



# Seven Minutes

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

Volume XXVIII

March 2017

Number 1

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6333 E. Mockingbird Lane  
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## Chairperson's Report

This past January I celebrated 28 years since I walked into my first (then) Smokers Anonymous meeting, full of doubt and only desperation's hope. I found acceptance and support. I remain mindful of a fundamental truth from our Serenity Prayer pamphlet that states: **"The power we actually want is love! It is only with this kind of power that we can become ex-nicotine users and receive a new life free from nicotine addiction."** Along with gratitude, love is also a power that motivates and sustains members' service to this fellowship — a fellowship that helps restore and awaken lives.

To celebrate that love, I encourage you to **Celebrate the Journey**, at the 32<sup>nd</sup> World Service Conference (WSC) in Cleveland, Ohio, April 21-23. The Registration Form, along with delegate and accommodations information, is posted/linked on our website's homepage. If you have any questions regarding registering as a delegate, please contact [secretary@nicotine-anonymous.org](mailto:secretary@nicotine-anonymous.org) or mail to our office address.

We meet annually to "take care of business" and listen to inspiring speakers, while gratefully enjoying our recovery together. Last year the Ohio Intergroup activities were such a fantastic time that attendees were thrilled that Ohio members were willing to "celebrate" again this year.

I also want to remind members to complete the Membership Survey. Our website has a link on the homepage under **WHAT'S NEW in NicA** titled "Access the 2016 Membership Survey", or hard

copies can be obtained by request to our office manager. The results will be announced at and after the World Service Conference.

Your World Services officers, coordinators, and office manager have been diligently engaged in our service work. The board and bylaws coordinator collaborated during several WebEx meetings resulting in six proposals for **Bylaws amendments**. In accordance with our Bylaws, these proposals were sent to registered delegates, intergroups, and coordinators by the required 90 days prior to the WSC. The board also decided to provide the bylaw proposals to subscribed members of *NicA News*. We encourage any delegates coming to WSC 2017 to seek input from their members to be part of the process during the WSC workshop and general meeting.

On January 28<sup>th</sup>, the board met and discussed numerous issues, made updates to the board's **Policy and Procedures manual (P&P)**, reviewed the activities of our many committees, and began proposing ideas for WSC workshops. The next board meeting was held on March 4<sup>th</sup> and focused exclusively on WSC preparations.

There are service positions available. For details, please see **Service is the Key** on page 14. I am ever grateful for how my many years of service to the fellowship have enhanced my life with such opportunities to fulfill our primary purpose. Please contact me with your interests or questions at:

[chairperson@nicotine-anonymous.org](mailto:chairperson@nicotine-anonymous.org)

Checko M  
NAWS Chairperson

*The Twelve Steps of Nicotine Anonymous*

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

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

*The Twelve Steps of Alcoholics Anonymous*

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

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

*The Twelve Traditions of Nicotine Anonymous*

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

12. Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

*The Twelve Traditions of Alcoholics Anonymous*

1. Our common welfare should come first; personal recovery depends upon A.A. unity.
2. For our group purpose, there is but one ultimate authority--a loving God as he may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for A.A. membership is a desire to stop drinking.
4. Each group should be autonomous except in matters affecting other groups or A.A. as a whole.
5. Each group has but one primary purpose --to carry its message to the alcoholic who still suffers.
6. An A.A. group ought never endorse, finance or lend the A.A. name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.
7. Every A.A. group ought to be fully self-supporting, declining outside contributions.
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*Our Preamble*

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

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

## *A Thousand Aren't Enough...*

I've been a professional smoker for 28 years. I loved the smell and the taste of it. I had my coffee while reading the paper and having a cigarette after each meal.

I remember when I was eight years old, my mother smoked at the time and she left a lit cigarette in the ashtray when she walked out of the room. I quickly picked up the burning cigarette and took a puff. Right away I loved the smell of it, the taste of it...

Here is my story:

Back in the day, *Newsweek* magazine had an article on different brands of cigarettes, the ingredients of each cigarette and how many milligrams were in each cigarette. I diligently researched for the lightest cigarette possible because I wanted to practice inhaling smoke down to my lungs so I wouldn't look like a total moron, hacking and coughing up smoke in front of my new high school friends.

It was the summer of '79. I walked to the neighborhood store and bought a pack of the lightest cigarette. I ran back to my house, shuffled under the porch and lit up with my heart pounding through my chest. I knew I was doing something really bad, but man, it felt good.

I inhaled slowly and deeply, and I was hooked after that. I practiced and practiced with my smoking, then switched to the "in" brand that everyone else was smoking at the time. I believe they were 75 cents a pack back then.

I snuck a cigarette every chance I could get. Walking the dog alone, out my bedroom window, under my porch, in the woods...just to have a taste of that cigarette. By the time I was 16 years old, I was hooked.

One day while reading the paper, I saw this little advertisement for Nicotine Anonymous. It said there was a meeting at this hospital in South Jersey on Thursday night, so I went. I parked outside of the hospital and smoked a cigarette. I then said to myself, "These people are going to know that I smoked because they will smell it on me,"

so I didn't go in - I left.

I always had Nicotine Anonymous tucked far back in my mind, and stored it there for a few more years, smoking all the while.

In the meantime, I went to nursing school, graduated and worked at my first hospital in South Jersey. Part of being a nurse is giving patient education before the patient goes home. For my patients with COPD (Chronic Obstructive Pulmonary Disorder), I had to patient educate them on the reasons for quitting smoking, while I had the stench of smoke all over my clothes. I felt like a hypocrite...

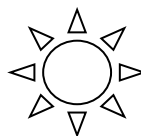
In '07, the hospital I worked for was no longer going to permit smoking on campus. The end date was set for the Great American Smokeout Day, the 3rd Thursday of November. At the time, my health insurance covered the smoking cessation medicine, and I really wanted to quit smoking. I had many failed attempts, but was really determined to put all my steps in place. I asked my Higher Power, whom I will call God, to help me stop smoking. I started taking the medicine, which really helped me.

I had my last cigarette at 11:55 PM on 11/13/07 and I consider my quit date as 11/14/07. That day I wanted to keep busy, so I worked overtime at the hospital, and it really wasn't bad... I just really needed to stay away from my triggers, like coffee and anything that was spicy.

I quit on a Tuesday and went to my first NicA meeting on a Friday. I heard my favorite slogan of all time: "One cigarette is too many and a thousand are not enough." That motto really hit home for me.

It's been 9 years since I put down those bad boys. I'd be lying to say I don't miss smoking, but as a nurse who's seen people with COPD and SOB (Shortness of Breath) lugging around an oxygen tank, I say "No thank you! I've had enough..."

*Maria S  
Pennington, NJ*



## Quote Corner

"Nothing is more desirable than to be released from an affliction, but nothing is more frightening than to be divested of a crutch."

- James Baldwin



## *Sick and Tired of Being Sick and Tired...*

I have been a member of NicA for some time and when I first began coming around, it was to face-to-face meetings in South Philadelphia, PA. It took me some time though to be willing to take the suggestions offered by others in the fellowship. Although I had the desire to stop, at that time my desire to stop did not outweigh my desire to continue acting out in the deadly behavior known as active nicotine addiction.

After several false starts, I became sick and tired of being sick and tired, as I've heard others say, and I was finally willing and desperate enough to listen. That was on January 20, 2014 at 8:30 pm, and one day at a time, I have remained sober. I really need to thank everyone in NicA, my sponsor, Voices of Nicotine Recovery online meetings (VONR), the Freebridge phone line and now our new face-to-face meeting in Philadelphia. It is held at Lanckenau Center on Tuesday evenings at 6:30 pm.

This program and the God of my understanding have truly done for me what I could not do for myself - stop killing myself with nicotine.

*Linda Q  
Philadelphia, PA*

## Same Principle, Different Demonstration...

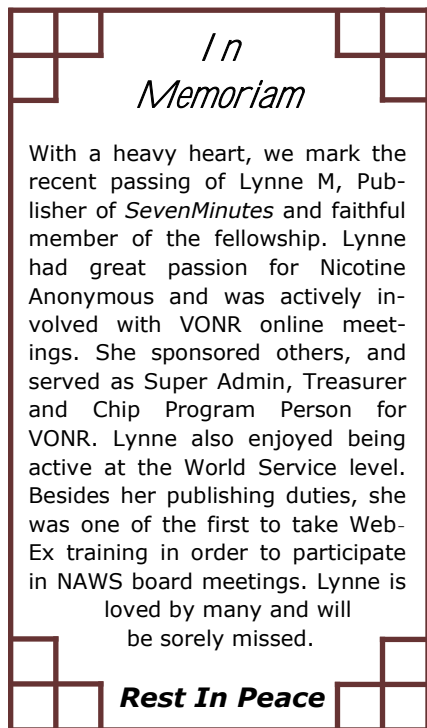
Nicotine Anonymous is the second Twelve Step fellowship I joined so I often fall into the trap of trying to apply the principles I learned in my first fellowship to NicA in the same way. It doesn't always work. For example, my Nicotine Anonymous membership has been limited to traditional, face-to-face meetings but new members, especially younger ones, gravitate towards Internet meetings. So how does the basic principle of self-support work if there is no basket being passed around?

I grew up using the 12 Steps. My experience started in my early 20s and has shaped the woman I am today. Working the Steps made it possible to become a member of my family again, get an education, and contribute to my community. I couldn't do those things without writing inventory, sharing it with my sponsor, making amends, and trying to be of service. The principle of self-support epitomizes this process - receiving grace, and as a result, passing it on to others.

Nicotine Anonymous has a way for members to be self-supporting regardless of whether they belong to face-to-face or Internet groups. The Gift of Gratitude program is when NicA members make a monthly contribution of \$10 or more to our World Services (see page 15 for information). When I first read about it, I resisted it. After all, I put in the price of a pack of cigarettes in my group's basket most weeks, so I didn't think I needed to give more. But then I thought maybe it would be a good idea to make a Gift of Gratitude contribution to Nicotine Anonymous to help carry the message even further.

So one of my goals for 2017 is to contribute to the Gift of Gratitude. I am grateful to my local face-to-face meeting and I will continue to contribute to my home group's basket, but since NAWS is reaching out to the still-suffering nicotine addict in multiple meeting modalities, I need to take responsibility for that outreach too - even if it is only financial. I've heard it said often that gratitude is an action word. I hope my actions will reflect my gratitude for being nicotine-free.

*Alicia R*  
Freedom Seekers Group, Ft. Thomas, KY



## A Personal Journey: Staying Nicotine Free While Fighting Cancer...

During much of 2016, and especially through the summer, I had been coping with conventional cancer treatment consisting of an intensive course of chemotherapy and radiation. At the same time, in June of 2016 I celebrated 3 years being nicotine-free. This piece concerns my experience staying nicotine free during this period and coping with the adjustments and challenges that accompany the regimen of the colorectal cancer treatment I had to undergo.

I can't say whether I would have been able to stay nicotine-free if I had received the cancer diagnosis prior to being blessed with freedom from nicotine on my quit date, June 16, 2013. Only my HP knows the answer to that question, but I'm pretty sure that the challenge of staying nicotine-free while keeping my quit would have probably been a high priority concern for me in any event.

The process of coping with the cancer treatment regimen is challenging for all cancer patients. First, the chemotherapy portion of the treatment consists of having a port installed under the skin in one's chest through which the chemotherapy solutions are administered.

Then, (in my case) 2 different chemical solutions were administered. One of the early side effects was that my hair (in all places) began to fall out during the 3<sup>rd</sup> week of the treatment. To be honest, this was alarming to me, having always had a full head of hair, but I was assured and correctly that the hair would begin growing back within weeks of the conclusion of treatment. A second side effect was nausea, which was also addressed well with medication. I also had to urinate more frequently during and after the chemo treatments. The other major and longer lasting side effect concerns the effects of radiation during and after treatment. Radiation kills both cancer and healthy cells indiscriminately. It also affects one's bowel movements unpredictably. This has been probably the most difficult thing to cope with, but it's worth the price if it kills all the cancer cells. I'm fortunate that such was the case for me. As of mid-October 2016, MRI and CAT scan test results show that there is no evidence of disease anywhere in the region.

Receiving the news of a cancer diagnosis made me very fearful for my life. The word "cancer" for me carries the frightening possibility of severe illness and maybe even death. Since I've been coming to the VONR online meetings and to Nicotine Anonymous telephone meetings, there have been several members who I came to know and care about who also suffered from cancer. A few of these fellow nicotine addicts died from this disease (usually of the lungs or the mouth) after illnesses of varying lengths. As I got to know some of them very well as wonderful human beings, their passing was akin to that of losing a family member. I am still grieving some of these individuals. I will never forget these fellow nicotine addicts and their unique and generous spirits.

To conclude, I was tempted occasionally to resume my previous nicotine use during the process of cancer treatment, but thanks to my HP, my staying in touch with the NicA program via meetings, prayer and the literature, I have been blessed with both sobriety and my current status of "cancer survivor." Moreover, offering daily gratitude to HP for my life and some beautiful NicA friendships is an indispensable ongoing aspect of my life.

*David M*  
VONR member from Washington, DC

## So Thankful...

My name is Robin and I am a grateful recovering nicotine addict living in Pennsylvania. I am blessed to be able to attend a face to face meeting on Wednesday evenings. Last night I attended our meeting expecting to celebrate Sharon M's 30 year anniversary. Jim B also showed up to celebrate 20 years of freedom from nicotine. There were only 6 of us at this meeting, however we represented 109 years of nicotine-free time. What a miracle, what a blessing to my recovery.

It helps me to look across the room and see people with years of free time. The hope shot is amazing. It lets me know that if I do what they do, perhaps I will be celebrating 30 years of nicotine freedom too. So thankful for our fellowship!

*Robin S  
Phoenixville, Pennsylvania*

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**Outreach projects** allow us to carry the message in a variety of ways. Literature and financial assistance are available for your project — up to \$500.

For details visit the Nicotine Anonymous website at [www.nicotine-anonymous.org](http://www.nicotine-anonymous.org) or send an email to [outreachcoordinator@nicotine-anonymous](mailto:outreachcoordinator@nicotine-anonymous)

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## Came to Believe...

When I came into the rooms of Nicotine Anonymous I had no relationship with God or a Higher Power. I felt confused by the terminology and questioned whether a program that relied so heavily on such a concept could even work for me.

I'd grown up in a religious household, went to a parochial school and was very observant until I went off to college. It was there that I began to question my religious upbringing and started to let

go of the rituals and beliefs I'd grown up with.

It remained that way for a long time, so when I found NicA at the age of 31, I'd been estranged from any connection to God and my religion for well over a decade. A path back to a connection opened up when I made my first call to the Infoline and learned that there were only three meetings in my entire county, one of which was located just a short walk from my apartment. I will never forget the moment the volunteer on the other end of the phone told me that a meeting was just minutes away from me. I looked up and said, "Someone up there is trying to tell me something!" I had a vague intuition that something greater than myself was at work.

Coming into a fellowship where God and a Higher Power were so central to the core of the program presented a challenge however. When I shared this with a fellow member, his suggestion was so helpful: "Think of the group as your Higher Power." That made perfect sense. These people, some with three weeks, six months, two years, were able to do something I could not even fathom for a day. But if they had done it, perhaps I could, too. Thinking of the other members of the group as role models, as beacons of hope where I had none helped me to begin to repair a relationship with a Higher Power that I had not had in over a dozen years.

Soon I was exploring books about the metaphysical world, near-death experiences, reincarnation, and other other-worldly topics. I was mesmerized by the possibility of something at work, outside of myself, that helped shape our human experiences. The notion that someone could have memories from a different lifetime helped me to see that there was more to what I was experiencing than just what I could perceive with my own five senses in the here and now.

This realization reached a pinnacle the night before my 32<sup>nd</sup> birthday. I was standing at my kitchen sink, wetting a half pack of perfectly good cigarettes and throwing them in the trash. I had never done anything like that before, always finishing the last pack, the last carton, before "quitting" and then subsequently failing again. This time was different. It felt like an out of body experience, as if someone other than me was doing it. A power greater than my

self was joining with me to take a leap of faith that I could give myself a gift of 24 hours free of nicotine as a birthday present to myself.

That surreal experience marked the beginning of a change in my perception of God. It was no longer limited to the idea of God as I knew him as a child. The shift from a religious definition to a spiritual awareness changed by viewing it through the lens of our fellowship. Quitting the use of nicotine was just one of the gifts I've received through this program. Through the people, the stories, the literature, and the freedom from enslavement to a drug that controlled so much of my existence, I have come to truly believe that there is a power much greater than myself at work.

*Martha K  
East Quogue, NY*

### Nicotine Anonymous Membership Survey

Please go to our website's home page for a link to digitally complete this survey. You may also mail a request for a hard copy to: WSO (Survey), 6333 E. Mockingbird Lane #147-817, Dallas, Texas 75214. Mail your completed survey back to the office. You may attach additional sheets for any extended comments.

This survey will be used by the World Services Office (WSO) of Nicotine Anonymous to determine what resources are being used and how our outreach efforts may improve our ability to reach the nicotine addict who still suffers. Please answer each question, unless stated to be optional.

A report of survey results, submitted by March 15, 2017, will be presented at the World Services Conference in 2017 and then communicated to subscribed members via WSO's *Nica News* (formerly *Two Way Talk*) and *SevenMinutes*. We are not recording any user or personal information.





## Diary of a Quitter...

### First entry:

I am at day 3 of a new quit, nicotine-free. I recently had a quit using the patch and the gum. So great, I was smoke-free for 56 days, but was still on nicotine replacement. I started smoking again. This time I have a new outlook which makes me more adamant about working the program. I have a new sponsor and she wants me to go to 90 meetings in 90 days and start again with Step One. She wants me to contact her at least every other day. I feel mentally clear and notice things like colors and scents.

I know I cannot pick up a cigarette and I cannot play games, as they say "romancing the cigarette." This means I need to be honest about what triggers me and avoid it. I got rid of an ashtray and a few lighters I found. These make it too easy to excuse picking up again. I cannot smoke anymore. My lungs were hurting when I smoked. I want the promises of the program to come true for me. When tempted, I have a spiritual Higher Power to call upon and a phone list of people like me who want to stay nicotine-free. I keep busy sharing at meetings and writing e-mails to my NicA friends. I have wonderful literature and Step work each day. It is going to be a lot of getting into action so the "Nicodemon" can't tell me lies that I would otherwise believe. I am already enjoying the freedom and the time, money and life saved.

Thank you to NicA and VONR online meetings, and to my spiritual Higher Power — I am so grateful!

### Next entry:

I have 40 days nicotine-free as I write this. I am so grateful for this quit. I have started co-chairing VONR meetings. Service is really strengthening my quit. Nicotine Anonymous literature has been a great help also. I read *A Year of Miracles* every day. I am working in the NicA Step Study Workbook with my sponsor and am on Step One. The workbook is great for getting in-depth questions to work the Steps. I have a phone list and an e-mail list to stay in contact with NicA and VONR members of the

fellowship. I am using the slogan "Put a little prayer in your air" to increase my conscious contact with God/HP. When I feel bad and get into a mental craving, I remember I am "a puff away from a pack a day." The lie I tell myself is "Oh, you can have just one cigarette. It will be ok. No one will find out." This is crazy thinking because I will put the horrible drug of nicotine back into my body again, thereby setting up the craving and smoking cycle all over again. I will regret picking up the cigarette. I will wish for my quit all over again. I want to stay quit. For me it is the better way!

Margie L  
VONR member form Annapolis, MD

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## Thoughts on Step Two...

*Step Two: Came to believe that a Power greater than ourselves could restore us to sanity.*

After several years in another program, working the Steps with a sponsor and being a sponsor for others, I decided one more time to quit smoking. I knew all too well that I was powerless over cigarettes, and that my life was unmanageable. The number of examples I had stacked up over 43 years of smoking was overwhelming. A few days after my quit date, and facing some honest facts about my smoking life, I started to ask God for help to not smoke one day at a time, and to help me not get angry.

As each day passed, I slowly began to realize I was trusting in my Higher Power more and more each day, and that I would be ok if I didn't smoke! As this new trust and faith began to grow, I found that I had "come to believe" in ways I previously did not experience because of my smoking. Though at times I wonder what happened to my sanity, I can rest assured that my belief is strong enough to carry me through another day free from nicotine.

A new level of belief in my Higher Power continues to help me carry on through my recovery.

Jeff M  
Joshua Tree, CA

## In Memoriam

*Below, Bob S from Knoxville, TN marks the recent passing of Aaren F, a member from Parker, CO who attended phone meetings.*

Aaren was the first NicA member to reach out to me. She was chairing the 11 pm phone meetings I attended. I was having difficulty with Steps 2 and 3 at the time. Aaren was so kind and wise, and helped me understand the various parts of these Steps. She taught me that no two people have the same conceptions of God, nor should they. This is why we say, "God as we understand Him." This helped me immensely. I was able to get unstuck and move forward because of her.

Aaren was always willing to help someone who was struggling. Sometimes when I was feeling frustrated, she would text me cute pictures of her cats. She was a breeder of certain cats and the kittens were her babies. Aaren also answered the telephone for crisis hot lines.

Aaren lived in constant pain due to many surgeries after a motorcycle accident that left her disabled. She masked her pain and did for others the best she could. She was a remarkable woman. My vision of Aaren today is living in heaven, pain-free with a new spiritual body, tending to her cats, and sorting prayer requests for God.

Thank you, Aaren, for your friendship. I miss you.

Our fellowship has been diminished by Aaren's passing but made greater by lasting relationships. We will never forget her.



Heard it at  
a meeting



"If I smoke now,  
I'll be back where I started.  
Where I started  
was desperately  
wanting to be where  
I am now."

### You know you're a nicotine addict when...

- your dentist tells you not to smoke for 72 hours, and before you get out of the parking lot with your mouth totally numb and you can hardly talk, you try to take a puff.
- your doctor asks you how many cigarettes you smoke a day and you say "oh just a few..." and your lying like crazy!
- you have a cigarette lit before your feet hit the ground in the morning.
- you smoke butts at 3:00 am because you forgot to buy cigarettes that day and now the stores are closed.
- you leave your house in a deep snow-storm to buy cigarettes.
- you won't visit friends who don't allow smoking in their house.
- you wet tobacco down and then microwave it to roll more cigarettes.
- you send your husband to dig your nicotine lozenges out of the dumpster.
- each time you try to recover from relapse, it gets harder to quit.
- you're in your bathroom every 20 minutes smoking a cigarette.
- you use a nebulizer, then light up right away.
- you're addicted to the nicotine replacements.
- you have to dry out cigarettes that get wet while washing dishes, showering or bathing.
- standing in rain, snow and sleet in order to use nicotine is a daily event.
- you spend more on nicotine than you do on groceries.
- you're driving and your ashtray catches on fire and you have to pull over to put it out.
- you're smoking a cigarette and you

- find two more already burning.
- you hide behind barrels so no one can see you light up.
- you keep doing what you DON'T want to.
- you are in the hospital and in order to go outside to smoke, you have to sign papers stating you have been advised this could kill you.
- you've had 2 surgeries within 3 months, have a hand in a cast and as soon as you get out of surgery, you're smoking with one hand.
- you scrub with cinnamon toothpaste so much that it ruins your gums.
- you tape broken cigarettes and smell the tape when lighting and setting yourself on fire.
- you wake up in the middle of the night coughing and then light up.
- you don't care who you beg or borrow money from to get cigs.
- you save all of your butts in a bag to smoke later.
- you are coughing bloody phlegm and still smoke.
- you have been diagnosed with cancer and still smoke.
- your butts have butts.
- your mind says NO, but your body says YES.
- you think the world is your ashtray instead of your oyster.
- you stay up to smoke just one more and end up going to bed after 4.

And finally...you know you're a nicotine addict when you can't stop smoking!

Compiled by the Free Bridge  
telephone group

\*\*\*\*\*

### Seven Minutes Meditation



Today I have a choice  
To start my day over  
And to be more wise

- Melissa R  
Akron, OH

### Nicotine Anonymous

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

### Meeting Options:

- Face-to-face meetings
- Telephone meetings
- Online meetings

To find face-to-face meetings:

Go to [www.nicotine-anonymous.org](http://www.nicotine-anonymous.org)  
Click on **Meetings** and search by state.



For phone meetings:

Go to [www.nicotine-anonymous.org](http://www.nicotine-anonymous.org)  
Click on **Meetings**, then  
**Telephone Meetings**.



For online meetings:

Go to [www.nicotine-anonymous.org](http://www.nicotine-anonymous.org)  
Click on **Meetings**, then  
**Internet Meetings**.



In this section are live links to two sites offering the ability to post messages and receive responses. Both require the individual to join the site in order to take advantage of some of the extra services, such as searching for specific posts or files.

**Unofficial Nicanon** has "Type Share" meetings. It can be found at:  
<https://groups.yahoo.com/neo/groups/unofficialnicanon/info>

**Voices of Nicotine Recovery (VONR)** has "Voice Share" meetings using a free chat service that can be downloaded.

VONR can be found at:  
<http://voicesofnicotinerecovery.com>

This site also has other helpful information about nicotine addiction and links to prior speaker shares.



# Nicotine Anonymous World Services 32<sup>nd</sup> Annual Conference



# 2017

Cleveland, Ohio April 21-23

## Registration Form

COMPLETE AND MAIL TO: **Make checks payable to NAWS 2017**  
Lee Christman, NAWS 2017, 572 W. Market St., Suite 7, Akron, OH 44303  
Phone: 330-715-9288 E-mail: [Leechristman1@gmail.com](mailto:Leechristman1@gmail.com)

NAME: \_\_\_\_\_  
ADDRESS: \_\_\_\_\_  
CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP/POSTAL CODE: \_\_\_\_\_  
COUNTRY: \_\_\_\_\_ PHONE: \_\_\_\_\_ E-MAIL: \_\_\_\_\_

**Registration:** (Cash or check only for registration, literature and merchandise at the conference.)  
\$35 Early Registration or \$45 Late Registration (after 3/21/17); non-NicA spouses and partners, no charge. # of registrants: \_\_\_\_\_ REGISTRATION TOTAL: \_\_\_\_\_

**Meals:**

Friday "Cleveland Deli Dinner Buffet": \$27.00 per person	# of meals _____	TOTAL: _____
Saturday Rise and Shine Breakfast Buffet: \$21.00 per person	# of meals _____	TOTAL: _____
Saturday Italian, Turkey or Southern Boxed Lunch: \$20.00 per person	# of meals _____	TOTAL: _____
Saturday Night Banquet "Ohio Buffet": \$42.00 per person	# of meals _____	TOTAL: _____
Sunday Spirituality Brunch "Executive Buffet": \$23.00 per person	# of meals _____	TOTAL: _____
(ALL MEALS TOTAL \$133.00)		TOTAL: _____

**T-Shirts:**  
Black, short sleeve, 50/50, 2 color logo on front.  
Adult sizes S-1XL: \$15.00 # of T-Shirts: \_\_\_\_\_ Sizes: \_\_\_\_\_  
Adult sizes 2X-5X: \$18.00 # of T-Shirts: \_\_\_\_\_ Sizes: \_\_\_\_\_ T-Shirt TOTAL: \_\_\_\_\_

Optional Donation to NAWS 2017 Conference: \$ \_\_\_\_\_  
Optional Donation to Nicotine Anonymous World Services: \$ \_\_\_\_\_ Donations TOTAL: \_\_\_\_\_

TOTAL AMOUNT: \_\_\_\_\_

**Make checks payable to NAWS 2017**

Questions? Contact Lee C. at 330-715-9288 or [Leechristman1@gmail.com](mailto:Leechristman1@gmail.com)



# Nicotine Anonymous World Services 32<sup>nd</sup> Annual Conference



# 2017

*Cleveland, Ohio April 21-23*

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## Accommodations Info.

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### Sheraton Cleveland Airport

5300 Riverside Drive, Cleveland, Ohio 44135 216-267-1500

### Online Booking/Phone Booking (BY MARCH 31!)

Go to: [www.bit.ly/NAWS32](http://www.bit.ly/NAWS32) and click on "BOOK A ROOM." See links to information about the hotel!

#### **PLEASE BOOK FROM THIS LINK ONLY!**

You must book with the above link to get the lowest room rate. And, if you book from sites such as Orbitz or Expedia, not only will you pay more, but NAWS will not get credit for the booking, so may not reach the minimum number of rooms we guaranteed. We are responsible for the full cost of unbooked rooms. Please support the conference by booking online with the above link. Or, if booking by **PHONE**, be sure to say you are with Nicotine Anonymous World Services to get the lowest rate and to have your room count toward our minimum guarantee. Book right away because this well-appointed, perfectly located hotel can fill up quickly!

### Hotel Group Rates

Our special NAWS rates will be honored two days before and after the conference. \$92.00 Single and Double, \$102.00 Triple or \$112.00 Quad, plus taxes.

### Driving/Hotel Parking

\$7.00 per day NAWS rate (usually \$15.00). \$5.00 per day if you are a member of the SPG or Marriott rewards program. See the online booking page [www.bit.ly/NAWS32](http://www.bit.ly/NAWS32) for driving directions.

### Transportation

No need to rent a car or take a cab or Uber if flying into Cleveland Airport! Free shuttle service for the three minute ride from arrivals/baggage to the hotel! Call 216-267-1500 if you want to set up shuttle service ahead of time. If coming into other airports, call that airport or look online for transportation options.

### Dining

The hotel offers room service, a snack bar and small restaurant. The hotel shuttle can take you to the airport for restaurants there or to restaurants within a five mile radius. Since the hotel restaurant can't accommodate all of us at once, we have arranged a private room and meals for each day. See the Conference Registration form for details. Quick, convenient, and more fellowship!

Questions? Contact Lee C. at 330-715-9288 or [Leechristman1@gmail.com](mailto:Leechristman1@gmail.com)

# Connections



Nicotine Anonymous invites you to connect with our

## Penpal Program

**Who:** Someone like you, who is interested in service work.

**What:** These are examples of our requests: "I am a suffering nicotine addict and I am addicted to chewing tobacco. I would appreciate any help I can get." Another might be from a person wanting to help others: "I have been smober for a year, after smoking for 42 years, and the one day at a time program worked for me." Or, "I am having a hard time staying quit, and I also have COPD." They provide their e-mail address and a brief blurb about their situation.

**When:** As soon as possible, and whenever you can provide some support. The e-mails and letters are sent out to connect with them as soon as members request to join. This is about once a week.

**Where:** E-mails are sent to

**PenPal Coordinator Paper** [PenPalCoordinatorPaper@nicotine-anonymous.org](mailto:PenPalCoordinatorPaper@nicotine-anonymous.org)

Coordinates and connects penpals who want to communicate via snail mail.

**PenPal Coordinator Email** [PenPalCoordinatorEmail@nicotine-anonymous.org](mailto:PenPalCoordinatorEmail@nicotine-anonymous.org)

Coordinates and connects penpals who want to communicate via email.



**Why:** Not everyone has access to meetings. This is a great way to connect with other addicts from around the world.



**How:** Contact either email address above to begin connecting.



## Write a Meditation for a Future Nicotine Anonymous Daily Meditation Book!

Please submit your daily meditation for consideration in an email or Word file to:

[DailyMeditations@nicotine-anonymous.org](mailto:DailyMeditations@nicotine-anonymous.org)

Subject line 'Nicotine Anonymous Meditation'

or mail to:

Attn: Daily Meditations Coordinator  
Nicotine Anonymous WSO  
6333 E. Mockingbird #147-817  
Dallas, TX 75214

Please include your telephone number, email and snail mail address — to be used only in case we have questions. (All contact info and authorship will be kept confidential in accordance with the 11<sup>th</sup> Tradition.)

The format for new daily meditations follows the format used in the book *A Year of Miracles*. The text can contain 100-200 words, including the quote, the member's share, and the concluding statement, "Today, \_\_\_\_\_."

Nicotine Anonymous daily meditations are best when related to the personal experience, strength, and hope of a member and/or supported by principles of recovery based on the Twelve Steps and Twelve Traditions of Nicotine Anonymous, Our Preamble, or text from our literature.

The quote can be from a Nicotine Anonymous member (to be cited as "Nicotine Anonymous member") or from what is considered as "in the public domain for Fair Use" and citing the author.

*Please note:*

- Contributors waive their right to financial compensation and grant all rights to Nicotine Anonymous World Services.
- Meditations submitted may be edited as necessary for grammar and content.

Thank you for your service!

**NAWSO**  
**Profit & Loss YTD Comparison**  
**January through December**

	<u>Jan - Dec</u> <u>2016</u>	<u>Jan - Dec</u> <u>2015</u>
<b>Ordinary Income/Expense</b>		
<b>Income</b>		
4000 · Donations	13,088.65	13,705.70
4100 · Literature Sales	26,694.24	33,582.82
4290 · Shipping & Handling	3,904.96	4,674.74
4296 · 2016 Conference Profit/Loss		-1,000.00
4297 · 2015 Conference Profit/Loss		1,114.111
49900 Non Profit Income	658.35	184.13
Sales of Product Income	63.63	35.66
Total Income	<u>44,409.83</u>	<u>52,297.16</u>
<b>Cost of Goods Sold</b>		
5000 · COGS	12,803.06	14,008.62
5001 · Cost of Goods Sold	45.00	0
5102 · Inventory	1,020	0
Total COGS	13,868.06	14,008.62
<b>Gross Profit</b>	30,541.77	38,288.54
<b>Expenses</b>		
6000 · Office Expense	24,953.12	24,936.83
6600 · WSO Expense	4,231.26	5,849.04
6900 · Other Operating Expense	15.99	0
Total Expense	<u>29,200.37</u>	<u>30,785.87</u>
<b>Net Operating Income</b>	<u>1,341.40</u>	<u>7,502.67</u>
<b>Other Income/Expense</b>		
8000 · Interest Income	48.94	45.17
Total Other Income	<u>48.94</u>	<u>45.17</u>
Total Other Expense	0	0
Net Other Income	<u>48.94</u>	<u>45.17</u>
<b>Net Income</b>	<u><b>1,390.34</b></u>	<u><b>7,547.84</b></u>

## BIRTHDAY CONGRATULATIONS

**Abby M – 2/22/16      Chad O – 3/5/10**

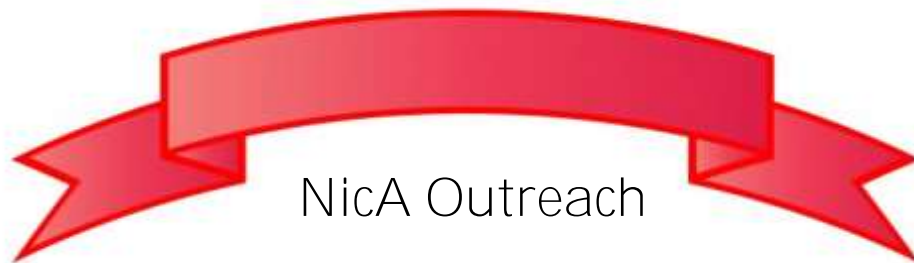
**Daniel W – 12/12/15      Jill F – 2/11/11**

*Post your Nicotine Anonymous birthday in [SevenMinutes!](#)*

*Send in your first name, last initial and nicotine quit date.*

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

Email: [SevenMinutesEditor@nicotine-anonymous.org](mailto:SevenMinutesEditor@nicotine-anonymous.org)



**@nawsoutreach** is the new Twitter presence for Nicotine Anonymous. We are looking to use social media to stay in touch with those involved in helping nicotine users everywhere. Got ideas for using social media to help us carry the message? Call Jeff at [760-401-6503](tel:760-401-6503).

HAVE AN IDEA FOR A PUBLIC SERVICE ANNOUNCEMENT? Draft the text for a 15 or 30 second audio PSA, or create your own audio file! For more information, contact: [outreachcoordinator@nicotine-anonymous.org](mailto:outreachcoordinator@nicotine-anonymous.org) or call Jeff at [760-401-6503](tel:760-401-6503).

Is your group in need of newcomers? Try an Outreach project to get the word out! For more information, call Jeff at [760-401-6503](tel:760-401-6503) or send an email to [outreachcoordinator@nicotine-anonymous.org](mailto:outreachcoordinator@nicotine-anonymous.org)



# Service is the Key

Nicotine Anonymous World Services is in need of volunteers to take on the following open positions:

## DAILY MEDITATIONS COORDINATOR

Got grammar? Receive and manage members' Daily Meditation submissions toward creating another book.



## EMAIL PEN PAL COORDINATOR

Receive requests and manage an email pen pal list.

## NAME/LOGO PROTECTION COMMITTEE

Manages and educates about correct use of our trademarked name and logo inside and outside the fellowship.



## TELEPHONE SERVANTS—ESPECIALLY NEEDED!

From the comfort of your own home, you can respond to telephone calls from those who are just starting out on their path to freedom.

## TELEPHONE SPONSORS

Share your experience, strength and hope by being a telephone sponsor.



## TRANSLATORS

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

To volunteer or get more information about any of these service positions, please contact

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

Or e-mail [chairperson@nicotine-anonymous.org](mailto:chairperson@nicotine-anonymous.org)

Rev. 02/2017

# ♥ My Gift of Gratitude ♥

## GIVE A "GIFT OF GRATITUDE"

Nicotine Anonymous has always been about helping addicts and saving lives. But it has come to the point where the heart of our organization needs our help. Nicotine Anonymous World Services needs our help to meet its monthly operating expenses. In addition, our contributions would help reach even more addicts through outreach and distribution of Nicotine Anonymous literature.

## CONSIDER GIVING BACK TO THE ORGANIZATION THAT HELPED YOU GET FREE OF NICOTINE

Your *Gift of Gratitude* is another way you can work the Steps by carrying the message to nicotine users who still suffer! It also allows World Services to continue functioning through the Seventh Tradition.

## HOW WORLD SERVICES SERVES THE NICOTINE ADDICT:

- ♥ Maintains the worldwide meeting list
- ♥ Distributes literature
- ♥ Distributes free Meeting Starter Kits
- ♥ Maintains the web site
- ♥ Publishes our quarterly newsletter, *SevenMinutes*
- ♥ Conducts necessary business of the Fellowship at quarterly Board meetings (three of which are conducted via web conference to conserve our resources)

## GET A FREE SUBSCRIPTION TO SEVENMINUTES NEWSLETTER!

And if you give the gift of \$10 a month you will receive a complimentary subscription to our newsletter *SevenMinutes* which includes Fellowship news and member shares.

## THINK YOU CAN'T AFFORD IT?

Think of the money we used to spend on tobacco! Just a little of it can go a long way to help us continue to operate. Here are some ways you can give back:

- ♥ Every week, put the cost of one pack of cigarettes in a container
- ♥ Set aside each day's loose change and save in a gratitude jar
- ♥ On your anniversary, send \$10 for each year of freedom (or as much as you can spare!)

## 4 EASY WAYS TO DONATE!

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

1. Click on the button on the homepage of [www.nicotine-anonymous.org](http://www.nicotine-anonymous.org) to donate using PayPal or your credit/debit card (Make a one-time donation, or click on "make this recurring" to set up a monthly donation)
2. Send your donation by paper check to:  
Nicotine Anonymous  
World Services  
6333 E. Mockingbird Ln.  
Suite 147-817  
Dallas, Texas 75214
3. Set up online monthly bill pay at your bank. (You determine the amount and date of payment. Follow your bank's instructions for setting up recurring payments to payees with no account number.)
4. Make a one-time donation at [store.nicotine-anonymous.org](http://store.nicotine-anonymous.org)

### Why members and groups donate to Nicotine Anonymous World Services

Nicotine Anonymous World Services is a member-supported non-profit organization guided by the Twelve Steps and Twelve Traditions. We realize there are both practical and spiritual purposes for us to remain a self-supporting fellowship to carry our message of recovery. Honoring our responsibilities is an aspect of our spiritual awakening.

Learn more about contributions & self-support at [www.nicotine-anonymous.org](http://www.nicotine-anonymous.org)



# Seven Minutes

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



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## Publication dates and deadlines for *SevenMinutes* submissions:

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

Nicotine Anonymous has a venue to conduct Board Meetings, Intergroups, and Committee Meetings online, with or without telephone capabilities.

If you are a member of a group that is helping Nicotine Anonymous and want to utilize this technology, contact Chick at [nicahost@gmail.com](mailto:nicahost@gmail.com)

Individual training is available to learn this new venue.

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

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