



Seven Minutes

The Nicotine Anonymous Quarterly: 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:

Seven Minutes
c/o NAWSO
6333 E. Mockingbird Lane
#147-817

Dallas, TX 75214
or email to:

SevenMinutesEditor@nicotine-anonymous.org

All submissions may be edited as necessary for grammar and content.

Subscription requests, circulation additions and deletions may be sent by mail to the address above, or go online to:

www.nicotine-anonymous.org

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

Your trusted servants,
Lynne M - Publisher
Chris H - Editor
Teresa I - Subscriptions

ARTICLES & FEATURES

"The First Two Years"
By Nick M.....Pg. 3
Heard It At A Meeting.....Pg. 3
"How Does It Feel to Have 14 Years Free?"
By JudiAh D.....Pg. 4
Seven Minutes Meditation....Pg. 4
"On Spirituality"
By Kent B.....Pgs. 5-6
Quote Corner.....Pg. 6
"An Angel Called M"
By David M.....Pg. 6
NicA Birthdays.....Pg. 11
Profit & Loss YTD Comparison..Pg. 13

Chairperson's Report

Hello everyone, I hope today finds you in the best possible health and nicotine-free.

As we all are probably aware of by now, we are losing meetings in our fellowship. This frightens me, so I am trying to actively contact everyone in the United States meetings to let them know Nicotine Anonymous World Services is here to support them. My recent contacts have shown me that some groups feel abandoned by the fellowship and the board. I was alarmed to hear this - I hope they are few.

Recent issues have arisen regarding the keeping of our 12 Traditions. I am concerned that they are not interpreted the same by every individual. I am going to attempt to create a Traditions checklist for everyone to read from time to time to be sure we are doing the best we can to maintain integrity with our written Traditions.

Jeff M in Southern California is working on a proposal for the structure of Service. After long discussions with Jeff, I feel his proposal, if approved, will be helpful for persons wishing to do service but who are not sure what type of service they want to do, and how to go about it.

Jules C, Chair for this year's Nicotine Anonymous World Services Conference

in Ohio, urges everyone intending to attend to get registered as soon as possible. The Conference takes place April 29-May 1, which is just a few short weeks away. She emphasizes that your prompt Conference registration and reservations for hotel, food and t-shirts helps a great deal in planning the Conference and covering its immediate expenses. Please see pages 8 and 9 of this issue for Conference information.

We would love to publish a new Daily Meditations Book for Nicotine Anonymous. If you have written any meditations, please submit them. Directions for doing so are located on page 7. I, for one, find such literature very uplifting and helpful to my recovery.

Lastly, as indicated in the previous *SevenMinutes*, Checko M accepted the position of Chair Elect in the absence of our dear Nola who is experiencing some very life-changing circumstances. If you pray, please pray for her and her husband and uplift them to your Higher Power.

*In service,
Andy A
NAWS Chair*

Together
We



Change

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 nonprofessional, 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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The First Two Years...

After kicking around in the rooms for a year and a half, I finally managed to put down my cigarettes on February 5, 2014. Prior to that I had quit with the patch, lozenges, and even a smoking cessation course, but nothing seemed to stick. A couple of times I even got close to 90 days, but succumbed to that old story, "I'll never enjoy smoking again," and picked up again immediately afterwards.

I've always been an avid reader and sent away for a copy of the Nicotine Anonymous book soon after I heard fellow members reading from it at a meeting. During that late summer of 2012 I still had a black cloud of cigarette smoke hovering over me and the explanations of the Steps, the Traditions, and the stories of the origins of our fellowship might as well have been written in a foreign language that I didn't understand. I read and read but nothing penetrated.

I didn't realize that my Higher Power was guiding me in several ways that I came to understand only later. I kept attending meetings whether I was smoking or not, and I kept reading, eventually starting a daily reading of *A Year of Miracles*. Some time in the fall of 2013, I experienced a real turning point. I had just finished reading about **Bill W's hospital bed conversion and a few hours later I was standing on a subway platform on my way to a meeting.** I was thinking about the meeting and members I might meet there and I had **a strong realization: I can't do this alone; I've been trying that for nearly a year and a half and it hasn't worked.**

At the meeting I looked up from where I was sitting and saw a framed calligraphy of the words, "Let go and let God." At that moment I let go of the tons of baggage that I had acquired in 19 years of religious education and began to understand that my Higher Power needn't be anyone else's notion of god but my own.

The quit date: I botched a few of those at the beginning of 2014. I had an enormous and stressful work project looming over me and I knew I needed to get past it if I wanted to try to stay quit, one day at a time. I managed to get through it and also managed to cut back my cigarette intake to a pack a day from 2 or 3 packs. The next hurdle came when I decided not to throw away my cigarettes at night, as I would immediately run out in the morning and buy more. On a Tuesday night in early February, I decided to keep enough cigarettes to get me through the morning. I smoked my last one at 11:00 am **and haven't had one since.**

The first couple of weeks I was giddy with that initial taste of freedom. I was overcompensating heavily by devouring every morsel of food in sight and **probably came near a world's record for cookie consumption in a single 24 hour period.** But that leveled off after a couple of weeks and I began to cross the dates off the calendar that hung on the side of my fridge. My program reading supported my efforts, and I resumed a couple of habits to replace the smoking I had put aside: the daily meditation in *A Year of Miracles* and the Third Step Prayer. This latter was recommended by a friend of more than 50 years who has spent most of them in another fellowship. I also started to pray for people I saw smoking. Nothing elaborate, just a **mental prayer of, "Please help people who smoke."** I often find myself repeating it internally many times an hour, especially when walking through New York City lunchtime traffic.

And I picked up the phone. I had already begun a phone relationship with a friend from my Wednesday evening home meeting. Because I work on a freelance basis, my schedule is never the same 2 days in a row, and even though I live in New York City where **we're lucky enough to have a meeting every day of the week,** I was only able to make 2 or 3 at most during any given week. So I supplemented with an occa-

sional phone meeting, and that daily call, usually fairly short, with my fellow recovering nicotine addict.

My mantra became, "The cravings pass, whether you smoke or not."

Staying free of nicotine one day at a time for the past 2 years has brought about changes I had always wished for but never managed to accomplish. I **slowly lost my constant striving to "get ahead," and started to embrace the fact that I could work hard but be an average person.** I stopped cultivating the rabidly competitive spirit that had characterized the past 30 years of my life.

A year into my nicotine-free time, I teamed up with a sponsor to work the Steps. Weekly meetings and phone calls with my sponsor, and using the Step Workbook, have thus far brought me to Step 6. I look forward to working the Steps further, and the recovery they are bringing about.

Years ago a friend who had quit smoking on his own told me to watch out for the twos: 2 days, 2 weeks, 2 months, and 2 years. **I'm smiling as I think of it because I'm careful every minute of every day, but I've learned to trust my Higher Power and save myself the pain of white-knuckle abstinence. I'm finally beginning to learn what it's like to be happy, joyous, and free.**

Nick M
Brooklyn NY

Heard it at a meeting

Quitting nicotine is like giving yourself a raise in pay.



How Does It Feel to Have 14 Years Free?

In response to an invitation to celebrate my first 14 years free of nicotine at my home meeting, a NicA friend texted to ask how it feels to be 14 years free. My reply, "Wow, great question. The bigger answer is I can't imagine anything else. I'm so grateful for all the people who have gone before me, and to my Higher Power for freeing me, and to all the people who share this amazing journey with me. It feels great! Feels like it was yesterday that I got free. I feel grateful. I don't want to give this up for anything!"

Every year around my anniversary I have added something to a written list that, until last January, was always posted in my home so I could remember the gift. Because everything has been in storage for the last year, I am adding these to my virtual list:

- I am grateful to nurture friendships and acquaintances with people who I feel so comfortable being myself with.
- I am really grateful that after 3 attempts, I finally finished my first complete round of studying and writing on all the NicA Steps, using our book and the literature our fellowship was founded on. Wow. What a spiritual awakening! My life is so much richer because of these Steps, which I get to continually practice.
- I am so grateful for a wonderful relationship with a loving, fun, forgiving Higher Power who I let help me in all areas of my life (more slowly in some areas, but what a difference today!)
- I am so grateful that I don't have to feel bad about myself, smell stinky, harm my pink lungs or drive with the window open in the cold or rain, letting the rain into my car and creating mold. (Who knew that besides being "allergic" to nicotine, I'm allergic to mold too!)
- I am grateful I don't have to beat myself up for slowly killing myself when I knew it was bad for me.
- I am so grateful for taking good care of myself.

When I first read my friend's text, I only saw the first few words and thought my friend was asking, "How did you do it?" I'll tell you all anyway. Weekly, I went to all the meetings in my area in New York, which were 2 at the time. I drove 40 minutes to the Sunday night meeting, even in the snow a few times. It was worth it! Before I even got free of nicotine, I got a service commitment at one of the meetings. Every week, those blessed fellow nicotine addicts trusted me to open the door and be there. And I was. (Well, I was very late once, but we all lived.)

Somehow those people trusted me. Maybe it was my Higher Power who trusted me to bring back the key each week. I can remember using nicotine right outside the meeting before everyone showed up! But, I thought about it **after I took everyone's advice to be gentle with myself and just keep coming back.**

How I could bring the dueling parts of myself to the meeting was a miracle.

Eventually the part of me that wanted to be free won out over the part of me that was comfortable in denial with the slow miserable suicide.

The miracle finally happened after a bunch of weeks. Since then I've almost always had some kind of service commitment in Nicotine Anonymous.

When I moved to an area where there were no meetings close by, I went to the 1 phone meeting (2004), then I started another phone meeting. When I moved to another time zone, I started yet another phone meeting. When I went temporarily to live in another country, I started a face to face meeting there. That was really exciting!

I keep in contact with my sponsor almost every day, turning my 10th Step over. I can't remember the last time we talked about nicotine itself. Now we just talk about life and how to apply these

great Steps and principles to all aspects of it.

Yay, God! Yay NicA! Thank you for my awesome life!

JudiAh D

Los Angeles, CA (née New Paltz, NY, Phoenix and phone meetings)

Seven Minutes Meditation

*My dear beloved
Higher Power,
with all the humility and
gratitude in my spirit,
mind and heart,
I place myself
in your hands and ask
that my character defects
be lifted from me.*

Anonymous



**Stay connected to
Nicotine Anonymous
World Services!**

**Receive emails directly from the
NAWS board by subscribing to
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/two-way-talk-email-communications.html>

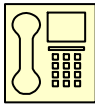
Nicotine Anonymous
The only requirement for membership is a desire to stop using nicotine.

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.



On Spirituality...

When I first heard the Second and Third Steps at a meeting, I felt very uncomfortable, even afraid. To get well, I would have to believe in some power greater than myself and turn my life over to God? Sure, I wanted to get free from addiction, but at that high a price?

By the time I got to those first meetings, I no longer had any spirituality. As a child I was taught to believe in God, but any notions of spirituality had deserted me, not coincidentally I've since discovered, at about the same time I started to use mind and mood-altering substances. I was spiritually retarded, bankrupt, negligent. I would argue that anyone who prayed or went to church to worship was weak and dependent and lacked personal insight.

Gradually though, I began to be convinced there was only one way to recover from this addiction (certainly the many methods I had been trying for years hadn't worked), and that was to let it go to a caring someone or something powerful enough to take it, and to not let me have it back no matter how much I suffered, manipulated or begged. When first asked to describe my Higher Power, the best I could do was draw a tree with branches named love, hope, peace of mind, joy - natural feelings I so wanted to feel, but had long ago lost to addiction. Nevertheless, that tree became a start on my path to connect to a spiritual source, which I found out later was still within me, had never actually deserted me.

I was told to "act as if" I had a Higher Power and to take "a leap of faith," not to worry about what to call it (God, Nature, The Abstraction, a Nicotine Anonymous group) or what it looks like. It was suggested I nurture the concept of a Higher Power by "religiously" committing to daily prayer or meditation, by reading about other inspiring people who, through their life's work, had demonstrated strong spirituality (Henry David Thoreau, Mahatma Gandhi, Soc-

rates, Helen Keller, Jesus), by exploring the immense beauty in nature, by listening to good music, and by being of service to others in need. I learned that rarely does one's awareness of a Higher Power arrive in a single and final "burning bush" event. But by gradually and continuously applying discipline, time and attention (our conscious contact) to nurturing this journey, we achieve a spiritual awakening that means everything towards getting and staying nicotine-free. Now I realize we have to actively feed and exercise our spiritual muscles to keep them fit.

I've found that it is spirituality that connects us to ourselves, other people and to the rest of the universe. If we treat ourselves and others with unconditional love and respect, our spirituality increases. It can be a smile, a word of kindness, a hug. If we break spiritual laws, the consequences are fear, unrest and unhappiness, as we in recovery can surely attest.

Of all the many gifts I've received in Nicotine Anonymous, none is greater than gaining a relationship with a Higher Power, reigniting the spark of spirituality that I had abandoned.

I believe I "saw" my Higher Power once. While I was in an addiction treatment center at the lowest point in my life, I was crying, telling my therapist how angry and afraid I was feeling, when suddenly I became aware of the presence of someone sitting beside me on my bed. It seemed to be some sort of aura, a glowing image of a person who looked exactly like me, except that his face had a calm, loving and caring radiance. An immediate calmness enveloped me. I believe I was given a glimpse of my spiritual self, an affirmation that God was with me, in me, and had always been there. At that moment I surrendered and began to heal.

Today I turn to my Higher Power many times for guidance on how to handle the challenges of "living life on life's terms," especially for help in understanding and accepting my feelings.

When I'm asked to suggest a discussion topic at a Nicotine Anonymous meeting, I usually offer "Spirituality" because this is a spiritual program and I want to hear how other members have come to believe in their own Higher Power, and how it's working in their lives to get or keep them sober. For this addict, there would be no recovery, no joy of living, no personal growth, no freedom from fear without the gift of spirituality. Every day I thank God for being able to thank God.


Kent B
Phoenix, AZ

Outreach projects allow us to carry the message in a variety of ways. Literature and financial assistance are available for your project— up to \$500.

For details visit the Nicotine Anonymous website at www.nicotine-anonymous.org or send an email to outreachcoordinator@nicotine-anonymous.org

Quote Corner

"There are two ways to live your life - one is as though nothing is a miracle, the other is as though everything is a miracle."



- Albert Einstein

An Angel called M...

Recently, a very admired and beloved admin in the Voices of Nicotine Recovery online group (VONR) passed away suddenly. The saddest aspect of her passing was the fact that she died from pulmonary/cardiac arrest arising from liquid filling the lungs; this resulted in terminal breathing and cardiac difficulties associated with a bout of pneumonia.

As I reflect on it now, she had been a long time cigarette smoker who told me that she had been diagnosed years ago with Chronic Obstructive Pulmonary Disorder (COPD). I had been supportive of this caring soul throughout her past year's frequent visits to hospitals and emergency rooms. Still, I did not want to believe that her condition was as medically fragile as it was. I was probably exhibiting a form of denial in which I believed that somehow miraculously, given adequate medical attention and interventions, she would start to regain her health and vitality.

She had always been an optimistic person, a woman who during her high school years had been an athlete; she also demonstrated a resilience and ability to bounce back from physical and emotional adversity. Thus I wanted to believe that she would regain normal health and live a long, relatively normal life. Perhaps my own history of COPD diagnosis also influenced my reluctance to accept the reality of her weakened physical state. I want to believe that one can live a normal life, once I allow my body to heal from the physical infirmities that may eventually result in death.

"M" as I will call her, had achieved over 5 years of life free of nicotine, and she had become a very active admin in Voices of Nicotine Recovery. She persistently and tirelessly gave of herself; she inspired numerous newcomers as well as veteran nicotine quitters with her characteristic kindness, caring encouragement and support of those trying to get and/or sustain a life free of nicotine.



Indeed, she was regarded by many whose lives she affected as an 'angel' of compassion and unconditional love.

"M" had an abiding love for her son and daughter and their families and she adored all her grandchildren. I recall that she strongly admired one grandchild who was becoming a gymnast. She also nurtured her daughter's self-confidence through the latter's struggle with breast cancer. Her daughter seemed to share her mom's qualities of abiding optimism, a healthy lifestyle and a determination not to be sidelined or defeated by a possibly life-threatening disease.

Throughout the all-too-brief 3 years that I had known her, she encouraged me to embrace a strong belief in myself, my ability to stay nicotine-free through cooperating with a power greater than myself and in a future full of boundless hope. To conclude, my life has been changed for the better, having been touched - ever so briefly- by this VONR angel called "M."

David M
VONR member from Washington, DC

Can You Help?
We are in need of a Russian translator for **Nicotine Anonymous: The Book**

Please contact
LiteratureCoordinator@nicotine-anonymous.org



Write a Meditation for a Future Nicotine Anonymous Meditation Book!

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

DailyMeditations@nicotine-anonymous.org

Subject line 'NicA Meditation'

or

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.)

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 NicA has helped you get there.

Please note:

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

Thank you for your service!

We appreciate your contributions!

ARE YOU READY TO ROCK YOUR RECOVERY IN CLEVELAND?



It's time to make your plans to come to Cleveland/Akron for the 2016 NAWS Conference! Visit the Rock and Roll Hall of Fame in Cleveland or tour historic recovery sites in Akron, where Dr. Bob and Bill W. began the Twelve Steps. And there's more! *You won't want to miss this conference!*

Saturday Night Rock 'n Roll Banquet

Dress up as a rock and roll fan or your favorite performer! Come dressed to rock out and win the Best Costume Contest. After the speakers, enjoy surprise guest performances by beloved music icons from Las Vegas, New York and Detroit! Then dance the night away with NicA's own DJ, Larry L of Lakewood, Ohio.

Sunday Brunch Serenity Singers

Akron's Serenity Singers are volunteer choir members in recovery who perform at Founder's Day each year in Akron, Ohio. They also perform at nursing homes, retirement centers and recovery facilities. The Serenity Singers, including NicA's very own Peggy H will sing us into our Spirituality Brunch on Sunday with moving selections that will touch your recovering heart. Tissues will be provided. It is rumored that there may be a rock and roll song or two as well.

Sunday After-Conference Activities – Pick One!

Cleveland's Rock and Roll Hall of Fame: Our group leaves the hotel at 2:30 for a Rock Hall visit from 3:00 to 5:30 PM and returns to the hotel around 6 PM. The cost is \$40, provided we have 20 participants. (Money returned if we don't.) In addition to regular exhibits, the exhibit for the 2016 Inductees will have just opened! The performance inductees are Cheap Trick, Chicago, Deep Purple, N.W.A. and Steve Miller. Read more at rockhall.com. Contact Lee C at 330-715-9288 or leechristman@gmail.com to make your reservation and send your check!

Twelve Step Driving Tour: Also leaving the hotel at 2:30 on Sunday, the tour of Twelve Step historical sites will be guided by NicA's own Wayne H, who is a volunteer guide at Dr. Bob's home. The tour includes the famous Mayflower Hotel where Bill W called for help; the Stan Hywet Gatehouse where Henrietta Seiberling brought Bill W together with Dr. Bob; St. Thomas Hospital, the first treatment center in the US, where Dr. Bob treated alcoholics assisted by Sister Ignacia, and home of the Sister Ignacia Chapel and Museum; Dr. Bob's Home where Wayne will provide a guided tour; King School, where AA #1 met after moving from Dr. Bob's house; and Mt. Peace Cemetery, location of Dr. Bob's grave. The cost is \$28, provided we have 20 participants. (Money returned if we don't.) The group returns to the hotel by 6:30 PM. Contact Lee C. at 330-715-9288 or leechristman@gmail.com to make your reservation and send your check!

REGISTER for NAWS 31 TODAY! Use the registration form available at nicotine-anonymous.org, ohio-nica.org and in *SevenMinutes*. April 29 will be here before you know it!

The Ohio Intergroup welcomes you to NAWS 31, where we will ALL be **Rockin' in RECOVERY!!!**



CLEVELAND, OHIO
April 29, 30 & May 1,
2016

Days Inn & Suites Richfield
 4742 Brecksville Road, Richfield, Ohio 44288
 Call to book: 330-859-8151 Directly
 Mention "NAWS2016" to receive
 group room rate of \$89.99 + taxes
 Rates will be honored 2 days before & after the conference.

COMPLETE AND MAIL TO: Lee Christman, NAWS 2016, 572 W. Market St., Suite 7, Akron, Ohio 44303
 Phone: 330-715-8298 E-mail: Leechristman1@gmail.com

NAME: _____
 ADDRESS: _____
 CITY: _____ STATE: _____ ZIP: _____
 PHONE: _____ E-MAIL: _____

_____ Yes, I am an ELECTED delegate representing the following group or intergroup:*

_____ Yes, I would like a roommate** ___ Male ___ Female

*Delegates must be registered with World Services no later than March 28, 2016 NAWS Secretary
 e-mail secretary@infinite-anonymous.org. Include name, address, phone, e-mail and group representing.

**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.)			
\$26 Early Registration OR \$46 Late Registration (after 3/28/16); Non-NicA spouses and partners no charge			
# of Registrants: _____		REGISTRATION TOTAL \$	_____
Meals: No Restaurant in Hotel: (Friday Cold Cut Platter included with Paid Registration)			
Saturday Breakfast Buffet: \$5.00 per person	# of meals _____		
Saturday Lunch Buffet: \$5.00 per person	# of meals _____		
Saturday Dinner Buffet: \$42.50 per person	# of meals _____	(ALL MEALS TOTAL \$82.75)	
Sunday Brunch Buffet: \$30.25 per person	# of meals _____	MEALS TOTAL \$	_____
T-Shirts: Black, short sleeve, 50/50, 2 color logo on front			
Adult Sizes S - 1XL: \$15.00	# of T-Shirts _____	Size _____	
Adult Sizes 2XL - 6XL: \$18.00	# of T-Shirts _____	Size _____	T-SHIRT TOTAL \$ _____
Mugs:			
White mug with 2 color logo both sides: \$9.00	# of mug(s) _____	MUG(S) TOTAL \$	_____
Drawstring Backpacks:			
Red with 2 color logo: \$10.00	# of backpack(s) _____	BP(S) TOTAL \$	_____
After The Conference Activities: Buses will leave from the hotel on Sunday, May 1, @ 2:30 pm and will return to the hotel between 5:30 P.M. and 6:00 P.M. (20 person max per bus)			
Historical 12 Step Guided Bus Tour: \$25.00 ea.	# of ticket(s) _____	12 STEP TOTAL \$	_____
Rock & Roll Hall of Fame Guided Tour: \$40.00 ea.	# of ticket(s) _____	R&R TOTAL \$	_____
Optional Donation to NAWS 2016 Conference \$ _____		DONATIONS TOTAL \$	_____
Optional Donation to World Services \$ _____			
			TOTAL AMOUNT \$ _____

Make checks payable to NAWS 2016

Questions? Please contact Conference Chair, Jules C. at jchomek@yahoo.com, 330-878-3753 or 330-352-0064

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

Jill O - 1/28/07

Sharon G - 3/21/90

Birthday Announcement

NAME _____

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

*Please make copies
of this announcement
to share with your
group!*

Get your hands on **OUR NEW WEBSITE!**

*offering help **online** to those who desire
to stop using (and live free from) nicotine*

learn how Nicotine Anonymous works ★ find
phone, internet, and face-to-face meeting schedules
★ read pamphlets in 16 languages ★ check out open
service positions ★ read over 25 years of *SevenMinutes*
newsletters ★ find events in your area ★ order books,
CDs, & MP3s ★ sign up for *Two-Way Talk* to keep current
on NicA news ★ make a *Gift of Gratitude* to help us carry
our message to the still suffering nicotine addict





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

NEW: Revisions have been completed
on our new video Public Service
Announcement.

To obtain a copy for your local TV station,
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

Time: 12 noon EST

To attend: call 1-218-339-4978

Access code: 1471471#



I want my... I want my...

I WANT MY WSC!

**Missed this year's World Services Conference?
Or did you attend and want to keep a memory of it?**

We've just wrapped up *Nicotine Anonymous World Services Conference 30 – Service: A Pearl of Recovery* in San Francisco, California. New this year, you can download MP3s (or order CDs) right on our website's store at www.nicotine-anonymous.org. Now you can listen to inspired speakers including *Melissa E*, *Robin L*, or co-founder *Rodger F* right on your phone, tablet, or computer!

Of course, we also have the popular *Gratitude Meeting* available. And, you can also catch up on what's new and happening in Nicotine Anonymous by listening to the *Business Meeting Set*.

Prices vary based on the combination you want, and all proceeds go towards our primary purpose of helping the still-suffering nicotine addict.



MP3

Download or order now at
www.nicotine-anonymous.org

(Click on "store" and then go to the MP3 & CDs section.)



CD

NAWSO
Profit & Loss YTD Comparison
January through December 2015

	<u>Jan - Dec.</u> '15	<u>Jan - Dec.</u> '14
Ordinary Income/Expense		
Income		
4000 · Donations	13,705.70	11,442.25
4100 · Literature Sales	33,776.71	28,500.06
4290 · Shipping & Handling	4,705.67	4,525.69
4296 · 2016 Conference Profit/Loss	-1,000.00	
4297 · 2015 Conference Profit/Loss	1,114.11	-750.00
4298 · 2014 Conference Profit/Loss		3,562.91
Sales of Product Income	<u>35.66</u>	
Non Profit Income	184.13	<u>64.20</u>
Total Income	\$52,521.98	\$47,345.11
 Cost of Goods Sold		
5000 · COGS	<u>14,035.06</u>	<u>11,638.36</u>
Inventory Shrinkage	0	0
Total Cost of Goods Sold	\$14,035.06	\$11,638.36
Gross Profit	\$38,486.92	\$35,706.75
 Expenses		
6000 · Office Expenses	24,963.29	22,637.25
6600 · WSO Expenses	5,849.04	5,478.52
Total Expenses	<u>\$30,812.33</u>	<u>\$28,115.77</u>
Net Operating Income	\$7,674.59	\$7,590.98
 Other Income		
8000 · Interest Income	39.97	57.28
Total Other Income	<u>\$39.97</u>	<u>\$57.28</u>
 Net Income	\$7,714.56	\$7,648.26
	<u> </u>	<u> </u>
	 	

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.

IN-REACH COORDINATOR

Responsible for contacting those members on the electronic mailing list with newsletters and other e-mail blasts.



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

♥ 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 now has a venue to conduct Board Meetings, Inter-groups, 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