

The Nicotine Anonymous Quarterly

SEVEN



Minutes

A Forum for Nicotine Users Who Don't Use

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Chairperson's Report

The 2015 WSC is Almost Here:

As we eagerly await the 2015 World Services Conference in San Francisco, CA, I want you to know that your sisters and brothers in fellowship in NorCal (the Northern California Intergroup of Nicotine Anonymous), on the World Services Board and all around the globe have lined up some very, very special speakers and are working hard to make this **one of the best conferences we've ever had**. This will be no small trick considering the resounding success of our 2014 WSC in Ocean City, NJ. We need you to attend if you can and become a delegate, so your local group or intergroup will have a voting voice in NicA matters. Elected delegates may be able to write off the expenses on their income taxes; ask your accountant to be sure. Some members have found it convenient to combine their travel with a yearly vacation, arriving a few days early or staying a few days later. Northern California is terrific any time of year, and spring is no exception. The folks in NorCal will be happy to advise you on sights and activities. I plan to spend a day or two at Yosemite.

Sponsorship is Fellowship:

What are the major differences between 12 Step programs and other programs and businesses? What makes us so special? Why can we say that members who stick with us and use the tools of our program rarely fail? Some answers to those questions seem readily apparent. For example, we have learned that it

took years for our addiction to become firmly entrenched in our bodies and minds and that it takes more than a one **shot magic bullet to "fix" us. NicA is on-going**; we never give up on anyone who sticks with us. We offer tools for the members to use throughout their recovery – no matter what stage or phase of recovery that may be. If a member is continuing along, we are there for her or him. If members relapse, we welcome them back with open arms and no criticism or judgments. If you have recovery, we ask you to stay involved by **helping others. In short, we just don't give up on you.**

Nicotine Anonymous has 5 tools to help the still suffering as well as the recovering member. They are meetings, literature, phone list, sponsorship and service. One of the major differences in 12 Step programs like NicA is sponsorship. You can read more about sponsorship in our pamphlet *TO THE NEWCOMER AND SPONSORSHIP IN NICOTINE ANONYMOUS*, which you can find on our website at http://nicotine-anonymous.org/publications_content.php?pub_id=541 and there is also a section on sponsorship in the Newcomers Booklet. Sponsorship benefits the sponsee as we know, but it is also a gift to the sponsor by helping her or him to maintain the best possible perspective on recovery. Perhaps lesser known is how sponsorship benefits the fellowship as a whole. Sponsorship makes us different; it welcomes the new member and helps him or her to stay with it when all seems lost.

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The Twelve Steps of Nicotine Anonymous

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

The Twelve Steps 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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Forever Grateful...

I grew up in a home where my father chain-smoked 3 packs a day. There was a constant ring of smoke between the couch and TV in the living room and it smelled horrible. I had my first cigarette when I was about 8. I smoked one in the garage closet with friends and I turned green and puked. It was the most disgusting thing I had ever tasted. When I was 16, I started smoking with my girlfriends, but I didn't inhale for at least 6 months. I remember my girlfriend teaching me how to inhale and I thought I was really big time then. I actually hated cigarettes from my growing up, but I still started smoking out of peer pressure and the desire to look cool and fit in. I remember when my parents found my cigarettes, my father came in my room with a belt in one hand and cigarette in the other and was standing there lecturing me about not smoking and beating me with his belt. That was not very effective, to say the least.

My first quit was at about 19. I woke up one day and was driving to the store to buy cigarettes but I had no desire for one, so I just quit. This lasted about 2 months until I was with an old smoking buddy and thought I'll just smoke with her. Then I was off to the races for about the next 40 years. After that I was never able to amass a quit for any longer than maybe 3 days, except for once when I used the patch and quit for 6 weeks. Somewhere along the way I had just totally given up any idea of ever quitting. After about 20 years had passed when I was going to quit every Monday and then Tuesday and never did, I just gave up even trying to quit. I surrendered to the idea that I was a hopeless smoker and would die a smoker's death. Woe is me.

For some reason, when I approached the age of 55 I decided I was not going to get away with smoking much longer. The way I saw it, it was quit now or never. I had heard of Nicotine Anony-

mous several years before, so I found a meeting in my town and started attending meetings. Part of me was so glad I had found a solution and that I was finally going to be able to be free from smoking, and the other part of me was scared to death that it was going to work and I would no longer be able to smoke. My feelings were in major conflict, as 49% of me wanted to quit smoking and 51% of me wanted to be able to get away with smoking. I would sit in meetings and say I don't want to quit smoking; I love my cigarettes; they are my friend and companion. Then I would think, "Why am I sitting in a Nicotine Anonymous meeting if that is a true statement?" I decided if I was going to go to Nicotine Anonymous meetings, a big part of me really did want to quit smoking. I then started smoking more than ever. It was like cigarettes were smoking me, I wasn't smoking them. At this point, I said, "God, I cannot quit smoking, period. I am as powerless over quitting as I am powerless over smoking. If I'm ever going to quit smoking, you are going to have to quit for me. I just can't." I guess once I had surrendered everything to God, it eventually led me to finally quitting. I woke up one Monday morning and said, "God, I can't go on another day or week with this nicotine struggle. I am tired, worn out, and cannot fight another day." It was then that God removed my obsession to smoke and I have not had a cigarette since that day - June 9, 2008.

For someone who smoked over a pack a day for 40 years, I can tell you that I am one of God's miracles. I am alive today and not smoking, one day at a time, due to God's love and grace. I am forever grateful to the program of Nicotine Anonymous that has provided me with the tools to live life one day at a time, nicotine-free.

Forever grateful,
Teresa I
Dallas, TX



NicA Gave Me a Life...

Hi, my name is Sharon G and I am a nicotine addict.

By the grace of God and Nicotine Anonymous I haven't had to use nicotine for 24 years.

My story may be similar to others in the program. I started experimenting with cigarettes when I was 9 or 10 years old. They were my dad's left-over butts which I got out of his ashtrays and yes, they were nasty, but I really wanted a hit of the nicotine.

I didn't keep this up for long. It kept getting harder and harder to find a butt with enough left in it and Dad rarely left any unopened packs around. We lived in the country far away from any store to buy them, so I eventually gave up. Gave up, that is, until age 19. I was with my girlfriends who all smoked, which I told

them was disgusting. (I had adopted my mother's attitude toward cigarettes.) We were going to the lake, but I wanted to stop off at a guy's house whom I had a crush on. My friends thought I wanted to be left there, so they did. Long story short, I realized he didn't have feelings

continued next page

for me and I was stuck there, dying a thousand embarrassing deaths as only a 19 year-old can. When my friends finally did come back to get me, I asked for a cigarette, and the rest, as they say, is my story.

From then on I smoked whenever and as much as I could. Back then in the **late '60's and '70's, you could do that.** It was the first thing I did in the morning, and the last thing I did at night. I only dated men who were smokers. I only had friends who were smokers. I only worked in places where smoking was just fine.

I smoked if the phone rang. I smoked if the car needed to be started. I smoked in the tub - I switched to showers in my **30's and never did figure out how to** smoke in there. There was nothing better in my life than a cigarette after a job well done, a good meal - or a bad one - and always after sex.

While all this smoking was going on, I also wanted to quit. However, I wanted it to be easy to quit, so any attempt was always ambushed by how darn hard it is. Those cravings are a real bear. My first attempt to quit was when I went to college. I really thought that by having **a change of scenery, I'd be able to quit.** What happened? I smoked twice as much as before. The only thing I quit was college.

My next attempt to quit smoking was when I was a waitress. I just decided one day before work this would be the day. So, I made it through breakfast but not very well. I was short with the customers and angry at the other waitresses. **This just won't do, I thought to myself. I have to smoke. I can't treat** my customers this way. I was smoking almost as soon as I had that thought.

The pain of the cravings scared me so much that I mainly just mentioned the idea of quitting, and only occasionally, and usually to another smoker. They **would always reassure me with, "Don't** worry about it. You could get hit by a truck." Such comforting words.

I have to mention, too, that I went to a smoking cessation program. I did everything they told me and you have to do some very disgusting things, like keep a mason jar of water to put the butts in. For added bliss, I was to smell the water.

Along with the above I tried the nicotine gum. A very weak try. That was 1986. If any of the other delivery systems had been invented, I would have tried them too.

I moved to Phoenix in 1987. I hit a bottom with that move and ended up in a fellowship for relationship addiction. At one meeting, on the literature table I saw a simple flyer with the words Smokers Anonymous Meeting (now NicA), time and location! I believed in 12 Step and I was at that meeting the following Saturday. This was November 1987. I set a quit date because I thought people would think I was a loser. It was to be December 31. I lasted only 28 days. The **reason? I hadn't yet learned to depend** on my Higher Power, whom I choose to call God.

I stayed away from NicA for the next year and a half. I had a sponsor in the other program. She was a smoker (of course), but she wanted to quit. She heard about a hypnotist and wanted me to go with her. That scared me, so I suggested NicA. She said okay. And that is how I got the courage to come back.

It saved my life. God was doing for me **what I couldn't do for myself.**

This time I was determined to find out how to turn the addiction over to God. So I went to two meetings every week, sometimes three, plus my other program meetings. **We didn't have literature** back then, so I went to the local 12 Step bookstore and got a smoking-related meditation book, and a book about a woman whose nicotine story was worse than mine. This is a critical point, because until I read her story, I thought I was the worst nicotine addict. I needed to get that idea wiped out of my head, and HP knew it.

I also bought a hypnosis quit smoking tape. I listened to it every night for about a month. I never told anyone in NicA about that tape until recently at our Saturday night meeting. I had always thought that if I told people, they would think I had cheated. Everyone at the meeting thought that was really funny and we all agreed if you need to cheat to quit smoking, then cheat! Do whatever it takes! I am so glad I told them and now all of you.

I never have to think about smoking. I have a fellowship that I love. I do service. I sponsor people. I work the program.

Before I quit, someone at our then-Thursday night meeting told me that when I quit, the world will open up for me. There will be concerts and trips and fun and friends and purpose in my life.

She was right. I did not know how empty my life had gotten while still smoking. The things I could do or places I could go were getting less and less. My world was getting smaller and smaller and I was getting smaller and smaller.

Now I am a working artist, and I had a one-woman show this past summer. I went to NYC in 1994. I mention that because it was the site of our NicA World Service Conference that year. I never would have made that trip if it **hadn't been for NicA.**

I also went back to college and finally got my degree in 1999.

I'll close for now, my dear NicA fellowship. You and HP not only saved my life, you gave me a life! Thank you.

Sharon G
Phoenix, AZ





*A Note from Chick P,
WSO Online Meeting
Coordinator:*

Nicotine Anonymous now has a venue to conduct Board Meetings, Inter-groups, and Committee Meetings online, with or without telephone capabilities.

If you are a member of a group that is helping Nicotine Anonymous and want to utilize this technology, contact Chick at nicahost@gmail.com Individual training is available to learn this new venue.

NOTE: This online meeting format can be used internationally.

*On Mental Illness and
Nicotine Use...*

Mental illness is a very tough thing to live with. There are daily struggles that a person with mental illness has to face every day. I used to think that smoking helped me cope with these struggles, but today I realize that I was participating in a "grand hoax." I have not given up anything at all. By quitting smoking through the program of Nicotine Anonymous I have gained so much!

I have been diagnosed with many different mental illnesses. The diagnosis is not important, but staying symptom-free is. I used to think smoking made me less depressed. I had several health care workers tell me that they did not care how many cigarettes I smoked. Several of them did not think I could ever quit. So, after awhile I just gave up.

For a long time, I was afraid to quit

smoking. Every time I tried to quit, I slept all the time and felt more depressed or lethargic when I quit. I have used many methods to quit. None of them ever worked for very long. I eventually looked up Nicotine Anonymous. At that time there were no face-to-face meetings in my area. I looked up Nicotine Anonymous online. I found Voices of Nicotine Recovery (VONR) online meetings.

I decided to give NicA a chance. I eventually had to get serious about it. Whatever kept me from quitting, I had to let it go. I slept all the time, I got a sponsor, and I went to meetings every day. In meetings I shared about what was going on with me. I went through a range of emotions, but I did not smoke! **I'm not going to say it was easy, but anything that made me want to smoke I avoided it.** My old pattern used to be that I would get a few days free from smoking, and then would go around someone smoking. Mere seconds later I would ask someone for a cigarette and light up. So now I stay away from people while they are smoking. I used to think that it was a great sacrifice to do that, but now I realize that lots of people **don't like to be around smoke.**

I always thought a cigarette would cure all of my problems. But today like the promises say, my focus is on Nicotine Anonymous rather than nicotine. Whatever it is I was looking for the cigarette to do for me, I can find it in the program. **If I'm feeling depressed, I can go to a meeting and share about it.** I no longer have an excuse for smoking. Nicotine Anonymous has ruined my smoking!

Today I have over a year nicotine-free. I have not been this happy in a long time. I realize now that smoking or using any kind of nicotine never did anything for me. All of those things I thought it did were wrong. I would have thought that saving a lot of money would be a great advantage, but the thing I am most grateful for is not having to answer the craving call every twenty minutes. I am **FREE FREE FREE!**

I can't say I will never smoke again. However, I do know that as long as I continue to live this program one day at a time, I will stay nicotine-free one day at a time. For that I am truly grateful. Thank you Nicotine Anonymous for ruining my smoking!

*Joseph W
VONR group*

**Seven Minutes
Meditation**

God, grant me the courage
to find the hidden treasures
of my heart
The loving-kindness,
compassion, and courage
that will keep the cigarette
out of my hand,
The smoke out of my lungs
and the insanity and slavery
of addiction out of my soul.

Grant me the serenity to
know that I deserve so much
and so very little,
And grant me the wisdom to
know that it is not
a giving up,
a loss and a curse
but rather a grand gift.

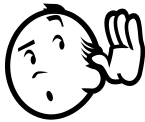
*- Jan R
VONR group*



Heard it at a meeting

I looked for God in the big things
I found him in the little things,
in a place where I never looked
before.

I looked for God on the mountains
I found him in the valleys,
and in the eyes of my neighbor
next door.



Want to get involved with outreach?

Consider attending the monthly teleconference meeting of the NicA Outreach Committee.

When: 3rd Saturday of the month

Time: 12:00PM EST

To attend, call [1-218-339-8984](tel:1-218-339-8984)

PIN: 1471471#

For more information, contact the Outreach Coordinator at:

OutreachCoordinator@nicotine-anonymous.org

Gratitude in Action...

By the help of my Higher Power and the help of people in Nicotine Anonymous, I have not needed to use nicotine one day at a time since January 6th of 1996. For that I am very grateful. WOW, that is 19 years. I cannot believe it. It seems like just yesterday - it was a Tuesday night in December 1995 when I walked into the now-defunct meeting in Richardson, Texas. I can still picture where Ann, John, Kim and Glenn were sitting. I was feeling hopeless when I entered the room but somehow, somehow, I was hopeful when I left. There were people there who were actually happy that they had quit smoking. Me? Well, I wasn't even sure I really wanted to be there. I went to a few meetings before I actually quit, and then I raced clear across town to that first meeting to get my 24 hour chip. All of a sudden I had hope also. I was finally on the path to learning to live my life nicotine-free.

I have so much to be grateful for since my entry into the world of recovery. Having never gone through the 12 Steps in any other program, I was all of a sudden receiving the tools that would save my life from this hideous drug - nicotine. **I didn't want to smoke anymore and I desired to find a way to live my life happy, joyous and free.** I thought these concepts were mutually exclusive but I soon found out that I could be happy and not smoke at the same time. What a concept!

I went to every meeting I could. At that time there were four meetings in the Dallas area. Nothing could get in my way of attending those meetings. I had found a group of people who were like me. **They understood my "crazies" and accepted them.** Growing up I always felt like the outsider looking in. I desperately wanted to fit in, to find a group of people who would accept me just for who I was. As a teenager, I found that group. They were the ones who smoked in the girl's room and I was so desper-

ate that I started smoking just to have a group of people I could hang out with. These people accepted me; I belonged.

I could smoke with them and I wasn't criticized by them. Then in January of 1996, I found another group of people **who not only accepted me and didn't judge me, they loved and guided me along the path of recovery, and they didn't smoke.**

I jumped in with both feet. As I said, I went to every meeting I could. I came early and chaired meetings. I attended a Step Study (and then another and another - but that is another story). I read everything I could get my hands on. I found a sponsor. Wow, was that ever the best thing I could have done. Not only did I now have a group of people I could rely on, but I had one person in particular that I could talk to about anything and never feel judged or criticized. Then came the call for service work.

I always remember hearing the phrase, **"You can't keep it unless you give it away."** I didn't quite understand that until I became a sponsor myself and volunteered at the local meeting. My home group became the meetings at the **Spirituality House of the Lover's Lane United Methodist Church.** We regularly would go out for fellowship and coffee after every meeting. One night, there was something called an intergroup meeting. My sponsor, Donna, said that **she couldn't go out until after this meeting.** So I stayed, and kept going back. I learned about the structure of the local intergroup and the different roles. I also heard that Dallas was going to be hosting the 1998 World Services Conference. I thought that might be fun so I agreed to help. Little did I know what I was walking into. At that time Bill P from Dallas was the World Services Chair and Camille S was the Treasurer-elect. The Chair-elect had resigned and Camille stepped up to become the next Chair. Camille agreed to take the position provided that someone else would take
continued next page



over chairing the World Services Conference. **Did I say I didn't know what I was getting into? Having never been to a conference, I didn't know what it was all about.** I was very grateful to the individuals who brought back sets of tapes from previous conferences. I listened to every conference set that was available. I began to get an idea of what was needed. With the help of the members of the Dallas NicA meetings, we had a **great conference and we were "Gushing with Gratitude in '98."**

My service work did not stop there. In August of 1998, right after the conference, I took a leap of faith and trusted my Higher Power. I moved to Atlanta, GA without knowing a soul. I soon learned that I did know people. I knew the members of the fellowship who attend Nicotine Anonymous meetings in Atlanta, Decatur and Smyrna. I soon was attending every meeting in the area. I realized that the meetings did not have any real collaboration, so we formed the Ga-NicA intergroup. Then in 2005, I once again co-chaired a great conference where we were all **"Peachy Clean."**

Since I had so much fun at the Dallas conference, I thought I would attend **one where I didn't have to work so hard.** So it was out to Southern California in 1999. At this conference I was asked to help out on the World Services level as we began the process of the first big overhaul of *Nicotine Anonymous - The Book*. This project took a while because I had to encourage other nicotine addicts to work together and agree on certain things. This is not an **easy task...It took a couple of years but** we successfully corrected numerous grammatical errors as well as making some changes to make the book more gender neutral - at least in the body of the book.

After years of working on the edits to *Nicotine Anonymous - The Book*, I was asked to become World Services

Chair at the Brooklyn conference in 2002. I had always been a worker bee, but I was never the leader of a group before. I had my doubts. I had been disappointed as a kid (and even as an adult) when I was not elected to positions and **feared that I just wasn't good enough.** I also knew that I was and still am an addict and that I could be a little controlling sometimes :)

The experience of being World Services Chair gave me the confidence that I can do something if I had faith in a Power greater than myself and trusted that if I do the footwork, the results would be whatever was in the best interest of the fellowship. Ask any other member of the fellowship who has served on the board if they regret it. My guess is the answer would be that no one regrets the experience and that they gained so much as a result of their service. I had to deal with challenges with personalities, time management issues between personal, work, and fellowship work, and also deal with my own insecurities. No matter what, I would not give up that experience for anything.

After my 3 years on the board, I just **couldn't step totally away. I was on the** Traditions Committee and became the webservant to help the website through some difficult changes. (We hopefully will launch a new and improved website in a few months. Come to the conference to find out more!) Then in 2011, I was asked to come back on the board as secretary. I lovingly served for 3 years and then this year I agreed to serve one more year in the at-large position due to a vacancy.

As I stated earlier, "I cannot keep it if I don't give it away." In the spirit of Step 12, I have to give back. I had and still have to provide some type of service. **If I don't, my smobriety is in danger.** I know that as I leave the board this year, the look of my service work will change. I will continue to go to face-to-face meetings in Atlanta. I will keep the

room open for my small group of 2-4 people. I will continue to sponsor people who want to experience the miracle of being nicotine-free. I may even agree to continue to do some service on the World Services level. Service is the only way I can keep my nicoverry, one day at a time. Service is the way I have to show my gratitude in action and be there for others. I invite others to join me in having this spiritual experience by carrying the message to the nicotine addict who still suffers.

Robin L
Marietta, GA

*There once was a
pack-a-day smoker
who feared her best friend
would just choke her
the coughing and hacking
the shame
and the lacking
from that fog
HP finally woke her*

- Martha K
East Quogue, NY

Quote Corner



*"Using my willpower
is like using a
bulldozer to clean
a china shop.
It's just NOT that
effective."*

- Beth S
VONR group

SERVICE: A PEARL OF RECOVERY

Nicotine Anonymous World Services Conference 30
April 24-26, 2015 · San Francisco

This year's conference in the beautiful San Francisco Bay Area of California will be held at the *Best Western Plus Grosvenor Hotel*, conveniently located near the San Francisco Airport at 380 South Airport Boulevard, South San Francisco, CA 94080.



HOW TO REGISTER WITH THE BEST WESTERN PLUS GROSVENOR HOTEL

Reservations: 1-650-873-3200, or
1-800-722-7141

Group Name: Nicotine Anonymous
Mention the group for your special rate of **\$99 per night** plus tax for single or double occupancy, available from April 22 through April 28. This includes a buffet breakfast, waived overnight parking fees and free wi-fi throughout the hotel.

CONFERENCE REGISTRATION

Registration is \$35 for early registration until April 1, 2015. *After April 1, 2015* the fee is raised to \$45. Non-NicA spouses and partners are welcome at **no charge**. Please fill out the form below and include a check payable to **NAWSC 30**.

Mail your registration form and check to:

NAWSC 30
2261 MARKET STREET, #229A
SAN FRANCISCO, CA 94114



QUESTIONS AND SPECIAL NEEDS

E-mail naws-registration@nica-norcal.org
Phone: 510-658-5323

CONFERENCE REGISTRATION FORM

Complete and mail with your check to **NAWSC 30, 2261 Market St., #229A, San Francisco, CA 94114.**

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ E-mail _____

ROOMMATES

Yes I would like a roommate: Male Female

Every effort will be made to help you find a roommate. However, you are responsible for contacting each other and making the hotel arrangements.

DELEGATES

I am an elected delegate for the following group or inter-group: _____

Delegates must register with World Services by 3/24/15. E-mail secretary@nicotine-anonymous.org and include your name, address, phone, email and group represented. (See over for more information.)

CONFERENCE FEE AMOUNTS

| REGISTRATION | | TOTALS | | | | | | | | | | | | |
|--|--|------------|------------|------------|------------|-------|-------|---------------------|-------|---------------|----------|--|--|----------|
| Early Registration \$35 (Indicate # of people): | _____ x \$35: | \$ _____ | | | | | | | | | | | | |
| Late Registration (after 4/1/2015) \$45 (Indicate # of people): | _____ x \$45: | \$ _____ | | | | | | | | | | | | |
| MEALS | | | | | | | | | | | | | | |
| Saturday Banquet (\$45 includes gratuity) (Indicate # of people under each meal preference) | <table border="0"> <tr> <td>Chicken</td> <td>Fish</td> <td>Vegetarian</td> </tr> <tr> <td>_____</td> <td>_____</td> <td>_____</td> </tr> <tr> <td colspan="3" style="text-align: right;"># of people x \$45:</td> </tr> </table> | Chicken | Fish | Vegetarian | _____ | _____ | _____ | # of people x \$45: | | | \$ _____ | | | |
| Chicken | Fish | Vegetarian | | | | | | | | | | | | |
| _____ | _____ | _____ | | | | | | | | | | | | |
| # of people x \$45: | | | | | | | | | | | | | | |
| Sunday Brunch (\$30 includes gratuity) (Indicate # of people): | _____ x \$30: | \$ _____ | | | | | | | | | | | | |
| T-SHIRTS | | | | | | | | | | | | | | |
| \$16 adult sizes S-XL (INDICATE # OF EACH) | <table border="0"> <tr> <td>SMALL</td> <td>MEDIUM</td> <td>LARGE</td> <td>XTRA LARGE</td> </tr> <tr> <td>_____</td> <td>_____</td> <td>_____</td> <td>_____</td> </tr> <tr> <td colspan="4" style="text-align: right;">_____ x \$16:</td> </tr> </table> | SMALL | MEDIUM | LARGE | XTRA LARGE | _____ | _____ | _____ | _____ | _____ x \$16: | | | | \$ _____ |
| SMALL | MEDIUM | LARGE | XTRA LARGE | | | | | | | | | | | |
| _____ | _____ | _____ | _____ | | | | | | | | | | | |
| _____ x \$16: | | | | | | | | | | | | | | |
| \$18 adult sizes XXL-XXXXL (INDICATE # OF EACH) | <table border="0"> <tr> <td>XXL</td> <td>XXXL</td> <td>XXXXL</td> </tr> <tr> <td>_____</td> <td>_____</td> <td>_____</td> </tr> <tr> <td colspan="3" style="text-align: right;">_____ x \$18:</td> </tr> </table> | XXL | XXXL | XXXXL | _____ | _____ | _____ | _____ x \$18: | | | \$ _____ | | | |
| XXL | XXXL | XXXXL | | | | | | | | | | | | |
| _____ | _____ | _____ | | | | | | | | | | | | |
| _____ x \$18: | | | | | | | | | | | | | | |
| OPTIONAL NICA DONATION (thank you!): | | \$ _____ | | | | | | | | | | | | |
| | TOTAL ENCLOSED: | \$ _____ | | | | | | | | | | | | |



Write a Meditation for a Future Nicotine Anonymous Meditation Book!

Please send your 100-200 word meditation for consideration in an email or Word file to:

DailyMeditations@nicotine-anonymous.org

Subject line 'NicA Meditation'

or

Attn: Daily Meditations Coordinator

Nicotine Anonymous WSO

6333 E. Mockingbird #147-817

Dallas, TX 75214

Please include your telephone number, email and snail mail address — to be used only in case we have questions. (All contact info and authorship will be kept confidential in accordance with the 11th Tradition.)

If you have a quote to match your meditation, please send it along, but it is not necessary.

We will also accept general submissions on any topic related to your freedom and recovery from nicotine and how NicA has helped you get there.

Please note:

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

Thank you for your service!

We appreciate your contributions!

Connections



Nicotine Anonymous invites you to connect with our

Penpal Program

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

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

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

Where: E-mails are sent to

PenPal Coordinator Paper PenPalCoordinatorPaper@nicotine-anonymous.org

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

PenPal Coordinator Email PenPalCoordinatorEmail@nicotine-anonymous.org

Coordinates and connects penpals who want to communicate via email.



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



How: Contact either email address above to begin connecting.

BIRTHDAY CONGRATULATIONS

Michael B – 1/17/91 John T – 1/19/13

Martha K – 3/16/92 Andy C – 6/28/09

Birthday Announcement

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

OR

Email to: sevenminuteseditor@nicotine-anonymous.org

*Please make copies
of this announcement
to share with your
group!*



- NOW AVAILABLE - NICOTINE ANONYMOUS STEP STUDY WORKBOOK

A study guide for
working
the 12 Steps

\$15.00 per copy

Quantity discounts available
Order online in **Our Store** at
nicotine-anonymous.org

NAWSO
Profit & Loss YTD Comparison
January through December 2015

| | <u>Jan - Dec</u> <u>'14</u> | <u>Jan - Dec</u> <u>'13</u> |
|---|--------------------------------|--------------------------------|
| Ordinary Income/Expense | | |
| Income | | |
| 4000 · Donations | 11,442.25 | 18,533.73 |
| 4100 · Literature Sales | 28,500.06 | 37,584.21 |
| 4290 · Shipping & Handling | 4,525.69 | 5,415.72 |
| 4297 · Conference Profit/Loss (upcoming + previous year) | 2,812.91 | -2,872.87 |
| 49900 Non Profit Income | 64.20 | -10.50 |
| Total Income | <u>47,345.11</u> | <u>58,650.29</u> |
| Cost of Goods Sold | | |
| 5000 · COGS | <u>11,638.36</u> | <u>15,578.65</u> |
| 5102 Inventory + Shrinkage | 0 | 0 |
| Total COGS | 11,638.36 | 15,578.65 |
| Gross Profit | 35,706.75 | 43,071.64 |
| Expenses | | |
| 6000 · Office Expense | 22,208.20 | 22,945.57 |
| 6600 · WSO Expense | 5,478.52 | 8,005.94 |
| 6900 Other Operating Expense | <u>183.10</u> | <u>17.34</u> |
| Total Expense | <u>27,869.82</u> | <u>30,951.51</u> |
| Net Operating Income | 7,836.93 | 12,120.13 |
| Other Income/Expense | | |
| 8000 · Interest Income | 56.24 | 61.47 |
| Total Other Income | <u>56.24</u> | <u>61.47</u> |
| 8030 · Interest Expense | 0 | 81.43 |
| Total Other Expense | 0 | 81.43 |
| Net Other Income | <u>56.24</u> | <u>-19.96</u> |
| Net Income | <u><u>7,893.17</u></u> | <u><u>12,100.17</u></u> |

♥ My Gift of Gratitude ♥

Nicotine Anonymous Member Gratitude Program

Where would we nicotine addicts be without Nicotine Anonymous;
without the literature and the support of the volunteers?

PROBABLY STILL USING NICOTINE!

Nicotine Anonymous has always been all about helping addicts and saving lives.
But it has come to the point where we addicts need to give back with

MY GIFT OF GRATITUDE

If 200 nicotine addicts or groups shared only \$10 a month each to
Nicotine Anonymous World Services
then the organization we depend on for our freedom from nicotine, our literature,
our volunteers, would make its monthly operating expenses and have more resources for outreach.

Nicotine Anonymous World Services

6333 E. Mockingbird Lane, Suite #147-817, Dallas, TX 75214 or call 877-TRY-NICA

WAYS TO DONATE

- ♥ Donate on our website in the online store (<https://www.nicotine-anonymous.org>)
- ♥ Send your donation directly to World Services via paper check (see address above)
- ♥ Set up online monthly bill pay at your bank. You determine the amount and date.
Select a *Company without an account number* (Insert ***My Gift of Gratitude***
in place of Account Number). Set up Nicotine Anonymous as company and
list address above.
- ♥ Set up recurring monthly payment thru your PayPal account to
shipping@nicotine-anonymous.org

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



WHERE TO GET THE MONEY?

- ♥ put the cost of one pack of cigarettes in a jar monthly
- ♥ empty pockets or purse of coins daily into a jar
- ♥ on your anniversary, send \$10 for each year of freedom

Whatever you give, will be given back to addicts through Nicotine Anonymous

**All members who share a gift of \$10.00 per month will receive
a complimentary subscription to Seven Minutes.**

HELP US CONTINUE TO HELP SAVE LIVES!

Service is the Key

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



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

TELEPHONE SPONSORS

Share your experience, strength and hope by being a telephone sponsor.



TRANSLATORS

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

IN-REACH COORDINATOR

Responsible for contacting those members on the electronic mailing list with newsletters and other e-mail blasts.



WEBSERVANT

The webservant oversees the functioning of the NicA web site. He/she is responsible for keeping the web site up-to-date with approved flyers and necessary information.

To volunteer or get more information about any of these service positions, please contact



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

Or e-mail chairperson@nicotine-anonymous.org

Chairperson's Report...

continued from page 1

I am aware that there are many members who do sponsor others. In fact, there are some who sponsor more than one sponsee, but I believe that sponsorship is worth a new emphasis, especially in light of a new and significant addition to our literature, the *Nicotine Anonymous Step Study Workbook*.

Nicotine Anonymous Step Study Workbook:

We now have our own Step Study Workbook! As anyone aware of the processes of Nicotine Anonymous World Services can attest, we move very carefully with determination and a love for and an adherence to our 12 Traditions. It can take a long time for all delegate members and workgroup committees to produce an official Nicotine Anonymous publication, as was the case with the Step Study Workbook, but now we have it, and in my opinion, it is a thing of beauty. You can order one at our website store <http://nicotine-anonymous.org/store.php>

Step 12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to nicotine users and to practice these principles in all our affairs.

Step Study:

As Step 12 tells us, our spiritual awakening is the result of the Steps. A Step Study is a way of knowing and caring for yourself as you have never done before. Step Studies are often done in either of two ways: In a distinct Step Study Group or between sponsor and sponsee. Others have chosen to do a Step Study that is between themselves and their Higher Power; however, it is often helpful to have the guidance and feedback of another member, especially if you are just starting out. But how do you start and what do you do? Fortunately we now have the *Step Study Workbook* to bring us along in stages

and help us to see the path where the Steps lead us. I encourage you to start Step Study Groups or to work the Steps **with a sponsor. It's just one of the many** features that make NicA special and so valuable to all of us.

Nicotine Anonymous World Services website:

Members of our voluntary staff are busy working on a complete overhaul of our website using new software that will be more user-friendly for members to navigate and for staff to make updates. Among the many improvements will be an updated and revised Meeting Starter Kit as well as our Copyright reprint policy at our Publication section, which will include a translation for each language section. The plan is to have the new website ready for the Conference and provide attendees with a demonstration **of the site's contents.**

I'd like to finish with two more messages: Please take advantage of the Newcomers Package with Newcomers Booklet, 90 Days 90 Ways, and pamphlets in our store. It is a real bargain at only \$10.00, and it can be a priceless gift to the newcomer. Lastly, **please let us know you're out there.** Visit the meeting change link on the website and keep it updated with any changes in your meetings.

I hope to see as many of you as can make it at the 30th Annual WSC, and I send my best to all who can be there in spirit as well.

*In service and YFIR,
Michael B.
WSO Chair*

*Smoking is
Not an
Option*

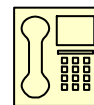
Nicotine Anonymous
The only requirement for membership is a desire to stop using nicotine.

Meeting Options:
Face-to-face meetings
Telephone meetings
Online meetings

To find face-to-face meetings:
Go to www.nicotine-anonymous.org
Click on Meetings and search by state.



For phone meetings:
Go to www.nicotine-anonymous.org
Click on Meetings, then Telephone Meetings.



For online meetings:
Go to www.nicotine-anonymous.org



Click on Meetings, then Internet Meetings. In this section are live links to two sites offering the ability to post messages and receive responses. Both require the individual to join the site in order to take advantage of some of the extra services, such as searching for specific posts or files. Unofficial Nicanon has "Type Share" meetings. It can be found at: <https://groups.yahoo.com/neo/groups/unofficialnicanon/info> Voices of Nicotine Recovery has "Voice Share" meetings using a free chat service that can be downloaded. It can be found at: <http://voicesofnicotinerecovery.com> This site also has other helpful information about nicotine addiction and links to prior speaker shares.



Seven Minutes

NAWSO

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



**Publication Dates and
Deadlines for
Seven Minutes Submissions:**

| Publication Date | Deadline Date for Submissions |
|-------------------------|--------------------------------------|
| March 20 | February 1 |
| June 20 | May 1 |
| September 20 | August 1 |
| December 20 | November 1 |

My Address Has Changed!
Don't miss an issue!!! Complete this form and mail it to:
NAWSO, 6333 E. Mockingbird Lane, #147-817, Dallas, TX 75214 USA
My new address and phone is:

NAME **PHONE (WITH AREA CODE)**

ADDRESS

CITY **STATE** **ZIP CODE**

My old address was:

ADDRESS **STATE** **ZIP CODE**