



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*?

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Seven Minutes
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6333 E. Mockingbird Lane
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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,
Chris H - Editor
Bill P - Subscriptions

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Chairperson's Report

Greetings to the members of Nicotine Anonymous. I want to start my last report as chairperson by saying a heartfelt thank you to all those who serve this fellowship. Over this past year I have experienced countless servants offering considerable amounts of time to support the fellowship and each other. Each one of you is a miracle. It would take pages to list all the servants and their contributions, however, most do it in the shadows with no expectation of recognition. They simply give back in gratitude for the freedom they found through our program of recovery.

I also am deeply grateful to the previous chairs who have so graciously supported and encouraged me. They were mentors willing to share their experience, strength and hope. I never felt alone on this journey of being chairperson.

The NAWS board has experienced some changes throughout the year. Due to unforeseen circumstances, a few of the original 2019-2020 board members were not able to continue their service. We had previous board members step into these vacated positions, so we always maintained a complete nine-member board. The current board is filled with wisdom from past board experiences, and we certainly needed that wisdom for all the unprecedented events that occurred.

Since the last Chair Report much has happened in our world and with NAWS. It has been an unprecedented time in several ways. Some may recall that at the 2019 annual conference there was no Intergroup available to host the 2020 conference, so NAWS created its first

NAWS Conference Committee. It was a fabulous experience. So many willing servants gave of their time and talent to meet, plan, organize and come together to host the 2020 "We Can See Clearly Now" conference in Lancaster, PA.

Then COVID-19 arrived, and our conference was canceled by the hotel about the same time our board decided it was not in the best interest of the health of our fellowship to have an in-person conference. We were deeply saddened by this. Some more than others. So much loss: no hugs, no arm-in-arm walk 'n talks between, before and after meetings, no dinner with friends we haven't seen since last year's conference, not being able to be physically present with each other, meet new people over brunch, hug the newcomer and on and on. Granted, none of this is the business of the fellowship, which is the purpose of the conference and the requirement of our bylaws. However, the conference is also about connection. Some of us need physical connection more than others and the loss of physical connection leaves a void even though business is being attended to.

The board decided to have an unprecedented all-online conference to conduct fellowship business, as outlined in our bylaws. We met to work through some of the issues of this new venture. The result was two separate but related components, one for the business of NAWS and one for the social aspect.

NAWS Conference 2020 "We Can See Clearly Now" seemed to flow with no major glitches. The attendance was about equal to face-to-face conferences and the number of registered delegates about the same as well. What this

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The Twelve Steps of Nicotine Anonymous

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

The Twelve Steps 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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Chairperson's Report

continued from page 1...

suggests is that no matter the venue, we need to let people in the fellowship know how important it is for delegates to represent us at the annual conference.

Being a delegate is a vital role for the fellowship. Delegates represent the voice of the fellowship and hold the position for one year. At the conference the delegates voted to accept a new publication titled *Sponsorship in Nicotine Anonymous*. This was the third year the booklet was discussed at a conference workshop. It was also on our website for months for members to view and suggest edits. Garnering approval from the fellowship through the delegates is taken seriously. Much is involved for literature to become conference-approved.

The Monday after the conference, work was begun on next steps for the new sponsorship booklet. Printing, cost estimates, layout, design, and font size are all part of that process. When the booklet is published and ready for use, all the delegates who had a part in its approval can feel accomplished. Literature is a legacy of the fellowship that keeps on giving. Well-done delegates!

The other conference workshop, "Daily Meditations," encouraged attendees to write a story for the next edition of *A Year of Miracles*. Many offered their experience, strength and hope by writing a meditation for the new book. That book will be read by someone seeking to gain or maintain freedom from nicotine. How exciting, and another legacy of our fellowship.

It is sad to report the unexpected death of our office manager, Teresa I. Teresa served the fellowship for many years with passion and commitment, offering hope to the suffering nicotine addict. She will be missed.

NAWS has a new office manager, Bill P, from the Dallas, TX area. The office address will remain the same. Bill has served as a past NAWS chair and a past NAWS treasurer. He hit the ground running and is working dili-

gently to get the office fully operational. I cannot begin to explain the many details involved with this transition. The board has appointed a transition team to assist Bill in getting acclimated to his new role as NAWS office manager.

Bill H took over as the new chair on April 26, 2020. He has been intricately involved with all the unprecedented issues our board has dealt with this past year. Other new officers include John D as chair-elect, Damara R as treasurer-elect, and Tammy T as secretary-elect. We welcome them to the NAWS board.

With gratitude to all who serve our fellowship,

Sharon C
outgoing NAWS chairperson



Important Service Opportunity!

The **Audio Recordings Committee** is converting our Nicotine Anonymous literature into audio. We need:

- **Proffers** to listen to recordings and note mistakes
- **Sound Editors** to improve quality and pass audio industry requirements
- **Narrators** who have a recording studio or have access to one.



We will also be creating audio for literature in Spanish and other languages.

The Committee's monthly video conference meetings occur on the first Wednesday of the month - 9 pm EST.

Please contact nawsrecordings@gmail.com if interested!

In

Memoriam

It is with great sorrow that we mark the passing of trusted servant, **Teresa I.** Serving as the Office Manager for our fellowship since 2011, Teresa handled the shipping of literature orders, phone calls from newcomers around the world, the financial records for NicA and more. She was an invaluable resource to the NAWS board and was liaison to the company that publishes this newsletter. Her skill and dedication to these many duties will be sorely missed.

Teresa became involved with Nicotine Anonymous in the Dallas area in 2008 and was relieved of a 40 year nicotine addiction. She often said, "I'm as powerless over quitting as I am over smoking." Teresa jumped right in to doing service, attending the 2009 World Service Conference in Akron, OH. It was there that she stepped up to run for NAWS Treasurer. After being elected to that position and learning the fellowship's financial procedures, she was a natural to step into the Office Manager position when the previous OM passed away in 2011. As the only paid servant for Nicotine Anonymous, her recovery and love for our fellowship shone brightly as she performed her many tasks.

Rest in Peace, dear Teresa.



SevenMinutes Meditation



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.

- Tradition Two

Thoughts on Gratitude...

Wendy H in Michigan here. I have been thinking about the word "gratitude" and what it really means to be grateful. I looked it up in 3 different dictionaries, searched it on the internet, asked many addicts about their own experiences with gratitude, and read everything I could find on the subject.

It seems to me that when I spend time and energy focused on what I think is missing from my life instead of recognizing and appreciating what I do have, it creates a negativity that attracts other kinds of negativity. Who needs that? Personally, I have resented others whose lives appeared less troubled than my own, envying what I thought someone else had. But over time, and with maturity, I have discovered that each of us has everything we need to do what we came here to do. We all are on different paths. I am where I belong and so is everyone else. That doesn't mean I have everything I want, but who does? The wealthy people I know want more also. But I trust that my Higher Power has a better grasp than I do about what's good for me. This helps me be grateful for all I have been given which allows me to be happy for another person's abundance.

One story that has helped me to see things more clearly is about a kingdom in which everyone complains.* One man complained he didn't have sufficient milk to feed his family while his neighbor had enough for his wife and daughter to bathe in. Another man complained his job required him to work 12 hours a day while the fellow down the street had to work only nine. A woman complained that her own child cried through the night, not allowing her to sleep, while her sister's child never uttered a peep. The people complained so much that eventually the King ordered everyone to gather in the center square, and to bring with them pencil and paper. Grumbling, the townspeople assembled. Those who arrived early sat on the few stone benches that were available while

This story appears in the book **Life Rules: How Kabbalah Can Turn Your Life from a Problem into a Solution by Yehuda Berg, pages 39-40.*

the latecomers stood and glared at them enviously. It took the King several attempts to quiet his unhappy kingdom, so preoccupied were his subjects with all their complaining. When the King finally had everyone's attention, he instructed each person to fold his or her paper in two. On the right side, they were to make an honest list of everything they had, and on the left, an equally honest list of what they didn't have. There was a great rustling of paper, murmurs, and craning of heads as people compared lengths of lists. After some time passed, the chore was complete. The King now instructed his subjects to go from person to person in search of a list that they found more appealing than their own. When they found one, they would be free to take it. But you must take it all, he explained - the good and the bad. There was a chaotic rush toward the wealthiest man in the kingdom. His lands were vast, and his imposing home was staffed by countless servants. But a look at his list revealed that his son was dying of an incurable disease, and his wife didn't love him anymore. Not even the poorest person in the kingdom wanted a loveless marriage and a dying child. So the crowd rushed to the next wealthiest man. But while his lands were also vast, he was unable to enjoy their abundance because of the bitterness he carried in his heart over the rape of his daughter. The father of the kingdom's next wealthiest man had gone mad and required constant care. The next wealthiest after that had lost his leg in an accident, and the next suffered from terrible depression. And so it went, until every person in the small kingdom had compared lists with every other. The sun had set. No one had eaten. No one had gone home or fed the animals. Finally, the King strode majestically to the center of the square and asked how people felt about their lot in life now. Slowly the people nodded, as though waking from a long sleep. Not one list had been exchanged. Thanks to the wisdom of their King, these townspeople had swept aside the curtain of ego and made contact with the Light. What a potent moment they shared. They returned home with a sparkling new appreciation of their lives.

When I really practice gratitude I am more accepting of the fact that yesterday is history, tomorrow is a mystery
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The only requirement for Nicotine Anonymous membership is a desire to stop using nicotine.

Meeting Options:

Face-to-face meetings
Telephone meetings
Online meetings
Video Conference meetings

For face-to-face meetings:

-Go to www.nicotine-anonymous.org
-Click **Meetings**
Search by state.



For phone meetings:

-Go to www.nicotine-anonymous.org
-Click **Meetings**,
then **Telephone Meetings**.



For online meetings:

-Go to www.nicotine-anonymous.org
-Click **Meetings**,
then **Internet Meetings**.



This section has live links to two sites for posting messages and receiving responses. Join the site and take advantage of extra services, like searching for specific posts or files.

Nicotine Quit Buddies (formerly Unofficial Nicanon) has "Type Share" meetings. It can be found at:
<https://nicotinequitbuddies.groups.io/g/HomePage>

Voices of Nicotine Recovery (VONR) has "Voice Share" meetings using a free chat service that can be downloaded. Find it at:
<http://voicesofnicotinerecovery.com>
This site also has helpful information about nicotine addiction and links to prior speaker shares.

For video conference meetings:

-Go to <http://nicotine-anonymous.org/video-conference-meetings.html>



and today is a gift called the present. Gratitude makes sense out of my yesterdays, creates vision for my tomorrows, and gives me peace in my today. I can relax and embrace the now. Feeling gratitude is not to imply that I deny my suffering, but that I do not allow it to blind me to the beauty and joy surrounding me, no matter what I am going through. It's all about perspective. Is my glass half-empty or half-full?

Gratitude helps me see that sometimes the answers I get may not be the ones I want but are the ones I need. I didn't expect that. Gratitude as a spiritual principle challenges me not to look for my load to be lightened, but for my back to be strengthened to carry the load. Today I don't pray for an easier life, I pray to become a stronger person. It's difficult to be grateful when I am hungry, angry, lonely, tired, or sick. It's even harder to feel gratitude when an emergency, crisis, or devastation such as illness or death happens.

I am also learning that every experience offers a gift. I just have to be willing to shine the light of gratitude on it. Every hardship I ever had either taught me something or I grew from it. The Chinese word for crisis is written with 2 characters - the first one stands for danger, the second for opportunity. I want to look for the good hidden within everything I encounter.

If I can't recognize and be grateful for the wonder and beauty that is in my life already, would I really appreciate more? I want to acknowledge all that has been given to me. To quote Helen Keller, "Everything has its wonders, even darkness and silence, and I learn, whatever state I may be in, therein to be content."

Wendy H in Michigan

Stay connected to Nicotine Anonymous World Services!
 Receive emails directly from the NAWS board by subscribing to *NicA News*. Click **Subscribe** on the NicA website at www.nicotine-anonymous.org

Quote Corner
 “Recovery from nicotine addiction is not a singular event. It is a process of living life.”
 - Nicotine Anonymous:
The Book, page 17



From the FreeBridge Telephone Group...

Nicotine Anonymous has multiple suggestions to help us connect with fellow nicotine addicts. Some of those suggestions really helped during the pandemic, like phone and internet meetings, email and snail mail groups. Video conferencing became a welcome new way to connect. We came together to gain and maintain our recovery. None of us need ever feel isolated from the support of our fellowship.

This is a WE program.

The FreeBridge phone meetings noticed a large increase of members as face-to-face meetings became impossible during the social distancing. We asked phone folks what other new activities and solutions opened up to them as they strived to protect their recovery during this time. Here are some that were reported:

1. Walked more
2. Knitted
3. Made masks
4. Went for long drives
5. Slept a lot
6. Attended video conference meetings
7. Reached out to others
8. Learned new ways of cooking
9. Lightened up/was more silly
10. Did writing
11. Read new things
12. Rode a bike
13. Practiced yoga
14. Danced like a maniac all alone
15. Took up juggling
16. Organized
17. Played Hacky Sack

Upcoming Phone Marathon Meetings

July 4

“Celebrate Good Times, Come On!”



September 7

“Step by Step”



All meetings are hosted by the FreeBridge Telephone Meeting group

On each date meetings begin at 8 am EST and run at the top of every hour.

Last meeting starts at 11 pm EST.

A different topic for each meeting

Phone: 712-770-5398
 Pass code: 207490#

Go to nicotine-anonymous.org for information on all regularly-scheduled NicA phone meetings

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 chairperson@nicotine-anonymous.org

Struggling with the 8th Step...

My name is Chad and I am a grateful, recovering nicotine addict. Thanks to the 12 Steps of Nicotine Anonymous and a loving Higher Power, I have not found it necessary to use any nicotine product in over ten years.

When it was suggested I attend a meeting of Nicotine Anonymous, I laughed. I kept telling myself that this was just a bad habit, that I could quit anytime. But I finally surrendered and attended a meeting in Southern California. When I read the Steps listed on the wall at that meeting, I thought I could work through them. Well, almost all of them. I saw that 8th Step and thought to myself, "I didn't harm anyone else with my nicotine addiction. I only hurt myself." My sponsor told me not to worry about that Step yet as we were only on Step 1. I agreed and began my journey through the Steps.

As I approached the 8th Step, I still thought it somewhat ridiculous that I would have to make amends and I figured it would be a major struggle to even begin creating this list. After completing my inventory, I realized there might be a name or two that could be put on the list, but I couldn't imagine much beyond that.



So, I sat down and got to work on the 8th Step. I began to see there was more wreckage from my nicotine use than I had realized. My parents and my sister were first and foremost on this list. I basically scoffed at the tremendous efforts my parents put into caring for me in my childhood. They provided me with a healthy, quality environment and in return, I chose to chew tobacco and smoke cigarettes.

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



Attend our monthly Outreach teleconference meeting!

2nd Saturday of the month at 2PM EST

Join us online by video conference at <https://zoom.us/j/213252862>

One tap mobile: +16465588665, 213252862#

or dial by your location +1 646 558 8665

Meeting ID: 213 252 862



I also led my sister down that same path. I came to see my part in this.

There were numerous relationships affected by my nicotine use. I did not see this until I started writing my 8th Step list. Multiple relationships were ruined by my sneaking around to chew tobacco or smoke cigarettes, spending money I shouldn't be spending, and thinking about my next fix rather than being present with my significant other. These individuals definitely needed to be added to the list.

The list continued and included doctors and dentists who cared for me, and included other family members who also cared deeply for me. This list included non-people as well. Our Earth

was added to the list in response to my tossing cigarettes out the car window. Last, but certainly not least, were my Higher Power and myself.

It took me a lot of time to develop this list to a deep enough level before I believed I had finished. I became willing to make these amends by discussing them with my sponsor. I then pushed on to Step 9.

Chad O
St. Paul, MN



From Your Service Structure Committee Coordinator...

It was so wonderful to see all the fine folks at the virtual World Service Conference! I am on fire for our fellowship, and our committee, after being a part of the service weekend together. Thank you, World Service Conference Committee and NAWS board members, for bringing us all together to do the fellowship's work to ensure our future. I get so excited witnessing a Higher Power expressed through a group conscience.

Delegates should have received a request to complete a survey about how the committee should move forward. We've received some feedback, and some responses so far. Thank you! For those who find the current survey a bit cumbersome, the committee is working on a simpler version, probably to be completed online. This survey is open to all Nicotine Anonymous members, not just conference delegates. If you would like to complete a survey, please contact me at servicestructurecc@gmail.com and we will make sure you have the opportunity to participate. *continued on page 7*

If you're interested in helping ensure the principles of equality, rotation and service, consider joining or just checking out our committee. We meet by video conference on the last Wednesday of the month from 8:30-9:30 pm EST.

In *A Year of Miracles* today I read a quote by W.H. Murray that said, "Whatever you can do or dream, begin it. Boldness has genius,

power and magic in it. Begin it now!" I'm asking you to please share your vision with our committee, so we can ensure the power and responsibility continues to reside with Nicotine Anonymous groups.

*In Love and Service,
Alicia R
Cincinnati, OH*



In Memoriam

With great sadness we mark the passing of Milton M, beloved friend and Nicotine Anonymous member. A native of Philadelphia, Milt later lived in the Los Angeles area where he became and remained nicotine-free for 32 years.

Milt was known for his thoughtful, wise presence, his compassionate, caring way and his wonderful smile. His affectionate, big, booming voice could be heard at meetings, at the World Conference, at "Clean in the Catskills" and at the bonfire of Fun Weekend. He loved being at NicA gatherings and his presence gave support and strength in return.

The gratitude Milton felt for nicotine freedom was apparent in his dedicated sponsorship of countless NicA members. He never turned anyone away who asked for guidance or mentorship, whether you were his sponsee or not. For Milt, whoever called that day was his sponsee.

When Milt shared at meetings, newcomers would feel the hope and inspiration that they too could quit. He also gave great comfort to those grieving a loss. His warm spirit was felt by everyone. Many times just a few words from Milt would carry much weight. Even old-timers admitted they felt like a baby when he spoke. At the same time, Milton would not hesitate to "tell it like it is." He was one of the quiet stars of our fellowship, a "humble man with a great spirit, who gave us his all." Milt's lasting message is that "We have to give it away, in order to keep it." We are grateful to have shared in his amazing 32 years of nicoverry.

JudiAh adds some personal memories of Milton M...

Milt was one of the first NicA old-timers I knew. We met when I had 2 years nicotine-free and was looking at potentially moving to Philadelphia. I looked up NicA meetings there and called his number. He met me at the train station and walked me downtown to a meeting. What a gift.

I remember another time, standing outside my parents' house talking to Milt about my character defects with interpersonal communication. He just kept bringing up the Steps and all these slogans I hadn't heard before. Now these same Steps and slogans are mine to live and share.

In about 2005 I ran into Milt on a Broadway bus in Manhattan. A few months later I visited him at AA's NY headquarters. Around that time he also helped me a lot with a rogue sponsee who just kept arguing .

The last time I ran into Milt was during the 2014 Nicotine Anonymous Fun Weekend. Fortunately, the week before he died, I got to share these memories with him and say thanks for being such a part of my recovery over the years.

Milt, I miss you and think of you fondly. Your memory is such a blessing.

NAWS CONFERENCE 35: VIRTUALLY FLAWLESS

In this unusual year of worldwide pandemic and stay-at-home protocols, our fellowship experienced a first. Enjoy these first-hand accounts from members attending the 2020 World Service Conference remotely via online technology.

From Bill H, incoming NAWS chairperson:

It was Friday the 13th when the Nicotine Anonymous World Services (NAWS) Board met that March night to discuss the upcoming NAWS Conference 2020. The airports were cancelling our flights amid the COVID-19 pandemic, but we were still contractually bound to the hotel. What were we going to do?

Chairperson Sharon came on the line to announce late-breaking news – Pennsylvania had been declared a state of emergency, meaning the hotel could free us from our contract. The Board voted unanimously to keep the already-set date for our 2020 conference, and began planning for Nicotine Anonymous' first-ever entirely virtual World Service Conference.

Using the latest online technology, the Board was able to meet on Friday, April 24th for its usual pre-conference business meeting. VONR and Free Bridge hosted a weekend jam-packed with phone and online events that wrapped around the Delegate meetings. Friday night kicked off with the always-special Gratitude Meeting. It was great to see and hear our fellows! The three-day conference schedule included marathon meetings, a sobriety countdown, and a memorial hour dedicated to those members we have lost. Damara R from Northern California was our Saturday night speaker and gave a fantastic share followed by the Untalent Show, a Midnight Solutions meeting, and the annual Sunrise Meeting led by Alicia from Ohio on Sunday morning.

Meanwhile, the NAWS Delegate Business Meetings ran smoothly, with the video conference hosts notifying when hands were raised and keeping things in order. We heard reports from Treasurer Ed T and our new office manager Bill P, as well as all the Committee and Intergroup reports. Saturday afternoon was reserved for two simultaneous workshops — Aimee C leading the Daily Meditations Workshop where participants wrote entries for a proposed second daily meditation book, and Checko M keeping the Sponsorship Booklet Workshop on track with the help of Marguerite B. After a few edits, the booklet was pushed forward for conference approval. During Sunday morning's Business Meeting, Delegates passed the motion to publish *Sponsorship in Nicotine Anonymous*, our newest piece of literature. Many thanks to Checko M for his hard work and patience with this monumental feat.

Delegates accepted the bid to hold next year's Conference in Lancaster, PA. Jan S stepped up to be Conference Chair and will work with many of the volunteers for this year's conference. A motion was also approved to allow remote participation at all future conferences, if deemed logistically and financially possible. A bid from VONR was approved to host the 2022 Conference in Little Rock, AR, with Aimee C as Conference Chair. The final step for delegates was to elect new officers — we welcome John D as chair-elect and Damara R as treasurer-elect. Though there were no nominees for secretary-elect, Tammy T accepted the position the following week, representing our first NAWS board member to reside outside of North America. We now have a truly "World" Services Board!

Sorry to bury the lead ...Nicotine Anonymous' first-ever entirely virtual World Service Conference was a huge success! There were no major technology glitches, principles ruled over personalities, and the biggest problem seemed to be people forgetting to "unmute" when they wanted to speak. Of course next year, when we have some people attending in person and some people attending online, it will be the true test of technology and patience. But hey, we stopped nicotine...we should be able to handle anything, right?!

As convenient as staying at home and dialing into the meetings may be, I – for one – can't wait to get back to face-to-face meetings and an in-person World Service Conference. I love that our fellowship has the technology to allow people unable to attend in person, but I hope we never lose our tradition of gathering together, looking eye to eye, sitting shoulder to shoulder, and creating memories to last a lifetime. I look forward to "seeing you clearly" in 2021.

More conference shares continue on the following pages...

NAWS CONFERENCE 35: VIRTUALLY FLAWLESS

From Alicia R, Ohio:

The thing I took away from the conference was how interconnected we are. Ever since I met the great folks in Akron, Ohio who put on the conference a few years ago, my circle of NicA friends has expanded. I dare not start naming people individually, but so many of you have touched my recovery. Not only that, I got to "see" people that I've only met on phone meetings. I am star-struck — thank you! Even if you didn't say anything during the conference, my heart melted with gratitude just "meeting" you virtually! It occurred to me how important the unity of our Fellowship is to me. I can't wait 'til we get to do it again next year!

From VONR member Chick P:

While remotely attending this year's conference, I celebrated 146 months of being completely nicotine-free. It was an event I will always remember! I began my nicotine-free journey when I typed "Smokers Anonymous" into my laptop search engine, and became a member of Nicotine Anonymous by attending an online meeting. At that point that powerful, unknown smokescreen surrounded me. I was unaware that using nicotine had destroyed my self-confidence!

Being smothered by my own negative thoughts, I heard I had to do something different in order to grow. I started to realize I needed to take some risks. I slowly became more involved with the fellowship by providing service. Sharing my experience, strength and hope was never difficult. However, I considered myself to be a minority — remaining nicotine-free online without face-to-face contact with other nicotine addicts was not the usual way to get sober. I received the beginnings of recovery by talking to all of these "nics" online. In order to meet sponsees in person, I attended my first NAWS Conference in 2010.

At my second conference, where I was an active delegate, a stranger came up to me and shared how I helped her to get sober online. I was dazzled! As the conference continued, I raised my hand and volunteered to step outside my protected, comfortable surroundings. Becoming more involved opened the door to meeting a number of amazing individuals who do service in Nicotine Anonymous. I met people who answered the phones and emails, were penpals, web servants, elected delegates, and were members from the telephone intergroups. Our fellowship is full of so many unique individuals across the world who have attempted to put down nicotine.

As my journey progressed, I noticed that our fellowship was very small and that most members I met could not afford to attend the annual World Service Conferences. I felt more members could benefit from becoming more involved with Nicotine Anonymous. It became my not-so-secret mission to help our fellowship expand. The thought of others accepting this 'virtual recovery' (I guess this may be called 'hybrid recovery') seemed to be a challenge, especially to me.

During this year's conference held online in April, it became evident that we are all Nicotine Anonymous. Our delegates voted to bring continued remote conference attendance to all members in the future. Delegates will no longer have to pay for hotel and transportation in order to have an active voice in our process. Thank YOU nicotine addicts, across the world, for embracing this fellowship. The only requirement for membership is a desire to not use nicotine! I am looking forward to watching our 'hybrid fellowship' expand in the future!

From an anonymous member:

Last year at the 2019 World Service conference in California, a lively discussion took place about whether the 2020 Conference should be conducted with remote-attendance-only. Because a site for 2020's conference had not yet been identified and no Intergroup had volunteered to host, the remote-only suggestion was put forward in a motion to the delegates. Many were not at all happy with the prospect of not conducting the conference as it had always been conducted.

Later that evening, several members discussed an alternative to the motion - perhaps members from different parts of the country could form a committee to perform the duties of hosting the conference. One member suggested a suitable hotel in Lancaster, PA. As word spread of this new idea, others responded favorably and volunteered to help. Ultimately, it was decided that yes, the 2020 conference would be held in Lancaster, and yes, it would be hosted by a committee of members from around the United States. It was also determined that, if feasible, the conference would be made available for remote participation.

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NAWS CONFERENCE 35: VIRTUALLY FLAWLESS

Soon after, the committee work began. The hotel in Lancaster was reserved, the theme of "2020 - We Can See Clearly Now" was chosen, and a logo was developed. The subcommittees of Hospitality, Transportation, Entertainment, Registration, Financial, Remote-Attendance, Merchandise and others were formed. On August 16 the first official meeting of the Conference Planning Committee was held online by video conference. Additional meetings took place in September and November, also in January, February and March, with at least 15 participants each. We were truly excited about the conference - the committee was cooking! Then, as we all know, COVID-19 changed our course...

Fortunately the committee's hard work and dedication was not wasted. For one, this new model for hosting the annual conference can, and likely will, be used for future conferences. Though many members were saddened that we did not meet face-to-face this year, we did, however, have a Nicotine Anonymous conference. It was the first ever remote-attendance-only conference, and by many accounts, was a huge success! All told, 81 members registered to be remote attendees, many of whom were delegates. Business was conducted in an orderly fashion, including two productive workshops on Saturday.

Members made interesting observations about the weekend - that it was perhaps easier to have a remote-only conference versus one with both face-to-face attendance and remote participation. One member used the term "hybrid meeting" to describe such a conference. That could present special challenges, however our experience this year proved we are capable of meeting such challenges.

We must always remember our primary purpose as stated in Tradition Five - "Each group has but one primary purpose - to carry its message to the nicotine addict who still suffers." Regardless of how that is accomplished - be it through face-to-face meetings, phone, internet, or whatever technology next presents itself - we will need to work together. This year's conference was a great example of that.

And finally, from Robin L: Reflections on My Nicoverly and Smobriety through the Eyes of Past Conferences...

As I sat at home before the Nicotine Anonymous World Service Conference, I thought about how it would be different this year. I reflected back on the 22 previous conferences I had attended...I started my nicoverly on January 6, 1996. I could not have done that without the support of people in the rooms of Nicotine Anonymous and the audio tapes of the gratitude meetings, business meetings and speaker meetings from previous conferences. For that I am very grateful.



My first conference was in 1998. It was in my then-hometown of Dallas, Texas. Camille S was supposed to chair the conference; however, due to a resignation on the board, she stepped up to be NAWS chair that year. As a result, I was asked to be chair of the conference. What an honor, but also a scary place to be. "Gushing with Gratitude in '98" was our theme. I truly was overflowing with gratitude from the experience. I met wonderful people who were serving this fellowship and giving back. I also met all the people whose voices I had heard on the audio tapes, and who had helped me gain freedom from this hideous drug, nicotine. I got to meet our founder, Rodger F, the unforgettable Ed T and John O, and to cry with Lenna at the Sunrise meeting as we celebrated gratitude. As Bill C always said, "Gratitude is the aristocrat of attitudes." I got to learn the concept of everyone in the room having as much time as everyone else - one day. I started to look at individuals gaining freedom as "growing younger," as Bill P always says, and so many other memorable moments and phrases. I was hooked at that first conference - no, not on nicotine but on nicotine recovery. I had finally found where I belonged - with a group of people who were learning to love themselves and to live differently by working the Twelve Steps of Nicotine Anonymous and being of service to the still-suffering nicotine addict.

In 1999 I went to the conference in Costa Mesa, CA for some "Serenity in the Sun." That was where I started to work on the first major revision to *The Book*. Growing up, my mother was a grammar fiend and would criticize my blunders. However, under Martha K's belief in me and with many individuals helping me, we began the detailed process of making grammatical revisions, changing references from smoking to nicotine and the first round of making *The Book* more gender-neutral.

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In 2000 I learned how to “Give it Away in Y2K” at the conference in Scottsdale. I got to spend time with Sarah BG whose voice and message I’d heard on the prior audio tapes which had resonated with me. It turned out she grew up with my brother and I with hers. What a small world. At that conference we started to use our 800-Try-NicA telephone number, thanks to Scott J, and we also revised and updated a number of our pamphlets.

2001 was where we had “Bridges of Recovery” by the Bay of San Francisco. Joe S had just moved our NAWS office from Pennsylvania to Huntington Beach, CA. His dedication to the fellowship as a former treasurer and then as our office manager was invaluable. At that conference we approved some of the changes from smoking to nicotine in *The Book*, and afterwards Steve M and Jen E, who had met at NYMAI’s Beach Day, got married.

The 2002 “Life, Liberty, and Recovery” was a spiritually difficult conference because it was held in Brooklyn, NY, just over the river from Ground Zero of the 9/11 attacks. This conference was where we approved a number of meditations for *90 Days, 90 Ways*, finalized the second edition edits to *The Book*, and where I was elected as chair-elect to this fellowship.



In 2003 we were once again in California enjoying “Sun, Sea and Serenity” - this time in Santa Monica. At this conference we heard about major changes to the website and were blessed to hear Rodger F tell his recovery story.

We found “Filidelphia Freedom” in 2004. What a joy it was to chair the conference in the city of our country’s birth. With the guidance of our Outreach Coordinator, Jeff C, we finalized our first Public Service CD. It was at this conference that our fabulous and talented Literature Coordinator, Checko M, returned after a hiatus and we approved Rodger’s story to become the preface to *The Book*.

At our 20th conference, we were all “Peachy Clean in Atlanta” in 2005. I had moved to Atlanta just after the 1998 conference and was grateful for the experience of Texas so I could chair this one. 2005 was a tough year for me as my mother had passed away that January. I was able to get through this difficult time with the support of our fellowship. At this conference the inclusion of additional Spanish pamphlets on our website was announced as well as the adoption of the HOW pamphlet and the Outreach committee’s work in sending out letters to medical professionals.

In 2006 we tried a new format in Lisle, IL. The conference price was all-inclusive, covering hotel and 5 meals for the weekend which some individuals appreciated, though it didn’t prove to be the best format for many. Our theme was “Service, Unity, and Fellowship.” We had plenty of that. I had become the web servant a few years back and reported on some major changes to the literature section of the website, thanks to unbelievable help from Checko, our Literature Coordinator. It was at this conference that the expanded view of the Twelve Traditions, led by John O, was approved. We also approved the revised Questionnaire section of *The Book*.

I couldn’t have found a better place to celebrate my “Recovery by the Bay” in 2007 than in Novato, CA. Ed T and his committee hosted a great conference where we had enough submissions of daily meditations to finalize and approve our book *A Year of Miracles*.



I loved “Relishing the Moment” in Ronkonkoma, NY in 2008. We had the honor of having Gerhard from Germany and Carolina from Portugal at the conference that year. This conference marked a bridge of understanding between the online meetings and the face-to-face meetings. Online and telephone meetings have definitely become a lifesaver during this virus-riddled year.

In 2009 we went to the first of 3 conferences hosted by the Ohio Intergroup. In 2009, we went to the “Birthplace of Miracles” in Akron, Ohio. This was an emotional location for many in the fellowship who came to Nicotine Anonymous from other Twelve Step programs. The fellowship worked hard and made progress on the *Newcomer’s Booklet*.

We were all brought “Up from the Ashes” in Phoenix, AZ in 2010, which was the silver anniversary conference for Nicotine Anonymous. This was the year Jan S passed the gavel to John R, from the online Voices of Nicotine Recovery intergroup (VONR). The Ohio intergroup presented their CD to be considered as conference-approved literature. JudiAh was the first individual to join us remotely from Israel.

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In 2011 in Baltimore, we "Butted Out and Breathed In." This marked the first year of remote board meetings to save on travel expenses to the fellowship. It was also the year that our long-time servant and office manager Joe S passed away, and Teresa I from Texas was hired to be new office manager. Sadly, Teresa recently passed away as well. Long-time servant Bill P, also of Texas, has taken over as our new office manager.

Who could forget the 2012 "Breathe in the Enchantment" conference in Albuquerque, NM? I was grateful to serve as secretary to the fellowship. At this conference we once again discussed changing the Steps and Traditions to more gender-neutral language. Although this did not pass, it prompted work on a new piece of literature. This was also the year we started TwoWay Talk (now called In-Reach) which sends out *NicA News* through email.

"California Breathing" in 2013 was held in Long Beach, CA where the *Newcomer's Booklet* was approved. We also approved the CD *Voices of NicA - Inspirational Thoughts & Affirmations*, created by the Ohio Intergroup.



We had a beautiful location along the boardwalk of Ocean City, NJ as we "Walked the Walk" in 2014. The name of the Give and Live program was changed to Gift of Gratitude, where members are asked to donate \$10 a month. We also approved the long-awaited *Step Study Workbook*, thanks to the hard work of Checko M.

In San Francisco, we celebrated "Service: A Pearl of Recovery" in 2015. Michael B served as NAWS chair for an unprecedented 2nd year in a row - now *that* is service! We approved two new pamphlets - "Abstinence: What is it?" and "Our Policy of Openness: Our Higher Power As We May Each Come to Understand." We also unveiled the most recent website, revised by Sarah B and Teresa I. Today it is maintained and improved upon regularly by Jeanette S.

In 2016 we were "Rockin' in Recovery" for our second time in Richfield, OH. We discussed improving our outreach with updated PSAs and adding to our Spanish translations. There was a productive workshop on working the Steps and Sponsorship.

For the 32nd conference in 2017 we returned to Ohio for the third time to "Celebrate the Journey;" this year in Cleveland. No one could believe the wonderful job Ohio Intergroup did putting on two consecutive conferences! We approved a number of amendments to our Bylaws and began the difficult task of improving our service structure in order to gain more member participation at conferences. Jeff M stepped up to lead the effort.

In 2018 we all had a "Nicoverry State of Mind" in Ronkonkoma, NY. The term "nicoverry" (coined by John O, I think), is one of my favorite expressions. We often say "smobriety" which is also accurate, however since 1990 the fellowship has been called Nicotine Anonymous, not Smokers Anonymous. At this conference there was a spirited discussion about revising Our Promises which ultimately did not pass.

In 2019 we "Surfed into Serenity" in Fullerton, CA. For the first time we offered remote access as a way for intergroup and committee chairs to participate. Despite some glitches, Jeff M was masterful in running it as smoothly as possible. The discussion on revising our service structure was continued. We reached another first when a location for the 2020 conference was not identified. After discussing the option of having the conference with remote-access only, the matter was settled when Sharon C, our incoming chairperson, volunteered her hometown of Lancaster, PA as the next conference site.

Now we come to this year, 2020. The 35th conference definitely had to "See Clearly Now." Despite the best-laid plans of our first-ever national Conference Committee, the COVID-19 pandemic necessitated a last-minute switch to a remote-access-only conference. All business meetings were held via video conferencing, with the FreeBridge telephone and VONR internet groups hosting the gratitude and marathon meetings. As for business...the new sponsorship booklet was approved, text changes to the long version of Tradition Eleven in *The Book* were approved, and delegates voted that all future conferences would have a remote component available, if possible.

Hopefully we will see everyone in 2021!





Editor's Note:

Due to the sad and untimely passing of our Office Manager, the regular feature "NAWSO Profit & Loss Comparison" is not currently available. It will resume in our next issue.

BIRTHDAY CONGRATULATIONS

Alan L – 6/29/12 Mary S – 7/5/98 Lawrence H – 7/10/14 Eileen – 7/22/93

*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

@nawsoutreach is the Twitter presence for Nicotine Anonymous.

We put out approximately 4 Tweets weekly.

Got ideas for Tweets or other social media to help us carry the message?

Call Brenda at **425-496-3042**

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!

For questions or ideas call Brenda at **425-496-3042** or email

OutreachCoordinator@nicotine-anonymous.org

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

For more information, send an email to

OutreachCoordinator@nicotine-anonymous.org

Service is the Key

Nicotine Anonymous World Services needs volunteers for the following open positions:

OUTREACH COMMITTEE

Works on ideas and project development for public outreach to help carry the message.



E-MAIL PAL COORDINATOR

Receives e-mail requests for pen pals, adds names to the e-mail pen pal list, sends out the list.



AUDIO RECORDINGS COMMITTEE

Creates audio files of NicA literature. Need proof readers and listeners, sound editors, and narrators with access to a recording studio.

Contact nawsrecordings@gmail.com



TELE-SERVANTS – ESPECIALLY NEEDED!

Responds to phone calls to share hope with those seeking freedom from nicotine.



BYLAWS COORDINATOR

Coordinates activities of the Bylaws Committee, compiles suggested corrections to Bylaws and presents suggested corrections to the World Services conference

WORLDWIDE MEETING LIST (WWML) COORDINATOR

Updates and maintains the database of all registered groups and Intergroups.



WEBSITE ASSISTANT

Assists the Webservant in maintaining the Nicotine Anonymous website.

Experience preferred.

TRANSLATORS

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



INTERNATIONAL GROUP COMMITTEE

Serves to enhance the relationship between NAWS and international groups. Bi-lingual skills are an asset.

To volunteer, please email chairperson@nicotine-anonymous.org

More information on all service positions is located in the Policy and Procedures Manual (P&P) posted on the NicA website under "About Us" tab. Click Organization, then World Services.

♥ 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



SevenMinutes

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



Publication dates and deadlines for *SevenMinutes* submissions:

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

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 nicahost@nicotine-anonymous.org

Individual training is available to learn this venue.

This online meeting format can also be used internationally.

My Address Has Changed! Don't miss an issue! Complete this form and mail to: NAWSO, 6333 E. Mockingbird Lane, #147-817, Dallas, TX 75214 USA <i>My new address and phone is:</i>		
NAME _____		PHONE (WITH AREA CODE) _____
ADDRESS _____		
CITY _____	STATE _____	ZIP CODE _____
<i>My old address was:</i>		
ADDRESS _____		STATE _____ ZIP CODE _____