



# Seven Minutes

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

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### Interested in contributing to *Seven Minutes*?

Send letters, articles, stories, poems, artwork, or other material to:  
*Seven Minutes*  
c/o NAWSO  
6333 E. Mockingbird Lane  
#147-817  
Dallas, TX 75214  
or email to:  
[SevenMinutesEditor@nicotine-anonymous.org](mailto:SevenMinutesEditor@nicotine-anonymous.org)

*All submissions may be edited as necessary for grammar and content.*

Subscription requests, circulation additions and deletions may be sent by mail to the address above, or submitted online to [www.nicotine-anonymous.org](http://www.nicotine-anonymous.org)

All articles accepted for publication may be reprinted in outside publications in their entirety at the discretion of the chair and editor.

Your trusted servants,  
Chris H - Editor  
Bill P - Subscriptions

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## Chairperson's Report

I hope this message finds you and your loved ones safe and well! At this unprecedented time in history, we are all so grateful to be nicotine-free while facing a virus that affects the respiratory system. Our program provides many tools to help us cope with the fear and uncertainty, and we are blessed to have faith in a Higher Power.

The World Service Conference (WSC) Planning Committee met in August and selected "Recovery Is Our Anchor" as the 2021 theme, with the tagline: "Finding the Calm in Calamity." The weekend of April 9-11, 2021 was chosen for the conference, to steer clear of Easter, Passover, and Ramadan. We decided not to sign the contract with the Lancaster Holiday Inn as we do not feel their contract provided us an adequate exit clause, if needed. We felt it best to wait until the end of the year to re-evaluate the situation and determine a path forward at that point. The safety of our members is paramount and, of course, we can't financially commit to a contract right now. It appears most likely we are looking at an all-virtual conference, but if we are able to meet face-to-face, the headcount would be closer to 50 than 100, which opens up our options of hotel choices. The 2021 WSC Planning Committee meets on the last Thursday of each month at 8 pm EST and you are welcome to join us.

Our Active Treasurer Ken M has resigned his position and we wish him well. Treasurer Emeritus Ed T has agreed to fulfill the functions of Active Treasurer this year, and Marguerite B has stepped in as officer-at-large. Additionally, our Treasurer Elect Damara R resigned, and Lenna

M thankfully agreed to serve in that position.

In spite of these setbacks, we are moving full speed ahead. The board established a subcommittee to update our Policies & Procedures Manual and much progress has been made. Our goal is to have a draft finalized for review by the October board meeting. The new Sponsorship Booklet has been typeset and has gone to print. We are working on drafts of a brochure on vaping and a second edition of *A Year in Miracles*, and hope to have workshops for both ready to go for the April conference.

Several service opportunities still exist. The Email Pal Coordinator position remains open. Jorie M has graciously stayed on; however, she did take on a new position this year so would like to hand this off to someone else. Ken's departure also leaves an opening for the Ad Hoc Remote Attendance Committee Chair. This will be a vital position for the fellowship, to coordinate with the hotels and figure out how to best integrate the World Service Conference with attendees in person and via remote access.

It has been heartening to see Nicotine Anonymous World Services become more international this year than ever before. Our Active Secretary Martina M is moving to Germany, our Secretary Elect Tammy T resides in the UK, and our Bylaws Coordinator Arvind K lives in India. I have received emails and inquiries from members wanting to grow the fellowship in India, Turkey, and the UK.

I have been asked to remind you that all content posted on our website must come to me first at [Chairperson@nicotine-anonymous.org](mailto:Chairperson@nicotine-anonymous.org), and not directly to the *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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## Chairperson's Report

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the Website Coordinator. Please allow plenty of time, as I must send your request through the Traditions Committee which can take several days. A few requests were delayed this quarter because the proper route was not taken.

Finally, our new Office Manager Bill P (and wife Karen) have done a fantastic job getting our office up and running. Kudos also to Ed T, Sharon C, and Annette A for staying on as part of the transition team, making sure we could close the books on last year and file our taxes on time. They really did all the heavy lifting, which gave me the freedom to focus on the day-to-day Chairperson duties.

I am still incredulous at all that is happening in the world today. With so many of our face-to-face meetings unable to meet and instead transitioning to virtual conference online meetings, it will be interesting to see what our future holds. I know that challenges often bring out the best in people and can foster innovation. My hope is that the current world situation has put things into perspective for us and will inspire our fellowship toward unity, forgiveness and an embodiment of the principles of our great 12 Steps.

As a final note, remember that all Nicotine Anonymous members are welcome to attend our quarterly board meetings. If you would like an invite or have an item you would like discussed at the next board meeting on October 3, please send me an email:

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

Yours in Service,  
Bill H

NAWS Chairperson 2020-2021

### Stay connected to Nicotine Anonymous World Services!

Receive emails directly from the NAWS board by subscribing to *NicA News*.

Click **Subscribe** on the NicA website at

[www.nicotine-anonymous.org](http://www.nicotine-anonymous.org)

## SevenMinutes Meditation



I pray to see the good  
despite worldly difficulties

I pray to give thanks  
in the face of hardship  
and want

Help me see a bigger picture  
and know that this too  
shall pass

I pray that peace  
fills my heart  
and joy sets the tone  
for my days

- Chris H  
Phoenix, AZ



### Important Service Opportunity!

The **Audio Recordings Committee** is converting our Nicotine Anonymous literature into audio. We need:

- **Proofers** to listen to recordings and note mistakes
- **Sound Editors** to improve quality and pass audio industry requirements
- **Narrators** who have a recording studio or have access to one.



We will also be creating audio for literature in Spanish and other languages.

The Committee's monthly video conference meetings occur on the first Wednesday of the month - 9 pm EST.

Please contact [nawsrecordings@gmail.com](mailto:nawsrecordings@gmail.com) if interested!

## What is a Craving?

This was a hard concept for me to understand. I always associated the word "craving" with food, first of all. Like when I think, "Gosh, I haven't had a rutabaga in a long time. I will have to get one next time I'm in the grocery store." It's a laid back desire, this craving for a rutabaga, and I am in full control of myself. I get a pleasant feeling in my heart and head when I crave a certain type of food.

Mental obsession is something you will hear many ex-smokers talk about. I didn't see this as a "craving." I relate this to the "crazies" where I suddenly feel I HAVE to have a cigarette right NOW! Thoughts like "I can't stand it anymore," and "my wanting a cigarette is just going to increase -- the desire is not going to go away" are examples. FEAR plays a big part in these situations because the thought is "OMG, WHAT AM I GOING TO DO IF I KEEP WANTING A CIGARETTE AND I DON'T HAVE ONE?! Maybe I'll DIE!" It's totally irrational but in the moment, it feels real.

I never equated a mental obsession with a craving. A mental obsession is panicky and impulsive, not laid back and pleasant. In my first early quit in this program, I was deathly afraid of mental obsession! I knew that if I got the "crazies" I would not be able to stay sober. I had experienced how in those moments, something would just take control over me and I would find myself pulling into a parking lot to either buy, steal, or beg a cigarette. There was no time to call my sponsor, say a prayer, or text someone.

Because I was so afraid of the mental obsession, I decided to not allow it. When I drove past places where I had picked up, I would think about the online meetings I attended and my quit buddies. Sort of like when a person doesn't want to listen to someone so they stick their fingers in their ears and yell "lalalalala!" I thought loudly in my head "MEETING MEETING MEETING!" It worked. I could sort of "feel" the mental obsession lurking somewhere, outside of me, but it didn't get me.

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Six years and several relapses later, I see mental obsession a little differently. First, I see it as a reflection of my heart and my commitment. If there isn't sufficient desire to quit, a thought can come knocking. If there is room for that thought to take hold, it can turn into a mental obsession. Second, this potential state of mind DOES greatly diminish the longer you are smober. And third, a mental obsession is a craving -- and so, contrary to my belief that I would die if I didn't get a cigarette right away, all of the tools of our program can work here. My yelling in my mind MEETING MEETING MEETING was one of the 5 D's: distraction. It worked.

By the way, this is only what mental obsession means for ME. Words are important to me, and how I understand things is important to me. It may not be the same for you. Then again, especially if you are a chronic relapser, aka a chronic quitter, it might be worth thinking about what the words "craving" and "mental obsession" mean for YOU. (And, NEVER stop quitting. Really. Please do not stop quitting. It's a good thing, even if you relapse.)

So, a mental obsession is only ONE TYPE of craving. There are many others. A craving is basically ANY THOUGHT OR FEELING OF WANTING A CIGARETTE, no matter how brief or innocent feeling, no matter what time of day or who you are with. I know this may be obvious to many people, but it really wasn't for me.

Laurie G  
Gales Ferry, CT



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

## Song Parody



To the tune of *Leaving on a Jet Plane* ("You" is meant to be Higher Power but can sometimes also be "You, the fellowship!")

All my defects are packed,  
I'm ready to let go  
A new way of life  
Waitin' outside my door  
Already I'm so fearful I could cry  
So kiss me 'n smile for me  
Tell me that You'll be with me  
Hold me like You'll never let me go  
(but take the defects :)

All the times I was in fear  
Instead of focusing on You  
Many ways I feared, at least 102  
Now I get on my knees and ask You  
to remove my defects

*Chorus*  
So kiss me 'n smile for me  
Tell me that You'll be with me  
Hold me like You'll never let me go  
(but take the defects :)  
'Cuz they're leaving

Don't need 'em anymore  
Served a purpose but now I'm  
walking through a door  
Oh God, I let them go

*Chorus tune again*

'Cause I'm making space for better  
But I know that they'll be back again  
I'll turn 'em over again and let go  
Oh God I'm ready to let gooooo

*Chorus*  
'Cause they're leavin'  
Don't need 'em anymore  
Served a purpose, but now I'm  
walking through a door  
Oh God, I let them go

('Cause I'm letting go)

- JudiAh'



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

### Meeting Options:

- Face-to-face meetings
- Telephone meetings
- Online meetings
- Video Conference meetings

### For face-to-face meetings:

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



### For phone meetings:

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



### For online meetings:

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



This section has live links to two sites for posting messages and receiving responses. Join the site and take advantage of extra services, like searching for specific posts or files.

**Nicotine Quit Buddies** (formerly Unofficial Nicanon) has "Type Share" meetings. It can be found at: <https://nicotinequitbuddies.groups.io/g/HomePage>

**Voices of Nicotine Recovery (VONR)** has "Voice Share" meetings using a free chat service that can be downloaded. Find it at: <http://voicesofnicotinerecovery.com>  
This site also has helpful information about nicotine addiction and links to prior speaker shares.

### For video conference meetings:

- Go to <http://nicotine-anonymous.org/video-conference-meetings.html>



## Upcoming Phone Marathon Meetings



**November 19**  
"Let's Work Together"

**November 26**  
"Attitude of Gratitude"

All meetings are hosted by the FreeBridge Telephone Meeting group

On each date meetings begin at 8 am EST and run at the top of every hour.

Last meeting starts at 11 pm EST.

\*A different topic for each meeting\*

Phone: 712-770-5398  
Pass code: 207490#

\*\*\*\*\*

Go to [nicotine-anonymous.org](http://nicotine-anonymous.org) for information on all regularly-scheduled NicA phone meetings

### Quote Corner

We are not cured...  
What we really have  
is a daily reprieve  
contingent on the  
maintenance of our  
spiritual condition.

- Bill W

## Keeping the Virtual Door Open...

In our new reality, we have all had to adapt to the idea of social distancing and remote meetings. What has surprised me is how effective the remote access meetings can be as a tool for expanding our fellowship and helping those who still suffer.

I was not one to use the phone meetings. My regular Monday night meeting was small at times but was exactly what I needed to stay sober. That all changed in March. Our meetings were held in a senior center in Oakland, so obviously in-person meetings were out of the question with Covid-19. Everything shut down. At the same time, I began working from home and started getting a quick education in the various technologies for remote meetings. It's really amazing how quickly we had to adapt to the new normal! Within two weeks we moved our meeting online. Give credit to Ed T for moving so quickly to set up our first remote access meeting. For sure, the initial experience was a bit shaky. Getting screen sharing to work consistently was a hassle, even saying the Serenity Prayer in unison was a challenge with all the internet latency. Getting to know the "mute button" intimately was essential to avoid feedback or other distractions. After living with remote access meetings for the past four months, I have come to see the benefits not just to my recovery, but to our ability to expand the reach of our program.

A strength of our program is the support of others who have shared our experiences with nicotine. With the online meetings I have come in contact with many people from all over the country and even the world. We commonly have 12 to 16 people at our Monday night remote access meeting - some on video, some by phone. What surprises me most is how many newcomers we have and how many are in the early stages of quitting. Previously our in-person meeting frequently would have a few "old-timers" with me at four-plus years being the "newbie." We would be thrilled to have a newcomer.

What I appreciate most about the

online meetings is the expansion of our reach. After several months you get to know people and get really excited at their progress. People from many different places coming together to offer support to newcomers adds to the richness and value of the meetings. An added benefit to online meetings is the ability for people to seek out support when they need it, regardless of where they live. We have participants from as far away as Indonesia.

That said, I don't think remote access meetings will completely replace the fellowship and support we get from our shared spaces. But I have come to understand that the strength of our program of recovery can survive and even thrive in the difficult times we are living in. Watching people take the first steps to freedom is exciting, whether in person or in a digital gallery of faces. The result, we hope, is the same.

Wayne S  
Oakland, CA

\*\*\*\*\*

## Coming Home...

Surrender all.  
Just return where you left off  
He will be glad to meet you  
again as many times  
as it takes  
until it takes.

Put one foot in front of  
the other  
Till the familiar becomes like  
the home you have been  
searching for  
and longing for.

Jim K  
Phoenix, AZ



## *It's About Being Nicotine-Free...*

My name is John, and I am a nicotine addict. Saying this to myself feels good compared to when I used nicotine in the form of cigarettes. I started smoking cigarettes full-time around the age of 17, but I had my first cigarette when I was seven. That sweet smell of addiction made me feel so good from an early age. I smoked here and there throughout my teens, and I remember stealing a pack from my grandfather and hiding them in my baseball bag while playing little league at about age 12. When I turned 18, and could purchase them legally, I never really looked back. I just smoked and smoked. I tried stopping like a lot of us do, but never made a big effort. One time, I tried to quit smoking while in a casino in Las Vegas.



That lasted about 5 minutes while I debated in my head. I purchased a pack of cigarettes a few minutes later.

Finally, when I was 31, I really thought that this smoking was a problem. I had started to get sick a lot more often, like getting bronchitis, the flu, a cold, etc. I knew this wasn't normal and probably caused from smoking. I asked my sister if there was a program for cigarette smokers just like there was for alcoholics. She told me yes, there is a program called Nicotine Anonymous. I knew right then that I had found my program, and I knew I was an addict.

Soon after this realization, I attended a few Nicotine Anonymous meetings. I attended one meeting where someone asked me if I was okay. I must have

looked like a wreck. I told the person that I didn't want to die. We exchanged phone numbers. I stopped going to meetings soon after, and he called me a few months later and left a voicemail. I didn't answer the call, and I didn't listen to the voicemail for a couple months, but a seed had been planted that I couldn't deny.

In late March 2017, I started attending meetings again. I stopped smoking cigarettes and started using the nicotine patch to help me. I also listened to the voicemail I had been afraid to listen to, and it was just the person asking how I was doing. Ha ha - I was scared to listen to someone who cared to check in. That's how crazy our addiction makes us...

During the morning of March 27, 2013, I drove to work. After driving about one mile from home, I realized I didn't put the nicotine patch on my arm. I cursed! I look back at this as funny, but it was serious at the time. I had two thoughts - get a patch from the store right away, or just go to work and get it later. I decided to get it later, and that's when I learned to put off the urge one moment at a time. I didn't put one on the entire day, and went to another Nicotine Anonymous meeting that night. A person who would later become my sponsor told me that it's about being nicotine-free, and not just stopping the cigarettes. He said to try and go without any patch or cigarette. I agreed and kept going to meetings. I attended 3-4 meetings a week, and 30 days after not using the patch, I got a sponsor.

It took me a couple years to do the Steps, but I did them all. It changed my life. I cannot imagine ever going back to using nicotine because my life is so much better and happier because I changed. I'm very grateful for all the support I've received through the years. Thank you Nicotine Anonymous!

*John D  
Cerritos, CA*

## Heard it at a meeting

Projection is living  
in the wreckage  
of the future.



*Want to get involved  
with Outreach to help  
your group and/or  
Intergroup?*



Attend our  
monthly Outreach  
teleconference  
meeting!

2nd Saturday of the  
month at 2PM EST

Join us online by video  
conference at [https://  
zoom.us/j/213252862](https://zoom.us/j/213252862)

One tap mobile:  
+16465588665,  
213252862#

or dial by your location  
+1 646 558 8665

Meeting ID: 213 252 862



## One Primary Purpose...

We help each other. We share with each other. These are beautiful, spiritual things. The more we share with each other, the better able we are to be of service to others. Please consider attending an internet-based or face-to-face meeting (when it's safe) if you normally attend meetings by phone. Likewise, consider attending a phone or internet-based meeting if you normally attend face-to-face meetings. And of course, if you normally attend internet-based meetings, consider attending a face-to-face or phone meeting. We can learn from each other and the fellowship of Nicotine Anonymous will be stronger than ever, ready to help millions of others "be free from this powerful addiction."

Being free doesn't mean we have just stopped using nicotine. Many of us had success doing that for varying amounts of time before we attended our first meeting. More than twenty five years ago a member reflected, "If the only thing you get from coming to Nicotine Anonymous is to stop smoking (using nicotine), then you've been cheated." So let's not cheat ourselves - or others. Let us commit to reaching out to our fellow members wherever they are, however they "do" Nicotine Anonymous. Because, as is often said in the rooms, "Together we can do what we could not do alone."

*A grateful Nicotine Anonymous member*

*Keep Coming*

*Back...*

*It Works!*



## From the FreeBridge Telephone Group...

Sung to the tune of  
*I Can See Clearly Now*



I can see clearly now  
The smoke is gone  
I can see no obstacles...  
Got NicA  
This is the family I've been  
searching for,  
Gonna be a bright, bright  
Nic-free day  
Gonna be a bright, bright  
Nic-free day

I can see clearly now  
Smoking days are gone  
I can see no obstacles...  
Got NicA  
Gone are the clouds of smoke  
that made me blind  
It's gonna be a bright,  
so bright freedom day  
It's gone be a bright, so bright  
freedom day

Pick up the tools  
They show you the  
way-ay-ay  
To freedom and living new life  
every day-ay-ay-ay

Here are the promises  
They're coming true  
We are humbly grateful  
for this gift  
Living joy each day  
with serenity  
Free-ee Nicotine-free

Sung with love by  
The Telephone Group  
Free Bridge Choir at  
[https://www.youtube.com/  
watch?v=IVZZYjwjxdI](https://www.youtube.com/watch?v=IVZZYjwjxdI)

Or search: *Gonna Be a Bright  
Bright Nicotine-Free Day*



### **Nicotina Anónimos: El Libro**

A Spanish translation of *Nicotine Anonymous: The Book* is available in the NicA store at [www.nicotine-anonymous.org](http://www.nicotine-anonymous.org)

\$10.50 plus shipping

*This translation was provided by a Nicotine Anonymous member. Nicotine Anonymous World Services accepts it in good faith as the member's best effort to stay true to the original content and intent of **Nicotine Anonymous: The Book.***

Spanish translations of NicA pamphlets are also available for purchase

## From the *SevenMinutes* Archives

The interview below first appeared in the June 2014 issue. Tracy E, our columnist at the time, interviewed long-time member Aimee C. Tracey noted that Aimee "leads with love and a helpful word or gesture for a fellow addict."

### **If you could go back and talk to your newbie self, what would you say?**

Begin again at the beginning. Go back to Step One whenever you're getting squirrely, whenever the craves hit, and whenever there's nowhere else to go. For me, Step One is the basis of my recovery, and the foundation of my spiritual progress. When I admit I'm powerless, I become stronger because I've just given up the struggle, and I can put my energy where it can do me some good. Step One brings me zooming back into the present, giving me the strength and hope I need to accomplish the next right thing.

### **What have been your greatest lessons learned?**

I am accountable for my choices, including how I respond to life on life's terms. I get to choose where I'm going to put my energy. I can spend my precious life energy on anything I want, except smoking. If I knew I could not fail, where would I put my energy? Right here in this present moment.

### **What has helped you the most?**

My relationship with my Higher Power (HP) has helped me explore relationships, trust and see synchronicity in new ways. We have grown our relationship, me and HP. Like in any relationship, I get to spend time participating and communicating with my HP. Most important for me has been focused listening and observing. It's amazing how this relationship has helped me with other relationships.

### **What has helped you the least?**

What I thought was hindering me or helping the least has actually been a great teacher. For example, my emotionality. I've gotten into great trouble because I tend to overreact without first thinking. I have had to become aware of how I'm in such a hurry to respond, and

to find ways to catch myself before I blurt out something I'll regret. I believe working with my sponsor on this issue and being in relationship with my HP has helped me practice this new behavior. I can forgive myself now if I blow it, because I'm accountable for my choices. There is no blame. I'm human.

### **How important is sponsorship?**

Sponsorship is my lifeline of recovery and progress along my spiritual path. It's the kind of one-on-one work that has made me accountable, humble, honest, and even more able to listen to my HP. I need these relationships because I need their gifts. Sponsorship is the form of service that is the most meaningful for me because of the close relationships.



### **What kind of sponsor are you?**

I listen, then bring the discussion back to the Twelve Steps. I am patient, tolerant and kind, and then hold up the mirror by telling you what I heard you say. I'm the kind of sponsor who helps you find the next right thing, and then lets go for you and your Higher Power to work through changes. I learn more about my own recovery from helping you than I ever dreamt possible.

### **What kind of sponsee are you?**

I work the Twelve Steps with my sponsor and consult with her regularly to reason things out. From having kind, patient and tolerant sponsors I've learned that sometimes I just need to be heard. I don't dump all my emotional baggage on her, but I do appreciate being heard, listening to her insight and applying the principles of the program to whatever is occurring in my life.

### **After years of sobriety, why do you stay so involved and do so much service?**

My clever Higher Power put these thoughts of support for my quit in my ravaged, smokey brain when I hit bottom late summer 2004. Laying there in the fetal position sobbing, hurting and desperate, I pleaded - no, implored my Higher Power to help me find a way

to stop smoking. I had lost a 7 year quit and had smoked another 5 years. A wee small inner voice said that this time I really needed to find support for my quit. Once I found the online Nicotine Anonymous meetings and was able to quit a few months later, I jumped right into service, hearing that service supports quits. That's exactly what happened for me. Not only does service help me refocus my energy, I feel a sense of belonging, and I am accountable. I need this to stay away from nicotine. The Promises really do come true - I haven't given up anything at all. By stepping away from nicotine and being of service, I am given everything, including my life.

### **What do you think made you relapse after 7 years?**

I know it was because I was mentally, physically, and spiritually bankrupt. I was depleted in every possible way. I had quit for 7 years by using the Twelve Steps and getting support in AI-Anon. As I drifted away from AI-Anon for a few years, my relationship with my Higher Power ebbed, and I was not working with a sponsor, attending meetings or doing service work. I had no "program" of recovery. I wasn't accountable. The old stinking thinking behaviors flared, and ol' nicodemon dug in the claws of addictive behavior. What a monster!

### **I think there is a stigma about relapse that keeps people from coming back, and I believe this is shame driven...what do you think?**

I was pretty ashamed when I came back to Nicotine Anonymous after smoking another 5 years. You know what happened? The miracle began. I was greeted and treated with kindness, even when I admitted my horrible relapse. Unconditional love and acceptance is what I found for this still-suffering addict who had the willingness to be willing. You loved me and supported me by being there for me, and I was able to put the "sickarettes" down one day at a time.

### **What advice do you have for a person who has relapsed?**

Breathe! Drink water, discuss, delay and distract. Experiment, ask HP for help, and see what happens. And *stay in the middle of the herd*. You'll get your miracle.

## **Nicotine Anonymous**

### **7th Step Prayer**

*adopted in April 2007*

My Higher Power,  
I place myself in your hands  
and humbly ask  
that my character defects  
be lifted from me so that  
I may help others.  
Please grant me willing-  
ness, courage, and strength  
so that through my actions  
I may reflect your love  
and wisdom.



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



Available for purchase at  
[www.nicotine-anonymous.org](http://www.nicotine-anonymous.org)

### **JUNKIE THINKING: How to counter bad thoughts about using nicotine!**

JUNKIE THINKING: "One puff won't hurt."

RESPONSE: "One puff will always hurt me, and it always will because I'm not a social smoker. One puff and I'll be smoking compulsively again."

JUNKIE THINKING: "I only want one."

RESPONSE: "I have never wanted only one. In fact, I want 20-30 a day every day. I want them all!"

JUNKIE THINKING: "I'll just be a social smoker."

RESPONSE: "I'm a chronic, compulsive smoker, and once I smoke one I'll quickly be thinking about the next one. Social smokers can take it or leave it. That's not me."

JUNKIE THINKING: "I'm doing so well, one won't hurt me now."

RESPONSE: "The only reason I'm doing so well is because I haven't taken the first one. Yet once I do, I won't be doing well anymore. I'll be smoking again."

JUNKIE THINKING: "I'll just stop again."

RESPONSE: "Sounds easy, but who am I trying to kid? Look how long it took me to stop this time. And once I start, how long will it take before I get sick enough to face withdrawal again? In fact, when I'm back in the grip of compulsion, what guarantee do I have that I'll ever be able to stop again?"

JUNKIE THINKING: "If I slip, I'll keep trying."

RESPONSE: "If I think I can get away with one little 'slip' now, I'll think I can get away with another little 'slip' later on."

JUNKIE THINKING: "I need one to get me through this withdraw-

RESPONSE: "Smoking will not get me through the discomfort of not smoking. It will only get me back to smoking. One puff stops the process of withdrawal and I'll have to go through it all over again."

JUNKIE THINKING: "I miss smoking right now."

RESPONSE: "Of course I miss something I've been doing every day for most of my life. But do I miss the chest pain right now? Do I miss the worry, the embarrassment, the shame? I'd rather be an ex-smoker with an occasional desire to smoke, than a smoker with a constant desire to stop doing it."

JUNKIE THINKING: "I really need to smoke now, I'm so upset."

RESPONSE: "Smoking is not going to fix anything. I'll still be upset - I'll just be an upset smoker. I never have to have a cigarette. Smoking is not a need; it's a want. Once the crisis is over, I'll be relieved and grateful I'm still not smoking."

JUNKIE THINKING: "I don't care."

RESPONSE: "What is it exactly that I think I don't care about? Can I truthfully say I don't care about chest pain? I don't care about coughing and gagging in the morning? I don't care about lung cancer? No, I care about these things very much. That's why I stopped smoking in the first place."

JUNKIE THINKING: "What difference does it make, anyway?"

RESPONSE: "It makes a difference in the way I breathe, the way my heart beats, the way I feel about myself. It makes a tremendous difference in every aspect of my physical and emotional health."

- Author unknown



# SAVE THE DATE!

## Nicotine Anonymous World Service Conference #36

RECOVERY IS OUR ANCHOR

*Finding the Calm in Calamity*



**APRIL 9-11, 2021**

**AT PRESENT, THIS YEAR'S CONFERENCE WILL BE HELD VIRTUALLY VIA VIDEO CONFERENCE.**

**MORE DETAILS TO FOLLOW.**

*Would you like to be part of the conference planning committee? Contact Jan S. at <jan.swarr@gmail.com>*



This new booklet provides varied experiences with sponsorship, letting a member "Take what you want and leave the rest."



Our hope is the shares will encourage and help sponsees and sponsors use this Tool of recovery.

*Now available for purchase in the NicA Store at [nicotine-anonymous.org](http://nicotine-anonymous.org)*

Upcoming  
Nicotine Anonymous  
Event

**Clean in the  
Catskills 27**  
**"Our Path to Peace  
and Serenity"**

**A one-day virtual  
retreat**

**Saturday, October 3**  
**12 pm –5 pm EST**  
*Sponsored by New York  
Metropolitan Area  
Intergroup*

*See flyer for more details  
at [nicotine-anonymous.org](http://nicotine-anonymous.org)*

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

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



Email Pal Coordinator: [EmailPalCoordinator@nicotine-anonymous.org](mailto:EmailPalCoordinator@nicotine-anonymous.org)

- Coordinates and connects pals 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.

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

	<u>Jan - Jun</u> <u>2020</u>	<u>Jan - Jun</u> <u>2019</u>
<b>Ordinary Income/Expense</b>		
<b>Income</b>		
4000 · Donations	7,157.64	7,122.51
4100 · Literature Sales	9,949.27	11,711.17
4290 · Shipping & Handling Income	1,824.37	2,029.81
Sales of Product Income	309.65	89.95
<b>Total Income</b>	<b>\$21,821.59</b>	<b>\$19,689.40</b>
<b>Total Cost of Goods Sold</b>	<b>\$4,842.73</b>	<b>\$5,336.65</b>
<b>Gross Profit</b>	<b>\$16,978.86</b>	<b>\$14,352.75</b>
<b>Expenses</b>		
6000 · Office Expense	15,742.52	13,518.18
6700 · Projects	396.00	0
6800 · Officer Travel & Meeting Costs	1,324.75	3,036.28
Other Operating Expenses	225.59	0
<b>Total Expenses</b>	<b>\$17,688.86</b>	<b>\$16,554.46</b>
<b>Net Operating Income</b>	<b>\$-710.00</b>	<b>\$-2,201.71</b>
<b>Other Income</b>		
8000 · Interest Income	4.56	64.77
<b>Total Other Income</b>	<b>\$4.56</b>	<b>\$64.77</b>
<b>Net Income</b>	<b><u>\$-705.44</u></b>	<b><u>\$-2,136.94</u></b>

## BIRTHDAY CONGRATULATIONS

**Silvia G - 8/10/11    John I - 7/15/20    Brian W - 9/26/17**

**David W - 10/5/17    Bill H - 8/28/99**

*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)

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### NicA Outreach

**@newsoutreach** is the Twitter presence for Nicotine Anonymous.

We put out approximately 4 Tweets weekly.

Got ideas for Tweets or other social media to help us carry the message?

Call Brenda at **425-496-3042**

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 questions or ideas call Brenda at **425-496-3042** or email

Is your group in need of newcomers? Try an Outreach project to get the word out!

For more information, send an email to

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

# Service is the Key

Nicotine Anonymous World Services needs volunteers for  
the following open positions:

## OUTREACH COMMITTEE

Works on ideas and project development for public outreach  
to help carry the message.



## E-MAIL PAL COORDINATOR

Receives e-mail requests for pen pals, adds names to the e-mail pen pal list,  
sends out the list.



## AUDIO RECORDINGS COMMITTEE

Creates audio files of NicA literature. Need proof readers and listeners,  
sound editors, and narrators with access to a recording studio.

Contact [nawsrecordings@gmail.com](mailto:nawsrecordings@gmail.com)

## TELE-SERVANTS – ESPECIALLY NEEDED!

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



## TRANSLATORS

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



## INTERNATIONAL GROUP COMMITTEE

Serves to enhance the relationship between NAWS and  
international groups. Bi-lingual skills are an asset.

To volunteer, please email [chairperson@nicotine-anonymous.org](mailto:chairperson@nicotine-anonymous.org)

*More information on all service positions is located in the Policy and Procedures  
Manual (P & P) posted on the NicA website under "About Us" tab.*

*Click Organization, then World Services.*

# ♥ 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)



# SevenMinutes

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

Individual training is available to learn this venue.

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

<b>My Address Has Changed!</b> Don't miss an issue! Complete this form and mail to: NAWSO, 6333 E. Mockingbird Lane, #147-817, Dallas, TX 75214 USA <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 _____