

THE BYLAWS

OF THE

NEW YORK METROPOLITAN AREA

INTERGROUP OF

NICOTINE ANONYMOUS

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 whenever 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 that out.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to nicotine users, and to practice these principles in all our affairs.

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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 that out. 12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to 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.

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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 the 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. 8. Alcoholics Anonymous should remain forever non-professional, but our service centers may employ special workers. 9. A.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve. 10. Alcoholics Anonymous has no opinion on outside issues; hence the A.A. 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, and films. 12. Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

Article I: Name

The name of this Intergroup shall be known as the New York Metropolitan Area Intergroup of Nicotine Anonymous.

Article II: Object

The object of this Intergroup shall be to consolidate all ideas of all the groups and members and to uphold the Traditions and further the principles of Nicotine Anonymous and to carry its message to the still suffering Nicotine Addict.

Article III: Members

Section 1

The membership of this Intergroup shall be composed of one representative from each of the groups and any Nicotine Anonymous member who resides in New York State.

Section 2

A group shall be composed of two (2) or more people.

Article IV: Officers

Section 1

The officers of this intergroup shall be a chairperson, recording secretary and treasurer. These officers shall perform the duties prescribed by these Bylaws, and parliamentary authority as prescribed by Robert's Rules of Order Revised 9th Edition.

Section 2

Nominations of these officers will be held at the last meeting of the year.

Section 3

The officers shall be elected by ballot to serve for two (2) years or until their successors are elected and their term of office shall begin at the close of the first meeting of the year.

Section 4

No officer shall hold more than one office at a time and no member shall be eligible to serve more than two (2) consecutive terms in the same office.

Section 5

In case any officers are unable to perform their duties, alternates shall be elected by ballot to complete their term(s).

Article V: Meetings

Section 1

Meetings shall take place four times a year on the third Saturday of the month or as the group may deem necessary at a place the group may designate.

Section 2

The first meeting of the year shall be known as the Annual meeting and shall be for the purpose of electing officers, receiving reports of officers and committees and for any other business that may arise.

Section 3

Special meetings may be called by the chairperson or by written request of seven (7) members of the Intergroup. The purpose of the meeting shall be stated in the call. Except in cases of emergency, at least ten (10) days notice shall be given.

Section 4

Notice of the quarterly meeting shall be sent by email to all representatives at least seven (7) days before such meeting and shall specify the place, day and hour of the meeting and shall state the general nature of the business to be considered at such meeting

Section 5

Five (5) members of the Intergroup shall constitute a quorum.

Article VI: Committees

Section 1

A finance auditing committee of three (3) members shall be appointed at the last regular meeting of the year by the chairperson. It shall report at the annual meeting in January.

Section 2

Such other committees standing or special shall be appointed by the chairperson as the chair deems necessary. The chairperson shall be ex officio a member of all committees except the nominating committee.

Article VII: Parliamentary Authority

The rules contained in the current edition of Robert's Rules of Order - Newly Revised shall govern the Intergroup in all cases to which they are applicable and in which they are not inconsistent with these Bylaws and any special rules of order the Intergroup may adopt.

Article VIII: Amendment of Bylaws

These Bylaws may be amended at the first meeting of the year by a two-thirds vote, provided that the amendment has been submitted in writing at the previous regular meeting.