



SEVEN MINUTES

The Nicotine Anonymous Quarterly

A FORUM FOR NICOTINE USERS WHO DON'T USE

VOL. X, ISSUE NO. 1

FIRST QUARTER, 1999

Dear Nicotine,

I'm sitting in the same rehab again; it's twenty years since I came here for alcoholism. I finally see you for the beast you are. You're just another mask, another face to my chemical dependency. After all, you're really no different at all in the long run .

You've sabotaged my relationships and my good intentions. Once again, you've undermined my self-esteem and you've made me into a thief and a liar. You've made me betray the ones I love and myself.

You came to me like a thief in the night, a pedophile. I was just a child. You promised me fun and glamour, sex appeal and friendship, success and manhood. I believed your lies like I did those of alcohol. You deceived me. You promised confidence and serenity in the face of strife and turmoil when, in fact, you were the loan shark who gladly lends then indebts beyond escape, only to break bones, destroy flesh, dreams and visions.

Though I write this now, with no desire for a puff, I know you've gotten into me like AIDS and you'll simply wait for the opportunity to strike - a fragile and indecisive moment. Or, maybe you'll do what you did before: slink off into the dark and change your mask, then rear your ugly beast head in some other manner, through some other appetite. God willing, I'll be ready for you and I'll not do battle against you alone. Nor will I mistake you for a friend, but see you for the slime you are.

Carl W., South Fork, Pa.

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Our Preamble

Nicotine Anonymous is a fellowship of men and women helping each other to live our lives free of nicotine. We share our experience, strength and hope with each other so that we may be free from this powerful addiction. The only requirement for membership is the desire to stop using nicotine. There are no dues or fees for Nicotine Anonymous membership; we are self supporting through our own contributions. Nicotine Anonymous is not allied with any sect, denomination, political entity, organization or institution; does not engage in any controversy, neither endorses nor opposes any cause. Our primary purpose is to offer support to those who are trying to gain freedom from nicotine.

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Articles may also be sent by E-mail to <info@nicotinc-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 -

Kim J., editor
Mike K, subscriptions/distribution

THE TWELVE STEPS

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 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 Steps reprinted and adapted here with the permission of Alcoholics Anonymous World Services, Inc. Permission to reprint and adapt the Twelve Steps 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 original Twelve Steps of Alcoholics Anonymous are reprinted above

NEWS FROM NAWSO



I am flying home after spending the weekend with the hardest working group of people in the recovery business. Our NAWSO officers and staff have accomplished a great deal this year and there will probably be a good deal more done before April's conference in California. The 1999 conference will feature a huge menu of items to be voted on by our delegates in the way of literature, by-laws changes, a new starter kit and still more in the works. Our delegates will have quite bit of work to do, too, sorting through the various issues. Below is a list of some of the items our staff is preparing for the conference:

- ▶ The 1999 conference format will be quite different from years past. In response to the growing amount of issues and items that need to be presented to our membership, the business portion of the conference will extend to Sunday morning. This will allow us to present all necessary committee reports, and give adequate time to discuss motions and voting items. In order to facilitate constructive dialog, the workshops will be formatted around the voting items, with the moderators presenting the findings of the workshops to the conference for discussion and later, voting. Our hope is that we may be able to avoid protracted debates on the floor of the conference.
- ▶ We are seeking to properly register all delegates to the conference, in order to reach the goal set by our members of delegate-only voting by the 2000 conference. All intergroups and non-affiliated groups should be electing delegates for the World Service Conference in accordance with our by-laws and registering these with the Conference registrar or NAWSO. This will be somewhat of a delegate "dry-run".
- ▶ Speaking of the By-Laws, ours have been totally revamped by *Rodger, Cat* and *Steve M.* The original goal was to create a workable succession plan in the case of the loss of a board member. In the process, the committee discovered a number of ways to improve the By-Laws to better suit our program, as they were originally taken from another 12 step fellowship. One of the major improvements is changing delegate allocation representation from one per 10 groups to one per 3 groups. This will allow a large number of members to participate as delegates.
- ▶ Our tireless literature coordinator has been hard at work creating new literature and revising old pamphlets. At the October board meeting, the officers approved two brand new pamphlets. The first is "What Do Nicotine Anonymous World Services and Intergroups Offer Me and My Group?" which explains exactly what the title asks. The second is "The Program and Tools" which is *Checko's* revamped version of "The Tools of the Program" included in the current Starter's Kit. This new pamphlet will make accessible some great concepts for newcomers and old-timers alike. Checko is also looking at revising several of our other pamphlets.
- ▶ As far as the starter's kit goes, *Bill C.* and *Leslie S.* are revamping this. They are including the outline for a newcomer's kit and an enhanced meeting format. Bill is also reiterating the message passed down at the conference that nicotine abstinence is our goal.
- ▶ A few of us are working on a press release to the media in hopes of letting more people know of our existence. This should be done by the time this issue is published.
- ▶ *Martha K.* has finished taping *The Book and Our Path to Freedom* with the help of New York Area Nicotine Anonymous members. The four tape set is available for just \$20.00 and includes both of our books. These are available now, so please write in your request on our order form.

We still have a half a year until the conference, so there is still plenty of work to be done. If you have any items you would like to see addressed at the conference, please contact me through NAWSO, or e-mail me at johnonica@aol.com. Please also contact me if you would like to be of service.

In Spiritual Service,
John O., Chairperson
on behalf of the NAWSO officers



A PATH ON THE PALISADES

Bill C., Fort Lee, NJ



At the June 1996 NJ/PA Funweekend in Phoenixville, PA, *Scott J.* had an idea for a hike along the Palisades in New Jersey. The thought was to provide another activity in early spring to fill the void between the New York Intergroup's Clean in the Catskills weekend at the end of September and the next NJ/PA Funweekend in June, 1997. This would be a nice fill-in for those members who were not going to the World Service Conference in mid-April. Since I live in Fort Lee, I was to get something together. Like all great ideas, getting started is the biggest impediment - so it didn't happen in 1997. But it did come together this past year for Sunday, March 29th. And what a difference a week makes, since the weekend before, a four inch blanket of snow covered the ground. I had the same uncertainty about the hike as I did when I first thought about putting nicotine down.

There are no coincidences and warmer weather the next few days removed the white cover, and took us into a weekend with record high temperatures. Several of us came early to enjoy lunch at the Fort Lee Historic Park on a pleasant 82 degree day. In March? Before we retreated to an overlook of the Hudson River to have our meal, we were treated to a group of soldiers in Civil War attire, practicing firing muskets. We were all jumping every time they fired a volley. After a leisurely lunch we enjoyed the fine views of the George Washington Bridge to the North and the Statue of Liberty and Staten Island to the south. The earthworks of 1776 have been recreated in the park at Bluff Point. It was here in November of that year that General Washington watched the flag being hauled down at Fort Washington across the river as the Colonials surrendered to the British, much the same way we finally surrender to our nicotine addiction when we admit defeat.

By the time the hike started at 1:00 p.m., we were fifteen strong (ages 15 to 70) with five members coming over from New York. There are two main trails that traverse the length of the Palisades. On top is the Long Path which continues over two

hundred miles up into the Catskill Forest Preserve and passes by North Lake where we hike while at the New York Intergroup's "Clean in the Catskills" weekend. I thought if we keep going we probably could be at "Clean in the Catskills" by October 2nd. Just an idea, but before I propose it I'll read Step Two one more time.

The Shore Trail follows the shore line of the Hudson River from Fort Lee to the State Line lookout, a distance of 13 miles. Our hike took us from the Historic Park north on Long path for 2 miles, then down to a boat dock and picnic area and returned to the Park via the Shore Trail. We stopped often for rest breaks to cool off and various "photo op.'s." One was at a place on top of the Palisade cliffs where scenes from the "Perils of Pauline" of the silent film era were shot. Perhaps you have heard the term "cliff-hanger" - here is where it began. We took a well deserved break at the Englewood Boat Basin, the half-way point of the hike. Here we enjoyed snacks, drinks, and each other's company.

We then turned south and followed the Shore Trail along the river, enjoying the Manhattan skyline along the way. We were into the home stretch and passing former beaches that provided a cool haven for visitors in the early 1920's. We continued under the magnificent George Washington Bridge, past the remnants of Du Pont (Powder) Dock to the stairs leading up to the street that returns to the Park.

When I was first explaining the hike, *Pat B.* asked if there was going to be a meeting on the hike. I thought she was referring to a planning meeting for the hike, and said no. Actually she was referring to a Nicotine Anonymous meeting as part of the hike. Again, there are no coincidences - we had a four hour, five mile long meeting and everyone hung in to the end - including the last 100 steps up to the road which took us back up the Park. We all succeeded because we helped each other not only along the path on the Palisades, but on the path of Sobriety as well. Enough interest was expressed to plan another hike for next year.

WELCOME TO THE FELLOWSHIP

last updated November 16, 1998

<u>Alaska</u> -	Wasilla	Wed	7:00pm	Alano Club
<u>California</u> -	Apple Valley	Sun	6:00pm	Alano Club, 11085 Central Avenue
	Bellflower	Fri	9:00pm	Kaiser Hospital Room BH11, 9400 Rosecrans Avenue
	Downey	Wed	7:30pm	Kaiser Hospital Room 1C31, 9449 Imperial Highway
	Fort Bragg	Thu	1:00pm	455 N. Harrison Street
	Modesto	Thu	1:00pm	Modesto Jr. College-Library Annex Rm #15. 435 College
	Mt. Shasta	Thu	8:00pm	George Washington Road, 1020 Kingston Road
	San Francisco	Mon	7:30pm	Kaiser Permanence Clinic, 1201 Fillmore Street at Turk
	San Gabriel	Sat	2:00pm	Sangabriel Hospital (Fireside Room)Broadway & Junipero Sierra
St				
<u>Colorado</u> -	Grand Junction	Mon	5:30pm	The Meeting Place, 1938 N. 1st Street. Unit 8
	Wytheville	Thu	7:30pm	Wythe Co. Comm. Hospital, 600 W. Ridge Road
<u>Florida</u> -	Marathon	Thu	8:00pm	San Pablo Parish Hall Class #1, 670 122nd Street, Ocean
	N. Fort Myers	Thu	6:30pm	Dry Palms Club
<u>Georgia</u> -	Smyrna	Thu	8:00pm	Ridgeview Institute, 3995 South Cobb Drive
<u>Maine</u> -	Pittsfield	Thu	6:30pm	Sebasticook Valley Hospital, 99 Grove Street
<u>New Hampshire</u> -	Portsmouth	Tue	5:30pm	United Methodist Church, 129 Miller Avenue
<u>New York</u> -	Annandale	Tue	8:00pm	Bard College, Chapel Basement, Annandale Road
	Upper Nyack	Mon	7:00pm	Fellowship of Reconciliation, 521 Broadway
<u>Pennsylvania</u> -	Brockway	Fri	6:00pm	U. M. Church Library, Main Street
	Danville	Mon	6:00pm	Knapper Clinic - 1st Floor, Penn State Geisinger Med. Ctr..
	Johnstown	Wed	7:00pm	Good Samaritan Hospital, 2nd Flr, Conference Rm, Franklin St
	Mechanicsburg	Tue	12:30pm	The Healthy Interventions Center, 5021 East Trindle Road
<u>Texas</u> -	Tyler	Wed	7:00pm	Mother Francis Hospital, North Park Medical Plaza Rm 110
<u>Canada</u> -	Spruce Grove, AB	Thu	6:30pm	St. Augustine's Anglican Church, Church Road and Main Street
<u>England</u> -	Cornwall	Fri	12 Noon,	House of Healing (upstairs room)53 Morab Road - Penzance
	Edinburgh	Tue	7:30pm	St. George's West Church - Edinburgh, Shandwick Place
	Lendon	Mon	6:30pm	ETNA Community Centre (East Twickenham), 13 Rosslyn Road (Richmond Tube Stn)
	London	Thu	7:30pm	Cambridge House & Talbot (Walworth), London SE5 - 131 Camberwell Road (near Burgess Park)
<u>Portugal</u> -	Lisbon	Mon	7:30pm	Biblioteca Municipal De Oeiras, Palacio Anjos 1495-Alges

THE FIRST 60 *Adonna, Arlington Heights, IL*

As the smoke filled days go by...
Inside hurting and wanting to cry...

Choosing life over death with...
Every smoke free breath...

Abusing my body, this temple without control...
Damaging my heart. My lungs. My soul...

This gift to me God does give...
His wish is for me to live...

Knowing by my own hand I will surely die...
The question always asked is 'why'...

Thanking all of those who help along the way...
Sharing with those who may come to us one day...

Always seeing cigarettes as my friend...
Always wanting for the lie to end...

Our hugs and kisses that now taste so sweet...
And proud to give to anyone we meet...

Step-by-step learning to surrender my addiction...
finding ways to heal with courage and conviction...

And now as the smoke free days go by...
No longer hurting and wanting to cry...

One day at a time feeling elated...
Instead of ashamed and self-hatred...

With a joyful sigh, I reply,
All is right in my world and God is nigh...amen



Service Is the Key

Being involved in Nicotine Anonymous can be very fulfilling. Many have found service to the fellowship to be one of the most important aspects of their own recovery. Some areas where service is needed on a worldwide level are:

Teleservice Coordinator - to coordinate our staff of telephone service volunteers. The volunteers pick up voice mail messages and return calls or mail information. The coordinator supports them in these functions and arranges reimbursement for their expenses. We also need the coordinator to create a procedures manual. Currently the service is staffed by six volunteers, future plans include an expansion to twenty-one volunteers, a regional mailbox system and a toll-free number. Former tele-service coordinators would be available to help the new coordinator in an advisory capacity. The ideal candidate would have at least one year of recovery from nicotine, and have some experience in working with other addicts.

Spanish Translators - translate existing Nicotine Anonymous literature into Spanish.

E-mail Pen Pals - Persons with some time in recovery from nicotine addiction to support newcomers in their quest for freedom and recovery. (see related article to the right).

Archivists - Person to store and catalog Nicotine Anonymous correspondence and documents and help chronicle our history and group conscience.

E-mail contacts in languages other than English
We receive requests from people who would like to communicate with members, but in their native language, rather than English.

Outreach Coordinator - works with referring agencies that want more information about Nicotine Anonymous.

Publications Coordinator - oversee distribution and printing of Nicotine Anonymous printed material.

Literature Typing - type already-in-use literature to Word Perfect (or similar) format. Previous literature was never input onto the computer.

To help in any of these areas, contact NAWSO, P.O. Box 126338, Harrisburg, PA 17112-6338, E-Mail her a Info@nicotine-anonymous.org

E-Mail Pen-Pals



Hello Fellow Nicotine Addicts,

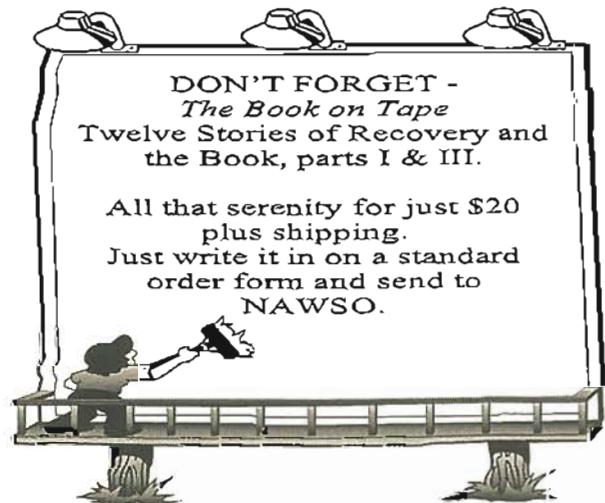
My name is Michelle and I have just taken over the job as the E-mail pen pals coordinator. I have a list of people who live overseas and/or in remote areas of the US (who have limited or no access to meetings) who are looking for people in Nicotine Anonymous to share ESH (Experience, strength, and hope) via E-mail. I am writing to ask you to volunteer to be a pen pal to one of these people.

This would be a simple way to be of service and to give back some of what has so freely been given to you. If you would be willing to do this valuable piece of service (which by the way requires a minimal amount of time from you and will return great rewards), please let me know ASAP. *

Thanks for considering becoming an E-mail pen pal! Love and fellowship :)

Michelle

*you can contact Michelle at NAWSO, P.O. Box 126338, Harrisburg, PA 17112-6338 or E-Mail her at Info@nicotine-anonymous.org.



SERENITY IN THE SUN

April 16 - 18, 1999

Plans for our 1999 Conference are continuing apace. The Los Angeles '99 Conference Committee has been holding meetings after the Southern California Intergroup meetings for several months. We had our first All-volunteer meeting on Sunday November 1. We had a great meeting with a lot of enthusiastic discourse and participation. (The police were only called once.) Some of the highlights of the meeting and our preparations are as follows:

- ▶ We have had 51 people sign up as volunteers so far. I assume they are all serious and I for one am impressed with that figure. We are shooting for a World record in attendance with a target of 200 Attendees.
- ▶ **Matt T.** (Co-Chairman) kept the negotiations with the hotel open until they blinked. The outcome of that process was that Matt has saved us over \$600 in meeting room charges. Our hats are off to Matt.
- ▶ We have expanded our committees to include the following:
Finance, **Phil P.**; Registration, **Susan P.** and **Bonnie H.**; Merchandise, **Jim T.** and **Kelly S.**; Hospitality, **Shirley M.** and **Jan F.**; Decorations, **Peg H.** and **Jacqueline G.**; Marathon Meetings, **Donna E.** and **Joe G.**; Literature, The ever-reliable **Wilson K.**

For those of you astute enough to notice number 6, we will be offering marathon meetings throughout the conference: We will be offering 5 hours of meetings on Friday (3-8), 10 hours on Saturday (9-7), and 4 hours on Sunday (7-11). This is either going to be a great thing to do or a gigantic bust. I'm just happy to see so many people willing to take the risk.

It was quite a raucous meeting. It was great. Some people took great umbrage at the changes taking place. Changes currently on the table are:

- ▶ World services has scheduled a working meeting for Sunday.
- ▶ World services picks the Workshop leaders.
- ▶ The concept of offering Marathon Meetings.

Other items of note:

- ▶ the LA Committee is going to try selling T-shirts in advance of the Conference to see if we can generate interest and income.
- ▶ The Conference Registration Flyer can be downloaded from the Internet at our site: <http://nicotine-anonymous.org/>.
- ▶ We have drafted three people from different geographical regions to help us spread the word about the Conference. They are **Martha K** from New York, **Steve M.** from Chicago, and **Camille S.** from Dallas.

That's about it. I look forward to seeing all of you April 16th through the 18th at the Holiday Inn in Costa Mesa California! - **Joe S.**

WHAT'S IN A NAME

John O., Kings Park, NY

Many years ago, shortly after our name change in 1990, it was determined that the name Nicotine Anonymous should never be shortened when listed in World Services literature and communications. There was concern that if we called ourselves N. A. we would be confused with Narcotics Anonymous. I must say that, for myself, it is a pain in the buttocks to constantly type our full name. Besides, most of our groups and members constantly shorten the name in verbal and written communications. My favorite abbreviation is Nic. A., pronounced Nick A. I think people are more comfortable with the name A.A. than with Alcoholics Anonymous because it is shorter, and because it sounds nicer and softer. There are none of those nasty words that bring to mind illness or addiction. I think the same is true with Nic. A. It has a very benign sound and feel. We have discussed the matter briefly and it will be on the agenda at the next officer's meeting in January. Hopefully, it will be on the conference agenda in April. I would love to know the opinions of our members on this matter. Please send a communication to me directly c/o NAWSO or at johnonica@aol.com. Or, submit it as a letter to the editor of *SevenMinutes* so we can create a forum of discussion. I look forward to hearing from many of you.