



VOLUME XVII

December 2007

Number 4

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

Seven Minutes
c/o NAWSO

419 Main St., PMB #370 Huntington Beach, CA 92648
Subscription requests, circulation additions and deletions may be sent to the same address, or go to: www.nicotine-anonymous.org
Online material may also be sent by email to:

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NAWS Board Meeting...

It's been a busy quarter as usual for the NAWS Board and its support committees. I suppose I'll start with a piece of bad news first, then work my way around to the good. During the last quarter, I worked with Joe S (our Fulfillment Officer) and Robin L (our Web Coordinator) to nail down what specific changes we wanted done to our website, and when Robin went to contact the company we work with, they did not respond. So it appears that our web developers have fallen off the face of the earth.

A possible way to spin this positively is to say that we weren't too thrilled with how they handled the site's conversion when we lost our previous developer in the first place. Maybe it's a good thing that we can't work with them any more. Regardless of how you look at it, though, their disappearance was a surprise, and there's just no denying that we have lousy luck with developers! So at the October board meeting, it was decided that the two geekiest members (myself and Steve M, Treasurer Emeritus) would take a stab at making the changes to the website ourselves. Our contract with the MIA developer runs out in January, after which point we'll hopefully have full control over our own site. It could be exciting, and certainly cost-effective. On the other hand, Steve and I could hit a brick wall with our collective understanding of the languages involved, after which point we'd have to farm out a developer anyway. But it's worth a shot! Stay tuned for developments.

Subscriptions for *Seven Minutes* are steadily declining. For all you reading this, I would encourage you to turn a friend on to the newsletter, and see if they'll sign up! In the meantime, we will most likely have a workshop at the next World Services conference (May 2 - 4 in Ronkonkoma, NY) discussing how to boost subscriptions, and how to get a "web" version off the ground.

Another workshop at the conference will be dedicated to online groups. It will be a fairly open-ended workshop, discussing how NAWS can support and inform the online communities better. This is an ever-expanding sector of our fellowship, and it was determined at the October meeting that our Bylaws as they stand support delegates from the online world. In other words, if you are part of an online group that meets every week, then chances are your group is entitled to a

delegate (voter) at the conference. It's my job to officially contact the online groups about this, at which point I'll hopefully have a better understanding of the exact procedure for registering. But we do hope that online meeting folks can attend, and vote, and participate.

On the Literature front, a couple of new ideas that have been cooked up for the conference may be "picked up" as literature items by World Services. Checko, our fearless Literature Coordinator, made up these "Turn It Over" cards. These are basically two-sided business cards with the conference logo on one side, and the Third Step Prayer on the other. In addition, Checko has put together an "Abstinence Calendar" which displays peoples' "quit dates" from around the fellowship, and around the world. If these do well at the conference, and the fellowship is so moved, maybe we could create versions that would be for sale on the NAWS website...

Lastly, we have to give special thanks to Vicky R. New to the Outreach Coordinator position this year, she's already done so much to get the word out. We really appreciate her initiative and energy! This quarter was focused on coordinating an awareness effort to coincide with the Great American Smokeout on November 15. This is a touchy area, as we can't endorse the Smokeout by name, but working with a graphic designer, Vicky came up with a clever print ad that will invite people to check out NicA if they happen to be trying to quit that day. As of this writing, Vicky had already secured publication in two major markets, and she's continuing to call dozens of others. Plus, aided by our Media Mania Coordinator (Ramona R), our newly recorded radio PSA should be hitting the air in major markets on 11/15, as well.

In addition, she's contacted the first few sites that come up during a search for "quit smoking," and asked them to consider linking to the NicA site. She also spoke with the woman in charge of the American Cancer Society's Quit Hotline, sending her 100 pamphlets and encouraging them to send "quitters" our way.

That's about it for now. Again, I encourage everyone to attend the conference if you can. Everyone should have a say in shaping the future of this fellowship, and the conference is the main conduit through which change occurs. Thank you, and God bless.

Dan P

The Twelve Steps of Nicotine Anonymous

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

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

The Twelve Steps of Alcoholics Anonymous

1. We admitted we were powerless over alcohol—that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God, as we understood Him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory, and when we were wrong, promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry it out.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to other alcoholics and to practice these principles in all our affairs.

The Twelve Traditions of Nicotine Anonymous

1. Our common welfare should come first; personal recovery depends upon Nicotine Anonymous unity.
2. For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for Nicotine Anonymous membership is a desire to stop using nicotine.
4. Each group should be autonomous except in matters affecting other groups or Nicotine Anonymous as a whole.
5. Each group has but one primary purpose—to carry its message to the nicotine addict who still suffers.
6. A Nicotine Anonymous group ought never endorse, finance, or lend the Nicotine Anonymous name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.
7. Every Nicotine Anonymous group ought to be fully self-supporting, declining outside contributions.
8. Nicotine Anonymous should remain forever non-professional, but our service centers may employ special workers.
9. Nicotine Anonymous, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. Nicotine Anonymous has no opinion on outside issues; hence the Nicotine Anonymous name ought never be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, TV, and films.

12. Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

The Twelve Traditions of Alcoholics Anonymous

1. Our common welfare should come first; personal recovery depends upon A.A. unity.
2. For our group purpose, there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for A.A. membership is a desire to stop drinking.
4. Each group should be autonomous except in matters affecting other groups or A.A. as a whole.
5. Each group has but one primary purpose—to carry its message to the alcoholic who still suffers.
6. An A.A. group ought never endorse, finance or lend the A.A. name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.
7. Every A.A. group ought to be fully self-supporting, declining outside contributions.
8. Alcoholics Anonymous should remain forever non-professional, but our service centers may employ special workers.
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12. Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

Our Preamble...

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

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A rookie's view of the balancing of the 5th and 11th traditions ...

I am Jadie, a nicotine addict who has been nicotine free for 111 days as of this writing. As I have attempted to learn about this great NicA program I encountered, early on, a Traditions issue that confused and frustrated me. It involves Traditions 5 and 11. I have listed them below:

Tradition 5. Each group has but one primary purpose - to carry its message to the nicotine addict who still suffers.

Tradition 11. Our public relations policy is based on attraction rather than promotion. We need always maintain personal anonymity at the level of press, radio, TV, and films.

The confusion for me was how can we "carry the message to the Nicotine addict who still suffers" if our "Public relations policy is based on attraction rather than promotion". One might assume that we would just have to hold the message and wait to attract an addict, but that's not carrying the message. We could seek out addicts to delivery our message, but that could be promotion. So you can see my dilemma.

When I first read Tradition 11 I thought "I had better be careful how I present this program to others so as not to break this tradition". It seemed so broad and vague that about anything I could think of could be labeled as promotion of one kind or another. Short of just waiting for someone to ask, I was stumped.

When I started to attend group conscience I was seeing and fighting 11th Tradition violations all over the place. Didn't these decade long 12 steppers know anything (lol)? Of course they knew a hell of a lot as I would come to learn over time. You know the drill. I was still wearing my

12 step diapers, insane with withdrawals and yea they understood and helped me along anyway.

So next, I set out to understand what I was missing; even the experienced folks in the group couldn't explain this one to me in such a way that I could get hold of it. So I did some research in our parent program of AA as well as in some NicA publications. The best thing I can tell you, if want to understand this, is to read the new NicA publication entitled "Outreach Booklet"; it is available as a PDF file from the NicA website http://www.nicotine-anonymous.org/admin/prod_images/2007_Outreach_Booklet.pdf.

The first clue is the two sentences in the 11th Tradition. As is evident, the question I had involved only the first sentence of the 11th Tradition: "Our public relations policy is based on attraction rather than promotion". In order to understand this tradition I had to look at both sentences. The second sentence says: "We need always maintain personal anonymity at the level of press, radio, TV, and films". I think this sentence defines, to some degree, that the authors of the tradition were speaking mainly of the idea of using a person, or a known personality to promote the program which would be in violation of the 12 Traditions and would risk putting Personalities before Principles. The idea here was not to restrict the ability to carry the message but to limit at least this one method, due to other possible traditions conflicts.

I do believe the authors had some additional intent in adding "based on attraction" in the 11th tradition. This theme permeates the program. One example is the reading following the Third Step Prayer "Our victory over our own difficulties encouraged us to continue, and we became an example for others as well". We are taught that our best way to help other addicts is by sharing our

Experience, Strength and Hope (ESH), another example of helping others by setting an example. This, to me, is attraction. The idea that just sharing how I was, how I changed and how I am now could encourage someone else to initiate a major life change is a simple miracle that the authors knew well. No direct promises, no parade, no money back guarantees, no 2 for 1 discounts, no fast talking salesman (all promotion) just being an example to others is all it takes (attraction).

In my opinion the primary way to carry the message to addicts who still suffer is through participation in meetings, sharing ESH and by offering your hand to any addict who is in need, in or out of a meeting. The "Outreach" type program, that I always wrongly confused with promotion, is a way to let addicts who are still suffering, and who have a desire to quit, know that NicA exists and how to participate in the Program. These outreach programs can be very simple, like stapling posters to power poles for a face to face meeting. The information can be simple as well; remember, no big promotions, just as simple as "if you have a desire to quit smoking come to this place at this time for a NicA meeting". So remember we can carry the message and reach out to addicts who still suffer without violating tradition 11!

So if you're new like me and have some issue like this, remember don't sweat the small stuff. Just let go and Let God! This sure helped me when writing this; I hope it helped you as well. I am still a rookie around here and I have probably made some mistakes so please correct me or add your comments or observations.

Yfir (Your Friend In Recovery),

Jadie

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## Avi's Story...

About the first weeks: they are brutal. Don't fool yourself into thinking otherwise. You do not think you can go another nanosecond without the drug, yet you can. Take it nanosecond by nanosecond...with water and oxygen and exercise and meetings, it can be done.

Ask a wickedly nicotine addicted person like me, now more than six years "smober."

I live differently without the anesthesia the drug provided. You could say it's better, even though pain can be more painful, because pleasure can be more pleasurable...never mind about the walls being eroded between you and a power greater than yourself in the universe. That power is right here online in the group.

Think choices. Giving into the craving and lighting up is just one choice. You can opt for something else, like walking around the block, taking a bath, drinking some water, sucking on a cinnamon stick, counting back from 60....

The craving passes. You count backward and at 45 people find they're asking themselves why they are counting backwards in the first place. The craving left...they forgot about the drug in 15 seconds or so. Accept that when the cravings for the drug come, they come. Recognize them. They are there, they are overwhelming. Notice them. Let them pass, just as a cloud going by.

The cravings do not have to be treated by using the drug itself. Taking the drug is just one of a host of choices we have. We can recognize the drug taking as an available choice, and then rule it out as a viable one.

Let yourself wait a second...as painful and staggeringly impossible as it feels at that time. Let the poison leach from your body. Notice you are irritated as hell. That's different to taking it out on somebody, not to mention yourself. Tell people you are going through hell withdrawing from this horribly addictive substance. Ask them to try and cut you some slack right now. (We quit "to the temporary peril of others.")

Once we start getting quit, the cravings become more manageable because the drug is inside us less and less, dictating our behavior less and less. We come to meetings and look back to see all over again how we do not want to have to go through all that again.

Open yourselves enough to ask for

the willingness to heal.

Thanks for being here...

Avi

~~~~

Sue's Story. . .

Hello. My name is Sue and I'm a nicotine addict. I would like to share the story of my quit with you in hopes that it will help someone else to quit using nicotine.

I'm 58 years old and began smoking cigarettes when I was 14 years old. I didn't start smoking to look chic or older, or because of peer pressure. I started smoking to calm my anger. Both of my parents smoked and my mother had a ferocious temper – she always seemed to calm down when she lit a cigarette. I wanted something to help me calm down. I knew that my father often left a pack of cigarettes in his coat pocket in the coat closet and that is where I stole my first cigarettes. Many people in my support groups talk about how bad that first cigarette was and how sick it made them and that they were surprised that they even tried again. I don't remember it that way.

I seem to remember my first drag as an instant buzz that spread throughout my body, loosening all the tense muscles. Perhaps because I was used to second-hand smoke I was not made nauseated by the cigarette.

I started smoking regularly when I was 20 years old after my husband of six months left for Viet Nam. I taught myself to stuff my feelings of fear, anxiety, happiness, anger, and guilt by lighting up a cigarette and hiding in the resulting smokescreen. I quickly became a two and a half pack a day smoker; and, for the most part, I remained a heavy smoker until I was 55 years old. I did try a number of times during those 41 years to quit smoking. But those attempts to quit smoking were brought about by reasons other than a genuine desire on my part to quit smoking. I attempted to quit smoking in order to save money, or to please someone else, or simply because I felt I ought to stop smoking.

This quit basically started after an hour's ride in an ambulance and several hours in an emergency room. After being released the first thing I did was to light up a cigarette. The reason the ambulance ride and time in the emergency room was necessary was because I knew that smoking can trigger a very rapid heartbeat that was dangerous to my health and I did it anyway! My choice not to go to the emergency room

was taken away from me because of my choice to smoke. I had to do something!

I realized that I was on a leash to my smoking. Before I could start anything I had to have a cigarette. After I finished whenever I was doing I had to have a cigarette. Where I went and how long I stayed was determined by whether or not I could smoke.

I asked my doctor for help in quitting smoking. He prescribed Wellbutrin XL. He told me to take the Wellbutrin XL for at least a couple of weeks before attempting to quit. I began to smoke fewer and fewer cigarettes each day. I did not set a quit date as I had never found that to be an effective tactic for me. After I had been on the Wellbutrin XL for approximately three weeks I felt ready to say this is my last cigarette on July 15, 2005.

Even with the Wellbutrin XL it was not easy. I used a mantra every time I craved a cigarette. The mantra was: "This quit is for me! I want off this leash!" It worked in the beginning but I soon came to realize that unless I sought support I would smoke again. I started looking for face to face support groups where I live but the only one I found combined it with other problems I didn't feel I had. I turned to the internet and found a twelve step program. This twelve step program didn't list any face to face meetings in my area but it did list online meetings. I joined two support groups at Yahoo! and later a third support group.

I lost that quit about a month after joining the groups. I smoked two cigarettes within one hour. I went immediately into an online meeting after smoking the first cigarette and cried about what I had done. Everyone was so supportive, understanding and encouraging. I learned that the tools and the steps were there for a reason and that if I would only use what I had been given I could stop smoking.

That was 10/07/2005 and I haven't smoked since then.

This 12 Step Program has given me the understanding of why I smoked, support, and the tools I need to help me stay quit. Today I am happy: I've learned to love and respect myself again I have so much more self-confidence than I did when I was smoking. Also, I have found that so many things I thought were allergies were problems caused by chemicals in the smoke. For the first time in years I can wear contact lenses. I can wear make-up on a daily basis and not have the rashes I got before. I do have some respiratory allergies

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(Continued from page 4)

but those are not so pronounced since I stopped smoking.

I started a regular exercise routine at Curves for Women and I'm the most fit I've been in way too long.

I will always be a nicotine addict but that doesn't mean I will always be a smoker. I just have to keep in mind that I'm just one puff away from 2 1/2 packs a day. I'm just that far away from another ride in an ambulance. I'll use the tools my program has taught me and I have so much hope now that I will be able to live my life nicotine free.

Yfir

Sue

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## *Join The Board And Have Adventures!...*

To me, one of the nice things about serving on the World Services board is the opportunity to travel, four times a year, to the quarterly meetings. The Long Island, NY, group hosted our October meeting, so a two-hour flight from Charlotte to LaGuardia airport was a piece of cake...or so I thought.

Rain came to the Eastern seaboard that Friday, and held up flights in Boston and New York. Instead of getting on the plane at 4pm, we were delayed an hour. Our flight left Charlotte at 5:15pm and by 6:45pm we were circling BALTIMORE! Two hours and many circles later, our Captain informed us we would land in Washington, D.C. to refuel.

While parked way out on a runway, another rainstorm came along which we had to sit out. (Meanwhile, our tumtums were growling for food.) At 10:45pm, the Captain said we were going to pull up to the airport, but the concessions were closed and the crew had been on duty their legal 8 hours, so our flight was canceled!

Once inside Dulles Airport, 180 of us lined up to talk to two agents to see how we were going to get to New York the next day. The outlook for an early morning flight was bleak; there was no food to be had and sleeping in the airport wasn't a happy thought. A savvy-looking fellow nearby on line was telephoning and calling out information: Amtrack trains leave Washington every half hour; the China bus, for \$20, would leave at 1:50am for a four

hour, 10 minute ride to Chinatown, NYC. So he and I shared a \$60 cab fare to Chinatown, DC.

I had thought the "China bus" was an Urban Legend, but no! A beautiful white bus arrived on a street corner at 1:30am...inside clean as a whistle, nice upholstered seats and a driver who made it seem like we floated to NYC. I had a few short naps and when we arrived at 6am, I hailed a cab to Penn Station and had breakfast! Another hour on the Long Island Railroad and I arrived in East Northport at 9:01am, just in time to take the Minutes for the day-long meeting.

To me, this was an adventure! I love working with the board members and think serving is a worthwhile expenditure of my time and energy.

November 2007

Ardith

~~~~

Truth or Dare. . .

I wanted to mention something that has come up for me around honesty in the program, and I think it is really important and wanted to share it.

I have my students in my writing class working with this essay we're reading where Joan Didion writes about journaling, and how she always puts things in her journal that aren't true, but which help her to "connect to herself" when she goes back and reads them. I was wondering about that, and thinking about what that meant, and if it made any sense to me, and I had a lot of things come up for me around it in terms of my own 10th step work.

I realize that I have always been quite a liar in the sense that I am notorious for exaggeration and hyperbole. If two people criticize my work (and one or both of them may have done so in the very most respectful way possible), I'll later hear myself saying something like, "Why is everyone biting my head off today!???" Of course, it seems like I'm *always* telling someone, "you ALWAYS do that", regarding something that bothers me, and of course, it is never true when I say "always", and I know that.

What the Didion essay brought up for me is how much of a difference there is between facts and experiences. Objectively, it is clear that people around me have habits that may push my buttons, and that they have much better things to

do than follow me around shoving their peccadilloes in my face 24/7. Yet, I find that it doesn't work for me if I come home after a painful day, and tell my girlfriend, "I had someone make a constructive criticism of my work today, and then an hour later, another person criticized me again in an aggravated tone of voice"

There's something missing when I describe my day that way. My experience isn't in there. This description does not convey my pain and my frustration. It doesn't reflect my embarrassment or my guilt. It doesn't carry the reaction in my head, the inner committee telling me what a screw-up I am and how I'm a real phony and that I'll never amount to anything.

So I find myself saying, "people were biting my head off all day long today", and I find that even if that doesn't describe what happened, it very accurately describes my experience.

The thing I need to notice is what my description hides--that it was I who was biting my head off all day, nobody else. That is important information for me to notice, and I suppose, an excellent reminder that when I am feeling upset, I have to work a step 10. My own inventory is the only one that ever does me any good.

Mark S.

Sacramento, CA.

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## *Clean In The Catskills Report ...*

Hi, I'm Zulma and I'm powerless over nicotine.

Being one of the most beautiful weekend events that Nicotine Anonymous has to offer the weekend after Columbus Day each year, I rewarded myself the opportunity to attend the 14th annual "Clean In The Catskills" retreat in upstate New York. Inasmuch as I enjoyed the Fun Weekend held in Phoenixville the weekend after Independence Day, even Jan who sponsors that event looks forward to the Catskills weekend, which was absolutely exceptional.

Fifty-nine people, from as far as Canada to Maine to Maryland attended this spectacular weekend held at the Villa Vosilla in Tannersville, NY. Known for its delicious Italian cuisines, in-house musicians, swimming pool and hot tub, this

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# "RELISH THE MOMENT"

Nicotine Anonymous World Services  
Conference XXIII  
May 2 - 4, 2008



## Holiday Inn Ronkonkoma

3845 Veterans Memorial Highway, Ronkonkoma, NY 11779

For reservations call: 631-585-9500 or 1-800-HOLIDAY or contact Pat Garcia 631-471-0426 and mention "Nicotine Anonymous."

To book online go to [www.holidayinn.com/longislandny](http://www.holidayinn.com/longislandny) and use code P62  
HOTEL RATES: \$95.00 + tax for two double beds or one king-size bed

*Rates will be honored before and after the conference.*

CLOSEST airport is Long Island MacArthur Airport in Islip

- Free shuttle from Airport to hotel. Use courtesy phone in terminal for "Holiday Inn Van."
- Hotel is easily accessible from the Long Island Railroad "Ronkonkoma" stop. Call front desk for courtesy cab 631-585-9500. AirTrain service is available from New York's JFK airport to the Long Island Railroad's Jamaica station. Take the LIRR from here to Ronkonkoma station.

See our website for more information about transportation: <http://www.nicawsc08.homestead.com/index.html> and for the after-conference activity.



-----  
COMPLETE AND MAIL TO MARTHA K. C/O NAWs 419 MAIN ST., PMB #370, HUNTINGTON BEACH, CA 92658

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY, STATE ZIP \_\_\_\_\_

PHONE \_\_\_\_\_ E-MAIL \_\_\_\_\_

\_\_\_\_\_ Yes, I am an ELECTED delegate representing the following group or Intergroup:\*

\_\_\_\_\_ I would like a roommate\*\* \_\_\_ Male \_\_\_ Female

\*Delegates must be registered with World Services *no later than April 2, 2008* NAWs Secretary, 419 Main St., PMB #370, Huntington Beach, CA 92658; e-mail [secretary@nicotine-anonymous.org](mailto:secretary@nicotine-anonymous.org). Include name, address, phone, e-mail and group representing. **PLEASE SEE REVERSE SIDE FOR MORE INFORMATION ABOUT THE DELEGATE PROCESS.**

\*\*Every effort will be made to help you find a roommate. However, you will be responsible for contacting each other and making arrangements for your stay at the hotel.

**Registration:(Cash or check only for registration, literature and merchandise at the conference.)**

\$25 Early Registration **OR** \$35 Late Registration (after 4/22/08); \$20 Two days only; \$10 One day only

Non-NicA spouses and partners no charge #of registrants: \_\_\_\_\_ TOTAL \$ \_\_\_\_\_

**Meals:**

Saturday Dinner buffet \$32.50 # of adults \_\_\_\_\_ Children's \$19.95 # of children \_\_\_\_\_

Sunday Brunch buffet \$26.00 # of adults \_\_\_\_\_ Children's \$16.25 # of children \_\_\_\_\_

TOTAL MEALS \$ \_\_\_\_\_

Optional Donation to World Services \$ \_\_\_\_\_ TOTAL ENCLOSED: \$ \_\_\_\_\_

*Make checks payable to Nicotine Anonymous Conference XXIII.*

Questions??? Please contact Conference Chair, Martha K. at [marthak316@yahoo.com](mailto:marthak316@yahoo.com) or 631-653-3483

### **Why do we elect delegates?**

The purpose of electing delegates is to ensure that the group conscience is served through equal and fair representation of our membership. Registered delegates receive packets of information concerning the voting items being presented, enabling them to review the materials in advance and to learn their home group's conscience prior to the conference.

### **How do I learn whether my Intergroup has already selected a slate of delegates?**

The following is a list of phone numbers and websites of registered Intergroups. If you live in one of the areas listed, please contact the Intergroup for further information about becoming a delegate. If you live in an area where there is no Intergroup, your group may elect you as a delegate.

#### **NORTH TEXAS INTERGROUP**

MEETING INFO: 214-327-1633  
Dallas, TX

#### **TIDEWATER INTERGROUP**

MEETING INFO: 757-538-2699  
Norfolk, VA

#### **NJ / PA INTERGROUP**

MEETING INFO: 201-947-3305  
NJ/PA

#### **SO CALIFORNIA INTERGROUP**

WEBSITE: [www.scina.org](http://www.scina.org)  
Los Angeles, CA

#### **ARIZONA INTERGROUP**

MEETING INFO: 480-990-3860  
Chandler, AZ

#### **SAN DIEGO INTERGROUP**

MEETING INFO: 619-682-7092  
San Diego, CA

#### **ST. LOUIS INTERGROUP**

MEETINGS INFORMATION: 314-832-9279  
St. Louis, MO

#### **UK INTERGROUP**

WEBSITE: [www.nicotine-anonymous.co.uk](http://www.nicotine-anonymous.co.uk)

Meeting Info: **020 7976 0076**

#### **HOUSTON INTERGROUP**

MEETING INFO: 713-827-5989  
Houston, TX

#### **CHICAGOLAND INTERGROUP**

WEBSITE:  
[www.nicotine-anonymous-chicagoland.org](http://www.nicotine-anonymous-chicagoland.org)  
Chicago, IL

#### **NEW ORLEANS INTERGROUP**

MEETING INFO: 504-552-9271  
New Orleans, LA

#### **NYC METRO INTERGROUP**

MEETING INFO: 631-665-0527  
NYC Metro Area, NY

#### **AUSTIN INTERGROUP**

MEETING INFO: 512-467-2795  
Austin, TX

#### **GEORGIA INTERGROUP**

MEETINGS INFO: 404-244-8444  
WEBSITE: [www.ga-nica.org](http://www.ga-nica.org)  
Atlanta, GA

#### **NO CALIFORNIA INTERGROUP**

WEBSITE: [www.nica-norcal.org](http://www.nica-norcal.org)  
Berkeley, CA  
(415) 995-1938

#### **NORTHEAST OHIO INTERGROUP**

WEBSITE: [www.ohio-nica.org](http://www.ohio-nica.org)  
Email: [neonicotine@aol.com](mailto:neonicotine@aol.com)

**How many delegates can an Intergroup vote to elect?** Each Intergroup is entitled to send one delegate for every three meetings it represents and one additional delegate for any portion thereof.

**What if my group doesn't belong to an Intergroup?** Groups that are not affiliated with an Intergroup are also eligible to send a delegate using a similar system. If there are between one and three groups not affiliated with an Intergroup, those one, two or three meetings may elect one delegate collectively to represent them. If there are more than three, those groups again may collectively send one delegate for every three meetings and one additional delegate for any portion thereof.

**Delegates must register 30 day prior to the conference with Nicotine Anonymous World Services, Attention: Secretary using the address above, or via email at [Secretary@nicotine-anonymous.org](mailto:Secretary@nicotine-anonymous.org). The following information must be provided: Full name, mailing address, telephone number and the name of the group(s) or Intergroup that delegate is representing.**

***Can you answer any of these questions?***

What is your nicotine addiction like? What is working for you?

What are you grateful for today, either being free of nicotine or having found Nicotine Anonymous? Do you remember your first days free of nicotine? What helped you?

Have you felt fear of doing something new that reminds you of your active addiction?

How have you dealt with anger since being free of nicotine?

How do you work the Steps in your life?

How has a Step-study helped you?

Do you have a Nicotine-free anniversary or special occasion coming up?

Are you looking for some service to do for the Fellowship?

Do you want to contribute to your recovery and contribute to the recovery of others as well? Do you ever feel great after sharing at a meeting?

Do you like to write?

Do you NOT like to write? Can you record yourself sharing about your freedom from nicotine, and then transcribe it onto paper?

***If you answered "yes" to any of these questions, then***

***YOU HAVE A SHARE FOR OUR NEXT MEDITATION BOOK!***

You do not have to think you are a "writer." Basically, if you are a member of Nicotine Anonymous, then you have a tidbit to share! If I waited till the moment I thought I'd speak eloquently I'd never have opened my mouth at a meeting and I never would have eventually gotten free of this deadly addiction! Similarly, if, 365 times, some of us would have felt stuck in our fear that the meditation we wrote is not good enough, our fellowship would not have a whole book being published!

Send your short piece to

[dailymeditations@nicotine-anonymous.org](mailto:dailymeditations@nicotine-anonymous.org)

World Services

419 Main Street, PMB# 370

Huntington Beach, CA 92648

FAX (714) 536-4539



(Continued from page 5)

villa, located within a short driving distance from unique shopping stores, offers a beautiful mountain view.

I arrived just in time for dinner (he he) where I found Tammy (the online group, Voices Of Nicotine Recovery's early bird meeting chairperson) and everyone else wearing name tags on their backs. These were the names of "famous" people and each one of us had to figure out who we were during dinner. That was fun. I had the "honor" of being Bill W.

Following dinner we had our first meeting, based on the first step and part of our promises. A room lit only by tea-lights inside beautifully carved pumpkins gave us a warm and comfortable atmosphere by which to share what was in our hearts. With so many people who wanted/needed to share, the meeting lasted approximately two hours. No one was obligated to stay, but Tammy and I did. It held our interest the entire time.

After the meeting some went to another room to dance, some went to the pool, some to the hot tub. Not Tammy and me – we were tired (or so we thought). We went to our room where we talked about anything and everything until 3 AM. Hahaha! We had a ball – laughing sometimes, more serious at others. But it was just great.

Tammy had me up at 6AM, just three hours later. (Actually I snuck in another half-hour lol). We had a good & filling breakfast, then an outdoor meeting with a beautiful mountain view based on the second step on another part of our promises.

Following lunch I reluctantly left Tammy who, because she was on crutches (talk about determination to be in the Catskills), couldn't participate in the next suggested activity. Along with 38 other people, I went mountain climbing to Sunset Rock by way of Artist's Rock. It was exhilarating to share this experience

with so many like-minded people. For much of the hike I chatted with a guy who, at 10 that morning, had turned over his cigarettes to one of the other guys there. He's called me a few times already and as of yesterday (Monday), he's 10 days nicotine free!!!

When we arrived at our destination and enjoyed the absolutely breathtaking view, we all sat down and had a meeting – right up there on the top of Sunset Rock. It was INCREDIBLE!! !!!!! Being so in touch with, so close to, so much a part of the creation, feeling so much closer to the Creator.... WOW!!! There are no eloquent words I can use to describe how many/most of us felt up there. Those were moments that filled me with yet a greater reverence for the Oneness of Life.

After the meeting we took the path back down, where we paused at Artist's Rock to once again enjoy the magnificent view. We quickly descended afterwards so that we could get back to the villa in time for dinner.

There was free time following our meal, but dinner time was a lot of fun. There were three Italian singers – one playing guitar, who serenaded us while we all ate. Traditional Italian Songs sung in the original language. Some songs sung in English with heavy Italian accents. It was GREAT!!!

Following dinner we had a bonfire meeting based on yet another part of our promises. It was chilly outside and we had our coats & blankets. But still there was lots of warmth and lots of love and lots of smiles and lots of joy and lots of people who were all happy, joyous and free sharing segments of their lives, sharing their experience, strength & hope of living free of nicotine. The meeting was so powerful that it was almost midnight before Tammy and I decided it was time to head to our room.

Sunday after breakfast there was a fifth and final meeting of this

grand weekend. It was the Gratitude Meeting and I don't think I've cried so much all year as I did during this meeting. It was so heartfelt. People truly shared from deep within, without even a thought of reservation. It was truly an inspirational and emotionally nourishing meeting.

It took forever to say our goodbyes, talking about the next event when we'd again get together. I'm going to keep saving the money I'm not spending smoking nicotine so that I can be sure to be able to again participate in this beautiful Nicotine Anonymous retreat. But it's only (yes... "only" – especially if you start saving now) \$200.00 – and that includes hotel, meal, taxes & tips.

We had a glorious weekend..... ..... Hope to see YOU there next year!!!!!!! !

Thanks for letting me share.

Zulma

~~~

Greetings from Hospitals and Institutions Outreach Project . . .

As we ring out 2007, and begin anew in 2008, my first thought is to say a prayer for the nicotine addict who still suffers. Those in program, regardless of how much time we have free from nicotine, can still remember the feeling of utter despair when we were using. As people choose the New Year to try and quit for the first time, or the thousandth time,

NicA has the opportunity to be there for those who are grasping at *one more chance* to be free of this powerful addiction.

With the permission of a hospital or institution, we can begin

(Continued on page 10)

(Continued from page 9)

by offering meeting flyers,

along with the *Introducing Nicotine Anonymous* pamphlet to the Employee Wellness Coordinator of the facility. Some NicA groups offer meeting information on business cards, and leave them in medical/dental offices. The NicA Outreach booklet, found on the WSO website, offers several sample letters to hospitals, medical professionals, correctional facilities, schools, and other organizations which assist or facilitate programs which help those addicted to nicotine. The website also lists Internet and phone meetings for those unable to attend a group meeting, or those who do not have a meeting in their area.

As 2008 begins, let us reach out to those who want and can have what we have been given through this program.

In gratitude and service,

Patty G.

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### *Call for Speakers...*

Voices of Nicotine Recovery is an online, international meeting of Nicotine Anonymous. We have official NicA, real time, voice meetings daily. For many of our members, this is their only contact with NicA due to limited access to local meetings.

On Saturday nights at 9:00pm EST, we have our weekly Speaker Meeting. We are looking for NicA members (with a minimum of 3 months free from nicotine) who would be willing to come to our online Saturday night meetings to share their experience, strength and hope with us. Hearing from other members who are involved in local NicA meetings would help us grow as a group and most importantly, help us to better carry the message to the nicotine addict who still suffers.

For information on how to get to our meetings and to set up a speaker date, please contact Roz at [rhos-  
kie67501@cox.net](mailto:rhos-<br/>kie67501@cox.net). For more

information on the group, please visit our home page by following this link:- [http://  
health.groups.yahoo.com/group/  
voicesofnicotinerecovery/](http://health.groups.yahoo.com/group/voicesofnicotinerecovery/) We look forward to meeting you!

~~~

A power greater than I . . .

In looking back on this journey of nicotine recovery, I can see that there are powers in this world greater than me. Nicotine was clear evidence of that. No matter how many times I tried to quit, how many tricks I used, how many grams of nicotine replacements I ingested or how badly I wanted to stop using nicotine, I always failed. As far as nicotine was concerned, and before I discovered this program, I was just a loser, with no self discipline or control, with little motivation and no willpower. I saw so many people I knew just lay down the smokes and say I quit, and that was it. How on earth could they do this? They were strong I reckoned, and I was weak. So, as the years passed it became evident "NICOTINE IS A POWER GREATER THAN I", I was powerless over nicotine!

In my search for the next magic bullet, the next easy answer to quit using nicotine, I did some searching on the internet. I was looking for a Quit smoking retreat. Yea that was the next magic bullet. I could go there and let them isolate me for a couple of weeks, do some intensive therapy and abracadabra! 35 years of smoking would just be a distant memory. Finally I could again become a non smoker like I was a mere 35 years ago. Deep down, I believed this was my last hope, my last chance at being strong, my last chance at self control and my last hope for a healthier life. I did find a couple of retreats but they were far away and very expensive, but something else caught my eye. Nicotine Anonymous, hmm... sounded

interesting and, since I was at the end of my rope, ready to try anything or more realistically just give up, what harm would a few more mouse clicks do?

I went to the Nicotine Anonymous web site and tried to find a meeting near me. Well they had one in Chattanooga, about an hour and half away. That was way too far to drive, just to repeat my past failures. I thought "maybe there are online meetings" and, sure enough, I did another Google search and, Presto...Voices of Nicotine Recovery. I started going to meetings and listening to each individual share their Strength, Experience and Hope. The truth is, at first their individual stories sounded a little far flung and unrealistic, similar to stories others have told me in the past but, as I listened to one after the other a new view, a new feeling began to emerge. This was different. Even though the details were individual to the person, the stories were all very much the same, they were cohesive. Most told of their hopelessness before NicA; it was my story! It was me right then, at that very moment. It was different to all the other stories I had heard, my other converted smoker friends telling me how easy it was, how all you had to do is just WANT to. NO, this story was quite different. It wasn't easy but it was possible, they said. A person can't do this alone; they must reach out for help.

Being powerless over nicotine was discouraging enough, but to have to admit it and show my weakness by reaching out to these strangers for help seemed impossible. After a few days and a few meetings, I saw people reaching out and I saw the hands of the VONR membership grabbing hold. I saw the recovering addict tell of their pain when they reached out for the first time, and the comfort and relief they felt when they did. It took a few

(Continued on page 11)

days and a few meetings, but in the end I too reached out and I felt the power that is Nicotine Anonymous.

I had found NICOTINE ANONYMOUS, a POWER GREATER THAN MYSELF, and my nicotine addiction.

My most humble thanks to my group VONR and NicA.

Jadie

(167 days nicotine free)

11/14/2007

~~~

## UNHOOKED ON YOU .

. .

Deceptively you stayed by me whenever I thought I needed you.

You were there filling me with all you had to offer

but destroying me all the while.

You would give me a rushhhh-- precious moments of bliss...

such blissful moments. but always so temporary.

For years you were there whenever I reached for you, always making yourself available to me.

You penetrated me, took my breath away, left me weak for you -- leaving me wanting you, needing you.

Yes...you were always there day in and day out disguising yourself as my most intimate friend...

so refreshing, so satisfying.

I became addicted to you, dependent upon you. You became my worst

habit

and though many often warned me that you only wanted to hurt me

I never listened...

I couldn't

listen

for I loved

you

oh so

much.

But one day at last

I found the strength and finally let

you go

and you didn't even care

so I never want you back

my former friend my former love

my former cigarette.

Zulma

~~~

NICOTINE ANONYMOUS WORLD SERVICE ORGANIZATION

SUMMARY OF OFFICERS' MEETING OCTOBER 20, 2007, East Northport, NY

Ardith A, Secretary, Charlotte, NC
With Ladd J. acting as host, the officers met for their quarterly meeting, lacking Mark S, Treasurer Elect and Ed T, our Officer at Large.

The Treasurer, Willy S an-

nounced a checking account balance of \$9,614 and Dan P put closure to several pending matters and the service position, tentatively named "Virtual Meetings Coordinator" was changed to "Online Meetings Coordinator." It was decided to have a Workshop at the Conference in April on this newly created position and all the ramifications of working with the telephone and online meeting groups.

Most of the Committee Chairpersons and Coordinators had sent in their quarterly reports. Ramona R, especially, is to be commended for her widespread coverage of topics in her Media Mania area. The Literature Coordinator, Checko M, has also reported on extensive work he has done on many of our pamphlets and changes to the Seventh Step Chapter. The **Year of Miracles**, our 366 meditations book, is with Catherine C for formatting and it is hoped we will have it published in time to sell at the Conference.

Changes to the POLICIES AND PROCEDURES were presented by Secretary-Elect Mary P. The duties of the Credentials Committee were expanded, and two new areas were introduced and accepted by the Board. They are "Orientation of Chairpersons" and "Laptop Backup Procedures." Also, some clarification changes were made in the **Seven Minutes** duties. Dan P proposed the duties of the Online Coordinator and they were accepted by the Board.

Martha K gave an in-person report to the Board on the progress of the 2008 Conference to be held on Long Island. Julie C had emailed information about the relative cost of hotels for the 2009 Conference, in Akron, Ohio, which the Board discussed.

Upcoming topics at the next Officers' Meeting, to be held in Orange County, CA in January 2008 include a change concerning gender of the Higher Power in the Seventh Step Chapter, discussion about the "New Business" Committee at the Conference, and "From AA to NicA" pamphlet.

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## *Step One . . .*

I am completely powerless over cigarettes and all forms of nicotine. It makes my life unmanageable. I am completely addicted to cigarettes and I've been running away, or trying to, from the reality of what smoking cigarettes has been doing to me.

The effects include 7 minutes off my life every time I light up; lung damage; poor circulation; short breath. That sick feeling every time I smoke. Yellow and brown teeth, wheezing, coughing, feeling sick are among the results of smoking.

I remember some women coming to the school one day. They had 3 large plastic cubes with what looked like lungs in them. They put light bulbs behind them, which moved back and forth so that when you looked at the cube from the front it looked like a lung breathing. One cube had a healthy non-smoker's lung in it. The second had a regular smoker's lung in it; it was brown. The third had a lung with emphysema; it was mostly purple and red and looked very sick and diseased – and very scary!

I've smoked now for 15 years. For 13 years I smoked a pack a day. When I gave up promiscuous sex, I went up to 3 packs a day. I am a sex addict too.

I've really cut back on groceries now because I want to have enough money to smoke. I feel that if I keep reading *Seven Minutes* and do whatever else I can to recover from smoking, I will achieve that goal, one day at a time!

Thank you  
Sam C, Omaha NE

~~~

I had given up trying to give up!

Eight years this coming December 26th, I quit smoking.

I'd had numerous attempts to quit over many years and in many ways.

Here are just a few of the ways I'd tried; acupuncture, reading Allen Carr's book on quitting many times from cover to cover, hypnosis, nicotine replacement gum, nicotine patches and many more. I'd had high hopes each time I tried something new. But no matter what I tried, nothing worked. Finally I gave up trying to give up. I said to myself, "I will give up cigarettes when my life is a little less stressful". I began to realise it was never going to happen!!

Several years later I realised that life is stressful on and off for most folk. I found I couldn't use this as an excuse any more, after all, non-smokers cope with stress every day. I realised I had to try again. At this time I was on a 12 step programme for another addiction. I thought, "If it can work for other addictions, why not try to give up smoking with the same 12 step programme?" Why it never occurred to be before, I do not know.

Oddly enough, it was at a particularly stressful time for me (my son was ill in hospital and I had other problems to deal with), when I made the decision, a day at a time, not to smoke. With the help of my HP, I prayed each morning for strength not to pick up a cigarette. I knew that unless I told myself, "It's only for today", I would fail. It would have been too hard for me to envisage never having a cigarette ever again. I kept on saying to myself, "it's just for today that I am going without. When tomorrow comes, I will deal with it then".

As it says in the Nicotine Anonymous Promises, "We have been participating in a grand

hoax". Cigarettes do not help us cope with stress, pain, emotional issues. I manage very well without them now, through all kinds of trials and tribulations.

And now I am in my 7th year of sobriety. At times I can hardly believe I've done it, or should I say "Thanks HP, we've done it together". There had been so many times I'd quit and, within a few weeks, picked up again. So in the end I gave up trying to give up. This time it's different.

Most of my friends and family couldn't believe I had quit. They knew how many times I'd tried and failed before. And how despondent I had become over my failures. Now I love saying, "I don't smoke!"

About 18 months ago, a friend contacted me asking if I knew of a self help group she could join. Of course, we both knew about the NHS help groups, but she didn't want to go down that route. She said she was desperate to quit and would travel any distance to join one. I said that I didn't know of any but would try to find out if there were any fairly locally.

I searched the internet and was amazed when Nicotine Anonymous came up. Wow! I couldn't quite believe what I was seeing, it was such good news. I read all the information and saw the 12 step programme, just the same as I had been practicing for years! Then I went into their 'Where to Find' to search for the nearest group for my friend; the nearest one was in London. I also saw there were very few Nicotine Anonymous groups in the U K, unlike the rest of the world. I know she said she would travel any distance, but this would be ridiculous, as she lived in the Midlands.

A short while later I decided to start a Nicotine Anonymous group here where I live in Evesham, Worcestershire. My friend attends

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(Continued from page 12)

every week; she is also our Literature secretary. We have met some wonderful, inspirational people. Although it's only a small group, we hope it will eventually grow and that other Nicotine Anonymous groups will open in other parts of the UK.

Teresa (Evesham , Worcester-shire, UK)

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## *Service Position Opening...*

NicA WSO has a service position open for a "Storefront Outreach" person. This position is described as follows:-

"Storefront Outreach targets select areas of a city or town, in which awareness of Nicotine Anonymous is raised via the continual distribution of pamphlets, flyers, and business cards, usually with the participation of local businesses and organizations."

Interested parties please contact:-

E-mail: [info@nicotine-anonymous.org](mailto:info@nicotine-anonymous.org)  
Write: Nicotine Anonymous World Services  
419 Main Street, PMB#370  
Huntington Beach, CA 92648

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Recovery Calendar . . .

Greetings to all my fellow NicA members,

I am developing a NicA Recovery Anniversary Calendar to be at least a gift/prizes at our World Services Conference May 08 (this one in NY). An anniversary date is the day one ceased to use any form of nicotine... from Tradition One: Since 1988, we define abstinence as "a state that begins when all use of nicotine ceases."

I'd like to include all members/groups who would like to be part of the calendar.

Please send your information to: literaturecoordinator@nicotine-anonymous.org
For example mine is: "Checko M. '89" and it is placed in the Sept 7th square.

This may become an item that will be more available to other members, a topic which may be discussed at the next Conference.

When I showed a draft of the calendar to my home group, a newcomer could see we are many (170 names so far). Our group also met on the night that a "Dick W" was somewhere celebrating and we "congratulated" him and had a way to connect with an unknown member in spirit - which was special too.

In celebration of our gratitude, one day at a time,

Checko M.

NAWS Literature Coordinator

~~~

## *I am so near relapse ...*

Dear Higher Power, I am so near relapse.

I don't want just one; I want to collapse,  
Collapse into a carton and just have my fill.

Say heck with it even if I get very ill.

I don't know what is wrong with me. I've been so very strong. But the last few days have been full of cravings so long.

I so fear relapse I don't know what to do

Except to throw myself on Your mercy and trust in You.

I truly believe You don't want me to smoke.

Please help me not turn my life into some cruel joke.

In this moment I can feel Your power so strong.

Please extend it to me but also to all others who might go wrong. Please help me to reach out to You upon the morn'  
When the cravings are so difficult and I feel so torn.

Please help all others who are struggling just like me.

Sinners though we are we deserve to be free.

I give you my gratitude for smoke-free hours.

Each minute without a cigarette is Yours and mine-ours.

I'd much rather spend the time with You than killing myself.

That I may be free of selfishness and give others my help.

Oh thank you Higher Power, I feel much better.

In the morning when I'm craving I promise I'll write you a letter.

Jan

## *Reply to Jan . . .*

Lift the veil of combat  
there is no battle

There is no nicodemon  
With pitchfork lighter  
and menthol filtered tail.  
there IS this addiction

This pull, this cloak of smoke  
keeping me from health  
keeping me from feeling  
keeping me from myself.  
Blurring the realm of sanity in my head

Making the smart, stupid  
Making the wise, inept.

Trying to control my fate.  
And I say no.

No... I am stronger than this.

I have my god to lean on,  
I have my friends to lean on,  
I have twelve steps to rest upon  
...each taking me further from you.

Did you hear me?

I said NO

Susann

# NAWSO

## Profit & Loss Prev Year Comparison

### January through September, 2007

|                                 | <u>Jan - Sep, 07</u> | <u>Jan - Sep, 06</u> |
|---------------------------------|----------------------|----------------------|
| <b>Ordinary Income/Expense</b>  |                      |                      |
| <b>Income</b>                   |                      |                      |
| 4000 · Dona-<br>tions           | 5,800                | 4,450                |
| 4100 · Literature Sales         | 28,492               | 31,373               |
| 4290 · Shipping & Handling      | 4,184                | 4,568                |
| 4299 · Conference Profit (Loss) | 2,011                | 1,541                |
| Total Income                    | 40,487               | 41,931               |
| <b>Cost of Goods Sold</b>       |                      |                      |
| 5000 · COGS                     | 16,314               | 17,599               |
| Total COGS                      | 16,314               | 17,599               |
| <b>Gross Profit</b>             | 24,173               | 24,333               |
| Gross Profit % to<br>Income     | 60%                  | 58%                  |
| <b>Expense</b>                  |                      |                      |
| 6000 · Office Expenses          | 27,910               | 17,371               |
| 6600 · WSO Expenses             | 6,758                | 8,524                |
| Total Expense                   | 34,668               | 25,895               |
| <b>Net Ordinary Income</b>      | -10,494              | -1,562               |
| <b>Other Income/Expense</b>     |                      |                      |
| Other Income                    |                      |                      |
| 8000 · Interest Income          | 69                   | 408                  |
| Total Other In-<br>come         | 69                   | 408                  |
| Other Expense                   |                      |                      |
| 8030 · Interest Expense         | 425                  | 0                    |
| Total Other Ex-<br>pense        | 425                  | 0                    |
| Net Other In-<br>come           | -356                 | 408                  |
| <b>Net Income</b>               | <b>-10,850</b>       | <b>-1,154</b>        |

## ***Give Back!***

You Can't Keep it Unless You Give It Away

Nicotine Anonymous World Services is seeking servants for a variety of positions within the fellowship. Please see the contact information below if you would like to learn more about these service opportunities. Please share this flyer with your group. Remember, you have to give it away to keep it.

E-Mail Volunteers-Share your experience, strength and hope with people around the world who email us. Help them find meetings and answer questions about NicA.

Provide about thirty minutes a week from your home or office computer.  
Telephone Servants-Respond to telephone calls from people taking their first step on the journey. One day of service per week from the comfort of your own home.  
Email/Penpal Coordinator-Responsible for receiving email requests for pen pals; adding names to the email pen pal list; and sending out the list.

For further information about any of these service positions, please

contact: E-mail~: [info@nicotine-anonymous.org](mailto:info@nicotine-anonymous.org)

Write: Nicotine Anonymous World Services

419 Main Street, PMB#370

Huntington Beach, CA 92648

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## ***Looking to do Twelfth-Step work? Help wanted***

### ***In NicA cyberspace office!***

#### ***E-mail Volunteers***

Duties: Share your experience, strength and hope with people around the world who email us. Help them find meetings and answer questions about Nicotine Anonymous. Provide about thirty minutes a week from your home or office computer.

Qualifications:

1. Nicotine free for at least ninety days. That means free from nicotine in all its forms including smoking, patches, gum, inhalers, chewing, etc.
2. Member of Nicotine Anonymous - meaning you attend meetings and belong to a person-to-person group or are a member of our on-line chat group or communicate via mail or email with other members if meetings are not available where you live.
3. Have an email address and are willing to accept and transmit messages to people around the world who will be writing to us.
4. Some computer literacy - Familiar with using email and know how to access web pages for information. (If you haven't seen our Web Pages yet, take a look!)  
[www.nicotine-anonymous.org](http://www.nicotine-anonymous.org)
5. Willing to give back - what can I say?

That's about it. Join other volunteers who are doing this rewarding Twelfth Step work. Training provided (it's rather simple.)

For more info contact Alan, Email Coordinator, NicA World Services at:  
[info@nicotine-anonymous.org](mailto:info@nicotine-anonymous.org)

## **2009 NAWS World Conference – Akron, Ohio**

### **2009 World Conference to be Held in Akron, Ohio!**

At the June 30, 2007 Ohio Intergroup meeting in Millersport, Ohio, the intergroup voted unanimously to host the 2009 World Conference in Akron, Ohio. The intergroup initially proposed the scenic Ohio River city of Cincinnati, but attendees of the 2007 Novato Conference indicated a clear preference for Akron, where the Twelve Step program was born as Alcoholics Anonymous. The Intergroup will plan the Conference's Sunday afternoon event around historic Twelve Step sites in Akron such as AA co-founder Dr. Bob's Home.

The Conference Chair is Jules C. of Kent, Ohio, who can be reached at [Jastaine@neo.rr.com](mailto:Jastaine@neo.rr.com) or (330)678-3753. The Publicity Chair is 2007 Novato attendee MJ M of Akron, Ohio, who can be reached at [mjmaling@aol.com](mailto:mjmaling@aol.com) or (330) 645-9173. MJ is creating a 2009 Akron Conference E-mail List for those who would like to receive news and information about Akron and the Conference. If you would like to receive the e-mails, please send your e-mail address to her contact information above. And please don't hesitate to contact Jules or MJ with your thoughts and ideas!



National Register plaque on the home of Dr. Bob, Akron, Ohio.



**Birthplace of Miracles:**  
**Nicotine Anonymous World Service Conference XXIV**  
**Akron, Ohio, April 24-26, 2009**  
**Welcome Home.**

The NicA 2009 World Conference Committee is pleased to announce that it has selected two winning themes for the Akron Conference from among the 19 contest entries submitted in the last three months. Contestants were asked to suggest theme ideas that reflect the unique status of Akron , Ohio as the place where the Twelve Steps were first developed by Dr. Bob and Bill W., founders of Alcoholics Anonymous.

“There were so many good ideas from around the country that it was a difficult choice,” said Julie C., Conference Committee Chair, “in the end we had a tie and had to select both phrases for their powerful messages.”

“**Birthplace of Miracles**” was submitted by **Elizabeth B.** of Kent , Ohio , a founding member of the 20-year-old Stow , Ohio NicA group, initiator of the NicA Ohio Intergroup, and member of the 2009 Conference Committee. “**Welcome Home**” was submitted by two people, so the suggestion was credited to the first to submit, **Ruthie B.** from Millersport , OH . Ruthie started the Millersport group, is a member of the Ohio Intergroup, and serves the 2009 Conference Committee as Literature Chair. Both women will receive free registrations to the 2009 Conference as their prize.

“We want to thank the many people from across the country who took the time to submit theme ideas,” said 2009 Conference Publicity Chair MJ M., of Akron , Ohio . “This contest revealed that there is a lot of emotion and excitement about coming to Akron in 2009, and that visiting Akron is a very meaningful matter of the heart for many NicA members.”

An e-mail list has been established for those who would like to receive 2009 Akron Conference information as well as interesting bonus material about the history of the Twelve Steps and about Akron . To be put on this list, send your request by e-mail to [mjmaling@aol.com](mailto:mjmaling@aol.com). *Won't you please mention this to your group in case they don't know about it?*

**SAVE THE DATE!** The 2009 Nicotine Anonymous World Services (NAWS) World Conference in Akron will be held **April 24-26, 2009**. For more information, contact Julie C. at (330) 678-3753 or [jastaine@neo.rr.com](mailto:jastaine@neo.rr.com), or MJ M. at (330) 645-9173 or [mjmaling@aol.com](mailto:mjmaling@aol.com). You can also talk to many Akron 2009 Committee Members at the upcoming May 2-4, 2008 NAWS Conference in Ronkonkoma , New York .

The information above has been submitted for the December 15, 2007 Issue of *Seven Minutes*, the quarterly newsletter of Nicotine Anonymous. Because you are on the 2009 Akron Conference E-mail List, **you are receiving this information early!** If you don't subscribe to *Seven Minutes*, you should! It contains NicA news and business information, event information from across the country, volunteer opportunities, and inspirational articles, stories, poems, artwork and the like from NicA members. You can order your subscription and check out the latest news at the national web site, [www.nicotine-anonymous.org](http://www.nicotine-anonymous.org).

***Hope to see you in Ronkonkoma!***

# ***NICA AROUND THE WORLD***

## **UK Meetings**

Write to:  
Nicotine Anonymous  
PO Box 1516  
LONDON  
SW1H 9WT  
Tel: 020 7976 0076 (please leave a message)  
Web: [www.nicotine-anonymous.co.uk](http://www.nicotine-anonymous.co.uk)

United Kingdom meetings...  
This message was posted on the online message board about meetings in the United Kingdom. To check out the NicA UK homepage go to this link.

<http://www.nicotine-anonymous.co.uk/>

If you want to start a meeting in UK, call 020 7976 0076 for a starter pack.  
Service is the Key...

Only you can tell your story.

What was your life like as an active addict? What happened to get you in the door? What were your breakthroughs?

Personal stories, articles, poems, art, jokes or adds pertaining to nicotine, nicotine recovery and Nicotine Anonymous can be sent to

SevenMinutesEditor@nicotine-anonymous.org or by snail mail to

Seven Minutes c/o NAWSO  
419 Main St., PMB #370  
Huntington Beach, CA 92648

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## **NICOTINE ANONYMOUS**

### **Nicotine Anonymous Offers Help to All Nicotine Addicts; Support Available to Those Who Wish to Stop Smoking 365 Days a Year**

Nicotine Anonymous is a non-profit, 12-step fellowship of men and women helping each other to live nicotine-free lives. Nicotine Anonymous welcomes all those seeking freedom from nicotine addiction, including those using cessation programs and nicotine withdrawal aids. The primary purpose of Nicotine Anonymous is to help all those who would like to cease using tobacco and nicotine products. The fellowship offers group support and recovery using the 12-Steps adapted from Alcoholics Anonymous.

For the millions of Americans who will try to quit smoking this year, Nicotine Anonymous offers ongoing support to all those who desire it for an unlimited time. Their sole focus is helping the still suffering nicotine addict 365 days a year. There are no dues or fees for Nicotine Anonymous membership as the organization is self-supporting through member contributions. The only requirement for membership is a desire to stop using nicotine.

Founded in 1983, Nicotine Anonymous has over 600 meetings throughout the United States and 35 other countries. A full list of meetings and other information is available on the Internet at <http://www.nicotine-anonymous.org>. Or write: Nicotine Anonymous, 419 Main St., PMB #370, Huntington Beach, CA 92648. Or email: [info@nicotine-anonymous.org](mailto:info@nicotine-anonymous.org)

Their toll free phone number is 877-879-6422. Books, pamphlets and other literature can be ordered at a nominal cost.

# BIRTHDAY CONGRATULATIONS!

HAROLD "DOC" E,                   04-15-1978  
KIM F,                               09-11-2004  
GARY M,                           11-21-1998

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## *Birthday Announcements*

N A M E \_\_\_\_\_

The above-named member of Nicotine Anonymous stopped using nicotine  
on \_\_\_\_\_ and has \_\_\_\_\_ years of freedom!

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

OR  
              Email to: sevenminuteseditor@nicotine-anonymous.org

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### **SEVEN MINUTES** Newsletter Order Form CHECK OUT OUR NEW LOW MULTI-YEAR RATES!!!

*Seven Minutes* is a quarterly publication of NAWSO news, articles and letters; it is - "a meeting on a page." Your subscription will help Seven Minutes continue as the official conduit of this fellowship of recovering nicotine addicts. You may pay by check, money order

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419 Main Street, PMB#370, Huntington Beach, CA 92648

Credit Card (Check One)\_\_\_ MasterCard \_\_\_ Visa\_\_ American Express\_\_\_ Discover Card

Name on card \_\_\_\_\_ Signature \_\_\_\_\_

Card# \_\_\_\_\_ Exp Date \_\_\_\_\_

Billing address \_\_\_\_\_

Try visiting our website at: [www.Nicotine-Anonymous.org](http://www.Nicotine-Anonymous.org) You can contact us by email at:  
[info@nicotine-anonymous.org](mailto:info@nicotine-anonymous.org).

*Seven Minutes*  
**NAWSO**  
419 Main St., PMB#370  
Huntington Beach, Ca 92648

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**Publication Dates and  
Deadlines for Submissions  
for 2007**

| Publication Date    | Deadline Date for submissions |
|---------------------|-------------------------------|
| <b>March 15</b>     | <b>February 1</b>             |
| <b>June 15</b>      | <b>May 1</b>                  |
| <b>September 15</b> | <b>August 1</b>               |
| <b>December 15</b>  | <b>November 1</b>             |

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**My Address Has Changed!**

*Don't miss an issue!!! Complete this form and mail it to NAWSO, 419 Main St, PMB#370, Huntington Beach, CA 92648 USA. Thank you!*

*My new address and phone is:*

NAME \_\_\_\_\_ PHONE (WITH AREA CODE) \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ ST ATE \_\_\_\_\_ ZIP \_\_\_\_\_

*My old address and phone was:*

\_\_\_\_\_ PHONE (WITH AREA CODE) \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ ST ATE \_\_\_\_\_ ZIP \_\_\_\_\_