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*Seven Minutes*  
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## *NAWS Chairman's report . . .*

Oh, what a ride! Oh, what a great fellowship! Sunday, April 26<sup>th</sup> was my last day serving as chairman of Nicotine Anonymous world Services. It was a privilege and an honor. And it was with gratitude that I handed the gavel over to our new Active Chair, Jan S from Phoenixville, PA. I wish her well, and I look forward to working with her on the Board for my last year. I have great faith that she will bring new energy to our wonderful fellowship.

What do I get out of service? I get out of ME! I get out of the Disease of Isolation, and into the real world – off the Planet Ladd and into God's World. Very, very sweet! I'm a subscriber to the dictum, "Treat your head like a burning building and get the hell out." It pays me well to remember that "Service is

gratitude in action," and, as Teaneck Bill likes to say, "Gratitude is the aristocrat of attitudes." Lotta wisdom in slogans – indulge me to repeat one more – "A grateful heart seldom slips."

I look forward to (alright, one more) "getting back to the day job" – working one-on-one. One of my proudest accomplishments in life is to help three people in my home group to get nicotine-free, and to see each of them celebrate two years this year. Boy, does that keep me coming back! It gets me out of me. And it tells me that working with others is a sure-fire way for me to stay free.

Now, if I only were more successful at getting my sponsees to get their own sponsees ...

I love you guys.

- Ladd J from Long Island, Outgoing Active Chairman

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

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

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

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

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

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

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

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

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

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

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

### **Our Preamble...**

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

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## *MY STORY . . .*

Smoking for me started (along with other bad habits) when I was about 15 years old. The reason I started was so I could fit in; so I could feel I belonged to something – anything.

See, I grew up in a single parent home with my mother and brother. My mother was my brother's enabler, which meant she gave him too much love and me not enough. So I grew up with low self-esteem, not feeling loved or wanted.

When I was about 12 years old, I just wanted to give up on life altogether (literally). I had so many feelings in me, that I just didn't know how to express them (anger, self loathing and fear). But at 15 when I started drinking and smoking, I found that I didn't have to express these feelings at all.

I found I could hide or mask these feelings of inferiority by pretending that nothing bothered me and that I was somebody important. Ah yes, now life was great (or so I thought). Still, something wasn't right. Even with these crutches, I wasn't happy (whatever that was). Alcohol was consuming me, so in 1988 I put that down and was introduced to the 12 steps. I truly started to grow as a person and felt better about myself. However, I still continued to smoke.

My three children tried to get me to quit smoking over the years. They would tell me the dangers of smoking or hide my cigarettes from me. In my mind, I thought they were being disrespectful. I realize now that though my body was in the state of Maryland, my mind was in the state of denial. I just didn't want to hear anything negative about smoking. I would turn off TV ads dealing with the evils of smoking

or second hand smoke. I ignored the warnings on the side of the cigarette packs. See, now I know why I did these things. It was out of fear. Fear that they were right. And, after decades of smoking, fear of life without cigarettes.

Cigarettes were as much a part of my life as breathing. They were there during good and bad times, sunny days – rainy days, deaths – births, marriages- divorces, happiness- sadness or any other emotion I was going through. I couldn't depend on many people to be there for me, but my smokes were always there and I was afraid to lose my “best friend”.

Cigarettes were also there to help me deal with people. I (unknowingly) was a people pleaser. I would just keep people happy even if I was miserable doing it. Then I would hide my discomfort behind a smoke screen of poison.

I soon learned that I have to be true to myself, first and foremost. Today, I can say “no” to someone and know that the world won't come to an end. And, I feel better about myself because of it.

I used to tell my children to be the best they can be. I told them to reach for the moon, and if they couldn't get that then maybe they could grab a star along the way. But, if you have low expectations for yourself, then you'll get low results and you'll have no one to blame but yourself.

I've learned a lot about myself since I started the journey of the 12 steps back in 1988. I got reintroduced to the steps in September of 2006 when I joined Nicotine Anonymous. The journey continues. It's a journey of self discovery and unity.

I got united with people from different backgrounds, different cultures, different religions and color. But with all the differences, we all have a common goal: to be the best we can and to not only learn how to stop smoking, but to learn how to start living.

Through the years, I've tried to quit smoking thousands of times. I just couldn't stay quit. My longest quit was exactly seven days. The problem was trying to do it alone. But once I joined NicA I was with people who understood what I was going through. Through my higher power, the group and the 12 steps, I stopped smoking on October 23, 2006 after 40 years of smoking.

People not 12 stepping may mean well when trying to get people to break their “bad habit”, but they don't understand that this is an addiction and only a symptom of a much deeper problem. Over the years, I realized that I don't have to pretend that I'm somebody important because I already am somebody important. I have my higher power working in my life and I can see that in my growth as a person.

See, I look at my life as a glass of milk. It looks good on the outside, but on the inside, the milk is spoiled, lumpy and poisonous. By working the 12 steps, I've learned to turn that glass upside-down. It appears that all of the poisons have gone but there's still remnants on the sides of that glass that represent my character defects (things I still need to work on). I have come a long way, and it wasn't easy to turn that glass over, but in doing so, I've learned that my feelings are my responsibility.

Some things that happened to me were out of my

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control, but a lot of things that happened to me were because of what I was doing. We do what we do because we think the way we think. I found that if I changed the way I think, then I could change my world.

Today, I'm not trying to be a victim of my past but a victor of my present. Today, I'm not afraid to try, even if I make a mistake, because making a mistake doesn't make me a failure.

Someone once asked me "How did you stop smoking"? My answer was simple "One day at a time" and though that may sound simple, it's not. Sometimes even one day is scary. At times I had to break it down to a few hours at a time. In the beginning when those cravings hit me, it was really hard. But by going to meetings, making calls to people in the program, reading Nic A materials and listening to people tell of their hopes and strengths, I made it through that difficult period.

I also have my higher power, which I call God, in my life. During my life, I have always believed in God, but there were times when I felt abandoned by Him. But, after self-examination (step 4), I realized that God was always living with me and those times when I felt he left me were the times when it was me who moved away.

This is why I will always "keep coming back". It is said that more will be revealed. I know that I cannot focus too much on tomorrow. Will I ever smoke again?? I really don't know. What I do know is that because of my attitude of gratitude, I won't do it today.

Wil J

Maryland

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## *Surrender . . .*

To me, surrendering always meant to be the weakling, say "uncle," give up. The irony is that to quit smoking I had to surrender in a new way. In my early online meetings with Voices of Nicotine Recovery, I heard someone say out loud that she LOVED surrendering. And she visualized herself falling into a warm, soft, loving, safe place. I tried it using a little quiet meditation moment and it felt quite nice. OK, I can do this!

It took having that safe place in my head and heart to be able to put the smokes down and walk away. I found with a little practice that I could call on



HP, ask for help, or just take a moment to be with my Higher Power. Surrendering asks me to let go and let God be in charge. Since the list of things I can control is pretty short, I can just relax and do the next right thing, and BREATHE!

Every time I surrender, my HP loves and accepts me no matter what. During the scariest and most stressful times, the cravings get strong, and I trust that HP is there, just by asking for help. Help appears. It's a miracle! And then the good stuff starts happening.

Today I have over 4

years nicotine free. I can laugh without hacking myself to death, I can smell. Oh, food tastes so good! I have energy! And oh my, can I ever use the 12 Steps to help work through all of the new feelings!

To me, surrendering is about taking that intentional step off the cliff into the abyss on faith that the support will appear . . . like in the Indiana Jones movie. Surrender has come from the tiniest inkling of trust and belief in things unseen.

It takes practice, just like all of recovery.

Thank you for my life,  
Aimee

~~~

## *New active chair conference report . . .*

There are three words that stand out in my mind to sum up this year's World Service Conference in Akron. UNITY, COMMITMENT AND PROGRESS. I wish each and every one of you could have been with us in Akron at World Services Conference XXIV. Akron Inter-group has raised the bar on conference planning. They didn't overlook a single detail! It was hospitality and efficiency at its finest. You could literally feel the unity and spirit of cooperation among the fellowship members and delegates who were there. I have sensed since last year on Long Island that something historic is happening to us. Even our new Outreach Chair, Sharon, echoed this sentiment when, at the Friday night Gratitude Meeting, she said,

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"There is a fire building beneath Nicotine Anonymous". Our best years lie ahead. Our fellowship has never been better, stronger, more united, or more forward thinking.

My admiration and respect for our World Services Board has grown by leaps and bounds as I have worked with this dedicated team of humble servants throughout this past year. These folks really care about our fellowship and the Traditions that protect it. Welcome to our Chair Elect, John R., our Secretary Elect, Jill, our Treasurer Elect, Theresa and our Officer at Large, Annette A.

And then there was the after conference tour of Dr. Bob's home and other Akron highlights of AA's beginnings. Can you imagine what it felt like when we could sit at Dr. Bob's kitchen table with our own Rodger? Talk about history!

The workshops were all outstanding and we got a lot accomplished. As a result of the work done in the workshops, we will be concentrating on Outreach, drafting a Newcomers Booklet for approval at next year's Conference, and we also looked into other pieces of literature that would help the recovering or still suffering nicotine addict.

We also held a workshop on contributions, so get ready to GIVE AND LIVE! Yes, that's the catchy name for our new way to contribute to our fellowship, helping us to always remain self supporting through our own contributions. Ed T. will be giving you a full rundown on this in the next Seven Minutes issue. And unity is definitely the word for the fusion of our face to face meetings with the online community.

I would like to share my

goals for this coming year with you. Because Ladd did such a great job with his, and they were so "right on", I have incorporated many of them into my own to maintain the forward momentum that is so strong in our fellowship right now.

Fulfill the objective of Tradition Five - carry the message to the still suffering nicotine addict

Engage delegates throughout the year - inform them of major Board discussions and elicit feedback. (Our Chair Elect John R. will be fabulous at this! And I meant what I said at the Conference ... call on us at any time!)

Implement Outreach ideas already in place and those that have just come from our current workshop. (Sharon, you're going to be fantastic at this!) For all of you, check out the New Outreach Booklet right on the home page of our website. It has everything you need to get started.

Increase our visibility and credibility within the Medical Community (Let's all get out there and provide visibility at health fairs!)

Increase awareness of Nicotine Anonymous, being ever so conscious of Tradition 11 - hopefully, more exposure on major TV shows and similar exposure to the 1985 Readers Digest article

Ensure our Fellowship remains on a solid footing financially, being self supporting through our own contributions (with GIVE AND LIVE coming, this is already starting and we can only look forward to an upswing in this area)

Increase our membership - Campaign for each member to bring in at least one new member, thereby doubling our

size

Merge the online and face to face meeting membership - through Bylaws updates and work with the online community, utilizing both forces

Continue to streamline Board meetings (We all really work well together, so it's happening all the time...)

THIS IS THE YEAR!

With all my love and support,  
Jan S  
World Service Chair, 2009-2010

~ ~ ~

## *What Happened At The Conference . . .*

Delegates arrived as early as Thursday and the NAWS Officers met on Friday afternoon to finalize the Agendas for the Conference. The Conference XXIV Committee had everything in ready, from tee shirts and literature to the After-Conference trip to Dr. Bob's Home in Akron.

The theme of "Welcome Home to Akron, the Birthplace of Miracles!" was carried out with that logo we've seen since last year. Jules C, the Chairperson of the Conference, had created that and colorful posters were hung all around our meeting rooms. They were so attractive that attendees pressured the Committee to raffle them off on Sunday afternoon! Although the hotel accommodations were outside of Akron, the After-Conference bus ride to Akron was quick and afforded more time for conversations.

Roll call at the Saturday Opening Meeting revealed there were 50 Registered Delegates and 31 were present, represent-

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ing a quorum. Jules made announcements relative to the Conference itself. One of the most exciting things that happened was that the local newspaper had **two front-page articles in Saturday's paper about Nicotine Anonymous and the current Conference.** Then, WSO Chairperson, Ladd J reviewed the open service positions and urged those present to consider stepping up to help the Organization as Officers or Committee Coordinators.

Willy S handed out copies of the Treasurer's Report for 2008. Several improvements had been incorporated as a result of last year's workshop on Finances. The Profit & Loss Previous Year Comparison brought the happy news that the sale of YEAR OF MIRACLES was very successful, and the net income was a 250% increase over last year's. An important request for next year was to include the Treasurer's Report in the packet available prior to the Conference so that Delegates had time to review the material beforehand. In the absence of Joe S, Willy also presented the Office and Fulfillment Report. The high percentage of Google hits going through to our web site continues, but we have no way of knowing if this results in new members. Willy believes one of the next year's goals should be to save money to invest in a Certificate of Deposit. Being Treasurer for another not-for-profit organization leads Scott to believe that the five-year comparisons will allow him to present a living budget next year.

Secretary Mary P announced that the Intergroups had been emailed (or snail-mailed) all approved Minutes since last year's Conference. The applause which followed was noted! Next, Ladd J gave his report covering the past

year. He focused on his announced goals for his term and how they were met. Committee reports were received and reviewed.

Nominations for Board positions were received; nominees present were given the opportunity to set forth their qualifications; then the nominations were tabled until Sunday morning. The Board announced that they had appointed Annette A as Officer at Large to fill the two year term of the Secretary Elect's office, and informed Delegates they needed to approve or disapprove this appointment. They were also reminded that Ed T, as Officer at Large, is serving his last year for representing the Treasurer Elect who resigned two years ago.

A report for the 2010 Conferences was given by Marge D and at present the committee is gathering information for the site and had registration forms available. The only bid for 2011 was submitted by the Mid-Atlantic Intergroup and tabled until Sunday morning.

The afternoon was devoted to two periods of workshops. Those present had choices of **Outreach** (Implementation of Conference 2008's suggestions); **Newcomer's Booklet** or **Online Bylaws change and other online issues** during the first period; **Other Literature and development ideas** or **Contributions and "faithful fivers" proposal** during the second period. At the Workshops Recap, those leading the sessions summarized what went on. Two Workshops had motions to present to the Delegates and these were tabled until Sunday morning. The Newcomer's Booklet workshop reported that the members endorsed going ahead with this project and drafts will be worked on via email under the direction of Checko M. and

Ed T. Speaking as facilitator of the Literature workshop, Checko reported on the progress of the literature being worked on presently, but nothing is ready for Conference approval this year.

After a delicious buffet dinner, the invited speakers were Jules C. and Checko M. They were introduced by members who know them well, MJ from the Ohio Intergroup and Martha K from NY. Standing ovations for each of them followed their talks. And then! We had entertainment in the form of a stage play based on Snow White. Of course it was cleverly presented, based on the 12 Step concepts and delivered with aplomb, spotted with wild applause. What fun!

During the Conference, the Marathon Meetings had a schedule and topics—everything was so well organized! The Sunrise Meeting on Sunday gathered a number of participants and it is always especially inspirational and spiritual. The Ohio Intergroup had a bevy of volunteers who kept the Hospitality Suite open and afforded a message board and snacks and beverages throughout the Conference.

On Sunday, the real work of the Delegates was carried out. The motions were tabled and the candidates were invited to give a brief statement about their qualifications. The



following members were elected: Jill--Secretary Elect, Teresa--Treasurer Elect and John R.--Chairperson Elect.

Ladd announced that several of the open Coordinators' positions had been filled, including Sharon from Akron, PA, who volunteered to be the Outreach Coordinator.

Dale, representing the Mid-Atlantic Intergroup, said their offer to host the 2011 Conference would be centered around the Baltimore/Annapolis area to keep costs reasonable. The Delegates voted overwhelmingly to accept this bid.

Online Bylaws changes had been submitted to Delegates earlier this year but the motion to accept the changes was withdrawn by recommendation of the workshop participants. Dan P, who led the group, announced that Rodger F and John R will be working together on these important changes. The motion to accept the change to require an email address, if available, from Delegates was passed as presented.

Dan made an announcement about the need to clean up the Meeting List and solicited volunteers to help contact those listed to be sure they are still viable.

The Contributions Workshop was led by Dan and a contributor-driven donation program in harmony with our Seventh Tradition was proposed. A motion was passed to have the Board decide on a name for the program to be instituted encouraging members to pledge a monthly amount to WSO. John O, as Traditions Coordinator, was consulted at many points during the workshop and this meeting.

Before the Spirituality Brunch began, the Serenity Singers from Akron performed

some lively songs, many based on 'oldie' Broadway shows, and closed with a moving rendition of "Amazing Grace." After the meal, our Spirituality Meeting Speaker, Judy D had us laughing and crying with her story.

As the Conference came to an end, many participants then met to return to "The Birthplace of Miracles."

*Ardith A.*

*Extinct Secretary Emeritus*

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### *What happens at the Conference . . .*

Well, last year when we went to Long Island, there was a letter in my box from one of my friends who also attended that conference before I even got home, explaining the whole deal. This year, I was determined to be first off the mark!

First of all, I am a person who is chronically early, almost to the level of a character defect (if there is such a thing as almost). Last year, because of airplane connections, I arrived almost at the end of the Friday gratitude meeting (a traditional marathon type meeting that takes place on the Friday night). Well, that sure put a damper on meeting a lot of folks, but taught me a lesson with airlines – get the first flight you can, so I came in Thursday night. In Akron, I rented a car and squinted while I drove using a map I printed from the internet. (I still managed to miss an exit, and, after a brief tour of northern Ohio, arrived at the conference not the least bit frazzled.

On the Thursday night, I was watching TV (circadian rhythms set for local Mountain Time). Got up around midnight

and walked around a bit . . . just happened to be wandering by the desk, when Jan (who won the chair elect position last year, by one vote as the story goes), was registering. We had a short talk, and Jan wanted me to run for chair elect as she was rotating to active chair. She ended up nominating me from the floor. Of course, last year in Long Island, we ran against each other . . . and became great friends in the hall, while the votes were counted and recounted.

But I'm getting ahead of myself . . . spent Friday hobnobbing with the locals (great bunch of folks, that Ohio intergroup who sponsored the conference is apparently a fairly new intergroup). They are full of energy . . . I had been corresponding with Jules before the conference, and had pictured an aging guy with a moustache. Well, Jules is a lady, mind you!! Jules = Julie! Oh well, in any case they are a great bunch of people, and did a great job putting the conference together I might add.

And so Friday went. We had the Friday gratitude meeting. Of course, along with the conference events, there were continuous meetings going on. Saturday was a bunch of workshops, and the sort of stuff that is done at these conferences. On a break between events, I went to hospitality room and met our local member, Celeste. We had a great time, and while I wasn't able to spend a whole lot of time there, it was sure great having another one of us there. Of course, Celeste mentioned that I was nominated for grand pooh bah at that meeting, but I want to tell you about another situation. This happened a couple of times this last week-end. NicA has a very dynamic, charismatic, guy whose name is

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# *Service is the Key*

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

## **PUBLIC OUTREACH COORDINATOR**

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

## **OUTREACH COORDINATOR FOR HOSPITALS**

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

## **SNAIL MAIL PEN PAL COORDINATOR**

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

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

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

## **TRANSLATORS**

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

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

Nicotine Anonymous World Services

419 Main Street, PMB #370

Huntington Beach, CA 92648

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

# Nicotine Anonymous World Services

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

Shipping 714-638-4639 Email: info@nicotine-anonymous.org Internet: www.nicotine-anonymous.org

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

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

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

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

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

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

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

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

Braille: THE BOOK & Pamphlets are also available from the Braille Institute 800-272-4663 - Ask for supervisor or Order Desk.

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

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VISIT  
OUR  
ONLINE  
STORE

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

**NAWSO**  
**Profit & Loss Prev Year Comparison**  
**January through March 2009**

|                                 | <u>Jan - Mar</u><br><u>09</u> | <u>Jan - Mar</u><br><u>08</u> | <u>\$</u><br><u>Change</u> | <u>%</u><br><u>Change</u> |
|---------------------------------|-------------------------------|-------------------------------|----------------------------|---------------------------|
| <b>Ordinary Income/Expense</b>  |                               |                               |                            |                           |
| <b>Income</b>                   |                               |                               |                            |                           |
| 4000 · Donations                | 2,200                         | 1,249                         | 951                        | 76%                       |
| 4100 · Literature Sales         | 16,467                        | 7,184                         | 9,284                      | 129%                      |
| 4290 · Shipping & Handling      | 1,753                         | 1,106                         | 648                        | 59%                       |
| 4299 · Conference Profit (Loss) | 0                             | 0                             | 0                          | 0%                        |
| Total Income                    | <u>20,421</u>                 | <u>9,539</u>                  | <u>10,881</u>              | <u>114%</u>               |
| <b>Cost of Goods Sold</b>       |                               |                               |                            |                           |
| 5000 · COGS                     | 6,367                         | 4,188                         | 2,179                      | 52%                       |
| Total COGS                      | <u>6,367</u>                  | <u>4,188</u>                  | <u>2,179</u>               | <u>52%</u>                |
| <b>Gross Profit</b>             | 14,054                        | 5,352                         | 8,702                      | 163%                      |
| Gross Profit % to Income        | 69%                           | 56%                           |                            |                           |
| <b>Expense</b>                  |                               |                               |                            |                           |
| 6000 · Office Expenses          | 7,133                         | 6,917                         | 216                        | 3%                        |
| 6600 · WSO Expenses             | 2,301                         | 1,506                         | 795                        | 53%                       |
| Total Expense                   | <u>9,434</u>                  | <u>8,423</u>                  | <u>1,011</u>               | <u>12%</u>                |
| <b>Net Ordinary Income</b>      | 4,620                         | -3,071                        | 7,691                      | 250%                      |
| <b>Other Income/Expense</b>     |                               |                               |                            |                           |
| Other Income                    |                               |                               |                            |                           |
| 8000 · Interest Income          | 1                             | 1                             | 1                          | 100%                      |
| Total Other Income              | <u>1</u>                      | <u>1</u>                      | <u>1</u>                   | <u>100%</u>               |
| Other Expense                   |                               |                               |                            |                           |
| 8030 · Interest Expense         | 0                             | 12                            | -12                        | -100%                     |
| Total Other Expense             | <u>0</u>                      | <u>12</u>                     | <u>-12</u>                 | <u>-100%</u>              |
| Net Other Income                | 1                             | -11                           | 13                         | 118%                      |
| <b>Net Income</b>               | <u><b>4,621</b></u>           | <u><b>-3,082</b></u>          | <u><b>7,704</b></u>        | <u><b>250%</b></u>        |

(Continued from page 7)

Checko. He's been the NicA literature guy for a while now and he is the driving force behind the literature. Anyway, he was talking about this new girl in Italy, who is translating a bunch of the literature into Italian. That of course is Irene (skunkie). He didn't know that she also chairs a meeting in VONR (*Voices of Nicotine Recovery, an online NicA group - Editor's note*). Those of us who do service at the world level get noticed, and it really turns some heads when folks find out that a lot of the help is from the online community. Congrats Irene, the folks at the conference were very impressed.

Another situation, which has been brewing in the background, is how online groups should be represented. Dan and myself, along with johnjdmc (*another VONR member - Ed.*), put together some tentative ideas. It was too much for the conference to digest, and was tabled indefinitely. This is only a minor setback, and really a technicality, as we are being allowed one delegate, for every 3 meetings, just like the face to face community. Actually, it may have worked for the best. Rodger F. volunteered both his time and mine to rewrite that stuff . . . lol

Of course, Saturday night was the grand buffet-style dinner, along with shares, and this year we were treated to an after dinner play (*Snow White & the 7 Character Defects*). I laughed so hard my ribs ached!!! We had a great time!

Sunday of course brought the election, and I was elected by acclamation, as nobody else ran. We also elected a new treasurer, and of course a new secretary.

For those who don't know the service structure, NicA

elects its board officers for a total of 3 years. The first year is the elect year, during which year the person is learning the job and has some responsibilities. The second year is the active year, where the formerly "elect" person is rotated into the "active" position; the second year is full responsibility year. And, finally, during the third year, the officers rotate into the "emeritus" position, thereby being the more experienced and hopefully wiser ones.

This is a great structure, and everyone I have talked to says that being a board member is a life changing experience. I am honored to be the first online person to hold a position with the NicA WSO board, and thank you people for my opportunity! The morning session was closed out with the serenity singers (all local 12 steppers, great job).

Of course, there was a reason that they called Akron the birth place of miracles. Sunday afternoon was bright and sunny in Akron, and we took a bus tour of the AA sites. Henrietta Seiberling's gate house, Doctor Bob's house and grave . . . I don't think the significance of touring Doctor Bob's house with all the NicA folks, among them Rodger (our founder), was lost on anyone. It was a great tour.

Also on Sunday of course, most left to catch planes, but a few of us headed out Monday. A bunch of us went out for a bite, including Ladd, the chair emeritus, and Rodger. I ended up spending some time with Rodger as I had the rental car lol. He's a great guy, and he said that Gary M had approached him (*about talking at a VONR speaker meeting on a Saturday evening - Ed.*). Well, I'm going to make sure he does it this year lol. Anyway folks, great folks, great times. I would recommend the Phoenix conference to anyone!

I managed to get back to Akron airport with little problems Monday. I was surprised to see Denver with a skiff of snow. Back home and my cat, after ignoring me for an hour, won't let me out of her sight. Life is good!

John R

Albuquerque, NM

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*Writings for "Seven Minutes," a workshop at the NicA Nor Cal retreat at Samuel P. Taylor Park in Marin County California, June 21, 2008*

Accept not just because it was said

Nor because you read it  
Nor because it is believed  
by many  
Accept only because it will enable you to see truth  
and "the truth will set you free" from your addiction.  
(inspired by and paraphrased from a quotation I have lost)

Joyce D., Grass Valley

I heard a raven crow and thought

"Quoth the Raven, Nevermore"

Nevermore do I have to feel the shame of how I smell  
The exhaustion from struggling to quit  
The anxiety of how to live without it  
The fear of being without a match  
The unhappiness of despair

The absence of fellowship

(Continued on page 12)

with others

The limitations and consequences of my addiction  
Nevermore

Joyce D., Grass Valley

My name is David and I am a Nicotine Addict.

I started smoking four years ago. I remember in the beginning I had a resentment toward my parents because they were drinking so I lit a cigarette and lit the bed on fire; the stairs of the house caught on fire also. The fire department came. I blamed my brother and he got in trouble. I have since given an amends for it. I suffer from emphysema and COPD and asthma because of all the smoking I did. Today I am smoke free and have been for a year and four months. I have new friends. My sponsors are smoke-free, my caregiver is smoke-free, all my associates are smoke-free, my closest friends are smoke-free. I am grateful for being smoke free. My Higher Power is responsible for me being smoke free. I am grateful for all the members of Nicotine Anonymous. I am grateful all around.

David L.

I started the day driving to the Northern California Retreat on Saturday, June 21<sup>st</sup>. This is what I liked: spending the day with fellow addicts. I can be inspired that not smoking is possible and that we can come together and enjoy the fellowship.

Keith M.

When the smoke screen was lifted I began to feel deep feelings that had been so deeply covered up. So much pain and hurts that poured out of me in overwhelming emotions.

I learned how to give myself to God's power and send all my emotions, resentments, pains and terror up to God in a balloon and watch it drift away.

What a cleansing process that will last a lifetime of healing and growth.

Learning all kinds of spiritual tools along my path has opened a new spiritual quest for me. That has brought me to the West coast from the East coast in a courageous blind faith for much change and growth.

My first NicA retreat with my new partner in life has been a learning experience.

Francis M.

I used to carry my baby around with a cigarette in my mouth, and one day loading him in the car I knocked my cherry off with the seat belt and it fell on—and burned—a big blister on my child.

I would drive with him in the car seat in back, and I felt it was okay to smoke as long as the car kept in motion and I kept the burning cigarette in my left hand close to the half-open wing window. If I stopped the smoke would swirl into the car. If I kept going it would suck out the wing window. Needless to say I ran red lights and circled around parking lots dodging pedestrians until the smoke was done.

I was such a pathetic puppet to such a nasty addiction. Now I see people doing what I used to do and I have such trouble not going into judgment mode.

Dewey A.

I have been smober now for fourteen months, and for a 40-year smoker that is an absolute miracle. Without Nicotine Anonymous I am sure I would be facing diseases such as emphysema and COPD, not to mention the isolation. I am now at the gym three days a week and my trainer says her younger group can't do what I do. I am so surprised to hear that because it has been a long time since I have accomplished

something positive just for me. One day at a time, sponsor, meetings and fellowship in the redwoods.

"To exist is to change, to change is to mature, to mature is to go on creating myself endlessly." —Henri L. Bergson

One thing suggested at our retreat was to draw a quote from a bagful of quotes and this was the one I drew. It feels like it's so true for me and my recovery from nicotine. Coming into NicA was one act of change and that change kept reverberating on and on through all the nine years that I've been in the program. I have matured and I am constantly in the process of recreating myself, always in the hope of improving my life a little bit day by day.

And here I am in this beautiful forest listening to people tell their stories, share themselves with each other and loving each other as only Nicotine Addicts can.

I'm so glad to be here!  
Catherine C.

On one of the most beautiful days of the year in San Francisco seven of us from the Saturday morning meeting got in cars to come fellowship at Samuel P. Taylor State Park. It was an amazing day to get out among the trees and revel in the glorious benefits of living nicotine free. The camaraderie was sweet, the food delectable. You could cut the serenity with a knife. Having never met one another before we made fast friends. The day was enjoyed by one and all.

Being smoke-free makes me the man I am today. Having connected with a Higher Power through Nicotine Anonymous has brought courage and hope to my life. I smoked to hide my feelings, to fit in, to keep you at a distance, to cope with my problems that never seemed to go away and one day it stopped

working. At that moment, I had a choice to keep on smoking into the oblivion that is the reality of addiction—disease and death—or make a decision to go to the Fresh Start meeting of Nicotine Anonymous and find out a different way to live.

That day changed my life. Now almost seven years later, I have tools to deal with problems that come up and all of my feelings that I thought I couldn't cope with. Life is so full and rich. The fellowship of NicA is world-wide. Now that I live in San Francisco I have met a whole new fellowship of Nicotine Anonymous and I love it.

~~~

### "Ramblings #3" . . .

Got the grateful grati-  
tudes and the grateful grati-  
tunes. Singin' a  
song of praise for my HP. Oh  
what he's done for me! The past  
is the  
past and I ain't cryin' no more  
over spilt soda. Ain't cryin' no  
more over what I can't change  
and never could. And the future  
don't  
look too bad to me. Got one day  
at a time and my seren-i-tee.  
Those  
demons in the closet don't exist.  
Just figments of my imagination  
from the distant past.

Ain't fearin' relapse nei-  
ther. Thanks to all your posts I  
got fever.  
Fever to be free of the Nico-  
demon. Fever to be healthy and  
not be  
leavin'.

God bless this day and  
every one of you. If it weren't  
for VONR I'd  
be in a stew. A big pot of self  
pity and cigarettes would have  
been  
my lot. And now I got love and  
help and smobriety so thanks a  
lot.

Jan

~~~

### "Ramblings #4" . . .

Cruisin' along with my  
smobrie-tee like I'm in a 56  
Chevy and full of  
glee. Uh oh, though, what about  
complacen-cee--has this gotten  
too  
easy for me? The Nicodemon is  
sulkin' under a rock ready to  
attack or  
give me a good sound sock.  
Don't wanna be the Queen of  
Relapse no  
more. Just ain't funny and is like  
a sore. Gotta keep goin' to them  
meetings some more. Gotta do  
my steps even if I'd rather sleep  
and  
snore. The Nicodemon's deadly  
and I gotta stay ready for a  
fight,  
gotta keep my prayers up and  
my HP in sight. Can't carry no  
resentments cause I'll just sit  
and stew, don't want to light up  
so I  
better be true. True to my God  
and forgive and forget, gotta  
realize  
the rest of the world is all set.  
Can't change a thing 'cept my-  
self  
and not lightin' up is the key to  
God's wealth.

Well that's enough from  
me. Think I'll probably stay safe.  
Have a  
smober day and if not just pray.

Jan

~~~

### Getting' Past A Craving .

. . .

Oh man, oh man, oh  
man,  
Got the heebie jeebie, I need a  
cigarette blues.  
Want some, dyin' for some,  
cryin' for some of the real bad  
news.  
Know a smoke will kill me  
sooner or later  
Just don't care a bit right now,  
don't believe in later.

And sooner ain't even a reality,  
you know what I mean?  
Can't get my mind round sick-  
ness when I wanna smoke and  
smoke it  
clean

Clean down to the filter  
and then some more  
Who cares if its twenty ciggies,  
I'm hard core.

Oh gosh I'm bein' such a  
sh\*\*.  
What would my HP think of a  
hit?  
And one more smoke just one  
can kill.  
Don't want to die until I've had  
my fill.  
I'm so messed up with this Nico-  
demon breathin' down my neck  
Need to say some prayers and  
to go to a meeting  
and, to my chores, say what the  
heck!

Gotta beat the bad boy  
back down into his little hole  
underground.  
Only way to do that is through  
faith in my God.  
Then to get on my knees and  
thank the Father/Mother with  
the long rod  
A rod to all this wisdom and love  
and compassion  
If it weren't for God I'd be in  
poor fashion.

Oh whew think the bad  
times have past.  
At least for now ain't gonna  
break my "fast".

Thanks for letting me  
share this ditty with you.  
Writing these stupid things  
seems to keep me cool.

Love you all a lot and  
wishing you a smober day.  
Gotta do some work so will on  
my way.

Jan

~~~

# ***NICA AROUND THE WORLD***

## **UK Meetings**

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

United Kingdom meetings...

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

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

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

Service is the Key...

Only you can tell your story.

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

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

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

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

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## **NICOTINE ANONYMOUS**

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

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

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

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

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

# **BIRTHDAY CONGRATULATIONS!**

Katherine B      9-25-06

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## *Birthday Announcements*

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

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

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

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

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

You Can't Keep it Unless You Give It Away

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

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

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

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

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

## *Seven Minutes*

### **NAWSO**

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

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

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

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

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

*My new address and phone is:*

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

ADDRESS \_\_\_\_\_

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

*My old address and phone was:*

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

ADDRESS \_\_\_\_\_

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