



# Rocky Mountain Region – TAKE BACK

## November 5, 2019

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### ***The 2019 4<sup>th</sup> Annual Nar-Anon Convention was a BIG SUCCESS!***

60 Nar-Anon members, 4 guest speakers, 15 + NA members

#### INSPIRATION HEARD AT THE CONVENTION

- Don't offer advice unless requested
- Try new meetings if you do not resonate with the one you have been to
- Try to love the addict and support them but let them discover their own path!
- What can "good" look like?
- Trust God and Fill Sandbags
- "I didn't use because I liked drugs. I used because I didn't like me"
- "Clean Time vs Recovery Time"
- Focus on your Glory Story, not on your Gory Story
- Love them where they are
- Learn to move your addict into your HEART, where they belong, and out of your head

### ***New Conference Call Number***

Bad weather? Conflict in the building? Want to have a meeting with members from another part of the state? Use the new conference call number. It is available for use by any group.

**Dial in Number: 605-313-6237**  
**Access Code: 356353#**  
**Host Pin: 4187**

### ***Ready to work the steps with a Sponsor?***

Plan to attend the Sponsorship workshop on January 25, 2020 in Golden.  
Details Coming Soon.

### ***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

## ***Convention, Events and Fellowship Committee***

Join the Events committee to help plan the sponsorship workshop, Day of Sharing, and the Nar-Anon Convention. Contact Rebecka at 720-646-6060 [eventschairnaranonrm@gmail.com](mailto:eventschairnaranonrm@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.



### **The Region will loan the following items to Nar-Anon members planning an outreach event**

- Banner
- Literature Rack
- Table Runner with Logo
- Table Cloth

Email

[naranonoffershopeco@gmail.com](mailto:naranonoffershopeco@gmail.com)  
to request the use of the outreach materials.

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

## ***Have you visited naranonrm.org?***

See a problem have a suggestion contact Jim [webchairnaranonrm@gmail.com](mailto: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](http://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**

- January 25, 2020 – Sponsorship Workshop
- February 15, 2020 – Winter Assembly
- May 2, 2020 – 9<sup>th</sup> Annual Day of Sharing
- July 18, 2020 – Summer Assembly
- November 14, 2020 – 5<sup>th</sup> Annual Nar-Anon Convention

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The next RSC meeting is ***Tuesday, December 3<sup>rd</sup> 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](mailto:secretarynaranonrm@gmail.com)

To receive the PDF Mark referenced email Marian at [chairnaranonrm@gmail.com](mailto:chairnaranonrm@gmail.com)