

The Nicotine Anonymous Quarterly

SEVEN



Minutes

A Forum for Nicotine Users Who Don't Use

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Interested in contributing to Seven Minutes?

Send letters, articles, stories, poems, artwork, or other material to:

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c/o NAWSO
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#147-817
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SevenMinutesEditor@nicotine-anonymous.org

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ARTICLES & FEATURES:

"28 Days Smoke-Free"
BY Alison R.....Pg. 3
From Roz, Your Roving Reporter
by Roz H.....Pg. 3
"A Morning Gratitude"
by Alfred A.....Pg. 3
Online Post—August 2011.....Pg. 4
"VONR Celebrates 7 Years"
By Al.....Pg. 4
"This Is No Friend".....Pg. 5
"Don't Let Relapse Get You Down"
By Allana.....Pg. 5
"One Year Smober"
By Tracyintucson.....Pg. 5
Seven Minutes MeditationPg. 5
"From an Old-Timer to a Newcomer".....Pg. 5
"A Sweet Journey"
by Alan G.Pg. 6
"Quote Corner.....Pg. 6

Chairperson's Report...

Happy Holidays!

The Board met on October 22nd in San Leandro, hosted by the gracious Ed T. of the Northern California fellowship (and three-time board member). In a miracle of modern technology, two members who were unable to join us in person were able to do so by video conference. It was really wonderful to be able to have them as full participants, up on a projector screen, while we went about our business.

The Board's focus was to review and clarify decisions made at earlier meetings and the annual conference, and to get the ball rolling on a few things, such as the fellowship-wide survey on gender neutrality and online anonymity. The survey is now available online and will be included in hard form in our next mass mailing. You can find it at <http://nicotine-anonymous.org/survey.html>. Please ask members of your local fellowship to take the survey. We want to hear from as many people as possible!

Some personal notes about gratitude, since 'tis the season. It's been said that service is "gratitude in action." I feel like somewhere along the way I had forgotten what this really means. It's easy to get wrapped up in the minutiae of World Services (and there is plenty to go around) and miss the forest for the trees. I must confess that I went several months this year (and even more last year) without having once visited my home group. My recovery suffered, and a lot of the work

you'd elected me to do became a chore. I was particularly worried that I would never be ready for the October meeting.

In a moment of desperation, I went back to my home group and shared my misgivings with the kind gentleman who brought me into this program almost 5 years ago. He reminded me that the most useful service I had done that day was to share my experience with a newcomer: an experience I'd sorely missed during those many months when my head was up in the clouds. How right he was.

I'm grateful that I was able to take that lesson and put it into practice right away. I've been a regular attendee at my home group since then, and the board meeting which I'd somewhat dreaded turned out to be a very productive and loving reunion of sorts. It's amazing how quickly my attitude turned around when I got back to basics: that I am grateful to be nicotine-free, and that it is a privilege to share this with another member.

Thank you for allowing me to be of service, and I look forward to seeing you all at the April conference!

Yours in Service,
Mike B.
NAWS Chair



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.
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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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28 Days Smoke-Free...

This really has been such an up and down ride. Everyone before me said to expect this, but I really didn't expect it to be what it has been. I noticed today that I started on July 20th and it was so hard for me to get back to back days. It still is that way some days. Other days I seem to get through the day with some joy! Who would have thought that?! I have not written on the online Boards since the very beginning but I have the need now. I had a smoking dream the night before last and this morning I woke up really early, thinking about smoking. Those thoughts frighten me today because I do not want to go back to where I once was. I want to continue where I am heading.

This process has been just that...a process. I have cried, had unbelievable anger, frustration, fear, compassion, joy, love, passion, determination, empathy, depression, sadness and emotions I do not yet have a name for. The gift of it all is that I have not smoked during any of it because all you have told me I don't have to...that I could make it, and that whatever I was feeling would pass. Whether it was misery or joy, it did pass and I made it through another day.

This program is a daily program and living in the day or the moment is the only way I have been able to do it.

I have so far to go but am grateful for the baby steps I've taken. I am thankful for overcoming each and every milestone and hurdle. As a baby in this program, I remain humble and teachable. I am on Step 2, trying my hardest to understand my own concept of an HP. I get glimpses and pray to believe. I do believe that you believe.

I have a sponsor and I go to at least one meeting a day online. I have struggles dealing with daily chronic pain and the serious financial problems that result. Three years ago my doctors said I am disabled for the rest of my life. So I have challenges - we all do in life. I

know this for sure though...smoking will not make anything better. It will not relieve the stress. That is a lie I have fallen into many times. Smoking *contributes* to stress.

All I can do is live this program as it is being taught to me...a day at a time. I have been given the gift of finding this group and this program. I need to cherish it, nourish it and not let anything distract me from my goals.

I am forever grateful to everyone who has come before me AND after me. Being able to help someone who is brand new helps me get out of myself - that truly is a gift. The brand new people help me keep what I have attained. Thank you....ALL of you.

Alison R.

Voices of Nicotine Recovery (VONR)

From Roz, Your Roving Reporter...

Nicotine Anonymous is a "we program." We listen to each other, provide support, and offer our own experience. In the exchange below, Roz lends that all-important support to Stephy A...

Stephy: This morning I woke up with 42 days off nicotine. I am so grateful! Some people tell me not to count. I don't believe that. I have had my fiancé tell me I am bragging - I am not doing that either. You see, he was supposed to stop with me, but was not ready. I am just grateful and in awe for what my Higher Power has done for me.

Roz: 42 days is awesome, Stephanie! When I first quit, I counted every bling blang day and wanted to shout it out...never thought it would happen. I spent a lot of time shaking my head in wonder that I hadn't had to smoke for that long. Just wasn't the way it usually went. But that was before NicA...with the Program I found it was really happening. I had tried to quit for 16 years, through a light case of COPD to a very serious one. I was scared out of my

wits. I could picture myself sitting in a wheelchair, hooked up to oxygen and still having a cig hanging from my fingers. I think I might be the poster child for insanity!

You really got me fired up thinking about how grateful I am today not to "have" to be smoking. I love the sound of your gratitude - and even hear some compassion towards your boyfriend...I think that's remarkable. Keep up the good work. Quitting smoking might be the best gift anyone can give themselves....And one thing I've learned from hearing it so often is...we're all worth it!



A Morning Gratitude...

I was enjoying my morning coffee with my beautiful wife this morning. She asked me why I was smiling so much. I was smiling with gratitude for being able to share my coffee with her. When I was still smoking, I would confine myself in the garage. This is where I spent most of my time. The power of nicotine dictated my confinement away from my family.

Smoking for 47 years had robbed me of many things. I am so grateful my doctor prescribed a stop smoking clinic, and that I was later led to Nicotine Anonymous. I was able to witness others' testimony on their freedom from smoking cigarettes. Then on February 20, 2011 I joined the ranks of nonsmokers and am reaping the benefits in many ways.

Yes, we are very grateful to be part of Nicotine Anonymous where we share our strengths and hopes openly with our fellows.

Alfred A.
VONR

Online Post—August 2011

My name is Chris and I'm addicted to nicotine.

I've been free from nicotine for 13 days now and am loving it! I'm starting to have entire days where I don't even think about nicotine, which is an amazing miracle of this program!

In the times when I have thought about it, I remind myself that I'm a different person now. I don't use nicotine anymore! This became possible after I reached the point of being fully willing to turn my will over to my Higher Power, and willing to have HP remove my character defects.

I once dreamed of the day when I would be free from nicotine and not even miss it in my life. I'm living that life now and love it!

I recognize that when I relapsed last year, it was because I allowed myself to get Hungry, Angry, Lonely and Tired (HALT). Now I'm aware of this trap, and when I see it coming on, I will eat and go to sleep, rather than keep pushing to work all night long. No work is as important as my sobriety. I will guard it as one of the most valuable gifts I have ever received!

Chris

Voices of Nicotine Recovery Celebrates 7 Years...

A message from an online member, as VONR rounds its seven year mark.

VONR and Me...

I can visualize confetti showering our computer monitors this morning as we celebrate seven years of Voices of Nicotine Recovery. I have only been a member since February, but would like to share about my relationship with VONR members.

The first thing I do in the morning is open up my computer to the VONR messages in my Yahoo mailbox. I love reading messages of strengths and hopes, and I look for members who need prayers as well.

I have come to consider my membership not as a distant relationship. Voices of Nicotine Recovery is my family. I love everyone and am very grateful to those who have massaged my heart. I pray I have massaged others' hearts as well.

I am indebted to the members who created VONR and who labored all seven years with a message of hope and a beacon of enlightenment. You have illuminated the 12 Steps of recovery and made them available to nicotine addicts around the world. You are truly geniuses and miracle workers for saving untold numbers from the grips of nicotine addiction.

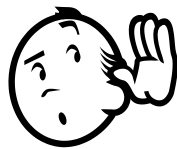
I personally thank you from the bottom of my heart. I smoked for 47 years. Today I celebrate 236 days without smoking one single cigarette. If I can stop smoking, anyone can.

AI
Voices of Nicotine Recovery



Heard it at a meeting...

"I'm stark raving smober!"



New Literature Project!

A book titled "The Best of *Seven Minutes*" is being compiled, featuring the best articles from all the issues — yet another source of experience, strength and hope for nicotine addicts!

We have issues from 1994 to 2011, but are missing the earliest ones which began in 1988. **If you have any of the earlier *Seven Minutes* issues, please share!**

Send a copy via email to sharoncz@ptd.net. If you prefer snail mail, email Sharon to obtain her address. If you have several issues, please put them on a disk to be mailed.

Note: Several NicA groups are reading the issues to put the chosen articles into categories for the book. If your group would like to help, it would be appreciated! Email Sharon to obtain the format being used to tally the results. (The articles can also be used as discussion topics for your meetings!)

Your assistance with this project is appreciated!

This Is No Friend...

You have a friend you met in your youth. He made you feel more mature and seemed to help you fit in with your peers. When you were stressed, you could always turn to him for some relief. Indeed, you have come to depend on him in many situations.

But in time you discovered his dark side. He demands to be with you all the time, even if this makes you unwelcome in some places. And while he may have made you feel more mature, he did so at the cost of your health. To top it off, he has stolen a part of your wages.

In recent times, you have tried to break off the relationship, but he has not let you. In a way, he has become your master. You regret ever having met him...

Author unknown

Don't Let Relapse Get You Down...

I have relapsed in the past, but kept coming back. Now I am in my third significant and amazing quit. I am certain this program works — a relapse does not disprove that! It is a powerful addiction; one that has felt like my best friend. There was grieving, a sense of tremendous loss and fear of what on earth will replace it!

The meetings, my HP, everyone in Program and the hope I have for a nicotine-free life have provided the courage and friendship I need — and then some...

It has taken me some time but I kept coming back. It really is true — don't leave 5 minutes before your miracle!

*Allana
VONR*

One Year Smober!

While I was out and about today my quit meter turned over: 1 year, 4 hours, 40 minutes and 36 seconds. 7,303 cigarettes not smoked, saving \$3,286.75. Life saved: 3 weeks, 4 days, 8 hours, 35 minutes.

WOW....over 7,300 death sticks not smoked...that is a miracle. Today is honestly kind of surreal...I never thought it would come. I just want to THANK PROGRAM for saving my life and making me a better person. I came into Nicotine Anonymous a broken person....seriously. Thank you for letting me cry and scream while I found my way to keep a quit. I hung on to the belief that if I kept coming back, something would click and I would be able to get it.

Through relapse after relapse after relapse I was welcomed back and loved when I couldn't love myself. I hated it, but this is my journey and it is what it is. I had to accept that. I was very hard on myself. All the self-abuse did was feed my addiction. That is how my nicodemon works.

It took me a very long time to learn how to deal with emotions and not use; to not cover up what I was feeling. I was frustrated that I kept smoking, and didn't think I would be able to stop again. I had to find the patience to wait it out, keep trying and not give up. The only way I could fail is to stop trying.

I just accepted that it takes what it takes, and it doesn't matter how long it takes. Smoking never fixes anything. Little by little, relapse by relapse, I got better. It was true....I stuck around and one day something clicked and I was able to stay quit. I am grateful that I no longer have to feed my demon every twenty minutes. I am finally free to become the person my Higher Power wants me to be.

*Tracyintucson
VONR*

Seven Minutes Meditation

*Today I thank God for
the fellowship of
Nicotine Anonymous,
all those members
who loved and
accepted me
through my struggle
to Recovery.*

- from 90 Days, 90 Ways



From an Old-Timer to a Newcomer...

You are not alone in being impulsive, nor are you alone in trying to figure out where the impulsiveness comes from. When it came to my active addiction, I had the self-discipline of a leprechaun. I used to buy 36 cartons of cigarettes at a time - I was not about to run out!

I found my impulsiveness with nicotine came from the addiction itself. When I didn't use it, the impulsiveness went away. By not picking up that first hit of nicotine, the impulsiveness withered. And now my life is a great adventure instead of the dismal self-destruction of ingesting poison every day.

When I first came to Program, I was told "don't use anything, go to meetings." Still works for me.

Anonymous

A Sweet Journey...

My name is Alan and I'm a nicotine addict. My quit date is July 29, 1994. I had my first cigarette at about age 23 to relieve anxiety while studying for my medical school final exams. This was about a year after I watched my father die from lung cancer. I have a horrendous family history of death and disease and suicide from smoking, and my first cigarette was like a hypodermic needle to a junkie. God created me with an inordinate tolerance and an unending thirst for my drug of choice, nicotine. I very quickly adapted to a 2 ½ pack a day burden. I worked in the medical field and always felt isolated and shamed before my peers and within myself. I had picked up the butts about 3 years after the Surgeon General's report on smoking.

Funny coincidence - I wanted to go into the addiction field and help drug addicts and alcoholics. During residency I approached my mentors for direction. After they told me why I should not work with addicts, they told me there were no formal teaching programs on addiction for physicians. So, being stubborn and not to be deterred, I went where addicts were found - in the rooms of AA. (There were no other 12 Step meetings available in my city at the time.)

I remember fondly the warm days when I could take my patient out of the clinic onto the lawn and we could both merrily smoke while I helped them with their addictions. I also remember being at AA meetings where I didn't have to smoke; just breathe.

I was intrigued and attracted from my first meeting. The Twelve Steps outlined a delightfully sane and seductive way of living. I had my life planned out in my mid-teens and these people were talking of life one day at a time. It was like Greek to me, so I decided to try it (in the interests of science, of course). It helped. Since then I have

studied and worked on living the Steps. I learned to take it easy, live and let live and to do the next right thing. Most importantly, I learned that the only person I could control (not always easy) and change is me. I became aware that when I don't let my own inner turmoil, fears and demands take the wheel, and I quiet myself, I "hear" enriching suggestions by connecting to my source of Good Orderly Direction.



In recent years I've progressed from considering the 10th Step as my home step to becoming more familiar with the territory of the 12th Step. I still find that matters in life may come under any step at any time, and I've benefited from utilizing each step in many situations.

Oh yes, quitting smoking... For me, I mostly needed the first part of the First Step. I set a quit date for the first day of a three week vacation. I beat that by about 12 hours. I detoxed myself with the patch. Most importantly, I used the months before that to run inventories, firm my resolve and truly admit and accept in every fiber of my being that I could not safely ever have a cigarette. "Once you're a pickle you can never be a cucumber again." So as long as I could not safely light up, why consider it?

An important foundation of my recovery is achieving an acceptance that, for me, smoking is not an option. I denied myself nothing else during my early quit. A pleasant side effect is that as long as smoking is not an option for me, I've been free of cravings. I think a large dose of GRATITUDE

also erases my cravings or longings or fond memories or feelings of deprivation. I've never had a sponsor nor been a sponsor. I don't feel qualified since I've worked my program in an informal and leisurely way. My sponsors have been the thousands of addicts I've been touched by over the decades. I've been witness to impossibly glorious miracles and far too many heartbreaking tragedies.

I introduce myself as a nicotine addict but in my heart I know I was a nicotine slave. I lived in a darkened dungeon of despair, deprived of access to my own free will. Ironically, when I surrendered, I became free. The chief benefit of my recovery has been FREEDOM - freedom from fear, freedom from self-loathing, freedom to be me; a decent, caring, healthy, serene and mature human being.

May your journey of recovery be as sweet and serene as has been mine.

Alan G.
Albuquerque, NM

Quote Corner

"Hope is the thing
with feathers
That perches
in the soul
And sings the tune
without the words
And never stops -
at all"

- Emily Dickinson



Can't Get to a Face to Face Meeting?

Here are some great options:

Go to www.nicotine-anonymous.org
Click on **Meetings**. In that link, click on **Telephone Meetings** (left side of the page). You'll find information for accessing 2-3 phone meetings a day.

There is also a link for **Internet Meetings**. Click that to find two live links for these home pages:

1. Unofficial Nicanon:

<http://health.groups.yahoo.com/group/unofficialnicanon>
This has type share meetings.

2. Voices of Nicotine Recovery:

<http://health.groups.yahoo.com/group/voicesofnicotinerecovery>
This has voice share meetings 5 times daily.

www.voicesofnicotinerecovery.com is a newcomer site which shows how to access the voice online meetings using PalTalk. It also has information about nicotine addiction and a link to listen to speaker shares in the privacy of your own home.

Both sites have a Message Posting Board — you can post a message and get a response generally within the same day. You just have to join either **VONR** (Voices of Nicotine Recovery) or **Unofficial Nicanon**.

Note: You can go to meetings without joining either site, though joining does allow you to search out files and post messages. All it takes is to become a Yahoo member, then register with a user name and password. That's all there is to it!



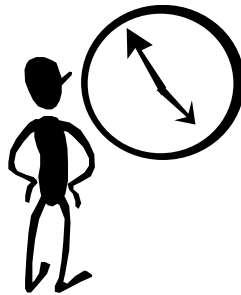
Nicotine Anonymous World Service Office has moved!!



New Address:

NicA WSO
6333 East Mockingbird Ln
Unit #147-817
Dallas, Texas 75214

Please consider a special donation to help defray the moving costs so we may continue focusing resources towards the still-suffering nicotine addict!



*The craving
will pass
whether
we act on it
or not...*



Nicotine Anonymous Needs Your Help...

Volunteers are urgently needed to make and answer phone calls from people seeking meeting information. This valuable service can be done one day a week from the comfort of your own home.

*Please email our
Teleservice
Coordinator
to volunteer!*

*Contact Catherine
at
catnica@comcast.net*



Step 7: Humbly asked Him to remove our shortcomings

**The step itself required only that we humbly ask God to remove our shortcomings . . .
To our great surprise we found that our decision to surrender our will, and our willingness to ask
for help from a Higher Power, or even from our fellow human beings, was a liberating experience.
Not only did it remove the unrealistic pressure we had placed on ourselves, but we also began to
make progress . . .**

**We leave it up to our Higher Power to remove these shortcomings.
- Nicotine Anonymous, The Book, Fourth Edition, p 91-92**

**Write a Meditation on Step 7
for a future Nicotine Anonymous Meditation Book!**

**How did you study Step 7? How did you actually take the Step?
What has happened as a result?
How is this Step working in your life?**

Please send your 100-200 word meditation for consideration in an email or Word file.

In keeping with the 12 Traditions, please avoid mentioning specific religions, politics, outside issues, special causes or controversial issues.

Please include your telephone number, email and snail mail address (to be used only in case we have questions.) All contact info and authorship will be kept confidential in accordance with the 11th Tradition.

Contributors waive their rights to financial compensation and grant all rights to Nicotine Anonymous.

Meditations submitted may be edited as necessary for grammar and content.

If you have a quote to match your meditation, please send it along, but it is not necessary.

We will also accept general submissions on any topic related to your freedom and recovery from nicotine and how Nic A has helped you get there.

Thank you! We appreciate your contributions! Thank you for your service!

Send to: DailyMeditations@nicotine-anonymous.org Subject line 'Nic A Meditation'

Or - Attn: Daily Meditations Coordinator Nicotine Anonymous WSO 6333 E. Mockingbird #147-817
Dallas, TX 75214

Nicotine Anonymous Give and Live Program

Nicotine Anonymous announces the **Give and Live** member donation program

Our 7th Tradition states that “Every Nicotine Anonymous group ought to be fully self-supporting, declining outside contributions.” Nicotine Anonymous World Services encourages members to support the fellowship by giving back through voluntary contributions.

Our recovery program teaches us that we can’t keep it unless we give it away. World Services is committed to spreading the message. In order to expand our outreach to the still suffering nicotine addict, we need our members’ financial support.

World Services has established a new program called “Give and Live”. Members of the fellowship can gracefully make a financial pledge to the fellowship. This can be done in a number of ways.

NOTE! Members who donate at least \$5 a month receive a free copy of *Seven Minutes* in thanks for your ongoing support!

- 📄 One time or multiple donations
 - Make a contribution directly on our website at the Nicotine Anonymous Store (<https://www.nicotine-anonymous.org/store.php>)
 - Send our donation directly to World Services via paper check
- 📄 Automatic contribution via bank transfer
 - Complete an Automatic Electronic Bank Transfer (EBT) from your bank to World Services. The dollar amount and time intervals to be determined by the individual member.

The process of setting up an automatic Electronic Bank Transfer (EBT) may differ from bank to bank. To complete the automatic bank transfer, the individual must have the ability to pay bills on-line. The following information may be required by your bank to complete the automatic bill pay process.

1. Select a *Company without an account number*
2. When requested, enter the following information:

Billers Name: Nicotine Anonymous World Services
Billers Address: 6333 E. Mockingbird Ln.,
Suite #147-817
Dallas, TX 75214
Telephone No.: 877-879-6422

NAWSO
Profit & Loss YTD Comparison
January through September 2011

	<u>Jan - Sep</u> <u>'11</u>	<u>Jan - Sep</u> <u>'10</u>
Ordinary Income/Expense		
Income		
49900 Uncategorized Income	31.03	2,817.00
4000 · Donations	4,378.15	5,382.97
4100 · Literature Sales	27,871.49	29,457.98
4290 · Shipping & Handling	4,698.07	4,821.37
4299 · Conference Profit (Loss)	<u>1,100.06</u>	<u>-898.51</u>
Total Income	38,078.80	41,580.81
Cost of Goods Sold		
5000 · COGS	<u>14,297.01</u>	<u>15,766.75</u>
Total COGS	14,297.01	15,766.75
Gross Profit	23,781.79	25,814.06
Expense		
6960 Moving Expense - CA to TX	1,925.10	0.00
6000 · Office Expenses	14,502.88	17,828.80
6600 · WSO Expenses	6,728.61	7,685.32
6900 Other Operating Expenses	2,228.46	0.00
Total Expense	<u>17,824.91</u>	<u>14,912.16</u>
Net Ordinary Income	-1,603.26	299.94
Other Income/Expense		
Other Income		
8000 · Interest Income	<u>4.83</u>	<u>7.22</u>
Total Other Income	4.83	7.22
Other Expense - J. Sennott estate		
8030 · Interest Expense	<u>0.00</u>	<u>15.00</u>
Total Other Expense	<u>1,050.000</u>	<u>15.00</u>
Net Other Income	<u>1,045.17</u>	<u>-7.78</u>
Net Income	<u>-2,648.4</u>	<u>292.16</u>

Nicotine Anonymous World Services

6333 E. Mockingbird Ln., #147-817 Dallas, TX 75214 USA

Shipping Phone: 469-737-9304 Fax: 888-390-5873

Email: info@nicotine-anonymous.org Internet: www.nicotine-anonymous.org

For Fast Service use website store or this form with a credit card and fax to 888-390-5873

Or mail check or money order (US funds only payable to NAWSO)

Mail to: _____ Date: _____
 Intergroup/Grp Name: (if applicable) _____ Grp: _____
 Name: _____ Email: _____
 Address or PO Box: _____ Business _____ Residence _____
 City: _____ St: _____ Zip: _____ Ph#: _____
 CREDIT CARD (CK ONE) MASTERCARD VISA AMERICAN EXPRESS DISCOVER CARD
 Name on card _____ Signature _____
 Card# _____ Exp Date _____
 Billing address _____

Item #	Item Description	Book Discounts	QTY	Price Each	Total Price
Bk1	NICOTINE ANONYMOUS: The Book Fourth Edition	Bk1-10 = \$10.50, 11-49 = \$9.80; 50+ = \$9.20			
Bk2	Our Path to Freedom 12 Stories of Recovery	Bk2 1-10 = \$5.95, 11-49 = \$5.60; 50+ = \$5.25			
Bk3	90 Days, 90 Ways	Bk3 1-10 = \$5.95, 11-49 = \$5.60; 50+ = \$5.25			
Bk4	Nicotine Anonymous 12 Traditions	Bk4 1-10 = \$3.50, 11-49 = \$3.00; 50+ = \$2.50			
Bk5	A Year of Miracles (A meditation for every day.)	Bk5 1-10 = \$15.00, 11-49 = \$14.10; 50+ = \$13.20			
Tape	The Book & Our Path to Freedom on tape.	Boxed Set of 4 Tapes = \$25.00			

Braille: THE BOOK & Pamphlets are also available from the Braille Institute 800-272-4553 - Ask for supervisor or Order Desk.

Item #	Item Description	Book Discounts	QTY	Price Each	Total Price
P-1	Introducing Nicotine Anonymous	PAMPHLET DISCOUNTS P-1 TO P-14			
P-2	The Serenity Prayer for Nicotine Users	Under 100 pcs. No Discount .25 ea.			
P-2S	The Serenity Prayer for Smokers (Spanish)	100-499 pcs. Any Combination .23 ea.			
P-3	A Nicotine User's View of the Twelve Steps	500-999 pcs. Any Combination .21 ea.			
P-4	Tips for Gaining Freedom from Nicotine	Over 1000 pcs. Any Combination .19 ea.			
P-5	To the Newcomer & Sponsorship				
P-6	To the Medical Profession				
P-7	Facing the Fatal Attraction	SHIPPING & HANDLING			
P-8	Our Promises	If order subtotal: Then postage is:			
P-9	To the Dipper & Chewer				
P-10	Slogans	Under \$2.01 1.00			
P-11	What do NAWA and Intergroup Services do for me	\$2.01 to \$4.99 2.50			
P-12	Nicotine Anonymous The Program and The Tools	\$5.00 to \$39.99 5.95			
P-13	Are You Concerned about Someone who Smokes or Chews	\$40.00 & Over \$5.95 + 5% of total			
P-14	How Nicotine Anonymous Works				
B-L	The By-Laws of Nicotine Anonymous				2.00
Cds	Nicotine Anonymous Business Cards		100		6.00
Dir	Worldwide Meeting Directory				2.00
Ppa	Public Service Announcement as an MP3 file	Via email only			FREE
	Sub Total			XXX	XXXXXXXXXX
	Sales Tax (Texas Residents Only) 8.25%			XXX	8.25%
	Shipping & Handling (See Shipping & Handling Chart Above)			XXX	XXXXXXXXXX
StK	Meeting Starter Kit (Limit 1 per Individual; 5 per Intergroup.)				FREE
/Min	SEVENMINUTES Subscription Complete Order Form Below				
	DONATION (Thanks for supporting NAWA in our effort to help those who still suffer)				XXXXXXXXXX
	GRAND TOTAL in US\$				XXXXXXXXXX \$

**NOTE
REDUCED
SHIPPING
PRICE!

JUST
\$5.95 FOR
ORDERS
OF \$5 OR
MORE!!**



SEVENMINUTES Order Form		CHECK OUT OUR NEW LOW MULTI-YEAR RATES!!!		
SEVENMINUTES is a quarterly publication of NAWA news, articles, and letters - "a meeting on a page." Your subscription will get you four issues plus the regular updated Worldwide Meeting Schedule. You will also help SEVENMINUTES continue as the network among groups around the world.				
___ New Subscription	<u>Subscription Rates</u>	<u>U.S.</u>	<u>Canada</u>	<u>Overseas</u>
___ Renewal	1Yr	\$9	\$11	\$14
___ Address Change	2 Yrs	\$17	\$19	\$27
	3 Yrs	\$25	\$27	\$39
Mail To: Name:	_____			
Address:	_____			
City	St:	Zip:	Tel:	



**Nicotine Anonymous
World Services Conference XXVII
Albuquerque, New Mexico
April 20-22, 2012**
<http://nica-wsc2012.com>

Hotel Albuquerque at Old Town: 800 Rio Grande Blvd NW, Albuquerque, NM 87104
\$109.00 per room/night-single or double occupancy--conference rate code:1204NICOTI
Call toll free at [800-237-2133](tel:800-237-2133) and ask to be connected to reservations.

Rates honored 2 days before and 2 days after the conference. Convenient to ABQ's International Sunport, AmTrak, Railrunner Express, ABQ Ride. And a short ride to the beautiful Sangre de Cristo mountains and the cultural and artistic meccas of Santa Fe, and Taos.

Hotel Albuquerque Information

Hotel Albuquerque at Old Town provides comfortable accommodations, free wi-fi in rooms, free parking, pool, jacuzzi, and fitness center. The climate is mild, arid, and cool at night. The hotel is located in Albuquerque's historic Old Town district, a serene village that has been the focal point of the community since 1706. For more information go to www.hotelabq.com

Within walking distance of Hotel Albuquerque at Old Town are several attractions:

- New Mexico Museum of Natural History & Science with LodeStar Astronomy Center
- The Albuquerque Museum of Art and History
- Explora! Science and Children's Museum
- American International Rattlesnake Museum
- Turquoise Museum
- Native American Indian jewelry vendors on the Old Town Plaza

Take a five-minute drive and enjoy:

- Albuquerque Biological Gardens & Aquarium
- Rio Grande Zoo
- Rio Grande Nature Center & Park
- Indian Pueblo Cultural Center
- Downtown Albuquerque Business District

TWO WAYS TO REGISTER:

- | | | |
|--|-----------|--|
| 1. Complete the attached registration form, make check payable to NAWS Conference 2012
Mail to: Bill Sullivan, NicA Registration
324 Hermosa SE, Albuquerque 87108
505 401 2365 or nawsconf2012@att.net | OR | 2. Register and pay online through:
http://nica-wsc2012.com
Paypal account not required. |
|--|-----------|--|

Nicotine Anonymous World Service Conference XXVII - Registration Form

Go to <http://nica-wsc2012.com> for more information and to register online

NAME: _____

ADDRESS: _____

CITY, STATE, ZIP: _____

PHONE: _____ E-MAIL: _____

REGISTRATION: \$30 Early Registration OR \$35 Late Registration (after April 7, 2012) (Non-NicA spouses and partners - no charge) Number of registrants: _____ REGISTRATION TOTAL \$ _____	
MEALS: Saturday Dinner Buffet - \$40 (includes gratuity) No. of Dinners _____ Sunday Brunch Buffet - \$25 (includes gratuity) No. of Brunches _____ MEAL TOTAL \$ _____	
T-SHIRTS: Adult sizes \$17 for S-XL \$19 for XXL-XXXXL	Quantity: S____ M____ L____ XL____ XXL____ XXXL____ XXXXL____ T-SHIRT TOTAL \$ _____
Donation to NicA World Services (optional)	\$ _____
Donation to NicA Conference 2012 (optional)	\$ _____

TOTAL ENCLOSED \$ _____

<p>____ Yes, I am interested in NicA Van rides to/from ABQ Sunport or AmTrak (circle one). DATE and TIME of ARRIVAL: _____ DATE and TIME of DEPARTURE: _____ Cell Phone number: _____</p>
<p>____ Yes, I would like a roommate: ____ female ____ male Every effort will be made to help you find a roommate. However, you are responsible for contacting each other and making the hotel arrangements</p>
<p>____ Yes, I am an elected delegate representing the following group or intergroup: Name of Group: _____ Delegates must be registered with World Services no later than: March 21, 2012 To register as a delegate, send an email to: <secretary@nicotine-anonymous.org> Include name, address, phone, email and group you are representing. For more information, please see "Here's how delegates are chosen" link at nicotine-anonymous.org/about_us_conferences.php</p>

At the conference, cash or check only for registration, literature and merchandise.

Questions? Please contact Conference Chair, John R. at oldhippydude@comcast.net or call 505-299-6109

Service is the Key

Nicotine Anonymous World Services is in need of volunteers
to take on the following open positions:

PUBLISHER FOR *SEVEN MINUTES*

This vital position gets the Nicotine Anonymous quarterly publication to the printer
and out to our subscribers.



TELEPHONE AND E-MAIL SERVANTS

From the comfort of your own home, you can respond to telephone calls and
e-mails from those who are just starting out on their path to freedom.



TRANSLATORS

Help us spread the word by translating our literature, or step up to the plate
when foreign-speaking inquiries come to our attention.



For further information about any of these service positions, please contact
Nicotine Anonymous World Services
6333 E. Mockingbird Lane
#147-817
Dallas, TX 75214

Or e-mail chairperson@nicotine-anonymous.org

BIRTHDAY CONGRATULATIONS!

Julia K. - September 2, 2009

Jim K. - May 4, 2008

Marian L. - May 4, 2005

Birthday Announcement

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
6333 E. Mockingbird Lane
#147-817
Dallas, TX 75214

OR

Email to: sevenminuteseditor@nicotine-anonymous.org

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.

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

Please copy this page and share with your group

Seven Minutes

NAWSO

6333 E. Mockingbird Lane
#147-817
Dallas, TX 75214

Publication Dates and Deadlines for Submissions for 2011

Publication Date	Deadline Date for Submissions
March 20	February 1
June 20	May 1
September 20	August 1
December 20	November 1

My Address Has Changed!

**Don't miss an issue!!! Complete this form and mail it to:
NAWSO, 6333 E. Mockingbird Lane, #147-817, Dallas, TX 75214 USA**

My new address and phone is:

NAME PHONE (WITH AREA CODE)

ADDRESS

CITY STATE ZIP CODE

My old address was:

ADDRESS STATE ZIP CODE