



Seven Minutes

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

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Chairperson's Report

Thank you again to all who planned the 2021 Nicotine Anonymous World Services Conference (WSC) held in April. We had a healthy attendance, and I certainly look forward to seeing everyone in person for next year's conference in Little Rock, Arkansas.

For the time being, Nicotine Anonymous World Services (NAWS) board meetings will continue to be held virtually. Many Intergroups are also hosting virtual events. They have reported attendance from around the world. Northern California Intergroup had an in-person retreat on Saturday, July 17 in the Redwoods. That sounds amazing.

We have great news to report that a NicA group based in Kenya, Africa has formed. To our knowledge, it is a first! It is so wonderful to see our program help more and more people worldwide as it expands.

The NAWS board will soon be discussing the results of the Service Structure Survey filled out by members of Nicotine Anonymous. We didn't get a chance to approve the Intergroup Bylaws Template at July's board meeting, but will most likely do that at the next meeting.

Meetings have been underway to look at improvements to our Policy & Procedures (P&P). There is a need to define more clearly some of our procedures, as well as roles that board members have when they serve. I would also like to give a friendly reminder to everyone to consider sharing your experience, strength, and hope in a *SevenMinutes* article. It is an important form of service. And of course

many thanks go to those who serve in committee and coordinator roles. So much of the work that is done comes from the discussions held at your meetings, where you grind it out to create beautiful literature, important policy, special events, etc. It is always exciting and inspiring to read all the progress reports that are submitted for board meetings.

Lastly, I would like to let you know I have stepped down as Active Chair as of July 28, 2021 due to health reasons. I'll be fine in the end, but I am going through a lot right now and need the support of my family and friends. I can't honestly give my time to this service work. It has been an absolute pleasure being entrusted with this role, however. I encourage everyone who has never become a board member to consider it.

Please keep doing what you do. There are those out there who are still suffering and who need us. And please let the board know if you need anything going forward.

With Love,
John D
NAWS Chairperson (April-July)



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

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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Gratitude in Action...

On August 28th I celebrated 22 years of sobriety! At my very first 12 Step meeting, the speaker said something that I intuitively knew was important and has stayed with me to this day: "If you want what this program has to offer, you'd better learn to cultivate an attitude of gratitude." I was taken with the word "cultivate" – it implied that it wasn't there now, but if I put a little positive intention behind it, I could grow it. In other words, attitude is everything and my success in this program was up to me.

I was also taught early on that gratitude is an action, and service is the key. My very first commitment was being the "chip chap." It was back in the day when you had to take the chips home with you because there was no storage space at the meeting. There were days in my early sobriety (especially in the cold of winter) where I thought, "If I have to go to one more stupid meeting..." but, because I had the chips, I didn't want a newcomer to show up and not receive a Welcome or much deserved 24-hour chip. I sucked it up and drove to the meeting. If I did not have that commitment, I likely would have blown off that meeting, and perhaps another and another, and may not still be here today.

I attended a Southern California Intergroup of Nicotine Anonymous (SCINA) meeting early on as well. Not only was it not my cup of tea, I'm a coffee guy so I said to myself, "Never again!" Many years later, as I received the monthly intergroup minutes, I heard them annually beg for people to come be of service. One year my Higher Power gave me a nudge and put it on my heart to do it. As my mind tends to wander, I decided secretary would not be the right fit for me, but I'm good with business math so I agreed to be treasurer. I ended up doing that commitment for about six years, and after a few years break, I'm back doing it again.

SCINA hosted the NAWS Conference in Fullerton a few years back, and I volunteered to man the literature

table. I was not fond of business meetings, so I didn't mind being out of the main room at all. However, somehow the nominating posse found me anyway and asked me to consider running for NAWS chairperson. I prayed on it and once again felt that familiar nudge from my Higher Power.



I had been downgraded at my work to a non-challenging position and decided I should be chairperson while I had the time, energy, and still enough brain cells left to do an adequate job.

Being NAWS Chairperson is A LOT of uncompensated work, but I believe the energy we put out into the universe comes back to us. Last July, I was contacted by a manager in another department who said she had heard good things about me and wanted me to apply for a position working with her. I didn't know how I could be NAWS chair and learn a new job too, but it was a great opportunity, so I went for it. It was between me and one other person, and the other person got the job. The hiring manager said another position would be opening up at the beginning of the year and she would keep me in mind. I didn't count on it and planned to look for a new job in April after the conference because my job was not fully utilizing my abilities. But sure enough, in January of this year, the hiring manager called and said the new position (an even better one) was available. I got the job. It was a bit of a task juggling the new job and being NAWS chair for a few months, but how often do you get a great new job opportunity (more money, bigger challenge) without even sending out a resume? The job literally came to me, and I definitely believe the energy I put into being of service opened the metaphysical door for this opportunity to come find me. "What goes around, comes around" works in the positive as well.

There's more to it than just good karma. "Practicing the principles in all of our affairs" means maintaining a good attitude, being responsible, suiting up and showing up, letting go of resentments. Through a daily working of the Steps and Traditions, we internalize these things and they become our habitual nature. People notice.

Bill H
Chair Emeritus

Quote Corner

You pray in your distress
and in your need;
would that you might pray also
in the fullness of
your joy and in your days
of abundance.

- Kahlil Gibran

Twenty
Five
Years
Free...



I quit smoking more than 25 years ago at my first meeting in Newport Beach, CA. No one was more surprised that I would be such a miracle. My Higher Power thought the sooner I quit, the better for all concerned. I was told service was the key, so I volunteered to be secretary and for all the work I would find that goes into staying busy (trash pick-up after meetings, making coffee, calling others, greeting members, etc.) It's been the trick to staying off nicotine. I prayed for freedom at that very first meeting and I've prayed in profound gratitude for that freedom for these last 25 years. It works if you work it, right?!

Angela
San Bernardino, CA

Finding Your Higher Power...

I struggled for many years with how I was "supposed" to see my Higher Power, the kind of relationship I "should" have. Once I got into 12 Step recovery, I was given permission to dream up the most wonderful power greater than me. I got to be as creative as I possibly could with what my Higher Power (HP) is like, what our relationship is like.

We get to choose the wondrous traits of this great spirit, this hugely immense force in our lives. Please consider mindfully and with your heart as you put together your ideas about you and HP.



I'm finding my relationship with my HP to be very subtle. When I pay attention to our relationship (by listening and by talking with HP as though this spirit can hear me and really cares what I have to say and am learning), the little ways I find ease and joy are just profound. When I do ask directly for some particular thing (e.g., to be able to move into my new place gracefully), all I have to do is focus on that request and it unfolds. Now, it may take a great deal of effort, but it's the kind of easy good effort that's a sweet happy tired when it's over.

My relationship with my HP is a kind of calm reassurance that my HP is surrounding me with all the goodness in the universe, because that's what I want in my life. Kind of like ginormous enfolding arms, soft and resilient, infinitely kind.



It helps to write down the traits/characteristics of the HP in your life. Imagine! Be creative! It also really helps to write out what kind of relationship you and your HP share. If you're not

sure yet, then describe the kind of relationship you want.

For example, my HP is infinitely kind, compassionate, and accepts me unconditionally. I talk to HP, and little synchronicities occur. I ask/pray, and it comes my way. I listen and watch, and HP sends affirmations. Often it's an assurance of things hoped for - "Keep going, you're on the right track..."

Aimee C
VONR member from Arkansas

Hey y'all!



We're looking for NicA members to write about their experience with NRT products (Nicotine Replacement Therapy).

Jeanette from NC and Mike from AZ have formed an NRT Pamphlet Committee, and we need to hear from you!

Send your written NRT experience to nrtstories@gmail.com



If you are interested in getting involved in the NRT Pamphlet Committee, please also submit your contact information.

*This is a
WE
program*

Nicotine Anonymous

Tradition Three:

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

Meeting Options:

Face-to-face meetings
Telephone meetings
Online meetings

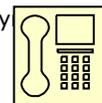
To find face-to-face meetings:

Go to www.nicotine-anonymous.org
Click on **Find Meetings** and search by state.



For phone meetings:

Go to www.nicotine-anony.org
Click on **Meetings**, then **Telephone Meetings**.



For online meetings:

Go to 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.



Nicotine Quit Buddies (formerly called Unofficial Nicanon) has "Type Share" meetings. It can be found at this new address:

<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 VONR at <http://voicesofnicotinerecovery.com>
This site also has other helpful information about nicotine addiction and links to prior speaker shares.

Friend...

An ode to one of my oldest and longest friendships: nicotine

When we first met in my youth
You were so popular
Everyone wanted You
Everyone wanted to bring You
into their lives
Their circle of friends

You were a status symbol
dashing and mature
hard to obtain, exciting and new
You conveyed glamour
When I was with You I felt so
poised — even elegant at times
Sexy

Being with You lent me prestige
Acceptance in so many social circles
Being with You made me braver
bolder, more blasé

After ten years of friendship
I had come to rely on You
Not quite exclusively — but nearly
I had to be with You
Every day, many times

You were my crutch, my screen
You helped me to get through
any and all emotions
Good and bad
I could always turn to You
You were always there

Warm, accepting, known
My best friend, my ally
My support
Yet little things were happening
You isolated me from others
many times
because of our friendship

There were other friends I had
to reject
They would have come between
You and me
And You were too important
Too deep in my life
I could not lose You
I needed You

Yet I seemed to have
less energy
I seemed to not feel as good
Not as strong as before
I got sick more often
My life seemed more
constrained...
Less free

Twenty years in
You were the dominant one
You took the lead in our
relationship wherever
we went
Whenever you required
I would give in to You

No matter how awkward
Even unsafe
Still my crutch
Now I relied on You even more
As I seemed to be more alone
Less events and excitement
in my life
Other activities,
Other friendships, certain goals
And my romantic relationships
Were dictated by You...
not so much by me

I felt more resentful and
I denied Your constraints
Twisted myself to Your demands
Didn't see that I was more
and more unfree

After thirty years...
Together so long

What would it mean to end it now?

I'd already given You
incalculable time
Lost opportunities
Locked myself within the prison
of Your hold on me

It was too late...

Or...was it?

- Holly B
Portland, OR
Written in 2014, after six years
off nicotine



Heard it at
a meeting

Pray
Until
Something
Happens

*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 our meeting online 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





Seven Minutes Meditation

I pray for peace this day,
that I may hear my Higher Power's
guidance and counsel.

I pray for calm this day,
that I may take notice of
the many blessings in my life.

I pray for contentment this day,
that I may accept what is,
strive for what can be,
and give thanks for the hope
which springs anew each day.

- Chris H
Phoenix, AZ



NAWS now accepts payment on Venmo and Zelle apps.*

- To use Zelle: send donations to nicaofficemanager@gmail.com
- To use Venmo: donations go to **@NAWS-Office**
Name on the account: **NAWS Office**
The first time you use it, it may ask for the last 4 digits of the account holder's phone number, which is **0062**.
- For literature orders, first email Bill P, our office manager at nicaofficemanager@gmail.com to obtain the total due (applying taxes, as applicable). Also indicate the method of payment.

Note that the current process used on the NicA website for donation and literature purchases (PayPal) has not changed. You do not need to sign up to use this method. Click the link, proceed with your order, then choose to pay with a credit card as a guest.*

**The inclusion of business names does not represent an endorsement by Nicotine Anonymous. Names are included solely to assist our members conduct business with Nicotine Anonymous.*

Sponsorship in Nicotine Anonymous

*Now available for purchase in the
NicA Store at
nicotine-anonymous.org*

This 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.

Upcoming Phone Marathon Meetings

November 19

"Turn Over a New Leaf"

November 25

"Attitude of Gratitude"

December 25

"Holiday Marathon"

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#**

See nicotine-anonymous.org
for information on
all regularly-scheduled
NicA phone meetings

New NicA
Literature!



A new conference-approved
pamphlet is now available
for purchase!

**"Freedom from
Vaping Nicotine"**

can be ordered on the NicA
website at
www.nicotine-anonymous.org

➔ **And coming by the
end of the year...**



**Reflections on Freedom:
Daily Meditations on the Steps
of Recovery**

written by Members of
Nicotine Anonymous (NicA)

*An excerpt from this
exciting new meditation book:*

OCTOBER 10

You bring about what you
think about.

And so, if you can control
what you think about,
all else will fall into place —
friends, laughter, prosperity,
fulfillment, and love.

— Mike Dooley

If I can control what I think about, that
means I have a choice. So, if I don't
like the thought I'm thinking, I can
choose a better feeling thought.

Addiction to nicotine controlled my
thoughts for several decades. It
seemed like I had no control over my
thoughts. My continual thought was
when I would get my next fix, did I
have enough cigarettes to last until
tomorrow, or where is my lighter? Nic-
otine was my higher power and I had
few thoughts that weren't born of that
incessant urge to use nicotine.

Our Promises do come true, despite
the fact that the addiction still lurks.
My only thoughts of using nicotine oc-
cur when I'm at meetings. I need to
remember I am an addict and always
will be. I am learning to pay attention
to my thoughts. Better thoughts lead
to better behavior. Clearly, my life is
better now that I am accountable for
my behavior.

I want to share life's pleasures with
others: friends, laughter, prosperity,
fulfillment, and love. That's what living
is now all about.

*Today, I think happy thoughts,
act responsibly, and attract
goodness into my life.*

- from the soon-to-be-released
Reflections on Freedom,
page 284



**From the
FreeBridge
Telephone
Group**

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

You bum a cigarette for a disappoint-
ment.

You tell friends and family you're only
hurting yourself even as you look at
the pain in their eyes.

You're smoking one and light up
another.

You need nicotine for everything - to
answer the phone, drive the car, go to
the bathroom, get ready for bed, get
up in the morning, etc.

You throw out your lighter & pack of
smokes in front of your friends, only to
sneak back to the store a few hours
later, buy more, then smoke 3 in a row
to "make up for lost time."

You go in the trash can to look for
butts.

You realize that you just can't quit
without getting help.

You are getting sick from it and keep
using it anyway.

You light up at your father's funeral...
after he died from lung cancer.

When you are cornered and all alone
and can't fight your way out of a pack
of cigarettes.

You continue to smoke after you've
been diagnosed with COPD.

Playing disc golf becomes impossible
because you've got two smokes going
at once.

You are tubing down the river, get your
lighter wet and then struggle to shore
to find someone with a light.

*And lastly, you know you're a nicotine
addict when you think you're not...*

**Your recovery story
can appear in the
next issue of
SevenMinutes!**

Share your miracle with
the fellowship!



What was it like
before?

What happened to
change you?

What is it like now?

How did Nicotine
Anonymous make
the difference?

Send to

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

Poems, cartoons, and
meditations also



At the 2021 NAWS World Services Conference, a workshop was held to review a brand new piece of writing, the *Nicotine Anonymous Meeting Etiquette Card*. Participants reviewed the document, and comments were electronically inserted into the document. The Ad Hoc Etiquette/Inventory Committee went back to the drawing board in May and discussed, edited, fussed, and finessed, resulting in the new draft posted below. While some at the workshop felt it should have more directives, the committee wanted to keep the document free of rules because we didn't want to "should" on ourselves.

If you have any comments or suggestions, please try to attend the committee meeting on the last Sunday of each month at 6 pm EST. For details and an invite, please contact Chick at info@nicotine-anonymous.org, rather than wait until next year's conference. It would be nice to work on this throughout the year so we can have a finished product by next year's conference.

Nicotine Anonymous Meeting Etiquette Card



Nicotine Anonymous offers these suggestions for groups on how to provide a welcoming, safe, and positive experience for all of their members. This has been created in the spirit of Tradition One, which states that, "Our common welfare should come first; personal recovery depends upon Nicotine Anonymous unity." All of the Traditions play a vital role in Twelve-Step recovery.

All meeting participants aim to refrain from any behavior that makes others feel unsafe or unwelcome. The purpose of our fellowship is recovery; individual behavior needs to be based on mutual support and mutual respect.

What follows are a few commonly accepted guidelines:

- Meetings are intended to foster a safe, respectful, and supportive environment.
- Members are encouraged not to judge, criticize, or give unsolicited advice.
- All attending are asked to avoid cross talk, which is often defined as interrupting or commenting on another's share.
- During meetings, members focus on sharing their own experience, strength, and hope as it relates to their recovery from nicotine use (e.g., using "I" statements rather than "you" or "we").
- It is courteous to keep shares within the group's established time limit.
- Many groups find it beneficial to rotate service positions regularly to ensure that the spirit of our Second Tradition is observed.
- Groups are encouraged to schedule business and/or group conscience meetings to address any issues that members may want to discuss. These are typically scheduled in advance to allow anyone who wants to weigh in on the issue the ability to attend.
- Each group is autonomous (Tradition Four) and has the right to establish boundaries as determined by group conscience. Any approved consensus may be incorporated into the meeting script.

As stated in *Nicotine Anonymous: The Book*: "This is a mission of love spreading out to members either still in the grip of nicotine or struggling with other aspects of their recovery." The resolution to any conflict that may arise at a meeting possibly already exists in our literature, including *The Twelve Traditions of Nicotine Anonymous Extended Version*. Members are encouraged to read our literature.

Whether a group meets in person, over the phone, on the internet, or via virtual conference technology, the atmosphere of Nicotine Anonymous meetings aspires to be supportive and inclusive. We hope these guiding principles will help ensure our fellowship flourishes and our members Keep Showing Up (*NicA slogan*).

* * * * *



from the NAWS Board...

As indicated on page 1, our Active Chair John D resigned in July due to health reasons. Fortunately John's prognosis is excellent, and the board stands with him, holding good thoughts for his future. We thank John for his NAWS service over the past year and a quarter.

The board has asked past Chairperson Sharon C to be Officer at Large, serving as Active Chair through Conference 2022 in April. Sharon agreed to serve, and all emails to chairperson@nicotine-anonymous.org are now being directed to her. The board is thrilled and appreciative to have Sharon back on "Board!"

An Inventory of NicA Groups: A Status Report...

The adhoc Etiquette Card/Traditions Inventory Committee continues to meet the first and the last Sunday of every month at 6 PM EST. The Etiquette Card has been completed and is located in this issue (see previous page). The committee continues to work on the wording of questions that any group or intergroup could use to look deeper into the idea that the Twelve Traditions of NicA provide guidance to groups.

Tradition Seven – Every Nicotine Anonymous group ought to be fully self-supporting, declining outside contributions.

1. Are members encouraged to provide service in a variety of ways at all levels?
2. How does the group express gratitude?
3. Does the group appreciate members and show respect towards others who step up to provide service?
4. Do group members have faith in being self-supporting while declining outside contributions?
5. Is rotation of service emphasized so the members attempt different positions to both experience and contribute fresh ideas to the group?
6. Does the group model generosity of spirit through service and financial support?
7. Do all utilize diversity and freedom to balance gifts with challenges while participating in the group?
8. Do members experience a sense of belonging, being invested, and holding responsibility in big and small ways for the group's operation and well-being?

Tradition Eight - Nicotine Anonymous should remain forever nonprofessional, but our service centers may employ special workers.

Principles: Anonymity, responsibility, prudence, integrity, empathy, giving freely what we have been given, asking for help when necessary, knowing

the boundary between self-sufficiency and needing help

1. How can members discourage an individual from having too much influence on the group?
2. How does the group educate, empower, and teach unfamiliar tasks to provide opportunities to grow with service?
3. What measures can be put in place to ensure one member is not disproportionately tasked with an overload of responsibilities?
4. How does the group foster active participation from all members, even those who may be new?
5. How can we encourage timid members to become fully engaged?
6. Are members encouraged to learn the organizational structure of NicA so there's a balance to include everyone's voice?
7. Do members realize recovery work is not to be compensated in any form?
8. Does the group convey that spiritual growth and recovery are dependent on service and self-sacrifice for others?

Tradition Nine - Nicotine Anonymous as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.

1. Does your group share the idea that rotation of service and getting newcomers involved is important?
2. Do I utilize spiritual principles such as simplicity, patience, and humility when interacting with my group while performing service positions?
3. Have members of the group adapted to a non-hierarchical structure and realize every member is capable of helping a nicotine addict who still suffers?
4. Can the newcomer perceive mutually supportive interactions within the group?
5. Do committees embrace an understanding of each other's views in order to promote unity within the group?
6. What is the importance of letting go of my personal agenda when acting as a trusted servant?

7. Do committee members exercise open-mindedness and flexibility by listening to the views of other committee members?
8. How does our informal structure help us with service work?

Tradition Ten — Nicotine Anonymous has no opinion on outside issues; hence the NicA name ought never be drawn into public controversy.

1. How does your group stress reaching inside their hearts to respect the dignity of individuals?
2. Is the atmosphere of your group welcoming to members of differing political parties, religions, philosophies and lifestyles?
3. In what ways does your group accept the experiences of all?
4. Are newcomers welcomed, yet given space to not participate until they feel comfortable?
5. How is harmony and unity maintained in the group when opinions are expressed that are contrary to our own beliefs?
6. Does our group aim to embrace its members and understand the Twelve Traditions in order to promote unity and integrity to Nicotine Anonymous as a whole?

If you would like to be invited to a future committee meeting to assist in this work, reach out to me at info@nicotine-anonymous.org

*Yours in service,
Chick P
Glen, New York*

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

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

PenPalCoordinator@nicotine-anonymous.org

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



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.

A Brief History of Nicotine Anonymous

The roots of Nicotine Anonymous first took hold in the Southern California living room of one of the co-founders, Rodger F, in February of 1982. At virtually the same time the same thing was happening in the rooms of a Twelve Step recovery club in San Francisco, called the Dry Dock, operated by our other co-founder, David M. Both groups consisted mostly of Alcoholics Anonymous members who realized their need to focus on their nicotine addiction and to stop smoking. Since anything but alcohol is considered an outside issue for Alcoholics Anonymous, a separate fellowship was deemed necessary.

With permission from Alcoholics Anonymous, the founding members of our fellowship adapted the Twelve Steps and Twelve Traditions. Although there is common ground in the use of the Twelve Steps and Twelve Traditions, these fellowships are not affiliated. Alcoholics Anonymous also gave us permission to adapt their preamble. Our Preamble became the following:

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.

Maurice Z, an early member of the Southern California group, authored an article for Readers Digest in May of 1985. Thousands of letters poured in from people wanting to know more about this new 12 Step fellowship known then as "Smokers Anonymous." Among those letters was one from the members of the San Francisco group, informing the Southern California group that they had formed a group in the same time frame as the Southern California group in 1982, using the same name and structured around the same principles. Within a year of Maurice's article there were about a hundred such meetings identified in several areas of the United States.

Although two informal "meet-and-greet" style conferences were held in 1986 and 1987 in Bakersfield and Monterey, CA, the fellowship's first official World Services Conference was held in San Francisco in May of 1988. Thanks to a well-documented chain of events the fellowship was renamed Nicotine Anonymous in Phoenix, Arizona at the 1990 World Services Conference. As with most organizations, it becomes typical to use an abbreviated name. For our common welfare and unity, a vote at the 2000 World Services Conference in Scottsdale, Arizona decided that NicA would be the one abbreviation the fellowship would use.

Each year we hold a conference in the spring, and all members are invited to attend. This annual conference is held in various parts of the United States, depending on members who volunteer to host the event. The conference serves to strengthen us in our path to freedom from nicotine and as an official meeting to address fellowship business.

Nicotine Anonymous World Services serves a worldwide fellowship with meetings in the United States and around the world. Face-to-face meetings have been supplemented by both online and telephone meetings. There is a well-managed web site and literature fulfillment service available to the membership. The elected all-volunteer board consists of nine members and meets at least quarterly. There also are numerous coordinators who volunteer to provide specific services that help World Services fulfill our fellowship's primary purpose - "to offer support to those who are trying to gain freedom from nicotine."

NAWSO
Profit & Loss YTD Comparison
January through June

	<u>Jan - Jun</u> <u>2021</u>	<u>Jan - Jun</u> <u>2020</u>
Ordinary Income/Expense		
Income		
4000 · Donations	8,962.30	7,127.14
4100 · Literature Sales	16,289.72	9,734.62
4290 · Shipping & Handling Income	4,187.24	1,772.27
4185 · 2021 Conference	3,730.27	—
4184 · 2022 Conference	-1,000.00	—
Non Profit Income	35.50	2,578.29
Miscellaneous Income	7.79	.79
Sales of Product Income	2,260.63	309.65
Total Income	\$34,473.45	\$21,524.34
Total Cost of Goods Sold	\$9,744.84	\$4,874.32
Gross Profit	\$24,728.61	\$16,650.02
Expenses		
6000 · Office Expenses	13,546.39	15,767.97
6600 · WSO Expenses	-361.96	1,720.75
6900 · Other Operating Expenses	311.59	92.19
Total Expenses	\$13,496.02	\$17,714.31
Net Operating Income	\$11,232.59	\$-1,064.29
Other Income		
8000 · Interest Income	2.58	4.56
Total Other Income	\$2.58	\$4.56
Net Income	<u>11,235.17</u>	<u>\$-1,059.73</u>

BIRTHDAY CONGRATULATIONS

Bill H – 8/28/99 Paul D – 9/30/08 Kris G – 10/8/13 Wil J – 10/23/06
Tom M – 10/28/13 John N – 10/10/08 Dale K – 11/11/99 Jacques S – 12/8/12

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**



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**

Or email **newsoutreach@nicotine-
anonymous.org**

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

**OutreachCoordinator@nicotine-
anonymous.org**

**The inclusion of business names does not
represent an endorsement by Nicotine Anonymous.*

Is your group in need of newcomers? Try an Outreach project to get the word out!
For more information, email **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 outreachcoordinator@nicotine-anonymous.org

TELE-SERVANTS – ESPECIALLY NEEDED!

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

TRANSLATORS

Helps 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.

NAME & LOGO PROTECTION COMMITTEE COORDINATOR

Manages the protection of Nicotine Anonymous - its name, logo, and
associated trademarks.

To volunteer, please email chairperson@nicotine-anonymous.org

♥ 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 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

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



SevenMinutes

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



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

Individual training is available to learn this venue.

This online meeting format can also be used internationally.

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