

The Nicotine Anonymous Quarterly

SEVEN



Minutes

A Forum for Nicotine Users Who Don't Use

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New Chair...

First and foremost, hats off to the 2007 conference committee--their hard work and good taste were in abundant display this past April as we convened in California's bay area at the Inn Marin. It was a gorgeous setting, and all the planned events went off in style and without a hitch.

I've heard some say this was one of the most productive conferences they've ever attended, and though this was only my third, it sure seemed like we got a lot done. In the area of literature, we finally approved enough meditations to fill a 365-day book, and we ratified an awesome seventh-step prayer. There was a workshop on financial reporting that got a little heated, but we reached a good decision, I think--multiple-year analyses of our profits and expenditures will be presented at a workshop next year.

There was also the small matter of passing the torch from currently-active to newly-active Board members, and welcoming in newly-elected folks. It's been a great group so far, and the new blood will only make it more so. In my active year, my main goals will include improving and defining the process for writing (and rewriting) our literature, and stabilizing the website as best we can. If you didn't know, our website was recently moved and translated into a different kind of code, and it's caused some instability. I hope to work closely with Robin L -- our dynamic webservant -- to get the site where it's supposed to be.

I'm filling some very big shoes now--Kate W was a great Chair, and I'm ever so grateful she's staying around for a final Emeritus year! Same goes for Steve M, super-Treasurer (and my travel companion to the conference this

year). Active Treasurer Willy S will certainly handle some of the newly-defined tasks mentioned above with aplomb. And lastly, I want to make special mention of Ardith A, who stepped up in her Elect year to be acting Secretary (due to forces beyond her control), only to turn around and do it all over again for THIS term. She's been a voice of reason at our board meetings all year, and I'm psyched that she'll continue to be there.

It should be an eventful year for the fellowship, all culminating in Long Island at the 2008 conference. I look forward to serving World Services as best as I can in the meantime—and beyond. Thanks!

Dan P

God in action: A newcomer’s view of the World Service Conference . . .

It is a sad thing that I’ve been a member of Nicotine Anonymous for fourteen years, and only just attended my first WSC this year. I was bowled over by what an amazing source of experience, strength and hope, and of opportunities to serve the fellowship that I have been missing all of this time.

It was incredible to be in a group of roughly a hundred Nicotine Anonymous members from all over the country: New York and New Jersey, Pennsylvania, Georgia, Florida, Texas, Ohio, Illinois, Washington, Oregon, Arizona, and, of course California, and even New Brunswick, Canada (with sincerest apologies to anyone I might have missed). But I will say that what with the struggles I have seen as our young district fellowship works to carry the message here in Sacramento, it was a great relief to meet and have a chance to get to know people who come from

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.
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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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God in action: A newcomer's view of the World Service Conference . . .

very active, strong intergroups like New York, Georgia, North Texas, Southern California, and Chicago Heartland—people who are warm and working great program and eager to pass the message along to the rest of us as we strive to get it and keep it moving.

It was a huge gift to be a part of the Friday evening Gratitude meeting, to hear the very inspiring and touching stories others had to share, to have the wonderful gift of being able to share some gratitude of my own. It's always a special privilege to hear another NicA share their own recovery story, and the WSC is a great place to hear new recovery stories I haven't heard before.

We began the weekend's ambitious agenda with a business meeting Saturday morning followed by a series of "workshops" on various projects which needed to be developed by committees in order to have clear proposals which we could then vote up or down during Sunday morning's delegates' meeting. In the first session, members got to choose whether they wanted to discuss the Internet, literature, or a new seventh step prayer for Nicotine Anonymous (we have been under some pressure from A.A. to rewrite our own versions of such materials as we have used from AA's texts in our own book). In the afternoon, workshop options enabled participants to either help prepare the new Daily Meditations Book or the new Outreach Booklet for final submission to the conference, or to discuss the matter of a budget for NAWS. I worked on the Internet and Outreach booklet committees, and it was amazing to be part of the miracles, seeing how Nicotine Anonymous members could work together with such passion, commitment, compassion, and wisdom, putting together, in less than an hour, full-blown proposals that we all felt great about offering to the full delegation for approval on these

matters.

But it wasn't all work, by any means. We had plenty of resources if we needed to take a break and relax for a while, visiting in the hospitality room and having a quick snack to keep our energy up, or we could individually choose to adjourn at any time and visit the marathon meetings held next door to the hospitality room.

In the evening on Saturday, all of the workshops returned to the WSC general meeting to offer our reports on what we'd each put together. Then we adjourned for a formal Buffet dinner, followed by our wonderful guest speakers, and the very important "recovery count-down", where we recognized everyone in the room from our oldest old-timer (thirty years) down to the newest newcomer, who had quit just before coming to the conference on Friday afternoon. She was given a special memento of the occasion—a lovely poster with an inspiring slogan on it, signed by everyone at the conference who cared to add a little something more personalized to encourage her.

The Sunrise meeting Sunday morning was an awesome event. We met at 6:00 a.m. for some of the most raw, honest, and inspiring sharing I have heard in a good many years. Seeing this quality of recovery and passion for working the program shed a good deal of light for me on the question of how it is that a bunch of human beings—all of us addicts in recovery with feet of clay, egos, control issues, personality conflicts, and everything that we all bring along with our baggage to the conference—manage to work the miracles that I saw going on throughout the weekend—it reminded me that the program works when we remember that it is not we who are in charge, but our higher power. The program works because we are all here together working it.

After the Sunrise Meeting and breakfast, the delegates and other members met for the final discussions and voting on the remainder of the agenda—the workshop proposals offered the previous evening, and of course, the new board members for the coming

year.

It was an eye-opener to discover something of the quality and depth of sharing that can occur in NicA meetings that have such a broad range of recovery. We have some great groups here in Sacramento, and if it is my higher power's will that I can bring a little of what I found in Novato back home, I'll be delighted to be part of a wonderful new miracle.

It was incredible to participate in the NAWSC and to see how Nicotine Anonymous is able, in a single weekend, to discuss issues and implement policy changes that will guide the entire fellowship for the coming year. I got to witness and participate in the development and approval of new literature, problem-solving around issues that had occurred in the past year, as well as setting up ways to improve how we carry the message of Nicotine Anonymous to those who still suffer using nicotine. It's overwhelming to think of how much I experienced and how much I learned in one short weekend. I am awed to realize that all of this was just a taste of rich opportunities and experiences to come throughout the year and in more WSCs in the future.

I'm thrilled now to have the opportunity to support NAWS as a new trusted servant. By attending the WSC, I have been given an opportunity to work with people who understand so much more than I do about recovery, fellowship, the traditions, and service. I have some wonderful opportunities coming to gain experience and learn skills that will help me to be of greater service to Nicotine Anonymous here at home as well as Internationally.

I can hardly wait for the next WSC in 2008! I look forward to meeting you there!

In fellowship,

Mark S
Sacramento, CA

I Once Had a Friend...

I once had a friend who I thought was the only really close friend I would ever have. I depended on this friend to calm me when I was nervous, relax me when I was excited, pick me up when I was sad, and the list goes on and on. This friend expected me to spend most of my money on it. If I was sick and I had my friend over it would make me feel sicker. I thought the world of my friend but no one else felt the same way. Most of my other friends despised this friend. It appeared to them that all I did was give and give and give. I never received anything positive in return. And, as it turned out in the end, the more I was around my friend, the more I became sickly, rundown, pale, breathless and coughed all the time. But in spite of all this, I was still very loyal to this friend. But, at one moment during one hour of one day, I thought to myself - this friend is killing me. This friendship I thought we had was all one sided. I was a fool. What could I be possibly getting out of this friendship? All I did was give and got nothing in return. I finally realized this friend called nicotine/cigarettes was really no friend at all. I then found Nicotine Anonymous.

NicA helped me to stay free from this powerful addiction; it gave me the tools to work my program and my life so I would not need to pick up and use my drug. NicA has given me hope, a positive outlook on life and a better way to live my life. This program has offered me serenity and peace, something I have searched for all my life. I can go to a meeting on any day of the week and come out of the meeting feeling better than when I went in to it.

I now look back at my days as a nicotine addict and I ask myself why would I allow myself to believe cigarettes could be my friend? Why would I want a friend that just took from me all the time and seldom if ever gave anything positive back in return?

What kind of relationship can succeed in this situation? And I then
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ask myself how can I just go to meetings, receive all the benefits of what NicA offers, week after week after week and then say NO to service? Am I a one sided friend? Do I take all that I can get from NicA and not give anything back? Does the phrase 'You have to give it away to keep it' mean that in order to have a friend, you have to be a friend? I have thought about that phrase very often. I have tried to understand exactly what it was supposed to mean. I think I finally realized what it means. In order for me to be a part of this fellowship and continue to have a fellowship such as NicA I have to be an active member in the relationship. I can't just take and never give anything back. Just like my friend, cigarettes, I cannot continue to take and not give anything back. I ask you: are you benefiting from Nicotine Anonymous? Are you being a friend to Nicotine Anonymous? If so, I thank you.

In service,
Kathy

A gathering of friends ...

For the past 3 years, a group of recovering nicotine addicts from the online Voices of Nicotine Recovery group (VONR) (find them at

<http://health.groups.yahoo.com/group/voicesofnicotinerecovery/>) have been getting together for a weekend of mutual support and encouragement. This gathering usually takes place in a different location each year. This year the gathering took place in Hutchinson, Kansas and was facilitated by Roz H.

I was lucky enough to be able to go to the gathering this time. This was not as easy as it might seem, since I live in England, so this involved an extended level of commitment, both financially and time-wise. As it turned out, there were a couple of us Brits at the gathering.

Having been a member of the online NicA community for some 2 ½ years now, I found it particularly special to get to meet some of these

wonderful friends I had made online and put faces to their names and voices! I got to meet my sponsor for the first time, and I got to attend a very moving face to face meeting in Roz's house. This culminated in 16 of us standing in a circle reciting the Lord's Prayer.

I was honoured to be able to share my story with the global community that is VONR at the Saturday evening speaker meeting. Given the time difference, it's not usually possible for me to attend those meetings since they kick off at 2am Sunday morning UK time. It was especially good to be there in "the right time zone". Sharing my story surrounded by all these wonderful friends made it an evening that will stay with me for a long time.

I have collected the stories of a few of those who attended the gathering. You will find them grouped together below. I do hope you take as much pleasure in reading them as I did in living them!

Kim F

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Voices of Nicotine Recovery, 3rd Annual gathering: The World Wide Web meets the Midwest!

As I write this, I am sitting in the airport in Wichita, Kansas. If you've never been to Wichita, all you need to know is that the airport is tiny! Yet they have wireless web access! I was shocked.

As I walked past the smokers standing outside the airport, as I used to do, I wondered to myself, "What will I do with the next 2 ½ hours?" Smoke, Drink? Well, no, those are things that I have chosen not to do! So, as I do pretty much everywhere, I searched for that wireless network and poof! There it was! Free and all! So, for a half hour at least, I attended an online meeting.

Why was I in Wichita? Well, as the title of this article suggests, I came to the

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3rd Annual gathering of Voices of Nicotine Recovery in, of all places, Hutchinson, Kansas. People kept asking "why would you go to Kansas to meet a bunch of strangers?" I will tell you why!

I met 16 fellow nicotine addicts from all over the world. Two people were from the United Kingdom, others from West Virginia, California, Tennessee, Florida, Illinois, Kansas, Missouri, Oklahoma, and me from South Carolina. We all knew each other's voices immediately, although most of us had never seen each other. It was a surreal experience and a FANTASTIC one too!

We spent most of our time eating and talking, as we nicotine addicts like to do! The most important aspect of the trip though was the mutual love and support gathered in one place. It is hard to explain to those who do not use the web, but in Kansas we were able to solidify already concrete relationships. We were able to laugh and talk...we also had a face-to-face meeting! This was great!

For me, I know that these relationships will only continue to flourish as I grow and move forward in this program. I came expecting to give up cigarettes and what I gained were lifelong friendships. I hope that everyone out there will give the web a chance (a computer is far less expensive than smoking!).

What I really discovered this weekend is that most of my relationships in VONR are just as fulfilling and rewarding as my face-to-face relationships. I am forever grateful to my group and to those who made this such a memorable trip, even those of you who participated online!

Jenny S

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Aimee's Story

The minute I arrive at the motel, I call my sponsor at the exact moment she's calling me. We laugh, and she's on her way to the lobby. There's safety in the warmth of her huge hug -- like coming home. Other folks have arrived too, and more are on their way. A group goes to the

airport to meet more folks arriving for the 2007 VONR gathering in Hutchinson, KS. Some are coming from the UK. Other members of the Voices of Nicotine Recovery online group are flying in from the coasts, and more are arriving by car. Happy excitement fills the air as we hug and welcome each other--in total awe as we match the voices to the real people.

I have grown pretty close to my sponsor, having heard her stories and her shares. I met her in person at the 2005 gathering in Albuquerque, where we first really connected as good friends. We have written and talked on the phone often over the past few years. I have relied on her to help me with this quit and my recovery from addiction to nicotine. I have learned to let go of fear and how to trust during this process. And now to be with my sponsor face to face here at this moment at the gathering--well, it just cements our bond, brings us even closer.

This time around, quitting smoking started with a foxhole prayer to my HP in a moment of desperation. The pain of hitting my mental, emotional, physical and spiritual bottom was unbearable. I hated my life. I couldn't make anything work no matter how hard I tried to control--my partner, people at work, my kid, the way my life was going, and especially my own smoking. And the deep searing pain in my left lung was almost too much to bear. I was terrified that it was cancer. I googled for anything I could think of to help me out of this hell hole. HP led my search to the online group.

I was warmly welcomed to the online group with kind words of understanding and acceptance. These people understood what I was going through, knew my pain. There were smokers who had just quit, and there were people who actually had some time without smoking...like years. I wanted what these people had! But oh wow, for me to actually go more than a few hours without smoking? I had tried, connived, tricked myself, promised myself, used any and all kinds of nicotine replacement. I had even

quit for seven years! But here I was again, five years into another bout of smoking, and more addicted than before. I was so ashamed, it took me several months to even admit I'd lost a seven year quit. Surely these folks would think I was an idiot!

Actually, no. I am an addict. I can't live with it, can't live without it. I would eat the stuff if I could, ingest it any way possible. I can't stop myself. It's an insidious addiction, and I am among people who get that.

It took listening to people share to find a sponsor I felt I could relate to, who had the kind of recovery I really wanted, and that I knew wouldn't take any bull**** from me. I asked, and she said yes. She immediately gave me an assignment, which I liked. And I got to work. She has shown me how to practice trusting in baby steps, and how to allow my HP to work in my life. These have not been formal lessons, just what I've picked up over time by listening to my sponsor, and by working on them.

I am allowing all this to happen, because I have chosen not to smoke today. I deal with life on life's terms rather than smoke at anyone or anything I could blame. Today I feel my feelings as they occur, and it's okay. I may not like the feelings I have sometimes, but they don't last. Just like craves. My smoking never solved anything. But it WAS ever so slowly killing me. I am learning to ask my HP for help, and the craves and the feelings aren't such big scary monsters any more.

Recovery from this addiction is hard work. You gotta want it bad. You gotta show up, do the next right thing, keep focused on recovery, breathe, practice, practice, practice, and go to any length to not light up.

AND recovery has its perks. Like your health improving almost immediately. Like the laughter and fun we get

Continued from page 5...

to share with our fellow group members. Like the amazing spiritual high you get from standing in a circle holding hands and praying with 16 people who you know and love from endless hours of working on recovery together. Like a warm welcoming hug from your sponsor, and feeling like you're home again, safe at last.

Aimee

--- ~ ---

Cathy's Story

The annual gathering in Kansas was more than I had anticipated. There is nothing more refreshing than a fellowship of people from all over creation getting together to celebrate a common purpose. Our purpose was to watch each other like hawks to actually confirm that we all were smoke-free!!! Just a little humor there, we were together to share our freedom, and for some, a new found freedom from nicotine.

The most precious moments for me were to look into the eyes and at the faces of people I had posted to, e-mailed, listened to at voice meetings and shared my recovery with. The thought of not being accepted crept into my mind on the way there but when I met them I felt an overwhelming sense of warmth and a genuine caring. I was surrounded by people who had courageously taken the step to step out and walk the road of recovery. Just that in itself strengthened and caused me to be even more protective over my own quit.

Time? There wasn't enough time. There were things I wanted to say but didn't. The hugs I gave and received just didn't seem sufficient for all that I felt. I was given a gift called freedom through a lot of hardship and pain and some of these people were the very ones who were there to pick me up when I fell and didn't have the strength to move. I want to say thank-you to all of those people. Not only to them but to everyone that I've met on this road called recovery.

Thank-you for taking my hand and walking this road with me. I know that my Higher Power orchestrated all of this!

One thing though. I guess it was just a little temptation while we were there. I looked under the bed at the hotel. Yes, I looked under the bed! My Higher Power will never be finished working on me. Anyway, there was a lighter. I thought to myself, how useless is this! The freedom from this addiction is priceless!

I'll continue on this road, living one day at a time, knowing that for me today is day one.

A thankful nicotine addict.....Cathy M

--- ~ ---

Hutchinson — Where Is That?

Yeah, I made a trip to the middle of the U.S. to see a bunch of addicts in Hutchinson that don't smoke anymore. They say it was on the map but I needed a good magnifying glass to find it. Sorry about that Roz....he he. Actually it was real exciting meeting new folks that I have talked to via voice on the online meetings. This online VONR (Voices of Nicotine Recovery) group is a real, viable mode for successful recovery. It is ideally suited for folks who have no other source of support and in the three years that I have been involved I have seen many, many miracles of smobriety.

When a newcomer is looking for a resource for quitting smoking and there are no f2f (face to face) meetings to attend or they are so far away to attend, they find this form of support ideal for them. In three years I have seen this group have over 1800 members join as members. This says a lot. I don't think I have seen that many come into f2f meetings in my over eight years of smobriety.

We had our annual gathering this year. It's our 3rd year of having one, and this is the first one I attended. It was great, and I got to meet some neat people. We all had a good time of fellowship and got to know one another better. We went out to breakfast, had a barbecue, had one f2f meeting and several online meetings and generally acted up. A week before there was a blizzard here in Hutchinson---well, a

few snow flurries maybe-- but this weekend was nice, just like back in Southern Calif. Was waiting for a tornado to come by maybe just to see how to fly in the sky but I lost my chance. I forgot to book it. What can I say? We all caravanned to different places every day but mostly spent the day at Roz's home that she was very gracious to provide. The joy of being nicotine free and having a ball is fantastic. This is what it is all about. Meeting new friends and all sharing our lives with each other is fantastic.

We were having fun being creative and making hats out of aluminum foil and I had one that looked like a Hershey's chocolate kiss. Our host Roz has a dog whose name is Lisa. Now I don't know what kind of dog she was, but she had 4 legs and a tail, and she was little. So I got on my hands and knees and went woof -woof, and she barked and lunged for my nose, and I almost lost my nose and my pants in the process.....oh the things we do

It's fun to laugh at oneself....one of the joys of being nicotine free

Gary....AKA... theageingsenior, goofygambino, flimflamman, whisperingcritter just to name a few aliases that I live by.....always in the spirit of anonymity....yep
.....

Business Cards and Display Rack

Trying to get the word out about Nicotine Anonymous? Just print the following pages on cardstock and you have an instant business card holder along with cards to tell people about your meeting. You can bring them along to health care facilities, doctors' offices, restaurants, etc. Good luck growing your meeting! Let us know how it works!

outreachcoordinator@nicotine-anonymous.org

ALL WELCOME
For anyone who has a desire to stop using nicotine. No dues or fees.



NICOTINE ANONYMOUS®
A Twelve-Step Program of Recovery

www.nicotine-anonymous.org

Nicotine Anonymous World Services 1-877-TRY-NICA
419 Main Street, #370 1-415-750-0328
Huntington Beach, CA 92648 e-mail: info@nicotine-anonymous.org

Here is the location of a meeting near you.
Call me for more information!

MEETING DAY _____
MEETING TIME _____
MEETING PLACE _____
MY PHONE NUMBER _____

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A Twelve-Step Program of Recovery

www.nicotine-anonymous.org

Nicotine Anonymous World Services 1-877-TRY-NICA
419 Main Street, #370 1-415-750-0328
Huntington Beach, CA 92648 e-mail: info@nicotine-anonymous.org

Here is the location of a meeting near you.
Call me for more information!

MEETING DAY _____
MEETING TIME _____
MEETING PLACE _____
MY PHONE NUMBER _____

ALL WELCOME
For anyone who has a desire to stop using nicotine. No dues or fees.



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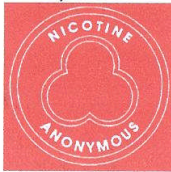
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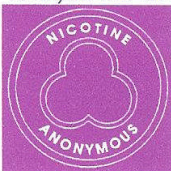
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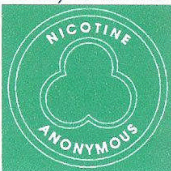
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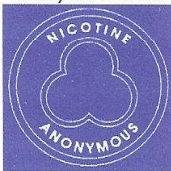
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Chairperson Report...

April 21, 2007

It has been an interesting year. At the top of the list has been engaging a new web developer and moving our website to a new host server. Robin L will provide more details in her report. After diligently searching for a new web developer, Robin received the proposed contract and I could not in good conscience agree to those terms. In response to a memo outlining my objections, the proposed developer made one amendment that in my opinion made the contract more objectionable.

Both contracts and minutes of a teleconference discussion will be archived for future reference. Presently they are in the document manager section of our web site. One of the enhancements we had intended to make to our web site this term was to reorganize the document manager and have some method of locking the documents so they can be made available to all members.

John N, who was to be the secretary this term had to concentrate his energies on his wife's health issues and could not take an active role beyond the July meeting. We did not have a secretary emeritus because of an earlier resignation that was filled by Jan F as an officer-at-large for the 2005/06 term and by Ed T as officer-at-large for this term. Ardith A responded to the challenge as Acting Secretary remarkably well. Dan P volunteered to take on some duties of the secretary elect.

John N has not resigned. We have not been able to communicate with him, and we do not know if he intends to resign or will be in a position to

actively participate for the 2007/08 term.

Susan K, editor of Seven Minutes resigned after identifying a replacement, Kim F, who is from England. I have been advised that Susan K, Kim F, and Gary M, Seven Minutes Publishing servant, are all at the annual gathering of VONR, a conference arranged by certain online groups that takes place this weekend.

Gerhard B who was one of the speakers at our 2006 conference has volunteered to translate *Nicotine Anonymous: The Book* into German. We had a few other pieces translated this year. Bill P our translations servant may be asking for members to form a committee.

Several pieces of literature have been in the works this year, and Checko M will report on that. Officers and Checko found the process of reviewing changes requested by delegates at the 2006 conference and creating new pamphlets cumbersome. We created a literature liaison committee of officers, Annette A and Willy S. That committee developed a flow chart to streamline the literature process. Refinements are needed and will be made.

We did not get permission to use certain meditations that had been submitted and approved at the 2006 conference subject to confirmation from the author that in granting us permission to publish them she was also giving us the copyright. Judi D has collected enough to finish the book if the submissions she will be submitting to delegates through the workshop are approved.

Kate W
.....

My program tools of recovery from nicotine . . .

I'm Zulma and I am a grateful recovering nicotine addict.

For the last 32 days (31 completed), one day at a time, I have been experiencing the joy of being smober. I call it joy because for me, that's what it is.

Yes, there were and sometimes are moments (some longer than others) when I experience(d) symptoms of withdrawal. Yes, there were times when I'd see a cigarette, a butt, a pack or a lighter and have to stop to THINK about not picking up. But I have counted these things all joy because I'm no longer riding the insane train that kept taking me through hell and was never changing destinations.

For me it is difficult to understand why some people become so angry because of their own choice to not smoke. It's not that they CAN'T smoke (unless of course they're strapped down, tied down somewhere and can't break free to get out of the remote place that doesn't have any nicotine products anywhere). To tell oneself that they "can't" smoke is truly a lie. Regardless of the fact that I was told in 1990 that I "had to stop," I continued to smoke -- because I could. Regardless of the fact that I ended up on IV's and oxygen a year later, I decided, after 12 years and 9 months, to smoke again for 3-1/2 years -- because I could!!!

Regardless of the fact that after I'd gone back to the nicotine fiend, my blood pressure went up and stayed up, I smoked -- because I could. Regardless of the fact that I developed a bad case of reflux disorder to the point where my Esophagus would

palpitate,
I smoked – because I could.
Regardless of the fact that I
earned myself a pulmonary
specialist because I was losing
breathing capacity... AGAIN – I
chose to and was able to smoke
-- BECAUSE I COULD!!!

SO

- -- when I admitted to myself again this time (as I'd done before I'd chosen to stop before) that I was STILL powerless over nicotine, that my life was absolutely becoming totally unmanageable because of my decision to continue smoking.....
- -- when I came to believe what I'd realized before...
 - -- that the God of my understanding could restore me to sanity
 - -- and for me, *sanity* meant not believing that I *couldn't* or that I was deprived.....
- -- when I made a decision to turn my life AND my will over to that God
- -- which meant "God's will, not mine be done"
- -- and I KNOW that it's not God's will that I should continue to destroy myself... only then was I able to stop picking up nicotine dispensers and feel happy

about it.

The program of recovery with which I have been blessed teaches me that if I have the desire and am willing to stop using nicotine, that I can and will. This program of recovery teaches me that if I align myself with God's will, that I will stop using nicotine. This program of recovery PROMISES me that if I use EVERY tool that the program is offering me, that I'll get on the path to freedom, joy and serenity; that my self-esteem will be fuelled by the fact that my God has brought me out of the denial of believing that I "can't stop." That is SUCH a lie.

This program of recovery is teaching me (of course it's up to ME to choose to LEARN these things) if I list MYSELF as one of the people that I have been harming, and then opt to make amends to MYSELF – I will not use nicotine, and that if I do decide to again do MY will instead of God's, that I'll PROMPTLY admit it -- and then realign myself with God's will because I'm going to seek to improve my conscious contact with God, pray for both the knowledge of His will AND power so that I can DO his will.

This program of recovery is teaching me DAILY that if I use ALL – not just some -- of the tools given to me that I WILL recover one day at a time.

The 12 steps have been put well in place, have been well thought out and worked by thousands and thousands of people who have recovered from whatever they believed had them entrapped. When they realized – when I realized -- that the God of my understanding is greater and stronger than nicotine and whatever else I know is making my life unmanageable, that's when recovery began.

The meetings, along with service work, are teaching me how to become more disciplined, become more committed. They're giving me the opportunity to help others, thus becoming less self-centred. The added benefit is that in so doing, I am learning to trust others and to talk out my feelings. More than that, it's teaching me to ACCEPT that others DO care about me, something that has always been difficult to do because I wasn't caring about myself.

Reading the literature on a regular basis throughout the day helps me change the way I think about my Higher Power, about my abilities, about my sense of self-worth, about nicotine dispensers, or even about why it's good for me to pray. The Nicotine Anonymous website has good literature and there's other good stuff out there to help teach us how to think well of our recovery.

Sponsorship gives me the opportunity to learn to trust even more, to open myself up one-on-one, with individuals who I believe can assist me in staying on my path to freedom, joy and serenity.

The email and/or phone list, along with the message board forums give me yet another opportunity to reach out when I need help. They provide me with the knowledge that not only is the God of my understanding always with me, but that there are tangible beings available to me as well.

There is NO way to STOP using nicotine by USING nicotine. There is no way for me to do God's will if I don't choose to accept God's will. There is no way I am EVER going to ENJOY FREEDOM FROM NICOTINE if I am not willing to BELIEVE that it's possible.

I am THANKFUL today that

I decided to just surrender to all the mess I was taking myself through, and just decided to let God do the work. My way was hurting me so badly. I just accepted... and that's that.

Just for today, I am serene because I am clean of nicotine. No anger about it, no fears about picking it up (because it can only happen if I choose to do it), no worries about ... ANY of it. It's in God's hands now... and so am I.

Thanks for letting me share.

Zulma

"Spring into Step Eleven"

Who hears these sounds ?

As
a bird soars,
the snow melts,

a cloud gathers,
the rain roots,

a worm wriggles,
the soil softens,

a sprout pokes,
the bud bursts,

a spider spins,
the butterfly unsilks,

a ladybug awakens,
the ant marches,

a bough blooms,
the sap sweetens,

a leaf unfurls,
the landscape greens,

a hand gentles,
the memory holds,

a hope returns,
the spring arises
?
~ ~ ~

Checko M

Editor's note . . .

The Volume and Issue numbering of *Seven Minutes* has been corrected to reflect policy. This is the 17th year of issue, and this particular issue is the second of that year, so it now carries Volume XVII and Issue 2.

Letter to The Editor . . .

NAWSO:

Am sending you \$9.00 for subscription renewal of *Seven Minutes* & \$5.00 donation for my 5th birthday in NicA.

Publication is very good. What would I like to see in the future? The #1 purpose of *Seven Minutes* is to convey business at the World Service level to groups, if I'm not mistaken.

I would like to see 1) Announcement of quarterly WSO meetings in advance so any member who wants to attend can do so. Location, date, time, specifics.

2) Results of the last WSO quarterly meeting – what happened? What was accomplished?

3) Any changes in WSO personnel at the time they happen. Business issues are the first priority in *Seven Minutes*, just like business issues are first at NicA WS Conferences.

By the way, this month marks the 25th anniversary of NicA – how about some recognition of that also?

Keep up the excellent work
Serenity & Regards, Steve S

Can you answer any of these questions?

What is your nicotine addiction like? What is working for you?

What are you grateful for today, either being free of nicotine or having found Nicotine Anonymous? Do you remember your first days free of nicotine? What helped you?

Have you felt fear of doing something new that reminds you of your active addiction?

How have you dealt with anger since being free of nicotine?

How do you work the Steps in your life?

How has a Step-study helped you?

Do you have a Nicotine-free anniversary or special occasion coming up?

Are you looking for some service to do for the Fellowship?

Do you want to contribute to your recovery and contribute to the recovery of others as well? Do you ever feel great after sharing at a meeting?

Do you like to write?

Do you NOT like to write? Can you record yourself sharing about your freedom from nicotine, and then transcribe it onto paper?

If you answered any of these questions, then

YOU HAVE A SHARE FOR OUR NEXT MEDITATION BOOK!

You do not have to think you are "writer." Basically, if you are a member of Nicotine Anonymous, then you have a tidbit to share! If I waited till the moment I thought I'd speak eloquently I'd never have opened my mouth at a meeting and I never would have eventually gotten free of this deadly addiction! Similarly, if 365 times, some of us would have felt stuck in our fear that the meditation we wrote is not good enough; our fellowship would not have a whole book being published!

Send your short piece to

dailymeditations@nicotine-anonymous.org

World Services

419 Main Street, PMB# 370

Huntington Beach, CA 92648

FAX (714) 536-4539

Give Back!

You Can't Keep it Unless You Give It Away

Nicotine Anonymous World Services is seeking servants for a variety of positions within the fellowship. Please see the contact information below if you would like to learn more about these service opportunities. Please share this flyer with your group. Remember, you have to give it away to keep it.

E-Mail Volunteers-Share your experience, strength and hope with people around the world who email us. Help them find meetings and answer questions about NicA. Provide about thirty minutes a week from your home or office computer.

Telephone Servants-Respond to telephone calls from people taking their first step on the journey. One day of service per week from the comfort of your own home.
Email/Penpal Coordinator-Responsible for receiving email requests for pen pals; adding names to the email pen pal list; and sending out the list.

For further information about any of these service positions, please contact: E-mail~: info@nicotine-anonymous.org

Write: Nicotine Anonymous World Services
419 Main Street, PMB#370
Huntington Beach, CA 92648

Looking to do Twelfth-Step work? Help wanted In NicA cyberspace office! E-mail Volunteers

Duties: Share your experience, strength and hope with people around the world who email us. Help them find meetings and answer questions about Nicotine Anonymous. Provide about thirty minutes a week from your home or office computer.

Qualifications:

1. Nicotine free for at least ninety days. That means free from nicotine in all it's forms including smoking, patches, gum, inhalers, chewing, etc.
2. Member of Nicotine Anonymous - meaning you attend meetings and belong to a person-to-person group or are a member of our on-line chat group or communicate via mail or email with other members if meetings are not available where you live.
3. Have an email address and are willing to accept and transmit messages to people around the world who will be writing to us.
4. Some computer literacy - Familiar with using email and know how to access web pages for information. (If you haven't seen our Web Pages yet, take a look!)

www.nicotine-anonymous.org

5. Willing to give back - what can I say?

That's about it. Join other volunteers who are doing this rewarding Twelfth Step work. Training provided (it's rather simple.)

For more info contact Alan, Email Coordinator, NicA World Services at:
info@nicotine-anonymous.org

NICA AROUND THE WORLD

UK Meetings

Write to:

Nicotine Anonymous

PO Box 1516

LONDON

SW1H 9WT

Tel: 020 7976 0076 (please leave a message)

Web: www.nicotine-anonymous.co.uk

United Kingdom meetings...

This message was posted on the online message board about meetings in the United Kingdom. To check out the NicA UK homepage go to this link.

<http://www.nicotine-anonymous.co.uk/>

If you want to start a meeting in UK, call 020 7976 0076 for a starter pack.

Service is the Key...

Only you can tell your story.

What was your life like as an active addict? What happened to get you in the door? What were your breakthroughs?

Personal stories, articles, poems, art, jokes or adds pertaining to nicotine, nicotine recovery and Nicotine Anonymous can be sent to

SevenMinutesEditor@nicotineanonymous.org or snail mail to

Seven Minutes c/o NAWSO

419 Main St., PMB #370

Huntington Beach, CA 92648

NAWSO

Profit & Loss Previous Year Comparison

Ordinary Income/Expenses	Jan – Mar 07	Jan – Mar 06	\$ Change	% Change
Income				
4000 – Donations	2,213.03	1,656.31	556.72	33.6%
4100 – Literature Sales	9,947.21	12,881.41	(2,934.20)	(22.8%)
4290 – Shipping & Handling	1,304.08	1,843.38	(539.30)	(29.3%)
4299 – Conference Profit/(Loss)	0.00	(206.10)	206.10	(100.0%)
Total Income	13,464.32	16,175.00	(2,710.68)	(16.8%)
Cost of Goods Sold				
5001 - Cost of Goods Sold	1.80	0.00	1.80	N/A
5000 – COGS	5,469.42	7,071.59	(1,602.17)	(22.7%)
Total COGS	5,471.22	7,071.59	(1,600.37)	(22.6%)
Gross Profit	7,993.1	9,103.41	(1,110.31)	(12.2%)
Expenses				
6000 – Office Expenses	11,079.09	5,977.99	5,101.10	85.3%
6600- WSO Expenses	3,237.49	1,842.70	1,394.79	75.7%
Total Expenses	14,316.58	7,820.69	6,495.89	83.1%
Net Ordinary Income	(6,323.48)	1,282.72	(7,606.20)	(593.0%)
Other Income/Expenses				
8000 – Interest Income	58.39	134.71	(76.32)	(56.7%)
Total Other Income	58.39	134.71	(76.32)	(56.7%)
Net Income	(6,265.09)	1,417.43	(7,682.52)	(542.0%)

BIRTHDAY CONGRATULATIONS!

PATRICK L., 5-5-1997
DEWEY H, 01-22-2007

Birthday Announcements

N A M E _____

The above-named member of Nicotine Anonymous stopped using nicotine
on _____ and has _____ years of freedom!

Mail to: Nicotine Anonymous World Services
419 Main St., PMB#370
OR Huntington Beach, Ca. 92648 USA.
Email to: sevenminuteditor@nicotine-anonymous.org

SEVEN MINUTES Newsletter Order Form CHECK OUT OUR NEW LOW MULTI-YEAR RATES!!!

Seven Minutes is a quarterly publication of N AWSO news, articles and letters; it is - "a meeting on a page." Your subscription will help Seven Minutes continue as the official conduit of this fellowship of recovering nicotine addicts. You may pay by check or money order (in US Funds only), or Credit: Card.

	Subscription Rates	U.S.	Canada	Overseas
___ New Subscription	1 Year	\$9	\$11	\$14
___ Renewal	2 Years	\$17	\$19	\$27
___ Address Change	3 Years	\$25	\$27	\$39

Name: _____

City: _____ State: _____ Zip: _____

Ph#: (____) _____ Email Address: _____

Please send check or money order, in US Funds only, payable to: NAWSO,
419 Main Street, PMB#370, Huntington Beach, CA 92648

Credit Card(Check One) ___ Mastercard ___ Visa ___ American Express ___ Discover Card

Name on card _____ Signature _____

Card# _____ Exp Date _____

Billing address _____

Try visiting our website at: www.Nicotine-Anonymous.org You can contact us by email at: info@nicotine-anonymous.org.
(Revised 07-08-05)



"RELISH THE MOMENT"

Nicotine Anonymous World Services
Conference XXIII
May 2 - 4, 2008

Holiday Inn Ronkonkoma

3845 Veterans Memorial Highway, Ronkonkoma, NY 11779

For reservations call: 631-585-9500 or 1-800-HOLIDAY or contact Pat Garcia
631-471-0426 and mention "Nicotine Anonymous."

To book online go to www.holidayinn.com/longislandny and use code P62
HOTEL RATES: \$99.00 + tax for two double beds or one king-size bed

Rates will be honored before and after the conference.

CLOSEST airport is Long Island MacArthur Airport in Islip

- Free shuttle from Airport to hotel. Use courtesy phone in terminal for "Holiday Inn Van."
- Hotel is easily accessible from the Long Island Railroad "Ronkonkoma" stop. Call front desk for courtesy cab 631-585-9500. AirTrain service is available from New York's JFK airport to the Long Island Railroad's Jamaica station. Take the LIRR from here to Ronkonkoma station.
- See our website for more information about transportation: <http://www.nicawsc08.homestead.com/index.html> and for the after-conference activity.



COMPLETE AND MAIL TO MARTHA K. C/O NAWS 419 MAIN ST., PMB #370, HUNTINGTON BEACH, CA 92658

NAME: _____

ADDRESS: _____

CITY, STATE ZIP _____

PHONE _____ E-MAIL _____

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

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

*Delegates must be registered with World Services *no later than April 2, 2008* NAWS Secretary, 419 Main St., PMB #370, Huntington Beach, CA 92658; e-mail secretary@nicotine-anonymous.org. Include name, address, phone, e-mail and group representing. PLEASE SEE REVERSE SIDE FOR MORE INFORMATION ABOUT THE DELEGATE PROCESS.

**Every effort will be made to help you find a roommate. However, you will be responsible for contacting each other and making arrangements for your stay at the hotel.

Registration: (Cash or check only for registration, literature and merchandise at the conference.)

\$25 Early Registration OR \$35 Late Registration (after 4/22/08); \$20 Two days only; \$10 One day only
Non-NicA spouses and partners no charge #of registrants: _____ TOTAL \$ _____

Meals:

Saturday Dinner buffet \$32.50 # of adults _____ Children's \$19.95 # of children _____

Sunday Brunch buffet \$26.00 # of adults _____ Children's \$16.25 # of children _____

TOTAL MEALS \$ _____

Optional Donation to World Services \$ _____ TOTAL ENCLOSED: \$ _____

Make checks payable to Nicotine Anonymous Conference XXIII.

Questions??? Please contact Conference Chair, Martha K. at marthak316@yahoo.com or 631-653-3483

Why do we elect delegates?

The purpose of electing delegates is to ensure that the group conscience is served through equal and fair representation of our membership. Registered delegates receive packets of information concerning the voting items being presented, enabling them to review the materials in advance and to learn their home group's conscience prior to the conference.

How do I learn whether my Intergroup has already selected a slate of delegates?

The following is a list of phone numbers and websites of registered Intergroups. If you live in one of the areas listed, please contact the Intergroup for further information about becoming a delegate. If you live in an area where there is no Intergroup, your group may elect you as a delegate.

NORTH TEXAS INTERGROUP

MEETING INFO: 214-327-1633
Dallas, TX

TIDEWATER INTERGROUP

MEETING INFO: 757-538-2699
Norfolk, VA

NJ / PA INTERGROUP

MEETING INFO: 201-947-3305
NJ/PA

SO CALIFORNIA INTERGROUP

WEBSITE: www.scina.org
Los Angeles, CA

ARIZONA INTERGROUP

MEETING INFO: 480-990-3860
Chandler, AZ

SAN DIEGO INTERGROUP

MEETING INFO: 619-682-7092
San Diego, CA

ST. LOUIS INTERGROUP

MEETINGS INFORMATION: 314-832-9279
St. Louis, MO

UK INTERGROUP

WEBSITE: www.nicotine-anonymous.co.uk
Meeting Info: **020 7976 0076**

HOUSTON INTERGROUP

MEETING INFO: 713-827-5989
Houston, TX

CHICAGOLAND INTERGROUP

WEBSITE:
www.nicotine-anonymous-chicagoland.org
Chicago, IL

NEW ORLEANS INTERGROUP

MEETING INFO: 504-552-9271
New Orleans, LA

NYC METRO INTERGROUP

MEETING INFO: 631-665-0527
NYC Metro Area, NY

AUSTIN INTERGROUP

MEETING INFO: 512-467-2795
Austin, TX

GEORGIA INTERGROUP

MEETINGS INFO: 404-244-8444
WEBSITE: www.ga-nica.org
Atlanta, GA

NO CALIFORNIA INTERGROUP

WEBSITE: www.nica-norcal.org
Berkeley, CA
(415) 995-1938

NORTHEAST OHIO INTERGROUP

WEBSITE: www.ohio-nica.org
Email: neonicotine@aol.com

How many delegates can an Intergroup vote to elect? Each Intergroup is entitled to send one delegate for every three meetings it represents and one additional delegate for any portion thereof.

What if my group doesn't belong to an Intergroup? Groups that are not affiliated with an Intergroup are also eligible to send a delegate using a similar system. If there are between one and three groups not affiliated with an Intergroup, those one, two or three meetings may elect one delegate collectively to represent them. If there are more than three, those groups again may collectively send one delegate for every three meetings and one additional delegate for any portion thereof.

Are the costs a delegate incurs reimbursable? What are the procedures for such an election? Delegate election is done the way any other business is conducted at your local group or Intergroup. Some Intergroups reimburse their delegates for a portion of the conference expenses, but both of these aspects of delegate service are outside of the scope of World Services in keeping with our fourth tradition. However, delegate expenses are tax deductible.

Whom can I contact for further information about this process?

If you have any questions about this process, or would like additional information about forming an Intergroup in your area, please contact the World Services Chair-Elect: 419 Main Street, PMB# 370, Huntington Beach, CA 92648
Phone **1(877) TRY-NICA** Email: ChairpersonElect@nicotine-anonymous.org

Delegates must register 30 day prior to the conference with Nicotine Anonymous World Services, Attention: Secretary using the address above, or via email at Secretary@nicotine-anonymous.org. The following information must be provided: Full name, mailing address, telephone number and the name of the group(s) or Intergroup that delegate is representing.

Seven Minutes

NAWSO

419 Main St., PMB#370
Huntington Beach, CA 92648

**Publication Dates and
Deadlines for Submissions
for 2007**

Publication Date	Deadline Date for submissions
March 15	February 1
June 15	May 1
September 15	August 1
December 15	November 1

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