you for your active term. Computer knowledge is a must.

**Contact Jean L.-S. at Nicotine Anonymous today for more information or to volunteer.**

419 Main Street, PMB 370, Huntington Beach, CA 92648

or

Chairperson@nicotine-anonymous.org

## Editor Sought

I'm looking for another editor for *Seven Minutes*. If you have computer skills and some graphic skills, either in Microsoft Word, QuarkXPress, InDesign, or Pagemaker (or another page layout program), why not share some of your expertise and give back? It is a very rewarding position. Some writing and editing skills would be useful. E-mail me at SevenMinutesEditor@nicotine-anonymous.org.

—Catherine C.

## New Subscription Rates

The Subscription rate for subscriptions mailed to Canada has been raised. The new rates are 1 year: \$11; 2 years \$19, and 3 years, \$27. These rates take effect October 1, 2004.

# What was your big A-Ha ?



**What was your life like as an active addict?  
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Help us expand our meditation book from 90 days to 366 days.

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Attn: Daily Meditation Coordinator, 419 Main Street, PBM 370  
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# Birthday Congratulations

*Congratulations and thanks for your donation to:*

**Judith S. has over 2 years free of nicotine as of  
April 29, 2004!**

**Steve S. celebrated 2 years on April 16, 2004**

## ~ Birthday Gratitude ~

Name: \_\_\_\_\_

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*Seven Minutes* is a quarterly publication of NAWSO news, articles and letters—it is "a meeting on a page." Your subscription will help *Seven Minutes* continue as the official conduit of this fellowship of recovering nicotine addicts. You will also receive a Worldwide Meeting Schedule. You may pay by check, money order (US funds only) or credit card. **Mail to:**

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**Publication Dates and  
Deadlines for Submissions**

Publication Date	Deadline Date for submissions
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*(Final Dates to be determined)*

September 1	August 1
December 1	November 6
March 1	February 5
June 17	May 20

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