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NAWS Chairman's re- port . . .

We're halfway through the year. Time flies when you're having fun! I want to share with you what I wrote for your World Services Board when we met on Long Island this October. I hope you like it. It certainly came from my heart.

My biggest joy is watching all of you on the Board working so hard, teaming up with each other, and bringing our Fellowship tighter than ever before. I applaud you, I thank you, and I am proud to be associated with each of you and to call you my friends.

This is a good time to assess where we are in the year and how our Fellowship is doing. Major concerns are obviously meeting growth and contributions from members. I am elated over the fusion of online and face to face, but concerned at the drop in face to face meetings.

I want to personally thank each and every one of you for your hard work and dedication..

What I said to our Board goes double for all of you in our Fellowship. After our board meeting, we sat around, not really wanting to part company, talking about our beloved Fellowship. Scott summed it up when he said this year is the year of continuity, next year will be "The Year of Online" and the year after that the year of integration.

Again, I always state this is perhaps the best time in our history to be part of this fellowship. What a sacred trust we have to fulfill, what a gift, what a pleasure. This is not work. It is all joy. The excitement will now begin to build as we look forward to our 25th in Arizona. See you in Phoenix!

Love,

Jan S

Chair

October 24, 2009

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.
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11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio and films.
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.

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My Experience with Sponsorship . . .

My first experience with sponsorship was amazing to me. I asked this man who was attending the Nicotine Anonymous meeting with me each week to be my sponsor. He hesitated, mostly because I was a young woman and he was an older man. Also, he had been an AA member for years and I was obviously a newcomer. So, I am sure he was concerned that sponsoring me would be breaking all the rules he had been taught. However, perhaps only by the Grace of God he did it anyway. However, he did stipulate that if any woman capable of sponsoring me were to join our group he thought it would be best if he turned the job over to her.

He and I worked together through steps one, two and three. After that I had joined OA and he knew I was working with a female sponsor in that program. Also, I was still the only female in our first NicA group in the Houston area (called Smoker's Anonymous at the time). So he suggested I complete the steps with her assistance. I did as he suggested. However, I also eventually did get a female NicA sponsor. Also an old-timer in AA, she was truly a guiding light in my early recovery as well.

I still think of these two people as my NicA mom and dad in many ways. They truly taught me many of the things about life that I never learned from my original parents. They were both able to provide many kinds of guidance and love I did not receive growing up. Best of all, they were able to lead me through the steps so that I truly had a model for living. I was amazed that they simply shared their own experience instead of insisting that I follow a strict set of rules. They just suggested I do what they had

done, read the literature (the AA literature, ours did not exist yet) and with guidance from my own Higher Power, work the steps to the best of my ability in the way that seemed right to me. Those first experiences with sponsorship, and with the twelve-step program as a whole were to completely reshape my life, even though I did not know it at the time.

At this point I have been in NicA for nearly 20 years, since my first meeting in August of 1989. I still have a sponsor. I also now have sponsors in other twelve step programs as well. My sponsors richly blessed every area of my life by sharing their experiences with me. I hope to always have a sponsor who is willing to share experiences, especially spiritual experiences, in life and to listen to mine as well.

I began sponsoring other people in NicA very soon after I completed working my ninth step in this program. That is what I had heard most people, including my sponsors had done once they completed their first ninth step and it seemed to be working for them.

At first, actually for perhaps the first year or so, I had a difficult time with sponsoring or at least I perceived it as difficult. I was being asked fairly regularly to sponsor newcomers. I would gladly tell them that I would do it and give them my phone number. Some of them would call a few times, others not at all. But it seemed to me like none of them were committed to the program or wanting to work the steps.

My sponsor had explained sponsoring to me as three jobs where each of us had a role and the entire process depended on each of us. The first role was that of the sponsor, to share her or his own experience, strength and hope and to listen. When I sponsor, I simply tell them what I did when I worked the step and how

that turned out for me, what I learned. Then I listen to anything they have to say. I also try to avoid giving advice or consulting in the way that a therapist might do. I have found that when I was being sponsored, I learned best when the sponsor simply shared his or her own experience. So that is what I do. The second role was that of the sponsee and that role was to work the steps to the best of their ability. The third and most important role was that of the Higher Power and that role was to remove the addiction. Somehow, that simple explanation worked for me and I still use it to this day with the people I sponsor. I also have one boundary for myself that has helped me stay in my own role and not trying to take over the recovery of those I sponsor. I don't ever call them unless I am returning their phone call until they have completed working their ninth step. The only exceptions I have made about this were when they have had a death in the family or have been very ill. This has really worked well for me.

I explained these things to each person who asked me to sponsor them and finally, when my HP felt I was ready, I began to collect sponsees who did want to work the program and recover. I have never witnessed anything as beautiful as watching someone go through the steps for the very first time and come out transformed on the other side. For a time I was getting a little overwhelmed with the number of people I was sponsoring. So, I have also found it helpful to limit myself to only three people who are actively working through the steps with me at any one time.

Over the years I have made deep lasting friendships with both people who have sponsored me and with those I have sponsored. We grow to love each other in a way that resembles

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what I always thought healthy family love might be like. I also feel this way about other friends I have in recovery, normally others with whom I have shared some form of service in this program like starting a meeting, helping write literature, working on the world services board or a committee. It is amazing to me how much sponsorship and other forms of service in this program has enhanced the quality of my life just by the dear people who are now included in my life.

I believe the AA Big Book describes watching others recover as the "bright spot" in recovery. For me, there have been so many "bright spots" they would be hard to count and they certainly do include watching others recover. But sponsorship is more than that to me. Sponsorship is the hearth in the center of my recovery home, the warm place where family gathers and where we all accept each other exactly as we come. We share our experiences there. And when we leave to go back out in the world, we go knowing there are others who understand, who believe in us and who also trust that there is a Higher Power guiding us all along this road.

In Service,

Lenna M.

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## ***2009 World Services Conference: A Year of Miracles . . .***

In 2006, at the Lisle NAWS Conference, we (The Ohio Intergroup of Nicotine Anonymous) were asked to host a World Conference. WHAT!??? Of course we declined as we were in shock, like a bunch of deer in

headlights. Our Intergroup was newly formed and we did not think we could take on such an important task. In 2007, in California, we were asked our "maybe" turned into a "yes". All we could think of is that it would take a miracle to pull it off.

It is 2009 and the conference is over and all I can say is WOW, the miracle happened! Ohio rallied together for over a year to put together the conference. The entire crew worked together like a well-oiled machine and when we didn't have any idea what we were doing, we asked committee members from around the country for advice, help and suggestions. Everyone was very willing and able guide us.



We began by having a naming/theme contest where the winner received a free registration to the conference. All the entries were great. There was a tie for the final version and it went to Elizabeth B. from Kent, Ohio (Birthplace of Miracles) and Ruth B. from Millersburg, Ohio (Welcome Home). Congratulations to you both.

An Ohio NAWS Conference Committee was formed and the hotel proposals started to come in and we found the perfect venue with a great price and exactly what the NAWS business meeting needed.

The logo was designed and things just continued to rock and roll. This got the Ohio Intergroup and Ohio meetings riled up and raring to go.

We began to meet on a regular basis, get our agendas taken care of, checking the guidelines, and having fun and fellowship. This conference brought the Ohio meetings and the Ohio Intergroup closer together. We also learned about service on the local level, state level as well as the World level. What a great experience.

### **Here are some very heartfelt thanks:**

Thanks to Checko for the calendar templates, they were a tremendous time saver. The photos in the calendar were taken from various NicA members. A special thanks to Scott B. for setting up and maintaining the Conference website, including setting up Pay Pal for us. He was an invaluable resource. Hats off to you. Thanks to Martha K., Ladd J., Steve M., Ed T., and many others for their help in guiding me in the right direction. We thank all of you for your patience and help. Terry Holt, our Hotel Coordinator, did an outstanding job. A standing ovation for her staff who worked over and above the call of duty to provide us with incredible service and accommodations.

### **On the home front:**

#### **Thanks to the Ohio NAWS Committee:**

John C. who took care of the merchandising, Elizabeth B. and Lee H. for creating the CD, for Tom S. and Helen S. for creating the buttons, Dave J. for taking care of the Literature, Peggy H. for keeping the Hospitality Suite stocked and cleaned, Cate M. and Roberta H. for facilitating terrific Marathon Meet-

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ings, MJ M, for taking care of all the publicity and the great decorating job, Lee C. for being Treasurer and Registration Extraordinaire, Wayne H. for creating a fun filled weekend as the Activities Coordinator. The play "Snow White and the Seven Character Defects" was sidesplitting, the Sunday morning choir: "The Serenity Singers" were very entertaining. When they sang "Amazing Grace," a tear rolled down my cheek. The woman who performed in sign language was incredible. And last but not least, the after the conference activity, "The History of the 12 Steps" bus tour, which sold out and was a great hit and very informative.

**Thanks to ALL the volunteers that helped before, during and after the conference.**

Alice, John, Randy, Nancy, Mary, Carolyn, Robert, Joe, Ruthie, David, Jim, Linda, Lee, Ron and to anyone I may have forgot.

**Thanks to our family, spouses, friends and place of employment:**

The committee is extremely grateful for the patience and kindness of our families, spouses and friends. For over a year, we have missed dinners, left piles of unlaundered clothes, had messy houses, and seen more of the committee members than of our own family. Thank you and we know you are proud of us supported us the whole way.

I would like to personally thank my place of employment who allowed me to do the posters, calendars, CD covers, signage, logos, business cards and copies at cost.

Ohio wishes to thank the NAWS committee for trusting us and allowing us to provide service work on a world level. We hope you were able to conduct your business and enjoy yourselves at the same time.

Arizona. Tag, you're it. See you next year.

In Service and Fellowship,  
Jules C.

2009 NAWS Conference  
Chairperson

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ZERMATT MARATHON
1,940 m (6,364 ft – Ed.)
uphill to go /6 months
smober . . .

I'll tell this story because it might help someone

I was still smoking when I signed up for this race. In my denial, I was perfectly sure, as the hiker and runner that I was, that I could do it. Normally, during every marathon you get to a crisis point



where you run out of carbohydrates and need to start using fat and proteins. Well, even before coming to this Program, I used to turn to God at that point when I felt all my strength was gone, and I still had 8 or 9 miles to go. This time, the crisis point came on a very long uphill trail that went on for 3 miles and never seemed to stop. I wanted to give up so badly! Then I remembered what I did during cravings to fight temptation, and I started doing it with running. I prayed, prayed and prayed, got ready to Let Go and do my part and Let God do His part. So I made a deal to take another step, go on

another minute like I did with the cravings, take the run step by step, moment by moment. I would have stopped running only when I fainted on the road. I got to the end because I let HIM get me to the end. After that hill, I recovered and enjoyed so many wonderful sights of the mountains. I was at 2,000 m in the Swiss Alps, close to Matterhorn and other 13,000 feet peaks!!

During this race, I stopped fighting because my mind could only push me to stop running and I didn't want that. I surrendered. I realized surrendering doesn't mean giving up, because to give up would mean to stop running or, in reference to my quit, to have the first puff. If I fight I give up, if I surrender I allow someone stronger and more powerful than me to help me achieve my goal.

Irene C

Milan, Italy

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**Traps and denials of Nicotine . . .**

{Author's Note: I will use the term smoking as that is the delivery system most members use, and was what I used to get the drug of nicotine into my system. We are addicted to the drug of nicotine, whether we smoke cigarettes, cigars, pipes, snuff, use patches, gum, lozenges or any or any other form of nicotine delivery. It's the drug nicotine we are addicted to, not the cigarette or whatever medium we use to deliver the drug. All these other forms are only delivery systems to get the drug of nicotine we are addicted to.}

After smoking for so many years, you sure do get tired of how many thoughts you have heard about how bad the use of nicotine is for you. You think "it's ok, it helps you function, makes life easier and there is nothing wrong with smoking". And

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you will have well-meaning friends, family and spouses tell you how bad smoking is for you, and you will be sure to either tell them that they're wrong or that it's none of their business. However, deep down inside you, there is this nagging thought you shouldn't be smoking and that it could shorten your life, but not today, that's for sure! Maybe 20 years from now, it might kill you, but that seems an eternity away at this point in my life. That's the fantasy talking to you.

"I can take or leave this smoking any time I wish and right now I wish not to do so"; "I can manage my life – I can go to work, pay my bills, be at home, take care of chores or whatever else I am supposed to do". At least, I think I can! It's a half-assed attempt for the most part. I treated smoking as a pleasurable thing to do even though I was coughing a lot. I just figured it was the price of smoking. I would go to the doctor and get some antibiotics to take care of the problem. I was always looking for some other problem besides smoking being the problem. I was an isolationist and wanted nothing to do with anyone. "Just leave me alone" I'd say; it was the only way I could cope and many times I felt I was just taking up space in life. As long as I could smoke, everything was ok.

After years and years of doing this, it becomes a way of life that you're not sure you want to change, and even if you could change it, it seems impossible to do. After all, what am I going to do with the rest of my life without a cigarette? Now, that is some scary thought! In fact, it terrified me to no degree. At this time, I began to think about quitting nicotine, but it took another 15 years before that ever happened. I was beginning to look for easier, softer ways to quit. I had myself convinced I could not operate with-

out smoking. Everything I did was prefaced with a smoke. Phone rings, smoke first, have coffee, smoke first. My truck never started without its daily hit. All decisions I had to make called for a smoke first. If I was confronted by someone, I needed those precious seconds it takes to light up and come up with an answer to give this person I was confronting.

I drove my truck to work every day and I went into a coughing spasm and almost passed out going to work and coming home. It's a wonder I didn't kill myself! Can't remem-



ber how many times I pulled over to the side of the road and tried to catch my breath. Or threw my cigarettes out the window and then went to buy more. Many times, I was crawling on the floor trying to breathe. I had walking pneumonia many times, chronic bronchitis and emphysema, but the closest I could see the elephant in the room was that maybe I had a problem with smoking. I told myself that, when I get ready to quit, then I will quit. Then the day finally came, and I decided I would quit this "habit"; I found out right away I could not do so, so I just figured I wasn't ready to quit yet. Problem solved.

More denial. All the ways they tell you on TV, I have tried and they didn't work. I tried cold turkey, I tried smoking cessation programs, church programs, prayed over, prayed to the God

of my understanding and that didn't work either. Of course, I always asked Him to take the desire away and then I would quit. God wasn't going to play my games, so I told him where to get off! Control how many I smoked each day? That was a joke! My body wanted its 3-4 packs a day, not a half a pack.

I lived with denial in all my smoking career. I didn't believe in 2<sup>nd</sup> hand smoke, and the Surgeon General didn't know what he or she was talking about. I hated those TV commercials; I hated the warning on the packs so I smoked only the "safe" cigarettes. "Smoking is bad if you're pregnant or causes carbon monoxide poisoning" – I could deal with that!

To give up my mistress, my guru, my consoler, my companion . . . totally unheard of in my way of thinking!

I put myself in hospital 3 times by calling 911, but I wasn't willing to listen that smoking was my problem. I think, at this time, I was beginning to think that I really needed to quit smoking; I started to believe it was going to kill me. The last time I went into hospital, my doctor told me my lower right lung was badly damaged, I had a bad case of emphysema and acute bronchitis, and that if I went back to smoking, I would be really lucky to be able to get by without having to use oxygen for my survival.

Well, I smoked for another 9 months after that, with acute bronchitis, and I could not stop coughing for one minute. I finally ended up at Nicotine Anonymous. I would have been dead within a month on the outside if I had not come to Nicotine Anonymous. I was in a bad shape. I believe that fact to be very true for me.

I walked into a meeting and my first thought was "why are these old-timers still coming to these damn meetings? Have-

n't they learned how to quit yet, after 4 or 5 years?"; the second thought I had was that most of the members were laughing. What's there to laugh about? My only thought was "isn't there a way to quit smoking without quitting smoking?" These people didn't really know what I felt inside . . . right! I just did not know it yet. I went to 10 straight meetings and quit on the 11<sup>th</sup> meeting.

That was 11/21/98, a long time ago, but it seems just like yesterday. It's all one day at a time. I keep coming to meetings as I do not want to forget what it was like. Our Promises state, "We begin to forget we were nicotine users, except at meetings". That's a warning to heed. I have seen many members slack off meetings and hardly see them and they have for the most part gone back to their use of nicotine. It is so important to keep your focus on NicA and what it has to offer you in your recovery.

I had to learn to take this program seriously, very seriously. My mantra was, and still is, "I smoke, I die" You know what scares me? When I see someone with a few months or even a year or two say those immortal words "I will never smoke again". The minute you say that, you have signed your death warrant as you think you're cured and you don't need this program anymore; those people disappear to wherever they go. This is a day-to-day program of not smoking and, in time, it becomes a day-to-day living program. The only time I can say I'm recovered is yesterday. That's history, today I am in a state of recovery, a brand new day. And hopefully I will be in a state of recovery tomorrow.

Some traps people fall for are that they put too much emphasis on their time free of nicotine. They say "if I can just get a year, I got it made" or "can I stay smober for 3 or 4 years now that I have a year?" To look into the future like that is a fruitless endeavor. You only have to stay off nicotine today, and today only. That is an important concept to get in your thought patterns. Strike the word forever out of

your vocabulary.

Another trap I see often is when someone relapses after, say, 4 months and they figure they have to stay smober for another 4 months in order to get to ground zero. This is false. Any day you can stay off the smokes, you're a winner as you're only doing it for today. What happened yesterday doesn't count!

How about this one? I have seen it stated on TV many times. "Use our product to quit smoking" and people pick it up and they do quit smoking, but they don't realize that they are still addicted to nicotine. It's just another delivery system. They tell themselves I got this smoking licked. Now I just have to deal with the physiological issues. Or, how about this one: "I quit smoking but I am addicted to the gum", and they have been chewing it for years. You are not addicted to the gum, you are addicted to the nicotine that is in the gum. For me, the only difference between gum and a cigarette is that you don't have to light up the gum. All you're doing is trading one form of nicotine for another. You haven't quit the use of nicotine until you give it all up. One day at a time.

How about the weight thingy? I quit smoking and I put on 30 lbs in a month. Now I knew why I was putting on weight, as I was overeating like mad to compensate for not smoking. I found most members put on weight, and they get this thought "if I go back to smoking I will lose this weight". That's a lie. You will then just be a fat smoker! You may not put on any more weight if you go back to smoking, as nicotine does burn off some calories I believe, and you can maintain your weight where you are at the moment while smoking. And we also can sabotage ourselves into believing we can't do this forever. Remember, I said forget the word forever. You can do anything for today if you want to. We can sabotage ourselves into thinking life is too tough without a cigarette and we give in to it. Or we can make ourselves believe that we should reward ourselves as we haven't had a smoke for 6 months or so. Your

head will play all kinds of games with you. You will have thoughts of smoking for some time but it will lessen over time. Tell yourself, "Ok, I want a cigarette but I am not going to smoke one today, so there!" Accept the craving for what it is and move on and don't smoke no matter what. All these emotions and feelings will pass as you apply the steps in your life, go to meetings and make changes to your life, a little one here and a little one there and it will get better. And then the time will come when the obsession has gone. I can tell you, I did not believe that at all, but it came true for me!

Hey, it's here for you if you want it badly enough. I always say "you have to be willing to go through the pain of quitting."

"If you're gonna pray for potatoes, you gotta do the hoeing" . . . you have to do the footwork and leave the rest to God.

This is a spiritual program and, I can tell you, nothing else worked for me except what was offered at Nicotine Anonymous.

Now, some members come in and don't believe in God or a HP. That's fine for a start, but my belief is that you won't get past Step two if you don't find some belief. Step Two says: "Came to believe that a power greater than ourselves could restore us to sanity." If you can't get past that point, you will remain in a state of insanity and be stuck – and nothing changes, if nothing changes! And, when it gets too rough, and it will, you will go back to your famous drug . . . Nicotine.

If you think this isn't a spiritual program then you would have to eliminate Steps Two, Three, Five, Six, Seven, Eleven and Twelve.

That leaves you with a 5 step program. I hate to tell you, that doesn't work with me. I admit I am powerless over nicotine and I think I will make an inventory and I will make a list of people I have harmed and make direct amends and make a daily inventory and when wrong promptly admit it . . .

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Doesn't that sound good! Hell, I did better at a smoking cessation program.

This is an action program and you need to stay focused, apply the steps in your life, get a sponsor, stay in service, be willing to share your experience, strength, and hope when asked to. This is a life-changing style of living without the use of nicotine. And it's great! There is freedom galore you can acquire in these rooms of other addicts wishing and working for the same thing.

Always in Service

Gary M

~~~~

A Fatal Relationship . . .

My solace

My very best friend

I visited you 45 times a day

I couldn't get enough of you and your poisonous ways

I panicked when you were down to two

Risked life and limb to get to you

I polluted my life and everyone around me

Nothing to show for my addiction except ashes, butts and empty packs

I'm living better, breathing better. I rearranged my life to lose you . . . nicotine no more, no more! I quit this minutes, this day. No more old way. I'm living a new way.

~~~~~

I quit smoking one week ago tomorrow (Monday).

I was a smoker for over 30 years. I finally got the courage to let it go. I threw everything to my Higher Power. I'm doing fine. No cravings. I stay busy, every minute of my day is filled.

I feel free and alive after 30 years.

I used to light up 45 times a day. Now I'm bike riding, walking, doing things I've never done before.

I'm enjoying life to the fullest, without nicotine.

I quit and I plan to stay quit. Every day is a challenge for me. Sometimes I crave, sometimes I don't. Thank you for being there for me. I communicate with the San Francisco Group - my life savers!

Yours

Sheila JD

~~~~

Prayer . . .

Dear Higher Power

Today I pray for peace of mind. I seldom find this precious gift. For in my past are things I cannot forget. Things I have done that injured others. Things I have done to hurt myself. The many times I refused the gift of life. Seeking to destroy my own in strife and worry. I seek forgiveness for my transgressions. Free to go on with my daily toil and cares. With out the fear that no one cares. I know that you will always be there right beside me. A hand to hold, a hug of encouragement, and a shoulder strong to turn too. The memories of days gone by often leave me to cry.

In fear and grief for others with my plight I ask you take their hand. So many years ago you took my hand. You lead me through this lonely world.

Where often men and women fail to see the peril of those they meet. In your wisdom let me remember that I am not the only lonely soul upon the Earth. Let me remember that things I recall are in the past and not right now.

That the fear and anger I have inside are just my own and not the worlds to bear. Give me strength to change a dangerous world. Where children can safely play and sleep in peace to where ever they

are. Help me live as an example of peace to others. Let my own anger be a thing of the past. Let my fear be short in duration and intensity, Give me a soft and gentle hand from those in need and pain. Give me courage to face my pain. Give me the will to forgive myself for things I had no way to stop. Give me power to change my attitude in my daily life.

To one of positive energy for those I meet. One of comforting words to those in need.

One of friendship to those who are alone today.

I know this is a lot to ask but let me not wear a mask of indifference to the world

Let me open my heart and eyes to the reality that is our Earth today.

Let me do my part whatever it is to help change it to a place of peace.

Let me laugh at my own mistakes and show mercy on others faults.

Let me realize I am not the only person on Earth that many suffer everyday.

Let me learn to quietly show the world a life of peace and forgiveness that comes from inside.

Take away my anger and pain so that I can finally put aside the past.

Let me build a wall that will finally not let the bad stuff pass.

Help me find the child inside that was hidden so long ago.

In a serene peaceful place to stay safe forever.

For only she can see a world with eyes of innocence and wonder.

Let her know it is safe now to peak out into the world.

Let her know that you and I can protect that innocence's and wonder

From the world that would try to take it away.

All these things I ask for me grant the world outside my door

With all of this and much, much more.

Cindy B.

~~~~



# Nicotine Anonymous World Services

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

Shipping 714-536-4539 Email: info@nicotine-anonymous.org Internet: www.nicotine-anonymous.org

**For faster service use this form with a credit card and fax to: 714-901-8920**

OR mail check or money order (US\$ Funds, only, payable to "NAWSO") or credit card information to the address above



Mail To: \_\_\_\_\_ Date \_\_\_\_\_

Intergroup/Grp Name:(if applicable) \_\_\_\_\_ Grp #: \_\_\_\_\_

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

Address or PO Box: \_\_\_\_\_ Business \_\_\_\_\_ Residence \_\_\_\_\_

City: \_\_\_\_\_ St: \_\_\_\_\_ Zip: \_\_\_\_\_ Ph#: \_\_\_\_\_

CREDIT CARD (CK ONE)  MASTERCARD  VISA  AMERICAN EXPRESS  DISCOVER CARD

Name on card \_\_\_\_\_ Signature \_\_\_\_\_

Card # \_\_\_\_\_ Exp Date \_\_\_\_\_

Billing address \_\_\_\_\_

| ITEM# | ITEM DESCRIPTION                                 | BOOK DISCOUNTS                                  | QTY | Price Each | Total Price |
|-------|--------------------------------------------------|-------------------------------------------------|-----|------------|-------------|
| Bk    | NICOTINE ANONYMOUS: The Book Fourth Edition      | Bk 1-10 = \$9.50, 11-49 = \$8.80; 50+ = \$8.20  |     |            |             |
| Bk2   | Our Path to Freedom 12 Stories of Recovery       | Bk2 1-10 = \$4.95, 11-49 = \$4.60; 50+ = \$4.25 |     |            |             |
| Bk3   | 90 Days, 90 Ways                                 | Bk3 1-10 = \$4.95, 11-49 = \$4.60; 50+ = \$4.25 |     |            |             |
| Bk4   | Nicotine Anonymous 12 Traditions                 | Bk4 1-10 = \$2.50, 11-49 = \$2.00; 50+ = \$1.50 |     |            |             |
| Bk5   | A Year of Miracles (A meditation for every day.) | Bk5 1-10=\$14.00,11-49 = \$13.10; 50+=\$12.20   |     |            |             |
| Tape  | The Book & Our Path to Freedom on tape.          | Boxed Set of 4 Tapes = \$20.00                  |     | 20.00      |             |

**Braille:** THE BOOK & Pamphlets are also available from the Braille Institute 800-272-4553 - Ask for supervisor or Order Desk.

| P-1   | Introducing Nicotine Anonymous                                                     | <b>PAMPHLET DISCOUNTS P-1 to P-14</b> |                             |     |             |
|-------|------------------------------------------------------------------------------------|---------------------------------------|-----------------------------|-----|-------------|
| P-2   | The Serenity Prayer for Nicotine Users                                             | under 100 pcs. No Discount            | .20 ea.                     |     |             |
| P-2S  | The Serenity Prayer for Smokers(Spanish)                                           | 100-499 pcs. Any Combination          | .18 ea.                     |     |             |
| P-3   | A Nicotine User's View of the Twelve Steps                                         | 500-999 pcs. Any Combination          | .16 ea.                     |     |             |
| P-4   | Tips for Gaining Freedom from Nicotine                                             | over 1000 pcs. Any Combination        | .14 ea.                     |     |             |
| P-5   | To the Newcomer & Sponsorship                                                      |                                       |                             |     |             |
| P-6   | To the Medical Profession                                                          |                                       |                             |     |             |
| P-7   | Facing the Fatal Attraction                                                        | <b>SHIPPING &amp; HANDLING</b>        |                             |     |             |
| P-8   | Our Promises                                                                       | If order subtotal is:                 | Then postage is:            |     |             |
| P-9   | To the Dipper & Chewer                                                             | under \$2.01                          | 1.00                        |     |             |
| P-10  | Slogans                                                                            | \$2.01 to \$4.99                      | 2.50                        |     |             |
| P-11  | What do NAWS and Intergroup Services do for me                                     | <b>\$5.00 to \$29.99</b>              | <b>6.95</b>                 |     |             |
| P-12  | Nicotine Anonymous The Program and The Tools                                       | <b>\$30.00 &amp; Over</b>             | <b>\$6.95 + 6% of total</b> |     |             |
| P-13  | Are You Concerned about Someone Who Smokes or Chew                                 |                                       |                             |     |             |
| P-14  | How Nicotine Anonymous Works                                                       |                                       |                             |     |             |
| B-L   | The By-Laws of Nicotine Anonymous                                                  |                                       |                             |     | 1.00        |
| Cds   | Nicotine Anonymous Business Cards                                                  |                                       |                             | 100 | 5.00        |
| Dir   | Worldwide Meeting Directory                                                        |                                       |                             |     | 1.00        |
| Psa   | Public Service Announcement as an MP3 file                                         | Via email only                        |                             |     | FREE        |
|       | SubTotal                                                                           |                                       |                             | XXX | XXXXXXXX    |
|       | Sales Tax (California Residents Only) 8.75% times SubTotal                         |                                       |                             | XXX | 8.75%       |
|       | Shipping & Handling (See Shipping & Handling Chart Above)                          |                                       |                             | XXX | XXXXXXXX    |
| StK   | Meeting Starter Kit (Limit 1 per Individual; 5 per Intergroup.)                    |                                       |                             |     | FREE        |
| 7-Min | SEVEN MINUTES Subscription Complete Order Form Below                               |                                       |                             |     |             |
|       | DONATION (Thanks for supporting NAWS in our effort to help those who still suffer) |                                       |                             |     | XXXXXXXX    |
|       | GRAND TOTAL in US\$                                                                |                                       |                             |     | XXXXXXXX \$ |

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## SEVENMINUTES Order Form

## CHECK OUT OUR NEW LOW MULTI-YEAR RATES!!!

SEVENMINUTES is a quarterly publication of NAWS news, articles and letters - "a meeting on a page." Your subscription will get you four issues plus the regularly updated Worldwide Meeting Schedule. You will also help SEVENMINUTES continue as the network among groups around the world.

|                      | <u>Subscription Rates</u> | <u>U.S.</u> | <u>Canada</u> | <u>Overseas</u> |
|----------------------|---------------------------|-------------|---------------|-----------------|
| ___ New Subscription |                           |             |               |                 |
| ___ Renewal          | 1Yr                       | \$9         | \$11          | \$14            |
| ___ Address Change   | 2Yrs                      | \$17        | \$19          | 27              |
|                      | 3Yrs                      | \$25        | \$27          | 39              |

Mail To: Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_ St: \_\_\_\_\_ Zip: \_\_\_\_\_ Tel: \_\_\_\_\_

**NAWSO**  
**Profit & Loss Prev Year Comparison**  
**January through September 2009**

|                                 | <u>Jan - Sep</u><br><u>09</u> | <u>Jan - Sep</u><br><u>08</u> | <u>\$ Change</u> | <u>%</u><br><u>Change</u> |
|---------------------------------|-------------------------------|-------------------------------|------------------|---------------------------|
| <b>Ordinary Income/Expense</b>  |                               |                               |                  |                           |
| <b>Income</b>                   |                               |                               |                  |                           |
| 4000 · Donations                | 5,826                         | 5,228                         | 598              | 11%                       |
| 4100 · Literature Sales         | 38,007                        | 29,356                        | 8,652            | 29%                       |
| 4290 · Shipping & Handling      | 4,603                         | 3,740                         | 864              | 23%                       |
| 4299 · Conference Profit (Loss) | 858                           | 4,438                         | -3,580           | -81%                      |
| Total Income                    | 49,295                        | 42,762                        | 6,532            | 15%                       |
| <b>Cost of Goods Sold</b>       |                               |                               |                  |                           |
| 5000 · COGS                     | 18,433                        | 16,728                        | 1,705            | 10%                       |
| Total COGS                      | 18,433                        | 16,728                        | 1,705            | 10%                       |
| <b>Gross Profit</b>             | 30,862                        | 26,034                        | 4,827            | 19%                       |
| Gross Profit % to Income        | 63%                           | 61%                           |                  |                           |
| <b>Expense</b>                  |                               |                               |                  |                           |
| 6000 · Office Expenses          | 18,500                        | 17,302                        | 1,198            | 7%                        |
| 6600 · WSO Expenses             | 8,459                         | 8,983                         | -524             | -6%                       |
| Total Expense                   | 26,959                        | 26,285                        | 674              | 3%                        |
| <b>Net Ordinary Income</b>      | 3,903                         | -251                          | 4,153            | 1657%                     |
| <b>Other Income/Expense</b>     |                               |                               |                  |                           |
| Other Income                    |                               |                               |                  |                           |
| 8000 · Interest Income          | 8                             | 875                           | -865             | -99%                      |
| Total Other Income              | 8                             | 875                           | -865             | -99%                      |
| Other Expense                   |                               |                               |                  |                           |
| 8030 · Interest Expense         | 0                             | 12                            | -12              | -100%                     |
| Total Other Expense             | 0                             | 12                            | -12              | -100%                     |
| Net Other Income                | 8                             | 862                           | -853             | -99%                      |
| <b>Net Income</b>               | <b>3,911</b>                  | <b>612</b>                    | <b>3,299</b>     | <b>539%</b>               |

# What Step Are You On?

If you've worked Steps 1 or 2 already,  
please tell us about it!

Countless Recovering Nicotine addicts have been enjoying [A Year of Miracles](#), our year-long powerful meditation book.

You have the chance to be of service and share your experience strength and hope.

Please share your experience, strength and hope with your fellow recovering nicotine addicts. Believe it or not, you **do** have experience, strength and hope to share. Your words are vital to our fellowship.

This quarter we are seeking daily meditations regarding working Steps 1 and 2 for a future meditation book. In keeping with the 12 Traditions, please avoid mentioning specific religions, politics, special causes, or controversial issues.

Submissions should be no more than 200 words.

The editors can supply a quote or the thought for the day.

The form on the back is the conference-approved format.



# *Service is the Key*

Nicotine Anonymous World Services is in need of volunteers  
to take on the following open positions:

## **OUTREACH COORDINATOR FOR HOSPITALS**

Works with the Public Outreach Coordinator to create ideas for hospitals  
to help patients give up their dependency on nicotine

## **TELEPHONE AND E-MAIL SERVANTS**

From the comfort of your own home, you can respond to telephone calls and  
e-mails from those who are just starting out on their path to freedom.

## **TRANSLATORS**

Help us spread the word by translating our literature, or step up to the plate  
when foreign-speaking inquiries come to our attention

For further information about any of these service positions, please contact  
Nicotine Anonymous World Services  
419 Main Street, PMB #370  
Huntington Beach, CA 92648  
Or e-mail *[chairperson@nicotine-anonymous.org](mailto:chairperson@nicotine-anonymous.org)*

# **NICA AROUND THE WORLD**

## **UK Meetings**

Write to:  
Nicotine Anonymous  
PO Box 1516  
LONDON  
SW1H 9WT  
Tel: 020 7976 0076 (please leave a message)  
Web: [www.nicotine-anonymous.co.uk](http://www.nicotine-anonymous.co.uk)

United Kingdom meetings...

This message was posted on the online message board about meetings in the United Kingdom. To check out the NicA UK homepage go to this link.

<http://www.nicotine-anonymous.co.uk/>

If you want to start a meeting in UK, call 020 7976 0076 for a starter pack.

Service is the Key...

Only you can tell your story.

What was your life like as an active addict? What happened to get you in the door? What were your breakthroughs?

Personal stories, articles, poems, art, jokes or adds pertaining to nicotine, nicotine recovery and Nicotine Anonymous can be sent to

[SevenMinutesEditor@nicotine-anonymous.org](mailto:SevenMinutesEditor@nicotine-anonymous.org) or by snail mail to

Seven Minutes c/o NAWSO  
419 Main St., PMB #370  
Huntington Beach, CA 92648

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## **NICOTINE ANONYMOUS**

### Nicotine Anonymous Offers Help to All Nicotine Addicts; Support Available to Those Who Wish to Stop Smoking 365 Days a Year

Nicotine Anonymous is a non-profit, 12-step fellowship of men and women helping each other to live nicotine-free lives. Nicotine Anonymous welcomes all those seeking freedom from nicotine addiction, including those using cessation programs and nicotine withdrawal aids. The primary purpose of Nicotine Anonymous is to help all those who would like to cease using tobacco and nicotine products. The fellowship offers group support and recovery using the 12-Steps adapted from Alcoholics Anonymous.

For the millions of people who will try to quit smoking this year, Nicotine Anonymous offers ongoing support to all those who desire it for an unlimited time. Their sole focus is helping the still suffering nicotine addict 365 days a year. There are no dues or fees for Nicotine Anonymous membership as the organization is self-supporting through member contributions. The only requirement for membership is a desire to stop using nicotine.

Founded in 1983, Nicotine Anonymous has over 600 meetings throughout the United States and 35 other countries. A full list of meetings and other information is available on the Internet at <http://www.nicotine-anonymous.org>. Or write: Nicotine Anonymous, 419 Main St., PMB #370, Huntington Beach, CA 92648. Or email: [info@nicotine-anonymous.org](mailto:info@nicotine-anonymous.org)

Their toll free phone number is 877-879-6422. Books, pamphlets and other literature can be ordered at a nominal cost.

## **BIRTHDAY CONGRATULATIONS!**

Dan O'L            01-18-90  
Kim F             11-09-04  
Gary M            11-21-98

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### *Birthday Announcements*

N A M E \_\_\_\_\_

The above-named member of Nicotine Anonymous stopped using nicotine  
on \_\_\_\_\_ and has \_\_\_\_\_ years of freedom!

Mail to:    Nicotine Anonymous World Services  
              419 Main St., PMB#370  
              Huntington Beach, Ca. 92648 USA.

OR

Email to: [sevenminuteseditor@nicotine-anonymous.org](mailto:sevenminuteseditor@nicotine-anonymous.org)

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### ***Give Back!***

You Can't Keep it Unless You Give It Away

Nicotine Anonymous World Services is seeking servants for a variety of positions within the fellowship. Please see the contact information below if you would like to learn more about these service opportunities. Please share this flyer with your group. Remember, you have to give it away to keep it.

E-Mail Volunteers-Share your experience, strength and hope with people around the world who email us. Help them find meetings and answer questions about NicA.

Provide about thirty minutes a week from your home or office computer.  
Telephone Servants-Respond to telephone calls from people taking their first step on the journey. One day of service per week from the comfort of your own home.  
Email/Penpal Coordinator-Responsible for receiving email requests for pen pals; adding names to the email pen pal list; and sending out the list.

For further information about any of these service positions, please  
contact: E-mail~: [info@nicotine-anonymous.org](mailto:info@nicotine-anonymous.org)

Write: Nicotine Anonymous World Services  
419 Main Street, PMB#370  
Huntington Beach, CA 92648

## *Seven Minutes*

### **NAWSO**

**419 Main St., PMB # 370  
Huntington Beach, Ca 92648**

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#### **Publication dates and Deadlines for Submissions For 2010**

| <b>Publication date</b> | <b>Deadline Date for Submissions</b> |
|-------------------------|--------------------------------------|
| <b>March 20</b>         | <b>February 1</b>                    |
| <b>June 20</b>          | <b>May 1</b>                         |
| <b>September 20</b>     | <b>August 1</b>                      |
| <b>December 20</b>      | <b>November 1</b>                    |

### **My Address Has Changed!**

*Don't miss an issue!!! Complete this form and mail it to NAWSO, 419 Main St, PMB#370, Huntington Beach, CA 92648 USA. Thank you!*

*My new address and phone is:*

NAME \_\_\_\_\_ PHONE (WITH AREA CODE) \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ ST ATE \_\_\_\_\_ ZIP \_\_\_\_\_

*My old address and phone was:*

PHONE (WITH AREA CODE) \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ ST ATE \_\_\_\_\_ ZIP \_\_\_\_\_