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**Chairperson's Report...**

The April Conference:

Wow, here it is another year in the Fellowship. Actually I'm a rather newbie, compared to the folks I see at the Conferences. Tempe was no different, thank God for that. And this year, for the first time, a sizable number of people from the online community showed up.

This was actually my third Conference, having enjoyed the conferences in both Long Island and Akron. And this year I was handed the Chairperson's gavel - the first online member on the NAWSO Board. I am both honored and humbled.

I learned at Long Island that it's better to show up a day early to the Conference, as I missed a good part of the opening Gratitude Meeting.

I enjoy seeing both old and new faces as they show up to the Conference. The online members have another experience. We often will be in meetings for a year or more with people we have never met face to face. There develops a bond to the group over time, as strong as any local group, so we are already old friends when we first meet face to face.

As the Conferences go, this was another one of those bone tired but rejuvenating events. Seems like we always pack more into the weekend than seems possible. This year we breezed through the workshops. We were even connected to a member in Israel via the Internet. As always, the workshops were instructive. As luck would have it, the new Board for the first time will be using the Internet for at least one, and probably more meetings this year. This should save the Fellowship money, and will eliminate

a lot of the travel hassles associated with service. I will, however, miss the Saturday night dinners the Board had after the meeting!

All these events have led to some conclusions. Every year we go to our Conference, meet each other in a festival of hugging and planning, only to disappear for another year. How nice it would be to have ongoing, functioning committees. Perhaps this year is a window to the future - year around communication with committees meeting online. And as we speak, the online community is organizing another first - an online Intergroup. The future for us looks bright indeed.

July NAWSO Board Meeting report: This historic meeting was the first to be held online. Traditionally they have been hosted by various Intergroups around the country. The fly in the ointment is that it has proven costly, as NAWSO picks up the Board members' airfare and other costs. Our first online Board meeting, despite the occasional glitch, was an outstanding success. We will be purchasing the software to have other Board meetings online, thus saving money—and Board members' nerves! In the larger scheme of things, this is simply another milestone for NicA as we grow in numbers and wisdom. Having the software available will be invaluable in exploring other options, which are only limited by our vision. Perhaps committee meetings can be initiated online. Perhaps Intergroup reps can get together to compare notes, or plan our Conferences. Improved communication can only help our fellowship grow. What an exciting time to be involved in NAWSO. I am both honored and humbled to be serving at this time, with people like you!!

Thank you for my life — John R.  
NAWSO Chair

### **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.
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12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to other alcoholics and to practice these principles in all our affairs.

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

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

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

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

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

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

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## *Keep Coming Back — We Need Each Other...*

I'm Sharon G. and I am a real nicotine addict and grateful today to know it, and hopeful that I know it even deeper as my recovery moves forward. It is only by knowing how truly helpless I am that I come to rely on that Power greater than myself.

I began experimenting with smoking with my siblings before I was ten. We tried to use hollow weeds from the fields behind our house in rural Indiana. Hollow was a bit dangerous because if you weren't careful, the flame could be sucked right up the tube! Where did we get the idea to smoke? Our dad was a heavy smoker of non-filtered cigarettes.

The sibs drifted from this activity by my age 10, as far as I know, but I did not. I went in search of my dad's leftovers - old dried out scrunched up butts that I would smooth out as best I could and light up. I would only get one puff, sometimes two, off of one of these castoffs, but I liked the effect. Occasionally, Dad would leave an open pack around. He and Mom were often gone in the evenings. He worked nights as an entertainer and Mom went to help with the business end of things. On those nights when they were gone and I found an open pack, I was in heaven.

The problem was that these opportunities were too few and we lived too far from a store or gas station for me to get any cigarettes on my own, so I stopped. That was the only time it was easy for me to quit.

I took up the addiction full on at age 19. I was out of high school and had my first job, which I did not like. I had some girl friends who all smoked

and whom I chided for having such a dirty filthy habit. I was also boy crazy, immature and needy - a perfect combination for addiction to take hold.

So, to make a very long story short, I chased a boy who I felt rejected me. My friends were with me and were not paying attention to my tale of woe. So I asked for one of their cigarettes. I did not stop smoking until I came to Nicotine Anonymous 24 years later. My quit date is March 21, 1990. As of this writing it has been 20 years, 2 months, and 2 days.

What did I do between age 19 and age 43? I smoked. I smoked as much and as often as I could, and for most of that time, it was easy. Oh yes, there were times when I attempted to quit. First at age 19, almost as soon as I started, but I could not quit. Then I thought I would be able to when I enrolled in college and moved to the campus. Wrong. I smoked more. At age 22, I tried to quit and lasted 6 painful hours. I did not try again until age 37. I used a quit smoking program. I quit for 28 days. I ate a lot of peanuts and drank to get me through each of those days. I started up again because I wanted to celebrate getting a new apartment. When I made that choice, it didn't seem important that I may not be able to stop smoking. But sure enough, once I started again, I was not able to stop. Oh well, I liked to smoke, didn't I?

My next attempt was 2 years later. I was dating someone who did not smoke...this was a first for me. He wanted me to quit. I bought that gum stuff. It was 1986 and you still needed a prescription for it. I got a prescription. I got the gum. I could not quit, but I lied to the boyfriend about it for a year until he caught me sneaking a cigarette out by the apartment pool. Shortly thereafter, I saw a flyer for Nicotine Anonymous (NicA), then Smokers Anonymous. It was

1987. I could not wait to get to my first meeting. I knew 12 Step Programs worked! I had faith. I tried to quit on my own will power on December 31, 1987. I lasted almost 30 days. I found a crisis to smoke over. Even within the program, will power does not work.

I did not return to NicA until 1989. This time, I was determined to find a Power greater than myself who would help me quit. I knew the only thing I could do was come to meetings. It took me a year and 3 months before I came to believe. I set a quit date of March 22, 1990 and told God of my understanding that if He would show up for me with help to put down nicotine, I would show up without my nicotine delivery system - cigarettes.

He did, and I did and I have not had to use nicotine since the night before March 22, 1990 at 10:00 pm. On the 21st I could not smoke up to midnight as was my original plan. All my plans are as nothing, when HP has something else in mind. So I use the 21st as my official quit date - to honor HP. It has been 20 years since that wonderful day when God took the option to smoke from my mind. I got the cravings, and what replaced the option to smoke was to watch the cravings come and watch them go. I did that for 24 hours. No great pain, just curiosity.

The following day I drove. Probably not a good idea. But I managed to keep focused enough. The following year every emotion I had stuffed with nicotine came roaring back. I am grateful I had the program, my meetings, the fellowship, and my HP to process and cry with.

Today, I keep coming back. I want to help others find their way to putting down this drug by sharing my experi-

ence, strength and hope. By doing that, I stay free of nicotine in any of its forms, and I stay happy and serene with regard to being a nicotine addict who no longer uses. Thanks Program, thanks HP (who I also call God), and thanks to all of you who are a part of this fellowship, whether you are 25 years in or just attending your first meeting - whether it's in person, online, by phone, mail or through this *Seven Minutes*. You all give me experience, strength and hope. Keep coming back - we need each other.

Sharon G.  
Phoenix, AZ

## Quote Corner

"Tobacco is an addict's best friend because it never judges him and finds him wanting. But when a smoker judges himself, he will definitely find himself WANTING—WANTING another puff, and **wanting** in the area of self-esteem."

Gwynn A.  
Edmonton, Alberta, Canada



## It's All Worth It...

(Editor's note: the following is in response to an online post from a member with 2 days off nicotine)

Hi Betty,  
Depression is a symptom of quitting nicotine - it took me back to smoking many times. Quitting is really tough when one has smoked all those years.

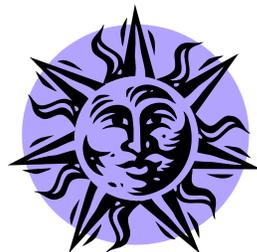
I smoked 46 years and it was like walking into a new land....which I didn't find particularly pleasant. Matter of fact, I wasn't very pleasant either.

Here's something that really helped me. I was told that "the most spiritual or right thing I might do all day is not smoke, and that's ok." Give yourself lots of slack and be compassionate with yourself. You don't have to do this gracefully or look cool. All of these hard times will pass and then you can be that wonderful person you will be in the quit. I believe it has made me a much better person...

Now I know you don't care about all that stuff right now....you just want to stop smoking. That was me too. I wasn't looking for friends, for being a better person, or any of that stuff...just wanted to quit killing myself. The thing is we get so much more than we ask for in this Nicotine Anonymous. Keep going to those meetings, grab a hold of the coattail of a winner and hang on..... you're in for a ride.

I call those days of my early quit the "good ole bad ole days", as there was much of both. I have never regretted any of it....well, maybe some of the temper tantrums, but amends were made on them and it's all good. I'm one of those old quitters who thought I was going to die, then when I didn't, there is all this gratitude. It's one of the best things that ever happened to me. Wishing the same to you.

Roz H.  
Voices of Nicotine Recovery  
(online NicA group)



## From Roz, Your Roving Reporter...

Hi, my name is Rosalind H. (Roz) and I'm a nicotine addict. After being around NicA for 8 years and having John R. nipping at my heels, trying to get me interested in service, I finally decided to see for myself what he thought was so darned wonderful about those clean nicotine addicts who attended the annual Conferences. Unfortunately my experience in other programs I've been a member of had left a bad taste in my mouth... What a huge surprise I got - unbelievable... I met awesome folks who were anything but egotistical. Rather, I found humble, dedicated, enthusiastic, energetic folks with a strong desire to get the good news out to others. I attended several workshops - one being "Seven Minutes Newsletter Brainstorming." I'm not sure how it happened, but I found myself offering to help gather articles for the newsletter. Since I attend an online group called Voices of Nicotine Recovery, I could do interviews with group members and submit them. That's how this column got started.

It is my duty/pleasure to find those who would like to share their experience, strength and hope, and carry the message that recovery from this terrible addiction can happen. My first online interview was with Dan/sparkchaser, a humble and dependable member of our group...

**Q.** How did you get your nicotine?

**A.** I was a two pack a day smoker - started when I was twelve and smoked for 37 years.

**Q.** Do you remember when you first inhaled?

**A.** I was getting in a lot of trouble at home and my parents sent me to summer camp. It was there I learned how to smoke. The other guys and I put money together to buy a pack. When I

first inhaled, I felt almost as if it was a rite of passage and made me fit in. I felt like a Real Man because I was able to inhale.

**Q.** How did you get smokes at that age?

**A.** I used my allowance and bought them out of machines. Since I was only 12, if anyone asked about my age I would tell them they were for my older brothers.

**Q.** Did your parents know you were smoking?

**A.** Yes, they did. My dad, who was plenty angry, told me to quit until I was 16, but I didn't stop. I just got sneakier. I began to scheme about better ways to smoke and keep him from knowing. My only thought was how to continue to smoke and my father not know...never once did I think about quitting.

**Q.** Do you remember if there was a progression to your smoking at that time?

**A.** Back then I wasn't able to get a hold of them all the time. I smoked them if I had them and sometimes I would steal them. Regular smoking didn't happen until I was in late teens or early 20's.

**Q.** At that stage of your addiction did you have any negative consequences due to smoking?

**A.** I was suspended from school for smoking once. At 14 we moved to Naples, Italy and there I found out about alcohol...Cigarettes were ten cents a pack at the Navy base and I forged my ID to say I was 16 so I could buy them cheap.

**Q.** What happened next due to your smoking?

**A.** My alcohol and drug use progressed and with that I began to smoke even more - up to two or three times as much.

**Q.** When did you begin to have problems with your use of nicotine?

**A.** I began to notice in my 30's I was short-winded. I would wake up with headaches, my lungs would hurt and I would blame this on the drugs I was us-

ing and chemicals I worked with as a painter. My friends gave me the nickname of "Iron Lungs".... No one complained or warned me at that time about my smoking.

**Q.** When did you begin to get complaints/warnings from people in your life or doctors?

**A.** I was 46 years old when first diagnosed with emphysema. The doctor advised me to quit as I was in the early stages, but if I quit, my lungs could actually repair themselves and be almost as good as nonsmokers in time.

**Q.** What was your reaction to that?

**A.** I thought it was a good idea to heed his advice, but in reality I didn't quit. I did try to cut back, but had little success with that.

**Q.** Did you tell your wife or friends about what the doctor said?

**A.** My wife was there when the doctor told me. She was a smoker as well and thought we both should quit. Neither of us were successful in our halfhearted attempt.

**Q.** What began to happen after that?

**A.** I began burning holes in my clothes, burning the mattress and other articles. This didn't make me real popular with my wife.

**Q.** How much were you smoking at that time?

**A.** About 2 to 3 packs a day.

**Q.** How did your lung disease progress and how did you feel about that?

**A.** I began to rely on inhalers, to have bronchitis regularly, and when I got colds they would last longer than normal. The cost of smoking was beginning to really bother me.

**Q.** When was the first time you tried quitting?

**A.** My wife found Nicotine Anonymous online in 2005. Both she and I wanted to quit. We made a few weak attempts to stop...then I strayed away from NicA for about 5 years.

**Q.** What happened to bring you back?

**A.** By the time I was 50, I was really starting to feel it in my lungs and body - very short-winded at the time. The fact that it was socially unacceptable really bothered me too.

**Q.** Did you try to quit smoking without NicA?

**A.** Many times.

**Q.** When did that moment of clarity come that you were not able to quit?

**A.** It all comes back to the health and cost issues. I was very frustrated that I couldn't stop smoking. It was then I came back to Nicotine Anonymous because I knew I needed help.



**Q.** When did you get this quit you have now?

**A.** I tried probably a half dozen times before I was able to hold onto a quit. Although I couldn't quit I continued to attend NicA meetings for about 7 months.

**Q.** What was something significant for you in what the program offered?

**A.** Attending meetings, learning that I had lots of support, the fact that I didn't have to quit forever....just 24 hours at a time....gave me confidence to hang on to this quit.

**Q.** How long have you been quit?

**A.** 7 months and 2 days or 216 days....

**Q.** What was it like for you when you quit?

**A.** It was probably one of the hardest things I will ever do, but very much worth it. One thing I had to consider is

that I have clinical depression, so I had to watch out for that and recognize it for what it was. I experienced withdrawals, cravings, anger and depression. I tried to keep things upbeat, remembering why I wanted to quit in the first place. I prayed a lot and read a lot. I practiced the 5 D's and all in all, everything turned out OK.

**Q.** What is it like today?

**A.** I can breathe better today. I like the money I'm not spending. I don't have to light up the first thing when I wake. The cravings are a thing of the past I do lots of service work in VONR online, I chair meetings, sponsor two people and right now I'm involved in getting someone in Liberia set up to begin a face to face meeting.

**Q.** Is there anything else you would like to add?

**A.** It's really nice to know I don't have to do this alone. I couldn't have done it without my Higher Power. And I would like to say this to any young people who might read this. If you don't smoke, don't start.....it just ain't worth it!!

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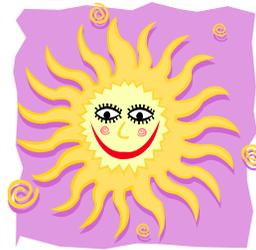
### **Poem for the 9th Step**

No longer alone  
 In fellowship  
 I live in a wonderful colony of cocoons, just like me  
 Stepping into reality of the character defects that have kept me in chains  
 Moving through dark fears, old sadness & torments  
 Peeking out, fearful  
 Will my Higher Power be there for me?  
 Yes!!  
 Stepping out with my Higher Power  
 Learning Higher Power's safety and the miracle of transformation  
 Realizing I made it out, free  
 Free as a butterfly

*Judi D.  
 Sherman Oaks, CA*

Keep coming back.

It works,  
if you work it!



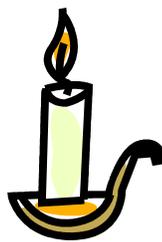
## **Seven Minutes Meditation**

*Just for today I pray for peace and serenity  
 That it may lead me to positive choices,  
 thoughtful deeds and a purposeful path...*

*Just for today I pray for alignment with my Higher Power  
 That I may think clearly,  
 act wisely and know no fear...*

*Just for today I pray for Light and Love  
 That I may be guided to help others and to enjoy what has so generously been given...*

*Chris H.  
 Phoenix, AZ*



## **How Can I Help?**

As indicated in **Tradition 7**, Nicotine Anonymous is fully self-supporting through member contributions. Please consider a regular contribution through the **Give and Live** member donation program. A financial pledge can be set up in a number of ways:

→ Send your donation directly to World Services by check

*or*

→ Make a one time or multiple donations directly to the NicA website at <https://www.nicotine-anonymous.org/store.php>

*or*

→ Set up an automatic contribution via bank transfer. This option is done by completing an Electronic Bank Transfer (EBT) from your bank to World Services. Dollar amount and time interval is determined by the individual member. *Must have ability to pay bills online.* You may need to provide the following information when setting up the automatic bill pay process:

Billers Name -

Nicotine Anonymous  
 World Services

Billers Address -

419 Main Street  
 PMB# 370  
 Huntington Beach, CA 92648

Telephone number -

877-TRY-NICA

### **Heard it A meeting...**

"If I smoke now, I'll be back where I started. Where I started, was desperately wanting to be where I am now."



## *I Don't Know How It Works...*

I came to Nicotine Anonymous not having a clue what was going to happen. No confidence in myself or anybody else. All I knew was that I was scared and I was dying. Those were the facts facing me.

I came to my first meeting not believing in anything, but I had no other place to go. Here was a bunch of people happy to be off cigarettes. This was not a reality for me, but I kept coming back. There was a support system there I could identify with. These people felt the same things I did. After a while I didn't feel quite so strange. I was told to keep coming back, don't smoke no matter what, get a sponsor, go to lots of meetings, get phone numbers and call, do anything but don't smoke. And I didn't light up.  
*I don't know how this program works...*

I had to accept I was powerless over the use of nicotine and my life was unmanageable. The drug had me whipped, but how was my life unmanageable? Maybe because I hid in a corner, wouldn't associate myself with other people, wouldn't confront life's problems - on and on the list goes.

I was angry with God because He wouldn't make it easy to quit. I didn't want to be responsible for the act of quitting. I left it up to God to take the desire away. But I found out if you want to quit smoking, you had to quit smoking. What a revelation! Then I had to trust God. There

was the rub. He let me down before and I wasn't ready to trust Him. Then I discovered He was just waiting for me to be willing to go through the pain of quitting and He would give me the courage to do so.

I learned I only had to quit just for today. I broke it down even more. I won't smoke right now. I learned I could handle small bits of life if I kept it for now. I asked God's help on a daily basis and many times throughout the day I repeated the Serenity Prayer. As the days off nicotine accumulated, it got easier. That gave me the courage to go on. I talked to my sponsor and other people in the program. I had some tough cravings in the beginning and didn't want to call anybody. I was afraid they might talk me out of it. They did!

*I don't know how this program works...*

I learned to live this program a day at a time. Everything had to come to a daily task. Every morning I ask God's direction, and even if I don't feel it, I do it. It does work. I plan what I am going to do but leave the results to God. Am I successful? Most of the time, though my rebellious nature can get in the way. That's why I have to keep on trying. Striving for progress is the key.

I am told to find out the nature of my wrongs. I am screwed up and have to find out what is short-circuiting me. My coping tool was the cigarette and if I don't replace it with something else, I will go back to smoking. All that is necessary is to change me and my attitudes. So I write, and write some more and

then tell God about what I found out. Isn't that good enough? No. I need to tell another person the things I want to keep in a dark closet. What a humbling experience.

Then you learn about amends — to say I am sorry and try to rectify the problem. Hey, I don't have to do that. Isn't it a done deal? No. That is what eats at you and keeps you angry and resentful. You have to clean up the mess. I have a long way to go, but this is a lifetime program and I will never graduate.  
*I don't know how this program works...*

Then I am told you can't keep this program unless you give it away. But I don't have the time! I have other responsibilities. However once I quit smoking, I was willing to go to any lengths to stay quit. It became my life, so I jumped in and became secretary of a meeting, and treasurer and whatever else I could find to do. Service became a love of my life. It made me come out of my cocoon. I shared my strength, hope and experience wherever I could — on the meeting level, intergroup level, and World Service level. Service work makes me feel worthy and like I am contributing something to life. To see a newcomer stay and see the miracle I have found is pure joy. To be responsible and respect myself is a fantastic feeling. I have such an attitude of gratitude.

*I don't know how this program works...probably by osmosis.*

*Gary M.  
Inglewood, CA*

# Nicotine Anonymous World Services Conference XXVI

**Baltimore, Maryland  
April 29 to May 1, 2011**

Holiday Inn Conference Center  
890 Elkridge Landing Road  
Linthicum, Maryland 21090  
Marshall-BWI Airport

Convenient to Baltimore, Washington DC, &  
Annapolis via both Amtrak and Baltimore Light Rail



Hotel  
Registration

Guest rooms have pillow-top mattresses, 32-inch flat screen TV, MP3 player, refrigerator, WiFi

**\$109.00** per room/night

**call 410-859-8400 or 1-800-810-0271**

Conference  
Registration

**COMPLETE AND MAIL TO:** NAWSC 2011, 5361-B Columbia Road, Columbia, MD 21044-1577  
or e-mail questions/comments to: [buttoutbreathein@gmail.com](mailto:buttoutbreathein@gmail.com) or call 410-964-2180

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY, STATE, ZIP: \_\_\_\_\_

PHONE: \_\_\_\_\_ E-MAIL: \_\_\_\_\_

Yes, I would like a roommate:  female  male

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

Delegate  
Registration

I am an elected delegate representing the following group or Intergroup: \_\_\_\_\_

**NOTE: Delegates must be registered with World Services no later than 3/30/2011.**

Mail: NAWS Secretary, 419 Main St., PMB #370, Huntington Beach, CA 92658

E-mail: [secretary@nicotine-anonymous.org](mailto:secretary@nicotine-anonymous.org)

**\*\*Include name, address, phone, email and group you are representing**

**PLEASE SEE REVERSE SIDE FOR MORE INFORMATION ABOUT THE DELEGATE PROCESS.**

Conference  
Costs

**\$25.00** Early Registration OR **\$35.00** Late Registration (after 4/22/2011); **\$20.00** for two days only;  
**\$10.00** for one day only. Non-NicA spouses and partners - no charge

# of registrants: \_\_\_\_\_ REGISTRATION TOTAL \$ \_\_\_\_\_

Note: Cash or check only for registration, literature and merchandise at the conference

**MEALS:** Saturday Dinner Buffet - \$38.00 (includes gratuity) # of Dinners \_\_\_\_\_

Sunday Brunch Buffet - \$25.50 (includes gratuity) # of Brunches \_\_\_\_\_

MEAL TOTAL \$ \_\_\_\_\_

**T-SHIRTS:** Adult sizes Indicate Quantity: S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ XL \_\_\_\_\_ XXL \_\_\_\_\_

**\$16.00** for S-XL; **\$18.00** for XXL-XXXXL XXXL \_\_\_\_\_ XXXXL \_\_\_\_\_ T-SHIRT TOTAL \$ \_\_\_\_\_

Optional Donation to NicA World Services \$ \_\_\_\_\_ *Make checks payable to NAWSC 2011*

Optional Donation to NicA Conference 2011 \$ \_\_\_\_\_

TOTAL ENCLOSED \$ \_\_\_\_\_

# Nicotine Anonymous World Services

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

Shipping 714-638-4638 Email: info@nicotine-anonymous.org Internet: www.nicotine-anonymous.org

For faster service use this form with a credit card and fax to: 714-901-8920

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



Mail To: \_\_\_\_\_ Date \_\_\_\_\_

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

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

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

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

CREDIT CARD (CK ONE)  MASTERCARD  VISA  AMERICAN EXPRESS  DISCOVER CARD

Name on card \_\_\_\_\_ Signature \_\_\_\_\_

Card # \_\_\_\_\_ Exp Date \_\_\_\_\_

Billing address \_\_\_\_\_

ITEM#	ITEM DESCRIPTION	BOOK DISCOUNTS	QTY	Price Each	Total Price
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			
Bk6	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 800-272-4563 - Ask for supervisor or Order Desk.

ITEM#	ITEM DESCRIPTION	PAMPHLET DISCOUNTS P-1 to P-14	QTY	Price Each	Total Price
P-1	Introducing Nicotine Anonymous				
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				
P-9	To the Dipper & Chewer				
P-10	Slogans				
P-11	What do NAWS and Intergroup Services do for me				
P-12	Nicotine Anonymous The Program and The Tools				
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	
Pca	Public Service Announcement as an MP3 file	Via email only		FREE	
	SubTotal			XXX	XXXXXXX
	Sales Tax (California Residents Only) 8.75% times SubTotal			XXX	8.75%
	Shipping & Handling (See Shipping & Handling Chart Above)			XXX	XXXXXXX
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)				XXXXXXX
	GRAND TOTAL in US\$				XXXXXXX \$

PLEASE  
NOTE  
S & H  
INCREASED

New Rate

VISIT  
OUR  
ONLINE  
STORE

## SEVENMINUTES Order Form

## CHECK OUT OUR NEW LOW MULTI-YEAR RATES!!!

SEVENMINUTES is a quarterly publication of NAWS news, articles and letters - "a meeting on a page." Your subscription will get you four issues plus the regularly updated Worldwide Meeting Schedule. You will also help SEVENMINUTES continue as the network among groups around the world.

	Subscription Rates	U.S.	Canada	Overseas
___ New Subscription		\$9	\$11	\$14
___ Renewal	1Yr	\$9	\$11	\$14
___ Address Change	2Yrs	\$17	\$19	27
	3Yrs	\$25	\$27	39

Mail To: Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City \_\_\_\_\_ St: \_\_\_\_\_ Zip: \_\_\_\_\_ Tel: \_\_\_\_\_

If form is older than 6 months, write to us for an updated one or visit our website to download a new version. Rev.09/01/09

**NAWSO**  
**Profit & Loss Previous Year Comparison**  
**January through June 2010**

	<u>Jan - Jun</u> <u>'10</u>	<u>Jan - Jun</u> <u>'09</u>	<u>\$ Change</u>	<u>%</u> <u>Change</u>
<b>Ordinary Income/Expense</b>				
<b>Income</b>				
4000 · Donations	4,067	4,038	29	.7%
4100 · Literature Sales	20,709	26,045	-5,337	-21%
4290 · Shipping & Handling	3,373	3,028	345	11%
4299 · Conference Profit (Loss)	-449	-418	-32	-8%
Total Income	27,699	32,694	-4,995	-15%
<b>Cost of Goods Sold</b>				
5000 · COGS	10,764	14,106	-3,343	-24%
Total COGS	10,764	14,106	-3,343	-24%
<b>Gross Profit</b>	16,935	18,587	1,652	-9%
Gross Profit % to Income	63%	61%		
<b>Expense</b>				
6000 · Office Expenses	11,189	13,403	2,215	-17%
6600 · WSO Expenses	3,171	5,415	-2,244	-41%
Total Expense	14,359	18,818	-4,459	-24%
<b>Net Ordinary Income</b>	2,576	-231	2,807	1,215%
<b>Other Income/Expense</b>				
Other Income				
8000 · Interest Income	4	5	-.75	-15%
Total Other Income	4	5	-.75	-15%
Other Expense				
8030 · Interest Expense	-	-	-	-
Total Other Expense	-	-	-	-
Net Other Income	4	5	-.75	-15%
<b>Net Income</b>	<b>2,580</b>	<b>-226</b>	<b>2,806</b>	<b>1,243%</b>

# What Step Are You On?

If you've worked Steps 1 or 2 already,  
please tell us about it!

Countless Recovering Nicotine addicts have been enjoying [A Year of Miracles](#), our year-long powerful meditation book.

You have the chance to be of service and share your experience strength and hope.

Please share your experience, strength and hope with your fellow recovering nicotine addicts. Believe it or not, you **do** have experience, strength and hope to share. Your words are vital to our fellowship.

This quarter we are seeking daily meditations regarding working Steps 1 and 2 for a future meditation book. In keeping with the 12 Traditions, please avoid mentioning specific religions, politics, special causes, or controversial issues.

Submissions should be no more than 200 words.

The editors can supply a quote or the thought for the day.

The form on the back is the conference-approved format.



# *Service is the Key*

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

## BYLAWS COORDINATOR

The bylaws coordinator compiles suggested changes to the Bylaws and presents them  
to the annual Conference.

## WEB COORDINATOR

This coordinator monitors our World Services website for up to date information and  
ease of use and recommends improvements to the Chairperson as well as posting up-  
dates to the Current Events, Public Outreach and Archives sections of the website. Our  
current coordinator will be resigning in April 2011. This position requires technical ex-  
pertise and we would like to identify a replacement early so you can work with our cur-  
rent webmaster for a transition period.

## 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)

# NicA Around the World

## UK Meetings

Write to:

Nicotine Anonymous  
PO Box 1516  
LONDON  
SW1H 9WT

Tel: 020 7976 0076 (please leave a message)

To start a meeting in UK, call **020 7976 0076** for a starter pack.

### **Service is the Key...**

Only you can tell your story.

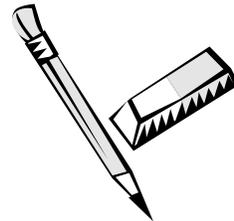
What was your life like as an active addict? What happened to get you in the door? What is your life like now?

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

**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!***

*Cynthia K. – July 17, 1998*

*Larry Frank G. – April 1, 2009*

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

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 2010**

<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 \_\_\_\_\_