



Seven Minutes

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

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6333 E. Mockingbird Lane
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Dallas, TX 75214
or email to:
SevenMinutesEditor@nicotine-anonymous.org

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Chairperson's Report

Greetings. Depending on where you live, you may be witnessing the beauty of nature going to sleep for the winter. However, Nicotine Anonymous World Services is not preparing for sleep — we are preparing for **We Can See Clearly Now** conference 2020 in Lancaster County, PA. I continue to be filled with gratitude for the amazing servants who have volunteered their time and talent to make this a successful conference.

Each year one of the conference agenda items is to vote on new literature or edits to current literature, and this year is no exception. If you have not seen the notice on our website, please go there and review the suggested literature items. Your input is important and valued.

Much goes on behind the scenes of our fellowship. Many servants offer service to those still suffering from nicotine addiction, and those in recovery to maintain sobriety. We recently lost one of our faithful servants, Jill O. She is sorely missed, and her memory will remain in the hearts of those whose lives she touched. We are grateful for her many years of selfless service.

Speaking of opportunities to be of service, NAWS has a few open positions, including Bylaws Coordinator, Archives Coordinator and Meeting List Coordinator. Please contact me for information at Chairperson@nicotine-anonymous.org

The NAWS board held our quarterly board meeting on October 18 at *Clean in the Catskills*, New York Metropolitan Area Intergroup's annual retreat. Thank you NYMAI for your hospitality. The good

food, good fellowship, a bonfire, visit to Woodstock and hike in the mountains created a perfect setting for the board to continue the work of growing the fellowship. We approved several literature items to present to the fellowship for a vote at our 2020 conference. The updated website was reviewed which included expanded Archives items showing our rich history. Open positions were noted and discussion held on seeking new officers to be elected at the conference. We had a few remote participants attending the board meeting via Zoom.

It is hard to believe that almost 6 months have passed since I became active chair. Some days have been difficult in handling the duties of being chair and I sometimes question why I am doing this. The answer is always the same: I love this fellowship and the people in it, and felt it was time to give back in a way that many others have given so that the fellowship was there when I needed it. And several of those same people have supported me through those unpleasant times. It is truly a beautiful thing, this "we" program. What a gift. Those same people have been with me when we could celebrate successes as well, and work to resolve an issue, knowing if we just keep putting one foot in front of the other, keep doing the next right thing, it will all work out as it is supposed to.

All that to say that if you feel that stirring within, the still small voice calling you to a different level of service as I did, please pay attention to the nudge. Giving to the Gift of Gratitude and offering service at the local level is all good. We need some folks to step it up a notch though, so when we change officers at the conference, we will have others to fill

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The Twelve Steps of Nicotine Anonymous

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

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

The Twelve Steps of Alcoholics Anonymous

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

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

The Twelve Traditions of Nicotine Anonymous

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

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

The Twelve Traditions of Alcoholics Anonymous

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

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the positions of Treasurer-elect, Secretary-elect and Chair-elect. If you have questions, please ask me or any of the board members.

With gratitude,
Sharon C
NAWS Chairperson

Stay connected to Nicotine Anonymous World Services!

Receive emails directly from the NAWS board by subscribing to **NicA News**



To subscribe, click the **Newsletter** tab on the NicA website at <http://nicotine-anonymous.org/nica-news-email-communications.html>

Trapped in a Cage...

How do I escape from myself? I used nicotine to do that. Then the day came when I was still using but couldn't make "it" go away, whatever "it" was at the moment. I was trapped in a prison without the reward. I wanted escape but couldn't do it alone.

Then I found NicA. I saw nicotine addicts like me who were free. You helped me see I was like a thief who broke into a house through a window, only to find the front door was unlocked all the time. The Spirit has always been there to free me, but I needed your experience to show me the way.

Today I continue with recovery be

cause I don't want to forget the cage I could be trapped in again.

Ken M
Sunrise Beach, MO

A Magical Day in the Country: June 15, 2019 Breath of Fresh Air Retreat - A NEW Nicotine Anonymous Event, sponsored by NicAMar, the Mid-Atlantic Intergroup of Nicotine Anonymous

On June 15 four cows, two new-born calves, 2 dogs and a dozen chickens greeted the NicA members who attended the first annual *Breath of Fresh Air Retreat* on Grace and Keith's farm in Keymar, Maryland. Members seeking to escape the grind and enjoy special fellowship, meetings and great food attended and were able to join with nature and enhance their spiritual connections to their Higher Power. The event was planned to be rain or shine, but weather was warm and breezy with intervals of sun breaking through the clouds. It was so pleasant that this writer even had time to take a brief outdoor catnap during one of the free times. It was a breath of fresh air that this old recovering smoker's lungs embraced.

The day began with arrivals and refreshments. Coffee, lemonade, iced tea, fresh fruit, and muffins were available all day long. The cows and calves were friendly, accepting and entertaining. Once gathered, we all boarded a hay wagon and were brought by tractor out to the farm field amid the new-mown hay and alfalfa where we had our first meeting right there in the hay wagon. Have you ever smelled new-mown hay and alfalfa? It added to the spiritual quality of the sharing, and from the beginning, sharing was open and honest. We were surrounded by vast open fields and countless barn swallows and butterflies. Then it was back to the farmhouse for lunch and free time followed by a guided meditation and the second meeting. In fact, meetings went on all day whether formal or informal. Dinner was a barbecue

where each member constructed his or her own kabobs, and there were plenty of extras including baked potatoes, vegetables, salad, desserts and more.

The outdoor evening meeting treated us to a very large full moon that rose just as we were beginning, and a spectacular sunset as we were closing. Grace and Keith's generosity even extended to providing bedrooms for the members who wished to stay the night. This was the first of more to come; there was plenty of room and food for more. We are all looking forward to having you join us next year.

In service,
Michael B
West Babylon, NY

From the
Free Bridge
Telephone
Group...



Enjoy this song parody from the members of the Free Bridge, sung to the tune of *Celebrate good times... Come on!*

Celebrate good times....come on!
There's a NicA meeting going on right here
It lasts throughout the year

For some good times and recovery too
We want to help and share with you!
So come on now!!!
Celebrate your time, come on!

We share recovery each time together
On the phone we come together
It doesn't matter if it's bad weather
So everyone around the world, come on!



Important note:
The Free Bridge has moved!
Come and join us
712-770-5398 / 207490#

A Christmas Miracle...

Whenever I picked up smoking, I did it far more often and for far longer than I ever wanted to. I had virtually the same thought, every single day: "I'll stop tomorrow, so I can indulge myself today. I can enjoy my treat, my little buzz." This was always followed by regret and shame because I'd lost hope for another day. I smoked consistently like this, with occasional breaks, between the ages of 16 and 42. (I'd also smoked a little bit at about 11 years old.)

I often sought out advice on stopping. I had tried nicotine replacement in the past but always seemed to smoke *in addition to* the patch or inhalers I was given. As well as nicotine, I was addicted to other elements of smoking - the smell, the ritual of inhaling, etc. I could *understand* that smoking didn't really do much for me, that most of the pleasure of smoking was just the relieving of cravings. In theory I was always stopping; in practice I kept on smoking every day.

The consequences started small and added up over time. I had progressive loss of circulation in my fingers, especially on my left hand. In cold weather my fingers would go white and I would lose all feeling in them. I lost teeth and knew that was partly because of the way the smoking weakened my system. I developed the kinds of coughs and colds that never seemed to go away. A couple of years the problems with my sinuses meant that I could not breathe while lying down, and I had to get up to unblock them throughout the night.



Financially, I gave myself severe consequences with serious debts. I don't and have never had a high income, but I spent more than a third of my other costs of living on smoking. There were other impacts such as the smell, the yellow fingers and teeth and my increasing isolation, as I became more and more out of step with peers of mine. Few peers smoked beyond their

twenties, and certainly not on a daily basis. I also tended to smoke alone to maximize the hit I would get from it. Smoking really shaped my life.

Over time I became more worried, and researched lots of ways to stop. I talked to health services, read books and even tried Nicotine Anonymous. My first meeting was some 8 or 9 years before I stopped. For the first 6 or 7, I would always abandon the struggle. The last couple of years, I really knew I had to change, and I attended phone, internet and face-to-face meetings consistently. I was fortunate to find a member who said he'd been free from smoking for over 2 years and that he would be happy to try to help me stop.

This sponsor helped me really get honest with myself. When I said, "I'm trying to stop," he immediately talked about when I should set a quit date, and that I should speak to him regularly, until and on that day. Calling him on the planned date made a huge difference. It helped stop me from secretly breaking my own promises. He also encouraged me and reminded me that I had one objective for the day - to get through without picking up. I know now I hadn't really stood a chance while trying to quit on my own. In that secrecy, the addiction found an angle to keep me smoking every day.

For the first time in over four years, I went through a day without smoking. It was Friday, December 21, 2018. I kept it up till that Sunday evening, but then relapsed. I was unhappy at work and found the excuse to go smoke again. I resisted using the tool of "discuss," which left me defenseless. It didn't feel good at all afterwards, but thanks to the progress over the previous three days, I was able to get started again on Monday, Christmas Eve. It was hard again, and I had to use all the "5 D" tools, along with the Serenity Prayer, a meeting and the Nicotine Anonymous slogans.

Over the Christmas holiday period, I went to a lot of phone meetings on the FreeBridge. There was a meeting marathon on one of the days. I started getting to know people. At first all I could hear were a lot of loving people. I could barely distinguish from one to the next,

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Nicotine Anonymous

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

Meeting Options:

Face-to-face meetings
Telephone meetings
Online meetings

To find face-to-face meetings:

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



For phone meetings:

Go to www.nicotine-anonymous.org
Click on **Meetings**, then **Telephone Meetings**.



For online meetings:

Go to www.nicotine-anonymous.org
Click on **Meetings**, then **Internet Meetings**.



In this section are live links to two sites offering the ability to post messages and receive responses. Both require the individual to join the site in order to take advantage of some of the extra services, such as searching for specific posts or files.

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

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

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

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



but in due course I really got to hear them.

Accumulating clean time felt surreal at times, after desiring it for so long. It can be difficult to believe the change is really happening.

Back at work the following Sunday, I nearly fell into the same traps as the week before, despite the 6 days clean time I had. I couldn't bring myself to call my fellows, so powerful was the urge inside when my shift ended. But the "delay" tool and eventually bringing myself to discuss it with others got me through. Instead of automatically buying a coffee and a smoke, I delayed and distracted by walking past the shops, getting to the bus stop and waiting, allowing the time to pass, and stepping on to the bus when it came.

Getting back home clean, with cravings having passed and my thoughts about work fading, I had a new gratitude and a new strength around not having to try to start a quit all over again. Six days sober was a precious but precarious state!

Thankfully the mental obsession with smoking has slowly faded. The hungry sensory recollection of what it felt like to smoke came round and round for a long time, especially whenever I was upset. But most of the time it was surprisingly easy to acknowledge how grateful I was for my new freedom.

My finances are still not good, but you know what we addicts are like - I'd have found a way to keep smoking every day if I was still using. An early gift from quitting was the feeling of freedom I had walking out of my home without rushing around, patting my pockets, trying to find my tobacco and all the smoking paraphernalia. (I usually rolled my cigarettes.)

I found my eyelid was lifting too. When I smoked, my head always went down to concentrate on getting the cigarette lit. It stayed down because I felt I had to avoid the gaze of passers-by who might chastise me for puffing and sending smoke into their airways. I was so used to crossing over the road to avoid other people because of that! It felt really liberating to have my head up, look

ing at the sky and my surroundings instead of studying the ground and trying to force the buzz I was looking for.

On colder days I think my fingers have been less prone to losing circulation than they were last year. It is nice to know I am not making it worse, anyway. It has also felt good to go running from time to time, and not feel deep down that I am about to undo the good that is being done by smoking immediately after. That's a gift. It has also felt good to tell my doctor and other health professionals that I am currently smoking "zero" cigarettes per week. It sometimes surprises me that I can say that!

I have been grateful to have been given some service all year with one of the phone meetings. I find the love and care that passes between the members of the meeting to be wonderful. The service helps stop my head from convincing me (as it surely would) that I can smoke "this one day" when I am feeling down. I lost quits in the past because I forgot or didn't realize I was an addict, and thought that I could casually smoke just for one day. It NEVER turned out that way.

Sometimes recovery is slow for me, as has been the case with my progress in the Step workbook with my current sponsor. I always want the benefits of recovery but sometimes am less willing to go through the process of attaining them. However, the honesty of the process has repeatedly helped me stay grateful for the fact I no longer spend approximately two or three hours each day smoking, or in smoking-related activities. I trust the Steps and am very happy to have them in my life, along with all the tools NicA has shown me. I am grateful to so many people in the fellowship for their patience, compassionate listening and kind support. I hope to pass some of that on to others.

I'm also grateful to say that as I write, I haven't smoked or used any form of nicotine at all since December 24, 2018.

Colin A
United Kingdom



Ready to work the
Twelve Steps?
Try the
**Nicotine Anonymous
Step Study Workbook**



Available for purchase at
www.nicotine-anonymous.org

SevenMinutes Affirmation



With courage granted,
onward we grow.
We lose the weight on
our shoulders and
stop running the show.

- Melissa R
Akron, OH

Save the Date!
**Nicotine Anonymous
World Services
Conference
#35**
**"We Can See
Clearly Now"**



**April 24, 25, 26
2020**

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

Details to follow!

Attending the Moscow NicA Meeting Using WhatsApp...

As a result of my ongoing contact with members of the Moscow NicA meeting, we will soon be publishing as on-demand books the Russian translations of *The Book*, *A Year of Miracles*, and the *Step Study Workbook*. The relationship led to my being invited to be the speaker at their Sunday meeting (2 PM Moscow time, 7 AM NY time). Anna, from Moscow, arranged for me to join their meeting using WhatsApp. Skype was another option, which I don't have set up. Anna was my translator for the meeting.

I decided to write out my "script" ahead of time and email it to Anna so that she could see if anything I was to say would be too difficult to translate. Also, she could be prepared to translate exactly what I said, between my indicated pauses.

My video share enabled me to see the Moscow members in their meeting room. I focused mostly on my journey with service and the commitment to *Keep Showing Up*. My share closed with what I wrote about my connection between the Steps and service (see "Gratitude in Action" on page 8).

After I shared, Anna translated a few questions members wanted to ask me. On the whole the experience went quite well and Anna said her members were very appreciative.

Checko M
Literature, Translations, International Groups Coordinator

Subsequent Feedback from Moscow members:

* Three years ago we could not even dream about such an event as a WSO speaker at our meeting! I was very pleased and honored to watch and listen to a person who has not been smoking for 30 years, and who is a NicA member! Hope has appeared that I can do it too.

* Everything was super cool. I enjoyed that. I appreciate to listen to a lot of experience and I felt peace of

Want to get involved with Outreach to help your group and/or Intergruop?



Attend our monthly Outreach teleconference meeting!

2nd Saturday of the month at 2PM EST

Join our Zoom meeting online at <https://zoom.us/j/213252862>

One tap mobile:
+16465588665,
213252862#
or dial by your location
+1 646 558 8665

Meeting ID: 213 252 862



mind which is really attractive. I can see a strong foundation of the program. Thank you, Checko!

* I feel really grateful to Checko.
* Anna, thank you and Checko for serving.

And this from Anna:

The day I was planning to translate a NicA WSO member was my 56th day of freedom of nicotine. I have been smoking for 15 years without any breaks. I have kept coming to meetings after more than 2.5 years of smoking.

When we started organizing Checko's talk, I was still smoking. Thank you for this opportunity to serve. I started to serve on the Translation Committee in 2017. I was freaked out that I was smoking and I hated NicA literature - there were not any vibes in my heart, just anger and discontentment. However, I wanted to "start not smoking,"

and I could help with translation as there were not many people here who could speak English. I thought it was ridiculous to translate a text and smoke. I knew our program is spiritual, not religious, which is an important note. Since I knew there was Checko with huge experience, he doesn't smoke, and he serves, so he could help us develop our group.

I KNEW that NicA works when I am working it, but I didn't believe it would work for me, I felt unique, like the special smoker of all time, and that nothing would work for me. I struggled, I controlled, I bargained with Higher Power all the time and tried to guess when I would receive the gift of freedom. I was like a little kid - "Now?" "Maybe now?" "What about right now?"

I kept coming to meetings and served. It felt like a miracle when I was sitting in a cab talking to Checko to prepare last minute things before the meeting. I felt grateful, I felt inspired, I felt freedom as I didn't want to smoke.

I am an unquenchable person. I am an addicted person. When I hear "I received much more than just to stop smoking, I got spiritual awakening," I immediately can hear the Queen song "I want it all, I want it all, I want it all, and I want it now." :)

Maybe I became a little - super little - more patient and I meant it not "now," but in *this life*. I want to live, and I started to live again in the program. It is much more than just not lighting a cigarette again and again.

I was really inspired by Checko's story. It was very important to hear it and to see his support of a world community. It was a pleasure to see the eyes of group members and to see Checko on the computer screen. It was fun - an amazing, fresh new experience. I hope there will be more people from WSO who come virtually, and maybe one day physically to our meeting to share their experience, hope and strength!

Hugs to WSO and to Checko from the Sayany group in Moscow!

Upcoming
Nicotine Anonymous
Event

NicA Winter Potluck

January 25
San Rafael, CA



For event details, see flyer at
nicotine-anonymous.org

**Upcoming Phone
Marathon Meetings**

December 25
"Holiday Marathon"

January 1
"Ring in the New Year"

All meetings are hosted by the
**FreeBridge Telephone
Meeting group**

On each date meetings
begin at 8 am EST
and run at the top
of every hour.
Last meeting starts
at 11 pm EST.

*A different topic for
each meeting*

New Phone: **712-770-5398**
New Pass code: **207490#**

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



Quote
Corner

"The best thing about the
future is that it comes only
one day at a time."

- Abraham Lincoln

Stepping Up To Be of Service...

I love the Nicotine Anonymous version of The Third Step Prayer. I don't like to say prayers by rote. I try to internalize them and really mean them. This prayer is actually a very radical request, especially the pleas to "Free me from the bondage of self" and to "Free me from (fantasy and) fear."

Self-centered fear is the root of my addiction problem. The solution that the 12 Step world has given me is to be of service to others, thereby getting out of self. It started with giving rides to newcomers, handing out chips, serving as secretary of my Thursday night meeting, and eventually taking service roles outside the meeting.

I was so enamored with the NicA version of the Third Step Prayer, that I rarely looked at the Grandfather program's version, and only in recent years did I go to a meeting where they read it. It too contains a radical prayer, "May I do Thy will always." You mean everyone in the 12 Step universe has been chanting dozens of times a day, "God, not my will, but Thine be done"? I haven't. Am I the only slacker? I'm more like, "My will be done, and hopefully that coincides with Your will." Fortunately, it's progress and not perfection.

When I thought about it, I did have to give myself credit because what my sponsor trained me to do was to seek God's will. "What do you think God wants you to do in this situation?" he would ask. At first, like a deer in the headlights, I had no clue. This was a spiritual muscle I had to learn to develop, and although I don't go through my everyday life chanting, "Thy will not mine be done," I do run my ideas past my Higher Power (and sponsor) before headstrongly exerting my self-will.

One such example comes to mind. I had been going to my NicA meeting for 4 years. Most of the people who were there when I started had stopped coming. I was now the senior member and had been secretary for the previous 6 months. This was to be my last week performing that duty and I thought to myself, "I don't think I'm going to come to this meeting anymore, God. I've paid my dues. But let me know if You still want me to go. Thy will, not mine be done."

I got to the meeting and was setting up when a frantic woman rushed in. "OMG!" she exclaimed, "I started smoking this weekend. I had 7 years nicotine-clean but I broke up with my boyfriend and was so freaked out that I started smoking. I used to go to NicA all the time." I asked her when she stopped going to meetings and she said, "Around 4 years."

Alright God, I got the message. I said, "I'll just keep going to the meetings, and You let me know if You want me to stop coming." It's been over 20 years now and all I hear is "Keep coming back."

About 8 years ago, I was reading our Southern California Intergroup report, and once again they were begging people to stand up and take a leadership role in SCINA. The same people had been doing it year after year and were burned out. I had been to one Intergroup meeting very early on in my smobriety and decided it was not for me. But with double-digit smobriety, something tugged in my heart that maybe it was my turn to step up. So I went to the Intergroup meeting, willing to take a role if they asked me. Maybe they wouldn't want me, I thought. As it turns out, the Secretary and Treasurer fought over who would get me, and I ended up being SCINA Treasurer ... for 6 years.

At past NAWS Conferences, I had been approached about being chairperson before, but came up with some

excuse each time. This year that old tug came again. It was a good time in my life to take this role (while I still have enough brain cells left to do it). I went with an open heart to accept a role if offered.

Sure enough, I was asked to accept the nomination for chairperson. I talked to a few of the past chairs and decided it was within my skill set, so I said I'd think about it. I went up to my room before dinner, prayed, and did my 20 minutes of meditation. As I was coming out of it, I heard, "It's your time." So I told them I would accept the nomination. My attitude was, "No one else wants to do it. Okay, I'll do it." Later, while doing my 10th Step before retiring, I realized that wasn't the best possible attitude to have. Being chairperson of NAWS is an honor and a privilege. I should be excited to have the opportunity to serve the fellowship and participate in my recovery this way. I did a little attitude adjustment and went to bed.

In the morning before elections, I rode down in the elevator with a new friend who asked, "Are you going to accept the nomination?" "Yes," I told her, "I think I am." She nodded and said, "It's your time." Alright God, I got the message.

With a little self-centered fear, I remind myself that if God brought me to it, He will surely bring me through it. I am grateful to this year's chair, Sharon C, for leading the way and giving me the confidence that I can do this. And soon enough, someone (maybe you) will listen to the tug in their heart and volunteer to be next in line. This is a "we" program. Everyone should take their turn to step up and be of service, to get out of self, and to express gratitude for freedom from the bondage of both nicotine addiction and self.

Bill H
Chairperson-elect from Sunland, CA

Grateful and Joyous...

I am no longer practicing nicotine addiction.
Being a part of a program gives me a reprieve.
I daily practice acceptance and action.
They say all I had to do is begin to believe.

The greatest thing I have now is hope.
I no longer have to believe a lie.
The pain of nicotine is no joke.
No more coffin nails to buy.

I had to persevere to get my new quit.
I have the tools and the five Ds.
Now nicotine is not hurting me one bit.
I am grateful and joyous as I please.

Twelve steps are the road to recovery for us.
I remember not to take my freedom for granted.
Using the tools that I know I must.
I do not allow a cigarette to get me enchanted.

I am grateful for the money I save.
I know it's a new lease on living.
No more smoking for the crave.
Helping other addicts is my way of giving.

How great it is to be nicotine-free.
I want to sing and dance.
This miracle has happened to me.
Giving myself life's new chance.

Margie L
Savannah, Georgia



Gratitude in Action...

Service is transformative; it brings about positive change in me and for others. My service began, the same as my gaining freedom from nicotine, with the willingness to step forward through any fear and cross over the bridge of discomfort to the joy and self worth in the land of *Our Promises*.

My willingness begins with the Serenity

Prayer. I ask to be granted the serenity, courage, and wisdom to change the things I can. Or, as the Beatles sang, "Hey Jude, take a sad song and make it better."

One reason I used nicotine was that common human desire - *to feel better*. I've followed the Twelve Steps to free myself, to know myself better, and to have a spiritual awakening — and now *I feel better!* Service provides me with emotional nourishment — and I feel better for it.

Here is how I believe that service and the Steps work together to feel better:

1. Service shows I am not powerless to act and responsibility helps manage my life.
2. Service restores me to sanity and self-worth.
3. Service turns my will and life over to the care of a Higher Purpose.
4. Service demonstrates that I have moral characteristics to put in my personal inventory.
5. Service reveals my true calling to others and to a Higher Purpose.
6. Service helps me become entirely ready to change.
7. Service humbly lifts me from "the burden of self."
8. and 9. Service is an active way to make amends.
10. Service continually focuses me on the intent and outcome of my behavior.
11. Service is spirituality in action and it improves my conscious contact with my Higher Purpose.
12. Service in all my affairs carries the message of Nicotine Anonymous principles.

Checko M
NAWS Literature Coordinator

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

Introduction

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

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

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

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

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

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

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

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

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

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

Connections



Nicotine Anonymous invites you to connect with our

Penpal Program

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

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

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

Where: E-mails are sent to

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

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

Email Pal Coordinator: EmailPalCoordinator@nicotine-anonymous.org

Coordinates and connects pals who want to communicate via email.



Why: Not everyone has access to meetings. This is a great way to connect with other addicts from around the world.



How: Contact either email address above to begin connecting.



Write a Meditation For Our New Book

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

You can download a template from Google Drive:

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

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

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

Please note:

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

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

Your friend in recovery,

Aimee C.

dailymeditations@nicotine-anonymous.org

NAWSO
Profit & Loss YTD Comparison
January through September

| | <u>Jan - Sept</u> <u>2019</u> | <u>Jan - Sept</u> <u>2018</u> |
|---------------------------------------|----------------------------------|----------------------------------|
| Ordinary Income/Expense | | |
| Income | | |
| 4000 · Donations | 10,039.55 | 10,179.47 |
| 4100 · Literature Sales | 17,452.54 | 20,593.27 |
| 4290 · Shipping & Handling Income | 3,056.63 | 3,218.77 |
| 4178 · 2018 Conference | — | 1,614.38 |
| 4179 · 2019 Conference | 999.45 | -1,250.00 |
| 4184 · 2020 Conference | -500.00 | — |
| Non Profit Income | 68.00 | 0 |
| Sales of Product Income | 447.60 | 0 |
| Total Income | \$31,563.77 | \$34,355.89 |
| | | |
| Total Cost of Goods Sold | \$8,010.55 | \$9,043.78 |
| | | |
| Gross Profit | \$23,553.22 | \$25,312.11 |
| | | |
| Expenses | | |
| 6000 · Office Expense | 19,543.95 | 18,715.15 |
| 6800 · Officer Travel & Meeting Costs | 4,189.87 | 4,079.50 |
| Other Operating Expenses | 284.85 | 91.37 |
| Total Expenses | \$24,089.25 | \$23,450.37 |
| Net Operating Income | \$-536.03 | \$1,861.74 |
| | | |
| Other Income | | |
| 8000 · Interest Income | 106.96 | 38.13 |
| Total Other Income | \$106.96 | \$38.13 |
| Net Income | <u>\$-429.07</u> | <u>\$1,899.87</u> |

BIRTHDAY CONGRATULATIONS

Kent B – 7/31/88 Patrick T – 1/1/13 Linda C – 1/15/12 John J – 1/31/92

Susan T – 2/4/00 Rosemary C – 2/7/02 Mike N – 2/25/05 Alison A – 3/1/01

*Post your Nicotine Anonymous birthday in **SevenMinutes!***

Send in your first name, last initial and nicotine quit date.

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

Email: SevenMinutesEditor@nicotine-anonymous.org



NicA Outreach

@nawsoutreach is the Twitter presence for Nicotine Anonymous.

We put out approximately 4 Tweets weekly.

Got ideas for Tweets or other social media to help us carry the message?

Call Brenda at **425-496-3042**

Have an idea for a public service announcement?

Draft the text for a 15 or 30 second audio PSA, or create your own audio file!

For questions or ideas call Brenda at **425-496-3042** or email

OutreachCoordinator@nicotine-anonymous.org

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

For more information, send an email to

OutreachCoordinator@nicotine-anonymous.org

Service is the Key

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

OUTREACH COMMITTEE

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



TELEPHONE SERVANTS—ESPECIALLY NEEDED!

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

PEN PAL COORDINATOR

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



TRANSLATORS

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

INTERNATIONAL GROUP COMMITTEE

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

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

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

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

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

Or e-mail chairperson@nicotine-anonymous.org

Rev. 11/2017

♥ My Gift of Gratitude ♥

GIVE A "GIFT OF GRATITUDE"

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

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

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

HOW WORLD SERVICES SERVES THE NICOTINE ADDICT:

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

GET A FREE SUBSCRIPTION TO SEVENMINUTES NEWSLETTER!

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

THINK YOU CAN'T AFFORD IT?

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

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

4 EASY WAYS TO DONATE!

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

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

Why members and groups donate to Nicotine Anonymous World Services

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

Learn more about contributions & self-support at www.nicotine-anonymous.org



Seven Minutes

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



Publication dates and deadlines for *SevenMinutes* submissions:

| Publication Date | Deadline Date for Submissions |
|------------------|-------------------------------|
| March 20 | February 1 |
| June 20 | May 1 |
| September 20 | August 1 |
| December 20 | November 1 |

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

If you are a member of a group that is helping Nicotine Anonymous and want to utilize this technology, contact nicahost@nicotine-anonymous.org

Individual training is available to learn this venue.

This online meeting format can also be used internationally.

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