



Seven Minutes

The Nicotine Anonymous Quarterly: A forum for nicotine users who don't use

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Interested in contributing to Seven Minutes?

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Chairperson's Report

Happy September to my fellow members in Nicotine Anonymous. The summer is over and life is grand. I want to thank the 2016 delegates who elected me as chair-elect. Now I'm attempting to fulfill my duties as active chairperson and embrace this adventure, one day at a time.

My first action has been the replacement of coordinators who stepped down from their service positions. Members who have volunteered their service include Wendy H as Paper Pen Pal Coordinator, Jorie M as Email Pen Pal Coordinator, Gary M as Email Coordinator, Sharon C and Steve M on the Traditions Committee and Martha K as Traditions Coordinator, and Chad O as Logo Protection Committee Coordinator.

I am an avid believer in the rotation of service. Meeting individuals and discussing their new responsibilities helped me become more acquainted with the services Nicotine Anonymous offers. If you are acquainted with anyone who has served or is now offering to serve, please "PAT" them on the back to thank them for the patience, acceptance, and tolerance they possess to help addicts in our fellowship. I personally want to thank the numerous members who referred the new trusted servants to me! Meeting the new volunteers added some excitement to my recovery!

We are currently seeking someone to coordinate and develop an Archives Committee. NicA needs someone with initiative to get this committee working - one step at a time.

We will also be looking for someone to replace our webservant in 2018. Anyone

with the skills to fulfill this position, contact Webservant@nicotine-anonymous.org. See page 9 for additional details.

This was the first time in many years that minutes from the conference weekend were sent out in NicA News (formally Two-Way Talk). The new board voted to send links for the minutes to members who choose to read them. To sign up for NicA News, go to <http://nicotine-anonymous.org/nica-news-email-communications.html>

A review of the structure of Nicotine Anonymous was presented at a workshop during the 2017 conference. A committee is being developed to explore whether our membership is interested in proposing changes in the fellowship's structure to increase and improve our member's ability to participate. This year's conference had 31 delegates making the decisions for everyone in our fellowship. Surveys have been emailed to our delegates, trusted servants, intergroup contacts, and coordinators to committees that report to the board. The board is looking forward to reviewing how our fellowship feels about restructuring at the August 12 online meeting. If you would like to join this committee, please contact Chad, coordinator of this newly-formed committee at Chairperson-elect@nicotine-anonymous.org

I've communicated with members who are in the process of starting meetings and intergroups in Brazil, Australia, England, and Norway. As a result, I found it necessary to form an International Committee. Our Translations Coordinator, Checko M, accepted this service position

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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.
7. Every A.A. group ought to be fully self-supporting, declining outside contributions.
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12. Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

Our Preamble

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

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My Experience of Recovery on the Free Bridge...

I have been trying to quit smoking for a long, long time. I tried everything. You know the list: cold turkey, classes, books, medication, hypnosis, acupuncture, meditation, and every nicotine replacement you can think of, ad infinitum. I even stopped drinking alcohol and coffee in order to quit. I knew I was addicted, but I really didn't understand what addiction was or how I could possibly get free. I pretty much accepted my future fate - a slow death due to smoking. I still couldn't stop. I was doomed. I was hopeless. Was I insane?

How could I be insane? I was holding down a responsible job. I had credentials and was successful. People sought my expertise. I was a responsible member of my community, serving on professional boards and civic committees. How could I really be insane? I just had a nasty habit. Even the quit smoking phone line in my state told me so. "Just stop smoking - here are some patches." Then I found NicA on the Internet; no face-to-face meetings in my area.

Out of desperation I did find a Narcotics Anonymous (NA) face-to-face meeting near my home. I gathered up all the courage I could and went to the meeting. I didn't know what to expect.

The people there were very nice to me. They gave me space. They did not judge or demand anything of me. They gave me some pamphlets to read on addiction. There was a test in one pamphlet to see if I was an addict. Yikes! I was a full blown addict when applied to nicotine. I went to more meetings. They asked when I got out of rehab. For smoking? Yea, I wish. I told them my drug of choice was nicotine. They said welcome. They accepted me. I started to learn about spiritual principles and the 12 Steps. I did relate to being an addict.

In the NA meetings, their format asked if one had used today to refrain from sharing. This presented me with a dilemma. I was smoking at the time, so I was using. I explained my conundrum about smoking and they said that applied only to narcotic drugs or alcohol, not nicotine. Half the NA members

smoked or chewed anyway. They held a group conscious and determined smoking did not impair me to the point I couldn't coherently share, so I started sharing. I realized they were a wise group of people and knew what they were doing. They wanted to build relationships, not impose unnecessary rules.

I started reading their literature. My NA friends suggested I look into Nicotine Anonymous because it was fully focused on nicotine addiction, so I did. Then I found the NicA phone meetings on Free Bridge.

I dialed into my first NicA phone meeting. I found some members still smoking, some had relapsed, some were using nicotine replacements, and some were no longer using any form of nicotine. I did feel a sense of belonging. There were no rules on smoking and attending meetings. I was hopeful this would help me.



I bought books and started to read the NicA literature. After listening for a while, I gave my first share. Wow, they understood my desire to stop smoking and suggested ways that had worked for them. Hmmm, could this work for me? I just might be able to do this.

Because I was accepted as a person, I kept coming back to meetings. I looked forward to taking my turn sharing. I made friends. I started building a support group and phone list. I paid close attention to shares in the meetings. I even started taking notes. I heard many tips and suggestions on getting free. I applied them to my situation. I started to understand the program in more detail. I started to do service by reading literature at meetings. I started working the Steps. Powerless and unmanageable was where I was at. My suspicions

were confirmed - yes, I was insane. I was a nicotine addict. I started to understand what addiction was and what it had done to me.

I kept working the Steps, reading the literature, doing service, and fully participating in meetings. I started to understand recovery. An opportunity came about to co-chair a meeting. I jumped at it. The chairperson trained me and soon I was able to chair the entire meeting myself. The group accepted me. The chairperson who had been chairing for a long time wanted a break. The group voted me in and I became the group's chairperson. I poured my heart and soul into chairing meetings, selecting relevant topics on recovery from our literature. I sought out recovery topics from the group. The group grew bigger. Soon I was asked to substitute for other's groups when the chairperson had a schedule conflict. I welcomed the opportunity to do more service. There are many opportunities to do service on the Free Bridge. But something else was happening. I was learning more about my recovery. I began to have more hope. I was making progress and losing my perfectionism. I was applying awareness to my life and I greatly reduced my smoking.

Over the Bridge I Go...

"Keep coming back, your miracle is here waiting for you." I was told this over and over again by members in the meetings. They said, "If I can do it, you can do it." I diligently worked on the Steps. The literature gave me the grounding I needed to better understand addiction and apply the program. I found a Power greater than my addiction. The program gave me tools I could use to untangle my addiction.

One of my favorite sayings is found in the NicA literature. It states: "This is a simple program. It is not easy." I will add that it is messy too - non-linear. What happened was my brain couldn't handle something so simple. This was a defining moment for me. To me, spiritual principles are the invariants of the human condition. They are the bedrock and are the same from person to person. They work! This realization started a process deep inside of me. My thinking began to change and I made peace with my Higher Power. My behavior be-

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gan to change too — for the better.

I found a sponsor. We started reviewing my Step work. My despair and fear gave way to hope, and my smoking rapidly diminished. A new vision of a life without smoking emerged. I began to re-ritualize my life and learn to live without smoking. I was even forgetting to smoke!

With my sponsor I learned that recovery was a process with many stages: recognizing denial, becoming willing, hitting a bottom and getting sick and tired of being sick and tired. I prayed for willingness. I grew my desire to stop smoking by attending meetings, sharing, doing service, listening to others, and working the Steps with my sponsor.

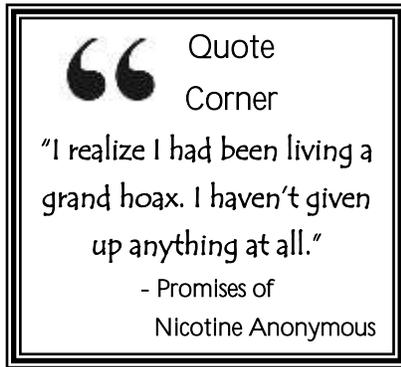
Then the promised miracle occurred. I got down to one cigarette a day. I asked a simple question - **why am I doing this?** My answer was... I really don't know why. I don't need or want this anymore, so I stopped smoking. Yes, I was uncomfortable, aggravated at the cravings, but I did not panic this time. I accepted the cravings. I wanted what I saw in my sponsor. My sponsor showed me the path out of my addiction. We did it over the telephone by building a non-judgmental relationship. The power used was love and unconditional acceptance.

This is what Nicotine Anonymous and the Free Bridge phone meetings are all about. They link people together in the context of 12 Steps, and enable freedom and recovery. WE get free from addiction, and stay free. The program and my sponsor taught me about acceptance, serenity, humility, and surrender. Now I'm looking forward to sponsoring others. We keep what we have by giving it away. This is how recovery happens. It is a WE program.

Today I understand my addiction better and have learned to do something about it. I don't smoke anymore, **just for today**. I have not graduated from this program. I have stopped smoking for today with the help of the Free Bridge members and my awesome sponsor who believed in me when I could not believe in myself. Thank you.

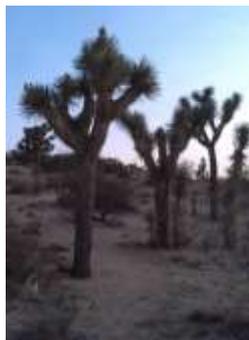
Welcome to Nicotine Anonymous on the Free Bridge.

*Bob
Free Bridge member from TN*



Southern California Intergroup Annual NicA Retreat...

Below Angela P shares on this year's Joshua Tree retreat, held July 20-21.



I would like to thank Jane H, Alan C, and Bill H for putting together this year's June Retreat at the Joshua Tree Retreat Center. Because it's located in the high desert of California, it's very dry and hot when we typically hold our retreat; however, the communal buildings designed by Frank Lloyd Wright and his son are beautiful and welcoming — and have air conditioning! Of course, the retreat couldn't happen without the help of many in our fellowship, like Robert W who led sunrise hikes as well as moonlight walks through natural rolling pathways, fountains and vistas that also contain spiritual points of interest at this Buddhist retreat center, like the labyrinth. The Jacuzzi and pools are a big plus as well.

The rooms are not equipped with phones or televisions which is also a plus. This is a great help to me personally, as I like to get off by myself and do some journaling after attending a workshop. I find the weekends include great relaxation as well as intense meetings.

Several people started successful quits

on the weekend - you all know how that can be. Being able to talk with people for longer periods of time builds greater relationships and is one of my favorite aspects of the retreats.

Our cook produced delicious meals for us with many choices including vegetarian.

Thanks are also due to Dr. Jim who led the Fellowship in an hour of yoga as he encouraged us to think of yoga as getting down on the floor and rolling around to stretch and get back in tune with our bodies. This prompted me to buy a yoga mat and I have been doing a little yoga every night since.

Thank you to Jeff M, the Public Outreach Coordinator for NAWS, for leading a meeting on service and outreach which was very interesting. I hope it encouraged many to be more active. Karen Marie led a Step discussion, Joyce and Larry led an hour on prayer and meditation, and Judi Ah'D led a meeting on the 11th Step and spiritual tools. Thank you to all of you for lending your time and energy to make this retreat a rousing success.

Putting together a retreat is a tremendous amount of effort and giving back to our Fellowship. I'm grateful to all the people who helped make it happen this year and for being able to attend and benefit from the retreat.

November is Gratitude Month!

It's not all about the turkey!
November is an opportunity to celebrate freedom from nicotine by putting your Attitude of Gratitude into action. What creative ways can you and your fellow NicA freedom fighters help others win the fight against nicotine addiction? Posting meeting announcements at local stores? Health Fairs? Doctors offices? With families and friends gathering this month, who knows where that desire to quit may come from!

 Got any great Outreach ideas or successes to share? Send a note to Outreach Coordinator, Jeff M at nawsoutreach@gmail.com Let him know what wonderful Gratitude in Action activity you plan to do in November!

It Does Work If You Work It...

On June 8, 2015 I quit smoking cigarettes. It felt like taking a flyer jumping off a cliff. I didn't know if it would work or not. I didn't know how my body and emotions and behavior would react. I'd been attending weekly NicA meetings for 10 months. I felt a higher, more locked-in level of commitment to the program than I had felt to anything before in my life. My thinking was that NicA has worked for tens of thousands of other people and there's nothing so special about me; that it would work for me, too.

I was prepared to handle whatever feelings of shame and inadequacy which could arise if I failed, relapsed, had to start over. I knew my commitment to attending meetings and working the program would still be there. I knew the caring, accepting people in the meeting would still be there, caring, accepting, sharing and being supportive. Amazingly, part of quitting was accepting that there was part of me that did not want to quit, and learning that 100% willingness or desire was not realistic or necessary. 75% or 90% could be enough.

There was one tiny bit of faith that was given to me as a gift by two members of my weekly NicA meeting. They both told me they thought I was ready to quit, and that I should go ahead and do it and not wait any longer to feel more confident. I figured they knew what they were seeing in me and hearing in my shares. I respected their opinions and went for it.

I was also taking a flyer in my personal life. The day I quit I'd been on a first date that lasted for six hours with a man that held my interest. I decided to give myself a chance, a real chance at a healthier, smoke-free life and at being loved, having someone to love and possibly a domestic partnership. For quite a few years, smoking cigarettes had been a big part of my withdrawing socially - isolating, ruminating about my loneliness, feeling like a failure, feeling bored with my career and having no sense of direction for my future.

I took both those big risks that day - quitting smoking and starting a new romantic relationship.

Quitting smoking turned out to be by far the easier success. Staying quit has been easier than I ever dreamed possible. I only had one big head-to-toe body craving which got me instantly on the phone leaving voicemails with five people from my meeting. The sixth person picked up the phone and talked me through it.

I love being a non-smoker. I love not thinking about cigarettes or smoking. When I see other people smoking, I feel sorry for them. I know they're not doing it out of choice or for pleasure, but to cancel a craving. They are being obedient to their addiction. My perspective on smoking changed radically when I became educated in the NicA fellowship.

My life has changed in other ways as well. I now go to the gym regularly and enjoy it. My stamina is far, far greater than when I was in active addiction. I can jog gently for 20 minutes; I used to get winded after 20 seconds. The shame of being a smoker dropped away during the first few days of sobriety. My mouth and breath feel, and obviously are, so much cleaner. Getting my teeth cleaned at the dentist is no longer a marathon of pain that takes an hour of ultra-sound scraping. Today it's 20 minutes and pain-free. And every day, I no longer have to hide an activity that I used to do 20 times a day. I no longer have to sit out on my front porch, chain-smoke, watch the cars go by and be bored out of my mind multiple times a day. It's over. Better days are here now.

Instead of handling my moods and emotions and stress by smoking it all away, disconnecting from myself, putting up walls between my awareness and my experiences and feelings, I now am learning a different way of life. Being in contact with my feelings and emotions, learning how to tolerate the difficult times without numbing out or overwhelming, sharing in words with new friends what is happening in my inner life - these are the new coping methods that have replaced smoking. They have opened new worlds of dignity, wisdom, maturity and friendship in my life.

I have no idea how I managed to actually quit smoking. My first serious attempt was in 1979 in a 3-week program. I went to my first Nicotine Anonymous meetings in the mid-1990's, but only attended a few times. I try not to regret that it took me so long to actually work a program using the tools: Meetings,

Literature, Prayer and Meditation, Sponsorship, Phone Calls, Service. It does work if you work it. I'm living proof of that.

*Christine H
Glassboro, NJ*



NicA Meeting: A Mutual Support Group...

I first thought of a NicA meeting as a "support group." I was looking to receive help. I was filled with fears, doubts, and self-loathing because I wanted to stop smoking, but just couldn't. I didn't think I had anything to offer others in the group, struggling as I was - certainly not to those who had already gained their freedom.

Each week after sharing my unrealized desire and admitting I was still smoking, the others always chorused, "Thanks for sharing, keep coming back." Soon I was asked if I would volunteer to take the door key and open the meeting room. Me, the smoker? I couldn't say no to the good woman who always welcomed me each week. After a few weeks I got that I had something to offer the group, even if I was still smoking.

Back in 1989, our group, much less our fellowship, didn't have much literature. There also wasn't a connection to the World Services organization. I started finding sources of any type of pamphlet or booklet helpful to the group.

I came to realize that a NicA meeting is not so much a *support group* as it is a *mutual support group*. We receive from as well as give to each other. I learned I gave to the group by consistently showing up and providing them with the

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Stay connected to Nicotine Anonymous World Services!

Receive emails directly
from the NAWS board
by subscribing to
NicA News
(formerly Two WayTalk)

How to subscribe:
Click the **Newsletter**
tab on the NicA website
at:
[http://nicotine-
anonymous.org/nica-
news-email-
communications.html](http://nicotine-anonymous.org/nica-news-email-communications.html)



The Free Bridge Telephone Meeting group presents...

"Turn Over a New Leaf" Phone Marathon Meetings

Nov. 16

Meetings start at 8 am EST
and will run on the top of every hour.

Last meeting starts at 11 pm EST.

A different topic for each meeting

Phone: [218-339-2933](tel:218-339-2933)
Pass code: 944982#

See nicotine-anonymous.org
for information on
all regularly-scheduled
NicA phone meetings

Continued from page 5...

opportunity to practice program principles with me. By sharing my struggles, I "kept it green" for the veteran members. Both my attendance and sharing showed I fulfilled the NicA requirement of a *desire* to live free of nicotine - though yet to be realized.

I shared my struggling experience, my strength by honesty, and my hope by continually affirming my desire - all with gratitude for my fellow members. Offering these in this process of being "restored to sanity," I became a *responsible* member (*able to respond* and give back) because I was offered acceptance and patience - support from my group.

I kept smoking while I offered service in various ways. My service helped connect me to the group and its members. That connection and care was essential to my finally (after more than seven months) being willing to let go of nicotine for two hours - and now for 28 years.

Tradition One points out an essential value of mutual support by stating: "Our common welfare should come first; personal recovery depends upon Nicotine Anonymous unity." As individuals, we do not recover by ourselves, but together.

Likewise, meeting formats are determined by a consensus from a group conscience. This may include guidelines such as no cross-talk as well as defining time limits and topics for members to focus and share on. Complying with a group's guidelines is how members foster mutual respect - a form of mutual support.

Recovery is challenging for individuals as well as for groups. Yet we have our simple slogan: *Together We Change*. May we all be "*granted the same peace that I seek*."

Checko M.
NAWS Chairperson Emeritus

What was your excuse?

Some favorite rationalizations for not quitting nicotine...

- It was my medicine
- My reward since I don't _____ (fill in the blank)
- I don't care if it kills me
- I'll be the exception
- It won't land me in jail so I don't have to worry about it
- It's my birthright - I was born to smoke
- Everybody else does it/all my friends do
- I can't quit - life's too hard
- I don't have the will power
- Can't quit - I'll have to go to the psych ward
- If you had my family, you'd smoke too
- Can't today - I'll do it tomorrow
- Don't love myself and made the wrong choice
- Can't take a shower without one
- I would go crazy or kill somebody
- I've tried too many times and couldn't stop
- It's not the right time
- I'll gain weight
- Something's going to kill me
- I've done enough damage anyway
- I don't love myself enough
- I'm always under too much stress
- Smoking relaxes me
- Smoking helps me think clearly
- I'm afraid I can't quit
- I will not be able to sleep
- I'd have to live with my family without nicotine
- Don't want to go through the cravings
- Would not know what to do without it
- I'm an emotional/obnoxious/messy person without it

 Stay tuned for the solutions!

Compiled by members of the Nicotine Anonymous Free Bridge phone group



Want to get involved with NicA Outreach to help your group and/or Intergroup? Consider attending our monthly Outreach teleconference meeting!

When: 2nd Wed. of the month **Time:** 8 pm EST
To attend: call 218-339-4978 **Access Code:** 1471471#

Seven Minutes Meditation



Inspired by our Promises and Steps...

Grateful for a God who has pulled me from the muck of my disease where I was ever so slowly killing my body and my spirit; Who has brought me one moment at a time to a broad open highway of love in which I thrive with a healthy mind, body and spirit!

Thank you, dear HP!

- Judi Ah' D

Studio City, CA meeting

NJ/PA Intergroup Annual Funweekend...

In the article below Jan S shares on this year's Funweekend retreat, held in Phoenixville, PA on July 7-9.

They are all great, but this year's Funweekend had something special. It was the sharing. It was the gratitude. It was the heartfelt messages from the speakers. It was our Higher Power working to do for us what we could not do for ourselves. And yes, it was also the food...

We chose to continue the "Carry the Message" theme from this year's NAWS conference in Cleveland. Folks need us, and we want them to know there is help and hope.

For twenty-eight years they have come to Pennsylvania for this event. It began as a one day event and has now morphed into three. It's affordable - you can pick and choose which event you would like, according to your schedule: our Friday night supper and meeting, the all-day Saturday event at the Y, and/or the Sunday Gratitude Brunch.

Attendance this year for each event was great. Forestas, our local hometown butcher, delights in catering this event - he is a huge fan of nicotine recovery!

We were hounding him for his recipes for the talapia in dill butter sauce and his famous brisket from the Friday night dinner! Thanks go to Scott for keeping costs low and feeding us so well.

Special thanks also go to Janet B for introducing a craft activity. We plan on expanding this in the future.

I would have to say the biggest miracle was our Intergroup meeting. Like many of us who worry about the future of our fellowship, we were wondering if this might be the end of NJ/PA Intergroup. Well, let this be a lesson to all of you to never, ever lose faith. What's the phrase? "Success is ninety percent showing up." John L stepped up to be chair and other service positions were filled by enthusiastic volunteers. We went from thinking we would fold to having a whole new forward vision! THANK YOU HIGHER POWER! Shame on us for doubting you, right?

Our speakers were incredible: John J, Rosa D, Michael B, John O, Will J, Linda S.

My personal favorite for these weekends is the bonfire meeting on Saturday night. I've gone so far as to say that coming to the bonfire ensures your sobriety for yet another year - at least it does mine! Thanks go to John O for chairing it.

At times we consider moving the event to perhaps a Pocono Mountain venue but we could never have a weekend so affordable as what we have here. We are grateful for the Phoenixville YMCA with its lovely grounds and pools, and for not raising our original rates.

It truly does not get any better than this. Special thanks to those who came from far away - driving from North Jersey, Long Island, and the DC area is never a picnic, especially on a Friday night! The fact that you would do that to be with us and to celebrate recovery speaks volumes. And finally to Pete S, the TLC you put into that incredible vegetable salad was so appreciated by all - you might have the job for life!

The Funweekend was truly gratitude in action. Onward and upward, dear friends...See you again next July in Phoenixville!

Chairperson's Report

continued from page 1

since he has been in communication with many of our international members in recent years.

Nicotine Anonymous is in the process of producing Nicotine Anonymous books that have been translated into other languages by using an on-demand publisher. This is a major accomplishment. We are a worldwide fellowship and we want nicotine addicts across the world to be able to hold, read, and use our literature to assist their recovery. Coming soon: a Spanish version of *Nicotine Anonymous: The Book*.

The Outreach Committee meets monthly via telephone conference. One of the strategies is to make Nicotine Anonymous more visible online while following the Traditions. An email contact list is being developed for organizations to spread the word about our solution. The committee is also looking at having a Gratitude Month Outreach Campaign.

The New York Metropolitan Area Intergroup is currently meeting monthly to plan the 2018 Nicotine Anonymous World Services Conference. If you are interested in helping by attending meetings in person or online, contact ConferenceChair@nicotine-anonymous.org.

The board is also looking for a bid for the 2019 conference. Suggestions have been presented but no official plan has been presented.

Reaching out to others in recovery can be life-changing. Attending meetings, reading our amazing literature, learning about the Steps and Traditions, and being involved with service helps us remain nicotine-free. As your active chairperson, I want to make sure that nicotine addicts have our materials available. Suggestions can be found on our website.

I dream of bringing the ideas of NicA members to everyone who wants to be a part of the decision-making process. I stepped out of my realm of comfortability to become a trusted servant for Nicotine Anonymous. Would you be willing to step out of your comfort zone and help us communicate with addicts looking for relief from this addiction?

Chick P
NAWS chair

NICOVERY STATE OF MIND

2018 | NEW YORK | NAWSC 33

Clarion Hotel & Conference Center
 3845 Veterans Memorial Highway, Ronkonkoma, NY, 11779
 Phone: (631) 585-9500 Mention "Nicotine Anonymous" when
 making your reservation
**HOTEL RATES: \$109.00 + tax per night for two double
 beds or one queen-size bed IF RESERVATIONS ARE
 MADE BEFORE MARCH 21, 2018**
Rates will be honored 3 days before and after the conference.

APRIL 20-22, 2018

CLOSEST airport is Long Island MacArthur Airport in Islip

- Free shuttle from Airport to hotel. Call 631-585-9500 once you land.
- AirTrain service is available from New York's JFK airport to the Long Island Railroad's Jamaica station. Take the LIRR from Jamaica to Ronkonkoma station. Call 631-585-9500 for free shuttle from Ronkonkoma to hotel.

REGISTER WITH PAYPAL! nicawsc.homestead.com

OR COMPLETE AND MAIL TO MARTHA K. 19 CENTRAL AVE., E. QUOGUE, NY 11942
 Make checks payable to NAWSC & put "2018" in the comment section

NAME: _____

ADDRESS: _____

CITY, STATE, ZIP _____

PHONE _____ E-MAIL _____

Registration:		
\$40 Early Registration or \$50 Late Registration (after 3/20/18); non-NicA spouses and partners, no charge.		
# of registrants: _____	REGISTRATION TOTAL: _____	
Meals:		
Saturday Night Banquet :	\$42.00 per person	# of meals _____ TOTAL: _____
Sunday Spirituality Brunch:	\$23.00 per person	# of meals _____ TOTAL: _____
(ALL MEALS TOTAL \$65.00)		TOTAL: _____
Optional Donation to NAWSC 2018 Conference: \$ _____		
Optional Donation to Nicotine Anonymous World Services: \$ _____		Donations TOTAL: _____
TOTAL AMOUNT: _____		

WANTED

WEB SERVANT

Looking for a creative, computer-savvy member
to train to become the next Nicotine-Anonymous.org web servant!
Our current web servant will work hand-in-hand with you
to teach you our easy web editing software.

Qualifications:

- Must have a PC computer running Windows and an internet connection
- Must be competent in Microsoft Word
- Does not need to be able to "program" or have created a website in past

For further information contact:
webservant@nicotine-anonymous.org

SERVICE IS OUR GRATITUDE IN ACTION!

Fall 2017 Nicotine Anonymous Events Around the U.S.

- | | | |
|------------|---|---|
| Sept. 17 | Picnic in the Park — Culver City, CA
sponsored by Southern California Intergroup |  |
| Oct. 13-15 | Clean in the Catskills retreat — Tannersville, NY
sponsored by NY Metropolitan Area Intergroup | |
| Nov. 5 | Annual Fall Picnic and Meeting — Phoenix, AZ
sponsored by Arizona Intergroup | |
| Nov. 18 | Marathon Meetings — Bellflower, CA
sponsored by Southern California Intergroup | |

See flyers on the NicA website for event details
www.nicotine-anonymous.org

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.



Write a Meditation for a Future Nicotine Anonymous Daily Meditation Book!

Please submit your daily meditation for consideration in an email or Word file to:

DailyMeditations@nicotine-anonymous.org

Subject line 'Nicotine Anonymous Meditation'

or mail to:

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.)

The format for new daily meditations follows the format used in the book *A Year of Miracles*. The text can contain 100-200 words, including the quote, the member's share, and the concluding statement, "Today, _____."

Nicotine Anonymous daily meditations are best when related to the personal experience, strength, and hope of a member and/or supported by principles of recovery based on the Twelve Steps and Twelve Traditions of Nicotine Anonymous, Our Preamble, or text from our literature.

The quote can be from a Nicotine Anonymous member (to be cited as "Nicotine Anonymous member") or from what is considered as "in the public domain for Fair Use" and citing the author.

Please note:

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

Thank you for your service!

ONAWSO
Profit & Loss YTD Comparison
January through June

	<u>Jan - June</u> <u>2017</u>	<u>Jan - June</u> <u>2016</u>
Ordinary Income/Expense		
Income		
4000 · Donations	5,701.35	8,349.71
4100 · Literature Sales	13,200.57	14,372.57
4178 · 2018 Conference	-1,000.00	-
4290 · Shipping & Handling Income	2,118.01	2,140.33
4296 · 2016 Conference Profit/Loss	-65.00	-
49900 Non Profit Income	71.55	618.35
Sales of Product Income	0	63.63
Total Income	<u>\$20,026.48</u>	<u>\$25,544.59</u>
Cost of Goods Sold		
5000 · COGS	6,313.73	7,697.51
5001 · Cost of Goods Sold	0	45.00
5102 · Inventory Shrinkage	0	0
Total COGS	\$6,313.73	\$7,742.51
Gross Profit	\$13,712.75	\$17,802.08
Expenses		
6000 · Office Expense	12,916.23	13,078.70
6600 · WSO Expense	3,807.62	2,497.18
Total Expense	<u>\$16,723.85</u>	<u>\$15,575.88</u>
Net Operating Income	<u>\$-3,011.10</u>	<u>\$2,226.20</u>
Other Income/Expense		
8000 · Interest Income	23.84	24.98
Total Other Income	<u>\$23.84</u>	<u>\$24.98</u>
Net Other Income	<u>\$23.84</u>	<u>\$24.98</u>
Net Income	<u>\$2,987.26</u>	<u>\$2,251.18</u>

BIRTHDAY CONGRATULATIONS

Kathy B – 8/11/98 **Milton M – 8/18/87**
Lee R – 9/5/94 **Stan B – 9/10/07** **Barbara D – 9/13/90**

Post your Nicotine Anonymous birthday in *SevenMinutes!*

Send in your first name, last initial and nicotine quit date.

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

Email: SevenMinutesEditor@nicotine-anonymous.org



@nawsoutreach is the new Twitter presence for Nicotine Anonymous. We are looking to use social media to stay in touch with those involved in helping nicotine users everywhere. Got ideas for using social media to help us carry the message? Call Jeff at [760-401-6503](tel:760-401-6503).

HAVE AN IDEA FOR A PUBLIC SERVICE ANNOUNCEMENT? Draft the text for a 15 or 30 second audio PSA, or create your own audio file! For more information, contact: outreachcoordinator@nicotine-anonymous.org or call Jeff at [760-401-6503](tel:760-401-6503).

Is your group in need of newcomers? Try an Outreach project to get the word out! For more information, call Jeff at [760-401-6503](tel:760-401-6503) or send an email to outreachcoordinator@nicotine-anonymous.org

Service is the Key

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

OUTREACH COMMITTEE

Works on ideas and project development for public outreach to help carry the message.



TELEPHONE SERVANTS—ESPECIALLY NEEDED!

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

TRANSLATORS

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



INTERNATIONAL GROUP COMMITTEE

Serves to enhance the relationship between NAWS and international groups. Bi-lingual skills are an asset.

All service positions information is in the Policy and Procedures Manual (P&P)
The P&P is posted on our web site under the "About Us" tab, then click on "Archives."

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

Rev. 5/2017

♥ My Gift of Gratitude ♥

GIVE A "GIFT OF GRATITUDE"

Nicotine Anonymous has always been about helping addicts and saving lives. But it has come to the point where the heart of our organization needs our help. Nicotine Anonymous World Services needs our help to meet its monthly operating expenses. In addition, our contributions would help reach even more addicts through outreach and distribution of Nicotine Anonymous literature.

CONSIDER GIVING BACK TO THE ORGANIZATION THAT HELPED YOU GET FREE OF NICOTINE

Your *Gift of Gratitude* is another way you can work the Steps by carrying the message to nicotine users who still suffer! It also allows World Services to continue functioning through the Seventh Tradition.

HOW WORLD SERVICES SERVES THE NICOTINE ADDICT:

- ♥ Maintains the worldwide meeting list
- ♥ Distributes literature
- ♥ Distributes free Meeting Starter Kits
- ♥ Maintains the web site
- ♥ Publishes our quarterly newsletter, *SevenMinutes*
- ♥ Conducts necessary business of the Fellowship at quarterly Board meetings (three of which are conducted via web conference to conserve our resources)

GET A FREE SUBSCRIPTION TO SEVENMINUTES NEWSLETTER!

And if you give the gift of \$10 a month you will receive a complimentary subscription to our newsletter *SevenMinutes* which includes Fellowship news and member shares.

THINK YOU CAN'T AFFORD IT?

Think of the money we used to spend on tobacco! Just a little of it can go a long way to help us continue to operate. Here are some ways you can give back:

- ♥ Every week, put the cost of one pack of cigarettes in a container
- ♥ Set aside each day's loose change and save in a gratitude jar
- ♥ On your anniversary, send \$10 for each year of freedom (or as much as you can spare!)

4 EASY WAYS TO DONATE!

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

1. Click on the button on the homepage of www.nicotine-anonymous.org to donate using PayPal or your credit/debit card (Make a one-time donation, or click on "make this recurring" to set up a monthly donation)
2. Send your donation by paper check to:
Nicotine Anonymous
World Services
6333 E. Mockingbird Ln.
Suite 147-817
Dallas, Texas 75214
3. Set up online monthly bill pay at your bank. (You determine the amount and date of payment. Follow your bank's instructions for setting up recurring payments to payees with no account number.)
4. Make a one-time donation at store.nicotine-anonymous.org

Why members and groups donate to Nicotine Anonymous World Services

Nicotine Anonymous World Services is a member-supported non-profit organization guided by the Twelve Steps and Twelve Traditions. We realize there are both practical and spiritual purposes for us to remain a self-supporting fellowship to carry our message of recovery. Honoring our responsibilities is an aspect of our spiritual awakening.

Learn more about contributions & self-support at www.nicotine-anonymous.org



Seven Minutes

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



Publication dates and deadlines for *SevenMinutes* submissions:

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

Nicotine Anonymous has a venue to conduct Board Meetings, Intergroups, 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.

This online meeting format can also be used internationally.

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 <i>My new address and phone is:</i>		
NAME _____		PHONE (WITH AREA CODE) _____
ADDRESS _____		
CITY _____	STATE _____	ZIP CODE _____
<i>My old address was:</i>		
ADDRESS _____		STATE _____ ZIP CODE _____