



SEVEN MINUTES

The Nicotine Anonymous Quarterly

A FORUM FOR NICOTINE USERS WHO DON'T USE

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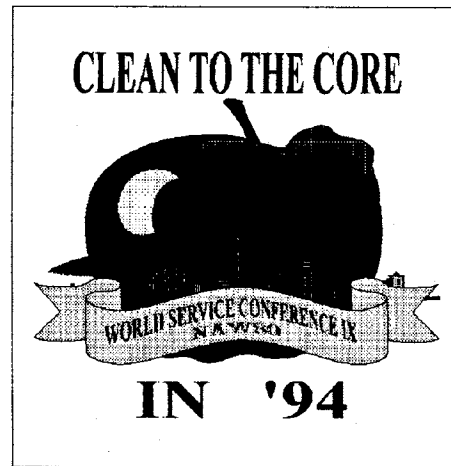
1994 CONFERENCE: and away we go

As the 1994 World Service conference Coordinator, I would like to extend to all fellow members and potential members an invitation to this years conference. A lot of work has been put into this years event and New York is excited about welcoming fellows from around the world.

About 1000 letters have been mailed around the USA and the world. I personally helped on the mailing committee and was excited folding flyers and stuffing envelopes that were going to Australia, Japan, Russia, England, Argentina to name a few. We tried to mail to all groups regardless of their location. I feel this is a once in a lifetime chance for New York and I don't want to skimp or shortchange our chance at representing our area.

The World Service Conference has a way of recharging my battery. I believe when they say in the 11th step "And the

power to carry it out" comes from meeting with my fellow peers in service



where I can bask in the service energy. It's a nice feeling and I usually feel that my commitment is re-established and my pools of resource are replenished.

You're going to meet people from around the world who are serious about addressing their nicotine problem. In addition to hearing the best of speakers, you will hear lively discussion about the trials and successes of various components of the World Service structure. Perhaps at this time that may be your (as my sponsor would say) niche in the World Service may be found as there is always work to be done on the world service level. You will be encouraged to state your willingness to help.

So you see, the choice is yours. As the coordinating chair I want to extend my personal invitation once again and also say that if you need any special needs or requirements that you should feel free to call or contact me direct.

Reggie R. (718) 846-2870

From our Chairperson:

Greetings from the frozen Northeast! There is not much to tell you other than the fact that the snow keeps on piling up (the eastern ski industry hasn't had it this good for a long time). Seriously, as we approach another year end and annual World Service Conference, we have much to be proud of.

First of all, I am pleased to report that for the first time the Officers of NAWSO met electronically, via conference call. The meeting was extremely focused and all of us involved came away from it feeling that we had accomplished many goals for the meeting. Best of all, no one had to run to the airport to catch a cross-country flight nor pay the \$300 or more air fare. In fact, I just got my bill

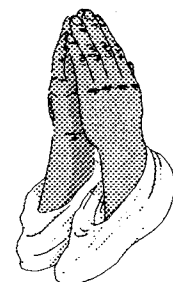
and the whole meeting only cost me \$23.00! - Quite a savings for all!!

I am also pleased to report that our international presence keeps expanding. Our international meeting list keeps growing, with new group meetings being added each month. From Hong Kong comes news of one small but very stalwart group of "smober" troopers who seem to be the only non-smokers in a country of all smokers. Just keep going to meetings! We also can report that some of our literature has been translated into German, Dutch and Spanish and work begun translating pieces into Chinese.

See Chairperson Pg 3

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NAWSO's New Home

A report from Dan M. NAWSO's office manager in San Francisco

Prior to December of 1992 the manager of Nicotine Anonymous World Services Office had always operated the business from her home; since the earlier managers had lived in Marin County I'll assume the more rural setting and home situations were conducive to this small, personalized service of sending information and literature by piecemeal two or three times a week. The answering machine tape then recommended an allowance of three weeks for receipt of callers' requests,

Since my San Francisco apartment was ill-suited for thousands of pamphlets and cases of *The Book*: I opted to utilize the space NAWSO then rented from the Dry Dock, space for a two-drawer file cabinet and a larger five-shelf metal cabinet which held the pamphlets. This scant room was in reality an entrance to the ladies' room and barely large enough for the two cabinets and a desk (not NAWSO's) which I used to address packages mailed to destinations around the world. While the space was cramped, often crawling with ladies waiting to use the ladies' room after a 12 Step meeting in this popular Marina District building, I not only survived the learning process of the business but also postal procedures and suppliers and the other intricacies of business management --- and during the holiday season.

The incoming mail was collected at 2118 Greenwich, the home of the Dry Dock, where I took it home to organize for the next day's mailings. Since I had a word processor at home I discovered I, like my predecessors, was spending more time at home working than at the Dry Dock filling orders; mail volume too was increasing as NAWSO was growing with new meetings beginning everywhere and the accompanying need for our literature.

Prior to spring of '93 our suppliers, the printer and stationers, were still in Marin but delays and other growth signs were signalling the need for changes to local providers who somehow appeared from the nearby merchants. Progress. The printer was now two blocks away and stored what we had no space for in our ladies' room lounge-office space called NAWSO. Still with these improvements a delivery of ten boxes of *The*

Book, which was now selling 200 copies a month, left us (the ladies waiting for the loo and I) wondering if we could exhale at the same time safely.

Board meetings and discussions and searches for our own office space followed until in September 1993 Ed T. found a rental sign in the Laurel Heights area along Geary boulevard which a month later became our world headquarters --- not however without my doubts and other manufactured fears for which I tend to have a special talent.

Situated on the third floor of an office complex housing a variety of businesses NAWSO's suite is two rooms, two blocks from a post office neighboring both a stretch of luxurious homes and apartments and also the area known as The New Chinatown to the west. Our office suite was being vacated by a realty company downsizing space and when they offered furniture for sale NAWSO became furnished with minimum needs at minimum price; too my apartment manager just happened to be moving offering me his plants and the ones from his new building --- neither group of plants had been cared for but we had furniture and I cleaned plants!

The mail, now switched to a post office box, is gathered almost daily and filled immediately: back into the post office by noon of the day it is collected. Progress. With yet another printer and better prices NAWSO now orders literature in quantities of 30,000; treatment centers, hospitals, corporations and the U.S. military receive our literature with growing inquiries daily to who we are and what we do.

Our latest acquisition is a computer in late December and while it's not fully functional yet progress continues. Daily the same letters come from as close as my neighborhood to as far away as India with the same plea: HELP! With our faithful teleservers, Pen Pal coordinator, Meeting schedule pro Phil in Los Angeles, and certainly our forward-looking Board members, and all the unnamed servers --- all volunteers --- NAWSO works! Carrying the message, not always flawlessly but certainly sincerely and we do it together for love, with gratitude.

Progress.

***The NAWSO World Service Officers Meeting
will be held in this office on
March 12, 1994
Come by and say Hello***

Nicotine Anonymous World Service Officers Meetings 1993-1994

March 12, 1994
San Francisco
(in new office)

**World Service Conference IX
April 15, 16, 17, 1994
The Inn
440 W. 57th Street
New York, New York
(See Flyer)**

Attendance by local Nicotine Anonymous Members is encouraged at all World Service meetings. Come and experience what World Services is all about. Ask your local representatives for further information.

SEVEN MINUTES

The Nicotine Anonymous Quarterly

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Thank God For Nicotine Anonymous

I was in New York a few months ago. I almost smoked while dancing in a posh Dance Club. To give you an idea of how much smoking was being done, this club came complete with a scantily clad cigarette girl. Straight out of a 1940's movie, Everybody Was smoking.

So there I was, dancing, shaking my hair and my body. I was drinking red wine and having a good time. Dancing, I spotted a pack of Marlboros sitting on the railing separating the dance floor from the tables. I had over 2 years and 10 months of time free from nicotine. In that period of time, I've seen lots of cigarettes and never wanted one. But this night was different. I did not think, "gee, a cigarette would be nice. Instead, I thought, "I'm going to have a cigarette now." For a split second, I thought about having to report my slip to Nicotine Anonymous, but quickly decided that I would tell nobody. After all, who was going to see me in New York? So much for honesty in the face of the power of nicotine.

Now all of this really surprised me since I hardly ever think about smoking, and the truth

is, I have to confess that I've been getting rather smug about not smoking. I have been one of the blessed people who, by working the first three steps, the obsession suddenly, inexplicably, miraculously lifted, and it was gone. I have truthfully not wanted a cigarette since. I thought that the obsession was gone forever. So whenever I have listened to people who talk (or whine depending upon my mood) about how they still think about smoking a cigarette, I have been puzzled. Well, I'm not puzzled any longer, and I hope I don't forget again so I have to get another reminder. People ask me why I still go to Nicotine Anonymous since I normally go to two to three meetings per week. With concern, they ask if I still want to smoke a cigarette? I don't. I figure that since my obsession to smoke was lifted due to Nicotine Anonymous and the 12 steps, then I need to try to give it back. Also, I watch people come in and out of the rooms. So although I hadn't experienced the obsession in a long, long time, I keep going to the meetings.

In retrospect, I think this incident at the Dance Club, is really about trying to revert back to the person I was when I used to smoke.

In my smoking days, I was very melodramatic. Still, whenever I am unsure or afraid, on unfamiliar turf, I want to revert back to the other personality, Miss Nicotine Addict.

So that's what I was doing. I got scared, and decided the cigarette would help. Wrong!!!

I spoke with Maggie the other day. She said that perhaps the reason I ended up not smoking was because I've been building up a savings account with my daily meditations and praying, the going to 2-3 meetings per week, and commitments at meetings. It's like I have been putting money in the bank. That made sense to me. As much as anything does since I know that I didn't smoke because of my will power, or remembering how much time I have nicotine free. Something got between me and the cigarettes. There are a lot of miracles in this program. Thank God for Nicotine Anonymous.

Laura S.

What am I doing here?

Rob — NANERI

This is a path to freedom:

Coming from Boston, cross the Tobin Bridge, take the second exit, turn right at the lights . . . This is where the Chelsea Monday Night meeting of Nicotine Anonymous gathers every week to support recovering nicotine addicts and those who still suffer. This is where I received the strength and hope to stop smoking after a twenty year addiction. Once a week, I have a place to go where people understand what I am going through.

One night, a woman recently moved to the area from New York, came to this meeting with some shocking news - we were not alone! Until this time, it had seemed that the Chelsea (MA) meeting was the only Nicotine Anonymous meeting east of the Mississippi, perhaps the only meeting outside of Silicon Valley. Despite the information coming out of WSO that suggested there were other meetings in the greater Boston area and throughout New England, it was difficult to know if these other meetings really existed. As it turned out, this woman from New York was closely associated with WSO, and had plans to start an intergroup in New England.

My first response to the idea of an intergroup was a resounding "Hunh?" Having never been involved in a twelve step program before, and never having attended any meeting outside of Chelsea, I didn't have a clue as to what an intergroup was or did. As this woman explained it, it certainly made sense.

Briefly, it would serve as a local clearing house for ideas and information, working to serve the Nicotine Anonymous groups throughout New England. It could help foster new groups and support existing groups. It could act as an intermediary between groups and WSO, and a host of other ideas, all depending on the nature and make up of participants.

The first meeting of this new intergroup held in May of 1992, was hosted by none other than Sarah B., that woman from New York who also happens to be 1993 WSO chairperson. I went to that first meeting, partly out of curiosity and partly by default - I was the only one willing and able to drive. Some thirty or forty people attended this meeting, all of curious to see what would or could happen. What did happen was the birth of NANERI - Nicotine Anonymous New England Regional Intergroup.

I went with the idea that I could get away with being a wallflower, watching events as they happen without getting too involved. I surprised myself the first time I spoke up. I think I was apposing a proposed name for the group. The name just didn't have the right ring to it. The next thing I knew, I was an active member of NANERI.

I started by volunteering on small (emphasis on small) projects. With about twenty minutes of effort, I was able to confirm a batch of phone numbers and addresses for our meeting list. It was an easy job, but some one had to do it. Two years later, I still find myself

doing little things, like writing this article. When you get right down to it, I don't DO a whole lot of things, and certainly there are others who do a lot more than I do. But I don't think you'll find anybody who feels that he or she is doing too much. We all take roles that feel right and work right for our individual circumstances.

In the nearly two years since we started, we have become a small but successful working body. Thanks to the efforts of Jim R. we are able to maintain an accurate meeting list. We finally approved a set of by-laws, and are currently working toward setting up a regional telephone number for information services. We're still exploring our potential - who we are, and what and how can we be servants to our fellow addicts. There are so many things we can do, I don't think we have even scratched the surface. Our next big step, I think will be to broaden outreach. In its own way, this article is part of that step.

We welcome anyone who wants to join us in the work we are doing. Your contribution no matter how great or small, is important. A special thanks goes out to Ron in Portsmouth, Bob, Earl, and Judy for the silent work they do, to Dan for always being there, and to Sarah for pulling it all together. Thanks also to all the people in Connecticut and on Cape Cod, what you're doing is important.

Anyone that has ideas, comments, suggestions, or time, especially if you're in New England, please contact us at NANERI 7 Ermer Rd. Salem, NH 03079

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