



SEVEN MINUTES

The Nicotine Anonymous® Quarterly

A FORUM FOR NICOTINE USERS WHO DON'T USE

VOL VII, Issue No. 3 ♥ ♥

Third Quarter 1995

No Shame, No Blame

Here in Salt Lake City our Nicotine Anonymous group shares a "no shame, no blame spirit." We even count the cigarettes we didn't smoke as we work our Twelve Steps and Twelve Traditions. My name is Leeta, the Granny Moses of our group. Today I celebrate five years nicotine-free after almost a half-century of being a divided house within me.

For almost 50 years, I longed to smoke, but hated myself for lighting up. Sometimes after resolving to quit and tearing up the pack, the next morning found me on my knees looking through the trash for one fragment. How many times? Good grief!

It's my sincere belief that God sent me to our fellowship. Five years ago, at midnight, I knelt on my kitchen floor and prayed to be a free and unified person. Enough was enough! This time I did not suppress or submit to my nicotine desires. I surrendered them to God and prayed for His will for me.

The next day, I called my sponsor in Al-Anon. She referred me to a younger woman, a nurse, who couldn't quit either. We went to our Nicotine Anonymous group together.

How I welcomed our meetings! I still do. There's power in these meetings. It's in the spirit we share. Smoking is not an option for most of us. But our Steps and Traditions show us lots of choices. Between meetings we call, read, and sometimes meet each other for coffee. One day at a time, together, we add another smoke-free day.

A lot has changed in the past 50 years. Life was grim during WWII. Then a university student, I used cigarettes to help space out grief and loneliness. For instance, once my mother visited me. Feeling both sad and mad, she reminded me that my Dad was suffering from a terminal illness. Soon I must support myself. So, she demanded I pull my grades up from B's to A's. After her lecture, I stretched out in my dorm and lit up. Heaven! I also blocked out grief for

that P.T. boat captain who was supposed to rescue me from all the above but was out there in the South Pacific somewhere.

Gradually, I smoked out other feelings, too, even joy. Figuratively, I became a space cadet. Unaware, I gradually spaced out my ability to smell, use all my energies, sense all realities, even to breathe fully . . . all the real stuff of life.

In spite of all this, I graduated from the university and studied in graduate schools for two years to become a psychiatric social worker.

In those days, my peers smoked with me at our seminar tables. I smoked at my desk, too. My professors smoked with me, as did my psychoanalyst. In those days, smoking was very popular. Quite permitted, too. For instance, when I served as a Red Cross hospital social worker in an army hospital in 1946, one of my duties was to pass out free cigarettes to the patients.

I was a Navy wife during the Korean War. For two years, I drove from ports on the West Coast to Kansas, where both my parents lay dying of painful, lingering illnesses. Close by, my husband's parents lost in a flood . . . there's more, but suffice to say here that the U.S. Navy granted my husband a Humanitarian Shore Leave.

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Our Preamble

Nicotine Anonymous® is a fellowship of men and women helping each other to quit smoking and 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 a desire to stop using nicotine. 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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Stories from the States (and other countries) . . .

If you haven't seen any personal recovery stories written by someone from your area, please send us **YOUR STORY**. We'd love to publish at least one story from every group.

Hand-written submissions are welcome. And please don't worry about the grammar; our editor will fine-tune it for you.



Subscriptions, circulation additions and deletions, as well as Nicotine Anonymous® World Meeting Directory additions or changes may be sent to:

**NAWSO
PO Box 591777
San Francisco, CA 94159-1777**



THE TWELVE STEPS

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

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 that out.
12. Having had a spiritual awakening as a result of these steps we tried to carry this message to alcoholics and to practice these principles in all our affairs.

THE TWELVE STEPS are reprinted and adapted here with permission of Alcoholics Anonymous World Services, Inc. Permission to reprint and adapt the Twelve Steps does not mean that AA is affiliated with this program or that it has reviewed or approved the contents of this newsletter. AA is a program of recovery from alcoholism only — use of the Twelve Steps in connection with programs and activities which are patterned after AA, but which address other problems, does not imply otherwise. In Nicotine Anonymous, we have simply changed the word alcohol to nicotine in Step One, and the word alcoholics to nicotine users in Step Twelve. The original Twelve Steps of Alcoholics Anonymous are reprinted above.

Report from the Chair



My name is Steve M., and I am a gratefully recovering nicotine addict. This is truly an exciting time to be affiliated with Nicotine Anonymous World Services. First, as mentioned in the previous issue of *SevenMinutes*, our World Services Office received more than 7,800 inquiries when a letter from Pat L. of New Jersey was published in a recent "Dear Abby" column. Now it appears that Nicotine Anonymous may soon be making its major motion picture debut in a film titled "Til There Was You." The film is a romantic comedy that culminates when the two main characters, who are smokers trying to quit, finally encounter each other at a Nicotine Anonymous meeting. Although no release date has been mentioned, filming will commence on Sept. 13, and the scene involving the Nicotine Anonymous meeting is scheduled to be shot in October.

Because time is of the essence, we have been asked by the production company to consider this matter at our next World Services Board meeting, which will be held in San Francisco on September 16, 1995. Our main concerns, of course, will be that any portrayal of Nicotine Anonymous be done in a respectful manner, with special pains taken to ensure that none of our Traditions is violated.

Another item that will be considered at the September meeting is how our fellowship can best utilize the Internet. Bill H. of San Francisco will lead this portion of the meeting as he has considerable expertise in this area. Bill has already established several "Web pages" that contain some general information about Nicotine Anonymous, including the Twelve Steps and Twelve Traditions. Other items we are considering posting are the International Meeting List and our Starter Kit for new meetings. The discussion about the Internet will likely inspire some lively debate. As always, our primary concern will be how we can best carry the message to nicotine addicts while still adhering to the spirit of the Traditions.

One very interesting letter that was sent as a result of the "Dear Abby" mention came from a Municipal Court in eastern Washington state. This letter informed us that the local police department is issuing citations to underage smokers which require the youths to appear in court. In addition to a small fine, the defendants are required to write a 1,500-word essay about the dangers of smoking. Beyond that, the court is considering the option of requiring these young offenders to attend Nicotine Anonymous meetings. "We decided," the letter says, "that if they are required to attend AA and NA for alcohol and drug charges, why not Nicotine Anonymous for these citations."

The reason I mention this letter is to inform everyone that we may soon start seeing many court-mandated individuals making appearances at Nicotine Anonymous meetings. Undoubtedly,

the aforementioned court will not be alone in its reasoning. In fact, it is likely there will be courts that will apply the same reasoning to "offenders" other than teenagers. People caught smoking on buses or in the restrooms of non-smoking establishments could also be potential candidates for required attendance at Nicotine Anonymous.

Clearly, the political environment is such today that more and more places will soon be off-limits to smokers. But will that really stop the true nicotine addict from lighting up? Speaking strictly for myself, I know that no amount of legislation would have prevented me from having my drug. The point is, the day will likely come when people will show up at meetings not because they have a burning desire to stop using nicotine, but because some other power believes they should have that desire. Whether or not it is helpful to these people to require them to attend meetings could be endlessly debated. As a fellowship guided by the Twelve Traditions, however, we should endeavor to stay out of that debate. Instead, let us do our best to make everyone who attends our meetings feel welcome. In this way, perhaps, we may permanently win over even the most reluctant visitors to our program.

At this point, I have concluded my reporting of World Services' business. However, I would like to take this opportunity to share with you something of a more personal nature. Earlier, I introduced myself as a "gratefully recovering nicotine addict." I must confess, when I introduce myself at a meeting as a "gratefully recovering nicotine addict," I occasionally do so by rote. Today, however, those words have special meaning to me in light of a few recent experiences I've had.

First, a few weeks ago I had a relapse dream that was quite unsettling. I don't recall what prompted me to smoke in my dream, but I do remember taking a single drag off a cigarette. Then I panicked. It was terrifying enough that I had smoked, but to make matters worse, I immediately began to debate whether or not I would be honest with people about my slip. Somehow, the thought of admitting my relapse seemed terribly embarrassing. Perhaps, I thought, I could just keep this quiet and no one would ever know. I was still considering my dilemma when I awoke. Yes, I was incredibly grateful that it had all been a very bad dream. Still, it occurred to me that the thought processes that took place after I had smoked reveals a very central fact about my addiction to nicotine. My nicotine addiction wants me to believe that what others think of me is more important than what I think of myself. One of the greatest gifts of this program, then, is that I am slowly learning to love myself, regardless of what others think of me.

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"Beware—Cigarettes Are Killers That Travel In Packs."

—Oscar, *Islip, N.Y.*

Funday Was Anything But a Burnout!

The temperature soared to an all-time record high. Philadelphia was the hottest place in the nation. The actual temp was 107 degrees, with a heat index of 129! Anything that could go wrong did go wrong. The “Y” was not set up for us when we arrived Saturday morning and the air-conditioning didn’t work properly all morning. Lunch was delivered half an hour late because the employee at the Fabulous Bagel Boys restaurant passed out from the 125 degree heat generated from the bagel ovens. Need I go on?

Sounds like a day that could lead to disaster. Not for us. With customary Nicotine Anonymous energy and love, the 43 people who came in spite of the conditions pitched in all around and turned this weekend into what all agree was the best Funday we’ve ever had.

Nineteen people came from New York, representing Islip, Bellmore, East Northport, Wantagh, West Hempstead and Bethpage. Seventeen came from New Jersey, giving Hamilton, Plainfield, Rocky Hill,

Cherry Hill, Teaneck and Maple Shade a great showing. Seven Pennsylvanians came from Phoenixville, Downingtown, Allentown and Newtown Square.

Obviously, plans had to be changed. We took a group conscience and Saturday afternoon we took refuge at St. John’s Lutheran Church in the Eisenhower Room, which had super air-conditioning. And even though the rest of the church was not air-conditioned, we still produced our legendary potluck barbecue. You should have seen Scott working the barbecue grill outside on the church patio in that heat! Lots of perspiration, but never a complaint.

Our featured speaker, Ron R., gave us such a spiritual uplift that we knew we were in for a great time. Checko chaired the workshop on Slogans and Tom D. addressed the topic of Resentments and Reservations. Guess which one I was ready for by Saturday afternoon! Our World Services Conference Committee met, as well as our N.J./Pa. Intergroup.

Instead of a bonfire meeting, we had a candlelight meeting down at the pavilion after it got a little cooler in the evening (if you call 90 degrees cooler!), chaired by JoAnn from Islip. By this point, we were all feeling so blessed no one even thought of a cigarette.

The Sunday morning Gratitude Breakfast attendance jumped from 15 last year to 26 this year. John O. from East Northport gave such an inspirational talk that one member described John as “the best speaker I’ve ever heard!” John’s reference to our wonderful Third Step Prayer made a lasting impression on another of our members. He literally said our Third Step Prayer kicks @@@! And it DOES! Thanks, John!

It was definitely our time to learn that no matter what the conditions, we will still share our recovery and still thank our Higher Power for our many blessings in this wonderful fellowship. I recall saying something in Denver about the fact that we could meet in a vacant lot for the conference

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Keep Coming Back!

Hi, my name is Billi W. (No relation to Bill W.) I’ve found the Nicotine Anonymous group here in Omaha to be a miracle for me. I smoked 34 years and was up to two packs a day when I came to the group.

I had a terrible cough, and my doctor had been after me for about nine years to quit. He said I had emphysema. This scared me enough to get me to try to quit several years later. (You notice it wasn’t right away.)

When I first joined Nicotine Anonymous, I would waver between 18 and 30 cigarettes. I was proud when I could get down to 18. I felt guilty and discouraged when I smoked 30. Jean M. told me it sounded like something good was going on inside me. (I didn’t

believe this at the time.) Patrick O. told me to Keep Coming Back. He said somebody told *him* this, so he came back until he quit. I began to stand on this principle. Even though it has been painful for me to talk in a group, I went to two meetings a week and made phone calls. Later I got a sponsor—Barbara S. I’ve been smoke-free now for seven months.

Our group is really special. We have a lot of laughs together and once in a while get together for a party. In fact, I think we are due for one now!

I am really glad I am smoke-free. Keep Coming Back and God bless you.

—Billi W., Omaha, Neb.

Emily's Gift

My name is Leslie and I'm a recovering nicotine addict. I felt moved to write this because tomorrow is Mother's Day, and it's a difficult time for me every year. I don't know if my story will help anyone else, but here goes.

For me, Mother's Day is not a time of celebration, but a time of grief, remorse and quiet gratitude. I am a mother, a mother of a child that didn't make it past five months from conception. They told me it was a girl. I named her Emily.

Before I knew I was pregnant, I was drinking, smoking and starving myself. When I discovered I was pregnant, I stopped drinking and grudgingly ate more, but I refused to stop smoking. Yeah, I tried to cut back, but I wouldn't even consider the idea of not smoking. I developed a condition in which I nearly bled to death, was hospitalized and eventually delivered a dead baby. I have since learned that the condition is often related to cocaine or nicotine abuse.

Giving birth and then having no child to hold and to love is hard. I miss Emily, and I want so much for her to know I do love her and I'm sorry. If I could just have her here with me; but I can't. I believe she's out there somewhere, and I hope and pray she is loved and nurtured, and that maybe on some level she hears me.

I'm not sure why I am writing all this. I feel a lot of guilt about my actions as a practicing nicotine addict. My addiction came first, before my health, my marriage and my child. Nicotine is powerful. It silenced my conscience and distorted reality. The only thing that mattered was smoking.

Although the miscarriage was painful and sad, sometimes I think that this soul passing through my life was a gift. The guilt, shame and awareness I experienced helped to break through my denial and bring me closer to my bottom.

My sponsor tells me that sharing is one way of making amends. I am glad to report that I'm going on two years of not smoking. My Higher Power freed me from the compulsion to smoke. My emotional and spiritual recovery has come slowly. I don't have many of the things I want yet—a healthy intimate relationship, a good job, children. But I do have wonderful friends in Nicotine Anonymous, a Higher Power, a new way of life and a conscience. I am no longer driven by a drug to do things about which I would feel guilty. Not that I'm perfect; but I am growing a little. I can't change the past, but I have a chance for a better life and the chance to help other nicotine addicts. Thank you, H.P., for Nicotine Anonymous and for Emily.

—Leslie S., Virginia Beach, Va.

Letting Go of Reservation

While at a Valley Forge Workshop meeting chaired by Tom during the Funday weekend, the topic was R&R—meaning Reservation and Resentment. My personal reservation follows. I held onto three packs of cigarettes for three months after I had stopped smoking. I kept one in the nightstand (in case of an emergency phone call), one in the glove compartment of the car (in case of an accident), and one at work in my locker (in case of a snow storm, etc.). When I was finally able to let go of the first pack, I was able to give it to a friend at work. Face to face. The second pack I gave to another friend at work. Face to face. The third pack I tried to give to another friend, but as I faced her, I extended the pack then quickly withdrew it. I tried two more times but was unable to let go of the pack. Finally, I turned my back to my friend and gave it to her. Now, today, 10 years or so later, if God came down and said to me, "JoAnn, you can smoke safely without complications or problems," I would have to say to God, "If it's OK with you, I do not want it. I would rather stay smober."

— JoAnn C., Islip, N.Y.

Word Search

Words from The Twelve Steps

Q V K F M S J X E A O P I S Q Q I E R G
 X L Y K S R R C B M I O U U R H N U T N
 Z O J X G S E V O M E R B R I I T D J C
 U Q D J B Q W T H G I V A G T N A L D Q
 H E E E F I O F C L O D H O O G J F E K
 L E Q C F S P G H A M E C I R U A H F P
 Y S Y C T E E S P I R I T U A L G E R A
 K K M I G V C L T T N A S O M Z Q A O V
 V R S O U G H T P W T T H A Q O Y M K N
 S T D M J V E X S I C B T C N E R P Z Q
 K Z N U R D O E D E C I E E R I O A X K
 U E E J O G Q E L M F N R M Z W T S L P
 R C M Y P U M L O U L O I D E K N Y Q I
 H N A K E N Q S R E T A E R G I E C S H
 S P B A P D Y V P S C Y L N P U V G L J
 H H X V O Z R K E E C E Z B F A N A U U
 T H O O R G A R X K S X N C N P I A L O
 L K H U H H U C M S I T A T M F H V N E
 P W N G A O Q W B E C M Q Y S F O G Z A
 V P E M O R G V Q M N D K S Y K G P G T

NICOTINE POWERLESS ADMITTED GREATER POWER RESTORE SANITY HIGHER MORAL
 INVENTORY REMOVE CHARACTER DEFECTS AMENDS PRAYER SPIRITUAL PRINCIPLES AFFAIRS
 SOUGHT MEDITATION

I. The meeting was opened at 12:25 p.m. with the Serenity Prayer. The Third Step Prayer and the Twelve Traditions were read.

II. The following persons attended: Steve M. Chair from Des Plaines, IL; Bill P. Alternate Chair from Dallas, TX; Gloria A. Alternate Secretary from Willow Springs, IL; Lenna M. Emeritus Secretary from Houston, TX; Leslie S. Secretary from Virginia Beach, VA; Judi T. Treasurer from Aurora CO; Reggie R. Emeritus Treasurer from Richmond Hill, NY; John O. Networking Coordinator from Kings Park, NY; Lynn H. from Wheeling, IL; Leslie from the Chicago area. Participating via teleconference were Lynn R. Alternate Treasurer from Aurora Co.; Annette A. Literature Coordinator from Lawrenceville, NJ; and Ed T. Teleservice Coordinator from San Francisco, CA. Eight officers were present which constituted a quorum.

III. Secretary's Report - Lenna M. read minutes of the March 1995 Officers' meeting. Bill P. requested that the minutes be amended to read that a smokeless tobacco report was submitted, but copies were not available. Bill P. made a motion to accept the minutes as amended. The motion passed unanimously. Lenna M. read minutes of April 21, 1995 Officers Meeting. It was noted that the 2nd motion in Section III should be corrected to read "Leslie made a motion to allow Steve and Nicholas to do a performance review and give Dan a raise bringing his salary up to a maximum of \$12.50 per hour." Judi made a motion to accept the minutes as amended. This motion passed unanimously. Leslie S. read the minutes of the Business Meeting at Conference X, April 22, 1995. Reggie made a motion to accept the minutes as amended. This motion passed unanimously. Bill P. read minutes of the Officers' Meeting April 23, 1995. Corrections were noted. Lenna made a motion to accept the minutes as amended. The motion passed unanimously.

IV. Treasurer's Report - Judi T. gave the report. Discussion was held on whether World Services operates on a calendar year basis or not. Judi and Lynn R. were to determine this by the September meeting. It was also noted that Policies and Procedures may need to be amended to state "calendar year." Judi read a cash report ending May 31, 1995. Items noted were higher than usual expenses on payroll due to the "Dear Abby" project and costs for printing The Book. Also, Conference X received funds to pay its bills and will reimburse World Services later. It was also noted that teleconferences are not as expensive as was previously thought by some board members. The December teleconference was \$367.80 for about 6 hours time. This information may be used later in scheduling officers' meetings. World Services had a cash balance of \$20,060.07 as of May 31, 1995. Reggie made a motion to accept the treasurer's report as presented. This motion passed unanimously.

Judi and Lynn R. discussed the need for better accounting procedures at World Services including inventory controls, auditing, a double-entry accounting system and inventory counting. Judi and Lynn volunteered to institute improved accounting procedures and help set up the office manager for record keeping. Reggie made a motion for the board to allow Judi and Lynn to implement changes to bring the treasurer's system up to generally-accepted accounting procedures. The motion passed unanimously.

Judi made a motion to transfer \$15,000 to a 6 month CD instead of to a money market account which was previously decided in March. This motion passed with 7 voting for and 1 abstention.

V. Chairperson's Report - Steve M. gave the report.

The "To the Dipper or Chewer" pamphlet has gone to the printer and a final proof will go to Ed T. for approval before printing.

Ed. T. has volunteered to review all literature for consistency, listing of other pamphlets, possible uses for blank space, and possible changes such as altering "smoker" to read "nicotine addict."

The issue of copyrighting our literature was raised. Uncertainty as to whether all literature is properly copyrighted was expressed. Reggie made a motion to copyright all World Services publications including "Seven Minutes." This motion passed unanimously. Every issue of "Seven Minutes" will need to be sent for copyrighting.

Minutes of World Services Officers' Meeting
Saturday, June 17, 1995, 12 Noon Central Time
1111 Tower Rd., Schaumburg, IL 60173

Concerns were expressed about taping problems at Conference X. Board members were asked to review the tapes and make suggestions for improvement.

An effort will be made to include a revision date on all forms from NAWS.

The activity schedule at the annual World Services Conference was discussed. Suggestions included early Friday afternoon activities and optional Sunday afternoon activities. It was also suggested that the Sunday morning "marathon meeting" be scheduled for an hour and a half instead of an hour.

The possibility of purchasing a copier for the office was discussed. Discussion was tabled pending research on the copying needs of the office.

Ed.T. drafted a message promoting "Seven Minutes," the new "To the Dipper or Chewer" pamphlet, and updating the meeting list with a meeting update form on the back. He suggests sending this message along with Seven Minutes subscription forms with group orders shipped out. Reggie made a motion to send this material with each group order. This motion passed unanimously.

Discussion was held on the possible taping of The Book by a nonprofit organization called Recordings for the Blind (RPB). RPB has agreed to tape The Book, but declined to tape the pamphlets. Leslie made a motion to authorize Recordings for the Blind to record The Book. The motion passed unanimously. Discussion of a possible donation to RPB was tabled.

Steve briefly discussed a proposed project to update the meeting list. He suggested that it would be more efficient to have the office manage update the meeting list on a day to day basis. The special project to update the list would be done by volunteers. Steve will present a detailed proposal at the September meeting.

Steve and Nicholas did a performance review of the office manager, Dan, and raised his salary to \$12.50 per hour.

Plans were discussed to perform an annual review of the office manager and to write a job description and update Policies and Procedures accordingly.

It was reported that a large donation was made to World Services by someone who might not be a member of Nicotine Anonymous. Leslie made a motion for the Chair to determine if the donor is a member and if not have the donation returned. The motion passed unanimously.

Reggie made a motion to donate \$30.00 to Rainbow's for the use of their facilities for the officers meeting. The motion passed unanimously.

Steve reported that response from the "Dear Abby" letter has exceeded seven thousand inquiries.

VI. Staff and Committee Reports:

A. Office manager - A written report was submitted. An increase in book orders was noted.

B. Literature Coordinator - Annette A. gave the report. The new "To the Dipper or Chewer" pamphlet has been sent to the printer. Work continues on a slogans pamphlet. Various formats are being considered. "How to Start a Meeting" is being prepared for the 1997 conference. Annette and Lenna M. are to continue working on "Sponsoring Others in Nicotine Anonymous." The "Ten Years of Gratitude" project was discussed. Names of speakers will be changed. The annual conference spirituality speakers' talks might be included. The Spanish version of "Introduction to Nicotine Anonymous" will be sent to the printer and proofs checked for accuracy in translation.

Nicotine Anonymous® World Services

P.O. Box 591777 • San Francisco, California 94159-1777 (415) 750-0328

Date ____ / ____ / ____

Check # _____ Total Enclosed \$ _____

Nicotine Anonymous World Services Office Order Form

Qty		Total Price
_____	Meeting Starter Kit (free), includes meeting flyer-sample and one each of eight pamphlets	\$ _____
_____	Nicotine Anonymous THE BOOK - \$7.50 (Discount Rates Below)	\$ _____
_____	Worldwide Meeting Directory - \$1.00	\$ _____
_____	The By-Laws of Nicotine Anonymous - \$1.00	\$ _____
_____	SEVENMINUTES NEWSLETTER Subscription - \$7.00 U.S.; \$9.00 CANADA; \$14.00 OVERSEAS	\$ _____
	(Complete Form Below)	\$ _____
	Total	\$ _____

BOOK DISCOUNT RATES			
21-50 Bks		\$7.00	
1-10 Bks	\$7.50	51-100 Bks	\$6.75
11-20 Bks	\$7.25	100+ Bks	\$6.00

Pamphlets

Title	Price	Quantity	Total Price
Introducing Nicotine Anonymous	.20 ea x	_____ = \$	_____
The Serenity Prayer for Smokers	.20 ea x	_____ = \$	_____
A Smoker's View of the Twelve Steps	.20 ea x	_____ = \$	_____
Tips for Gaining Freedom from Nicotine	.20 ea x	_____ = \$	_____
To the Newcomer and Sponsorship	.20 ea x	_____ = \$	_____
Introducing Nicotine Anonymous to the Medical Profession	.20 ea x	_____ = \$	_____
Facing the Fatal Attraction	.20 ea x	_____ = \$	_____
Our Promises	.20 ea x	_____ = \$	_____
To the Dipper or Chewer	.20 ea x	_____ = \$	_____

SPECIAL BULK RATE PRICES		
Any Combination - Packs of 10's		
100	total pieces	.16 ea.
500	" "	.14 ea.
1,000	" "	.13 ea.
2,500	" "	.10 ea.



Sub-Total \$ _____

(California Residents Only: Please add 8.5% Tax) _____

Total \$ _____

Total Items Ordered: \$ _____

(NAWSO is a nonprofit agency serving the world; donations and postage contributions are appreciated to help carry the message whenever there is a desire for recovery.)

**PLEASE SEND CHECK OR MONEY ORDER IN U.S. FUNDS ONLY
MADE PAYABLE TO: Nicotine Anonymous World Services, P.O.
Box 591777, San Francisco, CA 94159-1777**

PLEASE NO CASH. CA RESIDENTS ADD 8.5% TAX. PLEASE DUPLICATE THIS FORM FOR FUTURE ORDERS; *The Book*, pamphlets and *SevenMinutes* are copyrighted. DO NOT DUPLICATE.

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TOTAL AMOUNT ENCLOSED: _____

SHIP TO:

Name _____

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City, State, Zip _____

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INTERNATIONAL MEETING LIST ADD/ CHANGE/ DELETE FORM

Meeting Information:

GROUP # _____ Today's Date _____
(Use # as indicated on the World Services Meeting List. If new meeting, please leave blank.)

Please note: the Meeting Information below will be abbreviated to fit in the International Meeting List, the shorter you keep it the less we have to abbreviate it, for you.

Facility where meeting is held _____

Street Address of Facility _____

Meeting City _____ State _____ Day of Week _____ Hour of day _____

Contact Person _____ Contact Phone Number _____

Mailing Information:

We are looking for the mailing address of the Secretary/Chair/Contact person/ etc. who is responsible for this meeting. This information will be kept confidential and used only to contact your meeting for Official World Services Purposes—such as Conference Notifications, etc. *To clarify, above this line is publishable information, below this line is Confidential Information.*

Name _____

Address _____

City _____ State _____ Zip Code _____

Phone Number _____

By sending in this form, you are: Adding Changing (or) Deleting your meeting. (Check one)

Is this a possible duplicate notification? YES (or) NO

Please feel free to enclose a note with any details which may clarify what you are doing above and send the whole package to:

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Meeting List Change Department
P O Box 591777
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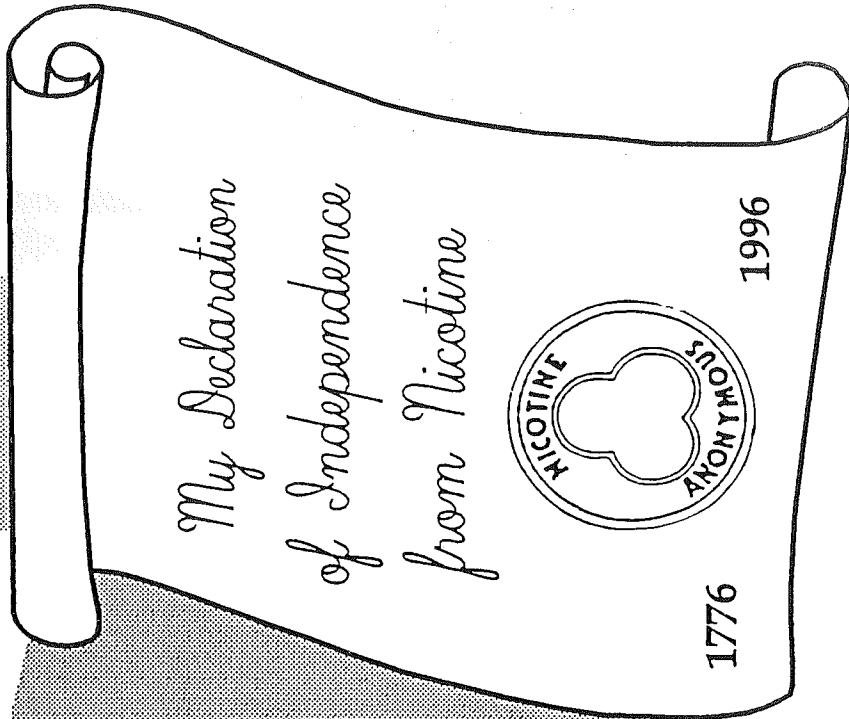
NICOTINE ANONYMOUS 1996 WORLD SERVICE CONFERENCE XI

Join us
in historic Valley Forge, Pa.
April 26, 27 & 28, 1996
30 minute drive from
Philadelphia Int'l. Airport

Sheraton Valley Forge Hotel
\$79 + tax/room/night
(up to 4 persons)
*610-337-2000

*Specify "Nicotine Anonymous Conference"
when making reservations.

For more information Please call Jan S. at
610-933-9181. We're excited to be your
hosts for this historic conference.
Valley Forge Conference Committee



Celebrate Independence from Nicotine !

SHERATON VALLEY FORGE HOTEL

NICOTINE ANONYMOUS WORLD SERVICE CONFERENCE XI ROOM RESERVATION

Date of Function: April 25 through 28, 1996

Sheraton Valley Forge: Single Room: \$79.00 + 8% Tax Per Night Double Room: \$79.00 + 8% Tax Per Night
 Triple Room: \$79.00 + 8% Tax Per Night Quad Room: \$79.00 + 8% Tax Per Night

FIRST NIGHT DEPOSIT REQUIRED TO CONFIRM RESERVATION

Cut-off date: March 25, 1996

Name: _____

Company: _____

Address: _____

City/State/Zip: _____

Home Phone Number: () _____ Work Phone Number: () _____

Please Check One: Single - 1 Person Double - 2 Persons, 1 Bed
 Double - 2 Persons, 2 Beds Non-Smoking Room Preferred

Sharing With: _____

Arrival Date: _____ Departure Date: _____

Please enclose Check or Money Order (One Night's Lodging) payable to Sheraton Valley Forge Hotel, or Major Credit Card Number and Date of Expiration. No cancellations will be accepted within 72 hours of Arrival Date.

I authorize Sheraton Valley Forge Hotel to make charges on my Credit Card.

Credit Card Number: _____ Expiration Date: _____

Card Holder's Signature: _____

Reservations must be received prior to March 25, 1996, otherwise Reservations will be accepted on a Space Available Basis Only and Group Rate will not be guaranteed.

Please Mail to the Following Address:

**SHERATON VALLEY FORGE HOTEL
1160 FIRST AVENUE
KING OF PRUSSIA, PA 19406**

(610) 337-2000

C. "Seven Minutes" Editor - Scott J. submitted a written report asking the Board to address setting deadlines for submission of materials to "Seven Minutes" and also to address the manner in which the Traditions Committee operates in providing feedback prior to printing. Scott expressed the need for more subscribers, more articles and for people to do word processing.

D. The Book Report - Leslie S. gave the report. Rodger F. has agreed to write a brief history of Nicotine Anonymous and Lenna M. will coordinate a review and revision of the Steps section. Some members in New York may be writing up something on the 12 Traditions. The status of this portion is uncertain. Steve M. and Leslie S. are to review Part I of The Book for possible improvements. Stories from Seven Minutes will also be considered for The Book. It was decided to eliminate brand names of cigarettes from the stories. The need to write a 7th Step prayer of our own was discussed. Otherwise, permission will need to be obtained from AA to use their prayer.

A discussion was held on role confusion on The Book project that developed as the project grew over the past 2 years. Steve appointed Leslie S. as Book Coordinator. Rob H. is to continue his work as Stories Editor. Gloria made a motion to accept Leslie S. as Book Coordinator. The motion passed unanimously. The need for an editor for the rest of The Book was noted. Board members were asked to consider whether or not to include "The Questionnaire" in the new edition.

E. Pen Pals Coordinator - Pat L. submitted a written report. Pat suggests groups might want to have a note pad available at meetings for members to write down something they got out of the meeting that might be helpful to pass on to Pat for distribution to the pen pals.

F. World Meeting Directory Coordinator - No report was submitted.

G. Teleservice Coordinator - Ed T. submitted a written report stating that teleservice is running smoothly, and there was a significant increase in calls following the "Dear Abby" letter.

4. Traditions Committee - Ed T. responded to concerns about the manner in which the Traditions Committee has been operating. After discussion, it was agreed that the committee needs to function more as one body with a chairperson. Bill made a motion to reorganize the Traditions Committee to act as a committee with a WSO-appointed chairperson. The motion passed 7 for and 1 abstention.

Steve appointed Ed T. as Traditions Chairperson. Lenna made a motion to accept Ed T. as Traditions Chairperson. The motion passed 7 for and 1 abstention.

A member sent Ed T. a draft of a proposed letter to Oprah Winfrey suggesting she do a show on nicotine addiction and Nicotine Anonymous. The letter was reviewed. Questions were raised about some of the wording as related to traditions issues. Reggie made a motion to have Ed T. work with the letter's author on amending the letter and then send copies to the Board. The motion passed 6 for and 1 against.

Concern was expressed about publications, on-line postings, etc. that use the Nicotine Anonymous name with the appearance of speaking for the fellowship as a whole that are not World Services approved. Reggie made a motion that all publications, on-line postings, and other communications under the name Nicotine Anonymous must be approved by NAWSO. The motion passed unanimously.

I. Networking Coordinator - John O. reported a decline in networking requests and discussed possibilities for "carrying the message" on the internet.

J. Smokeless Tobacco Report - Bill P. reported eight requests for information in the past few weeks.

K. Policies and Procedures - No report was submitted.

L. Intergroup Liaison - Bill P. reported. The use of the internet for the exchange of ideas among intergroups was discussed. It was suggested that NAWSO may need to create the position of data communications coordinator in the future.

M. 1996 Conference Report - Jan S. submitted a report. A committee has been formed for Conference XI in Valley Forge and the hotel contract has been signed. The room rate will be \$79.00.

O. 1997 Conference Report - Lynn H. and Mary O. reported. A discussion of potential hotels in Chicago was held. It was agreed to pursue an agreement with the Days Inn on N. Lake Shore Drive with a room rate of about \$95 per night.

VII. Old Business - Already covered.

VIII. New Business - Already covered.

IX. The meeting was adjourned at 7.35 p.m. with the Lord's Prayer.

X. Action Items:

- ALL OFFICERS:
1. Review "Questionnaire" section of The Book and send comments about whether to include it in the new edition to Leslie S. by August 1.
 2. Listen to Conference X tapes and send comments and suggestions for taping improvements to Steve M.

-ALL COORDINATORS: 1. Send updates on policies and procedures to Sarah B.

- Steve M. -
1. Write Glenn K. about conference taping.
 2. Appoint someone to handle copyrighting of all NAWSO publications.
 3. Communicate with Bill H. regarding on-line postings.
 4. Work with Scott J., Ed T., and Leslie S. on workable deadlines for "Seven Minutes."
 5. Develop job description and establish performance review procedures for office manager position. Update policies and procedures as needed and send to Sarah B.
 6. Determine status of donor and return donation if necessary.
 7. Have Dan record copying activities of the office.
 8. Work with John O. on "Tools of the Program" pamphlet.

Judi T. -

1. Work with Lynn R. on improving accounting system. Send updates on policies and procedures to Sarah B. as needed.

- Lenna M. -
1. Work with Annette A. on "Sponsoring Others."
- Annette A. -
1. Work with Lenna M. on "Sponsoring Others."
 2. Send Spanish version of "Introduction to Nicotine Anonymous" to printer and have proofs sent to Lenna M., John O., and Nicholas V.

Bill P. -

1. Research prices of copiers.

Lynn R. -

1. Work with Judi T. on improving accounting system.

Ed T. -

1. Work with Checko on Oprah Winfrey letter and send copies to the Board.

John O. -

1. Work with Steve M. on "Tools of the Program" pamphlet.

'Dear Abby' Letter Draws Massive Response

On April 8, the "Dear Abby" column ran a letter from a member of Nicotine Anonymous telling of a miracle in his life. After smoking for 18 years, the writer walked into his first Nicotine Anonymous meeting four years ago and has been smoke-free ever since. The letter was signed "Smoke-Free in Kearny, N.J."

In her response to this letter, Abby listed the address for Nicotine Anonymous World Services and invited people to write, including a self-addressed, stamped envelope, for more information about the fellowship and location of meetings in their area.

As of the end of July, more than 7,800 people had done just that. The letters came from every state in the Union, seven of the 12 Canadian provinces, Guam, St. Croix, Japan, Korea and Turkey. The most responses came from Florida, with 689, followed by New York with 645, California with 557, New Jersey with 530, and Ohio rounding out the top five with 424.

The responses varied from little yellow sticky notes and scraps of paper saying "please send me your 12-step program in the enclosed envelope" to formal business letters, to requests written on art print greeting cards and personalized stationery. Many people took the time to write long letters, pouring out their hearts about their pain and frustration at not being able to let go of their addiction, often while watching loved ones die of smoking-related diseases, much as the author of the original letter to "Dear Abby" related in the printed column. Some samples:

A man in Florida writes: "I am desperate to quit smoking as I have had a heart attack and I had a malignant lesion removed from my lung, as well as a large portion of the lung itself. And yet, I have been unable to kick the habit."

A 37-year-old woman from Michigan, who started smoking at age 13, was "...diagnosed a couple of months ago with emphysema and I also have asthma and use an inhaler, one for mouth and one for nose. My tests showed I have the lungs of a 55-year-old invalid! I smoke two packs of cigarettes a day."

A young woman from my hometown in New Jersey poignantly wrote: "I feel I'm planning out my own death since lung cancer runs through my family. My grandmother died of lung cancer last July and my mother is dying of it now. My mother is only 42 years old. The doctors have warned me repeatedly to stop now. I'm only 18 years old and have been smoking for 5 years."

A 40-year-old man in Ohio is waiting for a heart transplant. He did quit four months earlier, but after smoking 25-plus years, members of his heart transplant coordination team are encouraging him to find a support group to stay quit.

A woman from Nebraska wrote in with a story much like my own: "I have tried hypnotism, meditation, Smoke Stoppers, Smoke Enders and am still trying to quit. I am OK while the program is going on, but the minute the support stops, I begin again. I have said for years, the answer is a 12 step program."

Higher Power is definitely communicating with a woman in Pennsylvania: "I've been asking around and wondering why there are so many drug and alcohol rehabs but nothing for cigarettes. I finally prayed about it two weeks ago. Today I found an article on my coffee table....It was from 'Dear Abby' with your address." A woman in Wisconsin who has been smoking 33 years was given the "Dear Abby" column by her brother who, with his wife, is expecting their first child soon.

Continued on next page

A woman in Wisconsin who has been smoking 33 years was given the "Dear Abby" column by her brother who, with his wife, is expecting their first child soon. The brother, who is "very against smoking" also gave the woman, along with the column, a letter from their "unborn as yet" child. This letter read: "Dear Aunt _____, My daddy says the only way he will let you babysit me is if you stop smoking. So please quit! Love, Your newest nephew/niece."

That hopeless feeling many of us have felt as we attempted quit after quit without success was conveyed eloquently by a woman in North Carolina who wrote: "Please help me save my life. I am killing myself and can't seem to stop." Many people also acknowledged smoking for 40, 50, 55 or even 60 years. A woman in New Jersey summed up the sentiment of the long-term smoker: "After 50 years of smoking, I need all the help I can get."

Many people confessed fears of going to the doctor because they were afraid of what they would be told. Another very common theme was "You have given me hope." Several young children wrote in asking for information so that they could give it to their parents because they were worried about the health of their parents.

Many local chapters of the major disease prevention associations and societies, as well as several small businesses, the Health Departments of numerous local governments, schools, and even one prison, all wrote to seek more information about the fellowship of Nicotine Anonymous.

The fellowship of Nicotine Anonymous is deeply grateful to Abigail Van Buren for her decision to run this wonderful letter, which has inspired so many people.

Lastly, I want to say that I had the opportunity to meet the author of this important letter while on a recent trip back to New Jersey. He had no idea there would be such a huge response. Ironically, he wrote it because his own home meeting in Jersey City was lagging in attendance, and he hoped it might boost the local

fellowship. Little did he know what a tremendous service he did in carrying the message for the fellowship as a whole. Thank you "Smoke-Free in Kearny N.J." Many thanks also to our World Services Office Manager, Dan M., who processed and coordinated the mail response, and to all the others who helped in whatever ways they did.

For myself, I can only say that I am profoundly grateful to have had the opportunity to help with a special project such as this. Indeed, I am profoundly grateful to be a member of the fellowship of Nicotine Anonymous.

—Ed T., San Francisco, Calif.

PLEASE NOTE

Nicotine Anonymous' "The Book" is now available for the visually impaired in an audio format through Recording For The Blind, Inc. (RFB). For further information, contact NAWSO or RFB at 1-800-221-4792, Reference Shelf # FF235.

Remembering Charles W.



A Memorial Gift was received in memory of Charles W. He was a trusted servant of the Nicotine Anonymous groups in Downingtown and Newtown Square, Pa. His living the Twelve Steps and the encouraging words he shared with all of our members will always be remembered.

Through crisis after crisis, I smoked and smoked. For months, I had to wake up several times a night to give my mother shots for her pain. But to wear off that grief, more and more cigarettes were needed with less-effective results. I managed to stay calm until the day that my pregnant sister fell paralyzed with polio right after my mother's funeral. To calm my hysteria, of course, I smoked a pack!

In the months that followed, two of my babies were born, and I longed to live in reality. Face life on life's terms. Quit those smokes! No more dream-like states 20 times a day for a few minutes. Try! I was like an astronaut trying to re-enter the atmosphere. "Cold turkey" attempts entered me too steeply, and my intense feelings could cause me to crash and burn, but a shallow effort bounced me back to my spacing ways. I needed help. But what kind? Where?

I needed this help like astronauts need mission control to guide them back home into the atmosphere. This guidance and support was not yet there for me.

After our war years, my husband and I suffered flashbacks. He would scream in his sleep, wake up with nightmares and excruciating headaches, then pass out. Again and again, I would break my sleep to tend to him and the babies. Doctors had no remedies. Their only solution for him was more cigarettes, coffee, then from lunch on, drink, drink, drink.

Fearing the same fate, at age 32 I quit smoking, cold turkey, for a month. But like the astronaut who re-enters too steeply, I almost crashed and burned. Night after night, I woke up with cascading traumatic memories. Fear, grief, pain descended. Inner walls shot up, then crumbled. Such feelings! I could not stop them! Finally, no sleep at all.

I went to a psychiatrist for help and ended up in a neuropsychiatric ward. Sparing you of the details, I escaped after three weeks with a life-long resolution never to return, even if I smoked.

So I continued to be a house divided for the next 30-plus years. Most of the time, I was surrounded by smokers. I smoked in my car, at my desk, with my children, even when I breast-fed my babies! As well as before and after phone calls, writing reports and letters, meals, sex—really during any act of life with any meaning at all.

Even when I did not need to break my sleep to tend to a family member, I would still wake up because I needed that cigarette. I had to smoke it to go back to sleep! This continued until I finally quit smoking through Nicotine Anonymous. Now I sleep the night through!

After 25 years, my marriage could not survive our addictions.

Looking back, my smoking contributed to our divorce. During crisis after crisis, I would light up, deny and deny, then try to keep going. I loved to drive up a canyon after stresses. Sitting by a wooded stream, I would smoke my pack of Winstons, mulling and muttering to figure out my problems. This sort of rugged individualism almost killed me!

It's an ill wind that blows no one any good, but one good outcome of my keeping on keeping on was to join Al-Anon and learn to work the Twelve Steps and Twelve Traditions. Gradually, I relied on the Steps to save my sanity, and the Traditions to help me in my group and family affairs.

I love the Nicotine Anonymous literature. The friend who quit smoking with me studied the material each day, too. That help with the Steps and Traditions as they related to our addictions proved vital!

She had smoked almost 30 years, and with my almost 50 years, we had triggers in abundance to tempt us to smoke again. For the first 90 days, we called each other every day when a craving was triggered. We also had breakfast together once a week to support each other. Not once did either of us fear a nervous breakdown. Nicotine Anonymous was indeed my mission control, God-given.

When I first quit smoking, it was unresolved family issues that brought on intense feelings and tempted me to smoke. What happened was that each time I resolved an issue using the Steps and Traditions, the need to smoke diminished. After all, the only way out is through it.

Recently, as I flew over Portland, Ore., to visit my daughter, the hydraulics failed in the plane. We were warned of a possible crash as we circled the airport while the fire trucks waited. I didn't know whether or not I would leave that airplane in a body bag. After an hour of circling, we finally landed safely. Suddenly, I realized that not once had I wanted a cigarette! A miracle!

When I turned age 70 a couple of years ago, the Social Security Administration, my employer, awarded me their Wellness Initiative "Staying Healthy Award." That's because I rode my bicycle five miles a day all summer as I participated in their exercise and fitness program. Part of the program was to stay smoke-free.

I still ride my five miles a day, and this morning, I thanked God for Nicotine Anonymous and all my friends in recovery as the sun rose over our snow-capped peaks and its golden rays sifted through our scented pine trees. Yes! I could smell those trees!

—Leeta L., Salt Lake City, Utah

"IT" aka *SMOKING*

IT began in the early '40s. IT began when I wanted to feel that I was like others, and IT gave me a sense of poise and confidence in a social setting.

IT continued when I was married and had given birth to four sons in five years. Then there wasn't time for IT so I quit. When my boys were in school and I went back to work, I started IT again. IT again gave me that special feeling.

When my husband stopped, he wanted me to stop also. I didn't until one summer when we were disagreeing on where to spend our vacation. He wanted Florida, I wanted Maine. I said if we went to Maine I would give IT up. We went to Maine, but did I give IT up? No, I just didn't do IT around him. Those were the times I went for a walk alone, but you know what I took with me. And, if we were out, there was always a necessary trip to the ladies room.

After he died in 1979 there was no longer a need for this subterfuge, but I still used the excuse if I was with someone, or on vacation or visiting at someone's home, and they didn't do IT. Then I used the ladies room or "going for a walk" excuse. When I was alone at home or in my car, I could do IT as much as I wanted. And so IT grew.

Years went by and I developed a bad cough, but I wouldn't admit that I had an "IT cough," just a bad cold or maybe bronchitis, I said. Friends knew otherwise and said "Stop IT," but I couldn't. Doctors knew otherwise and said "Stop IT," but I didn't.

And so we come to May 8, 1995, the evening before my 75th birthday, and I couldn't breathe! Talk about being scared! I wouldn't live to see that special day! Thank God for 911, for First Aid Squad, for oxygen, for the hospital emergency room, and more oxygen! What a wonderful feeling to wake up the next morning with the sun shining outside my Intensive Care Unit window! I had made it! But I had pneumonia and had had a slight heart failure. I spent a week in the hospital and, of course, I couldn't do IT. I lay on that hospital bed thinking about IT and how stupid to start IT again when I was discharged from the hospital. What would people say if I had another emergency? They'd certainly give up on me. What if I didn't survive the next time? But how NOT to do IT? Ah, I know! If I want IT, I'll pamper myself with a special treat, a sweet, or whatever I would like. I'll keep a bag or box of snacks in my car because that is where I did IT often. And at home I'll have access to, or can get, almost anything.

I've been doing this for over a month and a half. The craving for IT is practically nil and I haven't done IT since that May 8 evening! I feel great, people say I look good; I've added some weight, but that's OK, I can afford to.

I thank God for that scary warning and His care of me. I'm grateful for the support and sharing of Nicotine Anonymous. With God's help and with Nicotine Anonymous, I have licked IT!

—Lauretta, Cherry Hill, N.J.

Continued from page 3 - Report from the Chair

Fortunately, my "relapse" was only a dream. I would like to think, however, that if I ever did relapse, I would love myself enough to admit my mistake and get on with the business of recovery. Somehow, I know that living with such a lie would condemn me to hate myself, and that would ultimately prevent me from recovering from this addiction. What a terrible price to pay for the sake of pride!

The second experience I spoke of was witnessing yet another person start smoking after they had quit for several years (this person is not a member of Nicotine Anonymous, by the way). Time and time again I see people with substantial "clean time" begin smoking again. In some cases, I have known people for years only as non-smokers. What a shock it is to see these people with a cigarette dangling from their lips. What that tells me is that the monkey, nicotine addiction, never gets off our backs. It sits there, patiently waiting, all the while feeding itself and growing into a gorilla that may one day overwhelm us.

When someone tells me they have quit smoking on their own, I say congratulations (and, if they seem open, I invite them to a Nicotine Anonymous meeting). At the same time, however, I recognize that five, 10 or even 20 years of abstinence is no guarantee a person will not smoke again. I have proven to myself that I, alone, am no match for nicotine. But thanks to God and this fellowship, I do not have to fight this war alone. And for that, I am grateful.

—Steve M., Chicago, Ill.

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CASH REPORT

Year-To-Date as of May 31, 1995

	01/95	02/95	03/95	04/95	05/95	YTD TOTAL
Beg Cash Balance:	19,388.53	19,861.45	21,132.94	22,777.74	23,757.49	
Receipts:						
SevenMin Subs	252.00	266.00	231.00	329.00	490.00	1,568.00
Donations-Crps	233.65	200.00	264.00	81.70	389.00	1,168.35
Donations-Inds	25.00	38.30	77.25	23.00	1,001.26	1,164.81
Donations-IGs	193.23	240.00	36.00	381.71	55.00	905.94
Donations-Oth				68.00	58.83	126.83
Sales-"The Book"	1,153.44	2,038.44	2,592.03	1,989.50	2,962.00	10,735.41
Sales-Literature	1,253.97	778.90	1,801.68	1,565.60	879.20	6,279.35
Sales-Other				20.00	99.00	119.00
CA Sales Tax	50.36	16.67	19.31	29.54	59.12	88.66
Bank Interest	319.40	502.47	218.61	17.74	22.58	126.66
Misc Income				332.59	425.49	1,798.56
Conf VIII-IX				65.00		65.00
Total Receipts:	3,481.05	4,080.78	5,239.88	4,903.38	6,441.48	24,146.57

Disbursements:						
Bank Charges	16.00	12.00	26.11	8.00	8.00	70.11
Conference X					1,000.00	1,000.00
Organization	5.00			10.00		15.00
Payroll (Net)	618.03	463.28	541.00	472.54	1,415.75	3,510.60
Payroll Taxes	293.72			1,586.27		1,879.99
PO Box Rent				56.00		56.00
Postage	264.21	195.76	289.99	215.13	554.05	1,519.14
Printing-Book			1,370.40			3,901.95
Printing-Lit					2,531.55	4,631.75
Printing-SevMin	406.00					352.50
Other-SevMin	139.08				122.74	758.50
Printing/Copies					163.07	210.97
Miscellaneous	283.99	84.40	63.62		31.00	490.01
Sales Tax Paid	358.00			27.00		358.00
Servants Travel		150.00	534.00		200.00	884.00
Servants Misc		3.50				3.50
Supplies-Office	30.12	28.19	168.63	215.71	95.77	538.42
Telephone-Office	16.98		19.33			36.31
TeleConference				367.80		367.80
TeleService		23.66			28.39	52.05
Rent-Office	577.00	572.00	572.00	572.00	572.00	2,865.00
Total Disbs:	3,008.13	2,809.29	3,595.08	3,923.63	10,138.90	23,475.03

Net Cash -						
Increase/(Decr)	472.92	1,271.49	1,644.80	979.75	(3,697.42)	671.54
End Cash Balance:	19,861.45	21,132.94	22,777.74	23,757.49	20,060.07	

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