



Seven Minutes

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

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Chairperson's Report

Greetings to all our members who seek to live free of nicotine one day at a time. The board just concluded our July web meeting. For nearly seven hours (not *SevenMinutes!*) the board and several of our service coordinators discussed matters to improve how the organization functions and serves you.

The editing and approval for the content of a Membership Survey is completed. The process continues with formatting and we hope to get it out to members in **the near future. If you haven't yet subscribed** (on our website) to our Two Way Talk email system, please do, so you **stay more informed and don't miss any opportunities.** The web address is www.nicotine-anonymous.org.

A good amount of time was spent on reviewing potential updates to the By-laws. We intend to send proposals to delegates at least 90 days prior to the 2017 conference.

We also discussed suggestions on improving the schedule of delegate registration, sending out delegate packets, and other conference preparations. Jules C, the 2017 conference chair, updated us on items pertaining to the great accommodations and fun events for that conference.

The outreach committee is working on new Public Service Announcements (PSAs) for TV stations. The PSAs will be

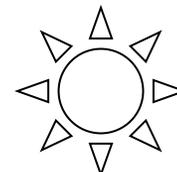
60, 30, and 15 seconds long and will become available for members on our **website. I attend the committee's** monthly telephone meetings and am working with them on improving the Outreach Booklet — coming soon. Our website now has a designated tab for Outreach.

The website's home page has the announcement about our Spanish translated resources. Plans for a Spanish-speaking telephone meeting continue to move forward.

I am collecting input from members doing service at the World Services level in order to create a Staff Service Manual that documents their experience on what works. The Manual can serve as a guide for those offering their service in the future. Members can better learn what each position entails.

There is much more going on, but suffice to conclude here for now — you have dedicated members volunteering their time and talents to serve this wonderful **fellowship. We work as your "trusted servants" to help restore sanity, improve health, and support the spiritual awakening of recovery for all our members.**

With gratitude for the opportunity,
Checko M
WSO chairperson



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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That's My Story and I'm Sticking to It...

Hi, my name is Annette and I am a nicotine addict.

Step One – honesty. I had no doubt at all that I was powerless over nicotine and that my life was unmanageable because of it. I had tried to quit and had failed so many, many times. I was in another 12 Step program, so I already knew that the Steps work. I had even tried to apply the Steps to my nicotine use on my own, but could not do it alone. I tried hypnosis and the Cancer Society program, among many others. I quit on the National Smoke Out Day every year. But I always went back. You know the story. You have probably been down that same road.

If you have heard my story before, you know that I had just moved to New Jersey when the miracle happened. I was leaving a bank after opening up a new account. A little local newspaper was at the door. I started looking through it and I saw a notice for a meeting of Smokers Anonymous (that was the name back then). I knew it, I physically felt it, I actually had an experience of hope like a jolt to my heart and I truly **knew I could quit. It wasn't until then** that I realized I had despaired of ever being able to be free of nicotine. I had tried and failed so many times before.

That was Step 2. Hope entered my heart. I truly believed if there was a 12 Step program for people who used nicotine, then the addiction could be beat. Step 2 was easy for me. It was a gift I was given.

Not Step 3. I have to say that Step 3 is still a battle for me. I can decide to turn my will over to the Higher Power and two minutes later I am taking it right **back. That's why I need you. I need a** program of people who know exactly how the addiction affects my thinking. I need people who know that I will struggle with unsteady willpower and stinking



thinking, and who would be there for me **for the long haul. That's the secret of staying quit. (Don't we all know how to quit? Haven't we all quit a million times?)**

Step 4 happened when I looked in the mirror without the smoke screen. I saw some other things I did not like in myself. I joined other 12 Step programs to deal with these other issues. At one point I joked that I needed a 12 Step program for people addicted to 12 Step programs! In time, I experienced the healing I needed for those other issues and I was able to move on. I continue to work through the Steps and recently went through a whole cycle of the Steps in a face-to-face meeting, using our wonderful Step Study Guide. We have such great literature!

I continue attending my Nicotine Anonymous meetings. It is such a gift to be free of nicotine and I want that gift to be there for others.

Annette A
Hillsborough, NJ

Seven Minutes Meditation

Boredom and chaos,
you're fired!
The "craving call"
is replaced by
the best hope inspired.



- Melissa R
Akron, OH

My New Way of Life...

Ummm...not sure how to explain my new way of life - without nicotine in my body.

Feeling fab. I can feel and smell the poison leaving my body. It will take awhile till all of the toxins are out of me. But the best thing is getting to know yourself on a whole deeper level.

This new way of life has not been easy for me. It has been a roller coaster ride, but it sure feels good to be smoke and nicotine-free!! I owe a big warm hug to each and every one of my friends who have been cheering me on. Thanks for letting me spread my wings!!

Be leery of the "nicodemon!" Don't let him talk you into taking the first puff. After all, it's the first puff that gets you! And you never know - it could be your last.

I pray for the people who are still smoking to become free of the obsession. May God bless you if you choose to take this journey. I will be praying and cheering you on!

Anonymous Addict

Stay connected to
Nicotine Anonymous
World Services!

Receive emails directly from the
NAWS board by subscribing to
Two Way Talk

How to subscribe:
Click the **Newsletter** tab on the NicA
website at:
www.nicotine-anonymous.org

Or click the link below:

<http://nicotine-anonymous.org/two-way-talk-email-communications.html>

That Dreaded Nicotine Habit...

My struggle with cigarettes began at the age of thirteen. I started smoking due to peer pressure, but that was just an excuse to be accepted. I was in junior high and thought smoking was so cool! In eighth grade I made a friend named Shannan. We were like two peas in a pod. We would smoke on our way home from school and when we hung out together. We thought smoking made us look sophisticated. Our parents caught us smoking and I stopped temporarily. Just about all my family members were smokers in their younger years.

At the age of nineteen I started smoking again and made it known to my family. Cigarettes got the upper hand and soon **had total control of me. I didn't realize** how they affected me. I hung out with the wrong crowd and continued smoking. My parents warned me of the dangers and wanted me to stop. This time I listened.

My next smoking period started when I met my future wife at a Red Cross First Aid Certification course. We became friends and it evolved into a relationship. She was a smoker and I wanted to impress her, so I started smoking again. We got married and stayed together for five years. Out of this union, our son **De'Jon was born. He is now twelve years** old and I am proud of his accomplishments. He has told me he will never be a smoker.

At times I feel ashamed of myself because of my habit. Shame can lead to despair and regret. I finally realized I **couldn't quit smoking on my own** - I needed help. I am so happy for the people who influenced me toward a spiritual Twelve Step program. My doctor told me about the dangers of smoking and how to stop. My counselor told me I would get a better effect in a group setting, and recommended Nicotine Anonymous. I thank God/Higher Power for these people - they played a major role in my recovery.

Nicotine Anonymous has shown me I am a nicotine addict because I cannot control my behavior. That is Step One. My father died from emphysema and COPD. In my spiritual awakening, I realized the cigarettes were killing me too.

I also attended a smoking cessation program at a local hospital which helped me understand the physical, mental and social aspects of my addiction. As a teenager smoker, I was trying to fit in, but then got hooked on the chemical nicotine.

I hope that by using these two programs I will beat this dreaded nicotine habit.

Nicotine Anonymous does not offer a guarantee. Newcomers may have doubts and reservations, but we who have gone through the Twelve Step experience have discovered the value of keeping an open mind.

*Andreas M
Cleveland, OH*

Focusing on My HP's Will for Me...

How do I know what my HP's will for me is? How can I focus on that as I move through the various parts of my day? I know the god of my understanding is benevolent, and I trust in this goodness. To me, this means my Great Creator wants me to feel good, think good thoughts, and spread goodness throughout my day, to all I encounter.

And I get to do this in my relationships. This is where the Twelve Traditions help me with doing the next right thing with others. Because life is a process, and we are going through this together, we get to choose how we will respond.

I say "Oh my god, this is a good thing!" And it's a good thing. I say, "Oh my god, this is terrible!" And it's terrible.

Quote Corner

All things are possible
until they are proved
impossible —
and even the impossible
may only be so as of now.



— Pearl S. Buck

It's my perspective on a situation which paints my response.

I like how we support each other in Nicotine Anonymous. It's okay to be human and make mistakes along the way. These are my greatest teachers - the irritating co-worker, the crazy boss, the circumstances of life. They are all my teachers, and I'm in a learning process called "recovery."

Today I work on doing the next right thing, which I can trust will be my HP's will for me.

*Aimee C
Little Rock, Arkansas*



**Outreach projects allow us
to carry the message in a
variety of ways.**

**Literature and financial
assistance are available
for your project — up to \$500.**

For details visit the
Nicotine Anonymous website at
www.nicotine-anonymous.org
or send an email
to outreachcoordinator@nicotine-anonymous.org

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

Meeting Options:
Face-to-face meetings
Telephone meetings
Online meetings

To find face-to-face meetings:
Go to www.nicotine-anonymous.org
Click on Meetings and search by state.



For phone meetings:
Go to www.nicotine-anonymous.org
Click on Meetings, then Telephone Meetings.



For online meetings:

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



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

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

Voices of Nicotine Recovery has "Voice Share" meetings using a free chat service that can be downloaded. It can be found at: <http://voicesofnicotinerecovery.com>

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



Thoughts on Spirituality...

Spiritual awakening is my focus in life... continuously.

I wanted to speak to the nonreligious aspect of our program. So many people have the mistaken impression that 12 Step recovery is religious and will either require a religious belief they reject or interfere with the religious beliefs they already hold.

My belief is that religion is something that man has created for community and companionship...to help one another understand that internal drive to connect and be a part of life on a larger scale than their little individuality. Religion is about communing together over a commonly held understanding of spirituality, purpose and meaning for life on earth.

Spirituality is simply about that essence within each individual that guides them and speaks to them internally about things not of this world and not of their education. That still, small voice inside, sometimes called intuition or higher self, is the essence of every life and that which each person chooses to express their personal spirituality. Spirituality is the essence and basis upon which all religions are founded. Spirituality is, in my opinion, that Power Greater than Ourselves.

Being awake and aware of that essence and focusing on it more than on the physical aspects of life is what spirituality is all about. The 12 Step program points us toward the essence of life and away from the physical trappings – that which we have become trapped in to the point of losing ourselves. We become addicted to avoiding our essence with some substance or numbing behaviors. This leaves us empty and in pain and feeling hopeless. It is a bottomless hole in the center of our being where a denied essence of Life resides in a prison of self-abuse - until we find recovery.

All the Steps point to that essence...a tiny light within that when nurtured, relieves our pain and gives us strength, hope and vision.

As we / I focus on the essence of the program, we build skills of self-love, love of others, love of life and we grow our tolerance and acceptance. Love, support, service, sharing, and caring become ways we practice the principles of recovery. We learn that we cannot give away what we do not have, and learn to focus on self, on caring about others and how we affect them; on taking responsibility for our own lives and staying out of other people's business.

These are the spinal structures of spirituality...the backbone upon which each personality adds their own decorations of practice and discipline. It has little to do with doctrines or rules or anything tangible but is always the heart and center of every doctrine or religion.

Spiritual awakening is all about the vibe inside; that thing that leads us to smile and cry, to celebrate and relax; to have hope and look forward; to notice how others around us are; to be conscious of being connected and a part of every aspect of life as we live it each moment.

Spinal structures - backbone - holds us up and make us flexible. The 12 Steps are a spinal structure that helps us learn new ways of thinking; practice looking through new lenses/filters; helps us try on new, and explore our perceptions. We become flexible enough to walk in another's shoes and attempt to understand what makes them tick. We learn compassion and forgiveness and let go of grudges and resentments, angers and self-pity. We can feel how the anger pointed at us is a cry for compassion and understanding, and we can look for the similarities instead of looking for differences and arguments. Spirituality connects us to each other and to life itself.

continued on page 6

Spirituality is the essence of life whether or not we practice an organized religion; whether or not we use the word God or Spirit or Doorknob; whether we see our spirituality as a gender, a person, a feeling or a way of life.

Just following the "rules" of the 12 Steps can keep us smober but it will not grow our lives into something better, richer, more satisfying and more meaningful. The Steps are based on the understanding that a spiritual awakening is essential to a satisfying life - they are the actual steps to that awakening. THAT is my personal love for the program!

*Stanlee P
San Juan del sur, Nicaragua*

Heard it in a meeting...

Pray
And
Use
Spiritual
Energy



Powerlessness...

Often when I reach a milestone, like 90 days free of nicotine, my thinking goes to having a cigarette to celebrate my success. Insanity for sure. The old tape turns on again...a cigarette would give me a buzz. I can decide to have only **one or a few and then just stop. But it's just bull...**

I now realize that powerlessness means that before I get to this point, I do have freedom. I rarely think of smoking, and

am enjoying the benefits of smobriety. **I'm breathing much better and smelling much better.** My self-image is much improved too - **I'm more comfortable** sharing my experience with others, etc.

But when I pick up that "one" cigarette, my thinking changes immediately to when will I have the next one, should I **throw away the ones I have...continuous** rolling around in my thoughts about the nicotine I crave. I am no longer free. I cannot control the thoughts of smoking. I have become a slave to nicotine, just from one puff.

If only I had not taken that one drag on a cigarette...if only I had practiced the tools I have...if only I had asked for my Higher Power's help...then I would not find myself in this place of misery again.

Today I have 90 days free of nicotine and the blessings that come with smobriety. I did not smoke and I continue to enjoy the promises that come with working the program. Thank you God, my sponsor, and the people in the rooms who help me to stay sane, and free of the hell of nicotine slavery.

*Tess M
Voices of Nicotine Recovery (VONR)
member from Daytona Beach, FL*

**Nicotine Anonymous
7th Step Prayer**

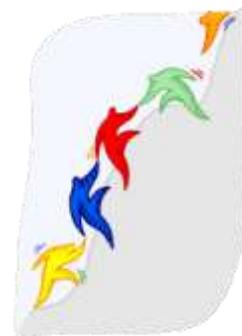
*Adopted at World Services
Conference XXII, April 2007*

**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.**



Ready for a National Campaign to carry the message?

November is considered by many as Gratitude Month. The Outreach Committee would like to get everyone involved in some outreach activities.



To find out more, join in our monthly teleconference on the third Saturday of the month, 12 noon EST. Call 1-218-339-4978 Access code: 1471471# or send an email to outreachcoordinator@nicotine-anonymous.org

Farewell Letter to My Cigarettes...

I held you in my hand as if I needed you in order to do anything, to think about anything, to begin anything, and to put a period at the end of every sentence. You cost me in terms of money, my health, employment, and most importantly, my peace of mind. I had no idea how much harm you caused me.

Soon after putting you down, I was more alert, more focused, calmer and so much more patient. I could also smell, taste, and breathe better. I wasn't offending anyone with your toxic, smelly poisons, and I didn't have to hide to smoke you, like some sort of crazed drug addict. I didn't have to feel ashamed from using you.

I was doing fine without you! But because of a little discomfort, I ran back to you. It was like going back to a dead, destructive, dysfunctional relationship—going back one more time, in denial, thinking it will be different this time. **Honestly I was afraid I couldn't make it without you.** As bad as my life with you was, I found it easier to deal with you than the unknown. I had no business keeping you around, just in case I couldn't make it alone.

You were a deceitful lying snake. You always told me you would make things better. You knew I was easily fooled and **you kept lying to me.** "You can just have one." "Other people might get COPD, cancer, heart attacks and strokes, but somehow I won't cause you all that pain." "I will comfort you in times of stress and sorrow." "I am your friend and you need to be close to me at all times." **How in the world I believed any of that, I will never know.** Hello!! You caused the pain — you never fixed it! In fact, there is not one thing you ever made better. You left me unclean, broke, ashamed, and burdened.

Maybe I will struggle at times without you. Perhaps you served a purpose at **some point in my life. I've outgrown you now,** and have found that you are no match for my Higher Power and the Nicotine Anonymous program. Most of **the time I look at you and think, "Why in the world did I need that demon around?" In fact, last time I saw you, I** threw you in the garbage where you belong.

A new day has arrived. I know I don't have to spend money on you, ruin my health or the health of family and friends. I may not be able to reverse some of the harm you have already **done, but that doesn't mean I am willing** to let you hurt me anymore. I know you are lurking around somewhere and may patiently try to pull me back into that old relationship. I can and will do anything in my power to keep you away.

Goodbye and good riddance!

*Linda M
Pennsylvania*

From the SevenMinutes Archives

The following inspiring piece originally appeared in our September 2012 issue.

Intersecting Pathways...

Have you ever had the experience of looking into the eyes of someone who truly loves and depends on you? There is no other occurrence like it, and it doesn't matter if it is a lover, a child or a good friend. At a time when that individual has a great need or sorrow or even a desperation, the depth of that gaze and the resignation of his or her spirit creates in you a desire to have all the answers. And sometimes - maybe most of the time - you have to accept the truth that you can't be all that is needed. It just isn't within you. That person must make the journey, must experience and

accept the pain and sadness before moving on. So you just listen and hope that will be enough. Sometimes it is.

I think it's at times like those that I want to tell that person to hang on and find the courage to take the steps that are needed and stay the course. Do; just do. Think and feel when you have to. Scream, cry and wail at the pain, but stay. It will be worth it to keep on.

You, my friend, are about to quit smoking or maybe you are already in the early stages. You are about to stand up! Take a deep breath, shake off the doubts and fears and begin the journey. Just put one foot in front of the other. Don't try to do it forever. Take it one day at a time, one hour at a time or one minute, but do. The knowing, thinking and feeling are all essential parts of the journey, but the answer is in the doing. Just do and stay and you will win.

There will be times when you will be alone with your addiction and your Higher Power. Accept those times; they are the ones that help you find the strength. I can't walk the journey with you. I can only promise to be there from time to time as you journey. I am, after all, on my own path that will sometimes intersect with yours.

I can promise you this: it will be worth it. There are pleasures in recovery that are beyond your wildest dreams. There are rewards beyond the anguish you feel today, and there is a sense of belonging that will more than replace the fleeting satisfaction of feeding a craving.

I'll be happy to see you when our pathways do intersect. I will look to see that knowing expression as it grows within you. There may still be times of need and sadness and even desperation; life gives us those. But in you, I will see the **look that says, "I know."**

*Michael B.
West Babylon, NY*

A Brief History of Nicotine Anonymous

The roots of Nicotine Anonymous first took hold in the Southern California living room of one of the cofounders, Rodger F, in February of 1982. The group consisted mostly of Alcoholics Anonymous members who realized their need to focus on their nicotine addiction and to stop smoking. Since anything but alcohol is an outside issue for Alcoholics Anonymous, a separate group was necessary.

With permission from Alcoholics Anonymous, the founding members of our fellowship adapted the Twelve Steps and Twelve Traditions. Although there is common ground in the use of the 12 Steps and 12 Traditions, these fellowships are not affiliated. Alcoholics Anonymous also gave us permission to adapt their preamble. Our Preamble became the following:

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.

Maurice, a member, authored an article for *Readers Digest* in May of 1985. Thousands of letters poured in from people wanting to know more about this new 12 Step fellowship known then as "Smokers Anonymous." Within a year there were a hundred meetings identified.

The fellowship's first official World Services Conference was held in San Francisco in May of 1988. Thanks to a well-documented chain of events, the fellowship was renamed **Nicotine Anonymous** in Phoenix, Arizona at the 1990 World Services Conference. As with most organizations, it becomes typical to use an abbreviated name. For our common welfare and unity, a vote at the 2000 World Services Conference in Scottsdale, Arizona decided that **NicA** would be the one abbreviation the fellowship would use.

Each year we hold a conference in the spring, and all members are invited to attend. This annual conference is held in various parts of the United States, depending on members who volunteer to host the event. The conference serves to strengthen us in our path to freedom from nicotine and as an official meeting to address fellowship business.

Nicotine Anonymous World Services serves a worldwide fellowship with meetings in the United States and around the world. Face-to-face meetings have been supplemented by both online and telephone meetings. There is a well-managed website and literature fulfillment service available to the membership. The elected all-volunteer board consists of nine members and meets at least quarterly. There also are numerous coordinators who volunteer to provide specific services that help World Services fulfill our fellowship's primary purpose - "to offer support to those who are trying to gain freedom from nicotine."

The rest of the story can be read in our literature. Please feel free to learn more about us to see if you want what we have. A warm welcome awaits you!



Write a Meditation for a Future Nicotine Anonymous Daily Meditation Book!

Please submit your daily meditation for consideration in an email or Word file to:

DailyMeditations@nicotine-anonymous.org

Subject line 'Nicotine Anonymous Meditation'

or mail to:

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.)

The format for new daily meditations follows the format used in the book *A Year of Miracles*. The text can contain 100-200 words, including the quote, the member's share, and the concluding statement, "Today, _____."

Nicotine Anonymous daily meditations are best when related to the personal experience, strength, and hope of a member and/or supported by principles of recovery based on the Twelve Steps and Twelve Traditions of Nicotine Anonymous, Our Preamble, or text from our literature.

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

Please note:

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

Thank you for your service!

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 connects penpals who want to communicate via snail mail.

PenPal Coordinator Email PenPalCoordinatorEmail@nicotine-anonymous.org

Coordinates and connects penpals 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

Tim P — 7/8/08

John C — 9/10/11

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!*

Get your hands on **OUR NEW WEBSITE!**

*offering help **online** to those who desire
to stop using (and live free from) nicotine*

learn how Nicotine Anonymous works ★ find
phone, internet, and face-to-face meeting schedules
★ read pamphlets in 16 languages ★ check out open
service positions ★ read over 25 years of *SevenMinutes*
newsletters ★ find events in your area ★ order books,
CDs, & MP3s ★ sign up for *Two-Way Talk* to keep current
on NicA news ★ make a *Gift of Gratitude* to help us carry
our message to the still suffering nicotine addict





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

For more information, call Jeff at

760-401-6503

or send an email to

outreachcoordinator@nicotine-anonymous.org

Have an idea for a Public Service Announcement?

Draft the text for a 15 or 30 second audio PSA,
or create your own audio file and we'll take it from there!

Send an email to

outreachcoordinator@nicotine-anonymous.org

for more information.

Want to get involved with Outreach to help your group or Intergroup?

Consider attending our monthly Outreach teleconference meeting

When: 3rd Saturday of the month

To attend: call 1-218-339-4978

Time: 12 noon EST

Access code: 1471471#

Fall 2016 Nicotine Anonymous Events Around the U.S.



Sept. 18 *Picnic in the Park* - Rossmoor, CA
sponsored by SCINA Intergroup

Sept. 30 - *Clean in the Catskills retreat* - Tannersville, NY
Oct. 2 sponsored by NYMA Intergroup

Nov. 6 *Annual Fall Picnic* - Phoenix, AZ
sponsored by AZ Intergroup

Nov. 19 *Marathon Meeting* - Bellflower, CA
sponsored by SCINA Intergroup

See flyers with event details at www.nicotine-anonymous.org

Service is the Key

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



path to freedom.

TELEPHONE SERVANTS—ESPECIALLY NEEDED!

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

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.

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



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

Or e-mail chairperson@nicotine-anonymous.org

Rev. 6/2016

♥ My Gift of Gratitude ♥

GIVE A "GIFT OF GRATITUDE"

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

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

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

HOW WORLD SERVICES SERVES THE NICOTINE ADDICT:

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

GET A FREE SUBSCRIPTION TO SEVENMINUTES NEWSLETTER!

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

THINK YOU CAN'T AFFORD IT?

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

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

4 EASY WAYS TO DONATE!

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

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

Why members and groups donate to Nicotine Anonymous World Services

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

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



Seven Minutes

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



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

If you are a member of a group that is helping Nicotine Anonymous and want to utilize this technology, contact Chick at nicahost@gmail.com

Individual training is available to learn this new venue.

This online meeting format can also be used internationally.

**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