



Rocky Mountain Recovery

September 2025

Rocky Mountain Region Nar-Anon Family Groups

www.naranonrm.org

Each time we
reach out we
practice the
**Spiritual
Principles**
of courage
and
connection

Reaching out can feel hard at first, but it opens the door to connection, comfort, and hope. In Nar-Anon, we learn that we don't have to walk this journey alone.

Whether it's picking up the 10,000 pound phone, opening up your mic and being honest and vulnerable in a meeting, or simply saying 'I need support,' each act reminds me that my recovery deepens when I let others walk beside me.

We recover together.

*Sincerely,
The RMR Newsletter Committee*

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	2025 RMR Convention	Service Opportunities

Are there any Nar-Anon related announcements?

- 10th Step Interactive Workshop Sunday, September 7, 2025 10AM MT in the Virtual Meeting Room
- Carry the Message with a Nar-Anon and Narcotics Anonymous speakers, Sep 27, 2025 10:30 AM MT in the Virtual Meeting Room
- 6th Annual New Year New You House Party Dec 31, 2025 to Jan 1, 2026.
- Nar-Anon Recovery Cruise #2 April 12 -19, 2026



SERVICE OPPORTUNITIES

Do you feel called to serve?

The Sponsorship Committee will begin meeting Sep 21st to plan our December 6th event. Join us at 5 PM MT in the clubhouse.

The Outreach Committee is looking for members! We meet weekly on Tuesdays at 5:10 PM (Mountain Time) in the RMR Club House. Email outreach@naranonrm.org for more info!

The Newsletter committee is looking for additional members! Join us in the Clubhouse on the last Sunday of the month 5pm MT. Email newsletter@naranonrm.org for more info

The Technology Committee is looking for new members. Join us on the first Friday of the month at 5 PM MT in the Clubhouse

Thought For Today: My Higher Power connects me to others. He is the loving link between each of us. We are strong because we are all of the same cloth." SESH
Dec 19th



Recovery Cruise to the Caribbean

Apr. 14-19, 2026

\$250 Deposit

Required

Register Today

Info:

cruise@naranonrm.org

naranonrmr.org/recovery-cruise-2026





Sharing Experience Strength and Hope

**We are not alone, but sometimes we are too afraid to reach out.
How did you muster the courage in your times of need to reach out and
what happened when you did?**

One day I was tied in knots, fearing the worst, unsure what to do, and with no one who understood my situation, or had experience with a similar situation, to talk to. Then I remembered that the Rocky Mountain Region zoom rooms were always open. So I went to the website (naranonrm.org) and tried both the Virtual Meeting Room and the Clubhouse. I ended up in the middle of a Newsletter Committee meeting and I was welcomed! That's one of the most wonderful things about Nar-Anon---no matter where I roam, in person or online, I am welcome and accepted. I can just listen or participate---no pressure. It was just the distraction I needed to unknot my mind and gut. It was exactly the welcome, safe environment I needed. I can't say I mustered any courage---it was more an act of desperation.

I found the courage because I knew that the person I texted or called was going to understand. I knew that they had been where I was in some way shape or form. I knew they wouldn't judge me. I knew they would listen and wouldn't give me advice or try to tell me what to do. That gave me the courage. When I did, I found comfort, I found love and acceptance, I found someone who needed me as much as I needed them. After a while, people were reaching out to me, and I was reaching out to them. It was mutual and it was a gift to both of us.

Because I began by participating in the friendly exchange of conversation at my in person meeting from Day 1 the saying "don't be alone pick up the phone" were words I held onto for dear life and used in my time of need.

When I had no one to talk to about what was most important and heavy on my heart and I was just realizing my powerless and desperate for a new way to live, I left my mind for protection...and the little bit of program that had sunk in at that point allowed me to almost unknowingly text and ask a new fellow to be my sponsor. Ultimately I believe the courage came from being open and willing and my hands ghost drove the rest.

I have yet to really reach out to anyone. I am good at contacting people to see how they are doing, but do not do it for myself. Character defect to be sure. It isn't that I'm afraid to, I have a block about being a burden or bothering people. Even a sponsor, hence I miss a lot of recovery, I know it.

I began sharing in my RMR home group with my camera off at first. Then I had the courage to turn it on, daring to share during the meetings and talking with other members during the after-meeting, then taking numbers to text people at first. With a few texts under my belt, I was able to start calling and talking. I was shocked and amazed at how natural and supportive the conversations were. The rest, as they say...

We want to hear from you!

Next Month's Question:

Why did I come to Nar-Anon?

Why do I stay?

[CLICK HERE](#)

to submit your answer!

Convention is Un- Conventional

Oxford dictionary defines CONVENTIONAL as based on or in accordance with what is generally done or believed.

Hmp! I can tell you straight off that my attending a convention was a real leap for me, definitely NOT in accordance with what I generally do. Well, here's some of my Nar-Anon convention tidbits. I had been in program for only a short while but was working this program like my hair was on fire. Attending meetings, reading my literature, working steps with a sponsor. But I was still being tossed about by my addict's tricks and games. I was not yet seeing the full benefits of self-discovery and self-exploration. I was doing what I was told, by fellow travelers who had something I wanted so desperately: serenity. A dozen times I changed my mind about going to a convention. When I ran out of excuses, I decided to step outside of my comfort zone, leaving the safety of my little Zoom-box to meet people and expand my experience.

So, I took a taxi to the convention hotel from the airport. With some trepidation, I grabbed my rolling suitcase, took a deep cleansing breath and headed for the revolving door. After a few stuttering steps, I heard someone SHOUT my name. "What the heck?!" I thought. My head whipped around and there she was. One of the body-less faces from my online home group, in the flesh. I recognized her immediately, as she had recognized me. I knew right then that everything would be alright. I knew I had made the right decision. Throughout the remainder of my time at the convention, I met several members whose faces were already familiar and whose stories were fundamentally similar to my very own. I also met a bunch of new friends, including my current sponsor, who have helped me along my healing journey then and now. Many are frequently on my nightly Zoom meeting.

I don't know where I'd be without my online home group. I have an amends to make to my teenaged son for telling him for years and years regarding his online gaming groups that you can't make REAL friends online. As I can attest to, my online NaraBuddies ARE real friends. Some of my most valued friends, in fact. I will say, though that there is something special about human touch. Human touch offers a wide range of proven benefits, impacting both mental and physical well-being and for me, it can lower stress and anxiety, improve mood, and strengthen social bonds. Additionally, human touch has been shown to boost the immune system, reduce pain, and even promote better sleep. Win-Win!

If the opposite of addiction is connection, and I believe that it is, then the opposite of what's wrong with me is also connection. Participating in in-person workshops at conventions has helped open me up to receive all of the goodly goodness that Nar-Anon offers.

During a bonding exercise at a convention, called the Spiritual Walk, I experienced an outpouring of love that I have not felt since my beloved mother passed away almost 30 years ago; I broke down crying. The "snotty boo-hoos" that choked me deep in my chest. I felt my skepticism about this program break loose and dissolve. This experience made space within me for a real turbo-charge in my personal growth.

By way of attraction, not promotion, I hope that sharing my convention experiences will help us all: whether you are new here or even if you are old here. Hey, I'm looking forward to attending my next convention and I hope to see you there or maybe even on the second annual Nar-Anon recovery cruise, I'll be checking that out for the first time in April of next year.



Join the Outreach Committee:

Help Us Grow Hope

The Rocky Mountain Outreach Committee is seeking new members to help carry the message of Nar-Anon to those who still suffer. Whether you're new to service or a longtime member, your perspective and willingness can make a real difference.

We meet weekly on Tuesdays at 5:10 PM (Mountain Time) in the RMR Club House. Our work is guided by a strategy that aligns with Nar-Anon's mission to share experience, strength, and hope while prioritizing attraction over promotion, anonymity, and self-support.

We welcome participation from anyone who feels called to serve—whether you're ready to help staff a table at an event, reach out to local professionals, or simply contribute ideas and feedback. Even small acts of service help our program grow.

We have many opportunities to volunteer at upcoming Outreach events.

Org	Event	Date	Location
Advocates for Recovery Colorado	Rally for Recovery	9/20/2025	Civic Center Park, Downtown Denver
Northern Colorado Health Alliance	Rethinking Addiction and Recovery	10/28/2025	Embassy Suites, Loveland CO

If you'd like to help, please let us know here: <https://forms.gle/nMh1jH8WiZACiSP46>

For questions or to receive the weekly committee meeting link, please email: outreach@naranonrm.org

In loving service,

Niko

Outreach Chair, Rocky Mountain Region



A Member Shares

Nudge From Above

When I first heard this term in a Nar-Anon meeting, I didn't think much of it. I had grown up in a religious tradition where I believed in a benevolent God. While I was not actively practicing that religion at the time, I still had that belief.

I learned the Serenity Prayer and dutifully prayed it at meetings and occasionally between meetings. Seemed like a good one. After some time, I even began to try to practice it.

But I did not have a personal relationship with any Higher Power.

Then, like so many things in this wonderful program, something happened that changed me. A 'coincidence.' At a meeting, a member shared about their relationship with their Higher Power, and mentioned their 'Nudge from Above.' I was struggling at the time, and I started to really, really listen.

They shared some coincidences in their life, and how they now believed these were 'nudges from above' as their Higher Power sent messages. They ended by asking us to think about the coincidences in our lives, and how maybe they were not coincidences.

It hit me hard. I thought back on the 'coincidences' in my life. Hmm.

By chance I applied to and got into a college I'd never heard of, with a full scholarship. I met a person who changed my life because he told me to stop going to his class and get out in the field. Because of that I found a career I had never even thought of – one I loved. I met the love of my life in a town far from where either of us grew up, and definitely not where either of us wanted to live.

As I spent some "quiet half hours all by myself" I added to my list. A chance encounter. A comment someone made. A question I was asked. Someone leaving a job right as I was ready for it. A person who disliked me intensely thinking they were penalizing me, but it turned into something wonderful.

As my list grew and grew, I started to believe more and more in my HP. I also wondered how many nudges I had missed.

I realized I needed to pray for the openness to receive nudges from my Higher Power. Now, every morning after I say the Serenity Prayer, I add a prayer asking to be open to nudges, for help in making sense of them, and for the courage to move with them.

What helps me is practicing the "Just for Today" series in our Blue Book. The more I practice them, the more open I am to receiving nudges. The more nudges I get, the more I thank my Higher Power and the deeper my belief becomes.

My latest 'nudge from above' – this article. I was reading a recent issue and the thought hit me that I should contribute. Be active. And, then while tending my garden, the idea for this nudge hit me.

How about you? How do you get Nudges from Above? How does your Higher Power help you navigate this complex, ever-changing, challenging and exciting world? How many nudges did you miss? Are you missing right now? What is your plan to be open to more?

Matters Change

The humidity is rising
I feel sticky and uncomfortable
My once solid plans melt quickly in this heat
Confidence dissolves
Like iced tea on a front porch, soon I turn warm
I am no longer calm and collected
The coolest thing about me is the condensation that formed
on the side of the glass
I'm not sure why I'm surprised
I understand the science behind it
A change in environments will change matters
Still I feel shocked
It was a gradual change that came quickly
Before I was cold
I wasn't happy
It was stuffy inside
But it was predictable
And that felt safe
Safe but frigid
Familiar but numb
I fear the unknown
Solid or liquid, I could see
Mostly transparent, but visible
It will not be the same once I evaporate
Will this change make everything clear?



Meeting Birthday Shout-Out

Sep 21, 2023 Sunny Side Up, 2 Years Old

Heard in an RMR Meeting Room

Sometimes the most spiritual thing I can do is have FUN.

As I learn to have a relationship with a power greater than myself, I began writing a miracle list to remind me of all the miracles in my life.

If I don't address my demons, my demons will parent my children.

I don't live in yesterday, that is depression and I don't live in tomorrow, that is anxiety... I live "just for today".

God is a disco ball, we all see it a little differently depending on where we are at.

I keep coming back because there was someone there waiting for me at my first meeting, and I will do the same for those who have not yet found the rooms.

*"I began by participating in the friendly exchange of conversation at my in person meeting from Day 1. The saying "**don't be alone pick up the phone**" were words I held onto for dear life and used in my time of need."*

LISTEN



Recording Spotlight:

Sponsor and Sponsee:
Navigating the River of
Recovery

Aug 23, 2025

Share your
EXPERIENCE, STRENGTH & HOPE



Why did I come to Nar-Anon?
Why do I stay?



to submit your answer!



<https://naranonrmr.org/events/>



GROWING IN SERVICE

AN HOUR DEDICATED TO LEARNING AND APPLYING THE PRINCIPLES AND TOOLS OF THE PROGRAM IN SERVICE ... THIS IS A SERVICE EXPLORATION, NOT A REGISTERED NAR-ANON GROUP

The 12 Concepts in 12 weeks

Learn about the 12 Concepts of Nar-Anon Service

*One Concept per week

*How to apply them in service

*Open discussion with real world scenarios

Join
US

TUESDAYS

4 PM MT
(1 hour sessions)

**JULY 15, 2025 -
SEP 30, 2025**

[@growinginservice](https://www.growinginservice.org)
@naranonrmr.org



www.naranonrm.org

**ROCKY MOUNTAIN REGION**

2025

10th Step

INTERACTIVE WORKSHOP

07 SEPT

ANYTIME • ANYWHERE • ANYONE

Learn all about Spot Check daily inventories - *from the how to the why!*
Open to ALL interested members - *wherever you are on your stepwork journey!*

Join Us virtually in the main meeting room!

10 AM TO 12 PM MOUNTAIN	9 AM TO 11 AM PACIFIC	11 AM TO 1 PM CENTRAL	12 PM TO 2 PM EASTERN
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ACCESS MAIN MEETING ROOM
WWW.NARANONRM.ORG

click this icon 

JOIN HERE

RMR Virtual
Meeting Room

Click here to enter

WWW.NARANONRM.ORG

Nar-Anon Recovery Cruise #2
(3) Info Sessions

Join us at one or all of our cruise info sessions

Have
Questions?

We've Got
Answers

Are You
Booked?

If Not,
Why Not?

Sun. 08/10/25 @ 4:30p PT | 5:30p MT | 7:30p ET
Megan J., AR

Topic: Connecting On Another Level While Cruising To A Slow
Recovery

Mon. 09/01/25 @ 4:30p PT | 5:30p MT | 7:30p ET
Meg H., CA.

Topic: Cruisin Solo But Not Alone

Thur. 09/11/25 @ 4:30p PT | 5:30p MT | 7:30p ET
Stephany J., NJ / NY

Topic: Recovery at Sea With My Addict & My Nar-Anon Family

NAR-ANON RECOVERY CRUISE 2026
Council of Cooperation

[Click Here for Cruise Website](#)



Click to check out the cruise
landing page

REGISTER
NOW

2025 RMR CONVENTION



Nov. 14-16

MARRIOTT DENVER
(DTC)

4900 S SYRACUSE ST.
DENVER, CO 80207

CONVENTION@NARANONRM.ORG



More
info
→

Step 9: Made direct amends to such people wherever possible, except when to do so would injure them or others.

9th Step: Making Amends to Me, My Self, and Michael Jordan (*Continued from Step 8 Aug 2025 issue*)

In my 8th Step, I identified my cat, Michael Jordan, as a “person,” and that I had harmed him by throwing things at him because he was yelling. (Baby boy is louder than I can convey in a newsletter.) I became willing to make a 9th Step amends.

However, while the 8th Step uses the more ambiguous term “persons,” Step 9 explicitly uses the term “people.” Can I still repair my relationship with m’boy?? A dictionary definition for “people” turns out to be “persons,” so I feel pretty reassured that any animal who can understand its ill treatment is eligible for better treatment.

So how do I make an amends to a cat? Like any other good amends, I gotta take it to Higher Power. My HP cares for every living thing. My HP also makes this possible: that I get to share my space and my life with this tiny little apex predator who snuggles and purrs and knows how to use a potty. It’s a mundane miracle. What accident of the universe could have dreamt up one of life’s greatest features?

But this cat isn’t just any miracle, he’s my cat, and I have not valued him, have put him in harm’s way and shown him less than loving behavior. I don’t want to be a person who acts with violence toward any defenseless creature (no matter how loud, or how early they are loud).

That gives me pause. Do I also owe an amends to myself? Have I harmed myself by making ugly soul choices? Back to Dictionary.com for the definition of “harm.” It has two entries, “physical injury or mental damage; hurt” and “moral injury; evil; wrong.”

Moral injury can be defined as a type of psychological distress that arises from actions or inactions that violate one’s deeply held moral beliefs and values.

Oh snap. Looking back at my 8th Step, when I react to frustration with violence, I am violating my commitment to peace and serenity. I am committing harm against the precious soul HP has planned for me. That also means I owe an amends to HP??

Making direct amends to all three of Us looks pretty similar. When I wake up in the morning, either naturally, by alarm, or Michael “B. Loud” Jordan, I need to start with the first three steps. I am powerless over my cat, and my life will very shortly become unmanageable. I do believe a Power greater than ourselves can restore us to sanity. I decide to turn my will and my life over to the care of God as I understand Them.

Then, I pray:

Higher Power,
Please give me the patience and acceptance to be the woman you would have me be. To choose peace over violence. Please let me address my cat’s needs (loneliness, water yucky) and maybe take care of myself better by going to sleep earlier. I want to carry Your message of peace in all my actions. Please give me the serenity, courage, and wisdom to do so. Amen.

Then, I don’t throw things at my cat.



Do you have experience, strength and hope to share on Step 10, Tradition 10 or Concept 10?

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

Tradition 9: Our groups, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.

At first glance Tradition Nine seems contradictory. How can we create service boards and committees if we're not organized? How do we get anything done if we're not organized? After digging into this tradition further, here's how I understand that seeming contradiction to work:

Tradition Nine is about ensuring the continued operation of Nar-Anon

It lays the foundation for our service structure. In order to survive and thrive as a fellowship that does not charge our members and declines outside contributions (Tradition 8), we have to be smart and efficient about the way we operate.

The Rocky Mountain Region has 16 active NFG's. The boards and committees of the Region take on certain tasks for the groups under their umbrella. For example, the Rocky Mountain Region (RMR) has one website with individual landing pages for each group. There are another set of committees and responsibilities at the World level. This structure allows the groups to focus on our primary purpose – to help families of addicts.

Tradition Nine is about the very nature of our fellowship

Tradition Nine states that our service boards and committees are directly responsible to our members. There are no bosses in Nar-Anon; members of Nar-Anon are all equals. To this end, rotation of service is suggested in order to avoid entrenchment of power. No part of the fellowship can issue a directive to members – this is a program of suggestions. What's more, this is a program of service, and our entire structure depends on it.

Tradition Nine is a spiritual practice

If the entire fellowship of Nar-Anon depends on service, operations from the meeting level to the world service structure level would fall apart if our members stopped volunteering. No one forces Nar-Anon members to do anything. Remember, this is a program of suggestions.

So, how do we know that someone is going to turn up to lead a topic, organize a convention, or pay our bills? Well, we don't. Our service structure requires a leap of faith. The 12 Traditions are spiritual principles that we follow as a fellowship.

Tradition Nine requires us to practice trust (in our members doing service) and faith (that collectively, we will show up for each other and for those who have not yet found us).

How can I apply Tradition Nine in the rest of my life?

I'll have to think about that. Better yet, I'll discuss it with other Nar-Anon members. The Traditions and Concepts Study is a great place to do that. The Study happens every Wednesday at 8pm MT in a breakout room from the RMR Virtual Meeting Room after It Starts With Us. There's also the upcoming RMR Convention in Denver, Nov 14 – 16. There's a workshop on the agenda called "Up Close and Personal – The 12 Traditions in Relationships." Hope to see you there!

Tradition Nine helps us keep
our primary purpose
constantly in mind as we
serve the fellowship with
freedom and flexibility.

**Do you have experience, strength and hope
to share on Step 10, Tradition 10 or Concept
10?**

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

Concept 9: All elements of our service structure have the responsibility to carefully consider all viewpoints in their decision-making processes.

Living Concept 9: Listening with Love and Open Mindedness

This concept reminds me that true leadership is inclusive. It's not about who speaks the loudest or holds the title—it's about honoring every voice, especially those that may feel unheard or overlooked. In Nar-Anon, I've come to see the wisdom in being quick to listen and slow to speak.

Before Nar-Anon, I was opinionated and judgmental. If someone didn't agree with me, I'd cross them off my list. But through working the Steps, Traditions and Concepts, I began to change. Service opportunities opened my heart. I learned to listen deeply, weigh perspectives, and seek guidance from my Higher Power. That discernment helps me move beyond ego, fear, and bias—so I can truly hear and learn from others. Today, I strive to make decisions that reflect love, wisdom, common welfare and unity.

Practicing Concept 9 in Our Group

In our Nar-Anon Family Group, I live out Concept 9 by listening respectfully to all members, even when opinions differ. I've learned to welcome diversity and encourage quiet voices to share—because wisdom often comes from unexpected places when our Higher Power is at work. I avoid cliques or favoritism, and instead foster a culture of openness and equality. I trust the group conscience, allowing our collective Higher Power to guide us. Consensus-based decision-making ensures that every voice matters.

Applying Concept 9 at Home and with My Loved One

With my addicted loved one, Concept 9 helps me pause before reacting. I give space for their perspective—even when it's painful or confusing. I've learned to let go of assumptions and instead ask questions with curiosity and compassion. I recognize that addiction distorts communication, so I respond with patience rather than judgment. With the help of my Higher Power, I release control and trust that respectful dialogue can lead to healing, even if change isn't immediate.

In my family, Concept 9 has reshaped how we communicate. We now create space for each person's truth, even when emotions run high. Every month, we gather for dinner and share our current life challenges. When big decisions arise, I encourage everyone to speak and show that every voice matters. Our goal isn't to "win" the discussion—it's to seek shared understanding and unity.

Bringing Concept 9 to Work

Returning to work recently, I've found that Concept 9 applies beautifully in meetings and team dynamics. I foster inclusive, consensus-based decision-making where all team members feel heard. I challenge groupthink by inviting diverse perspectives and encouraging respectful dissent. I lead with humility, recognizing that leadership is about service, not control. I now understand that trust is built through transparency, active listening, and fairness.

Barriers and Growth

I want to be honest about my barriers. My biggest challenge is often me and my character defects. My ego and pride try to creep in all the time when I am not paying attention. They are driven by self-will and my need to be right. Fear of conflict can silence important voices. Impatience pushes me toward quick fixes, dismissing slower, thoughtful processes and worst of all, dismissing my Higher Power. Old habits, such as people-pleasing or caretaking, distort my reality with mistaken sense of responsibilities. But awareness is the first step. I'm learning to pause, reflect, and realign with my Higher Power.

Living Concept 9 in Daily Life

To live this concept, I am working on speaking openly in meetings about the value of inclusiveness. I believe in and encourage the rotation of service roles so fresh voices are heard. I practice active deep listening, modeling open-mindedness in every interaction. I welcome others to share, especially those who may feel marginalized or hesitant.

Closing Reflection

Concept 9 is a call to open our minds with love, patience, and kindness. It asks us to slow down, pause, listen deeply, and honor the sacredness of every voice. Whether in service to our Nar-Anon Family Groups, our homes, or our workplaces, we can be vessels of discernment and open-mindedness, choosing unity over division, humility over ego, and compassion over control. In doing so, we not only serve others—we serve our Higher Power.

Do you have experience, strength and hope to share on Step 10, Tradition 10 or Concept 10?

Please send it to us at

newsletter@naranonrm.org (along with a copywrite release form)



Connection is the opposite of addiction.

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

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.

Share your journey with others. We are looking for writings, poems, art. Topic ideas are endless but might include relationships, Spiritual Principles, acceptance, trust, program tools and sponsorship.

NEED HELP?

CALL THE
HOPELINE

888-307-9890

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

