



Seven Minutes

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

Volume XXXIII

March 2022

Number 1

Interested in contributing to *SevenMinutes*?

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

Trusted servants:

Chris H - Editor
Bill P - Subscriptions

ARTICLES & FEATURES

"Desperate and Fearful"
by Linda K.....Pg. 3-4

"The Addiction Always Won"
by Lulu M.....Pg. 4
From Outreach Coordinator.....Pg. 4

SevenMinutes Meditation.....Pg. 4

"Thank You Nicotine Anonymous"
by Tom H.....Pg. 5, 7
From the FreeBridge Group.....Pg. 6

Quote Corner.....Pg. 6

Heard it at a Meeting.....Pg. 7

"An Inventory of NicA Groups"
by Chick P.....Pg. 7

"Listen For A Sponsor"
by Berlinda C.....Pg. 8

"Sharing" by Van DPg. 8

"Interested in Service Work?"
by Brenda M.....Pg. 8

"Our Christmas Marathon".....Pg. 10

"Calling on Experience".....Pg. 11

Chairperson's Report

We had another remarkably busy and very productive quarter. We are a volunteer organization. Our servants do a fabulous job in their various service positions, and they need to balance service with other commitments, jobs, families and more. Considering all this, responses may not be as timely as some would like. Or an email gets missed in a sea of emails or a text message gets overlooked. We all do the best we can.

Following are highlights of some of the many things accomplished in the past quarter.

- The update of the Policies and Procedures manual is just about complete. The committee working on this has met monthly over the past year for 90 minutes-2 hours each meeting. In between those meetings others have worked on sections and given their edits to the committee. The goal is to have it completed by our April Board meeting. It has been an arduous, tedious, and fun task.

- Each of the board positions, chairs, treasurers, and secretaries meet regularly as Chairs Unite, Treasurers Unite and Secretaries Unite. This is a "we program." In these meetings we support each other, offer encouragement, make suggestions, and work together to meet the directions given in the by-laws to sustain our fellowship.

- The Public Outreach Committee has several projects they are working on and is looking to expand their committee. If interested, please contact the Public Outreach Coordinator at outreachcoordinator@nicotine-anonymous.org

- The Literature Committee has several pieces of literature to be presented for delegate voting at the NAWSO Annual Conference, "The Natural State - Nic-free" in Little Rock, AR, April 29-May 1, 2022. A small committee worked on updating the etiquette card to include some suggestions for meetings held via technology. Another committee is working on a pocket-size booklet of encouragement for nicotine users, affectionately called the "Butterfly Book" because of, you guessed it, a beautiful picture of a butterfly on the cover.

Speaking of delegates...now is the time to consider being a Conference delegate and register as such. Delegates represent their Intergroup and vote on items presented at the conference such as literature to be conference-approved, as well as nominate and elect the new board members - treasurer, secretary, and chair. *Note that if your group is not affiliated with an Intergroup, you may still become a delegate. See <https://www.nicawsc2022.com/delegates/> for how-to details.*

The COVID-19 pandemic has changed the world including Nicotine Anonymous. Most of our meetings that were once face-to-face are still being held via video conferencing. As a result, our reach has expanded across the globe. We even have a new Intergroup in England. Yahoo!

With such growth we have experienced growing pains due to the increased volume of work and the number of demands placed on those doing service. These are good problems to have which present opportunities to "practice these principles in all our affairs" and "put principle before personality."

continued on page 3

The Twelve Steps of Nicotine Anonymous

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

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

The Twelve Steps of Alcoholics Anonymous

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

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

The Twelve Traditions of Nicotine Anonymous

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

place principles before personalities.

The Twelve Traditions of Alcoholics Anonymous

1. Our common welfare should come first; personal recovery depends upon A.A. unity.
2. For our group purpose, there is but one ultimate authority--a loving God as he may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for A.A. membership is a desire to stop drinking.
4. Each group should be autonomous except in matters affecting other groups or A.A. as a whole.
5. Each group has but one primary purpose --to carry its message to the alcoholic who still suffers.
6. An A.A. group ought never endorse, finance or lend the A.A. name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.
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.
9. A.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. Alcoholics Anonymous has no opinion on outside issues; hence the A.A. 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 and films.
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.

Reprinted for adaptation with permission of the A.A. Grapevine

Chair Report

continued from page 1

We have a new web assistant, Paul W. He will be assisting Chris F, our Web Servant, with the flood of items needing to be posted, updated, and/or deleted. Chris had a monumental task and welcomes this assistance. Additionally, a website update committee has been formed to bring some needed updates to our website.

Being a presence on social media has the Traditions Committee reviewing messages weekly. Hats off to this dedicated committee who never expected such an avalanche of things needing approval. They do an amazing job and turn things around as quickly as possible. Preserving our Traditions is critical to the fellowship and I applaud their efforts.

Lastly, we have formed a NAWS Conference Committee for 2023. So far, we have people from 8 different states volunteering. More are welcome!

In service,
Sharon C
NAWS Chair

Ready to work the
Twelve Steps?
Try the
**Nicotine Anonymous
Step Study Workbook**

Available for purchase
at
www.nicotine-anonymous.org

Pray and you may find:

Possibilities — new
options of hope
Recovery —
sane serenity
Acceptance —
of the urge...
without using!
Yourself —
in a new light

Desperate and Fearful...

I came to Nicotine Anonymous after a near-death experience in the hospital which left me traumatized. My body was depleted of oxygen and I had my first breathing treatment with an oxygen mask over my face because I had stopped breathing. I remember that as though it was yesterday. My hands were flip-flopping in the air. It was like I was drowning in water. I could see nurses and doctors rushing towards me and then everything went black. I woke up to a doctor telling me how lucky I was that they were able to regain my breathing. After 5 breathing treatments, I was stabilized and he said I could be discharged. I told him no, that I was too afraid to go home, that it was just too scary. I shuttered with fear and needed a solution. The doctor told me the solution was on my discharge papers. It said DO NOT SMOKE, in big BOLD BLACK LETTERS. I told him that's impossible. I had tried everything. I told him he had to find something else that could help me. He said there was nothing. He said that I would die if I did not stop smoking. The doctor left the room shaking his head and I left the hospital angry, confused, fearful and desperate to find another solution.

I bought a pack of cigarettes and as I contemplated what I was going to do, some nurses and doctors walked by me outside the hospital as I smoked the first cigarette. These were the same doctors and nurses who saved my life the night before. They shook their heads in disbelief. I could not believe it either.

I went back and waited in the lobby for my fiancé. I met a homeless woman there and offered to buy her a cup of coffee. After a short conversation, she told me how she stopped smoking and insisted I try it too. She was relentless until I stood up with her and put my hands in the air and said, "God, take this from me!"

After I left and went to work, I asked God several times throughout the day to take the craving from me. This

encouraged my willingness to go to a face-to-face Nicotine Anonymous meeting. I asked the chairperson to sponsor me. He said he took sponsoring very seriously and he hoped I would take my recovery the same. He suggested I pray and surrender each day and use the five **NicA Tools**: meetings, phone list, literature, sponsorship and service.



I was blessed when another member also gave me the numbers for phone meetings on the Nicotine Anonymous FreeBridge.

Two months and three weeks later I was miraculously delivered from nicotine addiction. I continued to use the five Tools. I surrendered every morning in prayer and was grateful every evening to my Higher Power, to this program, and to my sponsors. I began being of service, chairing a meeting on the 12 Steps for five years on Wednesday nights. I sponsored over 20 people and I continue to sponsor 12. I love this program and am very passionate about it. It saved my life. I could never give back as much as it has given to me in the past 13 years and 10 months.

Three years after I was nicotine-free, I had to go on 24-hour oxygen. The damage was already done to my lungs. I pray every morning that I have the strength and courage to go through a day. The comfort of my Higher Power helps me be spiritually strong and find ways to stay physically strong and emotionally balanced. I know this mental obsession-compulsion disorder has been arrested but that I will never be cured. Miracles do happen though. Despite my emphysema and COPD, I'm still breathing and will continue to be of service. My primary purpose is to stay nicotine-free and to help others gain and maintain their freedom from this horrific disease.

continued on page 4

Only God could and would guide a person to the Steps, and the Steps guide a person closer to God, as I call my Higher Power. My sponsor has 31 years and his sponsor has 30 plus years. That is a lot of years of miracles! As a fellowship, our members have over 200 total years of nicotine-free time. So miracles happen every day, many times a day in this program. Just you wait and see!

Keep coming back - it'll work for you, if you work it. It did for me and I'm so grateful, happy, joyous and free. May peace be with you always. Don't leave before your miracle happens - it's already begun!

Linda K
Myrtle Beach, SC

The Addiction Always Won...

Nicotine addiction, for me, is nothing more than a slow suicide. One day at a time, my disease of addiction progressed horribly. Whenever active in my addiction, the addiction always won. I was, and still am powerless over nicotine. Hands down, I'm a nicotine junkie, who can NOT use nicotine, in any form, without releasing my addiction all over again.

Nicotine addiction is baffling, cunning and powerful, and the disease never negotiates...plays no favorites either!

I'm so grateful for Nicotine Anonymous and the 12 Steps. Working a program of recovery by applying the Steps in my life, in all my affairs, has helped me to stick and stay. I've been in the program, completely nicotine-free since February of 2003, by God's grace. I am truly grateful that Nicotine Anonymous ruined my smoking!

Lulu M
Chicago, IL



From Our Outreach Coordinator...

I was consumed with fear before I quit. I was a freaky walking panic attack!! I was terrified to quit and terrified to smoke. I was helpless, powerless and hopeless.

When I started to go to meetings 3 to 4 times a day, I learned I wasn't alone in these feelings. I listened to fellow nicotine addicts and heard a message of hope. I learned that quitting didn't mean I was never using nicotine. I only needed to not use nicotine in that very moment. Literally breathe in, breathe out, and not use nicotine in between.

I no longer felt helpless either. I received help from others in Nicotine Anonymous - NicA. I learned how to reach out and share at meetings. I asked for numbers and called people sometimes in the middle of the night. I am SO grateful that I was taught the value of doing service from my sponsor. And my sponsor and I jumped into working the 1st Step together right away.

I also found that a Higher Power had led me to this journey and constantly gives me all the love, power, strength, compassion and guidance I need... even when I don't know I need it.

I started out on Nicotine Replacement Therapy (NRT) and also used natural supplements to reduce cravings, calm my nerves and assist in detox.

To this day I practice the spiritual principles I learned by continuing to work the Steps and Traditions in my life, as well as continuing with daily spiritual routines. I'm very active in service and go to meetings daily. I am in regular contact with my sponsor, newcomers and other fellow recovering nicotine addicts.

Please reach for the phone instead of reaching for nicotine. We are here for you!

You are invited to check out our Nico-

tine Anonymous Social Media sites for support, education and information - and also to help us carry the message to the still-suffering nicotine addict by liking, following, sharing and commenting about your Experience, Strength and Hope with NicA.

Never alone, never again.
Breathe in, breathe out, and don't use nicotine in between.
Thank you for being here!!

Brenda M
NicA Outreach Coordinator
outreachcoordinator@nicotine-anonymous.org

Facebook: <https://www.facebook.com/NicotineAnonymousNicA/>

YouTube: https://www.youtube.com/channel/UCGQB3n4QHJ_HKmcYHHoQJug

Instagram: <https://www.instagram.com/nicotineanonymousnaws/>

TikTok: <https://www.tiktok.com/@nicotineanonymous?lang=en>

Twitter: <https://twitter.com/nawsoutreach>

Note: The inclusion of business names does not represent an endorsement by Nicotine Anonymous.



Seven Minutes Meditation

I pray for **Honesty** today,
That I be truthful in
all my affairs.
I pray for **Openness** today,
That I be available
to hear my Higher Power.
And I pray for **Willingness**,
That today I am able to do
the next right thing.

- Chris H
Phoenix, AZ

Thank You Nicotine Anonymous...

Hello. My name is Tom and I am blessed. Why? I'm at peace with the fact that I am powerless over nicotine. For more than three decades, I was not at peace with my powerlessness - I refused to consider that I might have been powerless, and so I smoked all day and every day and was under the false impression that I wanted - even needed nicotine - to function, to be calm, to focus, to be a good writer, to be kind and patient, to be sane. I could only learn the truth in recovery, never in active addiction.

In the quiet, but still clear parts of my mind, I actually believed I would die without my drug nicotine. When I hear the still-suffering nicotine addict talk about not having the courage or the strength to go a day without the drug, I suspect they suffer the same thought. I am blessed to have discovered that I would not in fact die without nicotine, that I would in fact flourish without nicotine. I can't tell you the flourishing started on day 2 or 3 or even 10 of recovery, but I can assure you that for each moment I've spent either flushing nicotine from my mind, body and spirit, or living completely free of it, I have been on the right and blessed path and at no time have I been heading in the wrong direction.

As an active nicotine addict, I remember smoking and telling myself "let's just smoke until we die....we can be free in the next life." As if I had any evidence of the next life. When I read in the pamphlet *Tips For Gaining Freedom From Nicotine* that...*nicotine alters my sense of the truth*, I was rocketed back to recalling how full of horse dung I was while using. I'm not saying in a sly way that I think you're full of it too. I speak for myself only. I can tell you that, for me, the process of recovery, by peeling the inevitable next layer of the onion, (if you prefer) and working on it with the help of the Twelve Steps, the meetings, the literature, a sponsor or a fellow nicotine

addict, the group phone/email list and endless service has kept me nicotine-free, one day at a time, since the evening of November 14, 2020. I cannot promise you, myself, or anyone else, nor a Higher Power of my understanding, that I will never use nicotine again. I've learned the hard way that to make such a promise is to tempt the immortal addict into taking over just long enough to break that promise. No. I have no more ideas about never using again, but I do have a plan to not use today, no matter what.

Today is manageable and when I stick to the recipe Nicotine Anonymous has so graciously provided - ask for help in the morning, read my literature, go to meetings, connect with other addicts and say thank you at night - I am able to stay free of the first hit of nicotine just for today.

JUST
4
TODAY

I have never been to an in-person meeting. I am a "Zoom-baby" as they say. I've been a grateful member of NicA for about 15 months and have been to roughly a thousand video conference meetings, the bulk of which, if not all of them, are the reason why I have experienced true freedom from a drug I thought I would die under. When I was about 80 days free, we started the first Toronto video conference meeting and now there are three. There would be one for each day of the week if it were up to me. Luckily, I have a sponsor and peers who consistently remind me how my addiction to service must be in recovery as well. I'm learning to say no....slowly.

Last April, at my first World Service Conference, having taken on a ton of service already, I made myself one simple promise; if I was asked to serve at the world level, I would decline for now, say thank you, but no thank you - and I promised I would say that, no matter what! Have I

mentioned that I accepted the nomination for Chair-Elect for World Services last April? It was a funny thing. Someone messaged me and said, "I would like to nominate you for Chair person." I said, no way. They said, "Think about it" and I said..."Okay, I'll do it." I shouldn't be sharing this here, telling all of you how easy it is to get me into service, but there it is, this is an honest program.



When Covid restrictions loosen here in Canada, I plan to start an in-person Nicotine Anonymous meeting, but no, the video conference meetings aren't going anywhere. I would be devastated if I couldn't see the gang in New York City and upstate New York, or my friends in Kenya and the United Kingdom and Minnesota. What would I do without our friends from Europe and Australia and the Philippines? I wouldn't know what to do with myself without the good people of Chicago and South Florida, Bristol PA, North Carolina, Rhode Island, Spokane, Omaha and Bend, Oregon. Not to mention Philadelphia, Dover, Culver City, San Francisco and San Rafael! I can't imagine surviving early recovery on a Monday without the warm welcome I always felt across California from Walnut Creek to Sacramento, from Oakland to Petaluma. Yes, thanks to the speaker shares I listened to in the early days when I couldn't sleep (those you can find on the website for Voices of Nicotine Recovery), I discovered how many of us went to 3 and 4 and 5 meetings a day when in the first days and weeks and months of sobriety from nicotine. It made me feel okay doing the same. It was also in these speaker shares that I found out how I didn't need to be an old-timer to start doing service, so I dove right in and I must admit, it is quite difficult to think about smoking while chairing a meeting or doing most any other type of service inside of Nicotine Anonymous. Don't wait to
continued on page 7



From the FreeBridge Telephone Group...

What in da heck was I thinking?



Thoughts before lighting up

- Oh go ahead! You will quit when the divorce is final.
- This might be the one that gets me (but I lit up anyway...)
- I will control nicotine this time. I will smoke only one cigarette.
- I will control nicotine this time. I will smoke tonight and quit tomorrow.
- How can I live life without nicotine? It is my only happiness. (This before my diagnosis of lung disease.)
- I can't cope anymore - I just want a cigarette.
- It's probably too late, damage already done, might as well smoke!
- What's the point? Why bother?
- Just one won't hurt
But mostly... I *wasn't* thinking.

Some of the slogans that kept me from lighting up:

- If I smoke over one problem, then I have two problems.
- A slip starts in my head.
- If I romance it, I chance it.



Quote Corner

"The process of change is like planting a seed and watching it grow and bloom into a flower."

- Melody Beattie



Attending FreeBridge phone meetings?

Note that the call-in number has changed!

NEW NUMBER:

667-770-1474

Access code remains the same — **207490#**

Attention / Pass it on

Free Bridge callers:

Carrier trying to charge or block you? Here's the solution:

First dial 667-770-1474

Enter access code 207490#

If carrier tries to block you, Dial 206-451-6066 and follow the prompts



Upcoming Phone Marathon Meetings

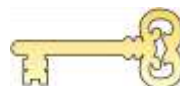
April 4

"Spring Fling"



May 31

"Service is the Key"



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: 667-770-1474
Pass code: 207490#

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

Continued from page 5...

do service! It's the service that may keep you free of nicotine.

I have to get out of myself to get over myself. I have to stop listening to my head and start listening to you if I hope to remain free, one day at a time. All I have to do is finish today, free of the first hit of nicotine. That's all I can ever fit on my plate. The rest of my life isn't the issue, nor is yesterday, two days ago or last month. Today is a Friday. I will be in Toronto for the 11am eastern time meeting. I don't have to chair, I have learned that to share in this program, I only have to be present and listen to you, dear blessed peer. Another member shall chair and get in their service, get their medicine.

Later today, I may visit my friends in Alabama for the 2pm eastern meeting. In the evening, I may head to Livingston Manor, New York or Los Angeles. In the end, I am grateful to those of you who sat in rooms week after week, whether newcomers came or not. Keeping this program alive no matter what, going to any length to stay free of nicotine by staying and giving to others what was so freely given to you. Without you, there is no fellowship to share via video conference meetings, internet meetings, phone meetings or by email and snail mail. When you share, I stop. I listen. I learn. On Sunday nights, while listening to a phone meeting on the Freebridge, I will close my eyes, smile, breathe deeply, and say thank you. Thank you fellow peers. Thank you Higher Power. Just for today, I will stay.

Tom H.
Toronto, Canada



NOW AVAILABLE in our webstore!

Reflections on Freedom: Daily Meditations on the Steps of Recovery

written by Members of Nicotine Anonymous (NicA)



Our new conference-approved book contains 366 new meditations plus an Index of recovery topics.

May this book provide insight and inspiration to help members achieve their freedom, find their peace, and practice program principles in their daily lives.

* * * * *

An Inventory of NicA Groups: A Status Report

The Adhoc Etiquette Card and Group Inventory Committee is still meeting the fourth Sunday of every month. We have now worked through composing questions for all of the Traditions. We continue to meet to review and/or reword the questions one more time before the NAWS Conference. As of January an online meeting is being held the first and second Sunday of each month to read the Tradition of the month from *Nicotine Anonymous, The Book* and to contemplate and discuss the group inventory questions. Everyone is invited to attend this new meeting.

Tradition Twelve: Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place prin-

ciples before personalities.

Principles: Anonymity, guidance/asking for help, selflessness, faith, humility, spirituality

1. Why is anonymity important?
2. How are members' anonymity protected and respected?
3. How does the group introduce the Tradition of anonymity to newcomers?
4. How is the Tradition of principles over personalities practiced?
5. What could be the pitfalls of putting personalities over principles?
6. Have personality conflicts hurt the group?
7. Do all members share the responsibilities of the group rather than relying on others?
8. Does the group make service opportunities clear and available?
9. How does humility facilitate putting principles before personalities?
10. Does the group request "who we see here, what we hear here, let it stay here"?
11. How does anonymity guide us to serve, rather than govern?
12. Do members realize that anonymity and humility are spiritual partners, enhancing each other?

Yours in service,
Chick P
Chairperson of Adhoc Committee

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

Listen For A Sponsor...

My name is Berlinda and I'm a nicotine addict. That's my truth. I started smoking around 14 or 15. I instantly liked what it did for me. I bummed for awhile, sat on a few laps for a cigarettes. After the guy started talking mean to me and degrading me because I was always bumming cigarettes, I found a new crowd to hang out with. I could smoke all I wanted and they'd go buy more, so I stayed with them. To make a long story short, I suffered. I didn't know how much and how involved I was with nicotine until I left.

I came to Nicotine Anonymous on April 30, 2021. I got six months and relapsed. Today I have 11 days freedom from nicotine and it kind of means something different to me than when I first came in. Listening to everybody talk, listening to how nice everybody was, it was a safe place for me. I opened up and shared from the beginning because I wanted them to know who I was. It was about being honest not sometimes, but all the time. I told my story.

I had a male sponsor, a person that didn't work out, and then I had a lady sponsor, but she was ill and couldn't work with me anymore. I understood and so I was without a sponsor. I asked and texted people personally, but everybody was saying no. Then one day I went to a meeting and this lady was speaking. All of a sudden little things I learned in another program could be used.

I had heard listen for a sponsor, listen for a sponsor, so I did. I have abandonment issues so when people told me that they couldn't respond, I took it personally. I said hello, but that was about it. What I went through had nothing to do with them - it was all me. I know that others love me and respect me because they see I'm taking accountability for my actions and when I'm wrong, I promptly admit it. I don't wait a day, I get it done on the spot if the energy permits that. I'm so happy to be in the game.

So to finish the story, when the lady finished speaking I said that's my sponsor. I texted her and told her I really need a sponsor. She has enlightened me so much about service. I love doing service. I go to different fellowships but need to do more service in the gay arena 'cause that's my issue right now.

I'm grateful this morning because she texted me that she was going to attend my home group. It's just so funny to be hanging out with my sponsor. Who would have known she would be my sponsor? I just love it - to work with her and to help however I can. I'm just open to bringing some more positive energy in the room. It always helps!

*Berlinda C
Bronx, New York*

* * * * *

Sharing...

The world is full of wonder
and intrigue

Why worry about saying
the wrong thing?

People need light to live
Let yours shine brightly
And illuminate like-minded
hearts

You will not be sorry
For opening YOUR heart
To a world where gladness
is rare

- Van D
Verona, VA



Interested in Doing Service Work?

Service is one of the 5 tools of Nicotine Anonymous: Service, Using the Contact List/Email List, Sponsorship, Literature, Meetings.

For me, service gives me a purpose, an emotional/mental/social outlet, and a way to give back what was so freely given to me that saved and changed my life.

The service that works for me is spending time volunteering with the Public Outreach Committee. I first found out about Nicotine Anonymous through social media, and now give back by maintaining outreach on several social media platforms. There are numerous ways you can serve on social media platforms. You can write and share content, provide outreach, share your experience, strength and hope and post, representing Outreach and directing people to our services. It's a great way to meet a lot of people and to feel a part of.

Some of our Outreach members record literature or proofread recorded literature, so we can provide audiobook-type material so one can avoid shipping charges, and not have to purchase hard copies. It's also available right away without waiting for literature to arrive. This is a year-old project, and we especially need people to proofread recordings, so they can be converted into audiobook-type material for our online store.

If you feel that this opportunity to serve speaks to your heart strings, please let me know. I would love to add you to our meeting invitation list. There is a maximum of 2 emails per month, which come a week before the meeting time and the day or two before the meeting time. You are free to unsubscribe at any time.

I sure hope to hear from you!
Brenda M
Public Outreach Coordinator
outreachcoordinator@nicotine-anonymous.org
1-877-TRY-NICA

2022 NAWS Conference

April 29 - May 1, 2022

Little Rock, Arkansas

Hybrid In-Person / Online

Hugs, Fun & Fellowship
Workshops
Speaker Meetings
Fellowship Decisions
Election of Board Officers
Service Opportunities

Holiday Inn Presidential Hotel
\$99/night double occupancy
501-375-2100 [Group Code - NIC]

Registration:

<https://www.nicawsc2022.com/>

Early Bird Registration ends April 1st



NicAWSC@gmail.com

Hosted by Voices of Nicotine Recovery
a Nicotine Anonymous Intergroup



Our Christmas Day Phone Marathon...

Read all about the December 25th phone marathon
in this clever parody by Michael L in *Searchlight, NV*

'Twas the night before the NicA Marathon and
all through the house
No one in Q yet, not even a mouse.

The stockings were hung by the telephone with care
In hopes that whoever was hosting the next meeting
would soon be there.

The newcomers were nestled all snug in their beds
While visions of nicotine freedom danced in their heads.

And Santa Mama in her kerchief and I in my cap
Feeling our feelings
Had just settled into a long winter solstice nap.

When out on the FreeBridge there arose such a clatter
I had to call Jorie from North Carolina to see
what was the matter
Long-awaited Jenny on the Block is scheduled speaker
Yes, you're hearing it right, 2 pm Eastern.

Julie from Indiana will be there too
You guessed it, she be running the Q.

Away to the window I flew like a flash
Tore open the new *Reflections* meditation book,
checked the reading for Dec. 25th
and after that, I finally was able to look up
definition of sash.

The moon was waning yet still shining bright,
very cold but according to weather reports
no snow in sight.
No snow here in Arizona, says nicotine addict Mike.

When what to my wondering eyes should appear?
Someone volunteering service
the 12 Steps & Traditions I could hear.

And we ya hood from TX, drummed, kazoo'd
and all chimed in
to the five Tools & five D's of NicA,
Let's begin.

Now literature, now sponsorship, service and meetings
On drinking water, delaying, distraction
and deep breathing.

From the top of the FreeBridge
to the top of the Q
Now just for today, just for today, just for today y'all.

We would love to hear how nicotine freedom
is working for you.
As insidious, poisonous insecticide tobacco and NRTs fly
We NicA members stick together looking within
to the spiritual sky.

And then in a twinkling
I read in *SevenMinutes* newsletter
About an exquisitely anguished, thoroughly exhausted,
suffering nicotine addict starting to feel better.

So you better watch out
You better not cry
Better not crosstalk
I'm telling you why
Nicotine World Service Conference coming to Arkansas
in 2022
Long drive, you might want to fly.

And I heard Natalie and founder of Free Bridge,
Saint Scott exclaim
as they drove out of sight
You don't have to smoke no matter what
Even on Christmas night.



The Outreach Committee has an
intention for 2022 to reach out to
the younger vaping generation.

Our committee believes that
TikTok videos will help us achieve
that goal. Therefore we are putting

together stories from members about their
experience, strength and hope with vaping and
how NicA helps them quit and stay quit. These
stories, if approved by the Traditions Committee,
will be narrated by our Audio Recording
Subcommittee and then converted into videos
for upload. These videos are a max of 3 minutes
in length, which is 600 words max.

If you or anyone you know is interested in
submitting your story for consideration, please
email [outreachcoordinator@nicotine-
anonymous.org](mailto:outreachcoordinator@nicotine-anonymous.org).

Calling on Experience...

by Bill H
NAWS Chair-Emeritus



We are living in a changed and continuing-to-change world. Years ago, our World Services Conference was “in person” only. Attendees were perused and parsed, then cornered with that yearning, burning question: “How would you like to serve as an Officer on the Nicotine Anonymous World Services Board?”

Secretary-emeritus Martina M and I were the last two such targeted individuals. Then the pandemic hit, and we were forced into a virtual world. Coercion and arm-twisting aren’t nearly as effective via private chat. Nor does perusing and parsing online produce guaranteed results. If a person can successfully navigate planes, airport shuttles, hotel reservations, and registration as a delegate, we may certainly consider them capable of sitting through four quarterly meetings. But, with a stranger showing up in a little box on my computer, I can’t take for granted that they are even wearing pants.

To this end, the current NAWS board has voted to create a Board Candidate Support Committee – a group of experienced NAWS board and/or former board members who work together to identify potential capable candidates, to communicate with them and answer any questions they may have, and to ensure they realize what they are getting themselves into. The idea is to make sure that individuals serving on the Board understand the commitment and duties expected of them. The purpose of the Board Candidate Support Committee is to build a strong, qualified slate of officers well before the conference, and not to be scrambling at the last minute to see who we can rope into doing it.

The Policies & Procedures Manual has undergone a major reworking over the last two years and is expected to be approved before this year’s conference. It will be posted on the NAWS website when that happens. Underneath each Board Officer position, there is a detailed, bulleted list of duties for the elect, active, and emeritus years, so interested parties can get a comprehensive view of their next 3 years.

In the past, conference newcomers were pounced upon and cajoled into accepting nominations for soft-pedaled positions. Once elected, they were overwhelmed (and often performed underwhelmingly). Some go radio silent, rarely responding to emails, while others drop out entirely. It doesn’t serve the fellowship to have this disruption in service. I imagine it is also emotionally draining and potentially damaging to the individual who is struggling to stay nicotine-free and then has additional stress piled upon them from unexpected board member duties.

Our Policies & Procedures Manual recommends Board Officers have at least a year of clean time. It is frequently expressed that we love to get new people involved. And we do! Being of service is one of the keys to staying nicotine-free. It’s an honor and a privilege that should be bestowed upon all who want it. I accepted the chair position because I believed everyone needs to take their turn and not leave it to the faithful few. However, as you will see when the P&P update is released, there is a lot of work involved.

That’s why I want to “call on experience,” and invite people who have been around a while to consider stepping up to serve on the Board. It’s great to get fresh blood on the Board, but quite frankly, Martina and I would have been lost without the support and legacy knowledge of Ed T and Sharon C. A healthy balance of eager newbies and experienced navigators is my idea of the optimal mix for an effective Board.

Some people refer to “The Board” as if it were a stagnant group, but the reality is that new people are constantly coming “on Board,” trying to learn the ropes without rocking the boat, and it frequently takes a year or two to get your sea legs. It’s amazing we accomplish as much as we do, what with global pandemics, full-time jobs, and sometimes turbulent personal lives. I invite everyone to “take your turn” onboard the NAWS Board; I guarantee you will never be bored.

Anyone interested in serving on the Board is encouraged to introduce themselves to the Board Candidate Support Committee. If you are a capable, hardworking individual whose time has come, please send an email to chairperson@nicotine-anonymous.org. It’s a lot of work, yes, but it really is an honor to give back to the program that has not only added years to and improved the quality of your life, but also quite possibly saved it!

NAWSO
Profit & Loss YTD Comparison
January through December

	<u>Jan - Dec</u> <u>2021</u>	<u>Jan - Dec</u> <u>2020</u>
Ordinary Income/Expense		
Income		
4000 · Donations	19,842.56	16,339.17
4100 · Literature Sales	30,886.74	20,567.12
4290 · Shipping & Handling Income	8,083.29	4,832.22
4184 · 2020 Conference	—	2,906.91
4185 · 2021 Conference	3,730.27	—
4184 · 2022 Conference	-1,000.00	—
Non Profit Income	68.58	171.38
Miscellaneous Income	17.24	6.84
Sales of Product Income	2,751.71	1,455.62
Total Income	\$64,380.39	\$46,279.26
Total Cost of Goods Sold	\$24,255.81	\$14,446.29
Gross Profit	\$40,124.58	\$31,832.97
Expenses		
6000 · Office Expenses	27,849.24	30,534.99
6600 · WSO Expenses	-361.96	1,394.15
6740 · Public Outreach Projects	—	396.00
6900 · Other Operating Expenses	61.59	771.93
6965 · Moving Expense	—	133.40
Total Expenses	\$27,548.87	\$32,834.47
Net Operating Income	\$12,575.71	\$-1,001.50
Other Income		
8000 · Interest Income	6.25	7.57
Total Other Income	\$6.25	\$7.57
Net Income	\$12,581.96	\$-993.93

BIRTHDAY CONGRATULATION **G**

Martha K – 3/16/1992 Gwynn A – 8/19/98 Andy C – 5/28/09 Patti A – 3/25/2000

Frank C – 4/23/89 Barbara S – 5/25/1995 Amy M – 5/31/15 Marlene C – 6/20/1994

Post your Nicotine Anonymous birthday in **SevenMinutes!**
Send in your first name, last initial and nicotine quit date.

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

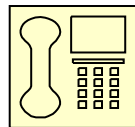
Email: **SevenMinutesEditor@nicotine-anonymous.org**

Nicotine Anonymous Meeting Options

Tradition Three: The only requirement for membership is a desire to stop using nicotine.



Face-to-face meetings



Telephone meetings



Video Conference meetings



Internet meetings

To access NicA meeting information, visit
www.nicotine-anonymous.org
Click **Find Meeting**

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 outreachcoordinator@nicotine-anonymous.org

TELE-SERVANTS – ESPECIALLY NEEDED!

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

TRANSLATORS

Helps 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.

NAME & LOGO PROTECTION COMMITTEE COORDINATOR

Manages the protection of Nicotine Anonymous - its name, logo, and
associated trademarks.

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

♥ My Gift of Gratitude ♥

Nicotine Anonymous Member Gratitude Program

Where would we nicotine addicts be without Nicotine Anonymous;
without the literature and the support of the volunteers?

PROBABLY STILL USING NICOTINE!

Nicotine Anonymous has always been all about helping addicts and saving lives.
But it has come to the point where we addicts need to give back with

MY GIFT OF GRATITUDE

If 200 nicotine addicts or groups shared only \$10 a month each to
Nicotine Anonymous World Services
then the organization we depend on for our freedom from nicotine, our literature,
our volunteers, would make its monthly operating expenses and have more resources for outreach.

Nicotine Anonymous World Services

6333 E. Mockingbird Lane, Suite #147-817, Dallas, TX 75214 or call 877-TRY-NICA

WAYS TO DONATE

- ♥ Donate on our website in the online store (<https://store.nicotine-anonymous.org/category-s/103.htm>)
- ♥ Send your donation directly to World Services via paper check (see address above)
- ♥ Set up online monthly bill pay at your bank. You determine the amount and date.
Select a *Company without an account number* (Insert ***My Gift of Gratitude***
in place of Account Number). Set up Nicotine Anonymous as company and
list address above.
- ♥ Set up recurring monthly payment thru your PayPal account to
shipping@nicotine-anonymous.org

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



WHERE TO GET THE MONEY?

- ♥ put the cost of one pack of cigarettes in a jar monthly
- ♥ empty pockets or purse of coins daily into a jar
- ♥ on your anniversary, send \$10 for each year of freedom

Whatever you give, will be given back to addicts through Nicotine Anonymous

***All members who share a gift of \$10.00 per month will receive
a complimentary subscription to Seven Minutes.***

HELP US CONTINUE TO HELP SAVE LIVES!

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.

*This online meeting format can also
be used internationally.*

<p>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 OR Email the information to nicaofficemanager@gmail.com</p> <p><i>My new address and phone is:</i></p>		
NAME		PHONE (WITH AREA CODE)
ADDRESS		
CITY	STATE	ZIP CODE
<p><i>My old address was:</i></p>		
ADDRESS		STATE ZIP CODE