



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

Send letters, articles, stories, poems, artwork, or other material to:

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

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

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

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

Your trusted servants,  
Lynne M - Publisher  
Chris H - Editor  
Jan W - Contributor  
Teresa I - Subscriptions

### ARTICLES & FEATURES

"Blessed, Grateful and Nicotine-Free"  
by Pat G.....Pg. 3-4  
"The Dilemma"  
By Kathy S.....Pg. 4  
"Coping with a Medical Diagnosis Arising from Nicotine Use"  
By Dave C.....Pg. 4-5  
Quote Corner.....Pg. 4  
Gratitude in Action.....Pg. 5-6  
"In Whom Do I Place My Trust?"  
By Jan W.....Pg. 6  
Heard it at a Meeting.....Pg. 6  
"Butterfly".....Pg. 7  
Seven Minutes Meditation.....Pg. 7  
"Surrender Set Me Free"  
By Chris H.....Pg. 7  
NicA Birthdays.....Pg. 11

## **Chairperson's Report**

Hello to my sisters and brothers in fellowship. The purpose of this report is usually to update the membership on the status of Nicotine Anonymous, and this letter will be no different. However, I want you to be aware of some new and upcoming developments, as well as guidelines for donating and the work that continues.

Guidelines for Donations: Members and group chairs have asked how and how much to donate to NicA. There is no hard and fast rule, nor is there a requirement. All donations to NicA World Services go towards Tradition 5, our primary purpose, and that includes outreach, publications, pamphlets and much more. The most common guideline is that groups should keep enough donated money to run their group, purchase literature and supplies and celebrate member and group anniversaries, and they should also keep a prudent reserve amount, as decided by individual group conscience. The World Services Delegates approved the following guideline: After a prudent reserve, it is suggested 40% of funds collected should go to World Services and 60% to intergroup. If there is no intergroup, everything is donated to World Services. Generally speaking, there is no reason why groups should accumulate donation money if there is no anticipated use for it. The method of donating to intergroup is decided by the individual intergroup. Donations to NicA World Services can be

made by accessing Our Store at <http://www.nicotine-anonymous.org/store.php>

or by mailing a check to:

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

Individual donations can also be made through Our Store, and there is now an even better way, especially if you want to keep a record of your donations for tax time. Please visit the My Gift of Gratitude flyer located on the front page of our website, and on page 13 of this publication. By setting up a monthly donation of as little as \$10 per month, you can make a tax-deductible contribution and have your bank keep a record of it for tax time. If only 200 members did this, we would have enough contributed to keep serving the still suffering. Right now, we have fewer than 40. Please keep in mind our 7<sup>th</sup> Tradition: we are solely supported by our own donations, "declining outside contributions."

The Work That Continues: Nicotine Anonymous continues to do the good work of carrying the message of freedom from nicotine to the still-suffering addict. We are pleased to announce that the *Nicotine Anonymous Step Study Workbook* is now available for purchase. We finally have a workbook of our own to help us grow through the 12 Steps, the foundation of our program. Look for it in on the NicA web site in Our Store. I encourage you to take advantage of this milestone, and start Step Studies in groups or in pairs with sponsors.

*The Twelve Steps of Nicotine Anonymous*

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

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

*The Twelve Steps of Alcoholics Anonymous*

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

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

*The Twelve Traditions of Nicotine Anonymous*

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

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

*The Twelve Traditions of Alcoholics Anonymous*

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

*Our Preamble*

Nicotine Anonymous is a fellowship of 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*

## *Blessed, Grateful and Nicotine-Free...*

My name is Pat and I am a recovering nicotine addict with 25 years of sobriety.

As I get older I have learned to accept how forgetful I am becoming. But there are two memories I will never forget: the night I smoked my first cigarette, and the night I smoked my last.

I became addicted to nicotine when my mother was pregnant with me in 1951. I was told I was a cranky baby, which makes sense because no one would give me a cigarette. I had to rely on second-hand smoke until my 18<sup>th</sup> birthday. It was the summer of 1970 and I had never felt such euphoria as I did the evening I smoked my first cigarette that would hold me captive for the next 19 years.

I loved smoking, I loved everything about smoking; ashtrays, lighters, menthols. I looked cool when I smoked, like those women in cigarette ads. I felt good about myself. I had confidence. I was the happiest I had ever been. I had a job and could buy my own smokes, **instead of raiding my mother's change can that she used for the laundromat. Life was good. I was now...an adult!**

I left Arizona and returned to my hometown in Texas to attend college. I lived with my grandmother who gave me money to buy cigarettes. I transferred to a college in north Texas my sophomore year, and without a job, found it difficult to support my addiction. If I ran out of money I would steal coke bottles to sell in order to buy cigarettes. I would take butts out of public ashtrays just to take the edge off the cravings that consumed my life. It was more important to smoke than to eat, sleep, or study. I loved smoking!

Without the funds to finish college, I joined the military in 1972, and spent three years in Germany. This was my

first encounter that in some countries smoking was not acceptable unless one asked permission to smoke. The first German phrase I learned was how to ask permission. I remained in the military for nine years. Cigarettes were cheap, and that made life even better.

In 1982 I went to visit my sister in California. I mentioned that if I ever quit **smoking, "they" would have to come up with a Smokers Anonymous.** She **exclaimed happily, "OH! We have that here!" "Of course you do..."was my response.**

I continued to smoke for the next seven years. By 1989 my grandmother, both grandfathers, and other relatives had died from smoking-related illnesses. I had attempted to quit on numerous occasions, but now something was moving me to try again, and stay quit this time.

I found a phone number for the then called Smokers Anonymous and made the call. A nice man answered and we spoke for about 45 minutes. He shared a list of meetings in the Phoenix Metro area, and I attended my first meeting on May 1, 1989. Still smoking, I came back the next week, and the week after that. I chose May 23, 1989 (10:38pm) to smoke my last cigarette. I wanted to wake up the morning of the 24<sup>th</sup> and not light up before my feet hit the floor. **May 24<sup>th</sup> is a special day. It is my sister's birthday.**

For many years I stayed active in Smokers Anonymous, which later became Nicotine Anonymous. We had numerous meetings in our area. I supported my home group, and also attended other NicA meetings.

In 1992 I returned to active duty and was away from home much of the time. I worked on a team with other soldiers and airmen. Our job was to visit schools and speak with students about the dangers of drugs. I was tasked with teaching the alcohol and tobacco presentations. To this day I have no doubt my HP had a hand in that assignment!

I continued to go to meetings, and felt quite sure I would never smoke again. I was working three jobs, went to meetings when I could, and continued to do service work. The time came when I felt something missing, something yet to be done. I had been clean 14 years, but had neglected to get a sponsor, or work the Steps. Having been raised in a dysfunctional home where secrets were kept and bruises were hidden, the thought of asking someone for help was terrifying. I eventually summoned the courage to ask a member of our group **to "go for coffee." We chatted, and still afraid to ask, she finally said, "I will be your sponsor." Today, by the grace of God, she is still my sponsor and accepts me as I am; fears, defects, and all.**

Her first assignment for me was to work **the Steps. My first thought was, "piece of cake." (It always amazes me how much I think I know, yet in reality... have no clue.)** I worked the Steps and Traditions with my sponsor, and I continue to work them today. And each time I do, I gain more awareness of the gifts that the Steps and Traditions offer: the blessings of our fellowship, a prayer that can change an entire day, longtime members who have experience, strength and hope to share with those who are still suffering, and a Higher Power who cares, accepts, and loves us, regardless of where we are on this journey.

Without the guidance of those who have gone before me, I would most likely be 5 years away from death, the age when both my grandmother and mother died from this disease. I would be angry because I could not smoke in a restaurant. I would be resentful that a pack of cigarettes cost \$8.00. I would not be able to hike in the beauty of the desert because I would be struggling to catch my breath. And my list of grievances would go on and on as I reached for another cigarette.

As a fellowship we share our joy with others of being free from this powerful  
*continued next page*

addiction. We also share in the sorrow of members we have lost due to complications of this addiction. I often think of those members and feel an obligation to carry the message on their behalf, as well as those who still suffer.

This fellowship did for me what I could not do for myself, and I am truly grateful and blessed for the miracle of being free of this powerful addiction.

Pat G.  
Chandler, AZ

\*\*\*\*\*

## The Dilemma...

You know you have to quit smoking or some day it will kill you. But how do you conquer the hardest thing in life you have ever done?

For me, I needed to draw upon the hardest thing I ever had to get through **in my life to date, and use "the Force,"** faith and strength that I somehow mustered when my fiancé tragically and suddenly died of a massive heart attack. **I started small. I used the mantra "I'm starting to stop," and I practiced quitting.** For five months I practiced quitting by going longer in between smokes and cutting down gradually. Once in a while I would slip and have one more cigarette than my record, but I wouldn't let that discourage my progress. I kept on **"starting to stop."**

I called the Quit Smoking line. This took tremendous courage. I listened as the **counselor on the phone told me I wasn't** giving up a friend because a cigarette could not physically give me a hug. This idea made me reckon with the loss of a friend once more, because to me I was turning my back on a fantasy friend. I had to rise above this false sense of security, and I did it by remembering what it was really like to lose somebody. There are similarities. I chose to draw strength from the knowledge that I was able to overcome that fatal night.

I started attending Nicotine Anonymous meetings, which pretty much immedi-

ately helped me realize a second truth. **The quitting isn't just about tobacco;** it is about abstaining from all nicotine products, including the nicotine gum that was supplied to me through the Quit Smoking line. That was when it dawned on me why I was having such difficulty making it past the 49<sup>th</sup> hour of a quit! Once I stopped using the gum, I was able to quit for 4 days at a time. My new goal was 5 days.

My quits were just inches of growth, but I relied on them to push me further.

When I got my first 24 hour chip at a NicA meeting, you would have thought I just birthed a baby! I was so full of joy! Receiving the chips was very helpful to me because it made my quit much more tangible. I was able to hold, and feel with my hands, the ground I was breaking and the momentum I was establishing.

Every day I struggled. Every day I stayed clean by just knowing how much I would have to recover if I gave in.

On a 16 day quit, I smoked again. I realized then how strong the chemicals were, that it was not really what I wanted. I decided to start quitting again, and had to redo those 15 days all over again. I can say it was mentally hard, but my body was beginning to feel clean and I wanted that to continue. I continued to challenge myself and marked all my successes.

During this process over a 3 month period, I began to repeat a new slogan in my head:

THE MORE YOU SMOKE  
THE MORE YOU NEED TO  
THE LESS YOU SMOKE  
THE LESS YOU WANT TO

**I think it's a pretty good slogan, and it** got me through to the fourth, fifth, sixth and seventh months of sobriety.

**So here's to your health, happiness and** a worthwhile journey!

Kathy S  
Aurora, CO



## Quote Corner

"Habit is habit,  
and not to be flung out  
the window...  
but coaxed downstairs  
a step at a time."



- Mark Twain

## Coping with a Medical Diagnosis Arising from Nicotine Use...

I will never forget my reactions to hearing the doctor informing me about six years ago of my new diagnosis of Chronic Obstructive Pulmonary Disorder (COPD). This diagnosis accompanied the x-ray which showed scar tissue on the lungs; this typically results from years using nicotine-filled tobacco cigarettes. There seem to be few other known causes for this type of observed scarring on the lungs. Along with this diagnosis **came the doctor's usual medical admonition** for me to stop smoking as soon as possible.

As I recall, my initial reaction to the news of my COPD diagnosis was one of **shock. It just couldn't be! I told myself that I hadn't really smoked** that much to get this infirmity. The reality was that this diagnosis came over 30 years after I had started using nicotine on a daily basis. Of course, I could have COPD. This led to my next reaction.

I experienced denial pure and simple; I **didn't want to believe what the doctor** had told me; I thought I was dreaming this and I would somehow wake up and everything would be fine; I was just having a nightmare. Nevertheless, I could not deny the reality of my scarred lungs. I then began to think that I could be lucky and not suffer any further

*continued next page*

consequences other than the bronchitis and shortness of breath I had been experiencing every time I had a cold or upper respiratory infection. Despite the reality of this diagnosis, did I quit immediately? NO. Inexplicably, I kept smoking for over 5 more years.

The next emotion to surface was guilt that I could have done this to myself! This disease was brought on by my own reckless behavior. I had known for many years that nicotine products contained lethal substances and that prolonged ingestion via smoking addicting cigarettes could cause irreversible damage to the lungs. I had been warned frequently by doctors that I should quit ASAP. The emphysema diagnosis confirms the consequences of what the doctors had warned me of. There is no other person or cause to blame but me.

I alternated between guilt and denial until February 2013 when I decided that I would take positive steps to stop smoking. At first, I lacked confidence that this could ever take place and that I could get and stay quit indefinitely. So, I started attending Voices of Nicotine Recovery meetings online every day and I learned about the 12 Steps of Nicotine Anonymous. I gradually started to believe that I could quit by attending meetings, reading the NicA literature, gratefully doing service and confiding in a few other VONR members including my first sponsor. By early June I was feeling ready and I finally felt able to begin my quit on June 16, 2013. Thanks to my Higher Power, I have thus far stayed quit for over 18 months - one day at a time. I no longer get bronchitis; my lungs are gradually healing and I no longer smell of nicotine. I feel better with each passing day. Denial and guilt have been replaced with acceptance of my powerlessness, forgiveness of myself and belief that my Higher Power will help me stay quit - one moment at a time in the present.

*By Dave C  
Voices of Nicotine Recovery group  
(VONR)*



*A Note from Chick P,  
WSO Online Meeting*

*Coordinator:*

**Nicotine Anonymous now has a venue to conduct Board Meetings, Inter-groups, 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@gmail.com](mailto:nicahost@gmail.com) Individual training is available to learn this new venue.**



### ***Gratitude in Action...***

**We say, "Service is our gratitude in action." In our Newcomer's Booklet there is a section titled, "Hope comes from action." Such truths are these.**

This January it will be 26 years since my desperation and just enough courage got me to *Keep Showing Up* at a (then called) Smokers Anonymous meeting. At first, there were five people sitting at a table, and with much doubt I questioned: **"How in the world could these five people possibly help me stop smoking?" However, I was surprised and grateful that these five had stopped smoking some four years earlier, but had served to keep the meeting open.**

Within a few weeks of attending the meeting I was asked if I would take the door key and be responsible to set up **the meeting. I wanted to say "No way,"** but due to their welcoming acceptance of me at each meeting, I said "Okay." That was the beginning of my service. Although I would continue to smoke for several more months, I kept showing up and doing something useful such as

finding sources of literature for the group.

In 1994 I attended my first World Services Conference in New York City. Wow! I was impressed at how others had the commitment and courage to step up and serve the whole fellowship. During the year leading up to the next conference I pursued my idea of slogans for the fellowship. At that conference I discussed my ideas with the then Literature Coordinator and she asked me to become the next Literature Coordinator. Overcoming the fear, I accepted.

From that first pamphlet, creating and editing our literature has been a challenging, yet amazing personal growth experience. The latest experience has been writing the Nicotine Anonymous Step Study Workbook, which was recently published.

I know now that my first question about becoming a member had missed an essential point. It was not so much what the meeting and its members could do for me, but what I could do for the meeting and its members that would help me to live without using nicotine. Yes, shades of John F. Kennedy I suppose, but no less true. Service has been one of the best tools for me to realize - *It works if you work it.*

When World Services initiated Email Servants, I volunteered and that service has also enabled me to make connections with people around the world who became members (or volunteers) who I worked with to generate translations of NicA literature. Translated materials in 16 different languages are available on our web site.

There are times when service feels like a responsibility that is merely burdensome or aggravating. However, over time, my NicA responsibilities have improved my **ability to respond to life's experiences.** One of my favorite slogans is *Lengths Become Strengths.*

I never forget that the welcoming

*continued next page*



acceptance of those original members from my first home group moved me past my fear and reluctance to serve and eventually live nicotine-free. **Maintaining and improving NicA's welcoming acceptance of newcomers will remain a primary motivation in whatever service work I can provide.**

We have Our Preamble along with our Twelve Steps and Twelve Traditions as guiding principles so that our actions may create hope for ourselves and others still suffering from this addiction. Nicotine does not discriminate and can addict anyone from anywhere. As a World Services staff member I need to be ever-mindful of the global diversity of people and cultures. Our welcoming acceptance needs to serve that reality.

Yes, my service is my gratitude in action, but also, my gratitude comes from this opportunity to serve. It has been an enduring cycle of energy and inspiration that sustains me. With it comes the hope that comes from action. Hope is a healer and essential to maintain my ongoing recovery. To share my experience, strength, and hope is to say, "To offer service is to realize a gratitude and joy that nicotine never gave me."

Checko M  
Rosendale, NY

\*\*\*\*\*

### **Want to get involved with outreach?**

Consider attending the monthly teleconference meeting of the NicA Outreach Committee.

**When:** 3rd Saturday of the month  
**Time:** 12:00PM EST

To attend, call **1-218-339-8984**  
PIN: 1471471#

For more information, contact the Outreach Coordinator at:  
[OutreachCoordinator@nicotine-anonymous.org](mailto:OutreachCoordinator@nicotine-anonymous.org)

### *In Whom Do I Place My Trust?*

In 2006, I had been on a nine-month quit when I went to the doctor complaining of heartburn. She felt my tummy, looked alarmed, and said, "That isn't fat; that's hard!" She sent me the next day for a CT scan. The technician took it and said she'd be right back. She was gone quite a few minutes, and when she came back, she said that the doctor wanted to take more scans.

I went home frightened to death. What was inside of me?! I tried to call my sponsor. She wasn't available. I called a friend in the program with a long quit time. She said she was in a meeting and would have to call me back later. I went to the drugstore and bought a pack of cigarettes and a lighter. I smoked. I felt much relief. The fear came back in one minute, but that one minute of peace was what I wanted, or so I thought. So much for a nine-month quit.

The next day the doctor called. I would need major abdominal surgery. I put out my cigarette and stopped smoking. I was now more terrified than ever, but I told myself that I didn't want to be one of those losers carrying around an IV pole with a catheter bag to go outside and smoke.

I went through the surgery just fine, but as I lay in the hospital bed, I kept thinking that the first thing I would do when I got home was smoke. I wasn't craving a cigarette. It was just sort of a dreamy pleasant thought. But that's exactly what I did. And I smoked and smoked and smoked.

During all that time, I never prayed. I never turned to my Higher Power. A cigarette seemed like a "sure thing" to get rid of the fear, and God was too distant and too slow. So what if the relief was short? I could just light up another cigarette, not that the second one or those after it helped much, but I was hooked.

### Heard it at a meeting

"Freedom from the nicotine is the entrance to the amusement park; The Steps are the ticket for the rides!"

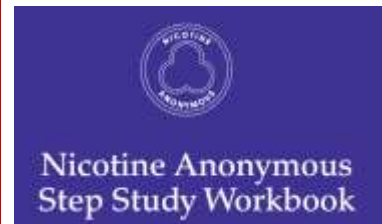


Fast forward to 2010. I was in a 90-day quit, and went for a mammogram. They asked me to come back the next day for more pictures. I prayed. By then I had finally gotten it through my thick head that short-lived "relief" was no relief at all. I had learned by working the program and from experience that the comfort and guidance my Higher Power offered was infinitely greater than any cancer stick. To make a long story short, the diagnosis was breast cancer. When the doctor phoned to tell me, I simply felt the hand of my Higher Power on my shoulder - comforting me, seeing me through. I was not afraid.

Now it's four years later and I'm still quit. Now I know that if I feel fear, anger, heartbreak, desperation, or anything else, the *real* relief comes from a profound faith in my Higher Power, a faith that I nurture every day of my life.

Jan W  
VONR group

**NEW! NEW! NEW! NEW!**



\$15  
Now available in Our Store  
at  
<http://www.nicotine-anonymous.org/store.php>

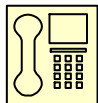
Nicotine Anonymous  
The only requirement  
for membership is a  
desire to stop using nicotine.

Meeting Options:  
Face-to-face meetings  
Telephone meetings  
Online meetings

To find face-to-face meetings:  
Go to [www.nicotine-anonymous.org](http://www.nicotine-anonymous.org)  
Click on Meetings and search by state.



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



For online meetings:

Go to [www.nicotine-anonymous.org](http://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 spe-  
cific posts or files.  
Unofficial Nicanon has "Type Share"  
meetings. It can be found at:  
[https://groups.yahoo.com/neo/groups/  
unofficialnicanon/info](https://groups.yahoo.com/neo/groups/unofficialnicanon/info)  
Voices of Nicotine Recovery has "Voice  
Share" meetings using a free chat service  
that can be downloaded. It can be found at:  
<http://voicesofnicotinerecovery.com>  
This site also has other helpful information  
about nicotine addiction and links to prior  
speaker shares.



## Butterfly...

I was sitting here today wondering  
what my writing topic would be. Then  
I looked at the walls in my room and  
saw the flowers I made from medi-  
cine cups, and the butterflies I made  
from mail order catalogs. Then it hit  
me... THAT'S MY TOPIC!

A butterfly used to be crawling  
around as a caterpillar, eating  
through leaves and whatever else.  
THEN... the caterpillar stopped and  
was in a cocoon. The caterpillar never  
reappeared; instead it became a but-  
terfly.

I am that butterfly that used to be  
walking around going from one thing  
to another. Just smoking whatever!  
Then I got help. It was hard! I was in  
my cocoon, so to speak, as I was  
going through those terrible with-  
drawals and constant cravings!

Now as my eyes have been opened,  
I can look at my life from a better  
view, like a butterfly. I can see the  
beauty of all the help I have received  
so far, and how far I have come - still  
going strong, one day at a time!

I can now smell the fresh air, and can  
enjoy my freedom from the bondage  
of nicotine...one day at a time. A  
butterfly was made from a caterpil-  
lar...and the butterfly lives on in free-  
dom from bondage. I used to be a  
smoker. Then I found help! God/ My  
Higher Power helped me find Nicotine  
Anonymous. Now I choose to be free  
from bondage. Now I can help others  
as a non-smoker! I know bondage,  
and... I know freedom. I CHOOSE  
FREEDOM!

Kendra  
VONR group



## Seven Minutes Meditation

My imperfections  
and failures are as much  
a blessing from God as  
my successes  
and my talents,  
and I lay them both  
at His feet.



- Mahatma Gandhi

## Surrender Set Me Free...

An addictions counselor once told me  
"you have to surrender in order to win."  
I remember thinking that sounded  
crazy, but now I know it's one of those  
paradoxes of recovery. The only way I  
could "win" against my nicotine addic-  
tion was to give up; surrender; cry  
"uncle." Once I did that, my Higher  
Power stepped in and rescued me from  
its clutches.

It's a simple truth, yet how long it took  
me to comprehend. I kept trying this or  
that technique - switching brands, cut-  
ting back (ha ha), the nicotine gum - on  
and on, trying to fight my way to smo-  
briety. None of it worked. It was only  
when I quit trying, gave up in utter de-  
feat, that I finally got freedom. With  
that surrender 22 years ago, I got out of  
the way and HP did for me what I could  
not do for myself.

Chris H  
Phoenix, AZ

# SERVICE: A PEARL OF RECOVERY

Nicotine Anonymous World Services Conference 30  
April 24-26, 2015 · San Francisco

This year's conference in the beautiful San Francisco Bay Area of California will be held at the *Best Western Plus Grosvenor Hotel*, conveniently located near the San Francisco Airport at 380 South Airport Boulevard, South San Francisco, CA 94080.



## HOW TO REGISTER WITH THE BEST WESTERN PLUS GROSVENOR HOTEL

Reservations: 1-650-873-3200, or  
1-800-722-7141

**Group Name:** Nicotine Anonymous  
Mention the group for your special rate of **\$99 per night** plus tax for single or double occupancy, available from April 22 through April 28. This includes a buffet breakfast, waived overnight parking fees and free wi-fi throughout the hotel.

## CONFERENCE REGISTRATION

Registration is \$35 for early registration until April 1, 2015. *After April 1, 2015* the fee is raised to \$45. Non-NicA spouses and partners are welcome at **no charge**. Please fill out the form below and include a check payable to **NAWSC 30**.

Mail your registration form and check to:

**NAWSC 30**  
**2261 MARKET STREET, #229A**  
**SAN FRANCISCO, CA 94114**



## QUESTIONS AND SPECIAL NEEDS

E-mail [naws-registration@nica-norcal.org](mailto:naws-registration@nica-norcal.org)  
Phone: 510-658-5323

## CONFERENCE REGISTRATION FORM

Complete and mail with your check to **NAWSC 30, 2261 Market St., #229A, San Francisco, CA 94114.**

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ E-mail \_\_\_\_\_

### ROOMMATES

Yes I would like a roommate:  Male  Female

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

### DELEGATES

I am an elected delegate for the following group or inter-group: \_\_\_\_\_

Delegates must register with World Services by 3/24/15. E-mail [secretary@nicotine-anonymous.org](mailto:secretary@nicotine-anonymous.org) and include your name, address, phone, email and group represented. (See over for more information.)

## CONFERENCE FEE AMOUNTS

REGISTRATION		TOTALS
Early Registration \$35 (Indicate # of people):	_____ x \$35:	\$ _____
Late Registration (after 4/1/2015) \$45 (Indicate # of people):	_____ x \$45:	\$ _____
<b>MEALS</b>		
Saturday Banquet (\$45 includes gratuity) (Indicate # of people under each meal preference)	Chicken _____ Fish _____ Vegetarian _____ # of people x \$45:	\$ _____
Sunday Brunch (\$30 includes gratuity) (Indicate # of people):	_____ x \$30:	\$ _____
<b>T-SHIRTS</b>		
\$16 adult sizes S-XL (INDICATE # OF EACH)	SMALL _____ MEDIUM _____ LARGE _____ XTRA LARGE _____ _____ x \$16:	\$ _____
\$18 adult sizes XXL-XXXXL (INDICATE # OF EACH)	XXL _____ XXXL _____ XXXXL _____ _____ x \$18:	\$ _____
<b>OPTIONAL NICA DONATION (thank you!):</b>		\$ _____
	<b>TOTAL ENCLOSED:</b>	\$ _____





## Write a Meditation for a Future Nicotine Anonymous Meditation Book!

Please send your 100-200 word meditation for consideration in an email or Word file to:

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

Subject line 'NicA Meditation'

or

Attn: Daily Meditations Coordinator

Nicotine Anonymous WSO

6333 E. Mockingbird #147-817

Dallas, TX 75214

Please include your telephone number, email and snail mail address — to be used only in case we have questions. (All contact info and authorship will be kept confidential in accordance with the 11<sup>th</sup> Tradition.)

If you have a quote to match your meditation, please send it along, but it is not necessary.

We will also accept general submissions on any topic related to your freedom and recovery from nicotine and how NicA has helped you get there.

*Please note:*

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

Thank you for your service!

We appreciate your contributions!

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

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

PenPal Coordinator Email [PenPalCoordinatorEmail@nicotine-anonymous.org](mailto:PenPalCoordinatorEmail@nicotine-anonymous.org)

Coordinates and connects penpals 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.

# BIRTHDAY CONGRATULATIONS

Gwynn A — 8/19/98    Katherine B — 9/26/06  
Terry G — 10/21/14    Gary M — 11/21/98

---

---

## *Birthday Announcement*

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

OR

Email to: sevenminuteditor@nicotine-anonymous.org

*Please make copies  
of this announcement  
to share with your  
group!*

---

---

*An Outreach idea from NicA member Checko M, Rosendale, NY:*

**"As of September 1, 2014, a national drug store chain no longer sells tobacco products and will provide consultations regarding smoking cessation. I have written to their national headquarters to express my appreciation and to inform them about Nicotine Anonymous as a resource to consider. I did not need to identify myself as a Nicotine Anonymous member, which maintained my anonymity while still carrying the message.**

The letter described the availability of mutual support groups in weekly face-to-face meetings as well as internet and telephone meetings every day. The envelope also contained these pamphlets: *Introducing Nicotine Anonymous to the Medical Profession, Introducing Nicotine Anonymous, HOW Nicotine Anonymous Works, and To the Newcomer and Sponsorship.*

I am also visiting the pharmacists in my regional store to similarly inform them about NicA, along **with pamphlets and cards with our local meetings' information. My hope is that other members will consider this as an outreach opportunity for themselves as a means and with the hope of carrying our message of recovery to the still-suffering nicotine addicts."**

NAWSO  
Profit & Loss YTD Comparison  
January through September 2014

	<u>Jan - Sept</u> <b>'14</b>	<u>Jan - Sept</u> <b>'13</b>
Ordinary Income/Expense		
Income		
4000 · Donations	8,809.74	15,688.12
4100 · Literature Sales	21,182.75	29,409.29
4290 · Shipping & Handling	3,457.07	4,154.43
4297 · Conference Profit/Loss (upcoming + previous year)	2812.91	-3072.87
49900 Non Profit Income	11.90	-10.50
Total Income	<u>36,274.37</u>	<u>46,168.47</u>
Cost of Goods Sold		
5000 · COGS	<u>8,883.50</u>	<u>12,306.25</u>
5102 Inventory + Shrinkage	0	0
Total COGS	8,883.50	12,306.25
Gross Profit	27,390.87	33,862.22
Expenses		
6000 · Office Expense	16,889.59	16,076.36
6600 · WSO Expense	4,319.12	7,167.99
6900 Other Operating Expense	70.72	0
Total Expense	<u>21,279.43</u>	<u>23,244.35</u>
Net Operating Income	6,111.44	10,617.87
Other Income/Expense		
8000 · Interest Income	43.84	.91
Total Other Income	<u>43.84</u>	<u>.91</u>
8030 · Interest Expense	0	81.43
Total Other Expense	0	81.43
Net Other Income	<u>43.84</u>	<u>-80.52</u>
Net Income	<u><u>6,155.28</u></u>	<u><u>10,537.35</u></u>



# ♥ My Gift of Gratitude ♥

## Nicotine Anonymous Member Gratitude Program

Where would we nicotine addicts be without Nicotine Anonymous;  
without the literature and the support of the volunteers?

***PROBABLY STILL USING NICOTINE!***

Nicotine Anonymous has always been all about helping addicts and saving lives.  
But it has come to the point where we addicts need to give back with

***MY GIFT OF GRATITUDE***

If 200 nicotine addicts or groups shared only \$10 a month each to  
Nicotine Anonymous World Services  
then the organization we depend on for our freedom from nicotine, our literature,  
our volunteers, would make its monthly operating expenses and have more resources for outreach.

***Nicotine Anonymous World Services***

6333 E. Mockingbird Lane, Suite #147-817, Dallas, TX 75214 or call 877-TRY-NICA

### ***WAYS TO DONATE***

- ♥ Donate on our website in the online store (<https://www.nicotine-anonymous.org>)
- ♥ Send your donation directly to World Services via paper check (see address above)
- ♥ Set up online monthly bill pay at your bank. You determine the amount and date.  
Select a *Company without an account number* (Insert ***My Gift of Gratitude***  
in place of Account Number). Set up Nicotine Anonymous as company and  
list address above.
- ♥ Set up recurring monthly payment thru your PayPal account to  
[shipping@nicotine-anonymous.org](mailto:shipping@nicotine-anonymous.org)

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



### ***WHERE TO GET THE MONEY?***

- ♥ put the cost of one pack of cigarettes in a jar monthly
- ♥ empty pockets or purse of coins daily into a jar
- ♥ on your anniversary, send \$10 for each year of freedom

Whatever you give, will be given back to addicts through Nicotine Anonymous

**All members who share a gift of \$10.00 per month will receive  
a complimentary subscription to Seven Minutes.**

**HELP US CONTINUE TO HELP SAVE LIVES!**

# Service is the Key

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



## 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

## TELEPHONE SPONSORS

Share your experience, strength and hope by being a telephone sponsor.



## TRANSLATORS

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

## IN-REACH COORDINATOR

Responsible for contacting those members on the electronic mailing list with newsletters and other e-mail blasts.



## WEBSERVANT

The webservant oversees the functioning of the NicA web site. He/she is responsible for keeping the web site up-to-date with approved flyers and necessary information.

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

## Chairperson's Report...

*continued from page 1*

We are also anticipating the 30<sup>th</sup> Nicotine Anonymous World Services Conference (WSC) on April 24-26, 2015 in San Francisco. Our sisters and brothers in the NorCal Intergroup have knocked out a great deal for us including a room rate of only \$99.00, and can you believe that it includes breakfast! The Ohio Intergroup is already hard at work preparing for the 2016 WSC, too.

The Future of NicA: I believe it is important for the fellowship to reevaluate the term and/or the duties of the chair, treasurer and secretary. Our structure requires election of new officers every year, and those 3 officers serve as chair, treasurer and secretary "elect" for 1 year, "active " for one year and then "emeritus" for 1 year. This is the first year that a chair has served 2 consecutive years as "active," and I believe that the continuity of having the same chair for 2 years has helped. The board has become better at running itself with many fewer incidents and "fire drills." This year's board is facilitating a more complete apprenticeship of officers-elect, which I believe was the intention of our founders; it will help the future of NicA. There was a workgroup formed at the 2014 WSC to study the roles of the officers, especially the chair, but we may not have a report on it at the 2015 WSC. We need a chair or coordinator to head up this workgroup. As WSO chair, I have been most fortunate to have our secretary-emeritus, Marguerite B take over the task of preparing our meeting agendas, and treasurer-emeritus Chick P take care of all the online meeting matters. I don't know where I would be without officer-at-large Robin L's guidance, and office manager Teresa's continued expertise that can only come from dedication and the consistency of being there from year to year as the board members keep changing. All of this has de-stressed me immensely this year as compared to my first. In addition, we have all been lucky to have 9 caring and very talented members on the board, our indispensable office manager and members on committees and

workgroups, who never fail to step up when needed, but can we expect this will always be the case? These factors combined with the fact that this is my second year in this position have, in my opinion, made everything easier. I have no doubt too that the individual personal qualities of each of our members have contributed to the smooth operation as well. Simply put, we get along even when we disagree. I am blessed to know each of them. However, we still should prepare for the future of the fellowship. As it stands now, we will not have a report in 2015 on the evolving role or roles.

**With the board's permission, I have added the permanent official position of WSO Online Meeting Coordinator to our directory. This position is already filled by Chick P, our treasurer-emeritus, and it will be a valuable asset to all the workgroups, committees and intergroups that decide to use it. Just imagine: group and committee members from all around the world can now meet online by computer hook-up, thanks to Chick's expertise and generosity. E-mail Chick at [nicahost@gmail.com](mailto:nicahost@gmail.com) or contact her through me at the chairperson's e-mail.**

Another workgroup is studying the misuse of the Nicotine Anonymous name by commercial enterprises. Chick has stepped up to chair it. Sarah B, our Treasurer-elect has made many improvements to our website, and also has been working with our office manager, Teresa on an entirely new website. Keep reading *Seven Minutes* for updates. The International Committee did not succeed. Nobody offered to chair and no one responded to e-mail requests. We will never truly be a "world wide" fellowship until we can more completely involve the international NicA community in all our affairs. The position requires a very creative and self-starting volunteer with enough free time to devote.

To Our Volunteers: As many you know I sent out personal "thank you" in early August on behalf of the board to every workgroup volunteer I could identify in the membership. You are a varied and

dedicated collection of nearly 90 generous people, giving of your time and skills to NicA. I plan to thank you again soon; I can never thank you too much. Volunteers are the lifeblood of Nicotine Anonymous and, of course, you don't receive any money. You need to hear how valuable your services are to NicA.

*In service and YFIR,  
Michael B.  
WSO Chair*

\*\*\*\*\*

*The craving will pass.*

*Meanwhile, I could...*

*Pray or meditate*

*Practice deep breathing*

*Blow bubbles*

*Do a jigsaw puzzle*

*or crossword*

*Draw, paint or color*

*Listen to music*

*or make music*

*Go to a movie*

*Pet my dog or cat*

*Rearrange my closet*

*Offer to help someone*

*do something*

*Call someone in Program*

*Write in my journal*

*Make a gratitude list*

*Swim/run/jog/bike*

*Read some program literature*



*Seven Minutes*

**NAWSO**

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

---

---

**Publication Dates and  
Deadlines for  
Seven Minutes Submissions:**

<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>

**- NOW AVAILABLE -**  
NICOTINE ANONYMOUS  
STEP STUDY WORKBOOK

A study guide to help you  
work the 12 Steps



**Price \$15.00 per copy**

Quantity discounts available  
Order online in **Our Store** at  
[nicotine-anonymous.org](http://nicotine-anonymous.org)

Call 469-737-9304 for more info

**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

*My new address and phone is:*

NAME

PHONE (WITH AREA CODE)

ADDRESS

CITY

STATE

ZIP CODE

*My old address was:*

ADDRESS

STATE

ZIP CODE