



In This Issue

1

A New Freedom
Rodger F.

3

From the Chair,
Robin L.

4

Discussion Corner

4

NAWS Profit and Loss
Jeff C., Treasurer

5

Coping Without Cigarettes
Diane D.

6

The 2004 Conference

8

Highlights from the July
Officers Meeting
Catherine C., Secretary

9

Outreach Corner
Jeff C. and Gary M.

10

Then and Now
Floyd C.

11

Birthday Gratitude Form
Subscription Form

A New Freedom

Rodger F.

Co-founder of Nicotine Anonymous

This is the conference-approved version of Rodger's Story. It will appear in Seven Minutes in three parts. This is part one.

I would look down and realize I had two lit cigarettes burning in the ashtray. The burning tip of a cigarette would fall into my lap as I drove a car. I would have a cold and take cough syrup just so I could calm down my throat enough to smoke a cigarette. If I knew you were a non-smoker, I would take my car instead of yours. I was addicted to nicotine.

I lived to smoke. But I would never admit that to myself or to anyone else. However, 50 to 80 times a day I went through the ritual of patting pockets for my pack, tapping out a cigarette, pulling it out, and gripping it between my lips, finding and striking a match, and, finally, blessedly, dragging on that cigarette. I would feel the raspiness in my throat, the almost immediate sense of relief, that pressure in my lungs. Often I would tilt my head back and exhale as if I were expelling a deep and satisfying breath. Then, depending on how low my nicotine level was, I'd either puff furiously to inject the nicotine into my lungs and eradicate those sensations of physical deprivation, or if I had just had one, I'd leisurely play with it or use it as security stick. I loved to smoke.

I used cigarettes to take the edge off all my emotions, including nervousness, fear, love,

stress, and even happiness. Cigarettes were an integral part of my persona. They were part of my self-image. I saw myself as a movie star, talking with a cigarette hanging from the corner of my mouth. I wanted to be a film noir character, excitingly doomed; standing there with a cigarette in my hand and a swirl of smoke surrounding me like the movie poster for Chinatown. I reacted to music with my cigarette. I emphasized my words with a cigarette. I culminated sex with a cigarette. Smoking was simply what I did and who I was.

Phones rang, cars started, non-smoking lights on airplanes went out and I would light up. My friends never forgot that I was a smoker. They knew, they remembered.

How did I ever get to that point where my addiction to nicotine had so consumed my personality and me?

Probably, I was born a nicotine addict. My mother smoked through her pregnancy and I am sure I was first addicted in the womb. Of course, I have no memory of this. I do remember those long trips with my two older sisters in the back seat and myself between my mother and father in the front. No one thought of second hand smoke then, as my mother filled the car with her smoke and kept the windows rolled up to keep out the cold but clean North Dakota

I wanted to be a film noir character, excitingly doomed; standing there with a cigarette in my hand and a swirl of smoke surrounding me like the movie poster for Chinatown.

Send letters to the editor, articles, stories, poems, artwork, or other material for *Seven Minutes* to:

Seven Minutes

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Subscription requests, circulation additions and deletions may be sent to the same address, or go to www.nicotine-anonymous.org to subscribe online.

Material may also be sent by e-mail to:

<info@nicotine-anonymous.org>

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

Your trusted servants,
Gary M., *Publisher*
Catherine C., *Editor*
Joe S., *Subscriptions*

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 of Nicotine Anonymous

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

The Twelve Steps of Alcoholics Anonymous

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

The Twelve Steps reprinted and adapted here with the permission of Alcoholics Anonymous World Services, Inc. Permission to reprint and adapt the Twelve Steps does not mean that A.A. is affiliated with this program. A.A. is a program of recovery from alcoholism—use of the Twelve Steps in connection with programs and activities which are patterned after A.A., but which address other problems, does not imply otherwise.

From the Chair . . .

Robin L., Atlanta, Georgia

Hi, I am Robin, a grateful recovering nicotine addict. I have just returned from my vacation to Alaska and have been reflecting on the beauty of the state. The state is massive in size and packed with places of tranquility and serenity. When thinking of these two words, I am struck by the difference in their meanings in regard to my recovery from nicotine. According to the thesaurus, other words for tranquility are calm, silent, quiet and still. The thesaurus uses these same words to describe serenity. I believe they are different. Tranquility is calm and still, but according to the Serenity prayer, I believe serenity means the ability to go with the flow, the ability to accept the things I cannot change and change the things I can. Serenity means being able to live with what life hands me. Serenity is like a heart monitor. I often use this analogy to help understand life. There was a time when I wanted everything to be on an even keel—flat, no ups or downs. Then I looked at a heart monitor. If someone is alive and well there is an up and down pattern on the monitor. This shows life. If life is flat, with nothing happening, no joy or sadness, just an even keel with no ups or downs, then the pattern on the monitor is a flat line. There is no life—I am dead. I have learned that serenity is the ability to live with life's ups and downs. It is learning to accept the challenges that my Higher Power sends my way. I gain strength by being able to handle and work through the curves that are thrown my way and then the downs are not too severe and the highs are great. I feel that Alaska is a state abundant in serenity—abundant in challenges to life where both flower and fauna

must live together sometimes competing with each other and sometimes coexisting peacefully. Together they help to form a beautiful state and countryside. Tranquility, although lovely and peaceful, does not provide me with the opportunity to grow. My nicotine recovery has given me the chance to understand and appreciate true serenity—harmony with life. For that I am very grateful.

Life is full of conflict which can be looked at in one of two ways. One could get bummed out or one can look for the challenge. I choose to look for the challenge. What is the message that my Higher Power is sending me? What can I learn about myself in the process? While in Alaska, I was rained out on one of my shore excursions. At first, I was extremely disappointed. I had a hard time accepting that I just couldn't take the helicopter ride to the glacier and walk on the glacier. Of all my pre-planned trips, this was the one I was looking forward to most of all. But the fog was too thick and the trip was cancelled. I was reminded of Step One—accepting that I was powerless. I had no control over the weather. It was not easy, but I did make the most of the day. I went on two other side trips instead and had a lovely day. I saw a beautiful rainforest which had many waterfalls (my favorite landscape scenery) and went to see, but not walk on, the first of many glaciers on my trip. What was HP saying to me?—When given lemons, make lemonade. Enjoy what is around me. Take advantage of all that is available. What did I learn about myself? I still need to practice Step One on a regular basis. I have to accept that there are things out of

my control and that if I let my Higher Power work in my life, I will be given other opportunities to enjoy life, even if I didn't plan it that way. Things will happen on God's time schedule not Robin's.

Understanding serenity helps me to identify with the still suffering nicotine addict that walks into his/her first Nicotine Anonymous meeting. For me, service work begins here. Being there for the first timer or for those early in their recovery is what helps to bring serenity to my life. When I identify with the pain and struggle of the newcomer, I am reminded that I do not want to go back to that point in my life. Seeing their suffering helps me to call on my Higher Power for guidance and help. During my first few months as chair, I have had many reminders of my early sobriety. When newcomers come into my home group, I recall my early days; the pain of quitting and the agony of the struggle to make it one day at a time not to use nicotine. I remember my desire for tranquility, for peace and quiet. I then remember how, as time went on, that desire changed from a wish for things on an even keel to a desire for a balance in my life—serenity. This serenity occurred over time. It was a slow process, but by working the program—going to meetings, participating in service work and most importantly for me, working the steps—it slowly materialized. Today there is more serenity in my life than ever before. I wish this for you as well.



Gender Issues

World Services is hoping for some feedback from the membership on the issue of gender in the literature. There have been many discussions at past conferences in regard to this issue. The question is regarding Steps 3, 7, and 11, and Tradition 2. Should they be rewritten only to make them more gender neutral?

Some in favor of changing feel:

- God or Higher Power is not masculine or feminine, it needs to be neutral because some people believe in a spirit that has no gender.
- Some women have a difficult time relating to men because of

abuse issues and removing the “He” or “Him” from the Steps would help women relate better to the Steps.

Some of favor of leaving them as they are feel:

- The Steps have worked the way they are written. If it’s not broken, don’t fix it.
- This is a spiritual program. God, He, Him works. Don’t change the Steps or Tradition 2. Keep the variety.

What do you think? Send your views to SevenMinutesEditor@nicotine-anonymous.org or care of World Services.

Here’s how the three steps and one tradition might read if they were gender neutral:

STEP THREE

“Made a decision to turn our will and our lives over to the care of our own Higher Power,”

STEP SEVEN

“Humbly asked our Higher Power to remove our shortcomings.”

STEP ELEVEN

Sought through prayer and meditation to improve our conscious contact with our Higher Power, praying only for knowledge of its will for us and the power to carry that out.

TRADITION 2:

For our group purpose there is but one ultimate authority—a loving higher power as is expressed in our group conscience. Our leaders are but trusted servants; they do not govern.

NAWS Profit and Loss

January–June, 2003

Jeff C., Huntington Beach, California

	Jan–June '03		Jan–June '03
ORDINARY INCOME/EXPENSE			
Income		Expense	
4000 · Donations	3547.81	6345 · Software	208.88
4100 · Literature Sales	20692.34	6000 · Office Expenses	7412.23
4290 · Shipping & Handling	2420.38	6700 · Board Expenses	8517.61
4299 · Conference Profit (Loss)	(3070.55)	Total Expense	16138.72
Total Income	23589.98	Net Ordinary Income	(4467.96)
Cost of Goods Sold		Other Income/Expense	
5000 · COGS	7330.75	Other Income	
5700 · Fulfillment	1382.50	7010 · Interest Income	124.58
5710 · Storage	180.00	Total Other Income	124.58
5720 · Shipping	3025.97	Other Expense	
Total COGS	11919.22	7040 · Interest Expense	15.00
Gross Profit	11670.76	Total Other Expense	15.00
		Net Other Income	109.58
		Net Income	(4358.38)

Coping Without Cigarettes

Diane D., Carmel, NY

I run the Putnam County Nicotine Anonymous meeting at the Putnam County Hospital every Saturday in Carmel N.Y. On

July 8, 2003 my beautiful cat Juliet passed away. Please pray for her to arrive in heaven. I rescued her eighteen years ago from a Brooklyn street when she was four weeks old. It was love at first sight. She has been with me through many trials in life and has been such a comfort to me during times of stress and strain. I miss her presence terribly.

I found her when I came home from work. I believe that she died in her sleep. I had prayed to my higher power for three years the following prayer: "Please protect Juliet in my absence and if it comes time for her to go to heaven please take her softly and quietly and without pain and suffering." She had been taking heart medication for the past three years morning and night but was doing

really well and didn't show any signs of being ill.

The next day I prepared to take her to my vet's office—I put her little body on a soft pillow inside a box. I put flowers inside the box and a cross around her neck and a picture of a saint. I wrapped her in her favorite soft pink fleece blanket and gently took her to my car. This was the first time in 4½ years that I thought, "Gee, I wish I could

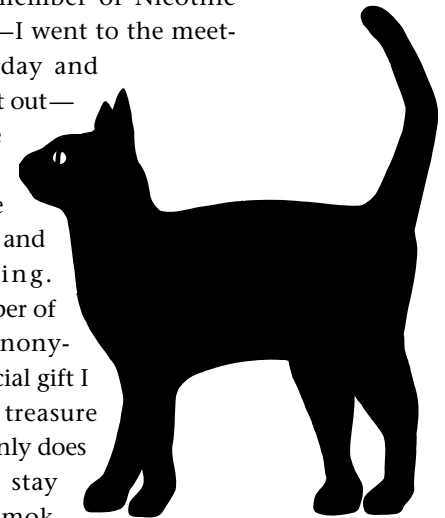
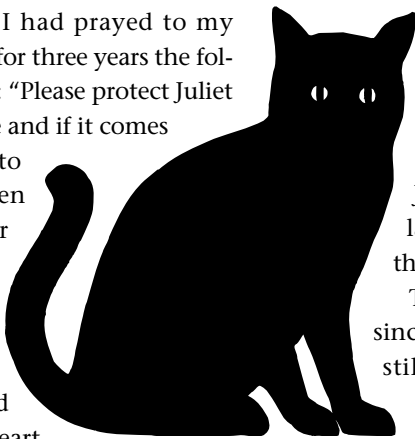
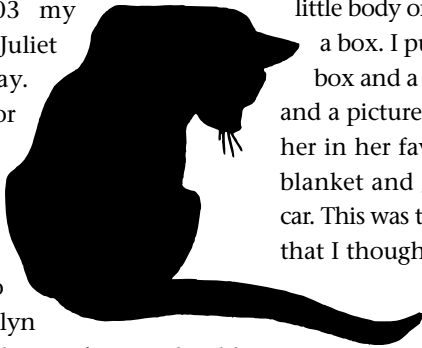
have a cigarette to get rid of this pain." But thankfully, in my heart I knew that a cigarette would not take away such a terrible grief—that it would only create another unsolvable problem by making me become addicted all over again. I knew that a cigarette would be a permanent solution to a very painful temporary period of grief. I brushed the thought from my mind as I placed my beautiful Juliet in my car for the last time and drove to the vet.

Two weeks has passed since her death and I am still in a tremendous amount of pain, however, I can bear this terrible grief because I know eventually it will ease and will become

easier to bear with time. Smoking would have only made matters worse because I know I would never have smoked only for one week.

I would have probably smoked for many more years before I was able to quit again.

I am so grateful to be a member of Nicotine Anonymous—I went to the meeting on Saturday and cried my heart out—everyone cared and listened to me with patience and understanding. Being a member of Nicotine Anonymous is a special gift I will always treasure because not only does it help me stay away from smoking, it also helps me to cope with life and its sometimes painful consequences.



How to Avoid Playing God

thanks to John N. of Fullerton, California

1. Offer no advice unless it is asked.
2. Listen to other people's dreams and help them in the way they wish to be helped.
3. Encourage others to find their own strength.
4. Reserve judgement—at all times.
5. Admit that you don't know all the answers.
6. Build confidence in the other person until his own judgment becomes clear.
7. Have faith in the overall rightness of God's purpose in this world and the next.
8. Dwell on what's right instead of what's wrong.
9. Realize the core of Divine Being in each person. Respect it.
10. Never discount the other person's good intentions.

*Celebrate Your Freedom from Nicotine
in the City Where Freedom Was Born!*

Filadelphia Freedom in '0 our

*World
Services
Conference XIX*

April 23–24–25, 2004

Radisson Plaza Warwick Hotel

1701 Locust Street

Philadelphia, PA 19103

Single, Double Rooms: \$145 plus tax

Call toll-free for reservations: 800/333-3333

Local number: 215/735-6000

- **Deadline** to make reservations and get the preferred rate: March 22, 2004
- Join the meetings, speakers, sharing, and fellowship.
- Delegates will vote on new officers, the 2006 conference site and other conference issues.
- Philly Block Party on Saturday Evening, Sunday Gratitude Brunch
- "Ride the Ducks" post-conference activity on Sunday. See the city and cruise the river! All that Historic Philadelphia has to offer.
- Registration forms forthcoming.
- See the web site for updates! **www.nicotine-anonymous.org**

A New Freedom

continued from page 1

air. My father quit smoking in his early thirties and except for one smoking lapse during my childhood; I do not remember him as a smoker.

My mother, however, was a smoker. I remember the cigarette smell on her clothes and hair and all over our home. She was young then and no one questioned her smoking. I think I grew up thinking smoking was a natural thing to do.

When I was 15, we lived next to a family with four boys who were my friends. One named Ralph was the black sheep of the family and it was he who, over the backyard fence, introduced me to cigarettes. It was no big deal. Ralph made it seem rebelliously cool. I think at first I was a little nauseous, but that soon passed, replaced by that sensation of the drag, the long, wonderful drag on a cigarette.

In the small Oregon town where I then lived, there was a cigarette machine outside a gas station that closed at around nine every evening. After the attendants left, I would arrive with my quarter—the cost in the late 1960s—and buy my pack.

I smoked through high school. I demonstrated an addictive personality in other areas as well, using everything from alcohol, to drugs, to girls. I was and am one of those people who, when something has a pleasurable effect on me, must use it to the point of abuse and addiction. Until seven years ago, I had not drunk caffeine for 18 years. Then one morning, I arrived for a job interview. I was tired, having just returned from the East Coast. The receptionist told me it would be a few minutes, and asked if I would like a cup of coffee. It seemed like a good idea at the time, which is also one of the recurrent themes of my life. I had the cup of coffee, I did the interview very well and, even

though I was nervous, I got the job. Caffeine worked for me.

A year later after a really busy day of appointments and meetings I went to my doctor around five in the afternoon. He took my blood

I do remember those long trips with my two older sisters in the back seat and myself between my mother and father in the front. No one thought of second hand smoke then, as my mother filled the car with her smoke and kept the windows rolled up to keep out the cold but clean North Dakota air.

pressure and frowned. “You’ve got high blood pressure. I may have to put you on medication.”

I replied, “That’s impossible. I’ve always had low blood pressure! I’m a runner! I’ve never had blood pressure problems.”

The doctor was not impressed and told me to return in 30 days to recheck it. I went home expecting to die shortly. I returned 30 days later in the early morning anxious to hear the bad news. The nurse came in, took my blood pressure, and asked me the reason for my visit.

“High blood pressure of course!” She looked at me curiously and

said, “You’ve got low blood pressure.”

The doctor arrived, puzzled, and began asking questions. Finally, he asked, “The previous time you were in, did you drink any caffeine that day?”

I thought, “Yes, probably about five double espressos, three cups of coffee, and maybe a coke, why?”

“And today?”

“Nothing this morning.”

“I think we’ve found the problem.”

I am an addict and I smoked addictively. I smoked through high school as much as I could. On my own while in college, I gave free rein to my smoking. I started smoking over one pack a day and then over two. It was the late 1960s and I took amphetamines, studied, and smoked. I drank and smoked. With everything I smoked. I smoked and saved the coupons that were inserted in the packs. I joked that I was going to use them to buy an iron lung. Later, I changed brands. When in Europe, I smoked European brands—at first the ones with filters and then unfiltered. Back in the United States, I found an equivalent non-filtered brand. As a non-filter smoker, I developed the yellow stains on my smoking fingers and picked tobacco out of my teeth. I remember I sniffed my finger at any time and smelled that strong tobacco odor.

This story will continue in the next issue of Seven Minutes.



Highlights from the July Officers' Meeting

Catherine C., Secretary

The July meeting of your World Services officers was held in Southern California, where three members of the board live, and was hosted by the Southern California Nicotine Anonymous Intergroup. Here are some of the highlights of that meeting. For more information,

or to volunteer your services, please contact World Services.



- With the help of Jan S. in Philadelphia, World Services is recording a 30-second public service radio announcement.
- *The Book*: work is still being done on the book. A traditions section will be added as soon as it has been written. Some of the Questions section is being edited.
- Email: there are 37 penpals in the program. Most are in the U.S., but some are from Ireland, England, Canada, Australia and Spain.
- The Email Coordinator: for the months of April through June 2003, 312 messages were handled.

- The 2003 Conference: the conference was a success in all respects except financially. Several t-shirts remain. 158 people registered for the event.
- The 2004 Conference: the draft of the registration flyer is almost complete, and a logo has been designed. More information and flyers will be available after September 28.
- 2005 Conference: A site for the conference has been selected: The Sheraton Buckhead Hotel in Atlanta with a great rate of \$85 a night. Meeting facilities have been reserved. A logo is being designed with the theme "Peachy Clean."
- The *Book of Daily Meditations: The 90 Days, 90 Ways* book is being prepared to be printed. Meditations continue to arrive. We are still looking forward to having 366 meditations for a whole year.
- World Wide Meeting List: trying to keep up to date on new meetings and dropped meetings. We often don't hear from meetings that close, so there is no way to find out about them unless

someone tells us. Trying to keep a record of the last time meetings were updated, and will begin to drop meetings that have not contacted us in over two years. We need to make a greater effort to contact international meetings.

- Traditions Committee: continues to review all traditions questions that come their way, including reading every issue of *Seven Minutes* before it is published.
- Fulfillment: sales appear to be going down. The web site has helped with individual orders. Shipping income doesn't cover the cost of shipping.
- World Services web site needs to be registered with search engines, but it can be quite expensive. Discussion of Intergroups using literature from the WS web site. it is considered a copyright violation.
- We have continued literature submissions and other issues that cannot be addressed until we fill the position of Literature Coordinator.
- The next officers meeting will be October 24-26 in southern California.

Want to see more stories in this newsletter?

Encourage others in your meetings to write their stories and send them in!

Encourage your sponsees to write about their experiences in quitting smoking!

Encourage your sponsors to share their wisdom with the rest of the fellowship!

Experience, Strength, and Hope! Pass it around!

Outreach Corner

Mass Mailing Program, Gary M., San Clemente, California

Mass mailing is another way of reaching the nicotine addict who wants to quit using nicotine. It's a back door approach to not only get help for the person who wants to give up nicotine, but it is also an informative way of educating the medical profession and church affiliations about our program and what it can do for the addict who wants to quit and can't, doesn't know how, and who needs support.

What I've done is pick an area like hospitals and mail an introduction letter, a business card, "Introducing Nicotine Anonymous" and/or a flyer listing my local meetings.

As a suggestion, this could be done with doctors, dentists and/or any other medical institutions you can think of. Perhaps you can send the same information to churches in your area.

It may be possible to come up with up to 500 mailings in your area.

If you use the Nicotine Anonymous World Services return address on your envelopes, I have found that if you put, "Nicotine Anonymous WSO 419 Main St, PMB #370 Huntington Beach, Ca 92648" (versus using NAWSO), it might be more

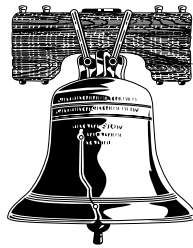
effective because it is more likely that the recipient will open the letter rather than tossing it. Nobody knows what NAWSO stands for, that's why we need our name out there. And, anonymity is not being broken if your letter is mailed to

businesses like hospitals, and churches. When mailed to personal residences anonymity is being broken.

Try your own ideas. Just try mailing somewhere and let God do the rest.

Some Helpful Contacts:

- American Heart Assoc: www.americanheart.org
- American Lung Assoc: www.lungusa.org
- American Cancer Society: www.cancer.org
- VA Hospitals and clinics: www.va.org
- Smoking cessation programs
- Hospital web USA: <http://hdsa.mgh.harvard.edu/hospitalwebusa.html> (*This link lists every hospital in the USA*)
- All local medical and dental offices
- All churches and other religious organizations
- Use www.superpages.com for searching out sources
- Find zip codes at www.usps.com



The 19th Annual Nicotine Anonymous Conference will be in Philadelphia in 2004. See page 6 for details.

Step Study Guide for NicA: Help!

Work has begun on a Step Study Guide for Nicotine Anonymous. Volunteers at the last conference have begun coordinating efforts to make this guide a reality. But they need your help. How have you been working the steps with your sponsors/sponsors? Do you have any written material that you have created that you currently use? If you

use material from another program, how have you altered it, if you have?

What would you like to see in a Step Study Guide for Nicotine Anonymous? Send your ideas and material to the Literature Coordinator at the World Services address, or e-mail to LiteratureCoordinator@nicotine-anonymous.org.

Then and Now

Floyd C., Walker, Minnesota

What it used to be like

My use of nicotine was in cigarettes, cigars, pipe tobacco, snuff, plug tobacco and other chewing tobacco. During telephone calls, picture taking, drinking alcoholic beverages, before, after and sometimes during eating I had to light up and smoke cigarettes!

What happened that I wanted to stop using nicotine products? Someone reminded me that I didn't like anyone telling me what to do and yet I allowed cigarettes to control a



big part of my life. After approximately two years of making an effort to stop using cigarettes on my own, finally I became willing to allow my Higher Power to intervene.

What it is like now

Living the Twelve Steps to the best of my ability (sometimes my ability isn't too good), I have not only been fortunate to stop smoking cigarettes and/or other drugs, but my attitude is much more positive, less self-centered, less denial, more honest with myself and others, and I am able to deal with my anger toward myself and others in a more positive way.

Service Positions Available

Literature Coordinator

Responsible for new literature idea development. Receives, edits, and reviews literature submissions. Presents, make recommendations on new, and revised literature to officers at quarterly meetings.

Position Available Now!

Web Servant

Regularly monitor and test our World Services website for up-to-date information and ease of use, and provide improvement ideas to the Chairperson. Posts updates to current events, public outreach, and archives sections, and provides approved work orders to the web hosting company.

Position Available Now!

Teleservice Coordinator

Responsible for:

- Seeking abstinent, committed members for a year's service.
- Sending new Teleservice members full Teleservice kit, including instructions on use of code and message retrieval and quarterly meeting updates.
- Responding to inquiries from Teleservice members on how to handle calls and consulting with or referring to an officer as appropriate.
- Handling service interruptions and repair and coordinate with Office Manager.

Position Available Now!

Seven Minutes Editor

Edit and produce the quarterly newsletter, *Seven Minutes*. Gather material from World Services and NicA members. Takes approximately 10 hours, 4 times a year. Write report for quarterly Officer's meetings.

Outreach Coordinator

Selects and communicates ideas to promote public awareness of NicA. Develop and/or collect material to assist outreach, work with project leaders on existing outreach projects.

Positions available starting April 2004

For more information or to volunteer, please contact Robin L., NAWS Chairperson
Chairperson@nicotine-anonymous.org

Birthday Congratulations

Congratulations and thanks to:

Steve S., whose anniversary date is 4/16/02
1 year nicotine free! and

Kim R., who stopped using nicotine on 7/29/01
2 years nicotine free!!!

~ Birthday Gratitude ~

Name: _____

The above-named member of Nicotine Anonymous stopped using nicotine on _____,

and has _____ years of freedom!

Amount Enclosed \$ _____ From: _____
If you wish to remain anonymous, put "anonymous"

Mail to: Nicotine Anonymous World Services,
419 Main St, PMB#370
Huntington Beach, CA 92648 USA.



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Seven Minutes

NAWSO

419 Main St., PMB #370

Huntington Beach, CA 92648

**Publication Dates and
Deadlines for Submissions**

Publication Date	Deadline Date for submissions
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September 8	August 4
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December 9	November 3
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March 8	February 2
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June 13	May 9
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ST ATE

ZIP

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