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*Seven Minutes*  
c/o NAWSO  
419 Main St., PMB #370 Hunt-  
ington Beach, CA 92648

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## ANNOUNCEMENT

The Editor of *Seven Minutes*, Kim F., has announced his intention to step down as Editor by the end of this current year 2010. Anyone interested in taking on this extremely worthwhile and rewarding service opportunity is invited to contact chairperson@nicotine-anonymous.org for further details.

## NAWS Chairman's report .

Boy, do I have a lot to write about this time! We're in the home stretch, heading into our 2010 conference in Phoenix, Arizona. The silver anniversary (count 'em, 25 years!!) of these World Services conferences. What a special time this is going to be.

Yours Truly is now an official member of VONR (*Voices of Nicotine Recovery, an online NicA group - Ed.*) and I have a new first love! You would laugh at me, the quintessential face to face/pick up the phone and call/hard copy gal, calling our Chair Elect, John R, in the middle of that record Pennsylvania snowstorm, shouting, "OK John, walk me through this - I can't get on Paltalk!" Typical. He patiently helped me through the process and that night, while we had two feet of snow outside, I went to my first VONR meeting. It was love at first click. Then, the next night, I went out and bought a microphone. I cannot tell you how much respect I have for this well run, organized, loving, spirit filled, LARGE segment of our fellowship. Although admittedly I am not a daily computer gal, I have met others who got smober through the online meetings and I salute them, VONR, and especially you, John. For those of you reading this, John and I have discussed often that it was definitely the Higher Power who ran that election back on Long Island when we would be up against one another, my coming first, and now John following me into office. We are definitely polar opposites, and that's as it should be. Because, you see, now the fellowship is merging. That's what this represents. I'm proud of all of us.

By the time you read this, your

dedicated Board will have met in Oakland, CA. I know I say this every time, but there is no better time to be part of our wonderful fellowship than right now. Working with this group has been all joy. We have made such progress in making things more streamlined, mentoring the new officers elect, streamlining our procedures.

There will be exciting things to come at the Arizona conference and I cannot wait to see as many of you as possible there. Think of the lives that have been saved and touched by what we have done together in this fellowship. Nothing in my personal or professional life comes ahead of this. Whatever sacrifices in time or treasure have come along the way, it has been all worth it.

I want to take a moment to thank our *Seven Minutes* editor Kim F. Kim, you are outdoing yourself on this publication. Our local group is using the stories as meeting topics. Thank you, Kim. And that goes for all of you who serve this fellowship. I remember, twenty-three years ago when I joined, that all we had was Xerox copies of single sheets. Look at our literature array now! If you ever want to wonder if we're making progress, just look at our website and see those flags across the top ... literature being translated worldwide.

On this, the silver anniversary of our World Service conferences, not smoking is worth more than silver and gold.

Like all of you, I consider not smoking to be my life's greatest accomplishment and my Nicotine Anonymous membership to be my most important life activity.

Love, Jan

Chair

### **The Twelve Steps of Nicotine Anonymous**

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

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

### **The Twelve Steps of Alcoholics Anonymous**

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

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

### **The Twelve Traditions of Nicotine Anonymous**

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

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

### **The Twelve Traditions of Alcoholics Anonymous**

1. Our common welfare should come first; personal recovery depends upon A.A. unity.
2. For our group purpose, there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for A.A. membership is a desire to stop drinking.
4. Each group should be autonomous except in matters affecting other groups or A.A. as a whole.
5. Each group has but one primary purpose—to carry its message to the alcoholic who still suffers.
6. An A.A. group ought never endorse, finance or lend the A.A. name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.
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### **Our Preamble...**

Nicotine Anonymous is a fellowship of 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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## *8 years! 8 years free of nicotine!*

### *What am I grateful for now?*

8 years! 8 years free of nicotine! I never thought I would be 8 *days* free of nicotine, let alone 8 *years*!! It's a miracle.

This year I spent my Nic A anniversary/birthday, January 8, in Jerusalem. To prepare, my home group in Sherman Oaks, CA gave me my coin/chip early, in a box, so I could open it on January 8<sup>th</sup>. They videotaped singing "Happy Birthday" to me before I left. Technology has certainly helped me with my recovery! The night before this anniversary, I chimed into a phone meeting. It was great to hear voices I hadn't heard in a while celebrating their recovery. On anniversary day, a friend from my old meeting in NY emailed saying, "Happy Birthday!" I then remembered to "give" myself the coin while emailing him back, and then proceeded to play the video in my miraculous little phone! What a treat it was to play that 30 second video! I found myself moved to tears watching it and looking at my coin.

I am grateful for those tears. Today they are tears of joy - joy I never knew I could feel. I thought that joy was reserved for others who were somehow better than me. No, today, I know I am an equal creation in this wonderful universe and that I deserve joy. I deserve the joy of being nicotine free - and I deserve many other kinds of joy as well. (Guess what-you do, too!) My fellow recovering addicts who witnessed my first anniversary of freedom from nicotine can attest to the fact that joy was not even a blip on my radar screen back then. On the table at the meeting that first anniversary night there were flowers, a card, and a gold coin, but all I could do was cry because my "best friend"

had died a year before. (Yes, that "best friend" was nicotine, which tried to kill me!) I am very grateful for the process of change, especially for the change in my perspective. Without the process of change, I would not be here and you would not be reading this!

What else am I grateful for? I have a gratitude list related to my freedom from nicotine that was started somewhere in my second year of freedom. Here are some oldies as well as some new additions. I am grateful for:

Breath: clean, clear, deep breath filled with lots of oxygen!

Smelling nice instead of like a garbage dump

How my life has changed as a result of the Steps!

Step 8 and all the other steps that came before it (even though it has taken me these 8 years to get to this point!)

The promises coming true in my life, such as asserting myself kindly

The world taking on a new dimension of clarity- I now understand things that I could not when I was first freed from nicotine- I understand that other people's thoughts and actions are not my responsibility, rather only *my* thoughts and actions are in my court to deal with. (I am much happier when I remember that!)

Nicotine Anonymous Area Events that keep me connected to dear fellow addicts

Knowing I am worth every minute of my freedom

Being happy, joyous and free

Singing

Laughing

Being courageous enough to express tears- I have been told those tears are liquid recovery!

Being willing to live One

Day at a Time

All of the wonderful Nic A members who paved the way for me to live a free & joyous life

All Nic A members in all stages of recovery- You have something to teach me (when I am willing to put my ego aside and listen!)

My sponsor who reminds me that I am human and am bound to have feelings (and also bound to mess up every once in a while, too!)

Telephone calls that keep me connected to my sponsor and other nicotine addicts

Learning that my head is a dangerous dark-room where negatives are developed and it's best to leave that room as soon as possible

Friends I've made in Nic A

Phone meetings to augment my recovery when I can't get to a face to face meeting

The 12 Traditions- Yes, I am now getting to see how I can apply the Traditions to my relationships- Who would have thought?! Surprises abound everywhere when I am focused on my recovery!

Lastly, since I will be abroad for the next 4 months, I am grateful to get to start another meeting- this one Jerusalem, Israel! I have put out the word on our Nic A website and a couple of other websites for Jerusalem. A meeting format is in the works, modeled on my two favorite meetings in the US (New Paltz, NY and Sherman Oaks, CA), and a starter kit, and some coins. I have one old version of the Nicotine Anonymous Book, plus my own current copy of all of our other books to share. I have a meeting place picked out (a coffee shop for now.) Now, I am just waiting for other nicotine addicts who seek

*(Continued on page 4)*

*(Continued from page 3)*

recovery from the deadly addiction. I hope I get to share experience strength and hope with at least one fellow addict. They told me to "Keep Coming Back"- No matter where I am, I will!

I wish you all a wonderful day free of nicotine and filled with the recovery this program offers us.

Grateful for another day of freedom,

*Judi D*

Sherman Oaks, CA  
(Currently in Jerusalem, Israel)

PS If you happen to find yourself in Jerusalem, or close by, it would be great to see you on Sunday nights at 7:30!

For more info please contact NicotineAnonymousIsrael@gmail.com

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### *My Story . . .*

My name is Connie and I am an ex-smoker, nicotine addict. I am so grateful for the 12 steps helping me to quit. I smoked for 28 years and it truly feels so great to not be controlled by cigarettes or to abuse myself with cigarettes. I admitted I was powerless over nicotine and that my life was unmanageable. As sick as I was from an almost 3 pack a day habit, I still couldn't quit. That was the problem. "I" was trying to quit. "I" kept trying to do it alone, by myself. I was not relying on a Power greater than me, greater than the nicotine, to help me quit. I was not asking for help from others. I was trying to do it alone and it was not working.

I was clean and sober and working steps in other 12 step fellowships. I would see other people quitting cigarettes and get so jealous. I finally said to my Higher Power, "Well, those people have Higher Powers and they have quit,

why can't I?" I didn't get an answer until I asked my therapist about this. She said, "Well, maybe you have to believe in your Higher Power "more"." Just that simple word of "more" was what got me praying more, trying more, asking for help more and soon I became an ex-smoker.

It took lots of asking for help from medical professionals, from my sponsor, from other ex-smokers who were working a 12 step program, too. I admitted defeat that "I" could not do it alone. I tried too many times.

I kept a journal of my first 30 days without smoking. In it I wrote out so many things I repressed. So many feelings. And I talked lots! I talked in therapy, I talked to 12 step friends and I



talked through my journal writing. My cigarettes repressed my voice! I would light one up to stop my voice. Today it is important to speak my voice.

I went from having Chronic Bronchitis sleeping on 3 pillows propped up to stop myself from gagging on the yuck in my throat (yes, gross, but the way it was from smoking), two inhalers and a warning from the doctor that if I continued to smoke, I would be in Emphysema and that there would be no turning back and my two kids would have to face the fact of their mother dying at a younger age.

So in reality, I saw in black

and white that my smoking was actually a very selfish thing I was doing. I know I was an addict and addiction is a disease, but I also thought about my character defects. And a defect of my character was that no matter how much I knew cigarettes were killing me, I would keep lighting up!

So I really concentrated on steps 6 and 7 of the 12 steps. I re-read them over and over. And I realized that if the Higher Power could remove my obsession to drink and take drugs, certainly that same Higher Power could remove this defect of smoking I had! I kept believing, kept asking for help from anyone I knew could help and I have lived to write this sharing here.

The benefits of not smoking for me have been: Being able to go on long walks to the beach without getting out of breath, going for long bike rides, being able to speak my truths, having no more abusive people in my life and recognizing the fact when I encounter one of them and detaching from them and letting them go, being able to take deep breaths, sleeping with one pillow and not having to be propped up, not coughing all the time a terrible smokers cough, being okay with me and who I am, not allowing people, places or things to make me go and grab a cigarette and instead turn straight to my Higher Power to help me.

Things I have done to help me not smoke: Read 12 step literature of Nicotine Anonymous, and other 12-Step programs too. Go for a walk even if around the block. Chew gum. Call someone and talk. Write an email. Do a hobby like crocheting, drawing. Jump rope. Play with a yo-yo. Use a little stress ball with sand in it that you squeeze. Get a drink of water. Write out my feelings. Scream in my pillow, but don't pick up a smoke! The best of all is asking my Higher Power for help daily. And

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*(Continued from page 4)*

even if in a store, I am tempted to buy smokes, I would just tell the cashier that I quit smoking and am tempted to buy cigarettes and the cashiers would say, "Congratulations! That is great". And I wouldn't want to buy the smokes. I feel the Higher Power surely works through people, too.

Thanks for listening and just wanted to express my gratitude. Take care all.

Sincerely, Connie with 12 step recovery love and hugs to all who want them

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### *Gerri's Story . . .*

Hi Everyone! Gerri here, from Windsor, Ontario, Nicotine Addict. Thought I would share my story.

The other night I had a dream. I saw an old woman, with wild silver hair, sitting in the cold and rain, wrapped in a blanket that was as worn and as old as she was. She had lost her youth, her beauty and her home. She was alone. With thin, trembling hands, she held tight to the blanket that blew in the cold night air. She shivered. I called to her, offering to help her, and she turned to look at me. In the coldness of the night I could see that, although she had lost all she had had, and all she had been, in her wrinkled lips was the one thing she had held onto, a cigarette. And, what was worse, the old woman looking back at me . . . was me! The me that could be, giving up all for the drug of choice, that could kill me faster than any other I have encountered.

I started smoking behind the school in grade 8. I was lonely, had no friends and didn't feel like I fitted in anywhere. But these kids didn't really care who I was, and gave me a smoke, and then another, and another. Then there was my dad. I adored my dad and wanted to be just like him. He smoked strong

cigarettes, and bought me my first pack, of his brand. Soon we were smoking together and I remember thinking, "this is neat, my dad and I smoking together". I felt closer to him.

In high school, I met the girl who would be my lifelong best friend (and still is). Our favorite song was "Smokin' in the Boys' Room". Why? Because that is where we smoked when we skipped classes and between classes. We smoked through High school, through our weddings, our pregnancies, our divorces. We smoked at parties, while shopping, in restaurants, while driving, while making dinner, after dinner, while crying, while laughing, while dancing, while staying at each other's house; we smoked all the time, for any reason we could think of.



After a few years (if it even took that long) I smoked at any time I could, and for any reason. Nicotine (cigarettes) came with me everywhere. In my car, to work, to visit friends, to church, shopping, to the store, on vacations, to weddings, funerals, baptisms and on any occasion that might involve actually communicating with anyone. It actually helped me not to communicate. I used smoking to stuff any feeling you could imagine, fear, anger, resentment, depression, confusion ("just give me a minute to smoke and sort things out") frustra-

tion, impatience, sadness, grief, loss, abandonment, the list could go on forever. I smoked to be. I smoked not to be.

Somewhere along the line, I had decided that I really couldn't trust anyone but me, my animals and Nicotine. Like an obsessed lover, I became terrified if I couldn't actually see the object of my obsession, the lowly cigarette. I needed the reassurance that it was with me, in my car, in my House, beside my bed, in my purse. Wherever I was, Nicotine was right there beside me, promising its poison, always to be within easy reach, to calm my frightened and obsessed mind.

As time passed, my health began to show some negative effects. I developed cardiac arrhythmia, COPD, emphysema, and chronic bronchitis. Of course, I conveniently blamed all of this on the fact that, even though I had now been in another 12-Step program for many years, this damage MUST have been caused by my other addiction, when I really wasn't taking care of myself or eating properly, and not by the small item of the cigarette. Another way I would deny the effects of Nicotine was to say "Well I never got in trouble because I smoked one smoke too many, like I did with other substances".

As more time passed, the coughing got worse, a whole lot worse. It got to the point I would choke on the phlegm every morning. Or throw up that cup of coffee, as I was coughing too much and triggered the gag reflex. To hide this, I increased my use of mouthwash. I also noticed that my veins would pop out purple against my bluish, red face each time I coughed. With each coughing spell, my eyes would water, my heart would race, my knees would get weak and breathing would not be easy. And yet still I smoked!

I tried to quit several times. Each time the above problems would

*(Continued on page 6)*

*(Continued from page 5)*

disappear, and I would feel better, and convince myself that I could have just one. That was the biggest lie ever! I NEVER smoked just one. The minute I lit the one, I was planning my trip to the store to buy the pack.

I have lied, stolen, snuck, borrowed, and begged for Nicotine. I have smoked other people's cigarettes and smoked butts from the garbage. I have collected all the butts from my ash trays to roll into one, while walking or driving to the store (smoking the rolled one) to get a new pack. I have bought smokes before gas for my car or before paying my bills. I have made sure that I had enough smokes before buying Christmas presents.

There is nothing I have not done or would not do to inject my body with the poison that is Nicotine.

The time had come to quit.

And here I am.

1 month and one week smoke free! Have I done this before? Yes. I once quit for one day short of 2 years. What did I do wrong to return to the cruellest taskmaster and partner I have ever had (Nicotine)? I FORGOT or CHOSE to forget, that I can NOT EVER have one smoke, that one smoke actually equals 25, and that they travel in packs. They are the hunter and I am the prey. They have the power to bring me down and destroy me, killing me slowly and horribly, over many days, years and months. If I smoke again, I am entering into an evil partnership with death. This is a partnership where I will be the willing accomplice in my own murder.

I will not kill me or assist Nicotine to kill me either. I will ride the tide of cravings and stand tall against the winds of fear. I will ride out the storm. I will find the smoke-free rainbow

after the storm. I will not give up until the miracle happens. What the caterpillar thinks is the end, the butterfly knows is the beginning. I will be the butterfly.

One day a time, I will continue to come to these meetings and live these steps. And in doing this, I know that the dream I had last night will never become my reality, and I will look in the mirror to see a whole new me looking back.

That's my story and I'm sticking to it!

Have a great night and thanks for reading!

Geri

Windsor, Ontario



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## ***QUITTING BLUES AND HOW TO COPE . .***

*(Editor's note:- the following is a post on the board of Voices of Nicotine Recovery, an online NicA group, from a member in response to a plea for help from a newcomer)*

Dear sister,

I hope I can say something that helps at least a bit. Hang in there . . . this is going to pass. That's the first thing I can tell you.

The 2nd thing is that no one ever died from quitting. It's

very unpleasant to be sure, but it does get better. I've been nicotine free for over 5 years now, and I can promise you that it absolutely does get better. And way before 5 years, by the way. Lol

The third thing is . . . prayer, prayer, and more prayer. Even if you've never prayed, pray, even if it's just to say, "Please, just one more minute."

It helped me to research what nicotine had been doing to my body to help me strengthen my willingness to stick with the quit. I read a lot on websites. Some sites did some great homework on what happens to our bodies when we put nicotine into them. The brain is forced to grow over a million "extra" nerve endings to disperse the toxins evenly throughout the brain, otherwise the toxins would get dumped in just one area and kill the brain. Nicotine then is in every area of the brain, and suppresses hunger and thirst. Many times in my early quit I'd take a drink of cold water in a craving and it'd just go away, because it'd actually been my brain trying to say it was thirsty, not wanting nicotine.

Oh, this stuff is incredibly nasty. Check out some of those sites and educate yourself on what nicotine and the other chemicals that come with it have been doing to you. It kept me busy for a while when I was new.

When I was in my early quit like you are, feeling the way you do, I was shocked at how ugly the withdrawal was. I would sit quietly as the cravings came, which seemed like all the time, and I'd feel it as it seemed to fill my body from head to toe, seeming as if it was going to actually knock me over. When it got to the point of feeling unbearable, I'd tell myself that this was my nicotine addiction . . . this is what I as a nicotine addict

had to go through in order to be free . . . and then I'd pray this little prayer that never failed me, "Please God . . . please . . . do for me what I cannot possibly do for myself".

I wish I could say that the craving was magically taken from me when I said that prayer, but that only happened a few times. What usually happened was that I'd feel this gentle strength move through my heart, and I'd know it was just enough of God's strength to get me through that craving. I had to say that prayer through every stinking craving, but it worked. It's a whole lot easier to live on prayer than to die with nicotine.

Along with going to meetings 2 and 3 times a day, posting on the board, drinking as much ice water as I could stand, making sure I was eating, sleeping when I just felt worn out (a nap or two a day), and before I got sane enough to work Steps I was choking teddy bears. And people thought I was immature for having them. Little did they know how much I'd need them in my quit. rofl  
*(Rolling On the Floor Laughing - online shorthand - Ed.)*

I had a lot of anger when I quit smoking, but I think most of my anger was at what nicotine had done to me, how it had trapped me, a stupid \*chemical\*, for 30 years. In the end it may have killed my cat and then my teeth, and I lost them just a few weeks into my quit, shortly after I had to have my sweet cat put to sleep with cancer in her jaw, possibly from licking that toxic filth off of her fur. It just floored me how it had taken over everything, even my common sense. I mean, who wants to poison themselves and their loved ones willingly? That's not sane . . . that's the addiction.

Before my quit I started using Step 2. I'm in another 12 Step program so I knew the Steps before I got here, just not

how to apply them to recovery from nicotine, which is a whole different addiction. Anyway, Step 2 is "Came to believe that a Power greater than ourselves could restore us to sanity.

I knew that I had been poisoning myself for a whole 30 years, and I needed to be sane about it, so I prayed to be restored to sanity. We can do that with our erratic emotions, too. I still do that. Lol

I know you're feeling really, really bad, but it will get better. I can tell you that when I was able to laugh, and it was just the smallest little laugh in a meeting on my 3rd day, that's when I knew I'd be okay. If I could laugh it meant I wasn't really dying, even though in some weird way it kinda felt like I was (more insanity from the addiction). I found that some moments were good and some were really irritating, but it wasn't long before I grabbed a sponsor and started working the Steps. The Steps are such gifts :)

So, if you've read this whole thing you've been kept busy for a few minutes, and that's a good thing. :) Teresa, you're going to be okay. If it gets so bad you think you might smoke you can go see your doctor or go to the local clinic and see if they have any medical recommendations. Some people discover when they talk to their doctor that smoking was masking depression, and that they need to get help with that.

There's tons more I could tell you, but, if you research some of those websites on the effects of nicotine, that'll help to keep you busy for a while. And pray, pray, pray. That's always the first thing that helps me. I asked my Higher Power early on why the quit couldn't just be easy, and it came to me fast . . . if it were easy I'd be smoking and quitting all the time. The quit had to be hard to make an impression on

me, and the impression it left was . . . I never want to have to go through that again! I know you can relate to that already.

We're here. You're not alone. Just keep coming back no matter what.

Blessings,

Valerie

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## *New Year's Day in the online NicA world . .*

*(Editor's note:- the following is a list of meetings held in an all-day marathon on New Year's Day 2010, in Voices of Nicotine Recovery, an online NicA group; it was originally posted to the message board of VONR. It is included here to give an idea of the sort of ways in which the worldwide online community interacts to help the suffering addict)*

Sorry this took so long to post....PLEASE give a big shout-out to the folks below who did service for the New Year Marathon last Friday. It was a strangely wonderful and wonderfully strange 14 hours!

11 a.m. Freaky Friday MEETING with PJ turned out to be so freaky, Chick and Susan co-chaired! Charles greeted, Linda read the 12 Steps, and John read the 12 Traditions

Noon New Year's Resolutions with Tracy, ably assisted by Linda, gave us some great hints about how to take baby steps towards our goals for 2010.

1 p.m. FAQ (frequently asked questions) with Ursula showed us an astounding amount of e, s & h (*Experience, Strength & Hope* -

*(Continued on page 8)*

- Ed.*) on Ursula's part, and a puzzling lack of knowledge by Roz, who can't have been paying much attention these past 7+ years
- 2 p.m. The Book Meeting with Chicke-rooooooooooooooooooooo was its usual instructive form, Melinda greeted and read the 12 Traditions; Teresa read the 12 Steps; Ann lead the 3rd Step prayer
- 3 p.m. Freedom Hour with Vicki was so free she wasn't there (turned out she needed her beauty sleep big time), but it's a WE program, so of course there was no problem. Tracy treated us to the long version of the Serenity Prayer
- 4 p.m. Fun, exciting, hilarious games with Dave and Roz started off with Roz having fun without Dave, but he did get there in time to suggest 2 games we couldn't play without getting bounced by Paltalk! Once again, though, the fact that life is what happens while we are making other plans did not interfere with our ability to have fun and fellowship
- 5 p.m. Topic Meeting ("spiritual progress in 2009") with Susan-inlapaz (*screen name of a member of VONR and the author of this piece - Ed.*) began a little tenuously as folks seemed reluctant to claim any progress at all, but then our natural addict egos surfaced, and off we went! Roz greeted; Charles read the 12 Steps; Ursula read the 12 Traditions
- 6 p.m. Name That Tune with Ken and Roz hands-down won the "oh THAT'S what they mean by saying the Blue Moon (2nd full moon in a month) makes things twice as crazy as the normal full moon" prize! Can't remember who won, since it wasn't me!
- 7 p.m. Trivia with Debbie and Jane was the absolute BEST hour of the marathon. Guess who won?
- 8 p.m. Fun and games with Teresa and Steve was, as usual, the WORST hour because Steve cheats; that said, we all spent most of the time rofloao (*rolling on the floor laughing our a##es off, online shorthand - Ed.*)!
- 9 p.m. Discussion Meeting was chaired at the next-to-the- last minute by Judi; Susan greeted; Teresa read the 12 Steps; Charles read the 12 Traditions; Kevin tracked and posted the Topics; Christie read the Promises.
- 10 p.m. A Very Cryptic New Year with Jadie was downright annoying, because the best player was stuck keeping score and thus unable to show her brilliance! Nevertheless, OTHER people had a great time!
- 11 p.m. ...Mystery hour with Bridget turned out to center on the mystery of why Paltalk (*a facility that allows the holding of online meetings and person to person chatting, used by VONR to host its online meeting - Ed.*) hates Bridget, who could not hear or be heard to save her life! But what goes around comes around, and the Sleeping Beauty mentioned above subbed for Bridget by sharing some wonderful writings on freedom
- 11:45 p.m. Discussion Meeting with Celeste rounded out our marathon perfectly by having Celeste be a no show! Did I or did I not mention this is a WE program? John took the bull by the horns (causing Jadie to wince) and stepped up to the plate (causing Lynne to put her umpire mask on) and had Celeste's back (which was why she couldn't show her face). But lo and behold, the oddest day in VONR history ended, and who should walk in to restore all to normalcy but Celeste!
- And they all lived happily and smoberly ever after!
- Susan
- ~ ~ ~

# Nicotine Anonymous World Services

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

Shipping 714-638-4638 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#: \_\_\_\_\_

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ITEM#	ITEM DESCRIPTION	BOOK DISCOUNTS	QTY	Price Each	Total Price
Bk1	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			
Bk6	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 800-272-4563 - Ask for supervisor or Order Desk.

ITEM#	ITEM DESCRIPTION	PAMPHLET DISCOUNTS P-1 to P-14	QTY	Price Each	Total Price
P-1	Introducing Nicotine Anonymous				
P-2	The Serenity Prayer for Nicotine Users	under 100 pcs. No Discount .20 ea.			
P-2B	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				
P-8	Our Promises				
P-9	To the Dipper & Chewer				
P-10	Slogans				
P-11	What do NAWS and Intergroup Services do for me				
P-12	Nicotine Anonymous The Program and The Tools				
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	
Pca	Public Service Announcement as an MP3 file	Via email only		FREE	
	SubTotal			XXX	XXXXXXX
	Sales Tax (California Residents Only) 8.75% times SubTotal			XXX	8.75%
	Shipping & Handling (See Shipping & Handling Chart Above)			XXX	XXXXXXX
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)				XXXXXXX
	GRAND TOTAL in US\$				XXXXXXX \$

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If form is older than 6 months, write to us for an updated one or visit our website to download a new version. Rev.09/01/09

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

	<u>Jan - Sep</u> <u>09</u>	<u>Jan - Sep</u> <u>08</u>	<u>\$ Change</u>	<u>%</u> <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:

## BYLAWS COORDINATOR

The bylaws coordinator compiles suggested changes to the Bylaws and presents them  
to the annual Conference.

## WEB COORDINATOR

This coordinator monitors our World Services website for up to date information and  
ease of use and recommends improvements to the Chairperson as well as posting up-  
dates to the Current Events, Public Outreach and Archives sections of the website. Our  
current coordinator will be resigning in April 2011. This position requires technical ex-  
pertise and we would like to identify a replacement early so you can work with our cur-  
rent webmaster for a transition period.

## 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!*

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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!*

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