



# Seven Minutes

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

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## Chairperson's Report

Hello everyone. It has been a really crazy year for me and a busy one for Nicotine Anonymous World Services. As you know by now, pamphlets were added and edited, and some new ones were brought to the conference for consideration. We have also edited *Nicotine Anonymous: The Book*. Our website was completely overhauled and the 2016 WSO Conference is now past.

Gwynn A has resigned as Meeting List Coordinator after many years of service, so if you see or talk to Gwynn, be sure to thank her for her dedicated years of service. Gwynn served a longer term than ever expected of anyone. We want to recognize her for that. As the 2015 Conference in California so eloquently stated, "Service, A Pearl of Recovery."

Regarding the new WSO officers, Checko M will serve as our Chairperson. I feel he will deliver a great deal to this organization. Other Active officers are Treasurer, Annette A and Secretary, Nancy O. Serving in the Elect positions are Chair Elect, Chick P, Secretary Elect, Maria S and Treasurer Elect, Alicia R.

A lot of new ideas are being presented to revitalize existing meetings and build new face-to-face meetings as well as phone and internet meetings. Please feel free to offer suggestions, as we will need them. Keep your eye on the website for new Nicotine Anonymous events, and if

you have a NicA event you would like to post, it can be done.

Audio files from the 2016 Conference will soon be available through the website - don't forget to order those for your collection.

If you have never been a WSO board member, don't be afraid to serve. You will have more help and support than you ever would believe. Thank you for everything you do for our organization - keep up the great work!

Andy A  
*out-going WSO Chairperson*

## More about Conference 2016...

The Conference was a wonderful and **productive success. Ohio's conference committee gets a standing ovation for an outstanding organizing job, and the Saturday night festivities were "fun-tastic."**

The following is a summary of the six workshops held during the Conference. Daily Meditations - Members learned about the format to use and wrote drafts of meditations. Ken M agreed to serve as the new Daily Meditations Coordinator. He will coordinate with the Literature Coordinator to edit and compile member drafts donated to World Services toward the goal of publishing a second book. Members can submit their formatted writings to [dailymeditations@nicotine-anonymous.org](mailto:dailymeditations@nicotine-anonymous.org).

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*The Twelve Steps of Nicotine Anonymous*

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

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

*The Twelve Steps of Alcoholics Anonymous*

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

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

*The Twelve Traditions of Nicotine Anonymous*

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

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

*The Twelve Traditions of Alcoholics Anonymous*

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

After a bajillion failed attempts at quitting, I was in a Nicotine Anonymous meeting and it finally dawned on me that to successfully put the nicotine down, I would have to plan ahead, and so began my journey into recovery. How did it begin? With Step One, admitting I was powerless over nicotine. Then came the awareness of just how powerless I was. The more I attended meetings, the more I came face to face with the fact that I could not control my addiction.

Attending meetings totally wrecked my smoking. I no longer enjoyed--no, I hated--smoking. Clearly it was robbing me of my life. As I continued to show up at meetings, the agony of my unrelenting addiction continued. I straddled that fence of appeasing the cravings and hating myself for giving in.

It appeared the only way out was to go through it and face the cravings, emotionality and turmoil. I had the unconditional love and support of the god of my understanding, my fellow nicotine addicts and my sponsor. They understood what I was going through. I heard about surrendering, about celebrating recovery, about planning for that first day free of nicotine... Plan? Surrender? Celebrate?

And so I planned to rid my home of any ashtrays, lighters or anything related to my nicotine habit. I sorted and planned to wash the clothing I would wear the first few days of my quit. What day would that be? I was one of the addicts who set a quit date. In meetings, when I announced the date, I was applauded and told to "Stay in the middle of the herd" and "Take us with you in your pocket." This was reassuring. I had support, which I planned to use by using the tools of the program.

I learned about doing things differently and about changing routines. I planned that first morning to shower, brush my teeth, dress, have a protein drink, and

head out the door. In the car on the way to work, I had mints and gum. I drove a different route. At work, I jumped right in. I planned my breaks and what would happen after work. I made it 24 hours! I read "The Serenity Prayer for Nicotine Users" pamphlet, asked my Higher Power for help, attended meetings, kept myself busy, and lived through the cravings. Being proactive worked, and the support of my fellow nicotine addicts carried me through the first weeks and months. And now, I am celebrating 11.5 years nicotine-free!

Aimee C  
Little Rock, Arkansas

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## Step One...

Step One states "We admitted we were powerless over nicotine – that our lives had become unmanageable." This was an important step that I had to not only realize, but must also continue to act on. I had to accept it on a deep level, and must continue this acceptance on a daily basis if I wish to remain nicotine-free.

An old saying says, "Birds of a feather flock together." I have found that after quitting smoking, it is not a good idea for me to hang around with people while they are smoking. In the same way that an alcoholic would want to avoid going to a bar, I have found that as a nicotine addict I do not need to hang around other people while they are smoking. I must not jeopardize my recovery in this manner.

Nicotine Anonymous has definitely ruined my smoking. At two and a half years nicotine-free, my freedom continues to grow, dependent on my daily program. I say that Nicotine Anonymous has ruined my smoking because after coming to NicA, I no longer had any excuses. I did not get freedom from nicotine overnight. It took me seven years to get a two and a half year quit.

This addiction is deadly and insidious.

I could always quit smoking for a little while. I may have been able to put together about four to five months or so without nicotine, but I always returned to the nicotine. When I came to NicA, nothing changed at first. I was still making excuses, and I still had reservations. When I finally got serious about quitting and about the program, I had to take a look at my smoking history.

One of the things I looked at was WHY DID I ALWAYS GO BACK TO THE NICOTINE? I began to smoke as a teenager because I wanted approval from others. At the end of my smoking career, I was still looking for approval. I did not want to smoke, but I wanted to keep my "smoking buddies." I wanted to continue to hang around with people while they were smoking.

I would go to a doctor's appointment and desperately want to not smoke. At the same time I would walk outside and hang out with the people smoking there. Once I did this, it would not be long before I asked one of them for a cigarette. And then I would be off to the races. Every time I hung out with the smokers I would light up.

There are lots of different places where I encounter people smoking these days, but fortunately I have an option. I can either hang out with the smokers, or I can walk past them and go indoors. There are fewer and fewer places where smoking is allowed. At meetings of other 12 Step programs, people smoke. I get it. People are still going to smoke regardless of whether or not I do, but I have a choice today! I don't have to be around it.

At first, it seemed like I was missing out on something. I used to feel that by not hanging around people who were smoking, I was depriving myself. Today I realize I am not missing out on anything at all. I do not hate people who smoke. I do not hate the habit. I do not try to

*continued on page 4*

force this way of life on anyone. I am responsible for my recovery. I cannot control anyone, but I can control myself and my actions.

I have a twin brother. He has never smoked a cigarette in his entire life. We were raised the exact same way, and we had all of the same opportunities. He does not hang around people while they are smoking. I was never allowed to smoke in the house, because he did not like the smell of smoke. Now that I have quit, I see why he does not like the smell – **it’s horrible! And I see why he does not hang around people while they are smoking.**

There is no benefit from smoking. It does not do anything good for a person. It is not nutritional. It costs a LOT of money. Hanging around people who are smoking is not something I miss. I live with a smoker, and I simply request that they smoke outside. Clean air is important to me, and I must not jeopardize my recovery from nicotine today. If I don’t love my lungs, then who will?

I thank Nicotine Anonymous today. It surrounds me with people who understand this deadly addiction. It gives me an outlet where I can talk about my powerlessness, and it gives me a chance to grow.

Today, I choose to surround myself with positive people. I still have friends and family members who smoke. I just don’t hang around them while they smoke. It would jeopardize my recovery. I know if I hang around people smoking for long enough, then I will eventually light up. I am still just a puff away from a pack a day. Thanks to the program, I know that I am powerless over nicotine. Today I do not have to smoke. I have Nicotine Anonymous to thank – it truly ruined my smoking.

*Joseph W  
VONR member from Alabama*



## Seven Minutes Meditation

Today I acknowledge  
my feeling of fear;  
I decide whether the feeling  
is still useful to me,  
and if not, I gently release it,  
and affirm my new choice



from 90 Days, 90 Ways

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### *But I’m Not A Writer...*

I attended the 2016 World Service conference in Akron/Cleveland. One of the **workshop topics was “Meditations.”** During the workshop we wrote for about a half hour and then read our meditations to the group. One person shared his **story and before he began, he said, “But I’m not a writer.”** In the middle of reading his story, he began crying tears of gratitude for his recovery. It was inspirational. A great story — and he thought **he wasn’t a writer.**

The next day during the conference he and I sat together at the brunch. The Serenity Singers sang to us as we ate. One of the songs was a medley of Beatles songs. As they sang, I reached over to him and ad libbed a line from the song Paperback Writer. **I sang, “Do you wanna be a meditations writer?”** He just smiled.

So that is my question to you, the reader. **Do you wanna be a meditations writer? If you say, “But I’m not a writer,” you never know until you try.** I have attended the Meditations Workshop for two years in a row now. At first **I too said, “But I’m not a writer.”** The first time was challenging, but the second time my writing flowed much easier. Normally I doubt myself but as I wrote this time, I had faith that my Higher Power would help me.

Please see the Meditations announcement on page 9 of this issue for details on how to submit your meditation. You never know till you try!

I am grateful to the fellowship of Nicotine Anonymous for my freedom from nicotine, and hope that I may help others in return.

*Ken M  
VONR member from Platte City, Missouri*

**Stay connected to  
Nicotine Anonymous  
World Services!**

Receive emails directly from the  
NAWS board by subscribing to  
**Two Way Talk**

How to subscribe:  
Click the **Newsletter** tab on the NicA  
website at:  
[www.nicotine-anonymous.org](http://www.nicotine-anonymous.org)

**Or click the link below:**  
<http://nicotine-anonymous.org/two-way-talk-email-communications.html>

**Quote Corner**

When your world is  
shaking  
and you are praying  
that the world will  
stop shaking,  
consider that maybe  
your Higher Power is  
doing the shaking.

 - a NicA member

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 specific posts or files.  
Unofficial Nicanon has "Type Share" meetings. It can be found at: <https://groups.yahoo.com/neo/groups/unofficialnicanon/info>  
Voices of Nicotine Recovery 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.



## Joy, a Light in Darkness

Even the darkest cloud has its  
silvery lining.  
Joy shines through the ill will of  
erroneous human way,  
**Let's let go or drift away.**

When we dwell in  
blustery history,  
We often lose sight of Life's  
beautiful mystery.  
Worry and misery, step aside.  
Watch as I walk into a meeting  
with a confident stride.  
Be watchful, your disease  
is talking,  
Baffles us with powerlessness  
of dread,  
I am joyful I am here  
and not among the dead.

We must enjoy life.  
Take heed to the new direction,  
These steps of 12 are  
a great collection.  
Boredom and chaos,  
**you're fired.**

Let the joy be hope inspired.  
No matter what, the sun  
will still rise.  
Drift not into worry, reflecting  
morbidly is unwise.  
When we battle miniature  
details of our thinking dis-ease,  
Abundant, joyous souls are  
empty and full of unease.

Never quit the fight.  
Hope sets the clouds and  
joy is the light.  
The danger of anger  
squanders serenity.  
But when we are thirsty,  
**God's order of love is  
our heart's desire.**

By Melissa R  
Akron, Ohio



*continued from page 1*  
*More about Conference 2016...*

Spanish Project - Eight pamphlet translations that we print and sell were reviewed. The Meeting Starter Kit is up next for translation. Any members with that ability are asked to serve by contacting [chairperson@nicotine-anonymous.org](mailto:chairperson@nicotine-anonymous.org). Rosa D and Nancy B are volunteers so far. We want to reach out to Spanish-speaking communities and related agencies anywhere in the world. We hope that the strategies developed will evolve into projects for other languages as well.

Individuals with Other Challenges - This workshop reviewed material for a potential pamphlet that would address members with co-existing issues such as a medical condition or disability. We want to collect from such members stories which will help all members better understand one another and practice the Third Step Prayer.

Reviving Groups - Ideas discussed included rotating service positions such as chairperson to help new members get involved and feel connected, adding **email addresses to a group's phone list**, asking to speak at community cessation programs, and contacting local radio stations to use our PSA.

Developing Sponsorship Tools - The positive attributes of sponsors and current barriers to sponsorship were discussed. Information will be worked on to prepare a new "Guide for Sponsors" which we hope to have available for the 2017 conference. Other suggestions included building a national list of sponsors or a committee to work on sponsorship and speak at meetings. Please share your experience with this by submitting ideas to [Literaturecoordinator@nicotine-anonymous.org](mailto:Literaturecoordinator@nicotine-anonymous.org).

Outreach - Members committed to improving the Outreach Booklet and other materials currently posted on our website at the About Us tab. Members want a stand-alone Outreach tab.  
*continued on page 6*

A 60 second PSA for local TV is getting finishing touches. A member also volunteered to create a 30 second PSA video. A Twitter account, *Nicotine Anonymous Outreach*, has now been created on twitter.com. Our Two Way Talk (TWT) emails will be sending out regular outreach ideas for groups to consider.

*In service,  
Checko M  
current WSO Chairperson*

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**Outreach projects allow us to carry the message in a variety of ways. Literature and financial assistance are available for your project— up to \$500.**

For details visit the [Nicotine Anonymous website at www.nicotine-anonymous.org](http://www.nicotine-anonymous.org) or send an email to [outreachcoordinator@nicotine-anonymous.org](mailto:outreachcoordinator@nicotine-anonymous.org)

### *Just For Today...*

Today I have 21 days nicotine-free. They say it takes 3 weeks to form a habit. Well, I experienced some cravings and mental obsession today, out of left field. I was having a busy morning. The thought popped into my head, "Why don't you buy a pack of cigarettes?" Then a miracle happened. **Instead of obeying the "nicodemon," I prayed to my Higher Power.** I began to associate all the pain and misery of the smoking habit with that first puff. I remembered the pain in my lungs which has been healing very nicely without smoking. I felt what it was like being able to do all sorts of things in freedom from nicotine. I decided I wanted to stay sober, just for today.

*Margie  
Annapolis, Maryland*



### **A Seventh Step Prayer**

**My dearly beloved  
Higher Power,  
I place myself in your hands and ask  
that my character defects  
be lifted from me,  
with all the humility and gratitude in  
my spirit, mind and heart.  
Amen**

*- Anonymous*

### *Allowing...*

As I pleaded to the Universe from the deep bottom I'd hit because my life was so excruciatingly unmanageable, I felt a tinge of relief from the pain in my chest caused by my smoking. I was led to the computer, where I searched for help. Through Nicotine Anonymous I found an online meeting which was about to start. As I entered the virtual room of about 20 people, they were laughing and joking around, friends who were happy to see each other. These people were quitting smoking? I wanted what these people had!

My use of nicotine had gotten so out of control that I was shut off from laughter, from goodness, from friends. I had no life except my addiction. From within, I heard my Higher Power say, "Allow." And I knew what this meant -- to allow the goodness, to allow the process to unfold, to allow the strength of these people to help, allow myself to trust this process.

As the members congratulated each other on their time free of nicotine, hope grew in my heart. Three weeks free of nicotine? Three months free of nicotine? Something must be working here if these folks can celebrate this kind of time free from this powerful addiction. When I introduced myself, I was ap-

plauded, congratulated and warmly welcomed. All I had done was show up!

Now I know that allowing my Creator to guide me to do the next right thing, to get myself to a meeting, and to begin the recovery process was a powerful moment in my journey. To allow myself to even have the willingness to be willing was the most enormous step I could take as a nicotine addict. And to allow my heart to open to the possibility of one day being happy, joyous and free of nicotine helped me begin to trust the process of recovering. Thank you, Nicotine Anonymous.

Today, I am willing to focus on allowing my Higher Power's will to unfold in my life and trust that the process is happening just as it should.

*Aimee C  
Little Rock, Arkansas*

## *In Memoriam*

Joe F, long time member of the Somers Point, NJ meeting passed away in his sleep on Sunday, February 28. Joe was dedicated to service at the Somers Point meeting for many years and served on the World Service level of Nicotine Anonymous when he helped organize the 2014 conference in Ocean Beach. Many members know Joe as a blessing.

May Joe be at peace and all who knew him be comforted. May his memory be a blessing to all who seek freedom from nicotine.

*Contributed by JudiAh D  
Southern California  
(née Judi D, New Paltz, NY)*



## From the *SevenMinutes* Archives

*This inspirational story originally appeared in our September 2011 issue.*

### ***We're the Cream of the Crop...***

My father cried when he found the cigarettes in my bedside table drawer. As **I'm writing this I'm back there, a 15** year old in my lovely room, hiding my smoking and my cigarettes. You see, Dad died of hardening of the arteries, a direct result of smoking. The oxygen **couldn't get to his brain and he lost his** mind. All of his veins and arteries from the waist down were replaced with plastic tubing. He probably knew then that he was in trouble, as he died about ten **years later, but I'll never forget the day** he found my hidden pack of cigarettes. A lot of what I do today in the Fellowship is to honor him.

Mine was sheer rebellion. Out on the playground at school I would hang out with the boys who went off and smoked. I was a rebel from the start, little Miss Pretty Thing, future beauty queen. Getting by on my looks and my charm began early and little did I know it was the start of that famous addictive personality.

I was good at hiding my smoking, guys. And sadly, just like my drinking, I could, at least for a while, control it. As a professional singer, beauty queen and **entertainer, I wouldn't smoke when I had** a performance. How I lasted doing this as long as I did is still a mystery to me. How I have any voice left at all is a miracle.

I got away with all of this for several years. It was not until my thirties that I began to notice anything at all and that's not good. The dentist knew and would chew me out (pun intended) about the nicotine stains on my teeth, so out came the smoker's toothpaste. Then came the bouts of bronchitis,

coughing my guts out, rounds of antibiotics, and chest x-rays, hoping nothing was wrong. There wasn't, so I kept puffing away.

Later I became concerned about my smoking and made half-hearted attempts to quit by doing the "jar of water with cigarette butts in it" trick. (I didn't drink it but even THAT smelled good to me!) There were no patches 25 years ago. No drugs to take to kill the withdrawal pain. Only the gum, and I would chew two packs of that and smoke on top of it. God help me if that had been the patch! You wouldn't be reading this story right now.

And then, into my forties, one Saturday afternoon I spit blood into my kitchen sink. I immediately called the doctor and he said, "You probably coughed so hard you broke a vessel." But we know that's a sign of throat cancer. And it continued. Trips to the ladies' room at work to spit blood. By this time I had heard of Smokers Anonymous. I am not proud of this, but in the other fellowship I never had gotten on my knees. I did then, and still do every single morning and night. I believe to this day with all my heart God knew that I was both scared and serious. I went to my first Smokers Anonymous meeting on a Tuesday night in Newtown Square. There were two of my most favorite Program people from another fellowship, and I knew then and there, as I had so much respect for them, that I could not light up again because I could never face them. Say what you want, positive peer pressure works!

My withdrawal was agony. I typed whole words and sentences backwards. I used to add my own car oil and this time I poured that quart of engine oil into my radiator! A week later I had the radiator guy flush my radiator for its annual service. Imagine my embarrassment when I crept back there. I was, quite simply, a mess for my whole first year. Entire body functions were off kilter. I just laid on the couch at night and hurt. (I had conned myself into thinking I wasn't



that bad, as I never smoked until after work. Call me the "night smoker!") Now, looking back, I realize that the God-awful withdrawal was good for me, as I can still remember it and it keeps me from even thinking about going back to this very day.

My blood pressure went up. So much for my ability to handle stress! Of course, gaining 18 pounds didn't help, as I stuffed my face with bread when I could have eaten sugar-free hard candy or veggies. My fault. Plus, I took a good look at my diet and tossed out 3/4 of what I had in my cupboard. I joined the gym and began to work out. Today - and yes, a woman who tells her age tells everything - I'm over 70 and my doctor always says at my check-up, "Jan, I don't know what you're doing but don't quit - you run the blood work of a 16 year old!" I prize my good health, longevity and vitality above all else and fully realize how fortunate I am. That's why I push myself so hard to give back all I can while I can. I tap dance in shows at the theatre, and feel great. I owe it all to this fellowship.

My son had been on drugs and a friend took me to a hands-on prayer meeting for parents of children drawn into cults. While I was there, they asked us if there was anything WE wanted their prayer team to pray for. Guys, I had not told a soul how scared I was, but I wrote on that slip "I would very much like to quit smoking" and did not sign my name.

I am smoke-free today. You don't need  
*continued on page 8*

to ask me if there's a God...I am still smoke-free. I hadn't told anyone how very much I wanted to quit. I was so scared. Cigarettes were coming between me and the good life. I truly and honestly didn't believe I would be able to quit. I owe it all to our Higher Power and to all of you.

When we have the Funweekend here in July every year, we do our "opening exercises." For Step 8 we have an imaginary blackboard on which we write the names of those to whom we wish to make amends. At the end of that part of the exercise, I tell folks to write their own name too in big letters, as we need to make amends to ourselves first. So go ahead and do that when you put down this *SevenMinutes*. You owe it to yourself.

I love our Book and the way our Steps and Traditions are written. Even though I have 30 years in another program, I have done our Steps with gusto and pleasure. You see, getting sober was easy. I would be lying to say it was hard. But THIS WAS HARD. I consider putting down cigarettes to be my life's greatest accomplishment and it is the thing I am most proud of.

And then there is service. I am the co-founder of our local Phoenixville group, and we've been around now for 24 years. I have sat all by myself in the room, reading the Preamble, Steps and Traditions, going through the format, and would do that all over again in a heartbeat if I had to. That discipline means everything to me. True, I have served on the Intergroup level and World Service level, but I want each and every one of you to know that when you simply show up at a meeting, you are doing service. Jump in. Help another suffering nicotine addict. Watch the miracles happen. It truly does not get any better than this.

I love you all so much and am so grateful for what we share, both face to face and online. I am so proud to be a member of Nicotine Anonymous. I consider

people in recovery to be the finest folks on the planet. We are the cream of the crop.

It's Wednesday night - I have to go to my meeting now.

Jan S  
Phoenixville, PA



### Musical Highlights from the 2016 World Service Conference...

Our wonderful World Services Conference in Akron/Cleveland once again gave us the much needed shot in the arm and reinforcement we were hoping for... at least that I was. For the first time in thirty years even I was wearing a bit thin as we struggled with home group attendance issues. I know you have never, ever heard me talk that way! Well, that changed on the magical weekend in Akron.

A lot of you have thanked us for the song parodies we did at the Conference.

Here's the Supremes parody:

**"Stop in the name of love**  
Before you break my heart  
**'cause smoking is not smart**

Baby baby, I'm aware of what you do  
Each time I puff on you  
I see the butts strewn in the street  
Blowing smoke at everyone I meet  
But this time before I run to you

**I'm smart enough to run away**

from you  
(Think it over)

**I don't have a need for you**

(Think it over)  
Soon I will be through with you!

Stop in the name of love  
Before you break my heart  
Stop in the name of love  
Before you break my heart  
Think it over

**Think it over"**

And here's our take-off on the old Ben E. King song, "Stand By Me":

**"When the pack is gone**

And the night is dark  
And the match is the only light I see  
No, I won't be afraid  
No, I won't be afraid  
Just as long as you stand,  
stand by me

Oh, Higher Power, stand by me  
Oh, now, now, stand by me  
Stand by me, stand by me

If the sky that we look upon  
Should tumble and fall  
And the mountain should crumble  
to the sea  
I won't light up or fear  
No I won't shed a tear  
Just as long as I face it all  
smoke-free!

And Higher Power, stand by me  
Oh, stand by me  
Stand by me, stand by me,  
stand by me

Whenever **I'm in trouble**

won't you stand by me  
Oh, now, now, stand by me  
Oh, stand by me, stand by me,  
stand by me

Higher Power, stand by me  
Stand by me  
Oh stand by me, stand by me,  
**stand by me"**

Jan S.  
Phoenixville, PA



## 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

Jim K - 5/4/08

Pat G - 5/24/89

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

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

## Get your hands on **OUR NEW WEBSITE!**

*offering help **online** to those who desire  
to stop using (and live free from) nicotine*

learn how Nicotine Anonymous works ★ find  
phone, internet, and face-to-face meeting schedules  
★ read pamphlets in 16 languages ★ check out open  
service positions ★ read over 25 years of *SevenMinutes*  
newsletters ★ find events in your area ★ order books,  
CDs, & MP3s ★ sign up for *Two-Way Talk* to keep current  
on NicA news ★ make a *Gift of Gratitude* to help us carry  
our message to the still suffering nicotine addict





Is your group in need of newcomers?  
Try an Outreach project to get the word out!

For more information, call Jeff at

760-401-6503

or send an email to

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

**NEW:** Revisions have been completed  
on our new video Public Service  
Announcement.

To obtain a copy for your local TV station,  
send an email to

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

Want to get involved with Outreach to help your group or Intergroup?

Consider attending our monthly Outreach teleconference meeting

**When:** 3rd Saturday of the month

**To attend:** call 1-218-339-4978

**Time:** 12 noon EST

**Access code:** 1471471#

## Summer 2016 Nicotine Anonymous Events around the U.S.

- July 8-10**     **Annual Funweekend - Phoenixville, PA**  
sponsored by NJ/PA Intergroup
  
- July 16**       **Northern California One-Day NicA Retreat**  
**Samuel P. Taylor State Park**
  
- July 20-21**   **Nicotine Anonymous Retreat - Southern California**  
**Joshua Tree Retreat Center**
  
- August 7**     **Annual Beach Day - speaker meeting at Jones Beach**  
sponsored by New York Metropolitan Area Intergroup

*Flyers with event details are located on the NicA website*

[www.nicotine-anonymous.org](http://www.nicotine-anonymous.org)

NAWSO  
Profit & Loss YTD Comparison  
January through March 2016

	<u>Jan - Mar.</u> <b>'16</b>	<u>Jan - Mar.</u> <b>'15</b>
Ordinary Income/Expense		
Income		
4000 · Donations	3,529.67	3,417.94
4100 · Literature Sales	6,856.33	9,770.93
4290 · Shipping & Handling	1,057.50	1,456.27
4296 · 2016 Conference Profit/Loss		-1,000.00
Sales of Product Income	32.78	0
Non Profit Income	75.22	31.43
Total Income	<u>\$11,551.50</u>	<u>\$13,676.57</u>
Cost of Goods Sold		
5000 · COGS	3,676.09	3,748.03
Inventory Shrinkage	0	0
Total Cost of Goods Sold	\$3,676.09	\$3,748.03
Gross Profit	\$7,875.41	\$9,928.54
Expenses		
6000 · Office Expenses	6,503.46	6,168.57
6600 · WSO Expenses	761.90	2,676.90
Total Expenses	<u>\$7,265.36</u>	<u>\$8,845.47</u>
Net Operating Income	\$610.05	\$1,083.07
Other Income		
8000 · Interest Income	12.52	8.65
Total Other Income	<u>\$12.52</u>	<u>\$8.65</u>
Net Income	\$622.57	\$1,091.72
	<u>                    </u>	<u>                    </u>
	<b>                    </b>	<b>                    </b>

# Service is the Key

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



path to freedom.

## **TELEPHONE SERVANTS—ESPECIALLY NEEDED!**

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

## **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.



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)

# ♥ My Gift of Gratitude ♥

## GIVE A "GIFT OF GRATITUDE"

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

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

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

## HOW WORLD SERVICES SERVES THE NICOTINE ADDICT:

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

## GET A FREE SUBSCRIPTION TO SEVENMINUTES NEWSLETTER!

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

## THINK YOU CAN'T AFFORD IT?

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

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

## 4 EASY WAYS TO DONATE!

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

1. Click on the button on the homepage of [www.nicotine-anonymous.org](http://www.nicotine-anonymous.org) to donate using PayPal or your credit/debit card (Make a one-time donation, or click on "make this recurring" to set up a monthly donation)
2. Send your donation by paper check to:  
Nicotine Anonymous  
World Services  
6333 E. Mockingbird Ln.  
Suite 147-817  
Dallas, Texas 75214
3. Set up online monthly bill pay at your bank. (You determine the amount and date of payment. Follow your bank's instructions for setting up recurring payments to payees with no account number.)
4. Make a one-time donation at [store.nicotine-anonymous.org](http://store.nicotine-anonymous.org)

### Why members and groups donate to Nicotine Anonymous World Services

Nicotine Anonymous World Services is a member-supported non-profit organization guided by the Twelve Steps and Twelve Traditions. We realize there are both practical and spiritual purposes for us to remain a self-supporting fellowship to carry our message of recovery. Honoring our responsibilities is an aspect of our spiritual awakening.

Learn more about contributions & self-support at [www.nicotine-anonymous.org](http://www.nicotine-anonymous.org)



*Seven Minutes*

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

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Nicotine Anonymous now has a venue to conduct Board Meetings, Intergroups, and Committee Meetings online, with or without telephone capabilities.

**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>

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.

*This online meeting format can also be used internationally.*

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