

The Nicotine Anonymous Quarterly

SEVEN



Minutes

A Forum for Nicotine Users Who Don't Use

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#147-817
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or email to:

SevenMinutesEditor@nicotine-anonymous.org

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Chairperson's Report...

To My Sisters and Brothers in Recovery: I am happy to report that I just celebrated 23 years of sobriety, and I did so because of the graces of my Higher Power and the fellowship we serve and maintain. Just over 23 years ago, I found an open door and an ear to listen and welcoming hearts that made all the difference. It is my privilege to serve the fellowship that saved my life, and I know we all have that sense of gratitude that sustains us and helps us remain open to the still suffering.

I am also happy to report that we are eagerly anticipating our 29th Annual Nicotine Anonymous World Services Conference (WSC) in Ocean City, New Jersey on April 25-27, 2014. The New Jersey/Pennsylvania Intergroup has made great progress, and registration for the conference and reservations for the hotel are growing steadily. If you plan to attend, a word to the wise is to reserve soon before rooms run out. Please join us and add your wisdom, strength, hope and experience to our efforts to help the still-suffering nicotine addict. We have planned workshops that are both interesting and crucial to the wellness of our fellowship. There will be marathon meetings, an opening gratitude meeting and fun events as well as the ever-important business of the fellowship and much more. Nicotine Anonymous needs your input at this gathering, so please visit our website <http://www.nicotine-anonymous.org/> and click on the [World Services Confer-](#)

[ence -4/25-27/2014](#) link in the "What's New" box or go directly to http://www.nicotine-anonymous.org/admin/prod_images/Nicotine%20Anonymous%20World%20Services%20Conference%20XXIX.pdf

Please note that transportation between the hotel and the Atlantic City Airport will be provided FREE by Nicotine Anonymous. Just let us know in advance if you need it and when you are arriving and departing. Also, please note that staying at the hotel supports the fellowship as we have to guarantee the number of rooms at each conference to get special room rates and lower conference room rates.

This past year has been filled with progress as well as challenges as we have gained ground in our quest to maintain Nicotine Anonymous solvency. However, there is still more to do. We now have 45 members making regular monthly **donations through our "Gift of Gratitude," but this is far short of our need** and the goal we have set of 200 members donating. All funds go to our primary purpose of helping the still-suffering nicotine addict to gain and maintain freedom from nicotine. There is no doubt that the work we do saves and extends lives. Give what you can. Just think of the money you have saved by not using nicotine and donate a small fraction to the fellowship. Even establishing an automatic tax deductible donation of \$10 per month with your bank would make a difference and help us to continue our work. *Continued on pg 15*

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 Journey to Complete Freedom...

Hi, my name is Sylvia G and I am a gratefully recovering nicotine addict. I grew up feeling very unsafe in the world, frightened and deeply ashamed for just being me. I saw myself as deeply defective and having no right to exist, not belonging in the world. Over the years I took on various addictive behaviors and substances, one of which was smoking. At around age 13 a friend of mine offered me a cigarette she had stolen from her father, and I said yes please, with enthusiasm. I thought it was cool and a great way to rebel against my parents who were non-smokers and very much against smoking. I took to it like a duck to water.

Over the years I smoked more and more and initially was happy to be smoking. I smoked through feeling sick with smoking too much at parties. I smoked through every lung infection, justifying that it suppressed my coughing and the menthol was good for me. I kept smoking knowing I was likely bringing on an early death. I avoided looking at anti-smoking ads and the gruesome pictures they started printing on cigarette packets. I tried quitting many times but that never lasted long.

Once I had the flu and was smoking, of course. I felt dizzy and dropped a glass **I was holding and it broke. I thought I'll just finish my cigarette first then clean that up, then go lie down.** When I went to clean it up, I fainted face-first into the glass and cut my face wide open. I called an ambulance. At the hospital they stitched me up and diagnosed me with swine flu and pneumonia and put me in isolation for 4 days. When I came home, I walked in the front door, picked up my cigarettes and walked out the back door to have several, one after the other, to make up for the ones I had missed. My mouth was all swollen and full of stitches so I had to smoke out of the corner of my mouth, with every **drag deeply painful. But I couldn't not smoke.** I was powerless.

I got into recovery many years ago in other fellowships, but it took me 18

years before I was willing to go to NicA and work the program. That happened after I was working Steps 6 & 7 in another fellowship and kept writing and sharing that I was ready to have all my defects of character removed, except for the smoking. I didn't want to let go of that. Then all of a sudden one day I was ready, and somebody steered me towards NicA. I went to meetings, got a sponsor, worked the Steps, used the tools and got smober. I have been smober since Aug. 8, 2011.



Today I continue to work and live the Steps and have a recovery routine. On a daily basis before I get out of bed I say the first 3 Steps and work the 11th, as suggested in the AA Big Book. During the morning I work the 11th some more with various readings, journaling and meditation. In the evening I write and send a daily 10th Step to my sponsor, and finish up with the 11th again. When I go to bed, I do spot check inventories. I work and apply all the Steps as they are relevant to my life. I sponsor and do service. I go to meetings, study the literature and regularly work through the Steps with different literature. I keep close to my HP and surrender repeatedly. All of this keeps my head in recovery, which I never take for granted, and so am granted a daily reprieve by the grace of God, as I understand God.

I am so grateful to have nicotine out of my life, one day at a time, and to have the associated fear, guilt and shame lifted. I love breathing the fresh air and smelling the freshly mown grass and flowers. I love not stinking of cigarette smoke. I love not being enslaved by the nicodemon. I love feeling like I belong in the world and have a right to exist. I am grateful for HP, NicA, the fellowship and the program - all of which have played their part in my being able to get and stay smober for far longer than I had ever been able to before. (My last quit prior to this one lasted less than a day.) Withdrawal was tough but I knew from experience that it would pass. I threw

myself into recovery and surrender to **get me through. Today I don't miss** smoking and rarely think of it. When I do, it is now easy to surrender.

Thanks for listening,
Sylvia G
Unofficial Nicanon

An Attitude of Gratitude...

Nicotine is never going to make me feel better. Right now I am not smoking. I am breathing fresh air. Don't need those sticks at my side. Thanks to NicA, I am nicotine-free one moment at a time. Prayer, meetings and Steps are my key to a life with purpose. Thanks for everyone who has helped me stay nicotine-free.

Ricky
Puerto Rico

Seven Minutes Meditation

I pray today that the damage done to my body and my soul be forgiven.

I pray today that those hurt by my smoking be protected and cared for, be delivered from its harm.

But most ardently I pray that I need never use again, not fall prey to the lie that nicotine does me any good, helps me in any way, or solves any problem.

Never did.

Never will.



- Chris H.
Phoenix, AZ

Travels with Tracy E...

On January 24th Nicotine Anonymous lost a great friend and founding member of VONR — Rosalind Hoskinson. For this issue, Tracy shares about Roz and her contributions to the fellowship. Also included are thoughts and feelings from many members who loved Roz.

Founded in October of 2004, Voices of Nicotine Recovery (VONR) was established online by John R and Roz H. Although there were other members who helped get this new idea off the ground, some of our members share that they **are thought of as the founding "father" and "mother" of the group. While there were other online meetings at the time, VONR was the first group to use a voice-enabled room to allow members to have a real Nicotine Anonymous meeting. So just like in face to face (F2F) meetings, VONR meetings have a chairperson, meeting format, literature readings, topics for discussion and a safe and supportive environment for members to share with one another and learn about 12 Step recovery.**

With John R passing away in May 2012, and Roz H passing away in January 2014, we have lost two of our founding members. Because of their efforts over the last 10 years, VONR has been able to help thousands of nicotine addicts from many different parts of the world. The best way to honor these two pioneers is to keep the group going and growing strong. I am certain we will.

Roz will live on in many of our lives. She was loved by many and is owed a debt of gratitude for her years of dedicated service work to Nicotine Anonymous, VONR, and a F2F meeting she started just this year in her home town. Roz also served as a contributor to *Seven Minutes* from 2010 to 2012. She wrote articles and did interviews for her column **"Roz, Your Roving Reporter."**

Below are parting thoughts to Roz from some of our members:

"I feel grateful to Roz for passing the Seven Minutes roving reporter position on to me. Being of service helps me to stay on my recovery path. It was an honor to meet her and John R several years ago at the conference in Phoenix."
- Tracyintucson

"Without Roz's efforts, the VONR venue might never have gotten started. All of us who attend VONR meetings owe a debt of eternal gratitude to Roz. I, for one, am very grateful to this brave soul for her lasting legacy to NicA 12-Step recovery."
- Dave C

"When I first found on the computer that NicA existed, I then somehow found my way into the VONR room. I was so excited to think I may have found help and support. My computer had no speakers or mic. I had never been in a chat room before. There was a little bit of typing on the screen, but I really had not figured out what was going on. So I successfully typed into the text box that I needed help. I was getting really discouraged. I could not hear anything going on in the room. Finally, Roz sent me an IM. She explained how to join the group and come to meetings. Thank God and thank Roz for reaching out to me. I have around 9 months nicotine-free. **I am forever grateful to Roz.**"
- Debbie (Tuna C)

"In her kind and gentle way, Roz showed me how to face the fire, feel my feelings, and let them go. She helped me identify my character defects and see them as objective facts about who I am--still lovable, still human. Feisty and sometimes silly, but ever-focused on the principles of the program, she brought out the best in me, and gave us all the precious gift of access to recovery from this insidious addiction. Love you, **woman.**"
- Aimee C (cybrmavn)

"I met Roz through John R at the Phoenix WSO Conference where he served as Active Chair and I, his humble Secretary for that year of service. What a worthy and selfless member of our fellowship she was. I am sure John was waiting in the wings for her arrival (pun intended; John would have liked that). May they reunite and share their friendship and continue to be examples of fine recoveries."
- Jill O

"Dear Roz: Thank you for helping to save my life. Remember how you invited me to my first NicA meeting at VONR... I will never forget you and all you gave of yourself in your very special

way."
- YFIR...Bob River_ Dweller 07

"Roz was the only sponsor I ever had who worked with me on my trust issues. I can never thank her enough for Voices of Nicotine Recovery. Her laid-back way and sense of humor is felt by many in **the group. VONR has her heart in it.**"
- Luvs and Hugs...CelesteL

"I knew Roz for 10 years. She was a force, an energy and source of great love and inspiration. I don't think she will ever leave my life because her presence was so huge and alive. She showed me what a recovered life can look like at the end when we work these Steps. The evidence of that love in her life keeps me working my program. **Thank you, woman! I love you.**"
- Allana M

"Roz gave depth and meaning to my own hard times by sharing her own – **and by doing that, you feel less alone.**"
- John M

"Roz will remain alive in my heart when- ever I need to understand resilience, remember to forgive, allow myself to be forgiven, stay grateful and when she is whispering in my ear reminding me to **use the tools and go back to the Steps...** She'll also always make me smile when I hear a perfect rock song, and when music brings me healing tears, and **when I just need to be ornery."**
- Karen M

"I learned really fast 2 things about Roz. She had a life that consisted of just 2 things: her family and Recovery. I have a huge spot for Roz: she didn't just help me in recovery with addictions, she helped me in life and matters of death as well. She showed me how to live no matter what the case may be. She taught me that everything will work out no matter what. I love Roz. She was and still is, in my opinion, the woman to strive to be because she LIVED recovery, **not just talked it.**"
- Susi D (aasusiq)

"Roz always had her heart out for the newcomer. It came through in her shares without fail. Her spirit will always remain with me and I will miss her, but her work is done and now she can rest **in peace.**"
- Gary M

"Theresa and I did not know Roz long enough, but that little time was certainly an honor and a privilege. Heaven has a new angel."

- Stephen and Teresa I

"I had a most wonderful relationship with Roz and we shared many meetings over the years. I knew Roz to be extremely warm-hearted and a tower of power in the program. I met Roz during the VONR Spring Gathering that she hosted in her hometown in 2007. At that meeting, I also met a number of other stalwarts, including John, the Old Hippydude. This was one of the most enriching experiences I have ever enjoyed, and Roz was largely to thank for it. Over the years, I filled the role of peripatetic member as I roamed around the world. Roz was always there, ever-ready with a word of encouragement and with her deep, throaty laugh filling the room."

- Kim F

R.I.P. dear Roz



Quote Corner

"To know even one life has breathed easier because you have lived, this is to have succeeded."

- Ralph Waldo Emerson



Remember Your A B C's...

- A) Attitude of gratitude
- B) Be as enthusiastic about your recovery as you were about your using
- C) Change is a process, not an event
- D) Don't quit 5 minutes before the miracle happens
- E) Easy does it
- F) Fear is absence of faith
- G) God's will, not mine, be done
- H) Honesty, Open-mindedness and Willingness
- I) Insanity is doing the same thing and expecting different results
- J) Just for today
- K) Keep coming back
- L) Live the program on a daily basis
- M) More will be revealed
- N) NicA can survive without us but we cannot survive without NicA
- O) One day at a time
- P) Pass the message, not the disease
- Q) Quitting is easy: it's staying stopped that's hard
- R) Resentments reserve a place in our recovery for relapse
- S) Sponsors: have one - use one - be one
- T) Today is all you have
- U) Use the Steps, the elevator is broken
- V) Value spiritual principles such as surrender, humility and service
- W) We have a disease: progressive, incurable and fatal
- X) Xamine our actions, our reactions, and our motives
- Y) You're right where you're supposed to be
- Z) Zero in on the winners and stick with them

- Anonymous

Can't Get to a Face to Face Meeting?

Here are some great options:

Go to www.nicotine-anonymous.org Click on Meetings. In that link, click on Telephone Meetings (left side of the page). You'll find information for accessing 2-3 phone meetings a day.

There is also a link for Internet Meetings. Click that to find two live links for these home pages:

1. Unofficial Nicanon:

<http://health.groups.yahoo.com/group/unofficialnicanon>

This has type share meetings.

2. Voices of Nicotine Recovery:

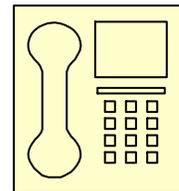
<http://health.groups.yahoo.com/group/voicesofnicotinerecovery>

This has voice share meetings 5 times daily.

www.voicesofnicotinerecovery.com is a newcomer site which shows how to access the voice online meetings using PaITalk. It also has information about nicotine addiction and a link to listen to speaker shares in the privacy of your own home.

Both sites have a Message Posting Board — you can post a message and get a response generally within the same day. You just have to join either VONR (Voices of Nicotine Recovery) or Unofficial Nicanon.

Note: You can go to meetings without joining either site, though joining does allow you to search out files and post messages. All it takes is to become a Yahoo member, then register with a user name and password. That's all there is to it!



My Mother Program...

I like to think I have learned gratitude or at least that I have learned about it. I have certainly heard it expressed in the church basements, libraries and other rooms that I try to visit once or twice a week to work my program. I hear people who are grateful and I hear why. In most cases it is for a life-changing and even lifesaving occurrence in their lives – their recovery. It can be quite moving. One of the experiences I have had on several occasions is hearing someone share about how the 12 Steps and 12 Traditions saved their lives, how much they enjoy being clean and how appreciative their loved ones are.

From time to time I hear someone thank me for having been there in the early days of their recovery. They tell me I did something or said some words that helped them to get started on the road to freedom from nicotine addiction. At such times I am filled with my own sense of gratitude – practically to the point of walking on air. If I am exaggerating, it is not by much. I am well aware that their recovery is not mine. It belongs to them, their Higher Power and the group, but to feel that you have **been even a small part of someone's** freedom from bondage is an experience like no other. So I say little, thank them and smile, but inside I am erupting with the grateful realization that they are free and that something I said helped. I truly believe I have done my **Higher Power's work, and HP is confirming that** I have. It makes all the 12th Step work I do worth every bit of the effort, and there is no other feeling quite like it. How could I ever use nicotine again after that? How could I ever doubt the Higher Power in our fellowship? How could we ever let this fellowship falter when we are needed more than ever?

We are a 12-Step Program. That is to say that our individual recovery is guided by the 12 Steps, as adapted with permission from Alcoholics Anonymous. To guide our group policies and interactions, we have also adapted the 12 Tra-

ditions with AA's permission. There are many 12-Step groups, and the members of each have so much to feel grateful for.

From time to time, I have heard people refer to AA as the "mother program" or the "mother ship." I have also seen how our policies are influenced by the precedents set by AA. I accept all this with the deepest respect, admiration and appreciation for a fellowship that gave freedom and even life to so many. 12-Step groups are the only places I know where we can go to see miracles happening on a somewhat regular schedule.

I only have one program. It is called Nicotine Anonymous. It is the program that made it possible for me to play with my grandchildren without having to take a cigarette break every 10 minutes and without smelling like an ashtray. It is the fellowship that brought me back to my Higher Power after many years away and helped me to have a better understanding of my relationship to the world – that I am a part of something bigger, that it is ok to care about others and serve their needs, that our spirits are connected by the deeds we do and the kindness and encouragement we speak.

My program, Nicotine Anonymous, has taught me to seek progress, not perfection. It has helped me realize that I **don't have to accomplish everything all at once or give up trying. Even if I can't wave my hand and cure all the world's** problems in a flash, I can take care of one little corner and make a difference **in someone's life. And that feels great** because it is great, feels right because it **is right and feels like my Higher Power's** love because that is exactly where it comes from.

I can never be certain but I truly believe **that I wouldn't even be alive if I had** kept smoking for the last 23 years. It is my belief that Nicotine Anonymous made it possible for me to have life itself, to experience welcoming my grandchildren into the world, to make mistakes and recognize and correct them, to have harsh words with another and

realize my part and clear the path between us, to fumble and still hold onto life, to stumble and yet stand up.

Nicotine Anonymous is my mother program. It is blessed by the Steps and Traditions and even the mistakes and human failings of programs – 12-Step and otherwise – that preceded it, but it stands alone for me. Its doors are open for me. There is enough wisdom and compassion in it for me to depend on without having to look outside of NicA.

As Tradition 3 tells us, "The only requirement for Nicotine Anonymous membership is a desire to stop using nicotine." To me that means the desire to stop using nicotine is all we must have in common – no other chemicals nor habits, nor compulsions, nor beliefs – just nicotine. It is what we all share and all that we are required to share in order to come together in our own special and wonderful way.

I have nothing but admiration for other life-changing and life-saving programs, but Nicotine Anonymous is and will always be my mother program. I hope you feel as much for NicA as I do.

So what have you done for your mother lately? I encourage everyone to express their gratitude in the ways that are available. Some do service on local, intergroup or worldwide levels. Others make donations. As Tradition 7 says, **we are "fully self-supporting, declining outside contributions."** Please see the flyer called "Gift of Gratitude on the Nicotine Anonymous website <http://www.nicotine-anonymous.org/> and give **what you can. It's easy, probably tax deductible, and includes a free subscription to *Seven Minutes*. It helps support our efforts to carry the message, and is a tangible expression of your gratitude.**

And the next time somebody asks what you have done for your mother program lately, just give them a big smile.

In service,
Michael B.
WSO Chair

A Spiritual Awakening in the Face of Despair...

My name is Nick, and I am a nicotine addict. At the time of the following story, I had a quit going for 45 days. I **wasn't aware of any reservations, and** I was happily floating along on a pink cloud. Reality came with a bang! The cloud I was floating on turned out to be my car, and next thing I knew I had hit the car in front of me because the driver had slammed on her brakes to avoid hitting a minivan that ran a red light.

Serenity was lost in an instant. I was not mad, I did not yell; I resigned. I **yelled, "I quit!" My car was driveable, so** I went to the appointment with my therapist that I was late for and cried and talked for an hour. I was in despair, a man broken. I explained that I had just finished paying on the car a few **days prior, and this simply couldn't be** happening. Her advice to me was to buy a pack of cigarettes and smoke them.

The lesser of evils, she explained: instead of killing myself, I should smoke. So, from her office I drove to the nearest convenience store and bought a pack of cigarettes. I had thrown away all my lighters when I initially quit smoking, so I had to go back in for matches. I sat crying in my car, opened the pack, removed a cigarette, and lit it.

As I lit the cigarette, I was flooded with images of the Voices of Nicotine Recovery chat room, its members, the love and support that they showed me as I began a quit. At that moment, I was **reminded that I was told, "We'll ruin your smoking, Nick!" I had a spiritual** awakening, and the smell of the cigarette began to turn my stomach. I would be giving up on much more than 45 **days of a quit: I'd be giving up the free-**dom, sense of accomplishment, and love of those who promised to love me until I could love myself. I had found a new way to live.

I knew then, as I stepped on the lit cigarette to put it out, that nicotine would no longer be part of any solution to any problem I would face going forward. I thought of the promises of Nicotine Anonymous, and drove home with a sense of serenity such as I had never known. When I got home I got online, went to the VONR meeting room, and shared. That was my new solution. Now, my interest is focused on Nicotine Anonymous rather than nicotine.

I am Nick, a nicotine addict in recovery, and I am so grateful for this fellowship!

*Nicholas E
VONR and Unofficial Nicanon*



Cravings...

"Now that I have taken a monumental step in quitting smoking and haven't smoked for several days...when are these cravings going to go away? I was told the withdrawal is about 3 days, so why am I wanting a cigarette 30 days later? Am I being lied to or what? Is this what I have to look forward to for the rest of my life? I can't handle the thought of wanting a cigarette every time I turn around. I'd rather smoke and die than put up with all of these emotional thoughts. It's not worth it. These and other thoughts plague me with a force I've never experienced before."

Let me assure, these are very normal feelings that all of us have gone through. You have to go through the craving process to get to the other side. I was actually grieving the loss of my cigarettes and it was very painful. I had lost my mistress, as I spent more time with the cigarette than with my wife. It was a companion, so to speak, even

though it's aim was to kill me. It gave me solace when I needed it, gave me joy, and it let me hide big time from all my feelings. It was my mediator, my great guru, and it was the only thing I could hang on to when life just sucked!

So yes, when we quit the cravings can be enormous, but we learn to accept them as something we have no control over. I had to learn to accept them and move on.

In the beginning, I drank a lot of water, as nicotine is water-soluble and is the best thing you can drink. Yes, after about 3 days nicotine is out of the physical system, but that devious mind works overtime nursing the obsession. This is where the 12 Steps come into play. It is a lifetime process - changing the obsession does not happen overnight.

If it was all that easy to quit, I would have done it a long time ago and I wouldn't need this program. However that isn't the case. I smoked for 49 years. If everything I did during the day was accompanied by a cigarette, it is presumptuous to think the desire would go away automatically. My brain has been wired for 49 years to function a certain way. When I quit, my brain did not know *what* to do! It went wacko, berserk and malfunctioned for some time before it got used to the idea that there is no more nicotine for me.

After it got over the shock effect, it began saying to me, "Feed me or change me," do one or the other. As an addict I cannot stay in pain forever. I have to move in one direction or the other. Either change my lifestyle or give in to the addiction I am trying to get recovery from.

The thought of a cigarette comes so subtly...a lot of times you really don't know where it came from. It could be the wind whistling in your ear. Something your eyes see, a gentle thought or idea, walking on the beach, pain, joy, sadness, happiness. Drinking coffee,

driving, working, talking, going to the bathroom, taking a shower. Everything but everything triggered a thought of a cigarette to me. It was hard to overcome, but I did with the help of this program.

The craving goes away whether we smoke or don't smoke. I have a craving. Ok, I accept that but I just won't smoke for now. I have to change routine behaviors for new habit patterns that do not have triggers associated with them. Like driving a different direction to work, not drinking coffee or at least cut way back, don't drink alcohol - it will let your guard down big time.

Eat out more often, go to a show in the middle of the afternoon, eat in a different restaurant. Try to do different things on an ongoing basis. The hard thing to know is what do I do with my hands now? I am used to seeing them go to my mouth. You want a smoke, drink water instead. That helps the hand to mouth problem. In due course the anxiety level will begin to decrease. And believe it or not, the day will come when **you look back and think, "My God I haven't thought of a cigarette today!"**

I had to do this one day at a time and even that was hard at times. So it became a moment at a time. As long as you don't light up, then whatever works, works. I had to not promise myself anything except for right now, I won't smoke. I didn't commit to anything. I just didn't smoke for right now. And the nows became days and the days became weeks and before I knew it, I was doing this - one day at a time. Never play the forever game. It spells disaster.

Remember this: cravings are a thought **process you can't control. What you can do is reject the thought and not fantasize on it.** Don't feel guilty because you think of a cigarette. That's a very normal thing for a smoker to think of. Today it is *abnormal* for me to think of a cigarette, but that took time. Time is your best friend. As time goes on, you learn to trust in a Higher Power of your own understanding to help you along the journey and that is what this is - a new journey, a new life, a new freedom.

I've been on the journey for over 15 years and let me tell you, it feels good!

Gary
Voices of Nicotine Recovery (VONR)

Experience, Strength and Hope...

If I have no experience with quitting and keeping a quit, then it would not be possible for me to share the HOPE that this program can and does work.

If I have no experience of walking through those situations that life throws at me, then I have nothing to share about walking through these situations without nicotine.

If I have no experience just taking one breath at a time to keep my early quit, **I can't share with a newcomer that it is possible to get through that phase.**

There is no strength in giving in to my active addiction each time it **calls...there is great strength and focus** when I work through the cravings.

There is no strength in my Faith if I give **in to my active addiction...there is strength** when I rely on my Faith to get me to the other side.

There is no Hope shared if I am still **active in my addiction...how can I share Hope if I haven't been able to quit?**

Ultimately our recovery process is not a **'theory'...it requires action, and then more action.**

The **'we'** referred to means the **'we'** who have found recovery from a deadly addiction through the practice of the Twelve Steps, with guidance from the Twelve Traditions to maintain our unity.

Can you imagine a two-year-old child trying to teach you to drive? Very similar...**very similar...**

Linda C
Unofficial Nicanon

Heard it at a meeting
"I'd rather be a nonsmoker
who wanted to smoke
once in awhile than
a smoker who wanted to
quit all the time."


Available
in Kindle
version on
Amazon.com:

Nicotine Anonymous:
The Book - \$7.99
Our Path to Freedom-
\$4.50
A Year of Miracles -
\$9.99
90 Days, 90 Ways -
\$4.50



Nicotine Anonymous ***7th Step Prayer***

My Higher Power,
I place myself in your hands
and humbly ask that
my character defects
be lifted from me so that
I may help others.
Please grant me
willingness, courage,
and strength so that through
my actions I may reflect your
love and wisdom.



WALK
the
WALK
2014

Nicotine Anonymous
World Services Conference XXIX

APRIL 25 to 27, 2014

OCEAN CITY – NEW JERSEY

Port-O-Call Hotel
1510 Boardwalk
Ocean City, New Jersey
08226-3153

\$119/night (plus 12% tax)
special rate code: NICA
registration by 3/25/14
CALL 609-399-8812
or 800-334-4546

HANDICAPPED ACCESSIBLE

Every room has a balcony -- ocean-side first-come, first-serve -- PLUS WiFi, Refrigerator, Flat Screen TV

REGISTRATION
MAIL CONFERENCE FORM & CHECKS TO
NicA 2014, 117 Bluebird Drive, Suite 3-B
Hillsborough, NJ 08844-4982

QUESTIONS & SPECIAL NEEDS

EMAIL rebeccanica@gmail.com
or CALL 609-533-9460

NAME **ADDRESS**

PHONE

EMAIL

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.

I am an **ELECTED DELEGATE** for the following group or Intergroup:

DELEGATES must REGISTER with World Services by 3/30/2014

For DELEGATE PROCESS information, please see reverse side.

Email delegate registration ONLY to <secretary@nicotine-anonymous.org>. Include name, address, phone, email, and the group you represent.

CONFERENCE COSTS

Make checks payable to NAWSC 2014

TOTAL

	<u>\$35</u>	<u>\$45</u>	<u>Free</u>	<u>Number</u>	
Registration \$35 by 3/31/2014; \$45 afterwards FREE for NicA spouses and partners					\$
Meals \$36 Saturday dinner (<i>inc. gratuity</i>)		<u>Chicken</u>	<u>Fish</u>	<u>Number</u>	\$
\$25 Sunday breakfast (<i>inc. gratuity</i>)				<u>Number</u>	\$
T-Shirts (<i>indicate number</i>) \$15 adult size S - XL	<u>S</u>	<u>M</u>	<u>L</u>	<u>XL</u>	
\$18 adult XXL - XXXXL	<u>XXL</u>	<u>XXXL</u>	<u>XXXXL</u>		\$
Optional NicA Donations	<u>Conference 2014</u>	<u>World Service</u>			\$
TOTAL ENCLOSED					\$

SPECIAL NOTE: *Only cash/check for on-site REGISTRATION, LITERATURE, and MERCHANDISE*

Connections



Nicotine Anonymous invites you to connect with our

Penpal Program

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

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

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

Where: E-mails are sent to

PenPal Coordinator Paper PenPalCoordinatorPaper@nicotine-anonymous.org

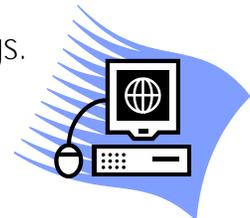
Coordinates and hooks up pen pals who want to communicate via snail mail.

PenPal Coordinator Email PenPalCoordinatorEmail@nicotine-anonymous.org

Coordinates and hooks up pen pals who want to communicate via email.



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



How: Contact either email address above to begin connecting.

BIRTHDAY CONGRATULATIONS

Chick P – February 26, 2008

Bonnie H – December 14, 1995

Birthday Announcement

N A M E _____

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

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

Email to: sevenminuteseditor@nicotine-anonymous.org

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

Calling all writers!



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?
Send your personal stories and poems or even jokes pertaining
to nicotine, nicotine recovery and Nicotine Anonymous to:

SevenMinutesEditor@nicotine-anonymous.org

or by snail mail to:

Seven Minutes c/o NAWSO
6330 E. Mockingbird Lane
#147-817
Dallas, TX 75214

NAWSO
Profit & Loss YTD Comparison
January through December 2013

	<u>Jan - Dec</u> <u>'13</u>	<u>Jan - Dec</u> <u>'12</u>
Ordinary Income/Expense		
Income		
49900 Non Profit Income	-10.50	1,252.06
4000 · Donations	18,533.73	5,705.93
4100 · Literature Sales	37,584.21	32,533.21
4290 · Shipping & Handling	5,415.72	4,675.22
4298 · upcoming Conference Profit (Loss)	-810.95	-
4299 · previous Conference Profit (Loss)	<u>-2,061.92</u>	<u>-2,865.26</u>
Total Income	58,650.29	41,301.16
Cost of Goods Sold		
5000 · COGS	<u>15,555.55</u>	<u>16,147.56</u>
5102 Inventory + Shrinkage	0	0
Total COGS	15,555.55	16,147.56
Gross Profit	43,094.74	25,153.60
Expense		
6000 · Office Expense	22,744.39	22,367.68
6600 · WSO Expense	8,005.94	5,174.42
6900 Other Operating Expense	<u>17.34</u>	<u>35.07</u>
Total Expense	<u>30,767.67</u>	<u>27,577.17</u>
Net Operating Income	12,327.07	-2,423.57
Other Income/Expense		
8000 · Interest Income	1.27	63.67
Total Other Income	<u>1.27</u>	<u>63.67</u>
8030 · Interest Expense	81.43	0
Total Other Expense	81.43	.20
Net Other Income	<u>-80.16</u>	<u>63.47</u>
Net Income	<u><u>12,246.91</u></u>	<u><u>-2,360.10</u></u>

♥ My Gift of Gratitude ♥

Nicotine Anonymous Member Gratitude Program

Where would we nicotine addicts be without Nicotine Anonymous;
without the literature and the support of the volunteers?

PROBABLY STILL USING NICOTINE!

Nicotine Anonymous has always been all about helping addicts and saving lives.
But it has come to the point where we addicts need to give back with

MY GIFT OF GRATITUDE

If 200 nicotine addicts or groups shared only \$10 a month each to
Nicotine Anonymous World Services
then the organization we depend on for our freedom from nicotine, our literature,
our volunteers, would make its monthly operating expenses and have more resources for outreach.

Nicotine Anonymous World Services

6333 E. Mockingbird Lane, Suite #147-817, Dallas, TX 75214 or call 877-TRY-NICA

WAYS TO DONATE

- ♥ Donate on our website in the online store (<https://www.nicotine-anonymous.org>)
- ♥ Send your donation directly to World Services via paper check (see address above)
- ♥ Set up online monthly bill pay at your bank. You determine the amount and date.
Select a *Company without an account number (Insert My Gift of Gratitude*
in place of Account Number). Set up Nicotine Anonymous as company and
list address above.
- ♥ Set up recurring monthly payment thru your PayPal account to
shipping@nicotine-anonymous.org

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



WHERE TO GET THE MONEY?

- ♥ put the cost of one pack of cigarettes in a jar monthly
- ♥ empty pockets or purse of coins daily into a jar
- ♥ on your anniversary, send \$10 for each year of freedom

Whatever you give, will be given back to addicts through Nicotine Anonymous

***All members who share a gift of \$10.00 per month will receive
a complimentary subscription to Seven Minutes.***

HELP US CONTINUE TO HELP SAVE LIVES!

Status update on the "My Gift of Gratitude" program:
February 2014: 45 monthly donors Program Goal: 200 monthly donors

Thank you! We appreciate your support!

Service is the Key

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



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

TELEPHONE SPONSORS

Share your experience, strength and hope by being a telephone sponsor.



TRANSLATORS

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

IN-REACH COORDINATOR

Responsible for contacting those members on the electronic mailing list with newsletters and other e-mail blasts.



WEBSERVANT

The webservant oversees the functioning of the NicA web site. He/she is responsible for keeping the web site up-to-date with approved flyers and necessary information.

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



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

Or e-mail chairperson@nicotine-anonymous.org

Chairperson's Report

continued from page 1...

The [Gift of Gratitude](#) link on the home page of our website and included on page 13 of this issue will give you all the information you need to start, and you will have a bank record for your tax deduction.

Service, as it has been said, is gratitude in action and our own insurance policy against relapse. There are many kinds of service. Donations, intergroup participation, World Services and chairing groups are some of them, but there are also vital services that are performed at a group or individual level. Sponsorship, group chairs, secretaries and treasurers, speaker seekers, VONR meeting openers and greeters, phone meeting chairs, candy buyers and folks who arrive early to help set up and stay late to pack up are just a few of them. One of the most valuable services anyone can provide is outreach as guided by our 12th Step and our 11th Tradition. Think about this: in these times of miracle cures, electronic cigarettes and expensive treatments, Nicotine Anonymous is even more important and more valuable to addicts who have been misled or frustrated in their experiences, and we could accomplish a great deal if each of us were to take just one addict per year to a meeting – just one per year. Even if we invited that addict to our own nicotine-free anniversary meeting to help us celebrate, he or she would experience the welcoming, warmth and positivity that we were so generously gifted with during our early days, and it might make all the difference to their lives and the lives of people who care about them. Let the doors always remain open to the still suffering.

I look forward to seeing many of you at the World Services conference.

In service and YFIR,
Michael B.
WSO Chair



Write a Meditation for a Future Nicotine Anonymous Meditation Book!

Please send your 100-200 word meditation for consideration in an email or Word file to: DailyMeditations@nicotine-anonymous.org

Subject line 'NicA Meditation'

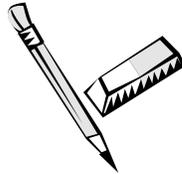
or

Attn: Daily Meditations Coordinator

Nicotine Anonymous WSO

6333 E. Mockingbird #147-817

Dallas, TX 75214



Please include your telephone number, email and snail mail address — to be used only in case we have questions.

(All contact info and authorship will be kept confidential in accordance with the 11th Tradition.)

If you have a quote to match your meditation, please send it along, but it is not necessary.

We will also accept general submissions on any topic related to your freedom and recovery from nicotine and how NicA has helped you get there.

Please note:

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

Thank you for your service!

We appreciate your contributions!

Seven Minutes

NAWSO

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

**Publication Dates and
Deadlines for
Seven Minutes Submissions:**

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

My Address Has Changed!

**Don't miss an issue!!! Complete this form and mail it to:
NAWSO, 6333 E. Mockingbird Lane, #147-817, Dallas, TX 75214 USA**

My new address and phone is:

NAME PHONE (WITH AREA CODE)

ADDRESS

CITY STATE ZIP CODE

My old address was:

ADDRESS STATE ZIP CODE