



# Rocky Mountain Region – TAKE BACK September 3, 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 2<sup>nd</sup> from 9a – 5p

#### Morning Session 9a - 12:30p

- Nar-Anon Guest Speaker
- Let it Begin with Me

#### Lunch 12:30p – 1:30p

#### Afternoon Session 1:30p – 5:00p

- Nar-Anon/NA Q&A Panel  
"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 for her to bring the tote  
bags to your meeting for members to purchase

### 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 15<sup>th</sup>

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



## ***Group Conscious Discussions for the October 1<sup>st</sup> RSC Call***

- Get a new conference call number to be used for a weekly call in meeting
- Will your group host the Winter Assembly on February 15, 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***

Want to join the Events committee contact Rebecka at 720-646-6060 [Rebecka.atwell@gmail.com](mailto: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?***

Check it out and tell us what you think. See a problem, have a suggestion contact

## ***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**

- November 2, 2019 – 4<sup>th</sup> Annual Nar-Anon Convention
- February 15, 2020 – Winter Assembly

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The next RSC meeting is ***Tuesday, October 1<sup>st</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)