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## Letter to a Loved One

Anonymous

Dear Loved one,

It breaks my heart to hear your voice. It is so raspy! I can hear how hard you are breathing—you can't even finish a sentence. You tell me you were in the hospital and you have to use oxygen.

I know you want to quit, you have told me so many times. When we talk you say you know you are killing yourself but you also say you can't stop right now, you have too many things to do. You say it isn't the right time because the system that you tried didn't work and you would have to start all over again.

As a little girl I always looked up to you. You were my idol. I wanted to be like you. My heart breaks because I have been able to stop smoking and you haven't.

You have always heard—and I think you believed—that you have to earn everything, that nothing worthwhile is free. I think you have also have been told that having feelings is a sign of weakness. The only reason you have allowed yourself to feel

hurt is when you did something wrong. You believe if you were a different person then you wouldn't hurt, that it is indeed *wrong* to hurt. I think you have been told that you have to be strong and have to do everything on your own. You cannot depend on anyone else and if you do, you are weak and therefore useless and worthless. I think I am right about you because I am very much like you and that is what I believed for so many years while I was smoking.

This is the one time in your life when all you have to do is say "I am powerless." I had to learn

that this is not something I could do by myself, I needed others; I am not strong (and isn't that wonderful!). When you can allow yourself to lean on others and ask for help you will find the freedom you so desperately want. Isn't that ironic? When you ask for help, that may be the first time you will find the freedom that you have been fighting for all your life.

I am saying all of this to you because for thirty years I saw my cigarettes as the only way that I could express my independence. Here was something no one could take away from me. My smokes and I were true to each other. My smokes allowed me to face any situation and every person.

My enemies were everyone "out there." They were the ones that were out to hurt me. It was their goal in life to cause me pain. The only protection I had was my cigarettes. They gave me a cloud of smoke that I could live behind.

They gave me a wall that I could put up between me and everyone/anyone else. My cigarettes gave me relief from the cruelty of the world.

Smoking gave me the peace I thought I could not find anywhere else.

Then I met others in Nicotine Anonymous who had quit smoking. They seemed very happy about it! "Well," I thought, "aren't they just goodie two shoes? What could they possibly know about me and what I have gone through. They could not have a clue who I was or understand the awful things I have done." But, once in a while, I heard them say the very same things



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Your trusted servants,  
Gary M., *Publisher*  
Catherine C., *Editor*  
Joe S., *Subscriptions*

## 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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# 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 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 Steps reprinted and adapted here with the permission of Alcoholics Anonymous World Services, Inc. Permission to reprint and adapt the Twelve Steps 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.*

# From the Chair . . .

Jean L., Westminster, California

## Happy Holidays!

The holidays are here already. When we talk about “holiday spirit” it conjures up a picture of happiness and joy but it often turns out to be a time of sadness rather than happiness. Too often we are rushing about, multi-tasking, making plans, overeating, and overspending. We often find that we are following others’ wishes—especially advertisers—rather than doing what we know is right for us. It is so easy for us to get caught up in holiday activities and forget where we have been and what has gotten us into trouble in the past.

There are always things we regret. There are things we could have done or should have done. We begin to think that we need more money for the gifts we feel we must buy. We might get deeper into debt. We begin thinking that life could have been different “if only. . . .” These thoughts are very dangerous for us and we must find a way to keep them to a minimum.

It is especially easy to lose our peace and serenity during the holidays. It is important for all of us to remember not to lose ourselves in all of the holiday activities. We may tend to get too involved in too many things and then not take care of ourselves. It is a time to be cautious of becoming Hungry, Angry, Lonely, or Tired (HALT). If we allow ourselves to get hungry we often eat whatever is fast and comfortable, often fast-foods. We may become

angry when others get in our way at the mall or in traffic. Eventually the “I don’t care” attitude will raise its ugly head. Our energy reserves become depleted and our addictive voices become louder the more hungry, angry, or tired we become. Sometimes we might think the pain is too much for us. We cannot

do it alone so we want to turn to our addiction because it is familiar and we think it will give us comfort. If we allow our thoughts to wander in that direction we now know that it is a signal of trouble. This is a time to reflect on our addiction and remember what we have done in the past to save ourselves from opening the door to our addictions.

We know to pick up the telephone, to call our sponsor or another member, go to a meeting, get involved in the meetings and other Nicotine Anonymous related activity. We might decide to make coffee at the meeting or be the greeter for a few meetings. We know we must participate, tell our story, talk about what we are feeling and remember the reason we used nicotine and the reasons we wanted to quit.

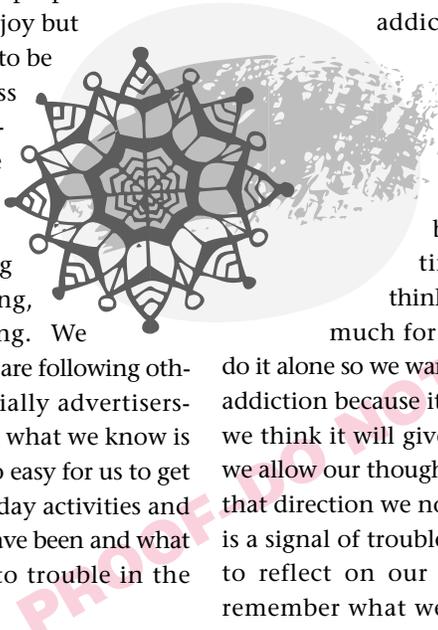
We become most vulnerable when we are so busy we might feel lonely. This is a time we grieve the loss of “our best friend.” Meetings are so important now because we need the reminder of what it was like and we are able to compare what we have now. Is there anything in that life that gave us even a little of what we have now??

I am an isolator when I am in my addition. I want to be alone because I like to hide from the rest of the world. I so easily romanticize smoking. I start thinking about how I thought it was supposed to be. Then I remember about how it really was. What happened to me when I smoked? Is that really what I want to go back to?? I know that I cannot open that door. I know if I were to allow myself a single cigarette I would soon be smoking a pack or two a day. That life is no longer for me. That is not the life I want to go back to.

It is important to have a balance between the time we spend with others and our alone time so we do not become lonely or overwhelmed. We can replenish our energy when get enough sleep and allow ourselves quiet time. Then we can fight our loneliness by enjoying time with family, friends or at meetings.

Finally, in Nicotine Anonymous we often talk about being grateful and what the program has done for us. Now is the time to dust off our gratitude lists and review what we have rather than what we don’t have. Gratitude will turn what we already have into enough. We can take negative energy and turn it into positive energy by meditating, resting, relaxing, and reflecting on our abundance. It is also a time to pray or call upon our Higher Power if you find comfort in this. This is a spiritual holiday and we have a spiritual program. If we can remember this we will be safe from our addictive behaviors.

My holiday gift to all of you is to wish you a holiday that is filled with peace and serenity. And that the holiday spirit will be with you not only now but throughout the next year.



# My Story

Carol G.

**M**y name is Carol and I am a nicotine addict in recovery.

I am so grateful not to be smoking. My quit date is 2/4/98 and believe me, I never thought I would go this long without a cigarette. There were many attempts on my part to quit, starting 1985, shortly after my mother's cancer of the larynx incident. I hope this is my last quit. During my days of smoking, I smoked two to three packs of cigarettes a day from the very beginning.

My mother had also been a heavy smoker. She is doing well today, but her life style has changed related to her having cancer that required a laryngectomy. This means she breathes through a hole in her neck. I know she would rather be breathing the way most of us do today.

My father was a heavy smoker as I recall. He died at a very young age in the realms of addiction. Many nights I would be awakened by his coughing attacks, and I still picked up smoking prior to his death. All of these events did not have to take place, but they did as a result of picking up the first cigarette and the process of addiction.

I never realized just what I was getting myself into when I picked up that first cigarette. I was addicted to nicotine right from the start, at age 16. Back then, they called it a habit, but most smokers know that it is more than just a habit. At least I did, even back then. I remember telling myself, I was only going to smoke for ten years then quit. What a joke.

As time went on with my smoking, I developed shortness of breath, a chronic cough, heart palpation's, depression, and anxiety attacks. The constant fear of being without smokes ruled

my life. Everything in my life surrounded smoking, even the jobs that I took had to allow one to smoke. I couldn't visit non-smoking friends. If I had to go outside to smoke, or couldn't smoke, I would get resentments and become very irritable. Then the guilt would set in because of my bad temperament.

I knew I had to quit smoking! I knew all about the ill effects of smoking. And the fact that I had a strong family history of smoking related illnesses scared me. Unfortunately, this knowledge and fear wasn't going to stop me from smoking. I eventually had to conclude that nothing was going to stop me from smoking.

I tried everything to quit. I quit for my best friend, my mother, fear of health problems, and for what it did to my father. I tried gum, patches, hypnosis and positive thinking. Nothing seemed to work. I didn't want to quit much of the time; I liked what smoking did for me. I just didn't like the side effects, and it was these side effects that I wanted to change.

Then I decided to heck with it, I would never try to quit smoking again. I would just keep smoking until the end. I gave up the fight.

Something happened after that. My best friend, Hazel, who had quit two years earlier, had asthma and emphysema and was placed on a ventilator. I watched her die knowing I had just recently been given a diagnosis of mild COPD (Chronic Obstructive Lung Disease) and Atrial Fibrillation. I stood at her bedside wearing a holter monitor for further evaluations of my heart problem which smoking only aggravated. I knew her fate was going to be my fate if I kept smoking. Just like the fate of my mother and my father.

This was all going to be happening to me if I kept it up.

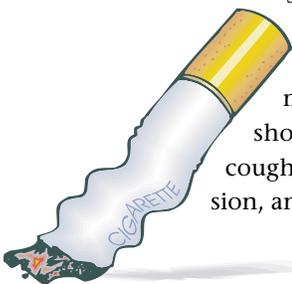
After taking a good hard look at what nicotine was doing to me, I made a decision that I was worth it. I wanted to live. I found that I was going to have to quit for me. I was going to have to work for it. It was at that point I knew I was going to have to be willing to go to any length to quit. I stopped fighting or trying to change the cravings.

In the beginning, I didn't smoke one cigarette at a time. I just wasn't going to have "this cigarette." I might have the next one, but not "this one." After the first few weeks, it became, "I will not smoke one day at a time." I might smoke tomorrow, but just not today.

I kept in touch with people in recovery, helped others trying to quit by sharing my experience, strength and hope, and practiced the principles of the 12 Steps of Nicotine Anonymous. I had to learn to do every thing over again without lighting up. It wasn't easy, but it was DOABLE.

I found things I didn't like about myself in the process of the quit, too. In order to stay quit, I couldn't avoid those issues any longer. I had to take action. I had to look at them and become responsible for my own life. The program of Nicotine Anonymous taught me how to do this. Today, I rarely get a craving and absolutely have no desire to smoke. The obsessions of the addiction have been removed. I continue working the NicA Twelve Step Program. The Twelve Steps and the principles of the program are a way of life for me.

The strange thing is, I now see just how much of a mess my life was while smoking and how smoking was a big escape for me. I hid behind that smoke screen, refusing



to own up to the fact that my life was a mess, because I had made it that way. I was powerless over withdrawing from nicotine, but I was not powerless over my ability to make healthier choices nor my attitude. The withdraw process was going to happen the way it was going to happen. But, I could make things a little better by changing my attitude toward it. "Nothing is forever." "This too shall pass." "Wait for the craving to pass before lighting up." "First things first." I used many slogans and affirmations to counteract the Nicodemon.

Thank God, for the people in the recovery groups online: on AOL and Nicotine Anonymous, and for my three other friends, Liz, Hazel, and Judy, that also quit smoking. I drew a lot of strength from those people. Many times I wanted to give up and many times I got encouragement to continue on with my journey through my little angels and my Higher Power when I had no other to turn too. God does send us what we need, if we seek it by being honest, open minded and willing.

I am grateful to be smoke free. I have found many rewards from the quit. I have gained many new friends and I can go anywhere today. I am not driven by my addiction and I am in control of Carol.

## Getting the Word Out

Mary D., Anaheim, California

**O**ur Public Outreach Coordinator has so very many good ideas for reaching out to the Nicotine Addict who still suffers and who has not yet heard of Nicotine Anonymous!

One thing he has done is to put little plastic card holders in doctors' offices and hospital departments.

I think if we would all get on board and do a little outreach each month we would see a great influx of newcomers. I have decided to do this, and no go to the same places on my "card route" once a month. I am happy to say that it is being very well received. I went to the Diagnostic department of the local hospital and the young man in charge was very happy to display them. He says he wishes all the people coming in there would take one and stop smoking. They really are going like hotcakes in that depart-

ment. I went to the Respiratory department and they too are enthusiastic.

In addition, I go once a month to Pulmonary Specialists and Cardiology with cards and refill the holders. It takes about an hour and fifteen minutes for me to go to the hospital and two other medical buildings, two miles apart.

I believe that God sends people to Nicotine Anonymous, and we hold open the doors. And now by putting our cards out there, I see some coming through the doors who might never have heard of us.

I can't think of a better way to do outreach than this. I hope some of you who read this and are wondering how you can "carry the message" will try this and see if it pays off with newcomers walking through the door at your meeting.

Grateful for my freedom!

# What was your big "A-Ha?"

**What was your life like as an active addict?**

**What happened to get you in the door?**

**What were your breakthroughs?**

**How has your life improved?**



Help us expand our meditation book from 90 days to 366 days.

Nicotine Anonymous World Services

Attn: Daily Meditation Coordinator, 419 Main Street, PMB 370  
Huntington Beach, CA 92648

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

Dear Editor,

I'd like to address this gender issue problem not only because it is an issue in Nicotine Anonymous but also because it is an issue in the world today that is causing so many problems, even wars.

God has been worshipped by humans by many names throughout history. The Hindus call God Brahman or the Self. The Buddhists call God the Buddha Nature. The Moslems call God Allah. God told Moses "I am that I am. Tell the Children of Israel I am has sent you." Jesus worshipped God as Father however many Hindus have worshipped God as Mother.

I am currently a Buddhist and to me God is Infinite Spirit, neither male nor female beyond description in human language.

So no matter what you call God in private, don't force your way on us all. If we truly are an international organization we must be sensitive to all religions and end this fighting and have a gender-free way of calling God, so not one will be offended. Twelve Step programs are after all spiritual and apply to everyone. They are not of any religion.

Personally, I don't care myself if you call the Higher Power God in the masculine sense, I know what you are referring to. I does, however, slightly offend me.

Also, I'd like to see everyone quit fighting about whose religion has the "real" God. It's like children saying "my dad can beat your dad." Let's all just love each other, try to respect each other's religious beliefs, and stay free or get free from Nicotine.

—Barton J., Columbus, Indiana

## Attraction and Promotion, Tradition 11

Dear Editor,

It is always worthwhile to look at AA literature on these issues. Below is the Long Form of AA's Tradition 11:

"Our relations with the general public should be characterized by personal anonymity. We think AA ought to avoid sensational advertising. Our names and pictures as AA members ought not be broadcast, filmed, or publicly printed. Our public relations should be guided by the principle of attraction rather than promotion. There is never need to praise ourselves. We feel it better to let our friends recommend us."

Most of this, and the chapter about Tradition 11 in AA's *Twelve Steps and Twelve Traditions* book (AKA the *12 X 12*), is about the need for individuals to remain anonymous when in the public arena. So as to avoid indirectly (or directly) promoting themselves as individuals. However, in the *12 X 12* and in the Long Form of Tradition 11, there are remarks about how it is better for others to recommend us (as an organization or a group) rather than for us to promote our organization or group.

But consider also these words in the Long Form of Tradition 11: "There is never need to praise ourselves. We feel it better to let our friends recommend us." To me, this indicates that we shouldn't praise ourselves. But putting a notice in

the paper letting others know we exist and where to find us is not praising ourselves. And consider this sentence from the Long Form of Tradition 11: "We think AA ought to avoid sensational advertising." To me, that more than leaves the door open for "unsensational" advertising. If they meant that it is wrong to advertise in any form, then they would have said so.

I have seen ads for AA and other 12-step organizations in the local papers. I recently saw a Narcotics Anonymous poster in a bus shelter that was clearly installed by the bus company.

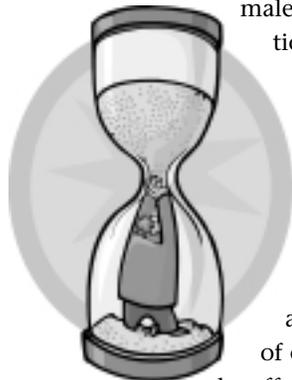
Al-Anon, a large 12-step organization (providing support for relatives and friends of alcoholics) does television advertising. Also, their Twelve Steps and Twelve Traditions book, in its discussion of Tradition 11 has more discussion of this subject.

Finally, Step 12 is clear: "we tried to carry this message." (However, in a skim of Step 12 in AA's *12 X 12*, I didn't see any examples of carrying the message that mentioned any form of publicity or existence advertising.)

Try starting a meeting in a town where there are no existing meetings without putting up some flyers, notices, calling pastors and hospital administrators, etc., and other acts of promotion. It's simply not possible.

There is nothing in 12-step literature that says we are supposed to sit huddled in our little church basements like a secret society, and hoping that people will think we are so wonderful and pure that they will recommend us. That's an "Attraction Rather Than Promotion" fal-

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## Letter to a Loved One

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I was thinking and feeling. How was it possible that they could talk about such things in front of a whole group of people? How could *they* think that way—like I do? I am different. I knew—and everyone else knew—I didn't fit in. How was it that everyone in the meeting was saying the same thing

from the next person how he [or she if you prefer] had the same fears I had been trying to hide all my life. I had been hiding behind my smokescreen and these people were putting every one of those thoughts out on the table! A lot of times we laughed about it, not in ridicule but in understanding.

When I walked out of the room on those nights I felt elated, uplifted: a very heavy weight had been lifted off my shoulders. In time

I realized that the power of the group and what was in those rooms could bring to me some sanity in my life. I did not have to continue everything I had been doing when I knew it was not working. I found that if I continued doing the same thing I would get the same results and these were no longer working for me. I felt miserable.

I wasn't getting the same satisfaction of living in my little shell. I was uncomfortable in there. I couldn't find any peace. Nothing made me feel good. I started hearing in my meetings that if I was willing, I could do things differently. I could step back and let the magic of the group work for me. They said that was the only way I could do it. But I was afraid of letting go, I wanted to hang on to what was familiar. I continued to tell myself that I knew what was right for me, they couldn't possibly know—They were not me, after all.

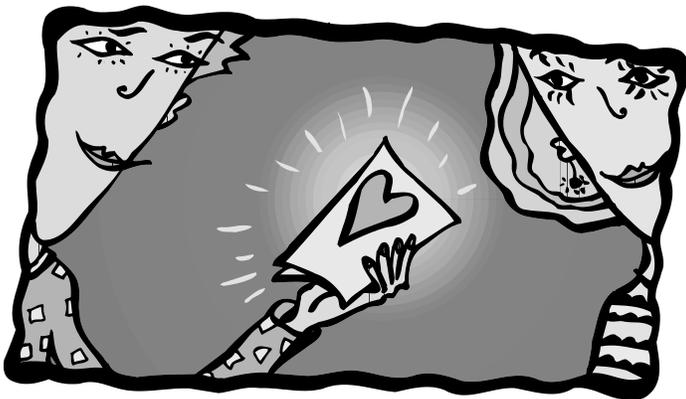
One day I decided that I would try it just a little bit. I tried to stop all these arguments in my head that were constantly telling me how my new friends couldn't be right. I decided I would just surrender for a short while to see what happened, not all the way, but I could listen to them for a while.

What happened? Did my whole world collapse around me? Not at all. I felt another burden lifted off

my shoulders. I didn't have to fight everyone and everything, at least not in those rooms. As I listened some more, I heard that I really could not control anyone or anything out there, either. I only had control over my own actions. They recommended I start writing about it, to write down all of those things that I had been trying to control and then look at what I could really control. I found that the only thing over which I had any control was myself right here, right now. I couldn't control anyone else; I couldn't do anything about all those horrible things I believed I had done in the past, and I couldn't control any mistakes I might make in the future. I found that if I handled what was in front of me, that would keep me plenty busy, and later I would not have to look back and tell myself how I did everything wrong.

I can only hope that you, dear friend, will find the rooms of Nicotine Anonymous like I did and begin to know what it means to be really free, to change your life in such a way that you are happy and fulfilled. I will pray for you.

Love,  
Anonymous



in one way or another? How could it be that most of them felt that they did not belong in this world? I always thought that everyone else belonged except me.

I was amazed by their honesty about what they thought and felt. They shared very secret things, things not openly discussed.

I always had to make sure that world saw someone that really wasn't me. Their honesty about everything surprised me. I figured if they could share what I thought was only in my head, then maybe I could at least listen. Then I found they wanted to hear what I had to say! But I wasn't going to tell them about me because I knew they would make fun of me, that I truly was different and this was a ruse just to drag me into their net so they could ridicule me (wasn't that what happened when I was allowed to talk?). When I finished speaking no one said a word—they just smiled and clapped and went to the next person. I heard

## Letters to the Editor

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lacy that has sprouted up from a very limited reading of the Traditions and little else.

For too long, the "Attraction Rather Than Promotion" fallacy has been used by too many groups to evade any effort and expenditures to carry the message. And think of the many poor souls who have not heard of us who wish they had.

—Jim L., Minneapolis, Minnesota

# The 2005 Conference in Atlanta

*Rich Z., Atlanta, Georgia*

**H**ello My name is Rich Z. and I am powerless over Nicotine. I would like to be the first to welcome you on behalf of Ganica (GeorgiA Nicotine Anonymous Intergroup) and the XX World Service Conference committee.

We have been working hard on preparations for your arrival. I would like to take a few moments to let you know what's in store. If this is your first or your 20th World Services conference, you will find it to be a very spiritual meeting in Nicotine Anonymous. I have been blessed to attend several conferences since 1992 when I became part of the fellowship, and am always amazed how renewed I feel once I return home. Although the conference is often viewed as a business meeting, I would like to share with you the importance of these meetings and also what else goes on. It's not all business, but all FUN.

The conference kickoff on Friday, will be one of the best Gratitude meetings ever. It starts at 8 p.m. and ends when the very last person who wants to has shared his or her gratitude. This meeting is worth the trip in itself. When you listen to others share how grateful they are, you will also be drawn to share your gratitude. It is always a great start to the weekend.

Saturday morning you will get an update on the activities of the fellowship and nominate individuals to represent the fellowship for the next three years. In the afternoon, you will be able to join in on some discussions to help Nicotine Anonymous grow. Throughout the day, there will be Marathon meetings on an hourly basis. During the evening, we will be having our traditional banquet with two speakers who will not only entertain you but also

share their experience, strength and hope. Once the banquet is over you can catch a marathon meeting or enjoy the rest of the night on the town.

Early Sunday is another Nicotine Anonymous favorite. It's usually too early for me, but I'm told the Sunrise Meeting is the most spiritual meeting of the weekend and something I should not miss. So join me and get yourself up and go see for yourself.

Later in the morning the delegates will gather to vote on the issues that were discussed on Saturday. While only the registered delegates are allowed to vote, everyone is welcome to attend the voting session.

Being a delegate is a very important service to our fellowship which you can provide. Ask your meeting chair or Intergroup how you can become a delegate and represent your area at this wonderful conference. Or e-mail Kelly C., Secretary at [secretary@nicotine-anonymous.org](mailto:secretary@nicotine-anonymous.org)

Once all the business has been accomplished you will get to savor the flavors of the Sunday Spirituality Bunch. While you settle your appetite at this breakfast buffet, we will have a speaker to fill you with inspiration. What else could you ask for?

After the business of the conference is completed, there will be a post-conference trip which will be hosted by the GANICA Intergroup of Atlanta. We will be heading to the Atlanta History Center which is a short ride away. **There you will see/ find/ be treated to ...**

**ROBIN/RICH: can you tell us what we will see there and why we should sign up for it?**

There are hundreds of other things to do in Atlanta so if you are interested in something specific contact me and I will help you find your area of interest.

Atlanta can be reached from most major airports at a low airfare. Atlanta Transit (MARTA: \$1.75) will get you from the Hartsfield /Jackson Airport to the Sheraton Buckhead in about thirty minutes and without any transfers. Affordable, convenient and **Peachy Clean.**

C'mon, what else could you ask for?

If you were not planning to attend, I hope

I've changed your mind!

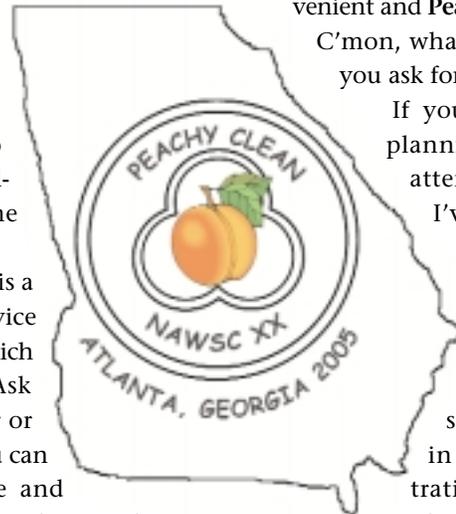
If you are attending,

please be sure to send

in your registration form early, register as a

delegate (if applicable) and make your hotel reservations. The deadline for the hotel registration is April 15 if you want to get the special low rate of \$85 a night. Remember, if you have any questions or concerns please contact me by e-mail at [conferencechair@nicotine-anonymous.org](mailto:conferencechair@nicotine-anonymous.org). See you May 6th for Peachy Clean NAWSC XX!

See the registration form on page 9 of this newsletter. On it you will find information on how to register for the conference, and all the hotel information you will need. Additional forms can be copied from this one or downloaded from the Nicotine Anonymous Web site.



# Nicotine Anonymous World Services Conference XX

## May 6-8, 2005

### Registration Form

#### Sheraton Buckhead

3405 Lenox Road NE  
 Atlanta, Georgia 30326  
 Phone (404) 261-9250  
 Toll Free - 800-325-3535  
 Fax (404) 848-7391  
[http://www.starwood.com/sheraton/search/hotel\\_detail.html?propertyID=97519](http://www.starwood.com/sheraton/search/hotel_detail.html?propertyID=97519)

The hotel is just steps from Lenox Mall, Phipps Plaza and MARTA, and only 20 miles from Hartsfield Atlanta International Airport



Room rate:  
 \$85 per night plus parking  
 max of 4 people (Good for 2  
 nights before and 2 nights after.)

Get preferred rate if  
 reservation is received by  
 April 15<sup>th</sup>.

Take MARTA (\$1.75) from the  
 airport and be just a block from the  
 hotel

HOSTED BY: Georgia Intergroup of Nicotine Anonymous (GANICA) [www.ganica.org](http://www.ganica.org)

Friday	Saturday	Sunday
<ul style="list-style-type: none"> <li>• Fantastic Gratitude Meeting</li> </ul>	<ul style="list-style-type: none"> <li>• Business meetings,</li> <li>• Nominations of officers and site for the 2007 Conference</li> <li>• Marathon meetings</li> <li>• Banquet and speakers</li> </ul>	<ul style="list-style-type: none"> <li>• Awesome Sunrise meeting</li> <li>• Delegate voting</li> <li>• Inspirational spirituality speaker</li> <li>• Post Conference trip to the Atlanta History Center (<a href="http://www.atlantahistorycenter.com">www.atlantahistorycenter.com</a>)</li> </ul>

Please make checks payable to: Nicotine Anonymous,  
 Mail to: Robin L. 1898 Spring Road. 1H, Smyrna, GA 30080  
 Registration Contact: Robin L, [oscarthepenguin@yahoo.com](mailto:oscarthepenguin@yahoo.com)  
 Conference Chair: Richie Z [RichieZNicA@yahoo.com](mailto:RichieZNicA@yahoo.com)

	Items	Cost	#	Total
<i>Name:</i>	<i>Conference Registration: Deadline April 20<sup>th</sup> Late fee after 4/20 is \$35</i>	\$25 \$35 <i>after</i> 4/20		
<i>Address:</i>	<i>Saturday Banquet – Circle Choice Chicken Prime Rib Fish</i>	\$45		
<i>City:</i>	<i>Sunday Spirituality Brunch</i>	\$25		
<i>State:</i>				
<i>Tel:</i>	<i>Post Conference Activity Atlanta History Center (2-5pm)</i>	\$23		
<i>Email address:</i>	<i>Tee Shirts (indicate qty by size) ___ S ___ M ___ L ___ XL ___ XXL</i>	\$10		
<i>Do you need a roommate?</i> <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Male <input type="checkbox"/> Female	<i>Optional Donation to NAWSC</i>			
<i>Delegate:</i> <input type="checkbox"/> Yes <input type="checkbox"/> No <i>Please Indicate which Intergroup:</i> _____	<i>Total:</i>			
<i>Did you or your intergroup officially register you as a delegate with the Secretary of Nicotine Anonymous?</i> <input type="checkbox"/> Yes <input type="checkbox"/> No				

**Delegates must also be registered as delegates no later than 30 days prior to the Conference mail: Secretary of World Services, 419 Main St., PMB#370, Huntington Beach, CA 92648: or via email to [secretary@nicotine-anonymous.org](mailto:secretary@nicotine-anonymous.org).  
 Registration must include: Name, Address, Phone Number, email and Group/Intergroup represented.**

# NAWS Profit and Loss

January–June, 2004

Bill P., Carrollton, Texas

	Jan–Jun '04		Jan–Jun '04
<b>ORDINARY INCOME/EXPENSE</b>			
<b>INCOME</b>			
4000 · Donations		Expenses	10,812.73
4100 · Literature		Expenses	5,413.49
4290 · Shipping			<u>16,226.22</u>
4299 · Conferer			
Total Income			<u>(4,347.83)</u>
Cost of Goods Sold		Other Income/Expense	
5001 · Cost of Goods	648.18	Other Income	
5000 · COGS	12,875.79	8000 · Interest Income	78.23
Total COGS	<u>12,878.39</u>	Total Other Income	<u>78.23</u>
Gross Profit	<u>11,878.39</u>	Net Other Income	<u>78.23</u>
		<b>Net Income</b>	<b><u>(4,269.60)</u></b>

New one to come

## Idea

Catherine C.

Sending delegates to a conference can be an expensive proposition. One thing we've done at the Northern California Inter-group is send every meeting an envelope for special donations to the "Delegate Fund." This fund is split evenly between all the delegates who attend the conference. It helps defray some of their expenses and helps your meeting or Inter-group get representation at the conference.

What are some other ways to increase delegate attendance at the conference?

# ANNOUNCEMENTS

**TELESERVANTS NEEDED** to pick up regional messages (not urgent calls). Contact Scott J. at [TeleserviceCoordinator@nicotine-anonymous.org](mailto:TeleserviceCoordinator@nicotine-anonymous.org)

**ARCHIVE COORDINATOR NEEDED!** Contact Jean L-S for details by e-mailing her at [chair@nicotine-anonymous.org](mailto:chair@nicotine-anonymous.org)

**ARE YOU FLUENT** in a non-English language? We need you to volunteer to help translate our literature into your language specialty! Please contact Checko M. at [LiteratureCoordinator@nicotine-anonymous.org](mailto:LiteratureCoordinator@nicotine-anonymous.org)

**WE NEED A NEW SEVENTH STEP PRAYER!!!** The one we are using is actually from AA and they are requesting that we create our own. Please help by sharing your own prayers. Send it to [Chair@nicotine-anonymous.org](mailto:Chair@nicotine-anonymous.org)

**IF YOU DON'T HAVE E-MAIL**, you can always write to the coordinator listed above at

NAWSO  
419 Main St., PMB #370  
Huntington Beach, CA 92648

# Birthday Congratulations

*Congratulations and thanks for your donation to:*

**Alice B, 20 years as of 6/1/04!!!  
Way to go, Alice!**

## ~ Birthday Gratitude ~

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

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

Amount Enclosed \$ \_\_\_\_\_ From: \_\_\_\_\_  
If you wish to remain anonymous, put "anonymous"

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



### Subscribe to *Seven Minutes!*

*Seven Minutes* is a quarterly publication of NAWSO news, articles and letters—it is "a meeting on a page." Your subscription will help *Seven Minutes* continue as the official conduit of this fellowship of recovering nicotine addicts. You will also receive a Worldwide Meeting Schedule. You may pay by check, money order (US funds only) or credit card. **Mail to:**

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

ADDRESS \_\_\_\_\_

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

Please find my (check one)  check  money order enclosed. Or, please bill my credit card (check one):  Mastercard  Visa  American Express  Discover Card

NAME ON CARD \_\_\_\_\_ SIGNATURE \_\_\_\_\_

CARD NUMBER \_\_\_\_\_ EXPIRATION DATE \_\_\_\_\_

BILLING ADDRESS \_\_\_\_\_

Send payment, in US funds only, to: NAWSO, 419 Main St, PMB#370, Huntington Beach, CA 92648 USA. **Thank you!**

#### SUBSCRIPTION FEES

	Number of Years		
	1	2	3
U.S. & Canada	\$ 9	\$17	\$25
Overseas	\$14	\$27	\$39

- New Subscription  
 Renewal  
 Address change

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

**Publication Dates and  
 Deadlines for Submissions  
 for 2005**

Publication Date	Deadline Date for submissions
March 1	February 5
June 17	May 20
September 1	August 1
December 1	November 6

**Check your  
 label!  
 Has your  
 subscription  
 expired?**

**PROOF-DO NOT DISTRIBUTE**

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

*My new address and phone is:*

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

*My old address and phone was:*

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

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

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

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_