



Seven Minutes

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

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Interested in contributing to *SevenMinutes*?

Send letters, articles, stories, poems, artwork, or other material to:
SevenMinutes
c/o NAWSO
6333 E. Mockingbird Lane
#147-817
Dallas, TX 75214
or email to:
SevenMinutesEditor@nicotine-anonymous.org

All submissions may be edited as necessary for grammar and content.

Subscription requests, circulation additions and deletions may be sent by mail to the TX address above, or go online to:
www.nicotine-anonymous.org

All articles accepted for publication may be reprinted in outside publications in their entirety at the discretion of the chair and editor.

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Chairperson's Report

Greetings from the Netherlands, Europe!

I hope life is good for you and that you enjoy the autumn or spring season, the hot or the wet, the warm or the cold, wherever you are.

Our fellowship is truly international and living nicotine-free is only one of the benefits of our program. Making friends around the globe is another one. It was wonderful to meet so many of our members at the April Conference in Asheville and online. To hug, to meet, and to hear the Serenity Prayer in different languages (including my own) brought tears to my eyes. It felt like our Higher Power's presence was tangible in the room during the whole three days. It inspired us to make the best possible decisions for our fellowship and keep carrying the message to the nicotine addict who still suffers.

One of those decisions was to change the Bylaws in such a way that now every registered Nicotine Anonymous group can send their delegate to the Conference. Hopefully this will lead to even bigger (more global) attendance and participation, more ideas and even better decisions. An extra delegate meeting will happen Saturday, November 9. *See page 11 for information about the meeting.*

Speaking of which, the 2025 Conference Committee is well on its way with planning. A venue is selected, and a wonderful theme designed. Please save May 2-4 in your calendar. More will be revealed.

Many new meetings have started around the globe, one of them a face-to-face meeting in Asheville, USA as a direct fol-

low-up to the conference. Another new meeting has taken off using sign language. And on top of our many meetings, we also welcome the new Inter-group that has been formed In India.

Our new website has been top priority for the last months. It has proven to be a challenging project. We are working with a fresh team, bringing new ideas, always bearing in mind the still-suffering nicotine addict. How can we make it as easy as possible for someone who wants to quit nicotine to find a NicA meeting?

Until that time, we will have to make do with our current website. I am truly thankful to those members who keep it running and as up-to-date as possible. Various members brought ideas to improve the meeting calendar which have been implemented. Please check out our website and give us your feedback.

The Board started working right after the conference and has been active since then. We have a great team of committed officers. Having all nine Board Members, Emeritus, Active and Elected officers on board creates a feeling of support, energy and enthusiasm for all of us. Rotation of service is key to our fellowship, so please let me know if you want to serve on the Board next year. Highly recommended.

One of the great joys of doing service is to get to know all those trusted servants who do important work behind the scenes, from answering a phone call or mail, sending daily inspirational emails, writing and translating literature, helping new intergroups on their way, screening outgoing messages applying the Traditions, writing proposals for new bylaws

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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.
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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 people 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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or structures, organizing our archives, researching the possibility of on-demand books, editing and sending out newsletters, managing the store, writing minutes, keeping our finances in order, organizing the conference, updating the website, building a new website, scheduling online meetings, to chairing local meetings, organizing events, answering outreach calls, sponsoring, and ultimately reaching the addict who still suffers. All this is done by volunteers. By YOU. Thank you.

Together we change.

I feel blessed and honored to serve as your Chairperson this year.

Marian D

chairperson@nicotine-anonymous.org

Stay connected to
Nicotine Anonymous
World Services!

Receive emails directly from the
NAWS board by subscribing to
NicA News

Click on the **Newsletter**
dropdown menu at
www.nicotine-anonymous.org

In the past I fought the nicodemon
with all my might
but I found myself using tobacco
at dawn's first light
Now I have a fellowship there for me
all day and all night
and friends in the program who are
truly out of sight
And my lungs no longer need to
be filled and tight
Even in the rain or a terrible winter
storm, smoking in the weather
became the norm
Now I have a brand new season
A brand new day without nicotine
I'm so happy to say
Nicotine Anonymous is showing me
a brand new way
Now I can appreciate
blooming flowers in the month of May

Shawn
Texas



*From Emptiness
to Fulfillment -
A **W.H.O.L.E.** Life
Willing Honest
Open Loving
Engaged...*



My desire to smoke began before I hit double digits. Adamant and arrogant, my addiction took root once freed from restraint of access. My smoking knew no bounds – not to common courtesy, social norm, economic limitation nor my children begging for me to stop.

A geographic cure and emerging urgency to “land” into sanity, I found my way to a Smokers Anonymous meeting less than a city block away from my new home in Woodstock, New York.

My struggle to gain consistent freedom took years. I struggled to understand why. Although it “appeared” I was doing what other members were doing, I was unable to gain, much less maintain, clean time. Outward anger matched by my tenacity kept me showing up. No one ever asked me to leave (perhaps I was hoping), and in the language of our literature, I experienced the “gut-wrenching coming to terms that I was hooked on a drug.” Through this mental, physical, emotional and spiritual epiphany, I gained freedom.

Through someone’s share at my first World Services Conference in NYC, I gained insight into what it would take to maintain, sustain and nurture my recovery (practice these principles in all my affairs).

Driving home from the 30th NicA “Clean in the Catskills” weekend, I reflected on memories from an early 4th Step writing and felt immensely grateful. I realized that much of my hopes, written in those intimate moments, have become my daily practice - embracing a WHOLE life, a day at a time, free of nicotine.

Pat L
Woodstock, NY

“ Quote
Corner

“Some of us found it valuable to place ourselves on our amends list. So much of the damage caused by the use of nicotine and the defects accompanying our addiction, such as isolation and low self-esteem, were of greatest harm to our own bodies and lives.”

- Nicotine Anonymous
The Book
page 95

**Fall Nicotine
Anonymous Events**

- **October 19** -

20th Anniversary Celebration for
Voices of Nicotine Recovery!



See flyer on page 10 for
more information

- **November 9** -

NicA Delegate
Pre-Conference Workshop



See flyer on page 11 for
more information

- **November 21** -

Free Bridge Phone Marathon
“Turn Over a New Leaf”



Phone: 667-770-1474

Pass code: 207490

Meetings begin at 8 am EST
and run at the top of every hour.
Last meeting starts at 11 pm EST.
A different topic for each meeting.

Applying Tradition Four...

"Each group should be autonomous except in matters affecting other groups or Nicotine Anonymous as a whole."

Autonomy, a kind of self-ruling independence, is practiced in the way each NicA group's chairperson can facilitate their meetings however they like, based on a group conscience. There is only a *suggested* meeting format. This shows trust and respect for a group's autonomy and for the chairperson who is a "trusted" servant.

My group decided we will only use conference-approved literature in our meetings. This shows trust and respect for our fellowship, because we come to consensus as a fellowship at our World Services Conference to approve the literature we create.

Another NicA group I attended included an article from a professional magazine as a reading for the meeting topic. For me, another organization's literature is an outside issue. Yet, each group is autonomous and this practice may not affect other groups or Nicotine Anonymous as a whole.

I've learned that a NicA group has recently changed the wording of our Twelve Steps to reflect a more generalized higher power and a gender-neutral word choice. Like all groups in our fellowship, this group is autonomous and is making choices based on their group conscience. Does their group's change of the wording of our Twelve Steps affect other groups or Nicotine Anonymous as a whole?

If the fellowship honors this autonomous group's decision to change the wording of the Twelve Steps, does that affect our obligation to Alcoholics Anonymous for any changes to the use of their Twelve Steps? Who decides?

Honoring other groups', other families' and other people's autonomy grows my respect for others' opinions, decisions and actions. By not honoring their decisions, am I being disrespectful of their autonomy? If their actions affect me negatively, do I speak out?



This is where I look at my part. For me to be able to respect others' autonomy, it's up to me to build my own autonomy, self-trust and self-respect. When I trust and respect others' autonomy, I can learn to be discerning about my own healthy boundaries and speak out in a kind way when appropriate.

When I first quit using nicotine, I was all over the place, highly sensitive, reactive, out of whack and exhausted. Many around me experienced my full-blown character defects as I detoxed and transformed my life into this precious new freedom from nicotine. In this process, members of my group still respected and trusted me and my journey to freedom, just as I did theirs. I am accountable for my behavior, but there's no blame or shame. This feels safe.

As I continued with my recovery, I felt my own autonomy growing and I developed stronger connection with my Higher Power. I began to trust and respect myself. Gaining more time free of nicotine, I saw others transform themselves as well. I realized we are all free to become the person we've always wanted to be, to become more autonomous, to build self-respect and self-trust.

Tradition Four affirms that my choices in group matters may affect my own recovery and that of others – each of us individually, our group and our fellowship as a whole. As I practice the principles of the program and grow spiritually, I learn to

keep an open mind and heart. I develop self-trust and self-respect, building my own autonomy and that of our group.

Aimee C
Arkansas

Editor's FYI: At previous World Services Conferences the issue of changing the Steps to be more gender and spiritually inclusive has been discussed, but as yet such motions have not been approved by the Fellowship.



Heard it at a Meeting

From a newcomer:
Being quit is terrifying
and awesome.



"Because I quit smoking
I have more time to
do my art."

- Shawn in Texas



A big shout-out of **THANKS** goes to long-time member Gary M of CA for his many years of NicA service, including the last 3 1/2 years as **Email Penpal Coordinator!**



The coordinator position means sending a meditation from our literature **every day**. That's a total of at least 1,278 emails, not including answering member's emails.

Wow, thank you, Gary!



As Gary steps away from the coordinator position due to health reasons, we also extend special thanks to Teresa Q of CA for taking over this important service.




Sponsorship in Nicotine Anonymous (NicA) Sponsors and Sponsees Share Their Experience



Available for \$5 in the Nicotine Anonymous Store

Nicotine-anonymous.org

SevenMinutes Meditation



For the past few days, I have been connecting the **Serenity Prayer** with mindful breathing like this:

I breathe in serenity
I breathe out my discord with the world

I breathe in my courage
I breathe out my fear

I breathe in wisdom
I breathe out my stupidity

- Janusz Poland

More Conference Shares...

Our June issue (currently posted on the NicA website) contained reflections and information on the April 2024 NAWS Conference. Since then others have chimed in with their thoughts and feelings about the weekend. Needless to say, the conference was a hit!

Thank you everyone who made this amazing conference a success! And welcome to the newcomers who came! There's nothing like connecting with other grateful recovering addicts or those who want to be grateful recovering nicotine addicts.

I always love the Friday Gratitude meeting at the Conference. It's such a spiritually powerful time to hear everyone share why they're grateful to be free. My own gratitude has gone deeper over the years along with my daily gratitude list.

I especially loved the entertainment this year and that we were it! One of

my favorite parts was jumping in with a line from a song that reminds us of our freedom. I picked the lyric "You belong among the wildflowers" because during all the years I was using nicotine, I really had no idea I deserved to experience joy. And over these 21 years free, I have learned to open to a deeper joy than I ever thought I could. (Thank You HP and NicA!)

It was great to see old friends, familiar faces, and some new people too. Being on Zoom is not the same as being in person, but it worked again for me this year, and I'm grateful for that option.

Keep coming back. I know I will!

JudiAhavah D
CA



Nicotine Anonymous Conferences give me a chance to revisit and reflect on why I'm still here, why I keep coming back, and why I so treasure my nicotine freedom. This year's conference was no different. Once again I was given the opportunity to pause and reflect.

It's not out of obligation that I attend the conference each year, but out of gratitude for the gifts that come from being willing to see what HP has in store for me as a smober person. Little did I know how the world would open up, how my mind, my spirit and my attitude would grow and evolve as I live and work the Steps. Being at the Conference reminds me of that. Is it because I see familiar faces from years gone by? Yes, but it's more than that. It's being in the company of old and new members who also live the miracle of nicotine recovery. It's an awesome experience, and one I don't want to miss.

Chris H
Phoenix, AZ



Delegate Service...

What is a Delegate?

In Nicotine Anonymous (NicA), a delegate is a NicA member elected by a group or intergroup to represent them for one full year, most notably at the World Services Conference (WSC). Per the changes made to the NicA By-laws in April 2024, every registered NicA group may select a delegate who will be given voting rights at the WSC. Additionally, registered Intergroups may select one delegate. In addition to carrying the group's conscience to the WSC, a delegate also assumes the responsibility of keeping their group informed of activities and news related to the fellowship of NicA as a whole. This can be accomplished by attending board meetings, reading the *SevenMinutes* newsletter and subscribing to NicA News.

Who Can be a Delegate?

Any NicA member elected by their group can be a delegate. While there is no standard nicotine-free requirement, whenever possible, it's suggested that a delegate have a minimum of one (1) year current and continuous freedom from nicotine.

Delegates are expected to be informed as to any issues or concerns of the group or Intergroup they represent. It's suggested that delegates attend their homegroup meeting regularly, participate in group business meetings and have experience serving the group through previous commitments like chairing meetings, etc.



Also - any person who is currently serving as an officer of the Corporation (Nicotine Anonymous World

Services) shall be considered a delegate-at-large to the World Services Conference. As such, each of these officers shall be a voting delegate.

How and When Should I Register as a Delegate?

Groups and Intergroups may select delegates at any time during the year. To send a delegate to the current World Services Conference being held May 2-4, 2025 in Austin, Texas, a group must be formally registered and provide the name of their delegate sixty (60) days prior to WSC opening. Delegates register with the Secretary Emeritus at secretary-emeritus@nicotine-anonymous.org.

What are the Main Duties of a Delegate?

Per the NicA By-Laws: Roles and Responsibilities of delegates are as follows:

- Attend the group or Intergroup that they represent.
- Attend the annual World Services Conference in person or by video conference.
- Attend any special meeting as described in Article VIII – *Meetings of Delegates*, Section 2 *Special Meetings*.
- Vote on items at the annual World Services Conference.
- Disseminate information and communication to their group or Intergroup from the fellowship, conference, quarterly board meetings, and/or special meetings during their term.
- Provide feedback from their group or Intergroup at workshops and the fellowship at large.
- Suggest that each Delegate participates with at least one of the Nicotine Anonymous committees.

Who Should Delegates Talk to with Questions?

Delegates and any member of Nicotine Anonymous can contact the

Struggling with Vaping?



Nicotine Anonymous can help!

See the pamphlet "Freedom from Vaping Nicotine" located on the NicA website at www.nicotine-anonymous.org

NAWS chairperson at chairperson@nicotine-anonymous.org or any member of the Board. The Secretary Emeritus is your primary contact for the WSC at secretary-emeritus@nicotine-anonymous.org

* See the flyer on page 11 about the upcoming delegate workshop.

* Get all the NicA announcements by signing up for the newsletter at [https://](https://visitor.r20.constantcontact.com/manage/optin?v=001VGGvr8xQIKqyKa7K3Up0pVhDw9RBvG4Veh5XJDsF4ucy2uMc4s1Wq21iMTXLqbjUueM_XPdcfBRu2qVWzWIIqxdoChpd2KKVc7B-7_dN3xY%3D)

visitor.r20.constantcontact.com/manage/optin?v=001VGGvr8xQIKqyKa7K3Up0pVhDw9RBvG4Veh5XJDsF4ucy2uMc4s1Wq21iMTXLqbjUueM_XPdcfBRu2qVWzWIIqxdoChpd2KKVc7B-7_dN3xY%3D

(ignore the title that says two-way talk)

* Also keep informed through the *SevenMinutes* newsletter by signing up at <https://store.nicotine-anonymous.org/product-p/m-7-1.htm>

* Get a print copy of *SevenMinutes* mailed to you for free by making a commitment of \$10 a month through the Gift of Gratitude program: <https://store.nicotine-anonymous.org/product-p/d-8.htm>

El R
NAWS Secretary Emeritus



From the Free Bridge Telephone Group

For this issue, members of the Free Bridge offer some words of wisdom heard at meetings...

- By quitting nicotine, you're doing yourself the best favor ever.
- If you're not feeling, you're not healing.
- No matter how small the step, or how faltering, even a stumble, it is still forward movement.
- Make two people smile today.
- I'd rather be nicotine-free with an occasional craving than be a smoker with a constant desire to quit.
- Mistakes are proof you are trying!
- What a difference a day makes.
- Practicing pillow to pillow.
- Let's play nice in the sandbox!



- We don't have to believe everything our mind tells us.
- The hardest meeting to go to is the one I need the most.
- You never know what's going to be said at a meeting that can help an addict like me.
- Keep your recovery first to make it last.
- A slip starts in our head.
- We hit bottom when we stop digging.
- You spot it, you got it.
- Go where you are celebrated, not where you are tolerated.
- We don't shoot our wounded.
- We are all the same distance from the ditch.
- Don't quit 5 minutes before the miracle happens.
- I'm doing my happy dance.
- Everything will work out in the end...if it hasn't worked out yet, it's not the end.

- You can sure tell an addict, but you can't tell an addict what to do.
- I don't have to go to every fight I'm invited to.



- If I want to save my butt, I go to a Nicotine Anonymous meeting.
- Don't get scared - get prepared.

* * * * *

Living with the Devil...

My name is Deepak, a grateful recovering nicotine addict from India. I share my story today as a token of appreciation for each one of you. Everyone has contributed to my recovery - thank you!

My first encounter with Nico Devil happened at the age of 15 when I graduated from High School (Class 10th). I had secured First Division in the board exam with about 70% marks, which was a big deal for a middle-class business family where boys were only expected to complete a basic school education before joining their small family business. Nobody in my immediate family smoked. I was a good kid with better grades and absolutely no exposure to bad things in life.

As it happened, four of us classmates decided that after graduating high school we had become big boys, and we deserved to celebrate our success like big boys. We planned a trip to the local zoo, bought a few bottles of beer and a pack of cigarettes!

At the zoo we found a lonely spot in the jungle for our adventures. We drank a bottle of beer each and

smoked a couple of cigarettes. At first, I thought I didn't like the taste and probably would never smoke again. But that was not God's plan for me.

For the next couple of years, I smoked occasionally, mostly to look cool and blend in with friends. Till grade 12 I was in an all boys school and very few of us smoked. At this time, my exposure to nicotine was limited to a couple of sticks per week. I was never caught or suspected by the family.

It was 1992 when I got admitted to a proper co-ed college for my bachelor's degree in science. Ours was the most celebrated college of the city, filled with the most beautiful girls and a lovely atmosphere.

Three years flew by pretty fast. I didn't even realize when and how my intake of nicotine increased from a couple of sticks per week to a few sticks per day. The Nico Devil was slowly taking over my soul and I was no longer a good kid but had become a lost youth who smoked regularly.

Finally college was over, and I decided to pursue a professional course in accounting. I joined Chartered Accountancy (equivalent to CPA in USA) and I had to immediately start my three year training at a practicing firm. The training also involved travel with the team for various assignments. The team consisted of about a dozen boys who were at different stages of their training. Most of these guys smoked regularly. They insisted that smoking was a necessity for professional accountants. By the end of the training, I had become a chain smoker with about a pack of daily consumption. Nico Devil was my declared master and I had become his faithful slave.

I qualified my examinations and started my own accounting firm at the age of 24. I found I could not do anything meaningful without lighting

continued on page 8

up a cigarette. Business flourished; I earned a good amount of money for a middle class man. I got married and was blessed with two beautiful children. Nico Devil was there with me the entire journey. Be it good days or bad days, I always ended up smoking a pack of cigarettes every day.

I couldn't travel in public transport since I needed to smoke every twenty minutes. I couldn't sit in a restaurant with family because I needed to go out every half an hour for another smoke. I couldn't go to a movie theatre for the same reason. I couldn't walk even a mile, as my lungs had become weak. My entire life had become enslaved to Nico Devil; I had no say in my daily life. Most of my decisions were based on whether or not I would be able to smoke in a particular situation or location.

My lips got black, my sweat stank badly, my teeth turned yellow, and my friends circle remained limited. My whole family including my parents, my wife, my kids and other relatives all accepted me as a chain smoker. My partners and staff had also become indifferent to the fact. Nobody cared anymore that I was killing myself every twenty minutes.



I tried to quit a few times. I even set a target of quitting before age of 40 but failed miserably every time. I crossed age 40, then 45 and then 49. I got really worried about my smoking and had become desperate to quit before 50. I started looking for nicotine replacement therapy and came across nicotine patches. I thought I would give it a try and ordered a pack of patches online.

The patches arrived in the mail, and a major lifestyle change was about to happen. After 33 years of living with the devil, I was finally determined to defeat it. I downloaded a couple of apps on my phone which claimed to assist in quitting. I searched the internet for more help and there I found the Nicotine Anonymous website. That's when my life changed for good! I had seen AA meetings in movies and TV but the concept was nonexistent here in India. I was lucky that several online meetings were being held by NicA in the post-Covid era. I immediately joined NicA and declared the "Free at Last" meeting as my HOME! I also found a sincere sponsor.

I started nicotine replacement therapy (NRT) using the patches in May 2023. I attended 5-6 meetings daily, and listened to several shares by the members. I immediately identified as one of them and knew I had found a great family in NicA. I set my quit date as my daughter's birthday in July 2023. Meanwhile, I gradually reduced the strength of nicotine patches over a period of two months. I consulted a local therapist for keeping track of my progress. I asked silly questions in NicA meetings and did whatever I thought would help in my recovery. I was always encouraged by NicA members and everybody contributed wholeheartedly to my recovery.

I listened to members' shares, read the literature and did whatever I was told. I specifically remember a few lines that had special effect on me:

- Keep coming back
- Don't pick up again
- Cross the bridge of discomfort
- The 5 Ds (delay, distract, discuss, drink water, and deep breathe)
- Don't be ashamed - accept your weaknesses and character defects

I resolved that whatever happens, I won't smoke again!

On 11th July 2023, I was up against

the Nico Devil for a final bout. My quit date had arrived and my shield of NRT was about to be lifted. I was scared and nervous. I joined a "Free at Last" meeting and asked my sponsor and other friends for their advice. I was not disappointed and was encouraged by almost everyone at the meeting. One friend suggested that I should take a day off, stay in bed the entire day, curl up like a ball, shout at the top of my lungs if needed, take pride in quitting, and do whatever it takes to not pick up again!

I did what was suggested and felt proud of myself by the end of the day. I kept track of my nicotine-free days by changing my social media profile picture to show the number of days I was nicotine-free. This worked beautifully. Everyone who knew me congratulated me on the distinctive achievement of finally being nicotine-free.



Days passed and I survived without nicotine. My resolve grew stronger with every passing day. I started running with my poor lungs and today I can run 6 kilometers which is a miracle. I gifted myself a piano and started learning music to distract myself from the cravings.

Then one day I had to travel to New Delhi which is about a 5 hour drive from my home. I was terrified to even think of driving alone for 5 hours without smoking. I joined a NicA meeting, shared my problem and BOOM - a friend suggested I listen to speaker shares on the NicA website while on the road. I did so and those speakers carried me all the way to New Delhi without smoking!

Once I was flying to the northeast
continued on page 9

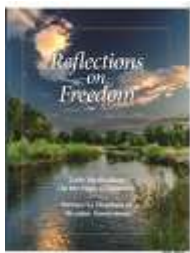
part of the country which is a beautiful Himalayan state. I had to wait for a couple of hours at an airport. I saw the smoking area and thought about taking a puff of nicotine there, but then thought about how we observe a moment of silence at meetings for nicotine addicts who still suffer. I realized that I am on a better path than those in the smoking area; I moved away from that space to save myself.

After a year of sobriety my cravings are weak and distant. I would like to think I am a recovered addict instead of a recovering addict, but I am scared I might slip again and be enslaved once more. I keep reminding myself several times a day that I don't smoke anymore and that I am a better human without smoking.

Today I am proudly nicotine-free for over a year and am eternally grateful to my sponsor, to Nicotine Anonymous, and to every one of its members, especially members of the "Free at Last" meeting!

Thank you NicA - I am free for the very first time in my entire adult life.

Deepak
India



Our latest conference-approved meditation book contains 366 entries and an

Index of recovery topics!

Reflections on Freedom: Daily Meditations on the Steps of Recovery

written by Members of Nicotine Anonymous (NicA)



SAVE THE DATE!

"Breathe Deep in the Heart of Texas"

**40th NAWS Conference
May 2-4, 2025
Austin, Texas**

In-Person and Online

**Want to volunteer?
Contact**

ConferenceChair@nicotine-anonymous.org



Pray Until Something Happens



October NicA Retreat!

31st Clean in The Catskills



**October 25-27, 2024
Round Top, New York**

"The Gift of Presence"

Hosted by New York Metropolitan Area Intergroup of Nicotine Anonymous (NYMAI)

See the retreat flyer with all details on nicotine-anonymous.org

A New Life...

Whether I be in the glaring sun or winter's snow when the nicodemon called, I had to go Over 30 years of smoking it was no longer fun No matter how many I smoked, I was never done Now since I joined Nicotine Anonymous, I'm no longer craving and look at all the time and money I am saving I truly have a new life because I became willing to do the deal and I love my fellow addicts that truly know how I feel sharing my recovery

Shawn
Texas



Save the Date!

Saturday, October 19, 2024



Voices of Nicotine Recovery

The 20th Anniversary symbol is the emerald, representing the strength of our unity, friendship and love fostered over two decades of being together in recovery.

More info:
voicesofnicotinerecovery.com



A Nicotine Anonymous
Intergroup

♡
Saturday
Nov. 9th

SAVE THE DATE!

NicA Delegate Pre-Conference Workshop

Why Attend?



- Serve your group/meeting or Intergroup
- Participate in discussions of current NicA issues
- Help improve NicA literature

Who May Attend



- Everyone who is a current delegate
- NicA members who want to become a delegate
- All who want to know about being a delegate
- Members who are interested in our fellowship

Did You Know?

Your meeting and Intergroup can each elect one Delegate to attend the conference and vote.



More Information coming soon

Questions? Contact secretary-emeritus@nicotine-anonymous.org

NAWSO
Profit & Loss YTD Comparison
January through June

	<u>Jan - Jun</u> <u>2024</u>	<u>Jan - Jun</u> <u>2023</u>
Ordinary Income/Expense		
Income		
4000 · Donations	9,319.25	9,225.05
4100 · Literature Sales	11,209.79	12,489.84
4290 · Shipping & Handling Income	2,873.75	3,133.46
4187 · 2023 Conference	—	-215.16
Non Profit Income	119.30	402.10
Miscellaneous Income	10.80	11.17
Sales of Product Income	401.45	1,228.09
Total Income	\$26,519.78	\$26,274.55
Total Cost of Goods Sold	\$5,621.57	\$6,075.11
Gross Profit	\$20,898.21	\$20,199.44
Expenses		
6000 · Office Expenses	16,350.91	16,206.01
6600 · WSO Expenses	5,548.36	5,136.02
6900 · Other Operating Expenses	—	106.31
Total Expenses	\$21,899.27	\$21,448.34
Net Operating Income	\$-1,001.06	\$-1,248.90
Other Income		
8000 · Interest Income	3.41	3.69
Total Other Income	\$3.41	\$3.69
Other · Reconciliation Discrepancies	-18.54	—
Total Other Expenses	\$21.95	\$3.69
Net Income	\$-979.11	\$-1,245.21

BIRTHDAY CONGRATULATIONS

Bill H – 8/28/99 Catherine – 9/11/99 Sherry B – 9/11/04

David W – 10/15/17 Debbie – 11/18/09 Ruth D – 11/20/91

Post your Nicotine Anonymous birthday in **SevenMinutes!**
Send in your first name, last initial and nicotine quit date.

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

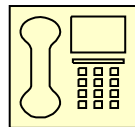
Email: **SevenMinutesEditor@nicotine-anonymous.org**

Nicotine Anonymous Meeting Options

Tradition Three: The only requirement for membership is a desire to stop using nicotine.



Face-to-face meetings



Telephone meetings



Video Conference meetings



Internet meetings

To access NicA meeting information, visit
www.nicotine-anonymous.org
Click **Find Meeting**

Service is the Key

Nicotine Anonymous World Services needs volunteers
for the following open positions:

WEBSITE COMMITTEE MEMBERS

Possess skills in web design, building or maintenance of the
new website for Nicotine Anonymous.



OUTREACH COMMITTEE

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

TELE-SERVANTS – ESPECIALLY NEEDED!

Respond to phone calls to share hope with those seeking freedom from nicotine.



TRANSLATIONS COORDINATOR

Works with the Literature Coordinator to continue the
efforts to translate our literature into other languages.
Fluency in other languages not required, web
translator can be used.

TRANSLATORS

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

INTERNATIONAL GROUP COMMITTEE

Serves to enhance the relationship between NAWS and international groups.
Bi-lingual skills are an asset but web translator can be used.



COPYRIGHT-TRADEMARK POLICY COORDINATOR

Manages the protection of Nicotine Anonymous - its name, logo,
and associated trademarks.

To volunteer, please email
chairperson@nicotine-anonymous.org

NICOTINE ANONYMOUS MEMBER GRATITUDE PROGRAM



My Gift of Gratitude

Where would we be without Nicotine Anonymous?

(Probably still using nicotine.)

If 200 nicotine addicts or groups donated \$10 a month each, the organization we depend on for our freedom from nicotine would make its monthly operating expenses and have more resources for public outreach.

Many of us are blessed with the opportunity and happy to give back with **"MY GIFT OF GRATITUDE."**

WAYS TO DONATE

- **On our website: www.nicotine-anonymous.org/gift-of-gratitude**
- **Mail your donation directly via paper check:**
Nicotine Anonymous World Services
6333 E. Mockingbird Lane, Suite #147-817
Dallas, TX 75214
- **Set up online monthly bill pay at your bank.**

Members who donate a minimum gift of \$10 per month receive a complementary subscription to our quarterly newsletter, SevenMinutes.

Whatever you give is given back to help addicts through Nicotine Anonymous.

Thank you for helping achieve our primary purpose:
to carry the message to the nicotine addict who still suffers.

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



SevenMinutes

NAWS Office
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

Need to hold a virtual Intergroup or Committee meeting?

NAWS can assist by using our video conference account to set up NicA-related meetings and providing a link to be emailed to attendees.

Contact
nicahost@nicotine-anonymous.org

This format can also be used internationally.

<p>My Address Has Changed! Don't miss an issue! Complete this form and mail to: NAWSO, 6333 E. Mockingbird Lane, #147-817, Dallas, TX 75214 USA OR Email the information to nicaofficemanager@gmail.com</p> <p><i>My new address and phone is:</i></p>		
NAME		PHONE (WITH AREA CODE)
ADDRESS		
CITY	STATE	ZIP CODE
<p><i>My old address was:</i></p>		
ADDRESS		STATE ZIP CODE