

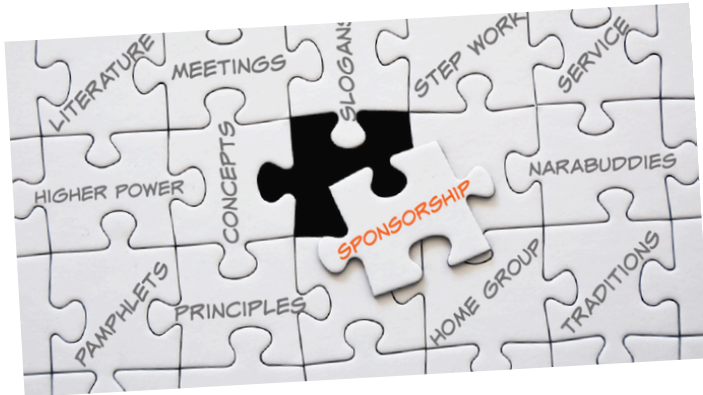


# Rocky Mountain Recovery

April 2025

Rocky Mountain Region Nar-Anon Family Groups

[www.naranonrm.org](http://www.naranonrm.org)



## Sponsorship

The theme of our newsletter this month is “Sponsorship.”

The power of the sponsor-sponsee relationship can not possibly be conveyed in a single issue of a newsletter. Sponsorship and working the 12 steps is a critical part of the recovery process.

The Rocky Mountain Region is hosting a House Party with a topic of sponsorship. We encourage you to attend one, some or all of the events. We encourage you to ask other members about their experience with sponsorship. We encourage you to GET A SPONSOR - BE A SPONSOR.

*Sincerely,  
The RMR Newsletter Committee*

**FOR THE LOVE OF SPONSORSHIP**  
**House Party 2025**  
 GET A SPONSOR - BE A SPONSOR

Join us for three unique events

- April 12th**  
2 Hours  
9-11am MDT
- April 17th**  
1 Hour  
12-1pm MDT
- April 21st**  
1 Hour  
5:30-6:30pm MDT

Hear the experience, strength, and hope that sponsors and sponsees gain from sponsorship

**Rocky Mountain Region**  
 Nar-Anon Family Groups  
[www.naranonrm.org](http://www.naranonrm.org)

RMR Virtual Meeting Room  
 Click here to enter

### In this newsletter you can find:

Events & Announcements	Resources	A Member Shares	Step, Tradition & Concept of the Month
Heard in an RMR Room	Experience, Strength, & Hope	World Service Conference info	Traditions & Concepts Study

## Are there any Nar-Anon related announcements?

**For the Love of Sponsorship House Party** and follow-up informational sessions. All in the Virtual Meeting Room

Saturday April 12, 2025 9-11 AM MT

Thursday April 17, 2025 12 - 1 PM MT

Monday April 21st 5:30 - 6:30 PM MT

**World Service Conference** April 25-28 7 AM MT - info below

**Carry the Message** April 26, 2025 10:30 AM MT in the Virtual Meeting Room

**Hope Line Committee Meeting** April 25, 2025 6 PM MT; seeking new members!

*Heard in an RMR Meeting Room*

“The front window is larger than the rear-view mirror for a reason.”

“Feel the feeling, choose the behavior.”

“I have moved from the old three A’s as an Angry, Arrogant, A\$\$hole to be able to use the new healthier three A’s of Awareness, Acceptance and Action.”

“When interacting with others I strive to Be Kind, Be Brief, and Be Gone.”

“I don’t count the days, I make the days count.”

“Sometimes facts and feelings get squishy.”

“Patience is in between my own self will and my HP’s answer to my prayers.”

“Anxiety gives power to the problem, not the solution.”

“Procrastination is the Thief of Time.”

“The three G’s: Grace, Gratitude and Grit.”

“Meditation is evolution’s strategy to bring out our full potential.”

“Patience is what I do while I am waiting.”

## World Service Conference 2025 April 25 - 28, 2025

The WSC is a virtual event that occurs biennially, and is attended by delegates from regions around the world.

All Nar-Anon members may attend the WSC 2025 as "observers". You must pre-register and get a unique log in link.

For more information about the World Service Conferences and Interim World Service Conferences, see the [World Service Conference page](#).



## A member shares

### Q: How has sponsorship enhanced your recovery?

I am fortunate to have a sponsor who calls me on my BS. I admit that early in my recovery journey, my ego was easily bruised whenever my sponsor asked "the hard questions" during my step work. In fact, my ego was so fragile that I ended up "firing" my sponsor. After some prayerful reflection and a serious dive back into Step 3 [Made a decision to turn our will and our lives over to the care of God as we understood Him], I asked her to sponsor me again. Once I was willing to set aside my pride, it became clear to me that having a sponsor deeply increased my understanding of the steps and recovery tools that Nar-Anon has to offer as well as how to use them in my life in a practical way. Having a sponsor that I can trust with the proverbial "good, bad, and ugly" of my lived experience is a constant reminder that I am not alone. I always have someone willing to cheer me on on my recovery path – and to hold me accountable with love and without condemnation – when I need it.

Sponsorship has definitely helped me to grow in my recovery. My sponsor is a very busy woman with a full-time job and children, so the time that she devotes to me is very important. I make sure that I have done my "homework" and have put in the time I need to, so that when we work together for an hour a week we can get as much accomplished as possible. My respect for my sponsor enhances my recovery because I want to make her proud and I want her to be happy that she is sponsoring me. I want to show her that her faith in me was not mistaken and that I am taking my recovery very seriously. There are not a lot of sponsors out there, and our sponsors are spread very thin, so we must be grateful for the time and effort they put into our recovery, as well as their own.

"Attend meetings, get a sponsor, work the steps & be of service. Your life will get different."

All that was promised to me by a seasoned member when I got here was that if I did these things, my life would get different. I wasn't told that it would get better, but that it would be different. I was in such an incredible state of despair that I was willing to try anything. I didn't even need things to be better, I just needed them to be different. The suggestions above were a lot less crazy than the things I had been trying. I was willing.

The power of the sponsor-sponsee relationship can not possibly be conveyed in a single issue of a newsletter. I urge you to read what we have put together here and to connect with other members, asking about their experience with sponsorship. "Can you tell me about your relationship with sponsorship?" is a great place to start.

Getting a sponsor and working the steps has led me to a place of peace and serenity and a place where I can now sponsor others. I have a sense of peace and serenity I never knew was possible. My life has most certainly gotten different.

"Attend meetings, get a sponsor, work the steps & be of service. Your life will get different."

**"WHAT IS A SPONSOR?** A sponsor is a member of Nar-Anon with whom you can share intimate thoughts and feelings about how you have been affected by a loved one's drug addiction. A sponsor will guide you through the Twelve Steps and Twelve Traditions so that you can apply them to your daily life."

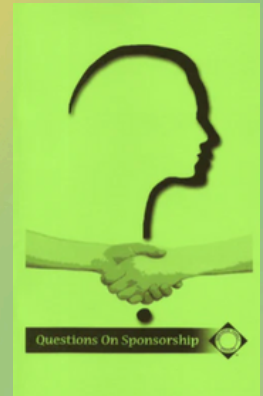
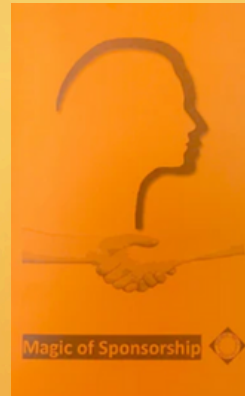


## A Member Shares Continued....

I have had two sponsors. Both enhanced my recovery differently. My first sponsor helped keep me distracted and talked me down while I still lived with active addiction in my home. She helped me start my steps and encouraged me to get on my first committee for service work. When our schedules took divergent paths, I had to get another sponsor. This one helped me finish step 4 and go through other steps. She was kind and often gave me new perspectives on situations. Now I am a sponsor. My sponsees enhance my recovery more than I ever could have imagined. They all keep me grounded in working the steps and bring fresh insights. Being able to freely give back what was given to me helps me feel useful and needed. It brings the steps to life to help others apply them to their lives. Sponsorship is a gift, both ways.

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Sponsorship has provided me with guidance in my recovery. It is helpful in so many ways. Having a dedicated time to meet and work the step helps me stay committed to my recovery. When I need to talk through an intimate situation that I don't feel comfortable sharing with a group, I turn to my sponsor. When I need more information on a specific topic, they help me by providing resources. My sponsor will offer suggestions on things I can do on my own time: writing in my journal, god box, or slogan a week. They have given me suggestions to help me work through specific steps. They are available when I need help with something unexpected, they offer me a different perspective and help me feel connected to the fellowship. I am so grateful for all they do to guide me in my recovery. Without having a sponsor, I am not sure I would have continued to work this program.



## CAL Literature on Sponsorship

<https://nar-anon-webstore.myshopify.com/>

### Booklets

Magic of Sponsorship  
Questions on Sponsorship

### Pamphlets

"Finding a Sponsor"  
"Becoming A Sponsor"

Sponsorship has been one of the biggest parts of my recovery and growth in this Nar-Anon journey. Having been guided by my Higher Power to the perfect sponsor for me, working the steps and sharing with one person, I have grown not only in strength and spirituality in my program, but I've learned to have confidence and love myself. They say, "get a sponsor, be a sponsor." When my sponsor told me it was time I became a sponsor, I knew she lost her mind. I waited and prayed. When that first person asked me, I thought, ok, I can do this. I now have 5 sponsees. Each of them are very special to me and give me more than I could ever give to them. Sponsorship is an amazing tool that has been a major part of my recovery which I am forever grateful.

*Heard in the Room....*

**"You need newcomers to tell you where you came from, old-timers to tell you where you could go, and a sponsor to tell you where you are."**



## Next month's Topic: Yellow Brick Road

**We want to hear from you.**

In the Yellow Brick Road reading, we're reminded that we each have our own path to walk.

How do you navigate staying on your own path while allowing your addicted loved one to walk theirs?



# HOPE LINE



**888-307-9890**

## Hope Line

The primary objective of the RMR Hope Line is to offer hope and guidance for those affected by someone else's addiction. The Hope Line is intended for the newcomer, who has not yet found Nar-Anon.

Those of us who perform this Twelfth Step service, have but one purpose: to help families of addicts. Our goal is not to promote Nar-Anon but attract those who reach out to attend a meeting and/or take away information about our Twelve-Step program. Our approach is one of service.

This is an excellent beginning service opportunity. If you have been working with a sponsor for at least 3 months and are interested in being of service, the Hope Line would love to speak with you.

Our next committee meeting is April 25th in the RMR Clubhouse at 6pm MT if you would like to join us.

Please email [hopechair@naranonrm.org](mailto:hopechair@naranonrm.org)

## Traditions and Concepts Study

Traditions and Concepts Study is where we learn to become trustable servants, to have healthy relationships, and to build and maintain a healthy service structure.

Every week, a group of us from "It Starts With Us" meet on Wednesday evenings to explore the 12 Traditions and the 12 Concepts as foundational guides for our lives. We alternate Traditions and Concepts (for instance, one week we will do Tradition One, the next week Concept One, the following week, Tradition Two, etc.)

We begin every Wednesday at 8:05 pm MT in the RMR Virtual Meeting Room. (If you join late, ask the host to please transfer you to the Breakout Room). This is the place we ask questions, cross talk, engage in active discussions and explore Nar-Anon's principles.

What keeps a Nar-Anon Family Group healthy and able to fulfill its primary mission? (Tradition 5: We have but one purpose; to help families of addicts.) How does each Tradition or Concept strengthen our group and help protect it from falling apart? How do we apply the Traditions in our homes and workplace, as well as in our groups?

Though this group comes out of "It Starts With Us", all members of the Region are welcome to join us. You do not have to have completed your steps. Jump in wherever you are in your recovery.

Traditions and Concepts Study is useful for anyone and everyone wanting to understand Nar-Anon. Your questions and presence matter!

Join Us!

# Self Love and Self Compassion

I have digital and paper versions of the SESH book. One day, I decided to search for common terms within the digital version, which allowed me to see how frequently they were mentioned. The results were both interesting and surprising. I searched for 25 terms often used in meetings, such as acceptance, higher power, fear, gratitude, and insanity, among others. To my surprise, the term "love" appeared 366 times, more frequently than acceptance, higher power, or detachment. This realization prompted me to reflect on the fact that, for better or for worse, we are all in this situation because we love someone affected by addiction.

I recognized that my experience with addiction had caused me to develop tunnel vision and a distorted perspective. My reality had narrowed, leading me to overlook the positive and joyful aspects of my life. It felt as though my life was slipping away.

I came to understand that I could not move forward in my recovery without prioritizing self-care, self-love, and changing my perspective. In my search of the digital SESH book, I noticed that self-care and self-respect were mentioned infrequently at best. I discovered that my love for the addict was separate from my love and respect for myself. This has been a period of significant growth and reflection for me. I've learned that spending time in nature, exercising, meditating, and surrounding myself with non-judgmental people has helped me immensely.

For me, self-love means opening my heart to embrace all parts of myself with unconditional kindness and compassion. Self-acceptance is a crucial aspect of self-love. As I began to look inward and pay attention to my fluctuating emotions, I confronted some difficult truths. I revisited my own history and unearthed memories I had buried and tried to escape from. Engaging in this process has been transformative. The practice of acknowledgment and acceptance allows for deeper healing. Without this acceptance, I find it challenging to delve into the healing process.

Self-love and self-acceptance do not equate to martyrdom. Sometimes, it involves making tough decisions that prioritize our well-being. It's not simply about getting a massage or having nice nails; it is a responsibility we owe to ourselves. This includes cutting toxic people and situations out of our lives. We must recognize and accept our imperfections, as well as the challenges we have faced, in order to move forward.

***“For me, self-love means opening my heart to embrace all parts of myself with unconditional kindness and compassion.”***

# Step 4: Made a searching and fearless moral inventory of ourselves.

## The Opportunity Step

Sponsor: You did such a great job on the first three steps, especially Step Three: Made a decision to turn our will and our lives over to the care of God as we understood him, that I think you are ready for The Opportunity Step – Step 4.

Sponsee: The 'Opportunity Step'? Really! For me Step 4 is NOT that! I mean, writing down all of my character defects is not an 'Opportunity' to me! Please explain.

Sponsor: I know you are busy, with a lot of family and work responsibilities – and we all were, and often still are, nervous about starting this step. But, first remember Step 3 – our Higher Power is with us.

Also, taking a fearless moral inventory of ourselves does NOT mean concentrating on our character defects, but rather making an inventory of ALL of our traits, good and not so good.

Consider looking at Step 4 as an opportunity. How can we become the best we can be, change in ways that we want, if we do not start by being clear about who we are as we begin? And, once we have our list, we have the opportunity to decide what to work on to become the best version of ourselves.

Let me share how I approach this Opportunity Step.

First, getting my mind in a good place is important. I start by reciting the 'Serenity Prayer', reminding myself this is the heart of my program.

Next, I read April 3, 16 or 26 about Step 4 in our SESH book, then I go to October 29. I re-read the Thought for Today: "Recovery is about growing up and now is a good time to get started."

This helps me put on my big kid pants.

I also like to read 'Honesty – Day 15' in Thirty-One Days in Nar-Anon, especially the Thought for the Day, "With honesty, wisdom and acceptance, I find serenity. I can follow new paths, broaden my horizons, and live a better life." This helps me to be honest with myself about myself.

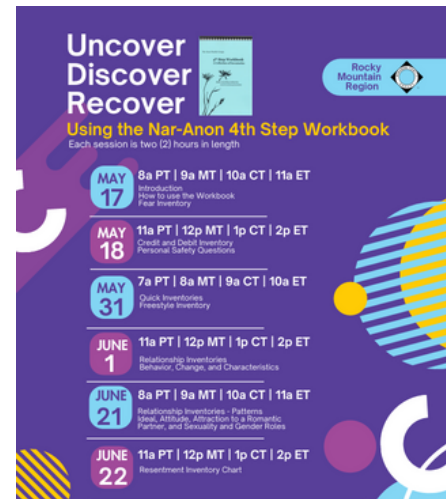
Now I am ready to open my Nar-Anon 36 workbook to Step Four.

I read every word, and answer every question. I date my answers, what I've underlined, and commented on. You may be surprised what you underline each time through. I love to compare what my answers are now with what I wrote in a previous exercise. Sometimes I marvel at how much I've changed. Sometimes I marvel at how much I have NOT changed. Both give me a chance to think about where I am and where I think I might want to go.

When I have an issue to explore more in depth, I turn to our new publication, The 4th Step Workbook and see if one of the inventories fits – or, I use the template to design one of my own.

Finally, I need that 'quiet half hour' all to myself that the Just For Today saying suggests in our Blue Book. I wait for signs from my Higher Power about what to work on. Sometimes I have to do several quiet half hours, but my HP never fails me. I receive a message or two about which traits to strengthen, to use less, to use more appropriately, to develop, whatever.

It works if you work it, so work it, YOU'RE WORTH IT!"





## Tradition 4: Each group should be autonomous except in matters affecting other Nar-Anon Family Groups, or NA as a whole.

Tradition Four is quite straight forward and offers us a framework and some security as a group and as a fellowship. It also gives us independence, while asking us to be responsible, to respect boundaries and to find balance in anything that could affect the fellowship as a whole. However, it's more than just a procedural guideline; it's a foundation for diversity, allowing individual groups to cultivate unique "flavors" within the broader Nar-Anon experience.

This tradition empowers groups to tailor their meetings to the specific needs and preferences of their members. Consider the varied practices observed in meetings: some groups diligently read the Twelve Steps and Twelve Traditions at the start of each meeting, while others focus on the "Tradition of the Month" or incorporate daily reader entries. Sharing styles also differ, ranging from structured, round-robin formats to spontaneous, "popcorn" style discussions. These variations, far from creating chaos, contribute to a rich tapestry of meeting experiences.

The autonomy afforded by Tradition Four acknowledges the individual nature of recovery and honors the unique needs of each member. There is no "one-size fits all" meeting model.

This diversity, far from being a liability, strengthens the fellowship. It provides a wider range of resources and support, allowing individuals to find meetings that resonate with them. This freedom of choice increases the likelihood of finding connection and support, ultimately fostering deeper engagement with the program.

While Tradition Four grants autonomy, it also implies responsibility. Each member is called to respect the boundaries of individual groups and to ensure that their actions do not negatively impact the fellowship as a whole. Additionally, each group makes decisions for itself and takes responsibility for those decisions.

When we carry a consistent message of recovery and hope, follow the principles of the program, and use conference approved literature, we can call ourselves a Nar-Anon Family Group.

This is not about rigid rules, but about finding a healthy balance between individual freedom and collective responsibility. True autonomy involves considering the impact of our actions on others. It is a living tradition and requires constant practice and mindfulness. This delicate balance between autonomy and responsibility is the key to maintaining a vibrant and supportive recovery community. It also ensures that when a newcomer arrives, they are welcomed with a consistent message.

### *Spiritual Principles of Tradition 4*

Autonomy  
Responsibility  
Consistency  
Trust  
Commitment  
Integrity  
Unity

# Concept 4: Effective leadership is highly valued in Nar-Anon. Leadership qualities should be carefully considered when selecting trusted servants.

“Just as freedom for the individual comes from the Twelve Steps and freedom for the group springs from the Twelve Traditions, so freedom for the service structure flourishes from the Twelve Concepts of Nar-Anon Service.”

Trusted servants are integral to our service structure. There are many roles individuals can fill to be of service to our fellowship. Members start by attending meetings and holding space for other members, patiently listening to others share and becoming willing to share themselves. It is a great service to our groups for people to read readings and contribute to our meetings. All of these are service positions that everyone is welcome and encouraged to participate in.

Groups, Regions and our World Service Office also have trusted servant positions that are elected positions. In accordance with the 4th Concept, we value effective leadership in Nar-Anon and all voting members have the responsibility of considering leadership qualities of the member standing for a position before voting.

An important part of practicing this Concept is knowing what qualities I value when it comes to leadership. I have adopted spiritual principles from this program and am looking for a leader that embodies these things as well. For me, practicing this program means practicing honesty, hope, faith, courage, integrity, willingness, humility, brotherly love, forgiveness, perseverance, spirituality and service in all areas of my life. Of these, honesty and willingness are two of the first qualities that I am looking for in a leader.

In addition to this, integrity, empathy, vision, communication, accountability, confidence, resilience, the ability to delegate, make decisions, and adapt to challenges are all important when it comes to electing a trusted servant.

In Nar-Anon, when we have an open elected trusted servant position, we typically offer the person standing for the position some time to share why they are interested in the position and what they feel they might bring to our fellowship through that role. There is often time allotted for members to ask questions of the person standing for the position. This is an opportunity for me to ask questions, consult with my Higher Power and determine whether or not I would like to place a vote for this person.

In Nar-Anon, we often practice the idea of a “blank slip.” If I do not believe that a potential trusted servant exhibits the qualities of leadership necessary to fulfill the duties of a position, I have the option of voting “blank slip.” This essentially means that I would prefer to wait for another member to stand for this position. This sometimes results in vacant positions and that is okay.

## Practicing Concept 4

I love that our fellowship offers Traditions and Concepts as guidelines for our fellowship and I love finding ways to incorporate them into my life outside Nar-Anon. What that looks like for me, is carefully considering qualities of another person when it comes to building friendships and relationships.

It is important for me to know what qualities I am looking for in other people so I can determine if this is a person with whom a loving Higher Power would have me sharing my time. Time is my most valuable asset, and it is not something that I am willing to share with just anyone. I want the people that I keep in my inner circle to be practicing spiritual principles in their life. Honesty, humility, forgiveness and brotherly love are some of the most important qualities I look for in potential relationships.

*HIGHER POWER - Help me to remember.  
The Traditions & Concepts are for me to practice.  
not for me to enforce*

**Do you have experience, strength and hope to share on Step 5, Tradition 5 or Concept 5?  
Please send it to us at [newsletter@naranonrm.org](mailto:newsletter@naranonrm.org) (along with a copywrite release form)**

Your  
story  
inspires

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!

Thank you!!

## Meeting Birthday Shout-Out

April 23, 2014 Boulder Basics 11 years

LISTEN



Recordings  
Spotlight:

Sponsorship Magic  
in Action  
March 2024

### Recovery Speaker Recordings

[www.naranonrm.org/recovery-recordings](http://www.naranonrm.org/recovery-recordings)

You can also email for even more recordings:

ISWU Saturday Speakers:

[iswutechcoordinator@gmail.com](mailto:iswutechcoordinator@gmail.com)

Other RMR Recordings:

[vicechair@naranonrm.org](mailto:vicechair@naranonrm.org)

Carry the Message recordings:

[carrythemessagenfg@gmail.com](mailto:carrythemessagenfg@gmail.com)

# Upcoming RMR Events



## MULTIPLE DATES

### SPONSORSHIP HOUSEPARTY.

Hear experience, strength and hope that sponsors and sponsees gain from sponsorship.

## MAY 10

### RMR DAY OF SHARING

Join us in person for a day of fellowship, food and recovery.

## MULTIPLE DATES

### A DEEP DIVE INTO STEP 4

6 days of exploring different parts of Step 4. Come for any or all of the workshops.

# Other Nar-Anon Events



## MULTIPLE DATES

### 2025 WORLD SERVICE CONFERENCE

All Nar-Anon members may attend the WSC 2025 as "observers". You must pre-register and get a unique log in link.

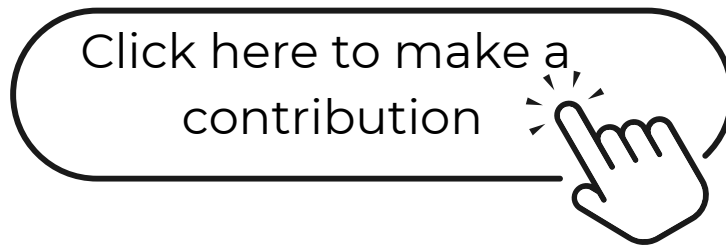
<https://www.nar-anon.org/world-service-conference>

CLICK INDIVIDUAL IMAGES FOR DETAILS

[WWW.NARANONRM.ORG/EVENTS](http://WWW.NARANONRM.ORG/EVENTS)



To ensure the future of Nar-Anon consider making a recurring 7th Tradition contribution to the the Rocky Mountain Region.



## Newsletter Submissions

Articles and art are welcome from all members of the Rocky Mountain Region Nar-Anon Family Groups. (You are a member of Nar-Anon if you say you are.) 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](mailto: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:  
"Along the Yellow Brick Road"  
"Friendship Nar-Anon Style"

NEED HELP?

CALL THE  
HOPELINE

**888-307-9890**

[www.naranonrmr.org](http://www.naranonrmr.org)

