



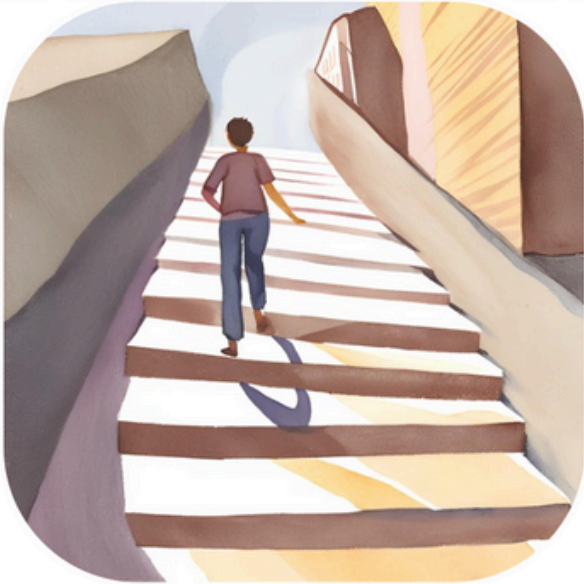
Rocky Mountain Recovery

October 2024

Rocky Mountain Region Nar-Anon Family Groups

www.naranonrm.org

"It Works if you Work it"



**IT WORKS
IF YOU
WORK IT**

So we show up. We attend meetings, do step work, try our hand at service. Travel to conventions. Read the literature and call our sponsor regularly. Join in meetings at other NFG's to say hello and celebrate anniversaries. Write articles and respond to surveys. Memorize slogans. Share our latest crises and victories. We keep coming back.

Why? Because this program works if you work it. And it won't if you don't. So we work it - because we're worth it. We see the miracles in each other and our own lives. And we keep cheering each other on...

Do the work, do the work, do the work!!!

*In loving service,
The RMR Newsletter Committee*

In this newsletter you can find:

Events & Announcements	Resources	What's Happening Out in the World	Step, Tradition & Concept of the Month
Heard in the RMR rooms	Experience, Strength, & Hope	Meeting Birthdays	Spirituality

Are there any Nar-Anon related announcements?

- the Rocky Mountain Region convention is November 15-17 in Denver, CO. Scholarships are available! convention@naranonrm.org
- Carry the Message: a meeting with both an NA speaker and a Nar-Anon speaker takes place in the RMR Virtual Meeting room on the last Saturday of the month; 10/26 at 10:30 MT
- New Year New You: 24 meetings in 24 hours, a global event; RMR Virtual Meeting room Dec 31 at 6pm MT to Jan 1 at 6pm MT
- Nar-Anon 4th Step Workbook is now available on the [Nar-Anon webstore!](#)
- The World Delegate asked GSR's to ask groups what common welfare topics they wanted her to present. She offered three ways the groups/region could accomplish this - please respond to the survey that was sent out! If you are a GSR and did not get the survey, email delegate@naranonrm.org

Heard in an RMR Meeting Room

"Enough is not an amount, it's a decision."

"Feel your feelings, choose your behavior."

"It's never a magnifying glass, it's always a mirror!"

"If you get in a rut, don't decorate."

Heard in the "This is a We Program, Don't Do It Alone" Sponsorship House Party

"God never brings two people together to just help one."

"The opposite of addiction is connection. I came to Nar-Anon and had no idea how to be intimate, to be vulnerable and to open up."

"Three things I do as a sponsor: love, bear witness and reflect."



From Our Delegate

“It Works if you work it” in Service

We may hear in our meetings that “Service takes your recovery to a new level”. We may be encouraged by our sponsor or by a program friend to do service. But what does that mean and how do we know how to do it?

The answers to many of your service questions can be found in the [Guide to Local Services \(GLS\)](#) on the nar-anon.org website. Click on the “Members” tab, then scroll down to “Service Literature”.

See if you can use the [GLS](#) to answer the following questions:

1. Who do you contact if there is no group in your community and you want to start a Nar-Anon group?
2. Which of the “Meeting Ideas” does your Nar-Anon Family Group use in your meetings?
3. Do you meet the requirements to be a GSR?
4. What is a home group and why is it important to have one?
5. What are resources you can use to help address group problems?

When we know better, we do better! The service guides are resources you can use as you dive into the world of service! - Kari, RMR Delegate

Answers found in the [Guide to Local Service](#); see sections:

1. 2-1
2. 3-4
3. 4-2
4. 4-4
5. 4-5

RSC Corner

RSC Corner – September 3, 2024

The Regional Service committee brings together all the elected trusted servants in the region. Group Service Representatives (GSR's) communicate about their groups. They may ask for items the group needs, and they report the region's actions back to their groups. Committees, chair, vice chair and treasurers also talk about the business of the region.

The next regional service committee meeting is scheduled for October 1, 2024 from 8:00 pm to 9:15 pm MST in the Clubhouse. All members are invited and encouraged to attend.

In September:

The Vice Chair reported on the Elavon platform that the region is trying out as a way to receive Seventh Tradition donations. Elavon overcharged the region with fees and the Vice Chair was pursuing a refund and rectification.

The New Year New You committee became an “official” Region subcommittee. It will get an RMR email, will write guidelines and will have rotation of service. newyearnewyou@naranonrm.org

There was a report on Google Groups and trying to more easily update contact lists regionally. More investigation is needed. Matter tabled for now.

The World Delegate asked GSR's to ask groups what common welfare topics they wanted her to present. She presented three ways the groups/region could accomplish this.

- Resend the same 3 as last time since ours were not chosen
- Choose from the list of 21 that the region came up with last time
- Start from the long list of choices

Delegate sent a survey out to GSR's to ask their groups and then respond.

It was reported that because the region is a 501c3 non-profit, the region can buy supplies and materials from Amazon tax free.

The committees Hope Line, Convention, Day of Sharing, Sponsorship and Outreach all reported.

“Service work brings clarity, strength
and depth to my recovery.”
-SESH, September 20



A Member Shares

In what ways have you applied your step work to your life and seen miracles happen because of it?

One way that I continue to apply the work of the steps is to integrate the principles into my daily life

Step 1: Acceptance / Honesty

The 2nd Step: Hope

The 3rd Step: Faith

Step 4: Courage

Step 5: Honesty / Integrity

The 6th Step: Patience / Willingness

Step 7: Humility

Step 8: Willingness

The 9th Step: Brotherly Love

Step 10: Integrity / Justice

Step 11: Self-discipline / Spiritual-Awareness

The 12th Step: Service

I try to have conscious contact with my HP daily. I ask for guidance and the courage to carry out His will for me. When I ask God to bless or block my steps in a day, He has revealed things that have made my way clear. Letting go and letting God has relieved many burdens from me and when I start to spin in my head, I can focus on gratitude, prayer and being of service and receive my daily reprieve.

As I work the steps with my sponsor I am reminded over and over that I am the problem. And, since I am the problem, I am also the answer. I am the one who needs and wants to change. If I am to make real change in my life, I need to practice the principles and work the steps in all of my affairs. As I answer the questions in the Nar-Anon 36, I am reminded that when it says "addict," I can cross it off and put anyone or everyone's name in its place. This shift of focus has allowed me to progress and move forward into my life. I recently read that no matter where we are in our steps, it's essential to commit to looking at ourselves as honestly and completely as possible. We must be fearless in our need to examine the parts of ourselves that we want to cultivate and those we want to release with love.

In working my steps I have learned to lean on my Higher Power in all my affairs, I see miracles in myself and how I react to others now compared to before program.

Suggested Readings:

Naranon Blue Booklet, pg. 13: "Changing Ourselves"

Naranon SESH: February 29: "Keep an Open Mind"

Next month's question: Meetings. Literature. Narabuddies. Convention. What Nar-Anon related experiences have taught you that you are never alone?

Do you have experience, strength and hope to share with this member or would you like to ask a question?

[Please submit your response here!](#)

A Member Shares

Living in the Steps

I have something I have heard called an acid test coming up in a few weeks (a really difficult situation).

And I've spent the last month or two, watching every rabbit hole appear in my mind (Step 10, Step 4). I've seen the flash drive for some of the old familiar defects, and I have seen the mould and imprint of what I thought to be some of the less common ones, and I have even seen some defects that had been yet unidentified and unnamed.

And it was just last week that I became utterly convinced again, to the T, that the shortcomings behind any of these must be removed from me immediately (Step 6).

So I have been laser focused. As soon as (and I mean the minute) a defect appears, I am asking my Higher Power to take it from me. Immediately (Step 7). I cannot afford to live in those defects right now, not for a single second.

I am reading a book on languages of apology (Step 8), so that I can be absolutely certain that I understand to the core and at depth my work in Step 9.

In Step 9, I take action to own my mistakes outloud, to clear away the wreckage of my past, to make the pain or residue of any situation that involved my mistakes to utterly dissolve (if possible), to leave the ground between us in a place of neutrality and release. That is how deep and thorough my Step 9 amends need to be. It is a gift of integrity and accountability that we give to our loved ones, relatives, friends and fellows.

Working the Steps (and practicing the Traditions and Concepts) is the best way I know to heal the world right now, the injustice that entroubles it, the pain, the resentments that lead to grudges that lead to wars that lead to vengeance and to more harms and sufferings.

Let it begin with me. Daily, hourly and down to the second.

Just for today, I am thankful that I get to be a healing force, a vehicle of this apology (Steps 8 and 9) and a voice for God's healing work in the world. That I get to be a testament in this world to Love, humility and the Power of Spirit to use me for something good. That the elixir for life: honesty, generosity, humility, forgiveness and right action, can all live and grow through me. (I don't care about the harms others have done, that is not my focus anymore.)

Use me as your instrument, Spirit of the Universe, Source of Miracles, Impeccable Inner Friend to all who carry an imprint of pain caused or influenced by my mistakes.

May my life and work in the world be an offering, and become a testament to Your healing power.



“Members who practice the steps for themselves learn a different way to live. Working the steps helps each of us to recover and deal with addiction in our daily life.”

- Sharing Recovery, Vol. 1

Members share about the Nar-Anon World Convention in Washington D.C.

Several members of Nar Anon who attended the World Convention were asked the following questions:

1. **Why did you choose to come to the World Nar-Anon Convention?**
2. **What do you like best about the convention?**
3. **What spiritual experience did you have?**
4. **How many Nar-Anon conventions have you attended?**

From the Pacific Northwest Region, WA state; John D. replied:

1. I came to join with Nar-Anon members from all over the world.
2. Fellowship, stories, and workshops/topics were the best.
3. Knowing that I am not alone and hearing and sharing experience strength and hope
4. Three world and three region conventions

From Bergen county, NJ Tom S. shares:

1. A member came to my NJ meeting & shared about the world convention.
2. The speakers are ALL awesome!
3. "We are all connected"
4. First one this weekend.

Evelyn A. came from North Carolina and tells about her experiences:

1. I came to strengthen new friendships with Narabuddies. Also to see all of the different varieties of addicts working their recovery. (men, women, different countries, languages and cultures)
2. I liked meeting my online home group friends in person.
3. Seeing thousands of recovering addicts gives me hope that some day my son will also achieve long-term sobriety.
4. This one is the first convention.

Judy M. from the Northern CA Region shared:

1. I have tried to attend these conventions to meet Nar-Anon members from other states and other countries.
2. First I liked the shares, then second the workshops.
3. My spiritual experience happened when I was asked to do the SESH reading Friday because the member assigned to do it was not available. That day's reading was GRIEF. My husband passed away 6-4-24 due to cancer. I shared my grief and the support I received from Nar-Anon.
4. I have been to 20+ conventions.

Kristin P. from Baltimore, MD, homegroup Towson, MD answered this way:

1. I wanted to be in community with world-wide members. I also wanted to bring back ideas & inspiration from the convention to my home group.
2. I have enjoyed being among friendly & caring people. It has also been interesting to learn traditions practiced by other groups.
3. Experiences like this remind me we are not alone. I realize this in attending my home group meetings, but being with folks from all over makes me understand how widespread our experiences are.
4. This is my first convention.

Donna JS from the New England region said:

1. Because of the wonderful people and memories from Philadelphia and Orlando. I also love DC.
2. Seeing old friends and meeting new ones. Attending meetings to share experience, strength and hope and to hear others' experience, strength and hope.
3. Meeting NA members who were so happy we were there.
4. Three world conventions

From the Mid-Atlantic Region in Eastern VA Janet had these insights:

1. I wanted to experience an International Convention. Washington DC was only three hours away!
2. I enjoyed meeting so many people from all over that share my issues and my recovery.
3. I have learned ways to strengthen myself, my group and Nar-Anon as a whole. My Higher Power sent me into rooms I hadn't planned on going to in order to hear what She wanted me to learn!
4. This is my third convention.

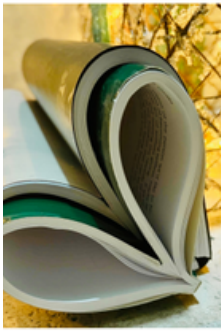
Bill S. from Connecticut had the following to say:

1. I love to learn new ways of thinking, of experiencing the world, of expanding my program.
2. Being with others in Nar-Anon face-to-face.
3. I had new insights into myself and I gained new phrases to use when I am home and it is quiet and my mind is quiet.
4. I have been to three world conventions and many regional ones.

Melissa E. from Florida explained her thoughts:

1. I came to grow in my recovery; to see others from around the world, and to see members from my home group.
2. The best was fellowship and location.
3. I've heard experience, strength and hope I have not heard before & realized a character defect I would never name before - now I can.
4. I have been to six or seven conventions.

Upcoming RMR Events - *click on event for more info*



Carry the Message

HOSTED BY ROCKY MOUNTAIN REGION
NAR-ANON FAMILY GROUP

9:30am Pacific
10:30am Mountain
11:30am Central
12:30pm Eastern

**NAR-ANON & NARCOTICS ANONYMOUS
SPEAKERS**

10-26-2024 (Saturday)
Carry the Message - with NA



11-15-2024 - 11-17-2024
Rocky Mountain Convention



12-31-2024 - 01-01-2025
New Year New You 5



2-02-2025 - 2-09-2025
Nar-Anon Cruise

Happening Out in the World:



Interregional Communication Roundtable
Sunday, 20 October, 2024
8:00 am Pacific (click for time convertor)

Hosted by the Western Regions Convention Committee
Zoom 873 3966 3937 Password wrncfg
<https://us06web.zoom.us/j/87339663937?pwd=iRWUp2lQ3aTaxD46Ib79evT8ynR8T.1>



10-20-2024 (Sunday)
Region Service Roundtable

**WORLD SERVICE BOARD (WSB) &
WS HUMAN RESOURCE COMMITTEE**

*Cordially Invite You to Attend
a Virtual Roundtable*



Topic: Planning For Our Future and Yours

APPLICANTS WANTED AND NEEDED FOR THE WSB

SAT. 11.02.2024 | 8:00 am PT | 11:00 am ET
Join Here: Meeting ID: 876 2593 4385 | Passcode: 044402

Thinking about joining the WSB? What's stopping you?
Ready to give back what was freely given to you? What
can you do to ensure the future of NFGH, Inc? Can you
imagine your life without Nar-Anon? What does it take to

11-02-2024 (Saturday)
WSB & WS HR Roundtable



Have you heard...a Nar-Anon Convention speaker before?

They are AWESOME. The annual RMR Nar-Anon Convention in November takes place in Denver over a weekend and typically has three different speakers – Carry the Message, Saturday night speaker, and a spiritual speaker on Sunday. Convention attendees appreciate that speakers are invited from various Nar-Anon regions, sharing their experience, strength, and hope from across the U.S. and beyond. We encourage you to explore some recordings of speakers invited to past RMR Nar-Anon conventions:

Jack H. (2021):

Thanks to Nar-Anon...my fears have changed to acceptance. My chaos has turned into serenity. I found spirituality, the Higher Power of my understanding. And that power is also my friend. My weakness has turned to strength. And my shattered thoughts have been channeled into a new direction. The peace and serenity that the program offers has given me a new life... [\[listen to the rest here!\]](#)

Alix W. (2022):

I don't know about the rest of you, but I couldn't sleep before I got here. Everything I was doing before I came to Nar-Anon, I was doing because I thought I had to. I didn't think there was a choice. It's another way that I'm able to work my program that helps me keep me peaceful and serene...Nar-Anon changes everything, because Nar-Anon changes me...[\[listen to the rest here!\]](#)

Tim V. (2023):

I love spiritual confirmations. Simple ones: You go to a meeting, you hear just the exact topic that you needed to hear. That's not a coincidence—that's God. Hearing when someone shares their very same journey, that's your journey...This random stranger with a very similar situation is able to give me some courage—another spiritual confirmation. So it was the simple whispers that were there when I was weak; it was the spiritual confirmations to let me know that it's God out there and not me... [\[listen to the rest here!\]](#)

You can find more recordings of RMR Nar-Anon Convention speakers [here](#).

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Register here for the 8th annual RMR Nar-Anon Convention in Denver (Nov. 15-17). There's loads more information about this year's Convention on the landing page, including hotel options, travel tips, and a detailed agenda. Registration scholarships are also available. [Email us!](#)

Suggested Readings:

Serenity Connection, March 2023, [Help Tell Our Story: Speaker Jam](#)

[SESH](#) daily reader, July 30, Improving Balance Nar-Anon Pamphlet, [So You've Been Asked to Speak](#)

Register here for this year's RMR Nar-Anon Convention in Denver (Nov. 15-17). You can find more details on the [Convention landing page](#). Registration scholarships are available.

Email questions to:

Convention@naranonrm.org

Meeting Birthday Shout-Outs

October 2, 2022 Happy, Joyous & Free, 2 years
October 7, 2021 We Begin Here, 3 years
October 15, 2012 M.E.S.H., 12 years

We are actively seeking member submissions!

Submissions Guidelines

We are looking for submissions that share experience, strength, and hope with a focus on Nar-Anon, your recovery, and the principles of the program. Seek ways to express your program story that can reach a large audience, and please refrain from mentioning careers, institutions, therapies, religions, holidays, or other outside issues. Bring the message, not the mess.

We grow by letting go of self for the greater whole!

The RMR Newsletter Committee may reach out about edits to make a submission publishable. Thank you!!

Recovery Speaker Recordings

www.naranonrm.org/recovery-recordings

You can also email for even more recordings:

ISWU Saturday Speakers:

iswutechcoordinator@gmail.com

Other RMR Recordings:

vicechair@naranonrm.org

Carry the Message recordings:

carrythemessagenfg@gmail.com

HIGHER POWER - Help me to remember.

The Traditions & Concepts are for me to practice. not for me to enforce

Step 10: Continued to take personal inventory and when we were wrong, promptly admitted it.

I hear quite frequently in the rooms, the idea that we can practice any step with a “one” in it at any time. I am so grateful I adopted a tenth step practice so early on in my recovery. I think I was working on Step 3 with my sponsor when I first started a nightly review of my day.

What “continuing to take personal inventory and when I am wrong, promptly admitting it” looks like for me is writing in a journal (almost) every single night looking at my behaviors and decision of my day. There are a few questions I have used to start my journal entry with:

1. Was I selfish, dishonest, self-seeking, resentful or afraid?
2. Have I kept something to yourself that should be discussed with another person?
3. Was I kind and loving toward all?
4. What could I have done better?
5. Did I worry about yesterday or tomorrow?
6. Did I become obsessed about anything?
7. Did I allow myself to become too hungry, angry, lonely, or tired?
8. Did I suffer from any physical, mental, or spiritual problems?
9. What steps can I take to do better tomorrow?
10. What do I have to be grateful for today?

I asked around our fellowship for examples of questions others asked in their Step 10 practice and a few ideas I got were:

1. Are there any behaviors weighing on my conscience?
2. Did I manage to let God turn around any unhealthy patterns, thinking errors or bad choices?
3. Have I actively worked a step today?
4. Did I attend a meeting?
5. Did I talk to my sponsor?
6. Did I reach out to a newcomer?
7. Was I good to myself today?
8. Did I treat others well today?
9. What I have handled positively today?
10. Did I set boundaries without expectations?

After answering my questions and writing anything else down that God guides me to write, I take a picture and send it to a Narabuddy. We have been exchanging pictures of our “nightly reviews” for a year and a half now. I am so grateful for the connection we share and this practice I have. Have you tried practicing Step 10 yet? Here's your sign to give it a whirl.🌀

Tradition 10. The Nar-Anon Family Groups have no opinion on outside issues; hence our name ought never to be drawn into public controversy.

I don't know anybody who doesn't have opinions - sometimes strongly held and intractable. Even if you are well-along in your recovery, so far as to have learned that your strongly held beliefs aren't that helpful in our rooms, you no doubt have heard that voice inside your head shouting at you when someone says something about something you disagree with...or maybe that's just me fighting with my early recovery demons.

Guardrails are something we as folks in recovery really need, and we find them in the Traditions. I have found them life-saving. Our unhelpful approaches to our addicted loved ones, and our own vulnerable hearts and minds, have caused us harm and led us down roads to nowhere good emotionally. So when offered a chance to submit to the invitation of suspending our own opinions – at least while in meetings – we begin to see that there is, in these rooms, a vision of something better than the trenches of thought in which we have been so stuck. That vision is one of unity in our recovery, and it transcends every other commitment we hold.

When I attended my first healthy Nar-Anon meeting, I remember thinking, “These people got it going on! They know a lot of things that I do not.” Certainly, that was attractive. But, it didn't take long for my unrecovered brain to begin to want to just know everything at the outset. I started thinking: I wonder what these Nar-Anons think about this, that, and the other things — hoping against hope that they would tell me the answers I longed to hear.

Lucky for me, and way more helpful to my recovery, I did not get what I thought I wanted. The answers to all my questions did not come in some massive ‘recovery download’ from the group. Thank you, Higher Power! What I did get was a loving space committed to the principles of recovery, most notably that of unity for unity's sake. Because without it, well, we are just another group held hostage by our opinions, dragged down by the stigma that comes with siloing ourselves into categories. By the grace of the God of our collective understanding, the Tenth Tradition is there to remind us that when it comes to the freedom found in recovery, the risk of having an opinion, as a whole or in our rooms, is just not worth it!

Do you have experience, strength and hope to share on Step 11, Tradition 11 or Concept 11?

Please send it to us at newsletter@naranonrm.org (along with a copy-write release form)

HIGHER POWER - Help me to remember.

The Traditions & Concepts are for me to practice, not for me to enforce

Concept 10: Any member of a service body can petition that body for the redress of a personal grievance, without fear of reprisal.

Concept 10's purpose is to make sure that no one lands in a position of exile. That no struggling member will be shunned from our fellowship, or feel the need to leave.

It is part of our insurance that we do not do to someone else what was perhaps so painfully done to us. Point the finger. Make someone a villain. Create a collective story about their badness or unworthiness. Send them down the road to ruin.

Concept 10 safeguards us as a group (committee, region, etc.) against creating scapegoats: people upon whom our harms and distortions might be projected. Our principles as members of Nar-anon are those of tolerance and inclusion, unity, equality and equanimity. Equanimity means that even in a difficult situation, we aim to treat everyone as of the same value and with an even keel.

This Concept calls to bear some of our other Nar-Anon Traditions and Concepts of Service as well:

Concept 7 states: All members of a service body bear substantial responsibility for that body's decisions, and should be allowed to fully participate in its decision-making processes.

With regard to a grievance, the person with a perceived wrong still has a place among us. You are a member of Nar-Anon when you say you are. We will not kick anybody out. No person has the authority to kick anybody out. There are no authorities, only trusted servants (Tradition 2: Our leaders are but trusted servants—they do not govern). All members of a Nar-Anon Family Group have a voice and a vote.

Concept 6 says: Group conscience is the spiritual means by which we invite a loving, higher power to influence our decisions.

If you were to have a grievance (I am going to use a group scenario as an example), you would petition the Group conscience, and bring your issue before the Loving Higher Power of the group.

Tradition 1: Our common welfare should come first; personal progress for the greatest number depends on unity.

Concept 10 safeguards our unity. It does this, in part, by asking us, does your grievance contribute to the common welfare of the whole? The word "grievance" comes from

the Latin root "gravis," meaning heavy. It is a wrong or hardship suffered that forms a legitimate grounds of complaint.

What makes it legitimate? In the case of Nar-Anon, it means that it is not self-serving. While a grievance might feel legitimate at first take, in the case of bringing a grievance before the Group conscience, that grievance first must go through a personal sieve of examination and accountability. Self-seeking and self-important motives must be thoroughly rooted out first in a solid Step 4.

That means that our impulses and reactions must be scrutinized under the lens of our own shortcomings, and screened for personal patterns and defects. We do this before bringing an issue to the group (area, region, etc.) to ensure that everything possible first has been faced and winnowed out on an individual basis and with a sponsor (Step 5: Admitted to God, ourselves and another human being the exact nature of our wrongs). It is our responsibility to not unduly burden our groups or bog them down.

The causes and conditions behind any desire to flee, any desire to defend or disappear, any impulse to lash out or blame, or gossip and create dissent, are all fertile grounds for personal inventory (Step 4: Made a searching and fearless moral inventory...). We must turn the magnifying glass first upon ourselves, and use our own calamities to root out the false stories that we are carrying around.

But if having done so, if a Loving Higher Power inside us still believes that readdressing a decision, a situation, or a harm could benefit the common welfare, the group will hear it. How? It will be placed on the agenda of the group conscience, and the group (area, region, etc.) will look upon it with an honest, open minded and willing spirit.

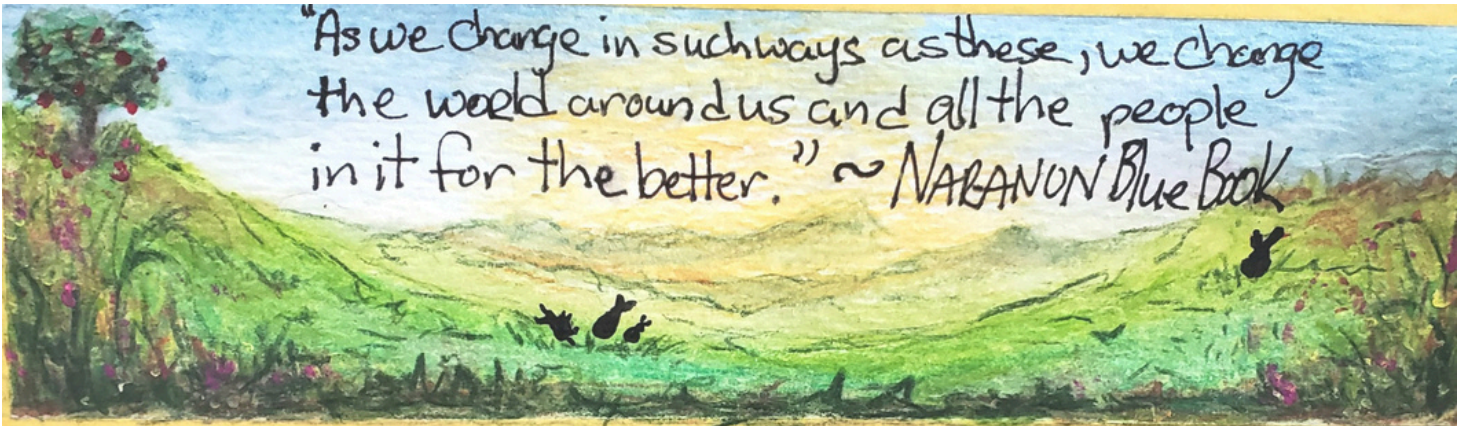
If an amends are due, the Loving Higher Power of the Group conscience will be in charge of the amend, and a process of resolution or restitution will be set in motion toward the individual member.

Step 9 comes to bear here as well: Made direct amends to such people wherever possible except to do so would injure them or others. It is possible for groups as well as individuals to commit a wrongdoing, and hence to decide upon proper course of repair.

Concept 10 is here to create and reinforce safety and inclusion in our Nar-Anon service structure, and to ensure that all members have a right to belong.

Do you have experience, strength and hope to share on Step 11, Tradition 11 or Concept 11?

Please send it to us at newsletter@naranonrm.org (along with a copy-write release form)



To our members...

Thank you for reading this issue of the
Rocky Mountain Recovery newsletter!
yet another way of working your
program...

[Click here to make an RMR 7th Tradition Financial Contribution](#)

Newsletter Submissions

Articles and art are welcome from all Nar-Anon members. Please focus on the Nar-Anon program and share your experience, strength, and hope from the perspective of a Nar-Anon member. Submit to newsletter@naranonrm.org. Each submission must be accompanied by a signed release form before it can be published.

** Next Issue Submission Deadline is the 15th of each month **

Upcoming Themes:
"You are Never Alone"
"Let go and Let God"

NEED HELP?

CALL THE
HOPELINE

888-307-9890

www.naranonrmr.org

