



Seven Minutes

The Nicotine Anonymous Quarterly: A forum for nicotine users who don't use

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Chairperson's Report

I am pleased to report that your "trusted servants," be they board officers, committee members, or office manager, are working at making improvements and expanding the organization's ability to fulfill our primary purpose.

I am continually using our email messaging system, *NicA News* (formerly known as Two Way Talk), to inform subscribed members (1,300+) about new or improved resources. I also want all members to know about intergroup events and new meetings with hopes of generating more of both. Recently, the officers met for a full day's meeting and then enjoyed the NY intergroup's 23rd annual retreat, Clean in the Catskills, in Tannersville, NY. Amazing experience as always!

It's also been very exciting to work with our recently formed Spanish Project Committee for Spanish-speaking people worldwide in order to expand access to our program and tools. I have been coordinating with Nancy B, our Spanish translator, to translate all our pamphlets, *The Book*, and now our Meeting Starter Kit. *The Book* is available for Kindle users, but we are in a process for Catherine C, Graphic Design Coordinator, to format the Spanish text of *The Book* to publisher's specs for print-on-demand hard copies (likely same price as the English copy).

The first Spanish NicA phone meeting, "Fortaleza, Esperanza, y Amor," has held

over a dozen meetings, chaired by Rosa D and Rocio. To prepare the meetings for more to join, Gloria and Annette have called the service provider of the conference call to ask how members from many countries can use the different free in-country numbers and still all join in on the same call by using the PIN code. This international phone meeting is a work-in-progress, and I hope that this method will become a way for members speaking other languages to organize a phone meeting.

A Nicotine Anonymous World Services Membership Survey was recently web-posted and sent to *NicA News* subscribers. We want to know our members better and what works. This survey will also help the organization and each member determine what resources are being used and how our outreach efforts may improve our ability to help the nicotine addict who still suffers.

The survey's tabulated results will be confidential and anonymous as we are not recording any user or personal information. The results will be made available at the 2017 World Services conference. Your cooperation in this effort to fulfill our primary purpose is appreciated.

I am working with the Outreach Committee to update and improve our Outreach Handbook. We want to provide support to members' outreach efforts as we all practice Step Twelve together.

continued on page 3

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.
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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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Chairperson's Report continued...

The board continues to update the Policy and Procedures Manual and to prepare, along with the Bylaws Committee, recommendations for amending the Bylaws. Delegates will be informed of any Bylaw recommendations 90 days (or more) before the next conference when delegates will discuss and vote on the items.

I will continue to use *NicA News* and *SevenMinutes* to inform members of other ongoing World Services activities. Please subscribe on our website (under Newsletter tab) and encourage other members to do so as well. I encourage members to submit their experience, strength, and hope to *SevenMinutes* as well as daily meditations using the guidelines described on page 9. Our fellowship is a power greater than any **one of us, so let's continue to maintain and improve our "constant contact."**

Service is our gratitude in action and I am ever grateful.

Checko M
WSO Active Chairperson (2016-17 term)

Stay connected to Nicotine Anonymous World Services!

Receive emails directly from the
NAWS board by subscribing to
NicA News
(formerly titled Two Way Talk)

How to subscribe:
Click the **Newsletter** tab on the
NicA website at:
www.nicotine-anonymous.org
or
click the link below:
<http://nicotine-anonymous.org/nica-news-email-communications.html>

She Learned to Live Free...

I smoked on and off for thirty-five years. I say on and off because I quit three times. I couldn't last longer than three months. This is my fourth quit. The last time I had a cigarette was May 2006.

In October 2006 I attended the Clean in the Catskills NicA retreat. I drove by myself, didn't know anybody, but by the end of that weekend I had met wonderful people. During that weekend I climbed the mountain. When I reached the top, it had started to snow. That is something I will never forget. In my smoking days I was lucky to make it up my basement steps with a load of fluffy laundry.

I have found that during my recovery my Higher Power has put people in my path. In my early recovery I could not stay in my home. It was a trigger for me. I went walking on the beach or grocery shopping. An incident happened three times while I was grocery shopping. It was different days and different times. I would come face to face with a man pushing his shopping cart and in that cart was a portable oxygen machine. This happened in several aisles and each time I looked at him, he had such a sad look on his face. At that moment I vowed I would not become that person. I was not going to carry a portable oxygen machine. I have not seen this man since. I call him my Clarence and I hope he received his wings.

It has been ten years since I picked up a cigarette. I am grateful to my Clarence, Nicotine Anonymous and all the wonderful people I have met. The stories I have heard at meetings have kept me sober.

Recently I had the honor of speaking at this year's Clean in the Catskills retreat. The theme was "Fear, Forgiveness and Freedom." For me there is another important word, and that is "Learn." I

learned not to fear a world without my cigarettes. I learned to forgive myself and hope others have forgiven me. And I learned the freedom to live my life free of nicotine.

Terry R
Huntington, NY



My New Morning Ritual...

About a week after I quit smoking, I read the question, "What does my ideal morning look like?"

I was unable to answer. I realized I did not know what it looked like any longer. I had no vision of my smoke-free future.

For several years of my life, every morning I repeated a deadly ritual that involved a cup of coffee and a menthol cigarette. Now I was a new nonsmoker, just trying to make it through the hour. I could not contemplate ideal mornings without nicotine.

Almost six months later, I realize that I find each morning to be ideal, now that I do not put poison into my body minutes after opening my eyes. As it turns out, I have replaced my deadly ritual with a beautiful sacrament, a fidelity to thanksgiving.

My alarm wakes me and while the coffee brews, I lace up my tennis shoes and toss my phone and keys in a bag before heading out the door. My dog is excited. I pour a splash of coffee into my mug and take a sip as soon as I dare, before grabbing his leash and taking a deep breath of fresh air. The neighborhood is quiet as we slip down the street, sneaking away to greet the day. The road

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ends with a trail around a pond as I say thank you for every gift in my life. After our jaunt around the water, we stop for a moment. The dog sniffs around while I watch the sun rise and say "danke" (thank you) in every language I know. "Gracias" for my health, my family and my friends, thank you for another day of freedom from nicotine.

For eighteen years my day began with me inhaling toxic chemicals. Today my mornings start with an allegiance to **gratitude**. "Miigwetch" - thank you in Ojibwe!

Abby M
Minneapolis, MN

Quote Corner

When one door of
happiness closes,
another opens;
but often we look so long
at the closed door
that we do not see the one
which has been opened



for us.
- Helen Keller

I Am Free...

Each day I make a choice.
From out of the ashes, my Phoenix rises.
I have a voice.
My disease is all about that smoke screen disguise.
Each glorious day I am nicotine-free, I meditate and journal as I venture through the process of the Steps to grasp a little bit more of what used to be me.
I have arrived and am free.

Melissa R
Akron, OH

My Step One...

When I put nicotine in my body, I am very powerless and my life becomes very unmanageable.

I am a bathroom smoker and I am in my bathroom every 20 minutes to smoke a cigarette. I do not want to go out because I do not smoke outside my home. I do not want to be without my nicotine for any reason.

I must find someone to buy my cigarettes because I am in a wheelchair and do not do my own shopping. I must have the cash and write down the brand I want. I have to hope they bring me the correct cigarettes and change. I have trust issues, so trusting someone with my supply makes me very nervous.

I use food money. I borrow money I really do not have to pay back my budget. I spray my bathroom down with air freshener and get my nursing aides **to bleach the bathroom so it doesn't** smell like smoke. I get weird when I am smoking because I worry what my aides will do when they smell cigarette smoke. They could refuse to work under those conditions.

My health becomes very unsteady when I use nicotine. My eyes blow up, my throat hurts, I need my inhalers more, and due to lack of circulation, my legs have spasms.

I do not call my sponsor as much either. I do not answer the phone for my NicA friends. I feel shame, guilt and regret. I do not feel connected to my Higher Power as much.

I am very unhappy when I smoke nicotine. I know and realize I am powerless and my life is unmanageable on a daily basis with people, places and things, but it is worse when I am smoking.

I do not want to smoke. When I use nicotine, I lose complete control and I hate my life.

Thank God for a Higher Power.

I am much happier being nicotine-free. Living smober is the only way for me.

Corrinna C
Pottstown, PA

Just for Today...

The following was submitted by a NicA member in Iran who also reports that in Iran there are 250 Nicotine Anonymous meetings in 17 provinces.

Just for today, I will start the day with love for the fellowship and my new life without using nicotine.

Just for today, I will be aware that recovery is a huge transition in my life that will improve by practicing willingness, patience and perseverance.

Just for today, I will accept my past as an experience to learn from and now make my amends for past harms and mistakes.

Just for today, I will share my recovery with other nicotine addicts who still suffer.

Just for today, I will make safe situations for people and enjoy all that is beautiful about our lives.

Just for today, I will be grateful for my recovery and accept it as a precious gift.

Just for today, I will serve my fellowship, family, and society by practicing program principles in all my affairs.

Seven Minutes Meditation

Everything will fail
until you are prepared
to do all that
is necessary to succeed.
Failure is not falling down,
but refusing to get back up!

Jorie M
Nic-free in NC



A Special Time with Special People: A Report on the Clean in the Catskills 2016 NicA Retreat...

Every Clean in the Catskills retreat has had its own special charm, and CIRC 23 was no exception. Thirty-six people, including family and friends, attended on September 30 to October 2 and although the weather did not entirely cooperate, the atmosphere was warm and cozy with a very high level of connectedness. All left with their nicoverry supercharged and those warm feelings that characterize every CIRC.

The weekend began as it has the past 3 years with a meeting of the Nicotine Anonymous World Services Board. While not a part of CIRC activities, early arrivers were able to see the board in action as they worked diligently to conduct the fellowship's business.

The CIRC theme this year was "Fear/Forgiveness/Freedom." It expressed the freedom we experience as we grow through our program, learning to forgive and to conquer fears. Arriving members were greeted at the registration table by CIRC organizers Alison A, Kathy K and Patti A. The team did a terrific job of organizing the event and setting up refreshments. Every registered attendee received a special CIRC button designed by Sarah B and a name button provided by Alison. The first official event was the Friday dinner, attended by members from Arizona, California, Florida, Maryland, Nevada, Pennsylvania, New Jersey, New York City, Long Island and upstate New York. Following dinner was a gratitude meeting in the Villa's yoga studio where we sat surrounding another fine pumpkin sculpture tableau created by Checko M. Annette A from New Jersey was guest speaker for the meeting.

Saturday was especially meaningful this year. The morning began with yoga led by Alison, followed by the always great Villa Vosilla breakfast. Sue O then led a

guided meditation before our morning meeting, featuring Chris H from Arizona as guest speaker. Although it rained most of the weekend, the weather cleared a bit for Saturday afternoon. After lunch John O led a group up to the mountaintop. They had to brave slippery trails and a dense fog, but all were determined to arrive there where John led a memorial for beloved member, Ladd J, who died on September 1st. Ladd's ashes were sprinkled on the mountaintop that he so loved to climb every year. Members who could not hike up the mountain visited the Saugerties Garlic Festival or the Tannersville Mountain Top Arboretum, used the Villa's pool and hot tub and just kicked back and relaxed.

Saturday night began with the Villa's special dinner. Due to the wet grounds, our traditional bonfire meeting was held indoors this year, so we all stayed warm, dry and cozy. Our guest speaker was Pat L from the Woodstock, NY meeting.

Sunday opened with breakfast, a silent meditation led by Sue O and our morning meeting with guest speaker, Terry R from Long Island, NY. As is customary with all the CIRC meetings, each guest speaker's share was followed by sharing from members who care about others and work on their own recovery. There is nothing else I know of that is so enlightening and uplifting, as it boosts our individual nicoverry.

Looking ahead to next year...the Villa Vosilla may not be available for a retreat in 2017, due to various challenges they are experiencing. Planners from the New York Metropolitan Area Intergroup are already hard at work finding alternate sites with a similar price, amenities and services, should that be needed. We feel assured that with Higher Power's help, a Clean in the Catskills retreat will take place again next year. We are tentatively scheduled for October 13-15, 2017 at the Villa Vosilla. Watch for future announcements – we hope you can join us!

Michael B
West Babylon, NY

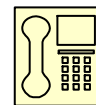
Nicotine Anonymous
The only requirement for membership is a desire to stop using nicotine.

Meeting Options:
Face-to-face meetings
Telephone meetings
Online meetings

To find face-to-face meetings:
Go to www.nicotine-anonymous.org
Click on Meetings and search by state.



For phone meetings:
Go to www.nicotine-anonymous.org
Click on Meetings, then Telephone Meetings.



For online meetings:
Go to www.nicotine-anonymous.org
Click on Meetings, then Internet Meetings.



In this section are live links to two sites offering the ability to post messages and receive responses. Both require the individual to join the site in order to take advantage of some of the extra services, such as searching for specific posts or files.

Unofficial Nicanon has "Type Share" meetings. It can be found at:

<https://groups.yahoo.com/neo/groups/unofficialnicanon/info>

Voices of Nicotine Recovery has "Voice Share" meetings using a free chat service that can be downloaded. It can be found at: <http://voicesofnicotinerecovery.com>

This site also has other helpful information about nicotine addiction and links to prior speaker shares.



Heard it in a meeting...

Try
Really
Using
Step
Three



Craving Busters...

The suggestions below were compiled by the Free Bridge, NicA's telephone group.

Adult coloring book
Clean out the fridge
Work jigsaw puzzle
Doodle
Make a personal quit plan
Use NicA's Penpal Program
Journal and write poetry with each Step
Clean out closets
Clean something unusual
Eat sunflower seeds
Eat frozen grapes
Intense exercise
Stop drinking coffee
Get out of the house
Walk
Brush teeth after meals
Pray
Get out of self & help others
Listen to or play music
Dance
Read the Serenity Prayer pamphlet
Be good to yourself
Say the Serenity Prayer on your knees
Go kayaking
Work out
Meditate
Deep breathing
Self-love
Use the 5 NicA tools (meetings, phone list, sponsorship, literature, service)
Sleep
Drink water
Surrender in the morning/afternoon/
night
Craving buster kit
Walk the dog
Drink water
Do yard work

Distract

Delay

Don't smoke no matter what

Avoid stressful people, places and things

Take a shower

Snap a rubber band on wrist

Use a quit buddy

Chew gum

Change your routine

Compassion...

Growing up I learned to be hard on myself when I wasn't perfect in my thinking or behavior. It was always tragic when one of us kids made a mistake, because we got the lecture, we were shamed, punished, and the mistake was brought up again and again. I chose being hard on myself as a survival technique when faced with the wrath of my parents, because I so badly wanted my parents' unconditional love and acceptance. If I felt bad enough, they might feel sorry for me, and love me because I'm trying so hard to be good and to be perfect.

Smoking helped me stuff back down those feelings of inadequacy, and in turn, helped me to be hard on myself when I could not quit. I beat myself up over the millions of failed attempts to quit. The addiction was like a snake eating its tail as the endless cycle of quitting, failing, self-blame and shame. For me, it took surrendering to a power greater than myself to finally end the cycle, get a quit going, and stop the self destruction.

Lately, I am learning to love myself. I practice self-compassion whenever I make a mistake, forgive myself immediately, knowing I am a spiritual being having a human experience. Whenever I hear that old voice of shame and blame beating me down, I stop, stand up, brush myself off, and take 3 long, deep breaths. I return to my serenity, and acknowledge the voice, let it go, and move on to a better feeling thought.

Today, Higher Power, please help me be

kind to myself and treat myself with tender loving care, just like you do.

Aimee C

Little Rock, Arkansas

Nicotine Anonymous Membership Survey!

Nicotine Anonymous World Services asks that you complete and submit our Membership Survey as an act of service to the entire fellowship. Click below to access the Survey.

<http://survey.constantcontact.com/survey/a07ed5vxf4yism89qtd/start>

Please let other members know the Membership Survey is available as either a hard copy or a link. The survey can be accessed on our website at www.nicotine-anonymous.org.

Members unable to use a digital format can request hard copies by writing to: WSO (Survey), 6333 E. Mockingbird Lane #147-817, Dallas, Texas 75214. Completed surveys are mailed back to the same address.

The tabulated results will be confidential and anonymous as we are not recording any user or personal information. Access to the results will be made available to all members. A report of survey results submitted by March 15 will be presented at the 2017 World Service Conference and then communicated to subscribed members via WSO's NicA News (formerly Two Way Talk), *SevenMinutes*, and to intergroup contacts.

We want to know our members better and what works. This survey will help the organization and each member determine what resources are being used and how our outreach efforts may improve our ability to reach the nicotine addict who still suffers. Your cooperation in this effort to fulfill our primary purpose is appreciated.

In Memoriam

On September 1 Nicotine Anonymous lost beloved New York member Ladd J. He will be sorely missed. We share the eulogy below, given by fellow member John O at Ladd's September 10 memorial service.

Maya Angelou said, "People will forget what you said. People will forget what you did. But people will never forget how you made them feel."

I can't remember the exact words Ladd used to describe his length of time smoking, but he used terms like "four score" and "two millennia" to detail the hopelessness of his addiction. Ladd did that to show the immense gratitude he had for our Nicotine Anonymous program and his Higher Power who had done for him that which he could not do for himself. He was so grateful to be alive, so grateful to be free of nicotine, so grateful to be sober, so grateful to be in recovery and so grateful just to be sitting in a Nicotine Anonymous meeting with his fellow addicts. Sitting in a room with Ladd, whether there were 30 people or three, one could not help but feel grateful to be there with him.

Despite the fact that Ladd was quite an intelligent and sophisticated guy, he was also very humble and aware of his own humanity and he seemed most enamored of the simplest of pleasures - one of the special crazy bagel sandwiches with lox and cream cheese, tomatoes and capers he reserved for the early birds at our annual Jones Beach Day gathering or building the biggest bonfire possible at our annual Clean in the Catskills retreat, one which often took as long to put out as it did to build. But he seemed to love nothing better than to celebrate the successes of newcomers to the Roslyn

and Manhasset NicA meetings, those guys and gals who finally got it after struggling for so long to quit. Invariably, the word Ladd used to describe these people and their situations was "fabulous", which he shared with an energy and enthusiasm so contagious it was viral.

One great example of Ladd's intense spirit was at one of our NicA World Service Conferences where, without consulting any of us in the New York Metropolitan Area Intergroup, he volunteered us to host servants from all over the country at the 2008 conference. I could **say that Ladd's enthusiasm got the better of him, but the truth is that his enthusiasm got the better of us** as we spent the next two years preparing for a gathering that turned out to be, you **guessed it, "fabulous."**

Ladd filled numerous service positions in NicA. He was our intergroup chairperson more than once and served as World Services Chair as well. But there was absolutely nothing he cherished more than working with newcomers one-on-one, whether it was a phone call to a long lost member or traveling to Queens to share his experience, strength and hope with the residents of an addiction treatment center. As much as Ladd loved Nicotine Anonymous, he loved the people in our fellowship even more, the same way he so dearly loved his friends and his family.

There are most definitely people who are alive today, perhaps some in this very room, because Ladd did everything he could to make sure they had a meeting to go to or Ladd reached out to **someone he hadn't seen in a while and he inspired them to come to a meeting. I don't know how much better a legacy one can leave behind than that - except to say that Ladd, with his Emmett Fox emails to his circle of friends and his profound words of encouragement, also did everything he could to nurture others spiritually so that they could be more than nicotine-free. They could**

have the kind of spiritual awakening and joie de vivre that Ladd had in abundance. If, as **Auntie Mame said, "Life is a banquet and most poor suckers are starving,"** then Ladd was at the head of the table, enjoying life to the fullest and sharing that feeling with as many people as he could.

Knowing Ladd made me a better person. Ladd was someone I reached out to when I was struggling and he was so generous with his time, his experiences and his compassion. He would freely acknowledge his own imperfections and his own trials, always reminding me that I was not alone in my situation; that he and others had been there before. Ladd was so positive, that even cancer could not turn his smile upside down. As inspirational as Ladd was before his illness, he was a beacon of light and power after he was diagnosed. With Liz by his side, he fought this brutal disease like Muhammad Ali against Sonny Liston. I can remember frequently admiring his strength and hoping and praying that he could overcome it through the ferocity of his spirit alone. My entire congregation prayed for Ladd regularly. While the odds were not in his favor, I knew that if anyone could get past pancreatic cancer, which also took the life of my mother, then it would be Ladd.

I could linger in sadness today, mourning the loss of a true and dear friend. Or, I could celebrate the fact that through the grace of God and the 12 Step recovery programs, I was blessed to know Ladd in a sincere and intimate way; that I grew to love him and to be loved by him and to witness and participate in the joy of his recovery. For that I have profound gratitude and consider myself lucky that I was able to share in his incredible journey, and to know a man who made everyone around him feel fabulous.

John O
Northport, NY



A Brief History of Nicotine Anonymous

The roots of Nicotine Anonymous first took hold in the Southern California living room of one of the cofounders, Rodger F, in February of 1982. The group consisted mostly of Alcoholics Anonymous members who realized their need to focus on their nicotine addiction and to stop smoking. Since anything but alcohol is an outside issue for Alcoholics Anonymous, a separate group was necessary.

With permission from Alcoholics Anonymous, the founding members of our fellowship adapted the Twelve Steps and Twelve Traditions. Although there is common ground in the use of the 12 Steps and 12 Traditions, these fellowships are not affiliated. Alcoholics Anonymous also gave us permission to adapt their preamble. Our Preamble became the following:

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.

Maurice, a member, authored an article for *Readers Digest* in May of 1985. Thousands of letters poured in from people wanting to know more about this new 12 Step fellowship known then as "Smokers Anonymous." Within a year there were a hundred meetings identified.

The fellowship's first official World Services Conference was held in San Francisco in May of 1988. Thanks to a well-documented chain of events, the fellowship was renamed **Nicotine Anonymous** in Phoenix, Arizona at the 1990 World Services Conference. As with most organizations, it becomes typical to use an abbreviated name. For our common welfare and unity, a vote at the 2000 World Services Conference in Scottsdale, Arizona decided that **NicA** would be the one abbreviation the fellowship would use.

Each year we hold a conference in the spring, and all members are invited to attend. This annual conference is held in various parts of the United States, depending on members who volunteer to host the event. The conference serves to strengthen us in our path to freedom from nicotine and as an official meeting to address fellowship business.

Nicotine Anonymous World Services serves a worldwide fellowship with meetings in the United States and around the world. Face-to-face meetings have been supplemented by both online and telephone meetings. There is a well-managed website and literature fulfillment service available to the membership. The elected all-volunteer board consists of nine members and meets at least quarterly. There also are numerous coordinators who volunteer to provide specific services that help World Services fulfill our fellowship's primary purpose - "to offer support to those who are trying to gain freedom from nicotine."

The rest of the story can be read in our literature. Please feel free to learn more about us to see if you want what we have. A warm welcome awaits you!



Write a Meditation for a Future Nicotine Anonymous Daily Meditation Book!

Please submit your daily meditation for consideration in an email or Word file to:

DailyMeditations@nicotine-anonymous.org

Subject line 'Nicotine Anonymous Meditation'

or mail to:

Attn: Daily Meditations Coordinator

Nicotine Anonymous WSO

6333 E. Mockingbird #147-817

Dallas, TX 75214

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.)

The format for new daily meditations follows the format used in the book *A Year of Miracles*. The text can contain 100-200 words, including the quote, the member's share, and the concluding statement, "Today, _____."

Nicotine Anonymous daily meditations are best when related to the personal experience, strength, and hope of a member and/or supported by principles of recovery based on the Twelve Steps and Twelve Traditions of Nicotine Anonymous, Our Preamble, or text from our literature.

The quote can be from a Nicotine Anonymous member (to be cited as "Nicotine Anonymous member") or from what is considered as "in the public domain for Fair Use" and citing the author.

Please note:

- Contributors waive their right to financial compensation and grant all rights to Nicotine Anonymous World Services.
- Meditations submitted may be edited as necessary for grammar and content.

Thank you for your service!

Connections



Nicotine Anonymous invites you to connect with our

Penpal Program

Who: Someone like you, who is interested in service work.

What: These are examples of our requests: "I am a suffering nicotine addict and I am addicted to chewing tobacco. I would appreciate any help I can get." Another might be from a person wanting to help others: "I have been smober for a year, after smoking for 42 years, and the one day at a time program worked for me." Or, "I am having a hard time staying quit, and I also have COPD." They provide their e-mail address and a brief blurb about their situation.

When: As soon as possible, and whenever you can provide some support. The e-mails and letters are sent out to connect with them as soon as members request to join. This is about once a week.

Where: E-mails are sent to

PenPal Coordinator Paper PenPalCoordinatorPaper@nicotine-anonymous.org

Coordinates and connects penpals who want to communicate via snail mail.

PenPal Coordinator Email PenPalCoordinatorEmail@nicotine-anonymous.org

Coordinates and connects penpals who want to communicate via email.



Why: Not everyone has access to meetings. This is a great way to connect with other addicts from around the world.



How: Contact either email address above to begin connecting.

BIRTHDAY CONGRATULATIONS

Katherine B — 9/26/08

Sarah B — 10/9/12

Gunther D — 11/4/02

Stan W — 12/1/09

Pilar R — 12/31/01

Michael B — 1/17/91

Post your Nicotine Anonymous birthday in [SevenMinutes!](#)

Send in your first name, last initial and nicotine quit date.

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

Email: SevenMinutesEditor@nicotine-anonymous.org

NicA Outreach

Is your group in need of newcomers?
Try an Outreach project to get the word out!

For more information, call Jeff at
760-401-6503

or send an email to

outreachcoordinator@nicotine-anonymous.org

Have an idea for a Public Service Announcement?

Draft the text for a 15 or 30 second audio PSA,
or create your own audio file
and we'll take it from there!

For more information, send an email to

outreachcoordinator@nicotine-anonymous.org

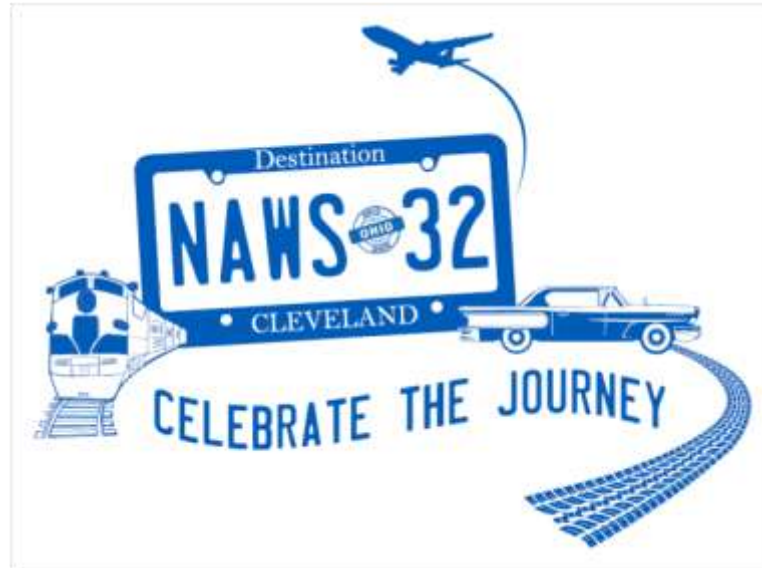
Want to get involved with Outreach to help your group or Intergroup?

Consider attending our monthly Outreach teleconference meeting

When: 3rd Saturday of the month

To attend: call 1-218-339-4978





Save the Date!

Nicotine Anonymous 2017 World Services Conference

April 21-23, 2017 Cleveland, Ohio

Sheraton Airport Hotel at the Cleveland Airport

Destination Cleveland: Celebrate the Journey!

Fellow NicA travelers; Come to Cleveland...

...to advance YOUR journey of recovery.

...to gratefully serve; help the still suffering nicotine addict and your own program.

...to make, reinvigorate and enjoy treasured NicA friendships.

...to have a complete and total blast. (Ohio conferences are known for that.)

...to be inspired to the point of goosebumps.

...to map the future of Nicotine Anonymous.

...to help save lives and make a difference in the world.

Watch nicotine-anonymous.org for the registration flier!

Questions: mjmaling@gmail.com

Service is the Key

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



path to freedom.

TELEPHONE SERVANTS—ESPECIALLY NEEDED!

From the comfort of your own home, you can respond to telephone calls from those who are just starting out on their

TELEPHONE SPONSORS

Share your experience, strength and hope by being a telephone sponsor.



TRANSLATORS

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

To volunteer or get more 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

Rev. 6/2016

♥ My Gift of Gratitude ♥

GIVE A "GIFT OF GRATITUDE"

Nicotine Anonymous has always been about helping addicts and saving lives. But it has come to the point where the heart of our organization needs our help. Nicotine Anonymous World Services needs our help to meet its monthly operating expenses. In addition, our contributions would help reach even more addicts through outreach and distribution of Nicotine Anonymous literature.

CONSIDER GIVING BACK TO THE ORGANIZATION THAT HELPED YOU GET FREE OF NICOTINE

Your *Gift of Gratitude* is another way you can work the Steps by carrying the message to nicotine users who still suffer! It also allows World Services to continue functioning through the Seventh Tradition.

HOW WORLD SERVICES SERVES THE NICOTINE ADDICT:

- ♥ Maintains the worldwide meeting list
- ♥ Distributes literature
- ♥ Distributes free Meeting Starter Kits
- ♥ Maintains the web site
- ♥ Publishes our quarterly newsletter, *SevenMinutes*
- ♥ Conducts necessary business of the Fellowship at quarterly Board meetings (three of which are conducted via web conference to conserve our resources)

GET A FREE SUBSCRIPTION TO SEVENMINUTES NEWSLETTER!

And if you give the gift of \$10 a month you will receive a complimentary subscription to our newsletter *SevenMinutes* which includes Fellowship news and member shares.

THINK YOU CAN'T AFFORD IT?

Think of the money we used to spend on tobacco! Just a little of it can go a long way to help us continue to operate. Here are some ways you can give back:

- ♥ Every week, put the cost of one pack of cigarettes in a container
- ♥ Set aside each day's loose change and save in a gratitude jar
- ♥ On your anniversary, send \$10 for each year of freedom (or as much as you can spare!)

4 EASY WAYS TO DONATE!

All gifts are tax deductible as 501(c)3 donations.

1. Click on the button on the homepage of www.nicotine-anonymous.org to donate using PayPal or your credit/debit card (Make a one-time donation, or click on "make this recurring" to set up a monthly donation)
2. Send your donation by paper check to:
Nicotine Anonymous
World Services
6333 E. Mockingbird Ln.
Suite 147-817
Dallas, Texas 75214
3. Set up online monthly bill pay at your bank. (You determine the amount and date of payment. Follow your bank's instructions for setting up recurring payments to payees with no account number.)
4. Make a one-time donation at store.nicotine-anonymous.org

Why members and groups donate to Nicotine Anonymous World Services

Nicotine Anonymous World Services is a member-supported non-profit organization guided by the Twelve Steps and Twelve Traditions. We realize there are both practical and spiritual purposes for us to remain a self-supporting fellowship to carry our message of recovery. Honoring our responsibilities is an aspect of our spiritual awakening.

Learn more about contributions & self-support at www.nicotine-anonymous.org



Seven Minutes

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



Nicotine Anonymous has a venue to conduct Board Meetings, Intergroups, and Committee Meetings online, with or without telephone capabilities.

If you are a member of a group that is helping Nicotine Anonymous and want to utilize this technology, contact Chick at nicahost@gmail.com

Individual training is available to learn this new venue.

This online meeting format can also be used internationally.

**Publication Dates and
Deadlines for
Seven Minutes Submissions:**

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