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## NAWS Chairman's report . . .

I want to pound the table for our new literature. Our new book of reflections by members of Nicotine Anonymous, **A Year of Miracles**, is fantastic! It came out last spring, and I'm in my second year of reading it, day by day. It's tremendously inspiring, informative, and thought-provoking. It's 365 pages, one for each day of the year – a mini-meeting every page. The other new book is our new, 4<sup>th</sup> edition **Nicotine Anonymous, The Book**, which has a number of changes from the 3<sup>rd</sup> plus discussion of the Traditions, as opposed to a mere listing of them.

Come to the Annual Conference in Akron, April 24<sup>th</sup> – 26<sup>th</sup>, and participate in discussion of the new literature we're putting on the drawing board – step-study workbook, newcomer's guide, and story collections.

In November, I lamented the seeming dying out of the Roslyn, New York meeting, my beloved original home group. A couple of weeks later, I shared my concern with Mike B3 (OK, Huntington Mike B, to distinguish him from Islip Mike B and Wantagh Mike B). I thought, maybe someone else might succeed where I couldn't if this other person were to open the doors and to take the meeting. Huntington Mike stepped up to the plate, and took over responsibility for the meeting. He said he deeply needed such a commitment, as it would add a second meeting to his weekly schedule of NicA meetings, and it would thus aid his sobriety.

That was in early December. All of a sudden, out of nowhere, I started getting phone calls from people asking if the Roslyn meeting was still going. I said, Yes, and they started coming. Then I had the bright idea of doing a New Year's Day Open House meeting – four hours of one hour meetings, one right after the other, starting at 5:00 in the afternoon, with the last starting at 8:00. I figured people would be looking for something to do New Year's Day, if nothing else just to get out of the house, and I figured to catch some who would welcome a meeting having just made a New Year's resolution to quit using nicotine. It turned out both guesses were right – or so people who came explained. We had 15 people turn out, and most stayed for most of the four hours. This kind of turnout for a meeting which for months attracted at most myself and maybe one or two others. And I hadn't done any meaningful publicity. I've got a note on my calendar for early December this year to publicize the meeting, if by no other means than by posting flyers in libraries, church bulletin boards, and various 12-step meeting places.

I find that the fellowship – and I – grow -

**One addict, one meeting; one day, one moment, one step at a time.**

- Ladd J from Long Island, Active Chairman

### **The Twelve Steps of Nicotine Anonymous**

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

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

### **The Twelve Steps of Alcoholics Anonymous**

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

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

### **The Twelve Traditions of Nicotine Anonymous**

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

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

### **The Twelve Traditions of Alcoholics Anonymous**

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

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

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## *Nicotine, not for me...*

I'm a nicotine addict, so I don't smoke.

My parents were both smokers. They let me try a cigar when I was 12 years old. It made me choke and I got sick.

In the coming years, when the other boys sometimes tried to make me smoke with them, I didn't want to. And my parents had promised me a driver's licence if I didn't smoke till I was 18.

I left high school after six months to become a sailor, I was 17. My evenings onboard I spent with the other three boys, listening to three LPs and chain smoking. We only smoked half of our cigarette then lit a new one. We boasted of smoking 40 cigarettes a day each.

I went to sea to become a man. I was still a fearsome, immature boy when I returned to Denmark six months later. But in my mind and facade I was now an experienced man. I graduated after three years in high school. My parents gave me my driver's licence, I 'forgot' to tell them that I had been smoking out at sea, spending half of my wages on smokes.

I did not smoke for some years after returning to school. I dropped out of my studies, in chemical engineering, after six months. I started working in my father's factory. I began to smoke a cigar now and then after a good meal with a brandy - or when I needed to do some fine thinking. I had lost every interest in cigarettes, they tasted like hay, or maybe of bad conscience.

In the next 20 years, I smoked one cigar a week. When it became more I just didn't smoke for a month's

time.

Meanwhile, my father had retired. After two years I went bust with the factory. I tried to work with export/import, went bust after a year and found a job in a machine factory. It lasted six months.

My family life became more and more messy, after three young relationships where I left a child each time I decided to stay single, I kept this promise to myself, sometimes.

I lost my last job because of drinking, 35 years old. I still smoked around one cigar a week. I considered myself a non-smoker.

In the next 15 years, I travelled around Western Europe as a busker, playing my recorder in a new town every day. Free from family, free to travel, free to drink and free to smoke. My cigar became my friend more than everything else. After a few years, I was smoking all day long. I did not have a lot of showers, but when I did, I smoked in the shower, too. No singing, just smoking my big cigar.

At the age of 50, my health was so damaged that I could not even do my job as a busker. I asked for help from the City Hall and got it. Not a lot, but enough to make a kind of living. I tried to travel, but sleeping rough was too hard for me now, so my life was hell. I could not escape geographically and my alcohol did not work for me any more. I decided to stop drinking. And I tried to stop smoking, too. Four times I started unplanned drinking a few days after I quit smoking. I was caught in the trap I knew was deadly; I was addicted, which I did not know.

My physical health became worse and worse. I could not concentrate for more than 10 minutes at a time. Very often, I didn't know which day it was, and I had given up all hope when the 12 Step Program found me.

I became sober in AA four years ago. I worked the Steps. Sometimes I could hardly breathe at night and my head was spinning, confused all day. So with one year's sobriety I tried to quit smoking. The quit lasted for six hours. In these hours I almost started drinking myself as did my two sponsees. I lost all contact with my Higher Power. I smoked again for a year.

Almost two years ago, I had two years of sobriety. A f2f NicA meeting started in our small town. I had decided to stop smoking at the first meeting. I know why people call the first week in freedom 'Hell Week'. On my way home I kept saying the Serenity Prayer out loud. That helped me through the first hour. I called others in the group 3-4 times a day, each time it built up, this dreadful feeling that I might 'have to' smoke. I only got through the second day because I knew from others that I was half way through the very worst. On day four I started to believe that I might make it. It became easier.

On day seven I came out of the worst. The urge left me. I was in a dangerous mood, looking for throats to rip. I did not act on it that many times, maybe 3-4 times a day I acted as a spoiled child. It helped me a lot that I kept calling 3-4 different people in the group every day the first month, also when I felt fine.

I started working the NicA Steps with a sponsor after one month. What a

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difference! After a few months, I started forgetting about smoking. Working the Steps did for me what the nicotine had stopped doing for me (or never had done for me). I got my serenity back on a daily basis. I was helped to accepting that I'm a nicotine addict, so I cannot use nicotine.

Step work is for me a process. Life goes up and down. But my worst day now is a lot better than my best day when smoking.

Freedom is not just a word for me. Nicotine ruled my life, no tyranny could be worse, and nicotine gave absolutely nothing in return.

Now my life is governed by something else. Nicotine was ego, and self cannot overcome self, so I need help. I ask and pray for help from my Higher Power, God as I understand God. When my addiction tries one of it's 1000 dirty tricks (fears) on me, I ask for help, and get it. One day at a time.

Before the 12 Steps, my life was a more and more negative spiral going down and down down. I was hopeless and helpless.

By admitting I'm *powerless* to my addiction and addictive behavior I am *not helpless* any more. I get help - *when* I remember to ask for it.

My life is going forward now. It's simple - not always easy. But as I learn to keep it simple, it becomes easier: It works when I work it, I'm worth it. Thy Will Be Done.

Thanks for letting me share.

Jorgen  
Denmark  
~~~

*Hey gang . . .*

Today marks 10 months free of nicotine for me. Wow 10 months man how the time has flown since I passed 6 months. For all the newcomers I thought I would never get

through my first week, and the second wasn't much better. There were many hours spent online at the computer and any kind of service work I could do I was up for. Anything that kept me occupied and not thinking of that next smoke. I was very lucky at that time because I only worked 3 to 4 days a week. But just as life has a way of changing when you least expect it, so did my employment. Our store was sold and we lost 4 people working there right off the bat; we hired one, that left us 3 people short. Well, we finally got things down to a decent schedule and running pretty smoothly and the day shift gal broke her knee. So, back to the drawing board as far as time off for me was concerned. Basically, the last 2 and a half months have been a blur to me. Working long hours and moving into my new place has kept me very busy. I miss chairing meetings and meeting the newcomers in our group. I pray daily for the newcomers and the



members of our group. I may be absent in body but I am here in spirit. I cannot express my gratitude to VONR enough. I have been trying to quit smoking for over 10 years. I have tried everything in the book. Gum, patches, pills, rubber bands on my wrist that I snapped instead of smoking, and the little nicotine inhalers. In all that time my longest quit was just over 8 months.

My story is about like everyone else's. At the age of 2 I had my first pneumonia; I suffered from allergies as a child and took shots twice a week for many years. I had trouble breathing for most of my life. As a teen, I swore I would never smoke, and managed to not smoke till I hit 19, then I smoked that first one. I was hooked - you all know

the story! "I can handle it just one every now and then". It wasn't long before I was smoking a carton a week or more.

I think I may have started smoking more due to breaks at work, and everyone was doing it. Of course, you could still smoke in the break room then. Oops, telling my age a little! At the age of 32, I had been in and out of hospitals so many times I can barely remember them all. They told me then that I needed to quit, and I tried, without much luck. By the age of 37, I was told I would be dead in 10 years if I did not quit smoking. I quit that year, for about 2 months. That was in 2001 and I was hospitalized twice that year with multiple pneumonias - one in January, when I woke up in ICU to be told that I had died, and once in July, where I was put on steroids and oxygen 24 hours a day. Between the steroids and the oxygen, I became homebound, not going anywhere. Afraid to go out in case I was to expose myself to the flu and put more scars on my already damaged lungs. Of course, I took my oxygen off to smoke. Well, I managed to get my 5' 2" body up to a little over 300 pounds before I decided that if I was going to die of something, I was going to enjoy life and not sit depressed alone and isolated from the outdoors and everyone I loved by fear. That was almost 8 years ago.

I started getting out and doing things. I slowly stopped using the oxygen. I walked some at first then I started mowing our yard with my parents' ride-on mower. It wasn't long, a month or two, before I was able to mow our small yard with the push mower. It was only 100 square feet at the most, but I was moving and breathing better. I was also losing some of those pounds. I was still smoking, knowing that I needed to quit or die.

In 2002 we moved to Ky and I returned to work part time as a cashier. It was only about 18 to 20 hours a week, but I was earning money and getting better. From 2002 to 2008, I was in the hospital with pneumonia at least a dozen times or maybe more. I remember, once I was in isolation for 2 weeks

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and anyone who came in the room had to wear a mask, as did I. I could only leave the room to shower and I had to wear a mask to the shower and in the halls when I went for a walk. After that scare I was able to quit for 8 months. But I was right back to the cigarettes once again. I quit working for one company I had worked for for 3 years because I could not resist the cigarettes while working. It did not matter, I picked them back up.

In January this year I was in the hospital twice trying to fight pneumonia. When I was released, I happened onto VONR. Not sure how but I went to my first meeting, I was still smoking. I set a quit date, and something happened such that I did not keep it. It was like the 25th or 26th of January. I had found myself a sponsor and she said just keep trying. I set my quit date for Feb. 14<sup>th</sup> - I decided it was a good day for me to start loving myself instead of punishing myself with nicotine.

You see I had Step One down - I knew I was powerless over nicotine. I have known it for many years. I just hadn't realized that I was insane, at least when it came to smoking! I didn't know my life was unmanageable. I believed in a Higher Power and that he could do anything. But it hadn't dawned on me, the extent of his power to help me if I could only believe. This group gave me the support and the faith to take that step into freedom. I will not say that it was easy to work in a convenience store surrounded by cigarettes, and to live with smoking husband but I managed to get through the first few months and it started getting easier. I remember my first few nights back at work and passing behind the counter saying the Serenity Prayer; it was the only one I could think of! I would always have a cigarette before mopping the store as a "reward". I probably drove my poor sponsor insane with the phone calls that first week but she was there for me every time. One night, it dawned on me that smoking a cigarette was not a reward but a punishment. Between working the steps and this new found thought/revelation, I have remained nicotine free for 10 months now. I realize that my freedom is only avail-

able 1 day at a time and that daily I must renew my commitment to stay free of nicotine. But, with the support of this group and my Higher Power, and the lessons I learn just by listening to others who have had the same struggles, I am happy to be nicotine free. Especially now that it is 0 degrees outside and I am not standing in it with a darned old cigarette in my mouth!

So for all those just arriving know that this is the place to be if you want to be free of this deceitful and life taking addiction. It slowly drains you of life, giving only a bad taste in your mouth a strong odor to your person, and a unforgettable hacking cough each morning. So stick around and the members of this group and our higher power will lead you to nicotine freedom.

YFIR

Cindy

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## *The Program of Miracles . .*

Today, when I went through the mail of my precious fellowship Voices of Nicotine Recovery, I began to think deeply about some of the posts, and in particular one about low lying depression, which has been since childhood, and still, is my daily existential issue. That is just the way I am, I am a melancholic, and it doesn't take much for me to think that life isn't worth it.

When I look back over my life I see that, when I became a teenager and began smoking, I got at little more optimistic and thought that smoking was very smart and the melancholy became less prominent so I consider nicotine to be medicated serenity. Later, alcohol came into the picture and the melancholy became even less and so I consider alcohol to be medicated joy.

Very much later grass, hash, LSD came into the picture and new worlds opened up to me and I became fascinated with life and so I consider psychotropia to be medicated consciousness expansion. Then followed heroin, medicated meditation, then cocaine, medicated

energy, then sleeping tablets, medicated sleep, then overeating, medicated calmness and on and on it went, until the day came where I was a total slave to medication and, even worse, where it stopped working for me and started working against me.

I realized that medicine worked for me only for so long, whether prescribed by the doctor or bought in the street, so I started the long walk back to myself. I was back at square one in an attempt to find a solution to my low lying indigene depression. One day at a time I began picking up the twelve step program and, to my amazement, found that this simple program addresses any issue I have in life. In my recovery from my nicotine addiction, which started 14 years after my first encounter with twelve-step fellowships, it finally penetrated to me that the solution to my depression is to live life in the magic of the present moment.

The program says: One day at a time, but, as a nicotine addict who used to light up every twenty minutes, I couldn't live one day at a time and stay smober, because, in my initial recovery, I needed to stay sane against the insanity of my addiction calling out to me every twenty minutes. I had to live one moment at a time and gradually gather wonderful moments of presence in my own life instead of absence from my own life living behind my smoke screen.

I had been so, so scared of coming forward out from behind the smoke screen because I feared the return of my low lying depression that was always there somewhere in the background. BUT this program promises freedom, joy and serenity and, even if I have only been smober for 43 days going on 44, I have had an amazing number of moments where I felt exactly that freedom, joy and serenity. I collect those moments and let them pile up because I have discovered that I need to remember those moments and hold on to freedom, joy and serenity at all costs.

In other 12-step programs, I did discover the advantage of living

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one day at a time, just for today, without carrying all my past and all my future on my shoulders every day. In this program, I have learned to be present in the now, one moment at a time, and the miracle is that when I do that all my problems in life stop being a burden and become just another interesting experience. Also, living one moment at a time makes it possible for me to reinvent my life moment after moment, while at the same time I stick to my decisions of principle.

Presently, my most prominent decision of principle is that I don't smoke. Another decision of principle is that I work my program. Third decision of principle is that I try to stick to living in the magic of the present moment. Fourth decision of principle is that I read literature that supports my decisions of principle from wherever I may find it.

Hugs and love from  
Solvejg, Bangalore,  
India

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### *Treacherous Curves . . .*

Well, I haven't done this for a while, but feel the need to do it now. Just have to vent. Probably doesn't even matter if anyone reads it or not, I just need to say it, so, actually, I could probably just be typing in a Word doc and then delete it and that would do the trick too, but something about knowing someone else may read it and may identify with where I am or may be helped themselves is reason enough to put it here on the message board. Can we say "run-on sentence?" LOL.

Anyway, just been having some real emotional days, up, down, up, down. I know somewhere I've read about the emotional roller coaster and I believe I'm getting the privilege of experiencing it, in all its splendor YEAH!

I'm having to DO some things I don't want to do; I'm having to DEAL with some people I don't want to deal with; I'm having to FEEL some emotions I don't want to feel; I'm having to FACE some situations that I don't want to face and all of this is out of my control (God forbid). AND,

here's what Bites: I don't have the drug I used to use, and hide behind, and so desperately cling to in order to make me feel better. AND IF THAT'S NOT A CLEAR PICTURE OF "THE GRAND HOAX", I don't know what is!

AHHHH, yes, let me go purchase a 20 count pack of those little 2-3 inch papers filled with tobacco and god only knows how many other chemicals that cost anywhere from \$2.00-\$8.00 each so I can pull one out, light it up, draw all those poisons into my lungs and feel it go soaring through my body as only those poisons can, because JUST the act of doing that will in some way miraculously change the entire course of my life at this moment and take care of all the things I'm having to face. JUST the act of purchasing and consuming poison in the form of a cigarette will somehow go (POOF) and say, "There ya go, Vicki, everything is all taken care of for you now, just smoke all your problems away and don't worry, when you finish that one, there will be thousands more you can consume, because, after all, you know you can't have just one." OMG, how extraordinarily stupid does that sound!!! That doesn't even make any sense to this nicotine addict, who must be having a mental obsession right now! Actually, taking time to look at the whole damn thing in that light, almost, (I stress the word "ALMOST") makes me laugh at myself. LOL

WHEW!!! OK, I'm better already. Better for having taken the time to write this down (distract and discuss, I think I'm breathing now, too), better for having thought about my powerlessness over this drug (Step 1), better for having realized something other than myself needs to restore my sanity (Step 2) and stopping long enough to turn my will and life over to that Power for this moment (Step 3).

Well, I'm convinced, once again that this program works if you work it. I'm so grateful I found this program and have the steps, my sponsor, the meetings, the literature and the slogans that I can refer to, rely on, and relate with twenty four hours a day.

Vicki

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### *Four year anniversary...*

Four years, wow. Since 11/22/04. 1461 days free of nicotine, who wouldda thought that by quitting smoking I could make choices that would enable me to have the life I've always wanted, as close to being happy, joyous and free as I've ever been?

I was so stuck 4 years ago. Mired in muckity places of secret unhappiness with myself, secretly sure I'd end up dying of emphysema or cancer somewhere alone, smoking those damned cigs, making myself sicker and sicker. For a while I could mask these secret fears. Then they got bigger. Especially after I finally joining Nicotine Anonymous! Listening to you all made the secret fears big, huge, real and right there in front of me. They were IN MY FACE.

With the computer speakers pointed outside from the open window above me, there I was standing outside under the eave as the rain poured down soaking me, hovering over a lit cigarette to keep it dry, and smoking while listening to a NicA online meeting. Jeesh. How insane is that?

You know, a fear I have openly verbalized in my adult life has been that I'd end up in a rut, doing the same thing every day, over and over, and my soul would just shrivel up and die from the rote memorization of daily routine. Talk about a smoke screen of denial! Like my addiction to smoking wasn't doing that! HA! Day in day out, same routine all centered around smoking. I really fooled myself into thinking that as an artist, I am creative, living a different life from everyone else. Who me? In a rut? No way!



So I lit up and secretly regretted every inhale, every dime, every ash, every stinking ashtray, every time I had to hide the hideous stench. I muffled my phlegmy coughs, overlooked protesting non-smokers figuring they'd have to tough it out because I had a right to smoke. Days were wrapped around my addiction, but by the end of my smoking, it was all so secretive, my boss and co-workers didn't even know I smoked. HA! I knew. I knew all so well the pain in my left lung, the energy drain, and how deeply concerned were the people who were watching me kill myself.

So sometime in early October, I set my quit date for the Great American Smoke Out day in 2004 and began the process of getting ready for quit day. I announced it in a meeting. I began pretending I was quitting and put off lighting up the next cig for a few minutes, then a half hour, then hours. I'd put off buying the next pack. I practiced the 5 D's: Delay, Distract, Discuss, Drink Water, Deep Breathe, just to see what it felt like, what I would do instead, how I would get through the craves. It took me a few days after my announced quit day to actually put them down for good. It was a torturous few days, let me tell you! I wanted so badly what you all had. Yet the addiction had its hold. After smoking the last one, I headed to the Sunday night meeting where you all celebrated 12 minutes with me! And I have had unconditional support for my quit ever since.

The process of quitting reminds me of Indiana Jones taking that leap of faith and stepping out over the chasm, when the invisible rocks are there beneath his feet when he steps off the ledge. Faith is the substance of things hoped for, and there it was, a group of people to support me through my quit. I put the cigs down, stepped off the ledge, and the support was there.

Working Steps One, Two and Three made a big difference in my growing commitment to quit. When the craves came, I asked my HP for help, and relief from the intensity came. The crave passed. And nothing happened! I read the long version of the Serenity Prayer over and over and over. I carried it with me. And I went to any length to not light up. I practiced the 5 D's. I talked about how I felt. I drank A LOT of water. Still

do! My first few days were tough, but it got better, one day at a time. And today I've lost the weight I gained. And found love.

Today there is a sweet absence of secrets. I practice being direct, honest, having integrity, putting principles before personalities. Smoking is not an option. Hey, but I ain't takin' this quit for granted! I lost a 7 year quit to a weak moment. I know ol' nicodemon is lurking. Addiction to nicotine is insidious, slimy and underhanded, at least for me. Service work, writing, sharing, and taking time to enjoy life sure helps my serenity. What helps yours?

Blessings,

Aimee

~~~

### *My Story . . .*

I started smoking when I was a young teenager. I was curious what the fuss was all about. How I liked it – I was dizzy, felt nausea and had a lasting headache with a fuzzy taste in my mouth. But I liked it and wanted more. It was quite a shock for my family and friends as they found out. My doctor said I was allergic to cigarette smoke and I was a major spokesperson against smoking to all my friends before I tried a cigarette. I was labeled a hypocrite, but they gladly smoked with me and we shared cigarettes.

In college, I depended on cigarettes, among other things, to help me make it through. At the time I could get a carton for about \$10 and these were the only things filling up my little dorm room refrigerator freezer. Half my friends hounded me to give it up. They would tell me I was smoking "cancer sticks" and complain about the smell among other things. They actually were NOT asking me to "give up" anything; they were actually asking me to participate in life and stop this slow, time-consuming, and ultimately painful suicide. The other half of my friends would gladly sit and smoke with me for hours. We talked about deep and thought provoking topics, of which I recall none. It occurred to me that we were actually gladly avoiding the void, conflict and homework.

Regardless of the hard times smoking helped me through, it only

postponed the inevitable. Regardless of how much time and distance I tried to put between me and my life, I could not escape it. Maybe I didn't have the resources it took to live without a crutch at that time. Maybe I was too afraid or hurt to find out. I can't beat myself up for the past. It does not help me today. It did not help me yesterday either.

Today, all I can do is start with what I have today and what I need to do today for recovery. The Twelve Steps are a great start. So many times I hear people get discouraged at meetings because miracles are not happening for them. My miracles are usually gifts from my Higher Power. These treasures are usually better than what I could ask for and they come according to my HP's timeline – not mine.

I have to do the leg work - my sponsor tells me so. I have to go to meetings. I have to call my sponsor or other people to get and share hope and inspiration. I have to read the literature and work the steps. My HP wants me to try. My HP is not going to grab cigarettes out of my smoking fingers. My HP is not going to incinerate the dollars I use to purchase cigarettes either. I have to do my part. It is part of growing up – the hard part.

The groups help me learn other ways I can practice my part. My sponsor is amazing and willing to help me work my program. It's my program and I have to find out what that means. My sponsor doesn't tell me what to do or how to do it, but she helps me sort it out. She shares her experience, her strength and hope with me. It's up to me to ask for what I want. It's out of my hands whether I receive what I ask for. I am thoroughly grateful for my sponsor; she is a voice of love and inspiration, and I get exactly what I need.

A few years later I've had more ups and downs, but I've been able to do it without nicotine. I feel so much better physically and emotionally. There's no more planning the next cigarette or gritting my teeth through long meetings. It truly is a gift and with all I've gained, it's true I have not given up anything at all.

Victoria B

~~~

# *Service is the Key*

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

## **PUBLIC OUTREACH COORDINATOR**

Selects and communicates ideas to promote public awareness of Nicotine Anonymous; develops and/or collects materials to assist groups to perform outreach programs; attends Officers' meetings; works with project leaders of individual projects adopted at Conferences

## **OUTREACH COORDINATOR FOR HOSPITALS**

Works with the Public Outreach Coordinator to create ideas for hospitals  
to help patients give up their dependency on nicotine

## **SNAIL MAIL PEN PAL COORDINATOR**

Respond to inquiries and match members and potential members  
who want to use this medium

## **TELEPHONE AND E-MAIL SERVANTS**

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

## **TRANSLATORS**

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

For further information about any of these service positions, please contact

Nicotine Anonymous World Services

419 Main Street, PMB #370

Huntington Beach, CA 92648

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

# Nicotine Anonymous World Services

419 Main Street, PMB #370 Huntington Beach, CA 92648 USA

Shipping 714-536-4539 Email: info@nicotine-anonymous.org Internet: www.nicotine-anonymous.org

For faster service use this form with a credit card and fax to: 714-536-4539

OR mail check or money order (US\$ Funds, only, payable to "NAWS") or credit card information to the address above

Mall To: \_\_\_\_\_ Date \_\_\_\_\_

Intergroup/Grp Name: (If applicable) \_\_\_\_\_ Grp #: \_\_\_\_\_

Name: \_\_\_\_\_ Email: \_\_\_\_\_

Address or PO Box: \_\_\_\_\_ Business \_\_\_\_\_ Residence \_\_\_\_\_

City: \_\_\_\_\_ St: \_\_\_\_\_ Zip: \_\_\_\_\_ Ph#: \_\_\_\_\_

CREDIT CARD (CK ONE)  MASTERCARD  VISA  AMERICAN EXPRESS  DISCOVER CARD

Name on card \_\_\_\_\_ Signature \_\_\_\_\_

Card # \_\_\_\_\_ Exp Date \_\_\_\_\_

Billing address \_\_\_\_\_

NEW!

ITEM#	ITEM DESCRIPTION	BOOK DISCOUNTS	QTY	Price Each	Total Price
Bk1	NICOTINE ANONYMOUS: The Book Fourth Edition	Bk 1-10 = \$9.50, 11-49 = \$8.80; 50+ = \$8.20			
Bk2	Our Path to Freedom 12 Stories of Recovery	Bk2 1-10 = \$4.95, 11-49 = \$4.60; 50+ = \$4.25			
Bk3	90 Days, 90 Ways	Bk3 1-10 = \$4.95, 11-49 = \$4.60; 50+ = \$4.25			
Bk4	Nicotine Anonymous 12 Traditions	Bk4 1-10 = \$2.50, 11-49 = \$2.00; 50+ = \$1.50			
Bk5	A Year of Miracles (A meditation for every day.)	Bk5 1-10 = \$14.00, 11-49 = \$13.10; 50+ = \$12.20			
Tape	The Book & Our Path to Freedom on tape.	Boxed Set of 4 Tapes = \$20.00		20.00	

Braille: THE BOOK & Pamphlets are also available from the Braille Institute 800-272-4563 - Ask for supervisor or Order Desk.

P-1	Introducing Nicotine Anonymous	PAMPHLET DISCOUNTS P-1 to P-14			
P-2	The Serenity Prayer for Nicotine Users	under 100 pcs.	No Discount	.20 ea.	
P-2B	The Serenity Prayer for Smokers(Spanish)	100-499 pcs.	Any Combination	.18 ea.	
P-3	A Nicotine User's View of the Twelve Steps	500-999 pcs.	Any Combination	.16 ea.	
P-4	Tips for Gaining Freedom from Nicotine	over 1000 pcs.	Any Combination	.14 ea.	
P-5	To the Newcomer & Sponsorship				
P-6	To the Medical Profession				
P-7	Facing the Fatal Attraction	<b>SHIPPING &amp; HANDLING</b>			
P-8	Our Promises	If order subtotal is:	Then postage is:		
P-9	To the Dipper & Chewer	under \$2.01		1.00	
P-10	Slogans	\$2.01 to \$4.99		1.50	
P-11	What do NAWS and Intergroup Services do for me	\$5.00 to \$28.99		8.00	
P-12	Nicotine Anonymous The Program and The Tools	\$30.00 & Over		\$8.00 + 6% of total	
P-13	Are You Concerned about Someone Who Smokes or Chew				
P-14	How Nicotine Anonymous Works				
B-L	The By-Laws of Nicotine Anonymous				1.00
Cds	Nicotine Anonymous Business Cards			100	5.00
Dir	Worldwide Meeting Directory				1.00
Pea	Public Service Announcement as an MP3 file		Via email only		FREE
	SubTotal			XXX	XXXXXXX
	Sales Tax (California Residents Only) 7.75% times SubTotal			XXX	7.75%
	Shipping & Handling (See Shipping & Handling Chart Above)			XXX	XXXXXXX
stk	Meeting Starter Kit (Limit 1 per Individual; 5 per Intergroup.)				FREE
7-Min	SEVEN MINUTES Subscription Complete Order Form Below				
	DONATION (Thanks for supporting NAWS in our effort to help those who still suffer)				XXXXXXXX
	GRAND TOTAL in US\$				XXXXXXXX \$

## SEVENMINUTES Order Form

## CHECK OUT OUR NEW LOW MULTI-YEAR RATES!!!

SEVENMINUTES is a quarterly publication of NAWS news, articles and letters - "a meeting on a page." Your subscription will get you four issues plus the regularly updated Worldwide Meeting Schedule. You will also help SEVENMINUTES continue as the network among groups around the world.

	Subscription Rates	U.S.	Canada	Overseas
___ New Subscription		\$9	\$11	\$14
___ Renewal	1Yr	\$9	\$11	\$14
___ Address Change	2Yrs	\$17	\$19	27
	3Yrs	\$25	\$27	39

Mall To: Name: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 City: \_\_\_\_\_ St: \_\_\_\_\_ Zip: \_\_\_\_\_ Tel: \_\_\_\_\_

VISIT  
OUR  
ONLINE  
STORE

If form is older than 6 months, write to us for an updated one or visit our website to download a new version. Rev. 11/01/08

**NAWSO**  
**Profit & Loss Prev Year Comparison**  
**January through December 2008**

	<u>Jan - Dec</u> <u>08</u>	<u>Jan - Dec</u> <u>07</u>	<u>\$ Change</u>	<u>%</u> <u>Change</u>
<b>Ordinary Income/Expense</b>				
<b>Income</b>				
4000 · Donations	7,279	7,083	196	3%
4100 · Literature Sales	39,659	36,905	2,755	8%
4290 · Shipping & Handling	5,036	5,484	-447	-8%
4299 · Conference Profit (Loss)	4,438	2,011	2,426	121%
Total Income	56,413	51,483	4,930	10%
<b>Cost of Goods Sold</b>				
5000 · COGS	21,515	20,896	619	3%
Total COGS	21,515	20,896	619	3%
<b>Gross Profit</b>	34,898	30,587	4,311	14%
Gross Profit % to Income	62%	59%		
<b>Expense</b>				
6000 · Office Expenses	21,975	32,474	-10,499	-32%
6600 · WSO Expenses	10,645	9,963	682	7%
Total Expense	32,620	42,437	-9,817	-23%
<b>Net Ordinary Income</b>	2,278	-11,850	14,128	-119%
<b>Other Income/Expense</b>				
Other Income				
8000 · Interest Income	877	71	807	1143%
Total Other Income	877	71	807	1143%
Other Expense				
8030 · Interest Expense	12	485	-473	-98%
Total Other Expense	12	485	-473	-98%
Net Other Income	865	-414	1,280	-309%
<b>Net Income</b>	<b>3,143</b>	<b>-12,264</b>	<b>15,408</b>	<b>-126%</b>

**NAWSO**  
**Balance Sheet**  
**As at 31 December 2008**

	<u>31-Dec-</u>	<u>31-Dec-</u>	<u>\$</u>	<u>%</u>
<b>ASSETS</b>				
Current Assets				
Checking/Savings				
1000 - Wells Fargo Checking	18,082	9,981	8,101	81%
1040 - Certificate of Deposit	<u>0</u>	<u>20,000</u>	<u>-20,000</u>	<u>-100%</u>
Total Checking/Savings	18,082	29,981	-11,900	-40%
Accounts Receivable				
1200 - Accounts Receivable	159	104	55	53%
1210 - Advances to Conference	<u>1,000</u>	<u>500</u>	<u>500</u>	<u>100%</u>
Total Accounts Receivable	1,159	604	554	92%
Other Current Assets				
1300 - Inventory Asset	29,702	16,180	13,521	84%
1330 - Advance to Fulfillment	400	400	0	0%
1340 - Prepaid Expenses	2,118	0	2,118	100%
1390 - Undeposited Funds	<u>188</u>	<u>735</u>	<u>-547</u>	<u>-74%</u>
Total Other Current Assets	32,408	17,315	15,092	87%
Total Current Assets	51,649	47,900	3,747	8%
Fixed Assets				
1500 - Computers	1,781	1,781	0	0%
1510 - Accumulated Depreciation	<u>-1,781</u>	<u>-1,397</u>	<u>-384</u>	<u>-28%</u>
	0	384	-384	-100%
<b>TOTAL ASSETS</b>	<u>51,649</u>	<u>48,284</u>	<u>3,363</u>	<u>7%</u>
<b>LIABILITIES &amp; EQUITY</b>				
Liabilities				
Current Liabilities				
Accounts Payable				
2000 - Accounts Payable	<u>1,421</u>	<u>1,087</u>	<u>334</u>	<u>31%</u>
Total Accounts Payable	1,421	1,087	334	31%
Other Current Liabilities				
2200 - Sales Tax Payable	<u>588</u>	<u>703</u>	<u>-114</u>	<u>-16%</u>
Total Other Current Liabilities	588	703	-114	-16%
Total Current Liabilities	<u>2,009</u>	<u>1,790</u>	<u>220</u>	<u>12%</u>
Total Liabilities	2,009	1,790	220	12%
Equity				
3005 - Reserve Account	20,000	20,000	0	0%
3020 - Unrestricted Net Assets	26,495	38,759	-12,264	-32%
Net Income	<u>3,143</u>	<u>-12,264</u>	<u>15,407</u>	<u>126%</u>
Total Equity	49,638	46,495	3,143	7%
<b>TOTAL LIABILITIES &amp; EQUITY</b>	<u>51,647</u>	<u>48,285</u>	<u>3,363</u>	<u>7%</u>



# Nicotine Anonymous World Services Conference XXIV Akron, Ohio April 24-26, 2009

Quality Inn & Suites Richfield • 4742 Brecksville Rd., Richfield, Ohio 44286  
Book Online or Call 1-877-424-6423 or 330-659-6151

Mention "Nicotine Anonymous" for special room rates (\$79.00 per night)

To book online go to <http://www.qualityinn.com/> and go to Richfield, Ohio as "Point of Interest"  
Rates will be honored 2 days before and after the conference.

The Quality Inn & Suites™ hotel is just 20 miles from downtown Cleveland and downtown Akron.  
Cleveland-Hopkins International Airport is 21 miles away and Akron-Canton Regional Airport is 32 miles away.  
Taxi and Limo Service is available. Please see website for more info.

Go to <http://nicawsc09.homestead.com/> for more info.

COMPLETE AND MAIL TO: Lee Christman, NicA Registration, 572 W. Market St., Suite 7, Akron, Ohio 44303  
Phone: 330-715-9288 E-mail: [LLchristman@aol.com](mailto:LLchristman@aol.com)

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY, STATE ZIP \_\_\_\_\_

PHONE \_\_\_\_\_ E-MAIL \_\_\_\_\_

\_\_\_\_\_ Yes, I am an ELECTED delegate representing the following group or Intergroup:\*  
\_\_\_\_\_ I would like a roommate\*\* \_\_\_ Male \_\_\_ Female

\*Delegates must be registered with World Services no later than March 25, 2009 NAW5 Secretary, 419 Main St., PMB #870, Huntington Beach, CA 92658; e-mail [secretary@nicotina-anonymous.org](mailto:secretary@nicotina-anonymous.org). Include name, address, phone, e-mail and group representing. PLEASE SEE REVERSE SIDE FOR MORE INFORMATION ABOUT THE DELEGATE PROCESS.

\*\*Every effort will be made to help you find a roommate. However, you will be responsible for contacting each other and making arrangements for your stay at the hotel.

<b>Registration:</b> (Cash or check only for registration, literature and merchandise at the conference.) \$25 Early Registration OR \$35 Late Registration (after 4/17/09); \$20 Two days only; \$10 One day only Non-NicA spouses and partners no charge # of registrants: _____ TOTAL \$ _____	
<b>Meals:</b> Saturday Dinner buffet \$35.00 # of adults _____ Children's \$19.95 # of children _____ Sunday Brunch buffet \$26.00 # of adults _____ Children's \$16.25 # of children _____ TOTAL MEALS \$ _____	
<b>T-Shirts: Adult Sizes:</b> 4-Color Logo Design \$15.00 each S-XXL \$17.00 each XXXL-XXXXL Final Pre-Order Date: 3-1-09	<b>Quantity</b> S _____ M _____ L _____ XL _____ XXL _____ XXXL _____ XXXXL _____ TOTAL T-SHIRTS \$ _____
After the Conference Activity: The Twelve Steps Historical Bus Tour <span style="float: right;">2:30 pm - 5:30 pm</span> Cut-off pre-registration ticket sales when bus is full. Maps furnished to anyone who wants to go on the tour on their own. <span style="float: right;">\$20.00 \$ _____</span>	
Optional Donation to World Services \$ _____ Optional Donation to NAW5 2009 Conference \$ _____ TOTAL ENCLOSED: \$ _____	

Makes checks payable to Nicotine Anonymous Conference XXIV.

Questions??? Please contact Conference Chair, Jules C. at [Jastaine@neo.na.com](mailto:Jastaine@neo.na.com) or 330-678-3753

**Why do we elect delegates?** The purpose of electing delegates is to ensure that the group conscience is served through equal and fair representation of our membership. Registered delegates receive packets of information concerning the voting items being presented, enabling them to review the materials in advance and to learn their home group's conscience prior to the conference.

**How do I learn whether my Intergroup has already selected a slate of delegates?**

The following is a list of phone numbers and websites of registered Intergroups. If you live in one of the areas listed, please contact the Intergroup for further information about becoming a delegate. If you live in an area where there is no Intergroup, your group may elect you as a delegate.

Location	Telephone	Website
ARIZONA INTERGROUP	MEETING INFORMATION: 480-990-3860	
SO CALIFORNIA INTERGROUP	MEETING INFORMATION: 800-642-0666	<a href="http://WWW.SCINA.ORG">WWW.SCINA.ORG</a>
NO CALIFORNIA INTERGROUP	MEETING INFORMATION: 415-995 1938	<a href="http://WWW.NICA-NORCAL.ORG">WWW.NICA-NORCAL.ORG</a>
SAN DIEGO INTERGROUP	MEETING INFORMATION: 619-682-7092	
GEORGIA INTERGROUP	MEETING INFORMATION: 404-244-8444	<a href="http://WWW.NICA-GA.ORG">WWW.NICA-GA.ORG</a>
CHICAGOLAND INTERGROUP (CINA)	MEETING INFORMATION: 312-458-9826	<a href="http://WWW.NICOTINE-ANONYMOUS-CHICAGOLAND.ORG">WWW.NICOTINE-ANONYMOUS-CHICAGOLAND.ORG</a>
ST. LOUIS INTERGROUP	MEETING INFORMATION: 314-832-9279	
NJ/PA INTERGROUP	MEETING INFORMATION: 201-947-3305	
NYC METRO INTERGROUP	MEETING INFORMATION: 631-665-0527	
AUSTIN INTERGROUP	MEETING INFORMATION: 512-467-2795	
HOUSTON INTERGROUP	MEETING INFORMATION: 713-827-5989	
NA INTERGROUP – NORTH TEXAS	-MEETING INFORMATION: 214-327-1633	<a href="http://WWW.NICADEFW.ORG">WWW.NICADEFW.ORG</a>
MORTHEAST OHIO INTERGROUP	MEETING INFORMATION: 330-673-6784	<a href="http://WWW.OHIO-NICA.ORG">WWW.OHIO-NICA.ORG</a>
MID-ATLANTIC INTERGROUP	MEETING INFORMATION: 410-964-2180	
UK INTERGROUP	MEETING INFORMATION: 020 7976 0076	<a href="http://WWW.NICOTINE-ANONYMOUS.CO.UK">WWW.NICOTINE-ANONYMOUS.CO.UK</a>

**How many delegates can an Intergroup vote to elect?** Each Intergroup is entitled to send one delegate for every three meetings it represents and one additional delegate for any portion thereof.

**What if my group doesn't belong to an Intergroup?** Groups that are not affiliated with an Intergroup are also eligible to send a delegate using a similar system. If there are between one and three groups not affiliated with an Intergroup, those one, two and three meetings may elect one delegate collectively to represent them. If there are more than three, those groups again may collectively send one delegate for every three meetings and one additional delegate for any portion thereof.

**Are the costs a delegate incurs reimbursable?** What are the procedures for such an election? Delegate election is done the way any other business is conducted at your local group or Intergroup. Some Intergroups reimburse their delegates for a portion of the conference expenses, but both of these aspects of delegate service are outside of the scope of World Services in keeping with our fourth tradition. However, delegate expenses are tax deductible.

**Whom can I contact for further information about this process?** If you have any question about this process, or would like additional information about forming an Intergroup in your area, please contact:

World Services Chair-Elect  
419 Main Street, PMB# 370  
Huntingdon Beach, CA 92648  
877 TRY-NICA

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

Delegates must register 30 days prior to the conference with Nicotine Anonymous World Services, Attention: Secretary using the address above, or via email at [Secretary@nicotine-anonymous.org](mailto:Secretary@nicotine-anonymous.org). The following information must be provided: Full name, Mailing Address, Telephone Number, Email Address and the Name of the Group(s) or Intergroup that delegate is representing.

# ***NICA AROUND THE WORLD***

## **UK Meetings**

Write to:  
Nicotine Anonymous  
PO Box 1516  
LONDON  
SW1H 9WT  
Tel: 020 7976 0076 (please leave a message)  
Web: [www.nicotine-anonymous.co.uk](http://www.nicotine-anonymous.co.uk)

United Kingdom meetings...

This message was posted on the online message board about meetings in the United Kingdom. To check out the NicA UK homepage go to this link.

<http://www.nicotine-anonymous.co.uk/>

If you want to start a meeting in UK, call 020 7976 0076 for a starter pack.

Service is the Key...

Only you can tell your story.

What was your life like as an active addict? What happened to get you in the door? What were your breakthroughs?

Personal stories, articles, poems, art, jokes or adds pertaining to nicotine, nicotine recovery and Nicotine Anonymous can be sent to

[SevenMinutesEditor@nicotine-anonymous.org](mailto:SevenMinutesEditor@nicotine-anonymous.org) or by snail mail to

Seven Minutes c/o NAWSO  
419 Main St., PMB #370  
Huntington Beach, CA 92648

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## **NICOTINE ANONYMOUS**

### **Nicotine Anonymous Offers Help to All Nicotine Addicts; Support Available to Those Who Wish to Stop Smoking 365 Days a Year**

Nicotine Anonymous is a non-profit, 12-step fellowship of men and women helping each other to live nicotine-free lives. Nicotine Anonymous welcomes all those seeking freedom from nicotine addiction, including those using cessation programs and nicotine withdrawal aids. The primary purpose of Nicotine Anonymous is to help all those who would like to cease using tobacco and nicotine products. The fellowship offers group support and recovery using the 12-Steps adapted from Alcoholics Anonymous.

For the millions of people who will try to quit smoking this year, Nicotine Anonymous offers ongoing support to all those who desire it for an unlimited time. Their sole focus is helping the still suffering nicotine addict 365 days a year. There are no dues or fees for Nicotine Anonymous membership as the organization is self-supporting through member contributions. The only requirement for membership is a desire to stop using nicotine.

Founded in 1983, Nicotine Anonymous has over 600 meetings throughout the United States and 35 other countries. A full list of meetings and other information is available on the Internet at <http://www.nicotine-anonymous.org>. Or write: Nicotine Anonymous, 419 Main St., PMB #370, Huntington Beach, CA 92648. Or email: [info@nicotine-anonymous.org](mailto:info@nicotine-anonymous.org)

Their toll free phone number is 877-879-6422. Books, pamphlets and other literature can be ordered at a nominal cost.

# **BIRTHDAY CONGRATULATIONS!**

Katherine B      9-25-06

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## *Birthday Announcements*

N A M E \_\_\_\_\_

The above-named member of Nicotine Anonymous stopped using nicotine  
on \_\_\_\_\_ and has \_\_\_\_\_ years of freedom!

Mail to:      Nicotine Anonymous World Services  
                 419 Main St., PMB#370  
                 Huntington Beach, Ca. 92648 USA.

OR  
                 Email to: [sevenminuteditor@nicotine-anonymous.org](mailto:sevenminuteditor@nicotine-anonymous.org)

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### ***Give Back!***

You Can't Keep it Unless You Give It Away

Nicotine Anonymous World Services is seeking servants for a variety of positions within the fellowship. Please see the contact information below if you would like to learn more about these service opportunities. Please share this flyer with your group. Remember, you have to give it away to keep it.

E-Mail Volunteers-Share your experience, strength and hope with people around the world who email us. Help them find meetings and answer questions about NicA.

Provide about thirty minutes a week from your home or office computer.  
Telephone Servants-Respond to telephone calls from people taking their first step on the journey. One day of service per week from the comfort of your own home.  
Email/Penpal Coordinator-Responsible for receiving email requests for pen pals; adding names to the email pen pal list; and sending out the list.

For further information about any of these service positions, please  
contact: E-mail~: [info@nicotine-anonymous.org](mailto:info@nicotine-anonymous.org)

Write: Nicotine Anonymous World Services  
         419 Main Street, PMB#370  
         Huntington Beach, CA 92648

## *Seven Minutes*

### **NAWSO**

**419 Main St., PMB # 370  
Huntington Beach, Ca 92648**

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#### **Publication dates and Deadlines for Submissions For 2009**

<b>Publication date</b>	<b>Deadline Date for Submissions</b>
<b>March 20</b>	<b>February 1</b>
<b>June 20</b>	<b>May 1</b>
<b>September 20</b>	<b>August 1</b>
<b>December 20</b>	<b>November 1</b>

### **My Address Has Changed!**

*Don't miss an issue!!! Complete this form and mail it to NAWSO, 419 Main St, PMB#370, Huntington Beach, CA 92648 USA. Thank you!*

*My new address and phone is:*

NAME \_\_\_\_\_ PHONE (WITH AREA CODE) \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ ST ATE \_\_\_\_\_ ZIP \_\_\_\_\_

*My old address and phone was:*

PHONE (WITH AREA CODE) \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ ST ATE \_\_\_\_\_ ZIP \_\_\_\_\_