



# SEVENMINUTES

*The Nicotine Anonymous Quarterly*

A FORUM FOR NICOTINE USERS WHO DON'T USE

VOL. XI, ISSUE NO. 3

THIRD QUARTER, 2000

**If Not Now.... WHEN??**

**Step Nine TODAY**

*Pat L., Woodstock, NY*

Just at the turn of fall, I begin a deep, reflective journey inward. Each year I focus this attention as Rosh Hassanah, Yom Kippur, and Clean in the Catskills approach. I find this to be the most fitting for just such a 4<sup>th</sup> step journey. Through this fellowship, with the help of a very humorous, patient and gentle higher power, I have learned to embrace my self ~ all of it, the whole package ~ kind, bitchy, intelligent, vulnerable, fearful, angry, clever, creative, helpful and so on. My active participation in nicotine addiction, punched my ticket and gave me license for whatever behavior erupted as THE direct result of my fear, my inadequacy, my mistaken belief systems. A searching & fearless moral inventory provided me with the tools I needed to find relief from the pain and isolation of my addiction. The first three steps became my venture into the first "A" of the three (Awareness, Acceptance and Action). Through the years of daily practice "wearing" my powerlessness, of gently being drawn toward the belief that it WAS possible for even me to be restored to sanity and the brave decision to turn my life, my will and my addiction over to the care of something greater than myself lay the foundation for what was next. Steps 4, 5 & 6 provided me with the opportunity to feel how MY behavior, how MY addiction affected MY life. As an active addict, I felt only that there were infringements made upon me. I felt that I was alone and misunderstood. After all, it was only a cigarette, not anything that was sooo horrible. My smoking would not push my children away from me like "other" drugs. My smoking provided me with quiet solace after a long hard day of work and enabling the alcoholics in my life. After all it was the ONLY thing that was mine & mine alone. I never had to share. I never had to explain myself to my addiction. Working these "Acceptance" steps, was the key that had eluded me for so long in this fellowship and kept me active ~ slip, after slip, after slip. Steps 7, 8 & 9 are my "gift" steps. Working these steps allows me the opportunity to feel alright in my skin, with my higher power and with others. These are ACTION steps ~ laid out before me with the promise of strength and courage I sought to feel as an active addict. Steps 10, 11 & 12 are steps of AWE. The daily practice of the previous 9 steps, grants me the serenity to accept the things I cannot change, with grace and humility, courage to face my addiction without blinking, and wisdom to live life one day at a time, now equipped with tools which allowed me to feel love, joy, pain, sadness, loss, grief, gentleness, kindness, patience and understanding.

Dear \_\_\_\_\_,

*I write this letter to you, prefaced by the miracle that has occurred in my life which allows me to reach out to you.*

*As the numbness of my addiction lifts, I see more clearly how my fear and isolation have hurt you. Moments which may have been spent in learning more about you ~ your life, your secret pain, your hidden dreams were dismissed with an arrogant air of "you don't matter". The confused look in your eyes as I sought every opportunity to fade away from the love you so generously offered. The concern that grew in you as I minimized, justified and denied all that was so painfully obvious to you. The sadness you must have felt as I became more and more distant.*

*I see all this quite clearly today. I realize that perhaps one of the most painful experiences in life is to be ignored or dismissed by someone who holds your heart. For this pain I have caused you I ask your forgiveness. For this pain I have caused you, I pray for your healing. For this pain I have caused you, I wish you peace in your heart, joy in your soul and love abundant in your life.*

*Always & All ways,*

*Your daughter/Your mother/Your love/Your friend/Your sibling*

## Our Preamble

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

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## 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 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.

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### The Twelve Steps of Alcoholics Anonymous

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

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Your trusted servants - Kim J., editor  
Mike K, subscriptions/distribution



## *MESSAGE FROM OUR NEW CHAIR . . .*

Hello Family, my name is Scott and I'm addicted to Nicotine.

I'm writing to you from the NYMAI (New York Metropolitan Area Intergroup) meeting. Life has been very busy but equally fruitful. Martha has passed on a well-greased machine for me to serve and I am very grateful for the time and energy she invested. My commitment to our fellowship is equal to hers. The amount of time I have available to meet this commitment is substantially less. So, good time management and complete dependence upon my God are going to be key components of my time in office. I truly appreciate the opportunity to serve our fellowship and hope to carry on in the great traditions of the many servants that have had this and other Board positions before me.

I was suffering from not having a theme for this article. Today's meeting has helped me out. As an Intergroup, we are now running out of money, being just \$40 some odd dollars ahead of our prudent reserve. In addition, I'm sitting in a meeting that has about ten people present, included in that number are four World Services Board Members. The numbers are down in two most important areas. This, I am quick to point out, is not due to any particular persons lack of leadership or commitment. I believe it is more a general belief on the part of the fellowship at large that if "I" don't show up for a particular meeting or function that "I" won't be missed. It is also a forgetting that our service organizations need funding and energy ALL THE TIME. The service needs are always there. When someone reaches out his or her hand for help I want the hand of Nicotine Anonymous to be there.

I have found over the years that brow beating and the use of guilt have seldom worked on me. Although I am a wonderful volunteer oriented individual, I do much finer and better work when there is something in it for me. So . . . . What's in it for me? Enter the Nicotine Anonymous Insurance (against future nicotine using) Policy. My Dad sold insurance for his whole career and I swore I would never sell insurance. So, here I am selling the only insurance policy I know that works for us addicts to stay free of nicotine. I have never met a person that was of service to their fellowship that ended up using nicotine. What's in it for me???? If I am of service I won't use nicotine. My whole house of cards is built on my first being willing to recover from nicotine. If I pull out that most important card the rest will cave in shortly thereafter.

So, what kind of service am I talking about? Well, I would of course like to see everyone doing service at the World "Service" level. But I am, after many years, becoming a realist. I would now say that any kind of service to the fellowship will probably buy you the Insurance Policy. That means that even attending my local meeting and offering my experience, strength and hope to the newcomer is buying me some insurance. Why would I suggest we consider more than just going to meetings and working the steps. Simply because I have found that the more I give IT away, the more IT comes back to me. I accepted this chair position fully aware of the previous sentence. It was a very self-centered thing for me to do. I am and will be blessed far in excess of what I am giving away. My God has promised me that and has delivered on his promise in ways that defy definition.

I suggest that you consider the way your higher power has blessed you and get a little bit greedy. Give away just a little bit more and see what your higher power sends your way. It could very possibly be beyond your wildest dreams.

In Fellowship and Service,

*Scott J.*, West Islip, NY  
Chairperson for Nicotine Anonymous World Services 2000-2001

## REMEMBER ME

Barry M., Pasadena, Ca

- Remember me* - When you watched TV, read a book, or went to a show - you would think of me.
- Remember me* - I put that brownish film on your car windows.
- Remember me* - I helped discolor the walls in your house.
- Remember me* - I gave you that smell in your hair and on your clothes that you tried to cover up with cologne and perfume.
- Remember me* - I'm the one who gave you yellow fingers and discolored your teeth.
- Remember me* - When taking a walk or playing with children and having fun - I helped cut it short.
- Remember me* - When you were feeling happy, sad, angry, etc. - I helped stuff it.
- Remember me* - Your doctor does.
- Remember me* - I remember you and I would love to see you again.

Yours Truly,  
*Nicotine Addiction*

## THANK YOU GOD, FOR NICOTINE ANONYMOUS

Kim J., Richardson, TX

Thank you God, for Nicotine Anonymous. When I was sinking in the depth of my despair you showed me the way to these doors of hope. Here you guided me down the path to recovery.

Thank you for inspiring the Twelve Steps so very long ago - the same Twelve Steps that became my bridge to you. Thank you also for the Traditions, which guide us all as we work side by side to purge this insanity. And thank you for the Promises that truly have materialized, as I trusted in you day by day.

Thank you for this program that weaves it all together and for the fellowship I have found here. You give me strength not only through the strength of my fellow but also through his weakness. You've shown me that I have something to offer my brother as well, and that the more I give of myself the more you bless me in return. Most of all you have walked every step of this path with me.

For the pain I've had to walk through, for the pleasures I've had to lay aside, for the tribulations I've had to endure, for the lessons I've learned, for the enlightenment you've given me, for the bonds I've made, for the journey of recovery - Thank you God!

## WHAT I'VE KNOWN

Dear Members,

Often in the events of my day, I am reminded how much I've gained from the members of this Fellowship at meetings, Intergroup events, or World Services Conferences. Recently I dusted off a poem I wrote in 1966 at age 18 when I was well along in my nic-addiction, but seeking fellowship.

### *I've Known*

*I've known suffering  
shared by many,  
and there, in each,  
some of me  
stands as naked as they.*

*I've known joy  
shared by many,  
and there, in each,  
some of me  
stands as naked as they.*

*I've shaken hands  
shared with many,  
and though each is one,  
all are one,  
when naked to the heart.*

*To touch someone else  
is to find more of you  
and more than you,  
as someone else  
will find this too.*

~~~ 1966

Thanks for sharing.

In fellowship,  
Checko M., High Falls, NY



New York Metropolitan Area Intergroup  
presents  
**6TH ANNUAL CLEAN IN THE  
CATSKILLS RECOVERY  
WEEKEND**

October 20 - 22, 2000  
Villa Vosilla, Tannersville, NY

Prices include tax & tip:  
\$175/person double occupancy,  
\$200/person single occupancy  
Extra night - \$75 double occupancy,  
\$90 single occupancy  
Meals & meetings are available without  
lodging.

Two part registration required:

1. Call Neil C. at 1-516-378-7415 or  
email: NeilNicA@aol.com to register  
with the NYMAI.
2. Call Leigh at the Villa Vosilla  
1-800-766-4825 to register for  
lodging and meals.

Villa Vosilla is 45 minutes from Albany  
& Newburgh airports and about 2.5  
hours from Newark & LaGuardia  
airports. Rides can be organized for car  
pooling. Bus service is available from  
NYC Port Authority Terminal.

- ▶ Meetings, Workshops, Recovery,  
Drum Circle, Campfire Meeting,
- ▶ Good Food, Good Friends, Hiking,  
Mountains, Relaxation, Sauna,  
Swimming Pool,

Why go?

*"Clean in the Catskills was one of the  
most important moments of my recovery.  
I walked in not knowing anybody and I  
found all the love - the love and kindness  
of the fellowship - and it gave me  
courage to stay on my path of recovery."*

*"Seeing the unity tradition at work, it  
being a We program."*

Does this make you want to sign up yet?  
Come on. It's great. Hope to see you!

## **GOOD BYE SMOKE BUDDIES**

Linda K., Superior, WI

I don't choose that smoking lifestyle anymore... It's not you.  
It is you I still care for, can you see me through the smoke?  
are you still my friend?

did we just have the weed in common all this time? Is this the end?  
I miss you.

When I see you in the hall, when I see you on the dock smoking,  
I miss the times that we would talk.

I've tried to talk to you since I quit smoking, and now you blow me off...

Why did stopping tobacco make our friendship all go away?  
Are you afraid of me now, am I a threat now?

I can't make you stop smoking, I won't even try...  
that's not my job or my desire!

I still remember how it felt to have people tell me how disgusting I was to  
them when I smoked...

I hated that, it made me feel small.

I never thought you were small, and don't now...

My body has changed,

and when I cough from the smoke you just blew in my face,  
it's because it hurts now for me to breathe it --  
it makes me cough when it gets in my throat now...

I'm not trying to insult you.

When I smell the smoke on your body, that hurts my throat too.

It's not you...

I loved you as you are.. you were my friend...

the smoke hurts me now... can you hear me?

I just wanted you to know, that just because I let go of OUR best friend,  
tobacco.... I was not letting go of you.

when I let go of tobacco, I was letting go of that way of living...  
it was not you...

I miss our talks, the BS-ing we did, the laughing we shared...

I feel bad that it was only tobacco that truly bonded us together,

because, now, you can't talk to me or choose not to...

you walk away when you see me coming...

you put your eyes away from me when I talk to you...

you have nothing to say to me anymore.....

It appears that you believe the lies that tobacco and nicotine have been  
telling you about me since I quit smoking... I understand,

nicotine--addiction has a way of telling you lies,

and a way of you believing them against your 'will'

Well.... I can't make a relationship work by myself... so...

Lovingly...I release you....

Good bye my friend.... (and what I realize and accept now)...  
my smoke buddy only...

I'm no longer angry at you, I hope you have forgiven me....

maybe it even feels as though I have dropped you.

I wish you well.... a long and happy life!

---- me

## **MEMBERS HELPING OTHER MEMBERS IN THEIR SPIRITUAL JOURNEY**

*Bill C., Fort Lee, NJ*

This article is the result of letters sent between three members that took place late last summer. The first person was doing translations and had questions regarding the Steps. What follows is the sequence of how the dialogue unfolded. First are the questions. Then, the first member's response followed by my comments.

I take no credit for this, since the idea was put to me as a suggestion that - Don't you think your response would make a fine article for *SevenMinutes*? It has been on my things to do list long enough. Time for action! I decided to submit it as it happened, with some editing for brevity. This is the gist of the questions that started the dialogue.

- *Why the past tense is used in the steps? It seems the program is an ongoing process and the present tense would make more sense in the translation.*
- *About the phrases in Step 5 - "the exact nature of our wrongs"; Step 6 - "these defects of character"; Step 7 - "our shortcomings", I suppose the defects of character relate to the wrongs, but why are they suddenly called defects of character? And when we humbly ask (ed) him to remove our shortcomings, are they the same? If so, why are they now shortcomings and not wrongs and defects of character? The message is clear, but I'm puzzled by the change of words. Is it because of historical (AA) reasons?*
- *What is the Surgeon General?*

**Next is the reply of the member to whom the questions were directed.**

Your diligence is a true power of example. Thank you for thinking that I have the answers to your very good questions. I've sent your letter to a long time member for his comments. I can share what I believe the answers are, but again I look for his comments.

It would seem to me that in Step 5 the words "exact nature of our wrongs" refer to our Fourth Step which is a comprehensive review of our past actions. The focus is on our behavior. In Step 6, we can look at our actions from the 4<sup>th</sup> and 5<sup>th</sup> Steps and try to see what was underlying our behaviors. What was going on internally to cause us to act these ways. In Step 7, we can see how these character defects, which we thought were serving us well, were really preventing our growth and progress as spiritual beings. Thus they are shortcomings.

These are just my random thoughts. Truthfully, I never really stopped to think much about the language. Your thoroughness has caused me to consider the language more fully, for which I'm grateful. I'm sure Bill will add his two cents and I will forward that to you.

As for the question about the Surgeon General, that is a person appointed by the President of the United States to act as a chief advisor to the country on health issues. In 1964, the Surgeon General came out with a report that stated for the first time that cigarette smoking was dangerous. It is commonly referenced as a landmark in the history of the anti-tobacco movement.

**Now, my reply.**

Those were some interesting questions and his sense about the meanings of the words used, was on target as was your reply. Since you asked for my two cents, I just can't resist. These are my personal thoughts on the steps. Hopefully, my comments will provide some background that will clarify the matter.

On the question about the Steps being in the past tense - they are that way because the first 100 AA's that recovered told those yet to come, **HOW THEY** did it. They were not telling those yet to come how to **DO** it. Hence, the past tense and it follows the line from the AA Big Book - "Here are the steps we took, which are

suggested as a program of recovery."<sup>1</sup> Perhaps it could be adapted as an introductory explanation to the Steps.

The Steps are building blocks to our spiritual recovery. I believe they are in order for a purpose - that each Step prepares us to do the next. Once, when I was having difficulty with Step 4 (most of us do), my sponsor suggested I go back to the Step 3 for the answer. He said I probably didn't have an adequate understanding of it. I didn't like going back, but as usual he was right. I had not completely turned my will and life over to my Higher Power yet. When I had finally had done so, I was better prepared and more comfortable doing my inventory. So much for my experience.

Bill W., a co-founder of Alcoholics Anonymous, was a prolific writer with a gift for words and their use. In all his writings he was able to offer many analogies for the same idea. This allowed the confused and isolated alcoholic (like me) to pick the one that suited him best. It would be his very own. He could belong. With that as background -

Step 4 is for us to discover where our human desires have gone awry. We are trying to list our personality disorders (not a pleasant term for us to accept.) So Bill W. refers to this list as "violations of moral principles" or "index of maladjustment's" or "defects of character"<sup>2</sup> (sound familiar). Do you see one you like? Bill W. had a knack for giving us addicts something we could find acceptable. In order to keep the list of "defects" simple for the addict, he used the universal "list of major human failings - The Seven Deadly Sins of pride, greed, lust, anger, gluttony, envy and sloth."<sup>2</sup> As a personal example, my pride usually led me to resentment, with fear as the underlying common denominator.

In Step 5, "the exact nature of our wrongs" keeps the focus on us rather than the other person we think harmed us. We shine a bright light into every dark corner of our past and every twist of character. Again, on a personal note - one of my character defects was (and still is to a lesser degree) my perfectionism. I used it to measure others - naturally. They couldn't do

it right, or good enough, or fast enough. This satisfied my pride, since I was always better than they were. But, never good enough for me. I can now allow myself to make a mistake without beating myself up and accept others as they are.

Step 6 provides the preparation to move on to Step 7. All this step does is let us get "ready" and "willing". We are going to put this whole matter in God's hands. Let Him remove all these defects of character - the same ones we started with in Step 4. I think when Bill W. looked ahead to Step 7 he didn't want to use the same phrase.

So, in Step 7 he wrote, "Humbly asked Him to remove our shortcomings." (AKA defects of character.) Some people in AA differentiate between the two, saying we take care of major defects in Step 6, and then the smaller shortcomings in Step 7. Since I believe Step 6 is a "get ready" step and the "action" is done in Step 7, I don't think Bill W. would have changed the meaning of character defects between steps, he just used a different word to say the same thing.

I think I gave you three cents worth. Hopefully, this will provide some understanding of the steps, as I see them.

Regards, *Bill C.*



Sources used:

Alcoholics Anonymous (AA World Services, Inc. 1976) Pg.59  
Twelve Steps and Twelve Traditions (AA World Services, Inc. 1952, 1953) Pg. 48



# Welcome to the Fellowship

New Meetings as of 5/12/2000\*\*

\*\* For contact information, consult the New Meeting list on our web page,  
www.nicotine-anonmous.org or contact NAWSO, (415) 750-0328.

## ARGENTINA

Mendoza Fri 8:30pm Lopez de Gomara 1046, Villa Nueva Guaymallen - Pcia. de Mendoza  
Mendoza Wed 8:30pm Lopez de Gomara 1046, Villa Nueva Guaymallen - Pcia. de Mendoza

## CANADA

Fredericton Thu 8:00pm Victoria Health Center, Brunswick Street

## ENGLAND

E. Twickenham Fri 7:00pm ETNA Community Ctr, 13 Rosslyn Road (Near Richmond Tube)  
Sutton Tue 8:00pm Sutton Baptist Church, 21 Cheam Road, Surrey  
Staines Wed 8:00pm Baptist Fellowship Church, Hale Street, Middlesex

## FRANCE

Marseille Thur 7:00pm Eglise St Jean Baptiste, 17 rue de Friedland

## POLAND

Warsaw Thu 7:00pm Lower Chapel in Catholic Church, Corner of Kapucynska and Miodowa Street  
Warsaw Tue 4:45pm Parrish house behind the Catholic Church. Slomiana Street (Jelonki District)

## PORTUGAL

Lisboa Lufada de ar Fresco - Marechal Craveiro Lopes, Casas de S. Vicente de Paulo Av, n 10

## RUSSIA

Moscow Sat 11:00am Bldg of No to Alcoholism & Narcotics Foundation, 10 Shvernicka Str

## UNITED STATES

**California** Campbell Tue 6:30pm Kaiser Permanente Medical Offices, 220 Hacienda Ave - Conf Rm 2  
Hayward Fri 6:00pm St Rose Hospital, Board Room, 27200 Calaroga Ave  
Hollywood Sat 3:00pm Church - Junior Room, 7677 Sunset Boulevard  
San Jose Sat 9:00 am Cambrian Center, 2360 Samaritan Place - Library  
San Rafael Mon 7:15pm Alano Club, 1360 Lincoln  
**Colorado** Colorado Springs Wed 5:15pm First Congregational Church, 20 E. St Vrain  
**Conneticut** Manchester Mon 7:30pm Community Prevention Addiction Services, 87-B Oak St  
**Florida** Beverly Beach Thu 10:30am The Dome, 2468 N. Oceanshore Blvd  
Boca Raton Fri 7:15pm Center For Family Services, 9045 La Fontana Blvd, Suite C5  
Kissimmee Tue 6:00pm Osceola County Health Dept, 1875 Boogy Creek Road  
**Georgia** Hull Sat 6:30pm 202 Piedmont Park  
Hull Tue 8:00pm 202 Piedmont Park  
**Hawaii** Honolulu Wed 4:30pm Lion Coffee - "Kakaako," 894 Queen St - (Ween Ward & Cooke St)  
**Illinois** Hinsdale Sun 7:00pm Elmwood Hall, 121 N. Elm  
Naperville Thu 7:00pm Edward Community Education Center, 516 S. Washington, Room C  
**Louisiana** Chalmette Mon 7:00pm Gethsemane Lutheran Church, 2825 Paris Road  
New Orleans Thu 8:00pm Lambda Center, 2106 Decatur St  
**Massachusetts** Gloucester Mon 6:00pm Addison Gilbert Hospital/Healy Conf Rm, 298 Washington St  
Greenfield Wed 6:30pm Tobacco-Free GFC, 72 Federal Street  
South Boston Mon 6:00pm South Boston Community Health Center, 386 West Broadway 2nd Flr-Small Conf Rm  
**Missouri** Kirkwood Tue 7:30pm St Joseph's Hospital, 3rd Floor, Ed Dept Rm C, 525 Couch Ave  
St Louis Fri 7:00pm Missouri Baptist Hospital-Conf Rm 5, 3015 North Ballas Road - South of Hwy 40  
St Louis Fri 7:00pm Mo Baptist Hospital/ East Entrance Conf Rm 5, 3015 North Ballas Road/South of Hwy 40  
St Louis Sat 9:00am Women's Mtg at Missouri Botanical Garden, 4344 Shaw Avenue near Tower Grove Ave.  
St Louis Sun 1:30pm The Lindell Club, 4522 Lindell Club (Central West End)  
St Louis Tue 1:00pm The Empowerment Ctr /lower leve / 1 blk south, Hwy 44/ 1905 South Grand at Shaw Ave.  
**Nevada** Las Vegas Tue 7:30pm UMC Medical School - Family Practice, 6375 W. Charleston Blvd  
**New York** NY-Manhattan INFO LINE (212) 477-3075  
Carmel Sat 11:30pm Putnam Hospital-Behind the Cafeteria, 670 Stoneleigh Ave-Ground Flr Conf Rm B  
Greenlawn Wed 1:00pm Family Service League, 790 Park Ave  
Port Jefferson Tues 7:00pm First Baptist Church, Corner of Prospect and East Main St  
**Ohio** Parma Tues St Charles Activity Center - Room 1-2, 6824 Charles Avenue  
**Oklahoma** Lawton Tues 6:00pm Center for Creative Living, 3501 SW F Ave  
**Oregon** McMinnville Fri 12:00pm Orchards Plaza - Women Only Meeting, 1310 NE 27th Street Buzz Apt #209  
**Tennessee** Millington Mon 7:00pm Unity Baptist Church (Oasis Bldg), 5281 Navy Road  
**Texas** Houston Mon 7:00pm Oaks Christian Church, Seekers Room, 1216 Bethlehem  
**Vermont** Montpelier Tue 7:00pm Bethany Church, 115 Main St  
**Washington** Pullman Mon 7:30pm Presbyterian Church of Pullman, 1630 NE Stadium Way



## A PATH ON THE PALISADES

*Bill C., Fort Lee, NJ*



It was a sunny Sunday morning on March 26<sup>th</sup>, the day of our NJ/PA Intergroup hike. About twenty people were scheduled to participate but some early morning cancellations brought the number to fifteen. Several of us early birds showed up to have lunch before the hike. *Jan S*, our most zealous member was coming in from Pennsylvania. What commitment! By the 1:00pm start time we were about 14 strong, but Jan was no where to be seen. After several minutes of waiting, we left Jan a note and reluctantly started the hike.

The Palisades escarpment forms the more or less continuous west wall of the Hudson River for 50 miles. It emerges from beneath the ground on Staten Island and gradually increases in altitude (50 feet at Jersey City) and moves closer to the Hudson River. Then at Fort Lee, the Palisades become the famous ramparts of rock that rises 300 feet perpendicularly from the Hudson. The cliffs continue for more than 12 miles before reaching their greatest height of 530 feet at the New Jersey - New York state line. The cliffs continue north, but move inland at Sparkhill, NY, return to the Hudson above Nyack, and finally turn inland at Haverstraw and plunge beneath the ground at Mount Ivy, NY

There are two main trails that traverse the length of the Palisades. On top is the Long Path, which runs near the cliff edge and continues into NY State for over two hundred miles up into the Catskill Forest preserve. It goes past North Lake where we will hike while at the NY Intergroup "Clean in the Catskills" weekend in late October. The Shore Trail is mostly a broad and level path that follows the shoreline of the Hudson River for 13 miles, from Fort Lee to the NY State line.

Our hike started at the Alpine Boat Basin on the Shore Trail, approximately seven miles north of the George Washington Bridge. There are picnic tables, a pavilion, a refreshment stand and rest rooms that are open in season. Walking north from the parking area we pass "Cornwallis' Headquarters," once a tavern where the British spent a night. It is said they also scaled these cliffs by the Revolutionary Trail, which the present path to the top follows in part. The tavern was the first headquarters of the Park and is now a museum open in the summer months. We made our ascent to the top of the cliffs using the Revolutionary Trail.

At the top is the Long Path, which runs north and south. To the north is the Administration Building of the Palisades Interstate Park, the former Oltman House. There is a tower west of the parkway, site of the first FM radio station built by Major Edwin Armstrong, the radio pioneer. We went through a tunnel under the roadway and turned south along the top of the Palisades. Shortly we pass a tunnel under the parkway that leads to Route 9W and Closter Dock road. There were several foundations along the way and we enjoyed the fine views of the boat basin far below. Then we passed the foundation of Zabriskie House, whose dry cellar could be used as an emergency shelter, but not today. We crossed Walker Hollow, a long open swale with views of downtown Yonkers, NY across the river. After passing another house foundation, we emerged from the woods to reach the Alpine Lookout, an open area with parking and views across the river. The finest viewpoint is from the pinnacle just south of the main area.

Before reaching Greenbrook Sanctuary, Huyler Landing Trail branches off to the left and we take it down to the shore and Huyler Dock. This was an important transfer point for goods and services between the interior New Jersey and the City. In the remaining mile back to the boat basin the route wanders up and down owing to washouts on the river's edge. Beyond a fine growth of laurel is a big boulder called Hay-Kee-Pook ("His Body") where legend has it that an Indian lover committed suicide (despite the shallow water).

On reaching the grassy level, we looked north to see the slender curved pinnacle of Bombay Hook. This highest, most isolated and most conspicuous pillar of rock in the Palisades curves seventy feet high between two mighty slides. Then the northern approach road enters on our left as we reached the boat basin about 4:30pm, after an enjoyable three-hour, four-mile long meeting.

And Jan? She was delayed by traffic but found the boat basin a little before 2:00 p.m. and did some hiking on her own until about 4:00 p.m. Not seeing us, she asked a ranger if he had seen about fifteen hikers that she was suppose to meet at the Alpine Boat Basin. He told Jan that would be impossible since she was at the Englewood Boat Basin, not Alpine. When I talked to her later that evening we both had a good laugh at the miscue. Jan promised to be at the Alpine Boat Basin next year, to hike with us north on the Long Path along the top of the Palisades, then go down to the Shore Trail and return south to the boat basin. We'll see!

**NICOTINE ANONYMOUS BALANCE SHEET -  
PREVIOUS YEAR COMPARISON**  
as of March 31, 2000

|                                 |                                        | Mar 31, '00      | Mar 31, '99      |
|---------------------------------|----------------------------------------|------------------|------------------|
| <b>ASSETS</b>                   |                                        |                  |                  |
| Current Assets                  |                                        |                  |                  |
| Checking/Savings                |                                        |                  |                  |
| Cash and Cash Equivalents       |                                        |                  |                  |
|                                 | Wells Fargo Checking                   | 4,624.26         | 9,258.86         |
|                                 | Fulton Deposit Account                 | 15,348.92        | 17,467.55        |
|                                 | Certificate of Deposit                 | 20,000.00        | 0.00             |
|                                 | Total 1000 A Cash and Cash Equivalents | 39,973.18        | 26,726.41        |
|                                 | Total Checking/Savings                 | 39,973.18        | 26,726.41        |
| Accounts Receivable             |                                        |                  |                  |
|                                 | Accounts Receivable                    | 112.57           | 23.00            |
|                                 | Advances to Conference                 | 1,000.00         | 0.00             |
|                                 | Total Accounts Receivable              | 1,112.57         | 23.00            |
| Other Current Assets            |                                        |                  |                  |
|                                 | Inventory Asset                        | 8,618.88         | 7,330.24         |
|                                 | Prepaid Expenses                       | 1,138.50         | 0.00             |
|                                 | Total Other Current Assets             | 9,757.38         | 7,330.24         |
|                                 | Total Current Assets                   | 50,843.13        | 34,079.65        |
| Other Assets                    |                                        |                  |                  |
|                                 | Deposits                               | 0.00             | 1,107.11         |
|                                 | Total Other Assets                     | 0.00             | 1,107.11         |
|                                 | <b>TOTAL ASSETS</b>                    | <b>50,843.13</b> | <b>35,186.76</b> |
| <b>LIABILITIES &amp; EQUITY</b> |                                        |                  |                  |
| Liabilities                     |                                        |                  |                  |
| Current Liabilities             |                                        |                  |                  |
| Accounts Payable                |                                        |                  |                  |
|                                 | Accounts Payable                       | 3,222.92         | 5,190.34         |
|                                 | Total Accounts Payable                 | 3,222.92         | 5,190.34         |
| Other Current Liabilities       |                                        |                  |                  |
|                                 | Sales Tax Payable                      | 118.94           | 840.13           |
|                                 | Total Other Current Liabilities        | 118.94           | 840.13           |
|                                 | Total Current Liabilities              | 3,341.86         | 6,030.47         |
|                                 | Total Liabilities                      | 3,341.86         | 6,030.47         |
| Equity                          |                                        |                  |                  |
|                                 | Unrestricted Net Assets                | 42,672.43        | 26,934.47        |
|                                 | Retained Earnings                      | 0.00             | 200.17           |
|                                 | Net Income                             | 4,828.84         | 2,021.65         |
|                                 | Total Equity                           | 47,501.27        | 29,156.29        |
|                                 | <b>TOTAL LIABILITIES &amp; EQUITY</b>  | <b>50,843.13</b> | <b>35,186.76</b> |

# NEWS FROM NAWSO

Conference XV  
Scottsdale, Arizona  
April, 2000



Dear Friends,

Conference XV was a huge success. Attendance matched Saturday's daytime temperature of 101! The exquisite hotel facilities included three pools, two Jacuzzis as well as beautiful, fragrant flora throughout the grounds. Participants from all over the US along with two members from London and one from Canada reviewed, discussed, argued and voted (delegates-only!) on a number of items. Over the course of the weekend, "WE" -

- ▶ adopted a formal abbreviation of our name: NicA. (This abbreviation does not replace our full name, nor are groups or individuals required to use it. However, we are hoping that for the sake of consistency that this is the abbreviation that will come to be universally used.) This further enables our new toll-free number which was recently established thanks to the hard work of *Scott J.*, WS Chairman, to be listed as 1-877-TRY-NICA.
- ▶ conference-approved proposed literature revisions to: "Introducing Nicotine Anonymous" which now includes our preamble on the front cover, "Introducing Nicotine Anonymous to the Medical Profession", "Slogans" and "To the Newcomer and Sponsorship," each of which has been expanded to include more recovery-oriented material. The membership also voted to accept a new pamphlet entitled, "Are You Concerned about Someone who Smokes or Chews Tobacco: For the Friends and Families of Nicotine Addicts." Look to order these pamphlets along with newly created business cards on our updated literature order form.
- ▶ were offered very positive feedback on a proposed piece of literature defining and clarifying our fellowship's ideas on when nicotine abstinence begins. Members will be able to view this work-in-progress in a future mailing to all groups in the fall.
- ▶ obtained direction on how to balance our traditions within the context of electronic resources such as message boards, websites, chat rooms and links. Although there were no formal votes on the conference floor, workshop participants suggested that we should continue to list electronic meetings as we presently do but not link to them, avoid listing all message boards, and that World Services host Intergroup websites that have been approved by the Traditions Committee.
- ▶ received guidance on revisions to *Nicotine Anonymous: The Book*. A survey prepared by *Robin L.*, Book Coordinator, will be sent out in the next mailing to groups requesting additional feedback on tense, gender and other topics to help guide the committee in its work.
- ▶ elected three new officers: *Jen E.* of Chicago, Secretary-Elect, *Annette L.* of Southern California, Treasurer-Elect and *Kent B.* of Phoenix (most able Conference XV Chairman), Chair-Elect. We also voted to have the New York Intergroup host Conference XVII in 2002. *Jeff C.* of Fountain Valley, CA offered to become WS Outreach Coordinator, a post that has been unfilled for some time. *John O.* has stepped down as Teleservice Coordinator and is now heading up our Traditions Committee, replacing *Bill C.* of Fort Lee, NJ. *Joe F.* of Anchorage, Alaska takes John's Teleservice position. *Donna E.*, World Service Emeritus-Secretary was taken over by a gremlin during our Friday afternoon officer's meeting and offered to replace *Kim J.* as SevenMinutes Editor. *Mike K.* will be rotating his service as Publisher and Subscriptions manager. *Checko M.* our very prolific Literature Coordinator will be rotating this position although he will continue to write and produce new ideas for carrying our message. A HUGE debt of gratitude to all outgoing and incoming servants. While our purpose for convening each year is to conduct the business of our fellowship, the Gratitude meeting and the Saturday night and Sunday morning speakers are the high points of the weekend. This year, we were blessed to have *Chris H.* of London, *Checko M.* of High Falls, New York, *Steve M.* of Chicago and *Paul B.* of Phoenix share their experience, strength and hope with humor and poignancy. Our gratitude to them and our thanks once again to the Arizona Conference Committee of just five servants whose hard work made our conference such a success.

In grateful service one day at a time,  
*Martha K.*, Emeritus Chair  
East Quogue, New York

**SevenMinutes**  
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