



Rocky Mountain Region – TAKE BACK

October 1, 2019

Let It Begin With Me
Life With An Addict



Rocky Mountain Region
4th Annual
2019
Nar-Anon Convention

TIME: 9AM - 5PM | DATE: NOVEMBER 2ND
CROWN PLAZA CONVENTION CENTER DIA
15500 E 40TH AVE., DENVER, CO 80239

It's Convention Time!

Make plans to join the members of Nar-Anon, November 2nd from 9a – 5p

Morning Session 9a - 12:30p

- Nar-Anon Guest Speaker, Mark R. from KC
- Let it Begin with Me

Lunch 12:30p – 1:30p

Afternoon Session 1:30p – 5:00p

- Recovery Countdown
- Family Member/Addict Panel, Q&A “Life with an Addict”
- Did You Know?

Registration

\$15 Full Day

\$10 Half Day

USE FULL FLYER TO REGISTER

Ways to help send the Alternate Delegate to the 2020 World Service Conference ***The Region needs to raise \$1,500 by December 31st***

Slogans Tote Bag

Buy a tote bag for your Nar-Anon books. Cost \$15
Contact Marian 303-877-6488 she will bring the tote bags to your meeting for members to purchase.
Tote Bags will be available at the Convention.

Game Night

Organize a game night in your area to raise funds.
Follow the guidelines of the traditions, especially tradition 7 - Nar-Anon is fully self-supporting declining outside contributions.

Send in Group Donations prior to Dec 15th

Hold a group conscious to determine how much your group can contribute to the Rocky Mountain Region.



Group Conscious Discussions for the November 5th RSC Call

- Get a new conference call number to be used for a weekly call in meeting
- Will the members of your group attend a Sponsorship Workshop in January 2020?

Open Service Positions

Public Outreach Chair – Sets Agenda and runs the monthly conference calls, keeps track of the expenses, and reports to the RSC and Assembly.

Vice-Chair of the Regional Service Committee – The vice chair should be willing to become chair at the end of the current chair's term. If the chair is unable to fulfill the position, the vice chair assumes the chair's position for the duration of the term or until an election assembly is held. (See GLS for more info)

Duties of the Chair – the Vice Chair will learn and eventually do

- Presides over all RSC meetings and assemblies – sets agenda
 - Stays informed of all subcommittee activities and is available for support
 - Calls for an assembly after the WSC to hear the delegate's report
 - Calls for assemblies whenever the RSC or delegate deems them necessary
 - Signs all committee correspondence
 - Is a co-signer on the RSC bank account
 - Holds a post office box key if any
- If you have questions or are willing to stand for one of these positions contact Marian 303-877-6488

Narateen Committee

It is official! The Rocky Mountain Region can start a Narateen meeting. Each meeting must have at least 2 Narateen Facilitators. If your home group wants to start a Narateen meeting, contact Jan at 720-435-1813 for the details on how to do so.

A Narateen group is a safe environment where teenagers can share and work on their recovery.

Convention, Events and Fellowship Committee

Join the Events committee contact Rebecka at 720-646-6060 Rebecka.atwell@gmail.com

Public Outreach

Get a Nar-Anon Buddy to spread the message "Nar-Anon Offers Hope." The focus of outreach is to let families and friends of addicts know that help is available. An outreach committee acts as a vital link between individuals seeking help and Nar-Anon members who share their experience, strength, and hope.

Visit <https://www.nar-anon.org/outreach> to get ideas of how you can SPREAD AWARENESS!

Have you visited naranonrm.org?

See a problem, have a suggestion contact Jim webchairnaranonrm@gmail.com

Seventh Tradition – Fund Flow

There are three ways to send in your groups' donation. PayPal can be used through our website naranonrm.org, bring them to the Assembly, or mail your checks or money orders to:

**Nar-Anon RMR
P.O. Box 102901
Denver, CO 80250-2901**

Concept Eleven, "Nar-Anon funds are used to further our primary purpose to carry the message, and must be managed responsibly."

Save The Date

- November 2, 2019 – 4th Annual Nar-Anon Convention
- February 15, 2020 – Winter Assembly
- July 18, 2020 – Summer Assembly

The next RSC meeting is ***Tuesday, November 5th from 8:30p - 9:30p***

All Nar-Anon Groups, GSRs, and members are welcome and encouraged to participate. To receive an email with the conference call phone number, access code, and call for agenda items contact Liz at secretarynaranonrm@gmail.com