



Seven Minutes

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

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#147-817
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Chairperson's Report

Greetings! It has been a wild and crazy three months! I would like to assure the fellowship that we have an amazing group of trusted servants who work diligently behind the scenes to sustain our program - and have fun while doing it! These last months I have learned a new meaning to the phrase "I place my hands in yours because together we can do what I can't do alone."

We have a few pieces of news. First, the contract has been signed for **We Can See Clearly Now: NAWA Conference 2020**. It will be held April 24, 25 & 26 in Lancaster, PA. Save the date because this is a conference you won't want to miss. When I began looking for a venue, I thought it would be a piece of cake. There are a few conference centers that I am very familiar with, so I contacted them. Long story short, they were booked for two years! As I continued my search, even into bordering counties, I found out that Lancaster County is a mecca of sorts, not only for being in the heart of Pennsylvania Dutch country but destination weddings, sports play-offs, conferences, history, music, theatre and food. Twenty-three venues later, we secured the Holiday Inn for \$109 per night, including a full buffet breakfast. The Save the Date flyer will be on our website soon.

Ed T and Steve M walked alongside me every step of the way - Facetime, phone, text, emails. What a team. As we ran into several glitches, we reached out to others who might know what we weren't sure about. Our office manager, Teresa I, is Miss Speedy when it comes to answering emails, sometimes a dozen in a day. I so appreciate the quick responses.

All whom we asked were most gracious with their time and suggestions. My heart is overflowing with gratitude.

And the conference committee is beyond my wildest dreams! Someone would talk to someone who said the conference is going to be in PA, and wah-lah! I had people calling and emailing saying they want to help, asking what they can do. I had amazing offers, things we needed but didn't even know we needed. I am so excited to hear the enthusiasm for service. A few have offered to come a day early to help stuff packets or do whatever needs done to prepare for the conference. Another offered to provide transportation to and from the Harrisburg International Airport.

The first NAWA 2020 Conference Committee call is Friday, August at 8:00 EST. All are welcome. If anyone who wants to be on the committee has not given me your email, please do so. Then I will notify Chick P to send emails with invites to the program we use for video conferencing. (Chick sets up the meetings and will train anyone who wants to learn how to navigate this technology—see page 16.)

Another piece of big news is John O has agreed to serve as an officer-at-large in the role of secretary emeritus, as our secretary emeritus has needed to resign. John was willing to dust off the cobwebs of past board service and serve the remainder of this term.

The last piece of news is our website. Jeanette S has graciously taken on tweaking the site to make it more user-friendly, and...drum roll please...she is sprucing up the Archives folder. We have such a rich history, beyond just the recorded meeting minutes, so we are

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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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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.

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

I Need the Sunshine and the Rain...

I started smoking when I was about 15 or 16. I was trying to fit in or be "part of" because I felt that I would be rejected. I think most addicts have the "not enough" syndrome. You know, where we think we are not enough — not pretty enough, not smart enough, not enough money, not enough something. Count me as one of those addicts.

I bummed cigarettes from everyone until I was about 20 years old when I got a job, my own apartment and had a kid. When I started buying my own cigarettes, I became obsessed with smoking. Smoking cigarettes was the very first thing I did in the morning and the very last thing I did at night. I smoked after every meal, I even smoked when I was sick with the flu and had a sore throat. I smoked through every feeling - glad, sad, scared, confused and mad. When I was happy, I smoked as part of the celebration. And when I was angry, the inhale was deeper and I blew the smoke at people as if they would get hurt (like I was a fire-breathing dragon setting them on fire). I went out in all types of weather to get cigarettes and at any hour. No mountain was high enough or river wide enough to keep me from my cigarettes.

After about 30 years of this behavior, I thought, "Maybe I should think about quitting because people get sick from years of smoking." I knew that smoke was toxic to living things but it wasn't urgent because my personality is the kind that I have to be drowning to think I'm in danger. It takes a lot for me to seek help. So I did start to make half-hearted attempts at quitting. I tried the nicotine patch, the gum, smoking cessation programs, I even got hypnotized. I remember times I bought loose cigarettes in hopes to cut down. It pissed me off because 1 or 2 cigarettes wouldn't quench my thirst for nicotine. It sent me right back to the pack and a half a day that I had been smoking. I would promise myself that I would quit tomorrow, over and over again, but tomorrow never came. I kept putting it off. You know how it is, life happens and I would put quitting on the

back burner.

Fast forward to 2013 - a series of events happened which led me to Nicotine Anonymous. First, I was graduating from school and everyone was focused on doing their Top 5. Number one on my list was quitting smoking because I had a growing fear of getting sick. Second, I started to develop chest pain that seemed to go down my left arm. And third, I went to an AA meeting where a woman shared that she quit smoking because of a heart attack. Not only was I in pain, but now I was scared, too. My big imagination played with my head, making me believe that I would have a stroke and spend the rest of my life living with one side of my body paralyzed if I didn't quit.

All of this pushed my wanting to quit to *needing* to quit asap, because remember, I need to be drowning before I get help. Well, I was drowning. After I got home from the meeting, I asked myself if I wanted a doctor to tell me to quit or did I want to take the initiative and help myself? I looked up Smokers Anonymous and Nicotine Anonymous popped up, so I went to a phone meeting that night. I listened and made a quit date. When the day came and passed without me quitting, I became livid. I wanted to blame someone else for me not quitting, but that's ridiculous. I started over and this time I paid more attention to the suggestions. I prayed more, meditated, and practiced H.A.L.T. I used the tools, I used the 5 D's, I became more involved and made the program a priority in my life. I became a service hog. The same assertive behavior I used to get cigarettes to smoke is the same energy I used to get my smobriety, my recovery. I didn't want to die, not like that. I started going to all the phone meetings, I started calling other members and I became an active member. I bought the literature and found out that a craving would pass whether I smoked or not. What a concept! I didn't know that nicotine was a pesticide that I was lighting and inhaling. I also learned that my smoking was creating my next craving for nicotine and that if a behavior can be learned, well then it can be unlearned as well. Finally, I quit smoking on August 31 of 2014. Hallelujah!



I don't remember when my chest stopped hurting but there is no pain since I quit smoking. It was hard but not as hard as I thought it would be. And the rewards are phenomenal. I can breathe without effort again, I have time and money to do more, I don't stink of tobacco smoke. And this program has gifted me as well. I'm more comfortable with public speaking since I get to do it regularly, I'm making friends with people all around the country, and I get fulfillment from being of service. The spiritual principles I experience are out of this world. I'm satisfied on a level that smoking could never reach. I have matured some emotionally, I'm not as sensitive as I once was — I'm not over-reacting to every slight. I'm not sitting on the couch looking at TV, hiding from life any more.

This program teaches me how to suit up and show up for whatever comes my way. The strength, serenity, and acceptance I get from working the Steps with my awesome sponsor is unmatched by anything I've found in the bottom of a cigarette pack. I get to help others live life. I love being a part of something bigger than myself.

Our Third Step Prayer says, "Keep me alert with courage to face life and not withdraw from it, not to insulate myself from all pain whereby I insulate myself from love as well." Joy and pain are like sunshine and rain - I need both.

I'm so grateful.
Thank you.

Wendy H
Kalamazoo, MI



The Long Addiction...

First time I tried to quit smoking I was 23, already eight years into the addiction, but I did not know it was an addiction. I thought it was an annoying habit I had picked up and needed to be free of its control. Dealing with the anxious pain of being without my soother, or my thumb, after 24 hours my husband begged me to go back to smoking. I was just too cranky for him, or me, to put up with.

I tried again ten years later. This time I figured I ought to include my spiritual Father and I asked for help. That Christmas, several of my friends bought me bottles of Scotch, my favorite. They were all still in my cupboards when it occurred to me that I needed to contribute something to this latest quit smoking effort, to prove I really meant it this time - so I poured all the whiskey down the drain - all FIVE bottles. Eighteen hours later, I gave up and went back to smoking. And all my Scotch was gone.

That was about the time I had attended an AA meeting, since I had a friend who badly needed to stop drinking. I bought the AA Big Book in about 1977, and got their brochures. After reading them, I realized I needed a Smokers Anonymous group. Well, there weren't any in Canada where I was living. Unbeknownst to me however, there was a glimmer of hope because a Nicotine Anonymous group was trying to start up in California.

I spent the next 20 years making every effort to quit smoking, except the effort I needed to quit permanently. Once I made three months clean, but it did not last. The first person to tick me off was the excuse I needed to go back to smoking.



During the decades that nicotine had its stranglehold on me, I found my addiction to be very embarrassing. One such event was when a non-smoking "friend" asked me to accompany her to a nearby city to visit her friends. I double-checked that these friends were not against smoking. She reassured me and shortly after we arrived at the home, I

wanted a cigarette, so I asked if I could smoke. They said I could and gave me a china saucer to use for an ashtray. Just as we were leaving, the couple said they had a gift for me. The "gift" was a brown paper bag with my cigarette ashes and butts in it. I was so humiliated. My addiction repeatedly caused me embarrassment.

In 1998 I finally found a NicA group near Edmonton, Alberta. I found it because someone put a poster in a doctor's office. I attended that NicA group in a church basement, listened abstractly as the meeting got underway, anxious to tell my story. EVERY smoker thinks they are uniquely addicted. Come to find out, all of our stories are the same - many attempts, many failures, until we find Nicotine Anonymous. It has the same Twelve Steps as Alcoholics Anonymous and shows how they apply to us nicotine addicts.

After the meeting was over, I took my newly-purchased NicA books and pamphlets and drove home - smoking, of course. But that was the last day of smoking for me. That very night as I read the NicA Book and pamphlets, I realized they were written by nicotine addicts, written with love for us, with understanding about this long addiction.

Ever since then, I have been involved with Nicotine Anonymous groups - the first one just outside of Edmonton, Alberta, then another one in Edmonton until 2010. It was in April of 2010 that I attended my first Nicotine Anonymous World Services conference in Phoenix, AZ. I was elected to the NAWA Board as Secretary for three years - the first non-American to sit on the board. Soon I married a former smoker and we started a NicA group in Niceville, Florida.

I love being a servant to support other addicts in their quest for freedom. I am so grateful to all those who came before me, and made it possible to find the only quit method that lasted - 21 years as of August 19, 2019.

Gwynn A
Niceville,
Florida



Nicotine Anonymous

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

Meeting Options:

Face-to-face meetings
Telephone meetings
Online meetings

To find face-to-face meetings:

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



For phone meetings:

Go to www.nicotine-anonymous.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.

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

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

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

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



**Upcoming Phone
Marathon Meetings**

November 21
"Turn Over a New Leaf"

November 28
"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: 218-339-2933
Pass code: 944982#

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

Save the Date!
**Nicotine Anonymous
World Services
Conference
#35**

**"We Can See
Clearly Now"**

**April 24, 25, 26
2020**

**The Holiday Inn
26 E. Chestnut St.
Lancaster, PA
17602**

Details to follow!

A Service Adventure...

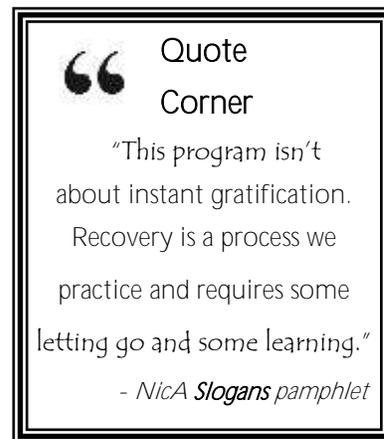
Last spring the New York Metropolitan Area Intergroup (NYMAI) received a speaker request from a 4th grade teacher in Brooklyn. Our member Martha K followed up, discovering that the request came from the students themselves who were highly motivated to learn about the topic of smoking and nicotine. Below is Martha's account:

Off I went on a beautiful spring day to PS 307 in the Vinegar Hill section of Brooklyn. I spent about an hour with a class of 9 and 10-year-olds. When I asked why they were interested in this topic, they said they knew people who smoked and vaped and were concerned about their health. They were confused about why people would smoke, knowing that it was harmful. I did my best to explain the concept of addiction to such a young audience. I also explained what it was like back in the "olden days" when people smoked EVERYWHERE, including restaurants, airplanes, and schools! They were of course incredulous. We looked up the fellowship online – both NicA World Services and NYMAI – so they would know of this resource and could share it with people they were concerned about. They performed a skit they had practiced about how it just wasn't cool to smoke or vape. It reminded me how much kids at that age LOVE to role-play and improvise.

We closed with a short meditation which I was inspired to lead when the teacher mentioned that the students are involved in a school-wide mindfulness program. The 4th graders focused on their breathing while I guided them through it. They reported feeling very relaxed afterwards!

All in all, it was a fun day and a great adventure. I was touched by their interest in helping others.

In service, Martha K
P.S. — Just as I finished writing this piece, exactly a week after my visit, I received a message from the teacher, thanking me on behalf of her students. I MEAN THE SECOND I FINISHED WRITING THIS! Co-incidence? God-incidence?



**Carrying the Message
to the World -
"Litera-ture-ly"**

Nicotine Anonymous: The Book is currently available in a Spanish edition at our website and book retailers worldwide.

COMING SOON

Nicotine Anonymous: The Book as an Italian edition, and three Russian editions:

*Nicotine Anonymous: The Book
A Year of Miracles
Step Study Workbook*

As Translations Coordinator, I collaborate with members willing to translate our literature, and then with our Print/Graphics Artist to format the books' text for our on-demand publisher.

All the above services are provided by NicA members at no cost to Nicotine Anonymous World Service.

The publishing company uses a worldwide company that prints books as they're ordered through book retailers. The printing company has facilities in several countries (including Italy and Russia) which may reduce shipping costs for non-U.S. customers.

Spread the word!
Checko M.
Translations Coordinator

*From the
Free Bridge
Telephone Group...*

For this issue, members of the Free Bridge were asked this question:

"What are you grateful for in your recovery?"

Responses:

- I quit
- My Higher Power
- The program
- Happiness
- Breath
- Hope
- Joy
- Freedom
- Confidence
- Health
- Courage
- Love and serenity



*Don't Believe the
Lies...*

If you have been in Nicotine Anonymous for a while, or even if you are a newcomer, you have probably heard about the lies from the "nicodemon." I need this awareness in order to maintain my nicotine freedom. The disease of nicotine addiction is sneaky and its power is baffling.

Here is a list of lies I have heard or thought of. A kinder description is rationalizations, but they are lies just the same.

- 1) I just want one puff. What could it hurt?
- 2) I can just run to the store for a pack. I will quit again tomorrow.
- 3) A cigarette right now would feel really good.
- 4) I am under stress today. I need a smoke to calm me down.
- 5) Everybody thinks I will never keep a quit. I might as well smoke.
- 6) I am with my friend who smokes. I will bum one.

- 7) Oh look, somebody dropped a full pack of cigarettes. Why, I can't pass this up!
- 8) I am so depressed. I need a cigarette.
- 9) A horrible thing happened. I have to have a smoke.
- 10) I can't stand this craving. I need to have a smoke.
- 11) Everyone in my group of friends smokes. It must be okay.
- 12) I know cigarette smoking is dangerous, but I don't care right now.

Get the picture? I bet you could add a few other lies to the list as well. Whew! In writing this list I could feel the power of the addiction, even though I have 2 years of nicotine freedom.

I feel blessed that I am willing to go to any lengths to stay nicotine-free today. If a lie from the "nicodemon" crosses my mind, I have to be prepared to tell it where to go (so to speak). This is recognizing my status as an addict. No matter how long I have been quit, I am not immune to these horrible tempting lies.



On a positive note, I have Twelve Steps and 5 tools - meetings, sponsorship, literature, phone calls and anonymity. I also add writing as a tool, and the 5 Ds - delay, distract, discuss, drink water and deep breathe. I have the slogans and a phone/e-mail list of recovering nicotine addicts to talk to. I do not hesitate to pray either!

I have a gratitude journal where I write 3-5 things I am grateful for each day. I always have to remember this is a program of action. What action can I take to keep myself smober? Keeping a list of the benefits of staying nicotine-free helps me a whole lot too.

We don't need to believe the lies of the "nicodemon."

*Margie L
Savannah, GA*

*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 Zoom 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



**Upcoming
Nicotine Anonymous
Events**

**Clean in the Catskills
annual retreat**

October 18 - 20
Tannersville, NY

*Sponsored by New York
Metropolitan Area Intergroup*

Annual Fall Picnic

November 3
Phoenix, AZ

Sponsored by AZ Intergroup

*For event details, see flyers at
nicotine-anonymous.org*

Chairperson's Report

continued from page 1...

collecting everything and anything NicA-related. This includes old paper flyers for Intergroup retreats, week-end events, marathon meetings, etc, that have NOT already been posted on the website. Please share in pdf form. And if this idea excites you, we are still in need of an archive coordinator. Please email your interest to: webservant@nicotine-anonymous.org Use "archives" in subject line when emailing.

Aimee C, the Daily Meditations Coordinator is still collecting stories for a second edition of "A Year of Miracles." Consider sharing your story to encourage others on the path to freedom from nicotine. (See page 11.) Your miracle may spawn a miracle for someone else. We can't keep it if we don't give it away.

There is lots of activity with literature and the newly NAWS-approved Structure Committee. Stay tuned for updates from each of those committees.

Recently several conversations have taken place about our Gift of Gratitude program. Yes, we still have this opportunity to give back to the fellowship. The gift can be given as a one-time offering or set up for a regular payment. (See page 15.)

Our next NAWS board meeting is at the annual Clean in the Catskills October retreat sponsored by NY Metropolitan Area Intergroup. They have already extended a warm welcome to us, with Michael B taking care of board meeting logistics arrangements. If you haven't been to Clean in the Catskills, this may be the year to attend. The venue is about an hour from the Albany, NY airport. Additional information is posted on the NicA website.

Thank you to all our humble servants everywhere!

Sharon C
NAWS Chairperson



~ Recovery Talks ~

with Margie L

For this issue Margie interviews long-time NicA member Gary M from Inglewood, CA, who stays nicotine-free, one day at a time.

Margie L. Hello Gary! How did you first hear about Nicotine Anonymous and Voices of Nicotine Recovery (VONR)?

Gary M. I first heard of Nicotine Anonymous from my doctor. He was trying to get me to quit and offering suggestions. I declined and finally he gave me a business card from our local NicA intergroup. I put that in my pocket and stored it for a few weeks, and finally called. That began my recovery. Then during my 5th year of going to face-to-face meetings, I learned about the online meeting option. I first joined the online group called unofficialnicanon. It was a type share kind of meeting. About 6 months later, VONR started. I have been involved since its inception.

M. May I ask your quit date and what form of nicotine you used to use?

G. I smoked 3-4 packs a day for 49 years. Needless to say I was on a death walk to the local cemetery. Thankfully I quit on November 21, 1998.

M. Please describe how you got your quit going.

G. Coming to NicA was the last building on the block. I was going to either quit or die, one way or the other. I had failed over and over again until I got to the point where I was not going to quit again. I could not stand another failure, so I resigned myself to dying from smoking. As you can see, that didn't come to pass!

When I came to NicA I went to face-to-face meetings each day and on my 8th day, I walked up to a second story building where there was a meeting. When I got to the 2nd floor, I was about ready to give my life up and forget it. I could not breathe, I was dizzy, and my chest hurt from the bronchitis I'd had for the last 9 months. I looked over the rail and thought to myself that it would be so good to fall over head-first, and not

worry about anything anymore. Then I had the thought that I wanted to live more than die. That was a light bulb moment, yet at the same time I wanted a cigarette... Insane! I went into the meeting and the secretary came very close to calling 911 when she saw me. But I kept coming to meetings, mainly because I didn't feel so alone then. I could form an identity with the members. I kept hearing just don't smoke for today. I think that is the only thing that stayed with me in the beginning. On the 11th day I quit and haven't had a cigarette since.

Was it easy? NO! It was the hardest thing I have ever attempted but it has become the best thing I have ever done. I am a walking miracle and with God's help, I shall remain so.

Whatever you are going through, you can bet somebody else has too. I liked to think I was unique but I wasn't. I was just another addict, hopelessly addicted to nicotine. I took on the adage "I smoke, I die." That says it all.

M. How have you learned to live "life on life's terms" without using nicotine?

G. Living life on life's terms to me is the ability to accept life as it comes. Having a cigarette to deal with what happens is insane. It does not fix anything, make anything better or keep me in a state of calmness. All it does is satisfy a craving and leaves me with a false sense of security. All I can do is live on my side of the street and attempt to keep it clean. When I started to concentrate on cleaning my side of the street, I noticed the other side got their act together too. Amazing, huh?

Living a day at a time is a very important concept to establish. I could never do this forever. That was one of my biggest fears. That's why I just didn't smoke for one day at a time, and then I learned to *live* one day at a time too. Yes, I was quitting for the rest of my life, but was only doing it for one day. The next day came along and I made a decision to do it for another day. I knew I had the right to change my mind each day but I was not willing to pay the price of going

continued on page 8

back to the hell of smoking. I keep going to meetings - to be reminded that I am addicted to nicotine.

M. What attitude do you now have toward the form of nicotine that made you a nicotine addict?

G. My form of nicotine was the cigarette. My attitude toward the cigs now is that they are something I can't tolerate anymore. I know the dangers of smoking first-hand and to go back to them would be insanity. I can look at a cigarette and it does nothing for me, outside of knowing the harm it would cause. It's like looking at a hot stove and knowing I can't touch it or I will get burned. I have no desire to return to nicotine. It almost took my life, and now I have 20 years of freedom. I never had it so good. I am a non-smoker today and hopefully tomorrow and into the future.

M. What did you experience during your early days of nicotine freedom that might help someone in a new quit?

G. When I quit, it was hell on wheels. I wanted a smoke in the worst way but I wanted to not smoke a little more than I wanted to smoke. I was angry at everything. I was antsy but hung on to the thought of "no matter what, do not smoke." It was gratifying to see the same members in every meeting not smoking. I would say "if they can do it, so can I." I was totally disorganized in my thinking and wondered "is this worth it?" I was told this will pass. I hung on to that thought to

see if it was true. It was!

It got better as the days rolled on, and the longer I was abstinent from nicotine, the better I liked it. I had to turn my eyes away from people smoking and walk on, holding my breath. "The urge to smoke will pass whether you smoke or not," and it did.

I started to get into service and that was a big tool for me. I also noticed that members who had long time sobriety worked the Steps in their lives. I wanted what they had and became willing to do anything I needed to do. I dealt with the obsession to smoke for some time, and had to accept that this is the way it will be for a while. Smoking had been a huge part of my life and even though I decided to not smoke, the obsession still remained. As the months rolled by it became less intense, and I noticed that the duration of those thoughts were less and less. By being in service, working the Steps, going to meetings and being a part of NicA I became free of the obsession. Wow!

M. Please describe your gratitude for having the miracle of long-term abstinence from nicotine.

G. I am grateful for a lot of things. My health has improved immensely, even though I have COPD. Yes, I have breathing problems and have been on and off oxygen in the past, but I don't cough anymore. No chest pains, no headaches, no wheezing and I sleep

like a baby. I am almost 80 now and am proud of my age, as there are countless people who have died and never experienced all that life offers. Old age is one of the experiences.

Through the years of sobriety I have learned how to communicate which has saved my marriage of almost 45 years. I am not afraid to speak my mind and sometimes it's wrong, but I have also learned how to make amends.

M. What does "work the program, you're worth it" mean to you?

G. I am not a bad person trying to be good, but a sick person trying to get well. With that thought in mind, it's to my benefit to work the program. I am worth getting well.

M. Why do you think the Twelve Steps of Nicotine Anonymous are key to our recovery?

G. I spent many years trying to quit but failed each and every time. The Twelve Steps and Traditions were my salvation. There is a saying: "Nothing changes, if nothing changes." I had to be willing to change. If I didn't, I will relapse. The Steps were the answer for me because they showed me who I really was. I had to find out who I was and what I was doing before God could restore me to sanity. I had to work the Steps to get there.

M. I appreciate your honesty, openness and willingness to share your insights with us, Gary!

*** * * REQUESTING MEMBER INPUT FOR PROPOSED NEW LITERATURE * * ***

Booklet >> [Experience Sponsorship in Nicotine Anonymous \(NicA\): Sponsors and Sponsees Share Their Experience](#)

Now through 12/1/2019 members are invited to review the current text being proposed as a booklet. Email your comments, corrections, or additions to literaturecoordinator@nicotine-anonymous.org.

For extensive digital editing, a Word Doc can be made available upon request to the Literature Coordinator. These edits are best identified by using either Tracked Changes or a document highlighting tool.

To request a hard copy, contact our Office Manager at shipping@nicotine-anonymous.org or at:
Nicotine Anonymous
6333 Mockingbird Lane, Suite 147-817
Dallas, TX 75214 USA.

All input will be reviewed by our NAWS Literature Coordinator and board members in preparation for the 2020 conference.



See next page for an excerpt of this new sponsorship booklet!

Please enjoy the following excerpt from the new proposed NicA booklet titled
**"Experience Sponsorship in Nicotine Anonymous (NicA):
Sponsors and Sponsees Share Their Experience"**

Introduction

Sponsorship is one of five *Tools* of recovery in Nicotine Anonymous (NicA). Sponsorship is how one member, especially a newcomer, receives the individual support and guidance from another experienced member. Seeking out a sponsor is not required, but we encourage it.

A sponsor is typically a member who has successfully let go of nicotine; and is willing and available to share his or her experience with a newcomer on a one-to-one basis. Becoming someone's sponsor is a voluntary service. As an experienced member, he or she has first-hand knowledge and understanding of what a newcomer may be going through. A sponsor is someone who can explain and guide a sponsee through the Twelve Steps of Nicotine Anonymous and other aspects of the program.

Getting free and staying free from nicotine is no easy task for most nicotine users. We find it best to have all the help we can. It is good to have a clear-minded and compassionate sponsor during withdrawal. It is important to be guided past the temptations and typical triggers that can occur and lead to a dreaded relapse, even after enjoying some time abstinent from nicotine.

It is suggested that you get a sponsor as soon as possible, whether you have quit using nicotine yet or not. As newcomers begin to attend meetings and listen to other members share, they can consider who they think would be a good fit as a sponsor. A newcomer can then approach and ask that member before or after a meeting, (or use the phone or email), to see if he or she is available and willing to be a sponsor.

By being a sponsor, a member has an opportunity to work Step Twelve and practice the tool of service. Members willing to be sponsors can announce and make their availability known. A sponsor offers what he or she has gained through her or his NicA experience, which is one of the best ways to keep, (or strengthen), one's own recovery. We come to believe in a Power greater than ourselves, and then serve a purpose greater than ourselves.

Working with a sponsee, a sponsor will often be reminded of what it was like when he or she was quitting. This helps a sponsor to maintain respect for this powerful drug, and gratitude for the gift of freedom he or she was given.

Nicotine Anonymous has various ways to make and stay in contact with other members. Our website provides information about them. As of this printing, there are several different formats for NicA group meetings including face-to-face meetings, internet meetings, (see the NicA intergroup, Voices of Nicotine Recovery meetings), and telephone meetings, (see the NicA intergroups Free Bridge or Primary Purpose).

There is also an internet blog, Unofficial NicAnon. There are also members who connect on social media, such as Facebook at *Nicotine Anonymous*, or *Nicotine Anonymous Brasil*.

Additionally, one can connect with the program via two pen pal formats: Email Pals and Pen Pals, (paper). These all are different ways to connect with other members who could potentially become sources of support and as sponsors.

This booklet's collection of members' experiences include: Some written in a workshop on the topic held at a World Service Conference; individual submissions sent in by members; from excerpts selected from our quarterly newsletter, *SevenMinutes*: all contributed over a period of years. It is hoped that these shares will help members understand the value of sponsorship and encourage members to be sponsors and/or become sponsees by seeking out a sponsor. As always, "take what you want and leave the rest."

Connections



Nicotine Anonymous invites you to connect with our

Penpal Program

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

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

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

Where: E-mails are sent to

PenPal Coordinator - Paper: PenPalCoordinator@nicotine-anonymous.org

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

Email Pal Coordinator: 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.



Write a Meditation For Our New Book

What a great way to do service! We're putting together a new daily meditations book and want your inspired and insightful writings about your personal experience, strength, and hope; principles of recovery based on the Twelve Steps and Twelve Traditions of Nicotine Anonymous, the NicA Slogans, or text from our literature.

You can download a template from Google Drive:

<http://voicesofnicotinerecovery.com/resources/daily-meditations-worksheet>

The text can contain 100-200 words and follows the format of our *Year of Miracles* daily meditations book. In addition to your meditation, you are welcome to include a quote at the beginning, and the concluding prayer, "Today, _____." But we are happy to find those for you as well.

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

Please note:

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

Please send your writings to dailymeditations@nicotine-anonymous.org.

Your friend in recovery,

Aimee C.

dailymeditations@nicotine-anonymous.org

NAWSO
Profit & Loss YTD Comparison
January through June

	<u>Jan - June</u> <u>2019</u>	<u>Jan - June</u> <u>2018</u>
Ordinary Income/Expense		
Income		
4000 · Donations	7,112.51	6,079.26
4100 · Literature Sales	11,678.32	14,419.40
4290 · Shipping & Handling Income	2,035.26	2,189.10
4178 · 2018 Conference	—	554.16
4179 · 2019 Conference	-1,264.04	—
Non Profit Income	10.00	0
Sales of Product Income	194.95	0
Total Income	\$19,767.00	\$23,241.92
Total Cost of Goods Sold	\$5,354.41	\$6,264.10
Gross Profit	\$14,412.59	\$16,977.82
Expenses		
6000 · Office Expense	12,818.18	11,987.87
6800 · Officer Travel & Meeting Costs	3,036.28	3,710.10
Other Operating Expenses	41.05	0
Total Expenses	\$15,895.51	\$16,353.69
Net Operating Income	\$-1,482.92	\$624.13
Other Income		
8000 · Interest Income	64.77	26.49
Total Other Income	\$64.77	\$26.49
Net Income	<u>\$-1418.15</u>	<u>\$650.62</u>

BIRTHDAY CONGRATULATIONS

John L – 9/1/12 Bill H – 8/28/99 Andy C – 6/28/09 Ron H – 10/4/99 Marguerite B – 8/6/96
Checko M – 9/7/89 Jen W – 10/17/14 Malcolm C – 11/2/01 Irene D – 10/10/09

*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

@nawsoutreach 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

OutreachCoordinator@nicotine-anonymous.org

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

Service is the Key

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

OUTREACH COMMITTEE

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



TELEPHONE SERVANTS—ESPECIALLY NEEDED!

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

PEN PAL COORDINATOR

Coordinates and connects with penpals who want to communicate via the postal service.



TRANSLATORS

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

INTERNATIONAL GROUP COMMITTEE

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

All service positions information is in the Policy and Procedures Manual (P&P)

The P&P is posted on our web site under the "About Us" tab, then click on "Archives."

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

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

Or e-mail chairperson@nicotine-anonymous.org

Rev. 11/2017

♥ My Gift of Gratitude ♥

GIVE A "GIFT OF GRATITUDE"

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

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

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

HOW WORLD SERVICES SERVES THE NICOTINE ADDICT:

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

GET A FREE SUBSCRIPTION TO SEVENMINUTES NEWSLETTER!

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

THINK YOU CAN'T AFFORD IT?

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

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

4 EASY WAYS TO DONATE!

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

1. Click on the button on the homepage of www.nicotine-anonymous.org 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



Seven Minutes

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 Chick at nicahost@nicotine-anonymous.org

Individual training is available to learn this venue.

This online meeting format can also be used internationally.

My Address Has Changed! Don't miss an issue!!! Complete this form and mail it 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 _____