



Seven Minutes

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

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Interested in contributing to *SevenMinutes*?

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Chairperson's Report

Happy time of renewal to our fellowship and beyond!

A call to action: Join us in the 12th Step and serve.

We need you. You are our heart and soul and the reason we exist. Our entire program runs with one contracted Office Manager and so many volunteers. Our fellowship is growing, and that means we need new insight and volunteer support. This is your program, and you get to shape the direction of it.

Currently, we need a **Website Coordinator, Public Outreach Committee Members, and Board positions for next year.** There are more positions (see page 14); listed are the most immediate needs. Your gift of time, connection, and cooperation with our fellowship helps others while enhancing our recovery, and our lives. *Please let me know if you are ready to complement your program with service.*

Back to that renewal!

I live in the great state of Minnesota, which brings an excellent winter season, if you are into that sort of thing. I moved back here on purpose, after years away. One of the reasons I chose to move back was this season of dormancy. Wintering gives us time to reflect, plan, and renew.

Change is afoot in our fellowship and on our board. I am ever grateful for all who give of themselves so that our fellowship may grow and thrive.

We said goodbye to Leslie C, former Chair-Elect, in November 2023. We are thankful for her contributions and wish her well in her exciting opportunities. We

look forward to seeing her at a meeting! We welcomed Marian D to the board as our newly appointed Chair-Elect. Marian has been a quick study and a great contributor in a short period of time. She brings with her great insight, service experience, and a true worldwide view! We are thankful she was ready and willing to jump in with her whole self!

I sang Bill P's praises in my last report and just want to thank him again as he exits stage left of the Office Manager position. He has done an excellent job and has been a great guide for our new Office Manager, Allison A.

Allison has fully realized the role of Office Manager now and we are lucky to have her. She is kind, smart, and already offering ways we can better serve our fellowship. I got the sweetest little note from Allison when I ordered a book. The tradition continues. Welcome Allison!

Each year in April, our fellowship comes together for our World Services Conference to make decisions about where our program goes next, share our experience and fellowship. It is an exciting time to dig into traditions, reconnect with friends, and grow together. What we do not talk about enough is the inspiring work that goes on behind the scenes. We have a Conference Committee that ensures we are organized and cared for, start to finish. This year it will be in an incredible place - Asheville, NC. Thank you to the committee (and all the contributing committees) for all your efforts.

I hope you join us in Asheville, where nothing could be finer than our conference!

Danelle R, NAWSO Chair

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.
8. Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.
9. A.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. Alcoholics Anonymous has no opinion on outside issues; hence the A.A. 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 and films.
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 people 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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Fear Wanted to Say No, But Gratitude Said Yes...

"Hello everyone. My name is Marian and I am a nicotine addict, and today I am chairing this meeting."

For the past 5 years, this is how I started as the chair for online meetings in VONR (Voices of Nicotine Recovery). And now I am stepping up to serve on the board of Nicotine Anonymous World Services.

I found VONR after years of desperately wanting to quit nicotine, but not being able to stop smoking. I finally recognized nicotine as an addiction. I realized I couldn't beat this on my own. Like many of our members, I had experience in other 12 Step fellowships. And, like many of our members, I thought smoking was "just" a bad habit, something I "just" had to let go of. I was so wrong.

My addiction to nicotine started 40 years ago, first with an occasional cigarette that quickly developed into full-time smoking. During the last 15 years I practiced smoking a combination of cigarettes, white-knuckle quitting and using lots and lots of nicotine patches.

This was my "routine": With a dry mouth tasting of ash and a nicotine headache, I would make the firm decision to never smoke again. I would put the cigarettes in the trash or, even better, wet them under running water.



I would put on a patch, and try hard once and for all to NOT smoke. I would feel better immediately - pretty good and proud of myself.

After a few days, I would take the patch off, because hey, I was a non-smoker, right?

But then...something would happen: a discussion, a mistake, a stressful event, a joyful event, something to worry about, something to be happy about, and off I would go to the nearest shop. I would buy a pack, smoke for a day or two and the whole cycle would start again.

Each time there was something emotional going on, I would tell myself that "it would be better to smoke than to use other substances." Of course that gave me the perfect excuse to keep using nicotine. Nicotine was my crutch, and I believed I couldn't live without it. I thought that when worse came to worse, I still had the cigarettes to go to.

Around my 50th birthday, I was blessed with a divine intervention which felt so normal, so mediocre, that I didn't immediately recognize it. It was a Monday. I was about to buy a pack of cigarettes, only to find out that the vending machine was broken. It only accepted cash money, which I didn't have on me. To this day, I am not sure what happened. Invisible hands put me back on my bike, and I rode home without cigarettes...smoher.

So, this was it. I felt this was the opening I had been waiting for. A moment given by grace. I felt blessed but also felt the urge to grab this window of opportunity with both hands and take the next step myself, because I knew there wouldn't be another chance. Online I searched for a 12 Step program for smokers and found a speaker share from a NicA member. I listened to it and related to each and every word. From there, I found Nicotine Anonymous, spoke with the NicA Office Manager in Texas and ordered the books. The pamphlet called "The Serenity Prayer for Nicotine Users" helped me through the first days. Instead of fighting the craving, I used my courage to accept it. What an insight! Why didn't this occur to me before? The word "courage" motivated me. I felt challenged. I did it.

There were no meetings in my home country, no Dutch speaking meetings

at all but fortunately, a few days later I found VONR, at that time the only place with online meetings. They were audio only, voices I heard from far away, mostly with an ocean between us - lovely, warm, welcoming voices. I felt accepted and everything these people said made sense. Experience, strength and hope was shared, together with laughter and friendship.



After a week I felt better. The nicotine was leaving my body and the physical improvement, like *Our Promises* say, was immediate. Because I mostly had been using nicotine patches, it wasn't only the coughing and breathing that improved, but my hair and skin felt better, the pain in my joints was gone as were my morning headaches. I hardly ever use painkillers anymore. I had more energy because I didn't have to spend it all on this inner fight in my mind between using and not wanting to use. I was able to trust myself again. I didn't have to hide anymore.

In between meetings I listened to the VONR Speaker Shares. There are hundreds of them on the VONR website - voicesofnicotinerecovery.com/speaker-shares. Almost daily I plugged in my ear buds, went for a half hour walk and always came back inspired. I can truly say they saved my life.

A week smoher became a month and that was enough to start chairing meetings, first as co-chair and then as chair. I have been serving as a meeting chairperson ever since, and for more than one meeting. Service prevented me from relapsing. Because of the weekly commitments, I had to show up. People were counting on me. And the thought of not being able to chair the meeting, having to admit that I had smoked, and find someone to sub for me, felt like a big hassle, a tiresome and complicated thing. I would be letting down my

continued on page 4

fellowship. So I just continued on with my quit and my service. I got involved in even more service on the intergroup level, maintaining the calendar, organizing marathons, updating the website, and finally serving as VONR's Group Conscience Chair.

I got a wonderful sponsor who I have been working with ever since. We meet weekly and have worked through the Steps and the Traditions together. It is a miracle to me that someone from another continent, another time zone, who I never met before, was generous enough to freely give me one hour of her time each week. I am paying it forward by sponsoring others. It's a way for me to keep the energy flowing through our program. I think this is how our Higher Power works. The energy of our program can't stop with me.

The program keeps revealing miracles to me. When I look back, it's not just the nicotine that I got rid of. I got rid of a lot more: anger, reactivity, feeling overly responsible. I'm working on these by practicing the Twelve Traditions, which help me to see more clearly what my responsibilities are and are not. I'm learning how to work with people, trust them, focus on my own tasks, and give other people the dignity to do their thing the best they can and make their own mistakes. This is an ongoing process, and I have to remember "progress not perfection."

I was fortunate enough to travel to the 2022 World Services Conference in Little Rock and meet my sponsor and others in person. Finally we were able to hug each other. What an amazing experience it was to have my first face-to-face NicA meeting, holding hands while saying the Serenity Prayer. I was able to travel to the first UK Convention in Luton last October and meet old and new friends, combining it with a wonderful trip through Somerset, even staying with one of the members at her house. And then, we traveled back to Holland, my coun-

try, and I offered my NicA friends a warm place at my house. I truly feel we are an international program.



Last year, on November 1st, I was asked if I was ready to step in as Board Member for the open position as Chair Elect. Was I ready? I wasn't. I said yes anyway. To be honest, it kept me awake for some nights. Chair Elect, and hopefully Active Chair for all of our fellowship? Me? It feels like a huge responsibility and so much work. Will I be able to do this? Can I manage? Is my English good enough, coming from another culture, speaking another native language? Why did I say yes?

Then, as always happens, our literature gave me reassurance. I remember it well - December 22 in the *Reflections on Freedom* meditation book. It holds this beautiful phrase: "Fear wanted to say no but gratitude said yes."

So here I am. Grateful for my life, for saying yes, and ready to step up in April as your Active Chair. I hope that, with your help, I can truly serve this fellowship.

I want to conclude with the short version of the Serenity Prayer in my Dutch:

*God, geef mij de kalmte om te accepteren wat ik niet kan veranderen
De moed om te veranderen wat ik kan veranderen
En de wijsheid om het verschil te weten*

Marian D
The Netherlands



Upcoming Phone Marathon

**May 4
"Spring Fling"**



Hosted by the Free Bridge Telephone Meeting group

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: 667-770-1474
Pass code: 207490#

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



Attention Free Bridge callers

Carrier trying to charge or block you from getting on a phone meeting?

First dial 720-844-1217
Enter access code 207490#
Then dial the work-around number

(new as of 9/2023)

518-906-1708

Follow the prompts.



Quote Corner

"I came to meetings for three years and still couldn't stop, until I finally realized it was true - I couldn't stop."

-Nicotine Anonymous,
The Book

A Smoke-Free Way...

What a glorious day to be
smoke-free,
And there's no other way I'd
choose to be.
With the support of friends
and family,
I am a lucky man,
I know you'd agree.

Still the ultimate work is up to me,
To accept smoke freedom
graciously.
Every day at a time, and steadily,
Engaging in the work so happily.



Yet all flowers and rainbows
it is not,
But to be grateful for what
I have got
is the ultimate goal that I have
sought.
Something wonderful that
cannot be bought.

Smoking cigarettes is such
misery.
Brushing aside the smoke,
now I can see.
How isolated I was, how lonely.
Smoking when I was sad, glad, or
angry.

Or just killing time, and without
much thought,
Smoking ads were such
insidious rot.

"Smoking is cool" is what I
had bought,
Until in its clutches I now was
caught.

"Here," it used to say,
"Smoke a cigarette."
Cravings for the weed had
not lessened then.
But now living my days in
a smoke-free way,
I'm doing quite well, and
that's quite okay.

Jon B
Belmont, MA

* * * * *

Applying Tradition Two...

"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."

No member of our fellowship is placed in a position of authority, so I am more confident about sharing my views while knowing I won't be ridiculed or criticized like I was growing up. All perspectives are valid, including mine. I am learning to detach from situations and people who I disagree with or who disagree with me, which creates the opening for my Higher Power to work through us.

Our program is based on mutual trust and support. Tradition Two gives me the courage to use my voice and strengths to affect change for the greater good. In my group, as with my family, my acceptance of what I cannot change increases my own and others' success. I grow re-

spect for others and myself when I patiently listen to others' opinions while waiting my turn to share my own. This practice gives our relationships "breathing room" because we respect each other's right to live our own lives.

My Higher Power is the ultimate authority in my life as well. As I nurture my relationship with the God of my understanding, I gain clarity on the kind of relationship I want with others. First, I practice treating myself with love, respect, kindness and gentleness, which helps me understand what it feels like while I'm learning how to practice these behaviors with others.

I release my expectations of getting my way by letting go of outcomes. I have finally stepped down as manager of the universe. I see my only job is to do my best and seek the guidance of a loving God. Allowing a power greater than myself to work through me helps me grow and develop healthy relationships.

Tradition Two puts me and everyone else on equal ground. By practicing this perspective I now see us as being on the same side rather than competitors. When doing service work, we practice mutual trust, hence the role is called "trusted servant." No one has all the answers or the only right way of completing tasks in a service position. We're all learning together. We trust each other and ourselves to do the best we can.

I am a trusted servant of the God of my understanding. If my HP is my true authority, and I am allowing HP to work through me, I am allowing myself humility, dignity, self-respect and self-love. While practicing these spiritual principles, I am more able to give them to others. Others are more likely to treat me with dignity and respect. We grant ourselves the freedom we all seek.

Aimee C
Voices of Nicotine Recovery (VONR)

And The Nominees Are...

by Bill H

A new committee has been added to the NAWS Policy & Procedures (P&P): the Candidate Support Committee. Now that our World Services Conferences (WSC) are hybrid, there is not always the opportunity to converse with potential Officer nominees in person at the conference. In the past, individuals may have been cornered and talked into taking on commitments without full disclosure of all the duties these positions entailed. Perhaps the excitement of the weekend propelled an individual to raise their hand before they had a chance to confer with their heart (and spouse).

A number of recent Board resignations necessitated an overhaul of the system in the hopes that full disclosure would reduce turnover rates. Because it is a three-year commitment, it should not be taken lightly and decided on a whim.

The Candidate Support Committee is intended to help NAWS attract and retain quality volunteers, while at the same time protect individuals from the stress and worry associated with taking on more than they are currently equipped to handle. Note that one of the bylaws changes passed at a recent World Services Conference was to add the wording: "It is suggested that people nominated for officers of the Board and coordinators of committees have a minimum of one year abstinence from nicotine in all forms as of the date of their appointment to the position."

Why wait until the conference weekend to consider joining the Board? If you even have an inkling or desire to serve, I encourage you to set up a no-obligation meeting with a few of the current Board officers. They will be happy to share their experience, strength, and hope as it relates to being of service to NAWS.

It would be ideal to come into the conference with at least one or two solid candidates for each role. The work to be done is plentiful and filling the vital Board roles is a priority. Our elections are not a popularity contest, and it truly is an honor and a privilege to be of service to this fellowship which has saved our lives in so many ways.

Please don't be shy about throwing your own hat into the ring. No experience necessary, but good work ethics and productive results in other endeavors usually means you will also be a huge asset to NAWS. It's teamwork that will make the dream work, and the ability to place principles over personalities is paramount.

Everyone's contribution is valuable and appreciated; however, the Board positions involve solid commitment, reliability, and enthusiasm. Gratitude is an action. And to quote Bill H, "How can you tell who is working the Steps? It's the people being of Service."



Candidate Support Committee (from the NAWS Policy & Procedures Manual)

Purpose:

Review interested nominees' abilities and availability related to each NAWS Officer Board position and create a list of qualified candidates.

Composition of the Candidate Support Committee:

The coordinator of the committee is the current Chair Emeritus, who will invite a few current or former Board members.

Roles and responsibilities:

A. Periodically call for nominations of the three officer positions utilizing our various communication channels such as our website, *SevenMinutes*,

NicA News, meeting announcements, and the Chairperson-elect's role with Intergroups. The announcement to include the description of the positions found in the P&P.

B. Engage in educating potential nominees about the process of board activities and direct them to resources such as the Bylaws, P&P, *SevenMinutes*, NicA News, and recent years' board minutes.

C. Emphasize integrity and ethics expected of a "trusted servant" in decision-making, including the principles of group conscience and placing principles before personalities.

D. Answer questions of the potential nominees by providing any clarifications as to the roles, responsibilities, and term of service related to the officer position.

E. Explain to the potential nominees the value of preparing a brief 2-3-minute overview at the Conference of why they have a desire to serve and what skills and experience they bring to the position.

F. Upon a NicA member's agreement to become a candidate, the committee provides all relevant candidate information to the Active Chairperson in preparation to have all candidates announced and voted on during the NAWS World Services Conference.

Process

Any member can nominate themselves or another person, with that person's permission, at any time prior to or at the World Service Conference. The person making the nomination will inform the NAWS Chair Emeritus of the interest in being nominated.

The Chair Emeritus will then set up a meeting to discuss roles, responsibilities, and qualifications of the role. If, after this meeting the potential nominee decides to accept the nomination, their name will be submitted to be voted on at the WSC.





Nicotine Anonymous World Services Conference is right around the corner!

Join us in person or online for the 2024 "Nothing could be finer" WS Conference in Asheville, NC April 12-14
See flyer on page 10 for details

Looking to pitch in?

Hospitality Room Request

To help save fellowship funds, please consider asking your group or Inter-group to donate items for the hospitality room or send a donation yourself if you can't attend.

Suggested donations:

(free shipping for Amazon* members)

- **\$26.99**
50 Count Ultimate Sampler Mixed Bars Cookies Chips Candy Snacks Box
- **\$26.31**
50 pcs. Frito-Lay Sweet & Salty Snacks, Variety Mix of Cookies, Crackers, Chips & Nuts
- **\$18.99**
50 pcs. The Snack Bar - Snack Care Package
- **\$9.73**
Coffee
- **\$3.99**
24 pcs bottled water – 8 oz.
- **\$4.99**
12pk flavored water
- **\$29.99**
100 paper cups with lids
- **\$35.25**
30ct Swedish Bakery Variety
- **\$22.32**
48 Honey Buns

Bring donations with you if you're driving, or if you prefer, ship to:

**Conference Co-Chair
 18 Sandon Dr.
 Asheville, NC 28804**

Questions?

Call or text El, Conference Co-Chair
 828-301-3490

**Listing of businesses used to help carry our message do not represent an endorsement by NicA.*



From the Free Bridge Telephone Group...

What one line or song title describes a part of your recovery journey?



"It's going to be a bright, bright sunny day!"

"Rocky"

"Staying ALIVE"

"Amazing Grace"

"Sweeeeet emooootions"

"I will survive"

"I'm giving you the best that I got, honey"

"Bridge over troubled water"

"Roller Coaster"

"Put One Foot in Front of the Other"

"It's amazing..."

"With the blink of an eye, you finally see the light"

"I'll be there...I'll be there...just call my name...I'll be there"

"Little miracles happen every day"

"We are Family"

"Oh, what a feeling...A feeling deep inside. Oh yeah. Oh yeah!"

"Make your own kind of music"

"Say goodbye to yesterday"

"Ain't no stopping us now"



Quote Corner

"Quitting nicotine is a personal challenge that is made easier by collaborating with others. There is hope. There is Nicotine Anonymous (NicA). By attending NicA meetings and sharing our desire to get free of nicotine with others, we find support that empowers us to live nicotine-free and improve our lives."

- from the "Freedom from Vaping Nicotine" pamphlet

**JUST
 4
 TODAY**



SevenMinutes Meditation

Our primary purpose is to offer support to those
who are trying to gain freedom from nicotine.
- Our Preamble

Before Nicotine Anonymous, support to stop smoking was mostly advice and tips, but almost always with the imperative words, "You have to really want to quit smoking." Smoking for 30 years, I had no faith I could stop or an ability to "really want to quit smoking." Nicotine was in my brain.

When I joined NicA, I heard the only requirement for membership was having a desire, no matter how small, to stop using nicotine. This was a new form of support I appreciated and needed. I was still smoking, but I was encouraged by members to **Keep Showing Up** at the meeting. I was not judged or considered less than the others. That was a new form of support. When I shared at meetings, members listened, and I was heard without crosstalk. That was a new form of support. Soon I was asked if I'd be willing to do a service for the group even though I was still smoking. All this acceptance was a new form of support.

As I listened and read, I heard we could "take what we want and leave the rest." A Higher Power could be of my own understanding and the Twelve Steps were suggestions I could work at my own pace. There was a freedom to choose. Yet again, that was a new form of support.

With these experiences, I felt safe and encouraged to work Steps One through Five so I could become entirely ready, prepared as never before, to be really willing to let go of nicotine for my first day. That day has become years of freedom and joy.

Today, I will give back to a newcomer the support I was given.

Checko M
Rosendale, NY



Heard it at a Meeting

Nicotine had me by
the throat
and its grip was an
unrelenting
chokehold.



A Simple Approach to the Twelve Steps...*

1. There's a power that wants to kill me.
2. There's a power that wants me to live.
3. Which do I want? (If you want to die, stop here. If you want to live, go on.)
4. Using examples from your own life, understand that selfishness, dishonestly, resentment, and fear control your actions.
5. Tell all your private, embarrassing secrets to another person.
6. Decide whether or not you want to live that way anymore.
7. If you want your life to change, ask a power greater than yourself to change it for you. (If you could have changed it yourself, you

would have long ago.)

8. Figure out how to make right all the things you did wrong.

9. Fix what you can without causing more trouble in the process.

10. Understand that making mistakes is part of being human. (When you make mistakes, fix it immediately if you can.)

11. Ask for help to treat yourself and others the way you want your Higher Power to treat you.

12. Don't stop doing 1 through 11, and Pass It On!

- Source unknown



*See page 2 for the official
Twelve Steps of Nicotine
Anonymous.

What Is Abstinence?

Members sometimes wonder how Nicotine Anonymous defines abstinence from nicotine. Our pamphlet titled "What is Abstinence?" addresses this important topic. Below are excerpts from the pamphlet. (To purchase the full pamphlet, see the NicA website at nicotine-anonymous.org)

"Nicotine Anonymous defines abstinence as the state when all use of nicotine ceases. Abstinence is freedom from nicotine in all forms."

"This definition is a group conscience resulting from the founding Smoker's Anonymous World Services Conference held in San Francisco in 1988 where a workshop was held on nicotine gum (the only nicotine "replacement" therapy at that time). Over the years many other forms of "replacement" have been developed. As a Fellowship, Nicotine Anonymous World Services has no opinion on any of these "replacements" nor any other method of quitting the use of nicotine, such as hypnosis, non-nicotine "replacement" therapy, medications and acupuncture."

"Regardless of the means by which individuals seek this goal, it is crucial that we encourage and support anyone who is trying to stop using nicotine in a manner consistent with the principles of our Traditions."

"Our fellowship is linked by a common purpose and message. We offer a spiritual approach to first gaining and then maintaining freedom from nicotine. If one group considers abstinence to be from the time of one's last cigarette and another from the time when the use of all nicotine has ended, we are not united. This would be particularly confusing to a newcomer who attends different meetings with conflicting views on abstinence."

"Our spiritual approach to freedom from nicotine teaches us not to

judge the methods of our still struggling members in their quest for freedom. Anyone who is still smoking, dipping or chewing, using e-cigarettes or other nicotine delivery systems or "replacement" therapies is welcome to join. However, not judging someone's journey is not the same as enabling them to limit their vision. The use of a deadly drug in ANY form is not abstinence. Some members feel that they are judging or offending others who are on the patch or using another nicotine delivery system by not recognizing them as abstinent. Those members still using nicotine in some form may feel resentful, but, in truth, many addicts have stated that the desire to receive the group's acknowledgment for abstinence is what finally propelled them to become completely free of nicotine."



From the *SevenMinutes Archives*

New behaviors and habits await us in sobriety, as the author happily describes in this piece from our December 2016 issue.

My New Morning Ritual...

About a week after I quit smoking, I read the question, "What does my ideal morning look like?" I was unable to answer. I realized I did not know what it looked like any longer. I had no vision of my smoke-free future.

For several years of my life, every morning I repeated a deadly ritual that involved a cup of coffee and a menthol cigarette. Now I was a new nonsmoker, just trying to make it through the hour. I could not contemplate ideal mornings without nicotine.

Almost 6 months later, I realize that I find each morning to be ideal, now that I do not put poison into my body minutes after opening my eyes. As it turns out, I have replaced my deadly ritual with a beautiful sacrament, a fidelity to thanksgiving.

My alarm wakes me and while the coffee brews, I lace up my tennis shoes and toss my phone and keys in a bag before heading out the door. My dog is excited. I pour a splash of coffee into my mug and take a sip before grabbing his leash and taking a deep breath of fresh air. The neighborhood is quiet as we slip down the street, sneaking away to greet the day.



The road ends with a trail around a pond as I say thank you for every gift in my life. After our jaunt around the water, we stop for a moment. The dog sniffs around while I watch the sun rise and say "danke" (thank you) in every language I know. "Gracias" for my health, my family and my friends, thank you for another day of freedom from nicotine.

For 18 years my day began with me inhaling toxic chemicals. Today my mornings start with an allegiance to gratitude. "Miigwetch" - thank you in Ojibwe!

Abby M
Minneapolis, MN

Nothing could be finer...



Asheville, North Carolina
NAWSC 2024

Nicotine Anonymous World Services Conference

April 12-14, 2024

Hybrid Online/In-person

Register & Book Hotel: nicawsc.com
Contact: conferencechair@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.

NAWSO
Profit & Loss YTD Comparison
January through December

	<u>Jan - Dec</u> <u>2023</u>	<u>Jan - Dec</u> <u>2022</u>
Ordinary Income/Expense		
Income		
4000 · Donations	22,712.74	16,748.22
4100 · Literature Sales	21,683.74	23,105.02
4290 · Shipping & Handling Income	5,907.04	6,591.28
4186 · 2022 Conference	—	1,688.44
4187 · 2023 Conference	-215.16	-1,589.00
Non Profit Income	502.33	158.01
Miscellaneous Income	17.80	15.71
Sales of Product Income	3,121.89	3,432.17
Total Income	\$53,730.67	\$50,149.85
Total Cost of Goods Sold	\$12,068.85	\$16,754.85
Gross Profit	\$41,661.82	\$33,395.00
Expenses		
6000 · Office Expenses	36,737.16	29,869.71
6600 · WSO Expenses	5,720.36	9,986.82
6900 · Other Operating Expenses	106.31	76.36
Total Expenses	\$42,563.83	\$39,932.89
Net Operating Income	\$-902.01	\$-6,537.89
Other Income		
8000 · Interest Income	6.31	7.78
Total Other Income	\$6.31	\$7.78
Net Income	<u>\$-895.70</u>	<u>\$-6,530.11</u>

BIRTHDAY CONGRATULATIONS

Rose Marie Z – 1/10/13 Lucinda P – 2/97

Martha K – 3/16/92 Sharon G – 3/21/90

Post your Nicotine Anonymous birthday in **SevenMinutes!**
Send in your first name, last initial and nicotine quit date.

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

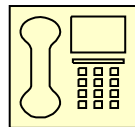
Email: **SevenMinutesEditor@nicotine-anonymous.org**

Nicotine Anonymous Meeting Options

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



Face-to-face meetings



Telephone meetings



Video Conference meetings



Internet meetings

To access NicA meeting information, visit
www.nicotine-anonymous.org
Click **Find Meeting**

Service is the Key

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

WEBSITE COORDINATOR

Regularly monitors and tests www.nicotine-anonymous.org for up-to-date information and ease of use. The committee and coordinator will post updates and/or provide revisions and approved work order needs to the web host company.



OUTREACH COMMITTEE

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

TELE-SERVANTS – ESPECIALLY NEEDED!

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



TRANSLATIONS COORDINATOR

Works with the Literature Coordinator to continue the efforts to translate our literature into other languages.

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

NICOTINE ANONYMOUS MEMBER GRATITUDE PROGRAM



My Gift of Gratitude

Where would we be without Nicotine Anonymous?

(Probably still using nicotine.)

If 200 nicotine addicts or groups donated \$10 a month each, the organization we depend on for our freedom from nicotine would make its monthly operating expenses and have more resources for public outreach.

Many of us are blessed with the opportunity and happy to give back with **"MY GIFT OF GRATITUDE."**

WAYS TO DONATE

- **On our website: www.nicotine-anonymous.org/gift-of-gratitude**
- **Mail your donation directly via paper check:**
Nicotine Anonymous World Services
6333 E. Mockingbird Lane, Suite #147-817
Dallas, TX 75214
- **Set up online monthly bill pay at your bank.**

Members who donate a minimum gift of \$10 per month receive a complementary subscription to our quarterly newsletter, SevenMinutes.

Whatever you give is given back to help addicts through Nicotine Anonymous.

Thank you for helping achieve our primary purpose:
to carry the message to the nicotine addict who still suffers.

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



SevenMinutes

NAWS Office
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

Need to hold a virtual Intergroup or Committee meeting?

NAWS can assist by using our video conference account to set up NicA-related meetings and providing a link to be emailed to attendees.

Contact
nicahost@nicotine-anonymous.org

This format can also be used internationally.

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

My new address and phone is:

NAME PHONE (WITH AREA CODE)

ADDRESS

CITY STATE ZIP CODE

My old address was:

ADDRESS STATE ZIP CODE